

WINTER 2017 PROGRAM GUIDE

Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



ENRICHMENT: pg. 14

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Registration Begins Wednesday, Dec. 14

Department of Recreation, Parks and Cultural Activities

Sustaining the Arts in Alexandria

City of Alexandria is proud to welcome Torpedo Factory Art Center to the Office of the Arts' family of programs and facilities.

ART
IN PERSON
& IN PROGRESS

165
ARTISTS

82
STUDIOS

7
GALLERIES



Credit: Joe Gidjunis/JPG Photography

Open to the public daily • 10am - 6pm • Thursdays until 9pm • Free Admission

105 N. Union St. • info@torpedofactory.org • torpedofactory.org

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TORPEDO FACTORY
ART CENTER



For more information about Torpedo Factory Art Center and the transition in progress, see page 21.

NEW THIS SEASON **NEW!**

Playtime Express
pg. 14



Teen Fitness Circuit Training pg. 5



Titans Indoor Track Team pg. 11



Hip Hop Fitness pg. 6

ON THE COVER: Alexandria resident Simone Zheman enjoys open play time during the B.E.A.R. (Be Enchanted About Reading) Program.

DROP-IN No registration required, just show up. Fees may apply.

NEW! New this season

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

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

LET US KNOW

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

- Responsive
- Professional
- Courteous
- Accountable

Please tell us about your experience by completing an Experience Survey at any Recreation Center or by emailing RPCAcustomer.care@alexandriava.gov.

Your feedback is important to us!

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ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
312612-01		W	6-7pm	1/11-3/15	10	\$145	CQRC
CLASS SIZE	BFNC	Jerome Buddie Ford Nature Center 5750 Sanger Ave.					
Min 6/ Max 10	CBRC	Charles Barrett Recreation Center 1115 Martha Custis Dr.					
	CHRC	Charles Houston Recreation Center 901 Wythe St.					
	CKRC	Cora Kelly Recreation Center 2510 West Reed Ave.					
M = Monday	CQRC/CQPK	Chinquapin Park Recreation Center & Aquatics Facility 3210 King St.					
Tu = Tuesday	DMES	Douglas MacArthur School 1101 Janney's Ln.					
W = Wednesday	FHMS	Francis C. Hammond School 4646 Seminary Rd.					
Th = Thursday	GWMS	George Washington School 1005 Mt. Vernon Ave.					
F = Friday	JAES	John Adams School & Recreation Center 5651 Rayburn Ave.					
Sa = Saturday	JHES	Jefferson Houston School 1501 Cameron St.					
Su = Sunday	LEEC/LCCM	Lee Center & Lee Center Complex 1108 Jefferson St.					
	MVRC	Mount Vernon Recreation Center 2701 Commonwealth Ave.					
	NLRC	Nannie J. Lee Recreation Center 1108 Jefferson St.					
	ODRC	Oswald Durant Arts Center 1605 Cameron St.					
	PHRC	Patrick Henry School & Recreation Center 4625 Taney Ave.					
	WRRC	William Ramsay Recreation Center 5650 Sanger Ave.					



The City of Alexandria Department of Recreation, Parks and Cultural Activities received national re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2014. National accreditation requires that park and recreation agencies meet 155 standards representing elements of effective and efficient park and recreation operations.

MAKE A SPLASH! Learn to swim or enjoy a healthy aquatic workout while having fun.

SWIMMING

Have fun in the water while developing swimming readiness! The American Red Cross Aquatic Program consists of a series of skill and age-appropriate activities designed to stimulate interest and motivate students to advance to the next level of instruction. Please note that each class may need to be repeated until the student is comfortable enough to progress to the next level. For help with placement or to schedule a free swim assessment, please call 703.746.5435. Children should have a physical examination prior to enrollment.

To provide a learning environment free from distractions, parents are not permitted on pool deck during classes unless noted otherwise. Video and/or flash photography is limited to the first and last day of class.

Chinquababies

Ages 6-18 months with adult. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child adjust to water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one parent. Min 8/Max 20. No class 2/20.

334200-01	M	11:30am-12pm	1/30-3/27	8	\$109	CQRC
334200-02	Sa	8:45-9:15am	2/4-3/25	8	\$109	CQRC
334200-03	Sa	9:45-10:15am	2/4-2/25	8	\$109	CQRC
334200-04	Sa	10:15-10:45am	1/16-2/27	7	\$95	CQRC
334200-05	Su	9-9:30am	1/17-2/28	7	\$95	CQRC

Chinquatots

Ages 19-36 months with parent. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child adjust to water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one parent. Min 8/Max 20. No class 2/20.

334201-01	M	10:50-11:20am	1/30-3/27	8	\$109	CQRC
334201-02	Sa	9:15-10:15am	2/4-3/25	8	\$109	CQRC
334201-03	Sa	10:15-10:45am	2/4-3/25	8	\$109	CQRC
334201-04	Su	9:35-10:05am	2/5-3/26	8	\$109	CQRC



Seahorses

Ages 3-5 years with adult. Parent and Child Water Exploration. For children who are not ready to participate on their own, the instructor works closely with the parent and child to develop good water adjustment and safety skills. Min 8/Max 18. No class 2/20.

334202-01	M	12-12:30pm	1/30-3/27	8	\$109	CQRC
334202-02	Sa	10:45-11:15am	2/4-3/25	8	\$109	CQRC
334202-03	Sa	11:45am-12:15pm	2/4-3/25	8	\$109	CQRC
334202-04	Su	11:35am-12:05pm	2/5-3/26	8	\$109	CQRC

Frogs

Ages 3-5. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 4/Max 6. No class 2/20.

334203-01	M	12:35-1:05pm	1/30-3/27	8	\$109	CQRC
334203-02	Sa	8:30-9am	2/4-3/25	8	\$109	CQRC
334203-03	Sa	9:30-10am	2/4-3/25	8	\$109	CQRC
334203-04	Sa	10:30-11am	2/4-3/25	8	\$109	CQRC
334203-05	Sa	11:30am-12pm	2/4-3/25	8	\$109	CQRC
334203-06	Su	9-9:30am	2/5-3/26	8	\$109	CQRC
334203-07	Su	10:10-10:40am	2/5-3/26	8	\$109	CQRC
334203-08	Tu	4-4:30pm	2/21-4/4	7	\$95	CQRC
334203-09	Tu	5-5:30pm	2/21-4/4	7	\$95	CQRC
334203-10	W	5-5:30pm	2/22-4/5	7	\$95	CQRC
334203-11	M	4:30-5pm	2/27-4/3	6	\$79	CQRC

Squeeze in a workout during swimming lessons

ChinquaCircuit, a 30-minute interval workout, is designed so that you can work out while your child is swimming on Saturday mornings. Just drop them off at the pool and head straight into the racquetball court on the same level, then meet them immediately afterwards when both classes are finished. IT'S THAT EASY!

See page 8 for schedules.



Salamanders

Ages 3-5. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 4/Max 6. No class 2/20.

334204-01	M	1:10-1:40pm	1/30-3/27	8	\$109	CQRC
334204-02	Sa	9-9:30am	2/4-3/25	8	\$109	CQRC
334204-03	Sa	10-10:30am	2/4-3/25	8	\$109	CQRC
334204-04	Sa	11-11:30am	2/4-3/25	8	\$109	CQRC
334204-05	Sa	12-12:30pm	2/4-3/25	8	\$109	CQRC
334204-06	Su	8:30-9am	2/5-3/26	8	\$109	CQRC
334204-07	Su	11-11:30am	2/5-3/26	8	\$109	CQRC
334204-08	Tu	4:30-5pm	2/21-4/4	8	\$109	CQRC
334204-09	W	4-4:30pm	2/22-4/5	7	\$95	CQRC
334204-10	Th	4:30-5pm	2/23-4/6	7	\$95	CQRC

Hammerheads

Ages 4-6. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 4/Max 7.



334205-01	Sa	8:30-9am	2/4-3/25	8	\$109	CQRC
334205-02	Sa	10-10:30am	2/4-3/25	8	\$109	CQRC
334205-03	Sa	11:30am-12pm	2/4-3/25	8	\$109	CQRC
334205-04	Su	9:35-10:05am	2/5-3/26	8	\$109	CQRC
334205-05	M	4-4:30pm	2/27-4/3	6	\$79	CQRC
334205-06	M,W	5-5:30pm	2/22-3/13	6	\$79	CQRC
334205-07	M,W	11:30am-12pm	3/20-4/5	6	\$79	CQRC

Crocodiles

Ages 6-13. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 4/Max 6.

334206-01	Sa	9-9:30am	2/4-3/25	8	\$109	CQRC
334206-02	Sa	12-12:30pm	2/4-3/25	8	\$109	CQRC
334206-03	Su	12:10-12:40pm	2/5-3/26	8	\$109	CQRC
334206-04	Tu	5:30-6pm	2/21-4/4	7	\$95	CQRC
334206-05	M	5-5:30pm	2/27-4/3	6	\$79	CQRC

Otters

Ages 6-13. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 4/Max 6.

334207-01	Sa	9:30-10am	2/4-3/25	8	\$109	CQRC
334207-02	Sa	11-11:30am	2/4-3/25	8	\$109	CQRC
334207-04	Su	12:10-12:40pm	2/5-3/26	8	\$109	CQRC
334207-05	M	5:30am-6pm	2/27-4/3	6	\$79	CQRC
334207-06	W	4:30-5pm	2/22-4/5	7	\$95	CQRC
334207-07	M,W	5:30-6pm	2/22-3/13	6	\$79	CQRC
334207-08	M,W	5:30-6pm	3/20-4/5	6	\$79	CQRC

Penguins

Ages 7-13. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 4/Max 6.

334208-01	Sa	9:30-10am	2/4-3/25	8	\$109	CQRC
334208-02	Sa	10:30-11am	2/4-3/25	8	\$109	CQRC
334208-03	Su	10:30-11am	2/5-3/26	8	\$109	CQRC
334208-04	M,W	4:30-5pm	2/22-3/13	6	\$79	CQRC
334208-05	Tu	6-6:30pm	2/21-4/4	7	\$95	CQRC
334208-06	M,W	6-6:30pm	3/20-4/5	6	\$79	CQRC

Seals

Ages 7-13. Level 4 Stroke Improvement. For the swimmer to become more competent in front and back crawl, elementary backstroke, breaststroke, butterfly, diving, and water safety skills. Min 4/Max 7.

334209-01	Sa	9-9:30am	2/4-3/25	8	\$109	CQRC
334209-02	Sa	10-10:30am	2/4-3/25	8	\$109	CQRC
334209-03	Sa	12-12:30pm	2/4-3/25	8	\$109	CQRC
334209-04	Su	8:30-9am	2/5-3/26	8	\$109	CQRC
334209-05	M,W	6-6:30pm	2/22-3/13	6	\$79	CQRC
334209-06	Th	6-6:30pm	2/23-4/6	7	\$95	CQRC
334209-07	M,W	6-6:30pm	3/20-4/5	6	\$79	CQRC

Dolphins

Ages 8-13. Level 5 Stroke Refinement. Continue the refinement of strokes, surface dives and turns in preparation for swim team or fitness swimming. Min 4/Max 8.

334210-01	Sa	8:15-9am	2/4-3/25	8	\$129	CQRC
334210-02	Sa	11-11:45am	2/4-3/25	8	\$129	CQRC
334210-03	M	6-6:45pm	2/27-4/3	6	\$99	CQRC

Special Olympics Swimming

Ages 8 & up. Competitive swimming for individuals who may participate in the Special Olympics. Swimmers must be able to swim 25 meters and do not need prior competitive experience. Participants are coached in freestyle, breaststroke, backstroke, and butterfly. Min 4/Max 10.

334219-01	Su	12:15-1pm	1/22-3/26	7	\$109	CQRC
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Individual Swim Lessons

For ages 3 & up, by appointment.
4 lessons: \$60 ea. • 8 lessons: \$50 ea.

Visit alexandriava.gov/Aquatics
or call 703.746.5435 for more information.



City of Alexandria is a proud member of the USA Swimming Foundation's Make A Splash water safety initiative to teach every child to learn to swim and convey the importance of water safety.

Beginner Swimming

Ages 14 & up. Levels 1 & 2 Introduction to Fundamental Aquatic Skills. Emphasis on water adjustment, breath control, buoyancy, changing direction and water safety. Min 4/Max 6.

334230-01 W 6:30-7:15pm 2/22-4/5 7 \$115 CQRC

Advanced Beginner Swimming

Ages 14 & up. Level 3 Introduction to Water Skills. The emphasis at this level is successful breathing to the side, front and back crawl, treading water and water safety skills. Min 4/Max 7.

334231-01 W 7:15-8pm 2/22-4/5 7 \$115 CQRC

Lifeguard Training

Ages 15 & up. Learn skills necessary to prevent and respond to aquatic emergencies, including water rescue, Cardio Pulmonary Resuscitations (CPR), the use of an Automated External Defibrillator (AED), and first aid. Successful participants will receive American Red Cross certification in Lifeguard Training, CPR/AED for the Professional Rescuer, First Aid. Class meets Fri. 4-8 pm, Sat. and Sun. 8am-6pm, Mon. 4-8pm. Min 6/Max 10.



334220-01 M,F,Su varies 2/3-2/6 4 \$275 CQRC

Swim Clinics

Ages 18 & up. Improve your stroke with an experienced swim instructor. Swimmers of all levels are welcome. Participants must be able to swim 25 meters. Each clinic will focus on a different skill. Min 4/Max 15.

Fundamentals of Freestyle

334214-01 Su 8:15-10am 1/29 1 \$15 CQRC

Flips and Turns

334214-02 Su 8:15-10am 2/26 1 \$15 CQRC

Freestyle for Triathletes

334214-03 Su 8:15-10am 3/26 1 \$15 CQRC

Swimmers Challenge Club

All ages. Looking for a fun way to add variety to your workout, stay motivated, and meet other swimmers? This club is for you! Each week, one swimmer will set a challenge for the club, and those who complete it have a chance to win prizes and decide the next challenge! Free to join (price of pool admission is not included). Swimming must take place at City of Alexandria pools.

634200-02 1/1-12/31 Free CQRC

DROP-IN \$12 per Aqua Aerobics class (\$15 for nonresidents). Subject to minimums and maximums.

AQUA AEROBICS

Water Walking **DROP-IN**

Ages 16 & up. Looking for a workout without stress to joints or muscles? Water Walking is ideal for those arthritis, joint, hip, or knee problems or for improving total well-being. Increase endurance, joint flexibility, balance and muscle tone. Includes warm up, stretching, and lots of movement up and down the pool. Instructor Coast to Coast Fitness. Min 6/Max 20.

333100-01 Tu,Th 10:45-11:45am 1/10-3/30 24 \$205 CQRC

Aquatic Dance Exercise **DROP-IN**

Ages 18 & up. If traditional exercises leave you bruised, battered, or just bored, aquatic dance aerobics is the perfect way to get fit in a fun, safe, and comfortable environment. This upbeat class uses the resistance of the water to assist weight loss, increase endurance, tone muscles, and improve flexibility. Dance your way to better health! Swimming ability not required. Instructor Cindy Marisch. Min 10/Max 25.

333101-01 Tu,Th 6:30-7:30pm 1/10-3/30 24 \$219 CQRC

333101-02 Tu,Th 7:30-8:30pm 1/10-3/30 24 \$219 CQRC

AM Aqua Exercise **DROP-IN**

Ages 18 & up. A great workout at your own pace! Designed to use water as the mode for resistance and training, all fitness levels and age groups are welcome, including deconditioned and new exercisers. Swimming ability not required. Instructor For Every Body Fitness. Min 10/Max 30. No class 1/16, 2/20.

333102-01 M,W 9-10am 1/9-3/29 22 \$199 CQRC

333102-02 F 9-10am 1/13-3/31 12 \$109 CQRC

Deep Water Aqua Aerobics **DROP-IN**

Ages 18 & up. Get fit in the water with cross-training! Basic boxing, kick, resistance and interval trainings strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided. Instructor For Every Body Fitness. Min 10/Max 30.

333103-01 W 6:30-7:30pm 1/11-3/29 12 \$109 CQRC

333103-02 W 7:30-8:30pm 1/11-3/29 12 \$109 CQRC

Get in Deep with Candice **DROP-IN**

Ages 18 & up. Experience an invigorating deep water workout in the diving well. This non-impact workout challenges all fitness levels. Incorporate cardiovascular work with resistance training, while using circuits, intervals and basic steady-paced work. Swimming ability not required. Flotation equipment provided. Instructor Candice Kaup. Min 15/Max 25. No class 1/16, 2/20.

333104-01 M 6:30-7:15pm 1/9-3/27 10 \$105 CQRC

Aquatic Exercise for Seniors **DROP-IN**

Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Instructor Candice Kaup. Min 15/Max 25.

333105-01 Tu,Th 8:15-9am 1/10-3/30 24 \$219 CQRC

333105-02 Tu,Th 9:30-10:15am 1/10-3/30 24 \$219 CQRC

333105-03 W 10:15-11am 1/11-3/29 12 \$109 CQRC

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

MIND/BODY WELLNESS

Yoga in the Morning

Ages 18 & up. Start the day off right and reduce stress. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor For Every Body Fitness. Min 10/Max 30.

313104-01 Tu,Th 9:15-10:15am 1/10-3/30 24 \$219 CQRC

PiYo Power Core and More

Ages 16 & up. Streamline your body! Improve strength, balance, flexibility and mind/body awareness. A powerful mix of muscle toning, yoga and the Joseph Pilates method combine strengthening exercises to firm muscles and abdominals. Meditations, deep stretches and breathing exercises relax the mind and body. Instructor Christie Motley & Team. Min 10/Max 15.



313102-01 F 7-7:45am 1/13-3/31 12 \$99 CQRC

To Yoga

Ages 18 & up. Ah...Monday is over. Time to relax. Breathe. Roll your shoulders. Stretch your spine. Physical therapy is mixed with yoga and a little humor. Connect not only your mind and body, but also connect with a great group of fellow students. Instructor Beth Kramer. Min 5/Max 25. No class 1/16, 2/20.

313106-01 M 6:30-7:30pm 1/9-3/27 10 \$125 CQRC

313106-02 M 7:40-8:40pm 1/9-3/27 10 \$125 CQRC

CARDIO WORKOUT

Aerobic Dancing by Jacki Sorenson

Ages 18 & up. Combine stretching & flexibility, core work, strength training and aerobic exercise into each class. Choreographed to upbeat and motivating music, participate at your own level for a safe, effective, get-it-all-together approach to fitness. Bring mat for floorwork; optional handheld weights. ACE Certified. Jackis.com. Instructor Aerobic Dancing by Jacki Sorenson. Min 3/Max 20. No class 1/16, 2/13, 2/15, 2/17, 2/20, 3/17.

313103-01 M,W 10:15-11:15am 1/9-3/29 20 \$169 LEEC

313103-02 M,W,F 10:15-11:15am 1/9-3/31 30 \$239 LEEC

313103-03 W 6:30-7:30pm 1/11-3/29 11 \$125 CHRC

Zumba

Ages 16 & up. Ditch the workout and party! Zumba infuses Latin Dances such as salsa, meringue, bachata, samba, reggaeton and even modern day hip-hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Min 6/Max 20. No class 1/16, 2/20.

313107-01 M 6:15-7:15pm 1/9-3/27 10 \$75 CHRC

313107-02 W 7-8pm 1/11-3/29 12 \$105 CBRC

Jazzercise **DROP-IN**

Ages 16 & up. Burn up to 600 calories in one fun and effective total body workout. Combine dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga and kickboxing. **To register, contact Debbie Lynch at 703.786.6583 or email jazrmom1@gmail.com for more information.** Walk-in \$20 or Monthly (Easy Fitness Ticket) \$50. Instructor Debbie Lynch. Min 5/Max 40. No class 1/16, 2/20.

M,W 5:15-6pm 1/9-3/29 22 varies ODRC

M,W 6:15-7:15pm 1/9-3/29 22 varies ODRC

Tu 5:15-6pm 1/10-3/28 12 varies ODRC

Tu,Th 6:30-7:30pm 1/10-3/30 24 varies CBRC

Th 6-7pm 1/12-3/30 12 varies ODRC

Sa 9-10am 1/14-4/1 12 varies NLRC

Su 10-11am 1/15-4/2 12 varies NLRC

CARDIO & STRENGTH

Sports Fitness Training

Ages 7-17. Want to improve conditioning during the off-season or just looking to get in better shape? Get into "game shape" with a culmination of cardiovascular, strength, speed, and agility workouts designed to help you get stronger, faster, and in overall good condition. Come dressed in athletic apparel. Instructor Hoop Life. Min 10/Max 20.

312618-01 Sa 1-2pm 1/14-3/18 10 \$205 NLRC

Teen Fitness Circuit Training **NEW!**

Ages 13-17. This cardiovascular fat burning workout combines plyometric and agility training and resistance bands for strength training. Plus, use of the fitness room will aid in firming and sculpting your body through a timed interval system to increase endurance, burn calories, strengthen muscles, and enhance muscle tone and flexibility. Min 4/Max 20.

314105-01 Tu 6-7pm 1/3-1/24 4 \$15 WRRRC

314105-02 Tu 6-7pm 2/4-2/28 4 \$15 WRRRC

314105-03 Tu 6-7pm 3/7-3/28 4 \$15 WRRRC

Hip Hop Fitness & Circuit Training **NEW!**

Ages 13 & up. Burn fat while having fun! Firm and sculpt your body to hip hop with a timed interval system to increase endurance, burn calories, strengthen muscles, and enhance flexibility. Min 4/Max 20.

314106-01	Th	6-7pm	1/5-1/26	4	\$15	WRR
314106-02	Th	6-7pm	2/2-2/23	4	\$15	WRR
314106-03	Th	6-7pm	3/2-3/23	4	\$15	WRR
314106-04	Th	6-7pm	4/6-4/27	4	\$15	WRR

Pilates

Ages 16 & up. Create long, lean muscles with a blend of strength and flexibility training that improves posture and reduces stress. Min 3/Max 15. No class 1/16.

313112-01	M	5:45-6:30pm	1/9-3/27	11	\$105	CHRC
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Total Body Burn **NEW!**

Ages 16 & up. Incorporate strength and cardio segments for a total body workout with fun music and energy. Condition, strengthen and tone some of the biggest muscle groups. All levels welcome. Min 3/Max 15.

313116-01	Tu	11-11:45am	1/24-3/14	8	\$95	CQRC
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Tabata with Tammy

Ages 18 & up. This is the workout fitness experts have been raving about! Tabata features 20-second intervals of intense exercise, followed by 10 seconds of rest, repeated in sets of eight. These intervals boost metabolism while improving strength and muscle conditioning. Instructor For Every Body Fitness. Min 10/Max 35.

314200-01	Tu,Th	6:05-7am	1/10-3/30	24	\$245	CQRC
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Cardio Bodyflow & Bodyweight Training **NEW!**

Ages 18 & up. Burn calories and get stronger using your own body weight. Use balance and controlled muscle movements for a whole body cardio workout that is extremely effective. Then, build strength and tone your upper and lower body through squats, pushups, planks and more. Instructor Christie Motley & Team. Min 10/Max 15. No class 1/16, 2/20.

313101-01	M,W,F	6:05-7am	1/9-3/31	34	\$239	CQRC
313101-02	M,W	6:05-7am	1/9-3/29	22	\$179	CQRC
313101-03	F	6:05-7am	1/13-3/31	12	\$99	CQRC

Pure Muscle and Core Strength

Ages 18 & up. Tone and build muscles and shape your body to burn more calories and build strong bones. Build strength for a flatter, stronger belly while balance and stability drills challenge major and minor muscles. Be prepared to sweat without the cardio. Instructor Christie Motley & Team. Min 10/Max 15. No class 1/16, 2/20.

313109-01	M,W	7-7:45am	1/9-3/29	22	\$179	CQRC
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FXP Hula Hoop Fitness **NEW!**

Ages 18 & up. This unique blend of Pilates, Ballet Barre and Yoga inspired moves - with a hula hoop - tone, sculpt and stretch the body through impressive High Intensity Interval Training (HIIT) moves that anyone can do. Bring water and a yoga mat. ACE-Certified Instructor Marilyn Myers. Min 3/Max 12. No class 1/16, 2/13, 2/20.

313110-01	M	6:30-7:30pm	1/9-3/27	9	\$115	CHRC
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Tai Chi

Ages 18 & up. Looking for a way to reduce stress? Consider tai chi! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Instructor For Every Body Fitness. Min 10/Max 30.

313111-01	W	4:30-5:30pm	1/11-3/29	12	\$109	CQRC
313111-02	Th	10:30-11:30am	1/26-3/30	10	\$95	CHRC

Aging Backwards/Classical Stretch **NEW!**

Ages 18 & up. Aging Backwards/Classical Stretch is based on: Tai Chi flowing movements for health and balance; ballet's strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain free body. The program works through the muscle chains, liberating your muscles, relieving tension, lengthening, strengthening and increasing joint mobility. Instructor Charlotte Franklin. Min 5/Max 20.

313113-01	Th	6:30-7:30pm	1/12-3/30	12	\$105	CQRC
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Barre Excel **NEW!**

Ages 18 & up. Have you longed for a dancer's body with sculpted and lean muscles? This non-impact class will increase muscle tone, sculpt the body and strengthen bones. Prepare to sweat to gain your newly toned physique with no dance experience required. Instructor Christie Motley & Team. Min 10/Max 15.

313114-01	F	9:05-10am	1/13-3/31	12	\$99	CHRC
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Boxercise Fitness

Ages 18 & up. Box your way through a great workout! 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 of your arms, chest and abs. Min 6/Max 12. No class 2/20.

313603-01	M,W	6:30-7:30pm	2/6-3/13	11	\$65	CHRC
313603-02	M,W	6:30-7:30pm	3/27-5/1	11	\$65	CHRC

FirstFit **NEW!**

Ages 18 & up. Start your day with us for this one stop body rocking class that combines easy, yet effective cardio routines, interlaced with weights and resistance work for a great workout! Min 6/Max 15. No class 2/20.

313606-01	M	7:15-8am	2/6-3/20	6	\$79	CHRC
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Adult Weight Training

Ages 18 & up. Burn calories, strengthen and tone muscles and improve flexibility with cardio and weight training. Increase your endurance while getting fit. Min 4/Max 20.

314102-01	Th	7-8pm	1/5-1/26	4	\$35	WRR
314102-02	Th	7-8pm	2/2-2/23	4	\$35	WRR
314102-03	Th	7-8pm	3/2-3/23	4	\$35	WRR

Fit4Baby **NEW!**

Ages 18 & up. Fit4Baby® is a prenatal fitness program for women at any stage of pregnancy. The classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. We train and certify our Fit4Baby® instructors so they are fully equipped to lead pregnant woman in exercises that are safe and appropriate for her changing body. **Register at arlington-alexandria.fit4mom.com, 571-305-2029 or jungren@Fit4Mom.com.**

W 7-8pm 1/11-4/12 14 varies CQRC

Stroller Strides

Ages 18 & up. Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn't prone to tipping, water and a towel or mat for ground exercises.



First class is free. **Register at arlington-alexandria.fit4mom.com 571.305.2029 or jungren@Fit4Mom.com.** Min 1/Max 30. No class 1/16, 2/20.

M-F 9:30-10:30am 1/9-3/31 58 varies LEEC

Sergeant's Fitness Concepts

18 & up. If you want to get out of the gym and get fit while being outside, then you want our boot camp program! Think Physical Fitness for adults! Each class is one hour long including warm up, calisthenics, strength training and a cool down designed to reduce body fat, increase strength and improve your cardiovascular system! **Register at sarge.com or call 1.888.BOOTCAMP for a more details.** Prices vary by commitment. Min 10/Max 50. No class 1/16, 2/20.

M-F 5:45-6:45am 1/9-3/31 58 varies CQPK

Functional Fitness For Older Adults **55+**

Ages 50 & up. Improve your independence and meet your functional goals. Help improve upper and lower body strength, balance, flexibility and coordination. Safe and effective physical activity improves your physical health and enhances psychological well-being. Instructor Fitness for Older Adults. Min 7/Max 15.

313100-01 Tu,Th 9:05-10:05am 1/10-3/30 24 \$245 CHRC

Senior Workout with Ms. Lynn **55+**

Ages 55 & up. Seniors, improve your posture and balance, strengthen your muscles, learn how to minimize or eliminate aches and pains, and increase your flexibility. Learn the many exercises that can be done while seated in a chair, leaning against a wall, or lying in the bed. Instructor Ms. Lynn. Min 6/Max 20.

313801-01 Th 11-11:45am 1/12-3/2 8 \$49 MVRC
313801-02 Th 11-11:45am 3/16-5/4 8 \$49 MVRC

Senior Weight Training **55+**

Ages 55 & up. Seniors, strengthen and tone your muscles while improving flexibility. This cardio and weight training work out is designed for older adults to increase endurance and burn calories using a supervised timed interval system. Min 4/Max 20.

314104-01 W 12-1pm 1/4-1/25 4 \$29 WRRRC
314104-02 W 12-1pm 2/1-2/22 4 \$29 WRRRC
314104-03 W 12-1pm 3/1-3/22 4 \$29 WRRRC

Senior Body Part Aerobics **55+**

Ages 55 & up. Tone and sculpt your body with this low impact aerobics workout with slow everyday movements. Use chairs to increase balance, coordination, strength and flexibility. Laugh and socialize while engaging in this fun fitness program that is designed for senior health and wellness. Min 4/Max 20. No class 1/16, 2/20.

314100-01 M,F 10-11am 1/6-1/30 8 \$35 WRRRC
314100-02 M,F 10-11am 2/3-2/27 8 \$35 WRRRC
314100-03 M,F 10-11am 3/3-3/27 8 \$35 WRRRC

MARTIAL ARTS

MIKiDo Ruff & Tumble

Ages 3-5. Want your child to develop skills in teamwork, focus and fitness? Build a foundation in these important life skills in a lively, fun martial arts-infused program. The four major components of fitness are emphasized: endurance, flexibility, strength and coordination. Instructor Hess Fitness Inc. Min 7/Max 20.

312604-01 Sa 10-11am 1/14-3/18 10 \$145 CQRC

Tae Kwon Do for Kids

Ages 6-12. Introduce your child to various martial arts from around the world with emphasis in Tae Kwon Do, kickboxing, self-defense and fitness. Uniform and gloves may be purchased from instructor. Instructor Hess Fitness Inc. Min 7/Max 20.

312612-01 W 6-7pm 1/11-3/15 10 \$145 CQRC

Martial Arts for Beginners

Ages 6-11. World Champion Rod Batiste's DAGPAW is the acronym used to instill the six skills necessary to be a success: Discipline, A's & B's, Goal setting, Perseverance, Attitude, and Work ethic. Instructor WCRB Karate. Min 10/Max 20. No class 1/16, 2/20.

312613-01 M,W 6-7pm 1/9-3/27 21 \$205 CBRC

Capoeira Angola (Brazilian Marital Arts) **NEW!**

Ages 16 & up. Participants will be introduced to the martial arts and ritual combat dance know as Capoeira, one of the primary expressions of an African, specifically Kongo-Angolan, continuum in Brazil. Min 4/Max 12. No class 1/19, 2/16, 3/16.

313108-01 Th 6:45-7:45pm 1/12-3/30 9 \$89 CHRC

30-MINUTE WORKOUTS

30 Minute Abs and Glutes **NEW!**

Ages 18 & up. Busy schedule? Maximize your time with this efficient strength and conditioning class that will target and strengthen your lower body and abdominals. Tone and define your abs and glutes and strengthen your back to improve posture and core strength. Min 3/Max 20.

314206-01 Tu,Th 12:15-12:45pm 1/10-3/30 24 \$119 CQRC

30 Minute Yo Stretch **NEW!**

Ages 18 & up. Need a break? Take some time out to calm your mind, loosen your body, and prepare yourself to tackle the rest of your day. This class combines yoga, stretching, toning and lengthening of the muscles to prevent injury and help retain flexibility. Min 3/Max 20.



314207-01 Tu,Th 12:50-1:20pm 1/10-3/30 24 \$119 CQRC

ChinquaCircuit **NEW!**

Ages 18 & up. Too busy for a workout this weekend? Think again! Enjoy an instructor-led 30-minute full-body circuit incorporating strength training, cardio and stretching with encouragement and proper form. Parents of swim lesson participants can maximize their time by joining the circuit while their child is in swim class. Min 4/Max 10.



314208-01	Sa	8:30-9am	2/4-3/25	8	\$39	CQRC
314208-02	Sa	9-9:30am	2/4-3/25	8	\$39	CQRC
314208-03	Sa	9:30-10am	2/4-3/25	8	\$39	CQRC
314208-04	Sa	10-10:30am	2/4-3/25	8	\$39	CQRC
314208-05	Sa	10:30-11am	2/4-3/25	8	\$39	CQRC
314208-06	Sa	11-11:30am	2/4-3/25	8	\$39	CQRC
314208-07	Sa	11:30am-12pm	2/4-3/25	8	\$39	CQRC
314208-08	Sa	12-12:30pm	2/4-3/25	8	\$39	CQRC

BOOST YOUR WORKOUT WITH A PASS TO A FITNESS ROOM!

FITNESS PASSES

Neighborhood Recreation Center Pass (Charles Houston, Cora Kelly and William Ramsay)

Day: \$5/\$10
Month: \$40/\$80 per 3 mos.
6-month: \$75/\$150
Annual Pass: \$125/\$250

Chinquapin Park Recreation Center & Aquatics Facility (includes open swim & saunas)*

Day: \$8/\$12
Month: \$50/\$100 per mo.
6-month: \$250/\$500
Annual Pass: \$450/\$885

Prices listed as Resident/Nonresident.

City residents 55 & older are eligible for a 20% discount.

*For complete list of pass options, visit alexandriava.gov/Aquatics.



PERSONAL TRAINING

Certified trainers can design a customized exercise program just for you, then provide guidance on proper form and technique. Dates and times by appointment at 703.746.5457.

60-minute sessions: \$199 for package of 4 or \$59 each
30-minute sessions: \$99 for package of 4 or \$29 each

GO TEAM! For toddlers, youth, teens and adults, sports leagues and classes help build camaraderie, new skills and fun competition in a variety of sports.

TUMBLING CLASSES

Mom/Dad Me Tumbling

Ages 2½-4 with adult. Forward rolls, handstands and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15.

322605-01 Sa 9:30-10:15am 1/14-4/1 12 \$165 CHRC

Basic Tumbling

Ages 5-8. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Instructor TSP Team. Min 10/Max 15.



322606-01 Sa 10:30-11:15am 1/14-4/1 12 \$165 CHRC

Tumbling I

Ages 6-11. 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. Instructor TSP Team. Min 10/Max 15.

322607-01 Sa 11:30am-12:15pm 1/14-4/1 12 \$165 CHRC

Tumbling II

Ages 6-12. Back-walkovers, round-offs, back handsprings, front-walkovers, and round-off back handsprings are just a few of the skills that athletes will try. A fun warm-up exercise will help athletes attain these skills. Prerequisite: Completion of Tumbling I and demonstration of skills. Instructor TSP Team. Min 8/Max 15.

322608-01 Sa 12:30-1:15pm 1/14-4/1 12 \$165 CHRC



Acrobatics I

Ages 5-7. Learn basic acrobatics including cartwheels, rounds-offs, back bends, hand stands, headstands, front/back walkovers, forward/backwards rolls. Learn to execute flexibility, strength, and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 10.

322612-01 W 5:30-6:30pm 1/11-3/29 12 \$165 CHRC

Acrobatics II

Ages 5-10. Learn leaps, front/back walkovers, valdez, partnering techniques and combination routines. Execute flexibility, strength, and balance while improving physical coordination and mental concentration. Prerequisite: Completion of Acrobatics I or prior equivalent training. Instructor Megan Lively. Min 5/Max 10.

322613-01 W 6:30-7:30pm 1/11-3/29 12 \$165 CHRC

Acrobatics III Intermediate

Ages 8-14. Refine leaps, jumps, handstands, and valdez. Learn front/back walkovers, front/back handsprings and aerials. Partnering techniques and combination routines while advancing flexibility, strength, balance, physical coordination and mental concentration. Prerequisite: Completion of Acrobatics II or equivalent training. Instructor Megan Lively. Min 5/Max 10. No class 3/25.

322614-01 Sa 2:15-3:15pm 1/14-4/1 11 \$155 CHRC

FENCING CLASSES

Nerf Fencing

Ages 6-10. Learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf® foam sabers and have the option to wear fencing equipment. Instructor TSP Team. Min 10/Max 20.

322609-01 W 3:30-4:30pm 1/11-3/29 12 \$165 CQRC

Fencing for Youth

Ages 10-15. Learn the basic principles including footwork, strategy and technique. Foils, masks and jackets provided (no rental fee). Please wear comfortable, athletic clothing. Court shoes or cross trainers recommended. \$10 non-competitive U.S. Fencing membership required (details at first class session). Instructor Olde Town Fencing. Min 2/Max 15. No class 1/16, 2/20.

322601-01 M 7:15-8:15pm 1/9-3/13 8 \$69 CHRC



Fencing for Teens/Adults

Ages 16 & up. Learn the principles of this fast-growing modern, yet historic, sport, including footwork, bladework and strategy. Foils, masks and jackets provided (no rental fee). Please wear comfortable, athletic clothing. Court shoes or cross trainers recommended. \$10 non-competitive U.S. Fencing membership required (details at first class session). Instructor Olde Town Fencing Club. Min 2/Max 15.

323100-01 W 7-8pm 1/11-3/1 8 \$69 CHRC

SOCCER CLASSES

Soccer Tots

Ages 2-6. Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self-confidence. Instructor TSP Team. Min 10/Max 20.



322610-01 F 11-11:45am 1/13-3/31 12 \$165 NLRC

UK Petite Parent & Child Soccer

Ages 2-3 with adult. Play soccer with your child! Activities are fantasy-based, involving role playing, and are designed to teach the game of soccer while having fun! Come learn from qualified coaches. Bring a drink, shin guards and a smile. **Register at ukelite.com or call 844.893.1200.** Min 5/Max 15.

F 5-5:30pm 1/13-3/3 8 \$129 CHRC

UK Elite Petite Soccer

Ages 3-6. Kick! Play! Run! Activities are fantasy-based, involving role-playing, designed to maximize each player's ball touches, and are taught by professional coaches. Parents are welcome to stay and join in the fun. Bring a drink, shin guards and a smile. **Register at ukelite.com or call 844.893.1200.** Min 5/Max 15.

329704-01 F 5:30-6pm 1/13-3/3 8 \$129 CHRC

Excite Soccer

Ages 3-8. Develop mental, physical and social abilities through creative games and activities taught by highly experienced staff, who are trained to work with young children. Learn individual skills and teamwork and, most importantly, have fun! Master basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor Excite Soccer. Min 8/Max 25.

322600-01 Sa 1-2pm 1/21-3/4 7 \$125 CHRC

Challenger Sports British Soccer



Ages 2-9. Fun games, competitions, skill building activities and new friends. Classes are taught by Challenger Sports' British Soccer instructors. Bring a soccer ball. **Register at challengersports.com or call 1.800.878.2167, ext. 239.** Instructor Challenger Sports. Min 3/Max 20. No class 2/20.

M 9:15-10am 2/6-3/13 5 \$75 NLRC
 M 10:15-11:15am 2/6-3/13 5 \$85 NLRC
 F 9:15-10am 2/10-3/17 6 \$75 NLRC
 F 10-11am 2/10-3/17 6 \$85 NLRC
 Tu 5-6pm 2/7-3/14 6 \$85 CHRC

ADDITIONAL SPORTS CLASSES

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. Instructor Hoop Life. Min 10/Max 20.

322602-01 Sa 10-10:45am 1/14-3/18 10 \$169 NLRC

322602-02 Sa 11-11:45am 1/14-3/18 10 \$169 NLRC

Lil' Slammers Basketball

Ages 5-6 as of March 31, 2017. Learn the basic skills such as dribbling, shooting, passing and rebounding. Participants should wear athletic clothing and shoes. Open to City of Alexandria residents only. Min 12/Max 32.

322703-01 Sa 9-10am 2/4-2/25 4 \$75 JHES

Individual Racquetball Lessons

Ages 5 & up. Calling players of all levels looking to improve or learn the game of racquetball! A teaching pro will help you improve your speed, technique, and endurance. Individual lessons are the best way to improve your overall game performance and receive a total body workout. \$199 for package of 4 one-hour sessions, \$59 for 1 one-hour session; \$99 for package of 4 thirty-minute sessions, \$29 for 1 thirty-minute session. Dates and times by appointment. Please call 703.746.5457 to register.

By appointment

CQRC

Indoor Tennis Fanatics

Ages 5-12. Point! Set! Match! Learn the fundamentals of the sport of tennis with friends. Boys and girls will explore the basics skills and techniques of the sport through fun games and drills. Participants are encouraged to bring their own racquets to each session. Saturday morning start time will vary based on age and skill level. Min 4/Max 48.



323504-01 Sa 9am-12pm 2/25-3/25 5 \$129 CBRC

Dodgeball Fanatics

Ages 7-12. Duck! Dip! Dive! And dodge your way to a great time! This instructor-led programs teaches participants a safe way to play the game of dodgeball with gatorskin balls in a controlled environment. Each session participants will be placed on teams based on their age skills. Min 6/Max 30.

323502-04 F 6:30-8:30pm 1/27 1 \$15 CBRC

323502-05 F 6:30-8:30pm 2/24 1 \$15 CBRC

323502-06 F 6:30-8:30pm 3/3 1 \$15 CBRC

Girls Field Hockey Clinic

Ages 9-14 as of July 30, 2017. Develop field hockey skills and techniques by focusing on a different technical aspect of the sport each week. Goggles, field hockey stick, shin guards and mouth pieced are required. Register by Jan. 15. Min 12/Max 30.

Ages 9-11

322705-01 Su 11am-12pm 1/22-1/29 2 \$45 JAES

Ages 12-14

322705-02 Su 12:15-1:15pm 1/22-1/29 2 \$45 JAES

Teen Strobe Flag Football

Ages 13-17. Think you can win a game of Flag Football amidst strobe lights and Hip Hop music? This is a sport unlike any you've ever experienced, so bring your competitive edge and get ready for some crazy fun.

324106-01 F 6-7pm 1/6 1 \$5 WRRC

324106-02 F 6-7pm 1/13 1 \$5 WRRC

324106-03 F 6-7pm 1/20 1 \$5 WRRC

324106-04 F 6-7pm 1/27 1 \$5 WRRC

Racquetball Clinic

Ages 16 & up. A teaching pro will help you improve your strokes, serves and court strategy while you meet other players. Each clinic will focus on a different skill. Min 3/Max 9.

Forehand and Backhand Development

324201-01 Tu 6-7:30pm 1/24 1 \$15 CQRC

Return Serves and Center Court Strategy

324201-02 Su 1-2:30pm 2/19 1 \$15 CQRC

Forehand and Backhand Stroke Development

324201-03 Tu 6-7:30pm 3/21 1 \$15 CQRC

Racquetball Challenge Ladder



All ages. Stay fit and meet new people playing the fun and challenging sport of racquetball. New and experienced players are welcome—on-going ladder ranking system will match singles players with similar ability levels while improving skill. Free to join ladder rankings, then \$4 per person per match. Equipment available. Dates and times by appointment. Call 703.746.5457 to register. Welcome email with instructions will follow registration. Min 6/Max 100.

YOUTH LEAGUES

Lil' Rookies Basketball League

Ages 5-6 as of March 31, 2017. This developmental basketball program will focus on teaching the basic fundamentals in a non-competitive environment. Games will be coached and officiated by staff and no score or standings will be kept. Baskets will be lowered to 8 feet. Open to City of Alexandria residents only. Min 16/Max 32.

322708-01 Su 1-3pm 3/5-3/26 4 \$75 JHES

T-Ball & Coach Pitch Baseball

Ages 4-8 as of April 30, 2017. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days vary by team). A league game will take place during the week and on Saturday afternoon. Register by March 15. Open to City of Alexandria residents only. Max 200.

T-Ball, Ages 4-6

422701-01 W,Sa TBD 4/1-6/15 \$75 TBD

Coach Pitch, Ages 6-8

422701-02 Th,Sa TBD 4/1-6/15 \$75 TBD

Girls' Fastpitch Softball League

Ages 5-16 as of April 30, 2017. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days vary from team to team). A league game will take place during the week and on Saturday afternoon. Register by March 15. Open to City of Alexandria residents only. Max 300.

Rookie (Coach Pitch) Division: Ages 5-8. A developmental beginners' player/coach pitch program designed to teach the fundamentals of softball.

National Division: Ages 9-11.

American Division: Ages 12-16

TBD TBD 4/1-6/17 \$75 TBD

Alexandria Titans Indoor Track Team **NEW!**

Ages 7-14 as of March 1, 2017. Develop techniques used in track and field running and field events with an emphasis on teamwork, sportsmanship and healthy competition. Open to City of Alexandria residents only. Min 15/Max 45.

322709-01 Su 2-4pm 1/8-2/19 7 \$75 JAES

Miracle League of Alexandria Adaptive Sports Program

Ages 5 & up. A non-competitive environment allows children and adults with cognitive, developmental and physical challenges to play sports at their own pace. "Angles in the Outfield" Buddies assist each player as much or little as they require. Min 10/Max 100. \$30 discount for current Alexandria Therapeutic Recreation participants.

Youth

422704-01 W 4:30-6pm 1/18 - 3/22 \$65 LCCM

Adults

422804-02 Sa 1-2:30pm 1/21 - 3/25 \$65 LCCM

YOUTH SPORTS AFFILIATES

Alexandria Lacrosse Club

Ages 5-15. As a member of the Northern Virginia Youth Lacrosse League, the game season starts in March and runs through early June. The club is open to players of all skill levels and beginners without playing experience. Boys' games are played on Saturdays, and girls' games are played on Sundays. **Register at alexandrialacrosse.com.**

TBD 3/1-6/15 TBD \$190 TBD

Alexandria Rugby Club Tackle League

Grades K-8. Tackle rugby training begins in mid-February and the match season runs from March to mid-May. Tackle is available for boys and girls in grades 3-8. Practice days are to be determined. **Register at alexandriarugby.com.**

Sa, Su varies 2/15-5/15 \$100 TBD

Alexandria Rugby Club Tag League

Grades K-8. Spring Tag is an instructional program for kids in grades K-6 that meets on either Saturday or Sunday afternoons in late spring for 7 weeks. It is a relaxed and fun preparation for the primary summer Tag rugby season. **Register at alexandriarugby.com**

Sa, Su varies 4/1-6/4 TBD TBD



Alexandria Little League Baseball

Ages 8-18. Alexandria Little League (ALL) assists youth in developing the qualities of citizenship, discipline, teamwork, and physical well-being. By exposing the virtues of character, courage and loyalty, the ALL program is designed to develop superior citizens while building fundamental baseball knowledge and skills. Practice and game days vary from team to team. **Register at alexandriabaseball.com.**

Ages 8 & 9 (AA)	varies	3/1-6/25	\$135	TBD
Ages 9 & 10 (AAA)	varies	3/1-6/25	\$150	TBD
Ages 10 & 11 (Minors)	varies	3/1-6/25	\$150	TBD
Ages 11 & 12 (Majors)	varies	3/1-6/25	\$150	TBD
Ages 12 & 13 (Inter.)	varies	3/1-6/25	\$175	TBD
Ages 13 & 14 (Juniors)	varies	3/1-6/25	\$175	TBD
Ages 14-16 (Senior)	varies	3/1-6/25	\$175	TBD
Ages 15-18 (Big League)	varies	3/1-6/25	\$175	TBD

Alexandria Soccer Association Recreation League

Ages 4-19. Beginner and intermediate boys and girls are placed on teams by the neighborhood they live in and their school grade. Each season consists of 8 Saturday games during the morning or early afternoon with one or two team practices during the week. **Register at alexandria-soccer.org or call 703.684.5425 for more information.**

varies 4/1-6/1 \$100-145 TBD

Alexandria Soccer Association Futsal League

Ages 6-19. ASA Soccer is moving indoors this January and February for the 4th Annual Winter Futsal League in Alexandria. The primary is to provide an opportunity for players to join teams and compete against other teams over the course of an 8 game league schedule. The games are a fun, active and high-paced form of play that includes 4 field players and a goalkeeper. Players are organized into teams by age and gender of all skill levels. Divisions are available for recreation and travel players to optimize each player's game day experience. **Register by team or individual at alexandria-soccer.org or call 703.684.5425 for more information.**



Su 1/8-3/5 varies TBD

Alexandria Soccer Association Tots Program

Ages 2-4. Introduce your child to soccer by focusing on developing motor and listening skills. Introduce basic ball skills through fun activities and expose participants to a group environment with other children. Our goal is to provide a fun and comfortable environment for both children and parents. No previous soccer experience is needed. Weekday classes may also be available. **Register at alexandria-soccer.org or call 703.684.5425 for more information.**

Sa, Su 1/1-12/31 varies TBD

Alexandria Soccer Association Travel Program

Ages 8-19. Designed for competitive players, travel league requires Players to try out for selection to participate in this program. Teams practice two to three times per week with a game on the weekend and participate in multiple tournaments. Select travel teams may hold supplemental tryouts for the upcoming spring season. To schedule a supplemental tryout, please contact Ryan Rich at ryan.rich@alexandria-soccer.org. **Register at alexandria-soccer.org or call 703.684.5425 for more information.**

varies 3/1-6/1 varies TBD

SPORTS HOTLINES For weather and field closure updates, call:

YOUTH: 703.746.5597 ADULT MEN'S: 703.746.5596 ADULT COED & WOMEN'S: 703.746.5595

ADULT LEAGUES

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: 2/1-3/17. League Play: April - July 2017. Register by team.

423201-02 Tu,W varies 4/5-7/7 10 \$495 varies

Coed Softball

Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 2/1-3/17. League Play: April - July 2017. Register by team.

423205-06 M-Th varies 4/4-7/7 10 \$555 varies

Men's Softball

Ages 18 & up. Game on! Grab some friends and form your own team. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6. Registration: 2/1-3/17. League Play: April - July 2017. Register by team.

423203-04 W-Th varies 4/4-7/7 20 \$725 varies

Coed Softball 3 Outs

Ages 18 & up. Show your skills! Grab some friends and form your own team. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 2/1-3/17. League Play: April - July 2016. Register by team.

423208 Th varies 4/7-7/7 10 \$555 varies

Coed Soccer

Ages 18 & up. Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 2/1-3/17. League Play: April - July 2017. Register by team.

423200 M-Th varies 4/7-7 10 \$795 varies

Coed Volleyball Tournament **NEW!**



423221 Sa varies 2/11 1 \$125 varies

Ages 18 & up. It's Tourney Time! Grab a few friends and form your own volleyball team. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 12/14-2/3. Tournament Play: 2/11.

Early Bird Racquetball League

NEW!

Ages 18 & up. Start your day with some fun competition on the racquetball court. Our teaching pro will facilitate matches and provide tips for improvement. Min 4/Max 6.

Beginner

324202-01 Tu 6-7am 1/24-3/28 10 \$45 CQRC

Intermediate

324202-02 W 7-8am 1/25-3/29 10 \$45 CQRC



ROCK YOUR PARK

NOVEMBER 30, 2016 - FEBRUARY 17, 2017

Families, friends and neighbors of all ages are encouraged to be active by playing soccer, lacrosse, touch football, rugby, and more.

Ben Brenman Park & Witter Recreational Field #2

Monday-Friday, 8am-2pm

Tuesdays & Thursdays, 6-9 pm

Saturdays & Sundays, 11am-5pm

Francis Hammond Upper Field

Saturdays & Sundays, 11am-5pm

Jefferson Houston Field

Monday-Friday, 4-6pm

Saturdays & Sundays, 11am-5pm

Rock Your Park with free community open play days.

Visit alexandriava.gov/Recreation for usage guidelines.



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

EDUCATION

B.E.A.R.

Ages 1-5 with adult. Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales come to life as the reader acts out stories in full costume. Join the fun and wear your own costume. Min 8/Max 20.



343901-01	Th	10:30am-12pm	1/5-1/19	3	\$39	NLRC
343901-02	Th	10:30am-12pm	2/2-2/16	3	\$39	NLRC
343901-03	Th	10:30am-12pm	3/2-3/16	3	\$39	NLRC

Youth Cycling Fanatics **NEW!**

Ages 4-12. Join us to explore and learn how to ride a bike in a safe, no pressure environment. Learn to balance, pedal, start, stop and steer. Min 2/Max 10.

343500-04	W	5:30-7pm	3/8	1	\$19	CBRC
343500-05	W	5:30-7pm	3/22	1	\$19	CBRC

Youth Achieving Greatness

Ages 5-12. Participants will be thoroughly engaged in structured enrichment activities to increase their learning, independence, social, and leadership skills in a small group setting (1:15 staff to child ratio). This specialized program will be FUN with a PURPOSE which integrates a variety of activities, such as tutoring, physical fitness, cooking, chess, gymnastics, music, cooperative games and much more. Min 30/Max 60. No class 1/16, 1/20, 2/3, 2/20, 3/10.

343900-01	M-F	2:30-6pm	1/3-3/31	59	\$345	NLRC
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Basic Spanish Fun for Kids

Ages 6-8. Spanish is the second most spoken language in the United States. What a great way to give your child a head start by exposing them to the Spanish language, and the Latin culture. Participants will learn and explore Spanish through fun games, activities, arts & craft projects. Min 5/Max 10.

343709-02	W	5-6pm	2/8-3/29	8	\$69	CKRC
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Babysitter Training Class

Ages 11-15. Receive certification from the American Red Cross and grow your babysitting business. Learn to: respond with first aid; conduct rescue breathing; make good decisions under pressure; communicate well with parents; recognize safety and hygiene issues; manage young children; feed, diaper and care for infants; and start your own babysitting business. Min 4/Max 10.

343604-01	Tu,Th	6-8pm	2/7-2/16	4	\$75	CHRC
343604-02	Tu,Th	6-8pm	3/7-3/16	4	\$75	CHRC

SOCIALIZE

Zumbini **NEW!**

Ages 0-3 with adult. Have fun with the little one in your life in this music and movement class. A combination of Zumba music, dancing, singing, instruments and scarves creates a fun and energetic class you're both sure to love. Each child will receive a "Bini Bundle" which includes two copies of our class music and a beautifully illustrated storybook! Instructor Prophetic Dance & Fitness. Min 5/Max 20.

344202-01	Sa	9-9:45am	1/14-2/18	6	\$95	CQRC
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Zumbini en Español!

344204-01	Sa	9-9:45am	2/25-4/1	6	\$95	CQRC
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Kid Rock Social Hour

Ages 0-4. It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement and play. Drop-ins welcome on Fridays, \$5 each. Min 10/Max 35. No class 1/16, 2/20.

353805-01	M,W	10am-12pm	1/9-3/6	28	\$49	MVRC
353805-02	M,W,F	10am-12pm	1/9-3/10	36	\$79	MVRC

Soft Time Players **DROP-IN**

Ages 0-5 with adult. Run, jump, tumble and have fun! This unstructured drop-in playgroup encourages motor skill development on three-dimensional mats. An adult must accompany each child/family. Socks are required for all. Fee for additional chaperones, Please call ahead for availability.

M-F	9am-9pm	½hr.	\$5ea.	CHRC
Sa	9am-6pm	½hr.	\$5ea.	CHRC
Su	1-5pm	½hr.	\$5ea.	CHRC
M-Th	9am-8:30pm	½hr.	\$5ea.	CQRC
F-Su	9am-5:30pm	½hr.	\$5ea.	CQRC
M-TH	9:30am-1pm	1hr.	\$5ea.	CKRC

Playtime Express **NEW!**

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 that will help develop their social skills, self-discovery and build their imagination. Engage through inflatables, building blocks, LEGOs, balls, tricycles and interactive toys that will increase their learning. Min 5/Max 20. No class 4/12.

393901-01	W	10:30am-12:30pm	1/4-2/15	7	\$35	NLRC
393901-02	W	10:30am-12:30pm	3/1-4/19	7	\$35	NLRC

STEP Sensory Time Exploration **NEW!** **TR**

Ages 2-5 with adult. Get your child's senses flowing! Activities use all the senses to discover and explore the environment, develop imagination and gross and fine motor skills. This is an Inclusion program. Min 5/Max 10.

343902-01	Tu	10:30am-12pm	1/3-1/17	3	\$39	NLRC
343902-02	Tu	10:30am-12pm	2/7-2/21	3	\$39	NLRC
343902-03	Tu	10:30am-12pm	3/7-3/21	3	\$39	NLRC

Lil Gymmies **DROP-IN**

Ages 2-5 with adult. Run, jump and play in a safe, clean environment. Children will learn foundational skills, and gain confidence to play in a wide range of fun activities, including toys, balls, holler hoops, and inflatables. Guardians are free and required to attend with child. Min 10/Max 100. Non-residents \$10. No class 1/2, 1/16, 2/20.

M-W,Sa	9am-12pm	1/4-12/30	1 hr. \$5 ea.	CHRC
W,Sa	9am-12pm	12/3-2/25	1 hr. \$5 ea.	WRRC

Adult Social Club **TR**

Ages 18 & up. For participants with cognitive and developmental delays develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. An assessment is required, so online registration is not available. Min 10/Max 40. No class 12/24, 12/31, 1/14, 2/18.

343000-01	Sa	11am-4pm	12/3-2/25	9	79	NLRC
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Dog Parks in Alexandria

Unfenced Dog Areas are designated spaces for dogs and their owners to exercise and recreate without disrupting other uses of the parks. Please respect leash laws when using other park areas.

Visit alexandriava.gov/Dogs for directions to dog parks. To receive the Dog Park brochure, call 703.746.4343.

TECHNOLOGY & SCIENCE

Science Mania **NEW!**

Ages 5-12. Get ready for a cornucopia of experiments! Uncover the vital role that science plays in detective work, examine the science behind popular toys and get a buzz out of the amazing world of insects. Explore earth science, weather phenomena and experiment with kitchen chemistry! Min 6/Max 12.

Ages 5-7

343810-01	Tu	6:15-7:15pm	1/17-2/21	6	\$79	MVRC
343810-02	Tu	6:15-7:15pm	3/7-4/11	6	\$79	MVRC

Ages 8-12

343810-03	Th	6:15-7:15pm	1/19-2/23	6	\$79	MVRC
343810-04	Th	6:15-7:15pm	3/9-4/13	6	\$79	MVRC

Minecraft Programming

Ages 6-9. Looking for a fun way to introduce your child to programming? Use a game they love! Kids can use a custom mod called "ComputerCraft" and problem-solving skills to program robots inside the world of Minecraft to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using LUA, a simple scripting language. Instructor C3 Cyber Club Inc. Min 8/Max 12.

342600-01	Sa	9-10am	1/21-2/25	6	\$149	NLRC
342600-02	Sa	10:15-11:15am	1/21-2/25	6	\$149	NLRC

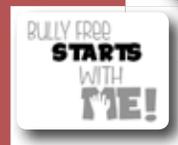
Safe Place & Bully Free Starts With Me!

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. Safe Place sites in Alexandria are at all neighborhood recreation centers and fire houses. 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 call the Runaway Hotline at 1.888.290.7233.

Bully Free Starts With Me

The Mayor's Campaign to End Bullying includes City agencies, the Alexandria City Public Schools, residents, youth leaders and community organizations, working together to increase awareness of the negative effects of bullying and to prevent bullying among Alexandria's youth. In Alexandria, nearly 40 percent of middle school students, and approximately 15 percent of high school students reported being bullied on school property. For more information about the campaign and a calendar of events, visit alexandriava.gov/EndBullying or email mac.slover@alexandriava.gov.



MAKE MEMORIES AND A NEW BFF! Designed to promote social development and creative learning, our wide variety of camps is sure to spark your child's interest.

SPRING BREAK CAMPS

Challenger Sports

Ages 2-14. British Soccer coaches deliver another week of fun, innovative and high-quality coaching to budding soccer stars! Each day includes individual foot skills, technical drills, tactical practices, small-sided games, scrimmages, and a daily World Cup tournament. Equally important, learn lessons in self-discipline, good sportsmanship and respect for others. Campers receive a free Challenger soccer ball, camp T-shirt, personal evaluation and poster. Full day campers will swim in the afternoons. **Register at challengersports.com or call 1.800.878.2167, ext. 239.** Instructor Challenger Sports. Min 5/Max 20.

M-F	9-10:30am	4/10-4/14	5	\$139	CQPK
M-F	10:45-11:45am	4/10-4/14	5	\$115	CQPK
M-F	9am-12pm	4/10-4/14	5	\$185	CQPK
M-F	9am-4pm	4/10-4/14	5	\$239	CQPK

Hoop Life Basketball Camp

Ages 4-14. Hoop Life Basketball Camps are some of the most well-structured, basketball fundamental centered, and exciting camps in the area. If your child has a love for the game of basketball, they don't want to miss this camp. All coaches have playing and/or coaching experience on higher levels of basketball ranging from high school to the NBA. Your child will walk away from this camp with improved skills, greater knowledge, and a heightened passion for the game of basketball. Instructor Hoop Life. Min 10/Max 60.

372601-01	M-F	9am-4pm	4/10-4/14	5	\$255	GWMS
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Engineering with Little Bits **NEW!**

Ages 5-9. Younger students are introduced to basic electronics including input/output through hands on learning and projects. Kids combine everyday supplies and color coded modules that utilize LED lights, fans, sliders, pressure sensors and more! Instructor C3 Cyber Club Inc. Min 8/Max 12.

372609-01	M-F	9am-12pm	4/10-4/14	5	\$275	ODRC
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Tennis Camp

Ages 5-14. The court is a great place to have fun and learn new skills while making new friends. Kids will learn basic tennis strokes including forehand, backhand, volley, overhead and serve. A variety of great games will keep kids moving with time to cool down at Rixse Pool each day. Instructor Tennis on the Move. Min 15/Max 25.



372602-01	M-F	9am-4pm	4/10-4/14	5	\$295	CQPK
372602-02	M-F	9am-12pm	4/10-4/14	5	\$205	CQPK

Dramatic Kids! Spring Break Camp **NEW!**

Ages 7-10. Pre-teen actors are active and engaged as they learn improvisational theater techniques. Students use their own theatrical skills to write and perform an original sketch. Instructor CARE Actor. Min 6/Max 20.

372611-01	M-F	9am-4pm	4/10-4/14	5	\$315	LEEC
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Lacrosse Camp

Ages 7-11. Players develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this clinic is perfect for students brand new to lacrosse as well as intermediate players wanting to take their game to the next level. All players will warm-up together, then groups will work separately. Players will need a lacrosse stick. Equipment can be provided through tspteam.com. Instructor TSP Team. Min 10/Max 25.

372607-01	M-F	9am-4pm	4/10-4/14	5	\$199	JHES
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3D Character Sculpting & Model **NEW!**

Ages 10-14. Learn how to digitally sculpt characters in a 3D space! Students will learn how to will draw, develop, and sculpt their character and objects. Students also learn about resources for 3D printing their models. Instructor C3 Cyber Club Inc. Min 8/Max 12.

372610-01	M-F	1-4pm	4/10-4/14	5	\$275	ODRC
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Theatrical Teens! Spring Break Camp **NEW!**

Ages 11-15. Teens, learn improvisational theater techniques and write their own original sketches. Actors will combine their theatrical and artistic experience to create dramatic expressions employing the techniques they have learned. Students will write and direct their own skit presented on the last day of camp. Instructor CARE Actor. Min 6/Max 20.

372612-01	M-F	9am-4pm	4/10-4/14	5	\$315	LEEC
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Hoop Life Broadcast Journalism **NEW!**

Ages 11-17. Does your child like sports? Are they into the latest technology? Wouldn't it be nice for a child learn to do something productive with all this technology? At Hoop Life Sports Broadcast Journalism Camp, campers will learn to broadcast games, commentate, conduct interviews, create highlight footage; design sports marketing materials, and so much more. Instructor Hoop Life. Min 10/Max 20.

372613-01	M-F	9am-4pm	4/10-4/14	5	\$205	GWMS
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IT'S SHOW TIME. Get your creative juices flowing and impress your family and friends with skills learned in a dance, art or music program.

BALLET

Tiny Dancers

Ages 3-5. Designed as an introduction to ballet for girls and boys, this curriculum incorporates classical ballet technique, exquisite, custom-made costumes and creative story-dance interpretations. In-class performance on last day. Girls should wear leotards, tights and ballet slippers. Boys should wear a tee shirt, sweat pants and ballet shoes. Instructor Tiny Dancers. Min 5/Max 10.

Ages 3-4

352615-01 Tu 4-4:45pm 1/10-3/28 12 \$245 CHRC

Ages 4-5

352616-01 Tu 5-5:45pm 1/10-3/28 12 \$245 CHRC

Ballet with Tiny Dancers

Ages 6-8. Become a ballerina! This traditional ballet class includes using the barre, center of the floor, across the floor work and fun. Girls should wear leotards, tights and ballet slippers of any color. Boys should wear a t-shirt, sweat pants and ballet shoes of any color. Instructor Tiny Dancers. Min 5/Max 10.

352617-01 Tu 6-6:45pm 1/10-3/28 12 \$245 CHRC

Pre-Ballet & Movement I

Ages 3-5. Do you have an aspiring ballerina? Explore creative movement while learning the five ballet positions and disciplines of dance. Children have fun and learn physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 12. No class 3/25.



352605-01 Sa 9:05-9:55am 1/14-4/1 11 \$145 CHRC

Pre-Ballet & Movement II

Ages 3-5. Already have a little ballerina? By reintroducing the five positions, dancers will learn small routines and basic technique while exploring creative movement, having fun, and improving physical coordination and mental concentration. Prerequisite: Completion of Pre-Ballet & Movement I or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 3/25.

352606-01 Sa 10-10:50am 1/14-4/1 11 \$145 CHRC

Ballet I

Ages 5-7. 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. Instructor Megan Lively. Min 5/Max 12. No class 3/25.

352610-01 Sa 11am-12pm 1/14-4/1 11 \$145 CHRC

Ballet II

Ages 7-11. 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. Instructor Megan Lively. Min 5/Max 12. No class 3/25.

352611-01 Sa 12-1pm 1/14-4/1 11 \$145 CHRC

Ballet III

Ages 7-13. Focus on barre, center floor, across the floor, and stretching, as well as adagio, and routines/combinations. This class will introduce intermediate leaps, turns and jumps. Students will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: Completion of Ballet II or previous training in ballet. Min 4/Max 12. No class 3/25.

352612-01 Sa 1-2pm 1/14-4/1 11 \$145 CHRC

Mlyna Ballet 1

Ages 5-7. Designed for beginner male and female Ballet students, classes encourage a relationship to music and creative dancing through ballet movements. Instructor Ms. Lynn. Min 6/Max 12. No Class 1/16, 2/20.

353813-01 M 5-6pm 1/9-4/3 13 \$169 MVRC

Advanced, minimum 6 yrs. experience

353813-02 Tu 5-6pm 1/10-4/4 13 \$169 MVRC

Mlyna Ballet II

Ages 8-14. Students moving into a higher level of Ballet technique and comprehension will focus on strengthening and developing skills into steps, sequences and combinations. This advanced class will emphasize posture, poise and gracefulness. Instructor Ms. Lynn. Min 6/Max 12. No Class 1/16, 2/20.

Ages 8-14, minimum 6 yrs. experience

353812-01 M,Th 6:15-7:15pm 1/9-2/27 15 \$169 MVRC

353812-02 M,Th 6:15-7:15pm 3/2-4/13 13 \$149 MVRC

Ages 8-12, minimum 3 yrs. experience

353812-03 Th 5-6pm 1/12-4/13 14 \$169 MVRC

Adult Ballet

Ages 18 & up. Discover the strength, beauty, elegance and grace of ballet, while improving coordination, flexibility, breathing and posture. Use all of the muscle groups and challenge the body and mind to create a flow of movement that enhances the quality of learning ballet. Instructor Ms. Lynn. Min 5/Max 20. No Class 1/16, 2/20.

353810-01 M,Th 9:15-10:15am 1/9-2/23 14 \$155 MVRC

353810-02 M,Th 9:15-10:15am 2/27-4/13 14 \$155 MVRC

353810-03 M 9:15-10:15am 1/9-2/27 8 \$79 MVRC

353810-04 M 9:15-10:15am 2/27-4/10 7 \$69 MVRC

DANCE

Jazz Hip Hop Fusion **NEW!**

Ages 6-11. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination and choreography. Develop musicality and rhythm, while learning dance vocabulary and the use of counting. Instructor Prophetic Dance and Fitness. Min 5/Max 20. No class 1/16, 2/20.

354201-01	M	3:45-4:30pm	1/9-2/13	5	\$75	CQRC
354201-02	M	4:30-5:15pm	2/27-3/27	5	\$75	CQRC

Belly Dance **NEW!**

Ages 18 & up. An art of movement from the far East, Belly Dancing is fun! Learn individual dance moves, including terminology and steps. Bring a scarf long enough to wrap around the hips. Min 3/Max 20.

354200-01	Tu	7-8pm	1/10-3/28	12	\$119	CQRC
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Salsa Dance **NEW!**

Ages 18 & up. Learn the basics of Salsa dancing through a series of classes targeted for the beginner student and progressing to intermediate and advanced levels. The goal of this class will be to teach the student to reach a level where they will be comfortable with dancing Latin music in any social setting. Min 10/Max 40. No class 1/16, 2/20.

353113-01	M	7-8pm	1/9-3/27	10	\$205	CHRC
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Ballroom Dance I

Ages 18 & up. Learn the basics of dancing and gain confidence on the dance floor. Basic step patterns include the Foxtrot, Waltz, Rumba, Tango, Merengue, Cha Cha, and Swing. While singles are welcome, couples are preferred. Instructor Tom Woll & Associates. Min 8/Max 24.

353102-01	Tu	8:15-9:30pm	1/17-3/7	8	\$99	ODRC
353102-02	Th	7-8:15pm	1/19-3/9	8	\$99	ODRC



Ballroom Dance II

Ages 18 & up. Fine tune and perfect each move! Continue ballroom dance confidence in Foxtrot, Waltz, Swing, Rumba, Cha Cha, Tango and other dances. While singles are welcome, couples are preferred. Prerequisite: Ballroom Dancing I or equivalent. Instructor Tom Woll &

Associates. Min 8/Max 24.

353104-01	Tu	7-8:15pm	1/17-3/7	8	\$99	ODRC
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Wedding Dances

Ages 18 & up. Get ready for that special occasion or learn the three most common ballroom wedding dances; the Waltz, Foxtrot and Rumba. Learn proper dance position, how to lead and follow, and some basic patterns to form a routine. Couples only - both participants must register. Instructor Tom Woll & Associates. Min 8/Max 24.

353103-01	Th	8:15-9:30pm	1/19-3/9	8	\$99	ODRC
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MUSIC

Little Hands Music

Ages 0-6. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists.

Register at littlehands.com or call 703.631.2046. Instructor Little Hands Music. Min 6/Max 12. No class 1/16, 2/20.



Infants, up to 18 mos.

Tu	11-11:30am	1/10-3/28	12	\$219	CHRC
Tu	12:15-12:45pm	1/10-3/28	12	\$219	CHRC

Toddlers, 18 mos.-3 yrs.

M	10-10:30am	1/9-3/27	10	\$189	CHRC
M	10:45-11:15am	1/9-3/27	10	\$189	CHRC
Tu	9:30-10am	1/10-3/28	12	\$219	CHRC
Tu	10:15-10:45am	1/10-3/28	12	\$219	CHRC

Preschoolers, 3-5 yrs.

M	12:30-1:15pm	1/9-3/27	10	\$199	CHRC
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Piano Fun For Adults Level I

18 & up. Proven to reduce stress and improve health and well-being, learning to play the piano is an unfulfilled dream for many adults. Learn music fundamentals such as improvising and reading music in a relaxed and fun environment. No experience necessary. \$25 book fee is due the first day of class. Instructor Natalie Grimes. Min 4/Max 5.

353106-01	Tu	6:30-7:30pm	1/10-3/7	9	\$155	ODRC
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Piano Lab

18 & up. Enjoy practice sessions at the piano supervised by an experienced instructor available for help. In addition to individual practice time, each session will introduce new keyboard skills and include fun musical activities for the group. This class is open to players of any level, and is ideal for adults who have completed Piano Fun Level I, II, or III. Instructor Natalie Grimes. Min 4/Max 5.

353109-01	Tu	5:30-6:30pm	1/10-3/7	9	\$155	ODRC
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PERFORMING ARTS

Little Stars! **NEW!**

Ages 2-3. Introduce toddlers to the wonderful world of arts education. Children explore their creativity and imagination through, music, movement, story time, acting, games, and art. Participants will take home a mini art project each week. Instructor CARE Actor. Min 6/Max 10.

352619-01	Sa	9:30-10:15am	1/14-3/18	10	\$165	NLRC
354202-01	Th	6:30-7:15pm	1/12-3/16	10	\$165	CQRC

Dramatic Kids! I **NEW!**

Ages 4-6. Younger kids learn improvisational theater games and act out a story using costumes and props. This acting class uses theater arts to tech topics such as respect, truth, and peace. Instructor CARE Actor. Min 6/Max 12.

352620-01	Sa	10:30-11:15am	1/14-3/18	10	\$145	NLRC
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Dramatic Kids! II **NEW!**

Ages 7-10. Pre-teen actors are active and engaged as they learn improvisational theater techniques. These students use their theatrical skills to write and perform an original sketch based on social issues discussed during the class. Instructor CARE Actor. Min 6/Max 12.

352621-01	Sa	11:30am-12:30pm	1/14-3/18	10	\$165	NLRC
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VISUAL ARTS

Art in Hand Tots & Preschoolers

Age 18 months - 5 years with adult. Interactive stories inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction. Tot-friendly topics and engaging materials will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. For more info, visit artinhand.org. Min 5/Max 10.

Tots, Ages 18 mos.-3 yrs. with adult

352601-01	W	10:30-11:15am	1/11-3/29	12	\$225	NLRC
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Preschoolers, Ages 2.5-5 yrs. with adult

352614-01	W	11:30am-12:15pm	1/11-3/29	12	\$225	NLRC
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Abrakadoodle Twoosy Doodlers

Ages 20 months-3 years with adult. Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and moms and helpers get to play too. Instructor Abrakadoodle. Min 4/Max 12. No class 1/16, 2/20.

352600-01	M	10:15-10:55am	1/9-3/20	9	\$159	CHRC
352600-02	M	11:15-11:55am	1/9-3/20	9	\$159	CHRC
352600-03	Th	9:15-9:55am	1/12-3/16	10	\$175	CHRC
352600-04	Th	10:15-10:55am	1/12-3/16	10	\$175	CHRC

Abrakadoodle Mini Doodlers

Ages 3-6. Children develop their creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included. Instructor Abrakadoodle. Min 4/Max 12.

352613-01	Th	11:15am-12pm	1/12-3/16	10	\$175	CHRC
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Painting Nature, with Hot Cocoa! **NEW!**

Ages 13 & up. Join a nature artist for an afternoon hike to get inspiration from scenic Dora Kelley Nature Park. Learn to express nature's beauty through painting techniques. Complete your canvas in the comfort of the Nature Center while sipping hot cocoa! Call 703.746.5525 for additional details. All materials are provided, just bring weather appropriate clothing, comfortable shoes, and some creativity! Min 6/Max 15.

359800-01	Sa	2-4pm	1/28	1	\$19	BFNC
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Pottery Workshops **NEW!** **DROP-IN**

Ages 18 & up. Want to try your hand at working with clay without the commitment? Whether you are a beginner or would like to build upon your existing skills, these workshops are for you. Basic throwing techniques will be covered by an instructor with emphasis on wedging clay, centering and forming short vessels. Provide your own clay and tools. Min 6/Max 12.

	Sa	10am-1pm	1/14-4/8		\$9ea.	MVRC
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Artworks **TR**

Ages 18 & up. For participants with cognitive and developmental delays. Let your creative side shine through while using a variety of art mediums and learning new art skills. Min 5/Max 10. No class 1/16, 2/20.

353000-01	M	3:30-5pm	1/9-1/30	3	\$19	NLRC
353000-02	M	3:30-5pm	2/6-2/27	3	\$19	NLRC
353000-03	M	3:30-5pm	3/6-3/20	3	\$19	NLRC



Stay Connected!

The City of Alexandria invites you to connect, share, and stay informed through City social media sites, eNews alerts, videos, RSS feeds and more!

- alexandriava.gov/Facebook
- alexandriava.gov/Twitter
- alexandriava.gov/YouTube
- alexandriava.gov/eNews
- alexandriava.gov/RSS



Choose to receive all city news or select the events, programs and services that interest you most.

Durant Arts Center

1605 Cameron St. • 703.746.5560
durantcenter@alexandriava.gov

Center Hours: M-F 5-10 pm;
Sa-Su for rentals only



A multicultural center for the performing and visual arts, the Durant Arts Center offers programs in music, dance, and theatre. Current program offerings are listed in the "Community Activities" section of this brochure. Call 703.746.5560 if you wish to rent Durant Arts Center for rehearsals, meetings, or receptions. To learn more about the other programs and services offered by the Office of the Arts, visit alexandriava.gov/Arts.

Arts Grant Program Online

The Office of the Arts' arts grant program is designed to support artistic excellence in the City by assisting Alexandria-based arts organizations by providing affordable programs for the community to engage with the arts, and providing local artists with opportunities to create, perform, and present their works. Each year, approximately \$180,000 in City funds are awarded on the basis of a competitive grant evaluation process and require a 1:1 cash match from the applicant.

For more information call the Office of the Arts at 703.746.5588 or visit alexandriava.gov/arts

Fiscal Year 2018 Grant Timeline:

Applications go "live" Monday, Jan. 2, 2017

Individual Artists Grant Workshop (Brown bag lunch)
City Hall, Sister Cities Room, 301 King St. Alexandria, VA
Wednesday, Jan. 18, 2017, 1:30 pm

Grant Workshops
Durant Arts Center, 1605 Cameron St., Alexandria, VA
Thursday, Jan. 26, 2017, 12 pm
Monday, Feb. 6, 2017, 7 pm

Grant Workshop Webinar (live)
Lee Center, Activity Room, 1108 Jefferson St., Alexandria, VA
Monday, Jan. 9, 2017, 7 pm
Friday, Feb. 3, 2017, 8:30 am
Wednesday, Feb. 15, 2017, 11 am

Application Deadline Friday, Feb. 24, 2017

Arts in Alexandria City Galleries

Art in City Hall
301 King St. • Mon.-Fri., 8 am-5 pm

Market Square Lobby
2017 Living Legends of Alexandria

Durant Arts Center
1605 Cameron St. • Mon.-Fri., 5-10 pm

Main and Hallway
PTA Reflections Exhibition, March 22 through May 26, 2017

Mixed media art pieces, students throughout the City of Alexandria. PTA Reflections is a national K-12 arts contest. The exhibition showcases the Alexandria City level of the contest. An opening reception and awards ceremony scheduled for March 24, 2017, 6 pm.

For additional information about the City Galleries program, or if you are a visual artist and want to exhibition your work, call the Office of the Arts at 703.746.5588 or email images (media and sizes) to durantcenter@alexandriava.gov.

Alexandria Poetry Contest



The City of Alexandria Office of the Arts and the Alexandria Transit Company joined forces to host a poetry contest "DASHing Words in Motion." The poetry contest encourages quality writing by writers and poets 16 years or older, who lived, worked or studied in the City of Alexandria.

The competition's primary goal is to encourage a broad range of ideas and subject matter. Possible inspirational ideas might stem from the Alexandria Transit Company's DASH buses motto "Keep Alexandria Moving," or bus stops, neighborhoods, buses, cars, roads, or transportation. Other modes of transportation in Alexandria and the region will also be considered. Winning poems will be published and placed on DASH buses and trolleys for the 2017 National Poetry Month (April).

The online submission deadline for both poetry opportunities is Wednesday, January 11, 2017 (close of business). To enter visit the Office of the Arts website at alexandriava.gov/Arts.

For additional about the literary and Poet Laureate programs, visit the Office of the Arts' website at alexandriava.gov/Arts; email the Poet Laureate at poet@alexandriava.gov; or call the Office of the Arts at 703.746.5588.

Torpedo Factory Arts Center

105 N. Union St. • 703.838.4565 **FREE ADMISSION**
 info@torpedofactory.org • torpedofactory.org • @torpedofactory

Center Hours: Su-W 10 am-6 pm
Th 10 am-9 pm
F-Sa 10 am-6 pm

Founded in 1974 in a former naval munitions plant, the Torpedo Factory Art Center is home to America's largest colony of publicly accessible working-artist studios under one roof. Explore all three floors to find work by more than 165 local artists. Watch them at their craft, ask about their creative processes, and purchase original work for your collection.



Credit: Joe Gidjunis/JPG Photography

82 studios and 7 galleries feature a variety of visual media by 165 artists:

- Ceramics
- Collage & mixed media
- Fiber
- Glass & enamel
- Jewelry
- Painting & drawing
- Photography
- Printmaking
- Sculpture

Sustaining the Arts in Alexandria

In May 2016, City Manager Mark B. Jinks announced that he had taken action for the City of Alexandria to oversee operation of the Torpedo Factory Art Center (TFAC) on an interim basis, beginning October 1, 2016.

“The Torpedo Factory Art Center – and the artists themselves – are integral to Alexandria’s unique cultural and tourism experience,” said Jinks. “The City’s actions today begin to build a bridge to the future for this important facility. Our goal is to provide certainty and stability by preserving the Art Center’s core character until a new organizational structure is determined.”

This transition aligns with the Torpedo Factory Art Center Board’s endorsement that changes in the facility’s organizational structure, including a new governing entity, were needed to ensure TFAC’s vibrancy and sustainability. These recommendations were also supported by the Alexandria Commission for the Arts.

The Department of Recreation, Parks and Cultural Activities is proud to welcome Torpedo Factory Art Center to its City of Alexandria family.

Exhibitions, Programs and Events

For current information about exhibitions, programs and events at Torpedo Factory Art Center, visit torpedofactory.org/events or call 703.838.4565.

2nd Thursday Art Night

Enjoy a special after-hours event at the Torpedo Factory Art Center every month. Browse open studios and galleries, interact with artists, and enjoy special programming. Stop by on your way to dinner and make an evening of it!

SECOND THURSDAY ART NIGHT

every month • 6 - 9 pm

CONNECT

@torpedofactory

#madeinalexandria

MAKE THE WORLD A BETTER PLACE. Investigate Alexandria's natural resources and its inhabitants and learn how to care for the environment. Don't wait, quench your curiosity today.

NATURE

Escape Into Nature **NEW!**

Ages 2-5 with adult. Learn about a variety of animals, from snakes, to lizards to frogs, oh my! Children will also engage in an arts and craft activity as well as independent play at Nannie J. Lee Recreation Center. Min 8/Max 20.

363900-01	Th	10:30am-12pm	1/26	1	\$15	NLRC
363900-02	Th	10:30am-12pm	2/23	1	\$15	NLRC
363900-03	Th	10:30am-12pm	3/23	1	\$15	NLRC

Little Adventures

Ages 3-5. Children and their parents are invited to explore the world of nature through a series of programs developed just for them. We'll play games, do crafts, hike through the forest, and much more. Siblings welcome. Fee covers all three sessions. Min 5/Max 12.

369800-01	F	10:30-11:30am	1/13,2/10,3/10	3	\$19	BFNC
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Nature Story Time

Ages 2-3 with adult. Families are welcome to join us for story time at the Nature Center. After, you'll get to meet some nature center animals and do a craft! Min 5/Max 15. Nonresidents \$10.

369802-01	F	10-10:45am	2/24	1	\$5	BFNC
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Hawks and Owls

Ages 5 & up. Discover the important work of the Raptor Conservancy of Virginia from a raptor expert. Live hawk and owl presentation featured. Registration fee required for each child, and all children must be accompanied by an adult. Snow date February 11. Min 10/Max 25. Nonresidents \$10.



369826-01	Sa	2-3pm	2/4	1	\$5	BFNC
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Sharks! **NEW!**

Ages 5 & up. Meet (and touch!) a live shark and some other marine animal friends while you learn about all kinds of sharks—from giant, filter feeding whale sharks to tiny, predatory cookie cutter sharks. Find out about shark intelligence and why they are so important to the ocean ecosystem. Children must be accompanied by a parent/guardian. Min 15/Max 30.



369835-01	Sa	11am-12pm	3/11	1	\$15	BFNC
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For Goodness Snakes! **NEW!**

Ages 6-9. Did you know there are more than 3,000 species of snakes in the world, with at least one type of snake on every continent except Antarctica? While snakes may have a bad reputation, they are actually quite essential. Join us as we explore the world of these reptiles and meet the center's collection of live snakes. Min 5/Max 12. Nonresidents \$10.

369836-01	Sa	10-11:30am	3/18	1	\$5	BFNC
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Orienteering for Beginners **NEW!**

Ages 7 & up. Orienteering is an outdoor sport using maps and compasses to find one's way. In this entry level program, participants will learn about the parts of a compass and how to use it with a map while we navigate through a preset course. Min 5/Max 12. Nonresidents \$10.

369837-01	Sa	2-4pm	3/25	1	\$5	BFNC
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Frog Calls **NEW!**

Ages 6-9. Did you know that a bullfrog's call sounds like the 'moo' of a cow? Discover the fascinating lives of frogs in your neighborhood and how to identify them by their bizarre calls! Min 5/Max 12. Nonresidents \$10.

369838-01	Sa	2-3:30pm	2/25	1	\$5	BFNC
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Garden Plot Registration

Located at Chinguapin Park, 3210 King Street, and on the Holmes Run Parkway, garden plots are available for annual rental. For additional information and to inquire about availability, call 703.746.5484.



Jerome “Buddie” Ford Nature Center



5750 Sanger Ave • 703.746.5559 • **FREE ADMISSION**

Hours: W-Sa 10 am-5 pm year-round; Su 1-5 pm April through October

See live animals up close and learn about the cultural and natural history of Dora Kelley Nature Park. The Naturalists on staff are here to help you and your family explore and enjoy Alexandria’s wild side! Call for more information about programs and renting space.

For information, visit alexandriava.gov/Recreation or call 703.746.5559.

Dora Kelley Nature Park

- 50-acre wildlife sanctuary
- 1-mile trail along streams, wooded hills and freshwater marshland
- Self-guided booklet, available at the Nature Center, interprets the natural features of the park using numbered signposts
- Paved trail provides easy access for walkers, bicyclists and persons with disabilities.

Year-Round Exhibits

• **New MicroEYE Interactive Exhibit at the Nature Center:**

A new, interactive exhibit promoting hands-on and up-close exploration of objects found in nature has been added as the newest exhibit to the Nature Center. Meet the MicroEYE from New Zealand, a video microscope that provides a zoom magnification ranging from 2x-40x that displays on a high definition television monitor to inspire and intrigue people of all ages.



- Live turtles, snakes, lizards, toads, and more
- Children’s library
- Natural history reference library for adults
- Games and activity stations for children
- Greenhouse with tropical rainforest plants and parrot
- Mary Anne Warner’s beautiful 16’ x 7’ oil mural, “Wildlife of the Dora Kelley Nature Park”
- Mounted black bear, red fox, turkey, raccoon, and bobcat
- Interpretive exhibits on local geology, prehistory, and history

School Field Trips

Teachers, bring your class or arrange for one of our Naturalist staff to come to your school for an outreach program. Interpretive programs are designed to assist teachers in meeting Virginia’s SOL requirements.

Free Adult Programs

A variety of free programs are available to adults seasonally, including Tree ID Hike, Geology, Fungi in our Forest, etc. For details, visit alexandriava.gov/12362 or call 703.746.5559.

“Nature News” Digital Newsletter

Learn about upcoming weekend nature programs, volunteer opportunities, adult hikes and special events, as well as informative articles and photo features depicting the latest information on the flora and fauna in Dora Kelley Nature Park. To receive the quarterly newsletter, call the Nature Center at 703.746.5559.

Girl Scouts and Boy Scouts

You provide the patch or badge for your troop to earn and we’ll provide the learning activities and program materials. \$50 per troop for up to 15 children (\$3 for each additional child).

Birthday Parties

Children ages 4-12 can enjoy a 2-hour birthday party featuring live animals, a nature-oriented activity and use of a private room. \$165 for up to 12 children, additional \$10 per child up to 17 total (resident rate). To secure a party date, advanced registration and payment are required.

Facility Rental

Jerome “Buddie” Ford Nature Center’s activity room is available for rental by community groups and organizations. Please call for more information.

Volunteer Opportunities

Volunteer as an individual, class, or group to help protect Dora Kelley Nature Park.



out of school time

SCHOOL IS OUT... LET THE FUN CONTINUE! Afterschool programs offer activities incorporating play, learning, cultural enrichment and positive social interaction.

Adventure Awaits Power-On/Power-Up!

The 2016-17 School Year theme "Adventure Awaits" invites your child to make every day an adventure. Journey with us as we discover new interests, explore unseen sights, and make the impossible possible!



Parent information packets are required to complete registration and are available at each recreation center, at the Lee Center or online at alexandriava.gov/Recreation. Register in-person at the Lee Center's Registration & Reservation Office or participating recreation centers. All participants must be residents of the City of Alexandria.

2016-17 School Year Power-On!

Ages 5-12. (Kindergarten through grade 5. Youth in grade 6, under 13, are also eligible.) After-school fun includes creative & performing arts, education & leisure activities, homework time, fine arts, sports, fitness & health, field trips, holiday & family events and much more! Children are encouraged to develop a sense of camaraderie, sportsmanship and an understanding of teamwork! Holiday hours and registration minimums and maximums vary by location. The program meets 2:30-6 p.m. on days when ACPS schools are open.



502901-01	M-F	2:30-6pm	9/6-6/23	200	\$429	JAES
502902-01	M-F	2:30-6pm	9/6-6/23	200	\$429	DMES
503500-01	M-F	2:30-6pm	9/6-6/23	200	\$429	CBRC
503600-01	M-F	2:30-6pm	9/6-6/23	200	\$429	CHRC
503700-01	M-F	2:30-6pm	9/6-6/23	200	\$429	CKRC
503800-01	M-F	2:30-6pm	9/6-6/23	200	\$429	MVRC
504000-01	M-F	2:30-6pm	9/6-6/23	200	\$429	PHRC
504100-01	M-F	2:30-6pm	9/6-6/23	200	\$429	WRRC



2016-17 School Year Power-Up!

Ages 11-14. (Grades 6-8) Specifically designed for young teens, after school activities include a homework center, weekly clubs, educational and cultural enrichment opportunities, sports, games,

tournaments, field trips and special events. There's something for everyone! Closed school holidays and early dismissal days. Min 5/Max 125.

502903-01	M-F	3:15-6pm	9/19-6/23
198	\$429	FHMS	



Power-Full Fun Days

Ages 5-14. (Kindergarten through Grade 8) Designated recreation centers provide safe and supervised play activities on the days ACPS schools are closed. Youth enrolled in any Power-On or Power-Up program may attend at no additional cost, all other City youth may attend for a fee. Before Care is provided from 8-9am for an extra \$5 fee for all participants. All youth must bring a lunch; a snack will be provided.

M	9am-6pm	1/16	\$15/day	CHRC
M	9am-6pm	2/20	\$15/day	RC*

Dates and times subject to change based on ACPS calendar.

*Available only at Out of School Time sites located at Recreation Centers, including CBRC, CHRC, CKRC, MVRC, PHRC, WRRC

Mainstream Program (TR)

Ages 6-17. For participants with cognitive and developmental delays. 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. Min 12/Max 24. No class 1/16, 1/20, 2/3, 2/20, 3/10.

303000-01	M-F	2:30-6pm	1/3-1/31	19	\$149	NLRC
303000-02	M-F	2:30-6pm	2/1-2/28	18	\$149	NLRC
303000-03	M-F	2:30-6pm	3/1-3/31	22	\$149	NLRC

Kids Day Out (TR)

Ages 5-12 for General Recreation and Ages 6-17 for Therapeutic Recreation participants. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Min 12/Max 40.

303001-01	F	9am-6pm	2/3	1	\$25	NLRC
303001-02	F	9am-6pm	3/10	1	\$25	NLRC

Afterschool Nature Buddies

Ages 5-10. This nature-oriented after school program provides a safe, quiet setting for homework, study, nature hikes, live animal care and more. All supplies and snacks are included. Once registered, participants are enrolled for the 2016-2017 school year. The fee for this program is \$350 per child, per month. NOTE: For two siblings, there is a \$50 discount per child. Min 8/Max 15.



Tadpoles, Kindergarten-2nd Grade

569804-05	M-F	2:30-6pm	1/1-1/31	22	\$350	BFNC
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Frogs, 3rd-5th Grade

569804-15	M-F	2:30-6pm	1/1-1/31	22	\$350	BFNC
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WHAT'S HAPPENING? Stay in the know with our new selection of trips and activities. There's fun for the whole family!

COMMUNITY ACTIVITIES

First Friday: Mardi Gras in Alexandria

Ages 4 & up. Wear purple, green and gold while enjoying jazz music and Mardi Gras carnival customs without leaving Alexandria! Make a Mardi Gras mask or bring your own, then join in the evening's parade. Adult supervision required. Light refreshments provided. Nonresidents \$10 per person. Min 30/Max 200.

355203-02	F	6-8:30pm	2/3	1	\$5	ODRC
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First Friday: Family Art Night

Ages 4 & up. Teresa Brunson, featured artist, will guide you through painting your very own masterpiece. A unique memorable family art evening. No experience needed. Adult supervision required. Art supplies, pizza and soda provided. Nonresidents \$10 per person. Min 20/Max 50.

Painting

355202-02	F	6-8:30pm	3/3	1	\$5	ODRC
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Mosaics

355202-03	F	6-8:30pm	3/3	1	\$5	ODRC
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Bagels and Bach

Ages 4 & up. Enjoy classical music while being treated to a light brunch. Your children will become aware and will learn how to appreciate classical music. A variety of local quartets, quintets, or sextets will be showcased. What better way to enjoy a Sunday morning? Adult supervision required. Nonresidents \$15 per person. Min 30/Max 200.

355204-01	Su	11am-1pm	2/5	1	\$10	ODRC
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355204-02	Su	11am-1pm	3/5	1	\$10	ODRC
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355204-03	Su	11am-1pm	4/2	1	\$10	ODRC
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TR Parents Bounce Out TR

Ages 5-12. For participants with cognitive and developmental delays. Parents can relax and bounce out while your child can play and bounce around. Don't worry about a thing, let us do it all for you. Parents, take this time to enjoy an evening out on the town! Light refreshments will be served. Online registration is not available. Min 5/Max 10.



383002-01	F	6-9pm	1/27	1	\$25	NLRC
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383002-02	F	6-9pm	2/17	1	\$25	NLRC
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383002-03	F	6-9pm	3/24	1	\$25	NLRC
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RecEXPO NEW!

All Ages. Wish you could test out a program before signing up? Here's your chance! Bring the whole family to participate in class demonstrations, meet instructors and learn about new and upcoming programs. Min 1/Max 100.

487600-02	Sa	10am-2pm	4/22	1	Free	MVRC
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Kids Book Swap NEW!

Ages 5-15. Recycle good condition used books in exchange for one that is new to you. Celebrate literacy and good reading habits at home with families. Participants can expect to receive one book for every book turned in. Plus, enjoy crafts, a storyteller and other exciting activities for families. Admission is free thanks to our sponsors Barnes & Noble Booksellers and Alexandria's Duncan Library.

343701-01	F	6:30-8pm	3/17	1	Free	CKRC
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Nerf the Turf

Ages 7-12. More than a battle with foam darts, kids develop teamwork, problem solving and sportsmanship skills. Bring your gear and equipment and we will supply the ammo. Work together within groups to put strategies into practice as your team builds barriers, forts and obstacles. Min 6/Max 30.

383504-09	F	6:30-7:30pm	1/13	1	\$15	CBRC
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383504-10	F	6:30-7:30pm	2/10	1	\$15	CBRC
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383504-11	F	6:30-7:30pm	3/10	1	\$15	CBRC
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Adult Health and Fitness Night NEW!

Ages 18 & up. Join us for an evening of free indoor health and fitness activities. Participate in various activities designed to educate adults on how to stay fit and maintain a healthy lifestyle, including sports, cardiovascular activities, presentation on nutrition, health and more. Healthy snacks will be served. Min 20/Max 150.

313701-01	F	6:30-8:30pm	3/10	1	Free	CKRC
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FAMILY SPLASH NIGHTS

Fridays, 6-9 p.m. • \$4 per person

UPCOMING DATES:

- January 27
- February 3
- February 10
- March 10
- March 31
- April 28



Bring the whole family to Chinquapin Park Recreation Center & Aquatics Facility to enjoy swimming, a floating obstacle course, games, relays, nature exhibits, soccer demos, diving for prizes and more!

Visit alexandriava.gov/Aquatics for details.

fun finder index

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

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
Swimming																				
Advanced Beginner Swimming	4																		•	•
Beginner Swimming	4																		•	•
Chinquababies*	2	•	•																	
Chinquatots*	2		•	•																
Crocodiles	3					•	•	•	•	•	•	•	•	•						
Dolphins	3								•	•	•	•	•	•						
Frogs	2		•	•	•															
Hammerheads	3			•	•	•														
Lifeguard Training	4																	•	•	•
Otters	3					•	•	•	•	•	•	•	•	•						
Penguins	3					•	•	•	•	•	•	•	•	•						
Salamanders	3			•	•	•														
Seahorses*	2		•	•	•															
Seals	3					•	•	•	•	•	•	•	•							
Special Olympics Swimming	3					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Swim Clinics	4																		•	•
Aqua Aerobics																				
AM Aqua Exercise	4																		•	•
Aquatic Dance Exercise	4																		•	•
Aquatic Exercise for Seniors	4																		•	
Deep Water Aqua Aerobics	4																		•	•
Get in Deep w/ Candice	4																		•	
Water Walking	4																		•	•
Mind/Body Wellness																				
PiYo Power Core & More	5																		•	•
To Yoga	5																		•	•
Yoga in the Morning	5																		•	•
Cardio Workout																				
Aerobic Dancing	5																		•	•
Jazzercise	5																		•	•
Zumba	5																		•	•
Cardio & Strength																				
Adult Weight Training	6																		•	•
Aging Backwards/ Classical Stretch	6																		•	•
Barre Excel	6																		•	•
Boxercise Fitness	6																		•	•

*Requires guardian and child participation

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Cardio & Strength continued																				
Capoeira Angola																				
Brazilian Martial Arts	7																		•	•
Cardio Bodyflow & Bodyweight Training	6																		•	•
FirstFit	6																		•	•
Fit4Baby	7																		•	•
Functional Fitness for Older Adults	7																		•	
FXP Hula Hoop Fitness	6																		•	•
Hip Hop Fitness & Circuit Training	6																		•	•
Martial Arts for Beginners	7																		•	•
MiKiDo Ruff & Tumble	7																		•	•
Pilates	6																		•	•
Pure Muscle and Core Strength	6																		•	•
Senior Body Part Aerobics	7																		•	
Senior Weight Training	7																		•	
Senior Workout with Ms. Lynn	7																		•	
Sergeant's Fitness Concepts	7																		•	•
Sports Fitness Training	5																		•	•
Stroller Strides	7																		•	•
Tabata with Tammy	6																		•	•
Tae Kwon Do for Kids	7																		•	•
Tai Chi	6																		•	•
Teen Fitness Circuit	5																		•	•
Total Body Burn	6																		•	•
30-minute Workouts																				
30 Min. Abs and Glutes	8																		•	•
30 Min. Yo Stretch	8																		•	•
ChinquaCircuit	8																		•	•
Tumbling Classes																				
Acrobatics I	9																		•	•
Acrobatics II	9																		•	•
Acrobatics III Intermediate	9																		•	•
Basic Tumbling	9																		•	•
Mom/Dad & Me Tumbling*	9																		•	•
Tumbling I	9																		•	•
Tumbling II	9																		•	•

Continued on next page.

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

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
age in years																				
Fencing Classes																				
Fencing for Teens/Adults	9																		●	●
Fencing for Youth	9									●	●	●	●	●	●					
Nerf® Fencing	9						●	●	●	●										
Soccer Classes																				
Challenger British Soccer	10		●	●	●	●	●	●	●											
Excite Soccer	10		●	●	●	●	●	●												
Soccer Tots	10		●	●	●	●														
UK Elite Parent & Child Soccer*	10		●	●																
UK Elite Petite Soccer*	10		●	●	●	●														
Additional Sports Classes																				
Dodgeball Fanatics	10							●	●	●	●	●								
Girls Field Hockey Clinic	11								●	●	●	●	●							
Indoor Tennis Fanatics	10				●	●	●	●	●	●	●									
Jump Shots for Tots	10		●	●	●	●														
Lil' Slammers Basketball	10			●	●															
Racquetball Clinic	11																	●	●	●
Racquetball Lessons	10			●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Teen Strobe Flag Football	11												●	●	●	●				
Youth Sports Leagues																				
Alexandria Titans Indoor Track Team	11							●	●	●	●	●	●	●						
Girls' Fastpitch Softball	11				●	●	●	●	●	●	●	●	●	●	●					
Lil' Rookies Basketball	11			●	●															
Miracle League of Alexandria Adaptive Sports	11				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
T-Ball & Coach Pitch Baseball	11		●	●	●	●														
Youth Sports Affiliates																				
Alexandria Lacrosse Club	12				●	●	●	●	●	●	●	●	●	●	●					
Alexandria Little League Baseball	12							●	●	●	●	●	●	●	●	●	●			
Alexandria Rugby Club Tackle League	12				●	●	●	●	●	●	●	●	●							
Alexandria Rugby Club Tag League	12				●	●	●	●	●	●	●	●	●							
ASA Futsal League	12							●	●	●	●	●	●	●	●	●	●	●	●	●
ASA Recreation League	12				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
ASA Soccer Tots	12		●	●	●															
ASA Travel	12							●	●	●	●	●	●	●	●	●	●	●	●	●

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
age in years																				
Adult Sports Leagues																				
Coed Soccer	13																		●	●
Coed Softball	13																		●	●
Coed Softball 3 Outs	13																		●	●
Coed Volleyball	13																		●	●
Coed Volleyball Tournament	13																		●	●
Early Bird Racquetball League	13																		●	●
Men's Softball	13																		●	●
Education																				
B.E.A.R.*	14		●	●	●	●	●													
Babysitter Training	14											●	●	●	●					
Basic Spanish Fun for Kids	14								●	●	●									
Youth Achieving Greatness	14								●	●	●	●	●	●	●					
Youth Cycling Fanatics	14								●	●	●	●	●	●	●					
Socialize																				
Adult Social Club	15																		●	●
Kid Rock Social Hour*	14		●	●	●	●														
Lil' Gymmies*	15		●	●	●	●														
Playtime Express*	14		●	●	●	●														
Soft Time Players*	14		●	●	●	●														
STEP Sensory Time Exploration*	14		●	●	●	●														
Zumbini*	14		●	●	●															
Technology																				
Minecraft Programming	15								●	●	●	●								
Science Mania	15								●	●	●	●	●	●						
Arts																				
Ballet																				
Adult Ballet	17																		●	●
Ballet I	17								●	●	●									
Ballet II	17									●	●	●	●	●						
Ballet III	17									●	●	●	●	●	●					
Ballet with Tiny Dancers	17									●	●	●								
Mlyna Ballet I	17									●	●	●								
Mlyna Ballet II	17										●	●	●	●	●	●				
Pre-Ballet & Movement I	17									●	●	●								
Pre-Ballet & Movement II	17									●	●	●								

Continued on next page.

*Requires guardian and child participation

fun finder index

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

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
age in years																				
Dance																				
Ballroom Dance I	18																			●●
Ballroom Dance II	18																			●●
Belly Dancing	18																			●●
Jazz Hip Hop Fusion	18						●●●●●●●●													
Salsa Dance	18																			●●
Wedding Dances	18																			●●
Music																				
Little Hands Music*	18	●●●●●●●●																		
Piano Fun For Adults I	18																			●●
Piano Lab	18																			●●
Performing Arts																				
Dramatic Kids! I	19			●●●●																
Dramatic Kids! II	19						●●●●●●													
Little Stars	19	●●																		
Visual Arts																				
Art in Hand Tots and Preschoolers*	19	●●●●●●																		
Artworks	19																			●●
Mini Doodlers	19		●●●●●●																	
Painting Nature, with Hot Cocoa!	19												●●●●●●●●							
Pottery Workshops	19																			●●
Twoosy Doodlers*	19	●●																		
3D Character Sculpting & Model	16												●●●●●●							
Challenger Sports	16	●●●●●●●●●●●●●●●●																		
Dramatic Kids!	16						●●●●●●													
Engineering with Little Bits	16				●●●●●●															
Hoop Life	16		●●●●●●●●●●●●●●																	
Basketball Camp	16																			

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
age in years																				
Hoop Life	16											●●●●●●●●								
Broadcast Journalism	16												●●●●●●●●							
Lacrosse Camp	16								●●●●●●●●											
Tennis Camp	16								●●●●●●●●●●●●●●											
Theatrical Teens!	16												●●●●●●●●							
Nature																				
Escape Into Nature	22	●●●●●●																		
For Goodness Snakes	22									●●●●●●										
Frog Calls	22									●●●●●●										
Hawks and Owls	22									●●●●●●●●●●●●●●										
Little Adventures	22			●●●●																
Nature Story Time	22	●●																		
Orienteering for Beginners	22									●●●●●●●●●●●●●●										
Sharks	22									●●●●●●●●●●●●●●										
Afterschool Nature Buddies	24									●●●●●●●●										
Kids Day Out	24									●●●●●●●●●●●●●●										
Mainstream Program	24									●●●●●●●●●●●●●●										
Power-Full Fun Days	24									●●●●●●●●●●●●●●										
School Year Power-On	24									●●●●●●●●●●										
School Year Power-Up	24												●●●●●●							
Adult Health and Fitness Night	25																			●●
Bagels and Bach	25												●●●●●●●●●●●●●●							
Family Art Night*	25												●●●●●●●●●●●●●●							
Kids Book Swap	25												●●●●●●●●●●●●●●							
Mardi Gras in Alexandria*	25												●●●●●●●●●●●●●●							
Nerf the Turf	25												●●●●●●●●							
RecEXPO	25	●●●●●●●●●●●●●●●●																		
TR Parents Bounce Out	25												●●●●●●●●●●							

Sponsorship Opportunities

The aim of the sponsorship program is to provide an enabling environment for the City to generate revenue to offset cost by way of partnerships with the corporate community. Our goal is to remain responsive to the public's needs and values to cover cost towards major city sponsored events. Contact the Office of Special Events at 703.746.5418 to learn how you can make a difference!

Looking for Talent

The Office of Special Events is seeking talented individuals and groups to perform at concerts and special events throughout the year. Scheduling begins in January. Email an electronic press kit to RPCASpecialEvents@alexandriava.gov or mail a promotional packet with CD to RPCA Office of Special Events, 1108 Jefferson St., Alexandria, VA 22314. For more information, call the Events Hotline at 703.746.5592 or the Office of Special Events at 703.746.5418.

DECEMBER

- 31 First Night Alexandria** sponsored by First Night Alexandria Board of Directors
 12pm-12am · Historic Old Town Alexandria · Information: firstnightalexandria.org
 Ann Dorman: 703.626.1266 or adorman@meetingsandeventsofdistinction.com



JANUARY

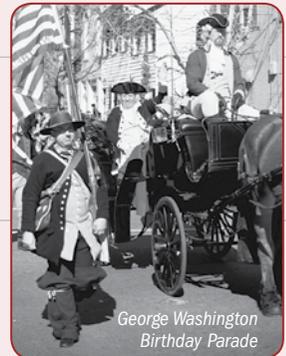
- 27 Night of Stars Performing Arts Festival** presented by City of Alexandria
 7-9 pm · T.C. Williams High School, 3330 King St.
 Mac Slover: 703.746.5407 or mac.slover@alexandriava.gov. Admission cost varies by age.

FEBRUARY

- 18 Birthnight Banquet and Ball** presented by George Washington Birthday Committee
 5:30-11pm · Gadsby's Tavern Museum · 134 N. Royal St.
 Information: washingtonbirthday.com or 703.829.6640

- 19 Revolutionary War Re Enactment & Skirmish at Fort Ward** presented by George Washington Birthday Committee
 10am-3pm · Fort Ward Park, 4310 W. Braddock Road
 Information: washingtonbirthday.com or 703.829.6640

- 20 George Washington Birthday Parade**
 presented by George Washington Birthday Committee
 1-3pm · Old Town · Events Hotline: 703.746.5592,
 Information: washingtonbirthday.com or 703.829.6640



MARCH

- 4 St. Patrick's Day Parade/Antique Car Show/Dog Show**
 presented by The Ballyshanners Inc.
 12:30 pm -3 pm · Old Town
 Balleyschaner's Information line: 703.475.9415 or www.ballyshanners.org



WHAT'S HAPPENING *in your neighborhood?*

For a complete list of events taking place throughout the City of Alexandria, visit alexandriava.gov/Calendar.
 View the Calendar of Events by upcoming events or search by date, department, location or category tag.

3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, December 14 at 9 am**
Nonresident registration begins **December 16 at 9 am**



Web

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



Drop Off

Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be retrieved for processing on opening day of registration. Drop off registration does not guarantee class/program enrollment.



Mail-In

- Lee Center, 1108 Jefferson St., Alexandria, VA 22314
- Mail completed Registration Form to address above.
- Make checks payable to "City of Alexandria."
- Mail registration takes up to five (5) business days to process.

Accommodations: City of Alexandria programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5422 or VA Relay 711. The City of Alexandria Department of Recreation, Parks and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within ten days of the request.

Cancellations: Classes that have not met the minimum number of enrollees are cancelled approximately one week before the start date. Participants are notified of cancelled classes by phone or email.

Class Size: The minimum and maximum number of participants is based on one instructor. Class size may be increased when instructors are added.

Confirmation: Non web registrants receive a confirmation receipt by mail. If you do not receive a confirmation in the mail, please call to confirm receipt of registration.

Drop-off Registrations: Registration forms left in the drop box at the Lee Center require up to five (5) business days for processing.

Fees: All fees must be paid in full and are due at the time of registration. Partial payment does not reserve enrollment. All personalized checks and money orders are payable to the "City of Alexandria." You may use one form and check for family registrations. Fees are subject to change without notice.

Refund/Credit Policy:

Registrants may request a refund or household credit for programs in writing to the Lee Center, 1108 Jefferson St., Alexandria, VA 22314 or by emailing registerarpc@alexandriava.gov based on the following criteria:

- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as

possible so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.

- Registrants unable to attend a program due to relocation, schedule conflict, sickness or injury may request a credit or refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

Fee Assistance: City residents in need of fee assistance in order to participate in programs should call 703.746.5414 for more information.

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

Nonresident Fee: A fee of \$35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when class/activity is canceled by the Recreation, Parks & Cultural Activities Department.

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A \$5 fee will be charged to replace lost ID cards. Acceptable forms of identification to verify City residency include:

1. Current VA driver's license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent's residency. Parents residency may be verified as stated above.

Release: Participants in activities sponsored or cosponsored by the Department of Recreation, Parks and Cultural Activities consent to the City's use of any photograph, film or videotape of the activity in any marketing or promotional material.

Scholarship Fund: Support residents who would otherwise not be able to participate due to financial hardship by adding a donation when you register for a program. For more information, call 703.746.4343.

Senior Discount: City residents 55 and older receive a 20% discount automatically with web registration for all classes.

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

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

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

Registration Form

Questions? Call 703.746.5414 (M-F 9 am-7 pm), VA Relay 711 or email registerarpca@alexandriava.gov
 Registration begins: December 14 (Resident) & December 16 (Nonresident)

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

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

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

Participant's Name	Gender M / F	Date of Birth	Activity Title	Activity #	Start Date	Fee
Joey Sample	M	1/2/12	Soccer Tots	222610-01	9/23/16	\$135

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 -

Nonresident 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, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned or the undersigned's child while participating in such programs.

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

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

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

Web:
alexandriava.gov/Recreation

Questions?
 Call 703.746.5414
 Email registerarpca@alexandriava.gov

For Office Use Only:

Check #: _____ Amt: _____

Date Received: _____ Staff: _____

AGES 55 & UP



See the **Fun Finder Index** on pages 26-28 for a listing of recreation opportunities for ages 55 and up or look for the **55+** icon throughout this program guide. To subscribe to receive the Power Plus Brochure of all programs and services available for ages 55 and up by mail, Contact Tiffany Marbury at Tiffany.Marbury@alexandriava.gov or call 703.746.5431.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2016 Olympics was held on September 10-23 at 17 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50 to 100+ years of age competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble, a table tennis event at Charles Houston Recreation Center on September 15, and many more. For information visit the NVSO website, www.nvso.us.

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

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

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

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

Adult Day Services Center, 703.746.5676

Senior Services of Alexandria (SSA) is a non-profit organization that has as its mission, "to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity." SSA operates the Meals on Wheels delivery program and DOT transportation reservations for the City, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at admin@seniorservicesalex.org by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit www.SeniorServicesAlex.org.

CONNECT WITH US

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



Follow us
on Twitter

twitter.com/RPCA_AlexVA



facebook.com/RPCAAlexandriaVA

Like us on
Facebook



Visit us
online

alexandriava.gov/Recreation



Sign up
for eNews

alexandriava.gov/eNews

INDIVIDUALS WITH DISABILITIES

Therapeutic Recreation 1108 Jefferson St. 703.746.5422 VA Relay 711

Department of Recreation, Parks & Cultural Activities is committed to providing innovative, inclusive, accessible and affordable programs which enhance the health, well-being, and quality of life for Alexandria residents with all abilities.

Look for the **TR** icon throughout this guide for programs designed for individuals with disabilities.

Please contact the Therapeutic Recreation office at 703.746.5422 for more information and to determine whether Therapeutic Recreation programs are right for you or a family member. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.

GET INVOLVED

City of Alexandria Department of Recreation, Parks and Cultural Activities provides many ways to be active and connect with neighbors. Help shape

- Advisory Councils:
 - Charles Barrett Recreation Center
 - Charles Houston Recreation Center
 - Chinquapin Park Recreation Center & Aquatics Facility
 - Cora Kelly Recreation Center
 - Mount Vernon Recreation Center
 - William Ramsay Recreation Center
 - Youth Sports
 - Therapeutic Recreation

Virginia Cooperative Extension puts university knowledge into the hands of people.

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

Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.

ALGO PARA CADA QUIEN

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

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



La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, ver página 36.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Ciudad y el hermoso waterfront. Ver en página 30 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

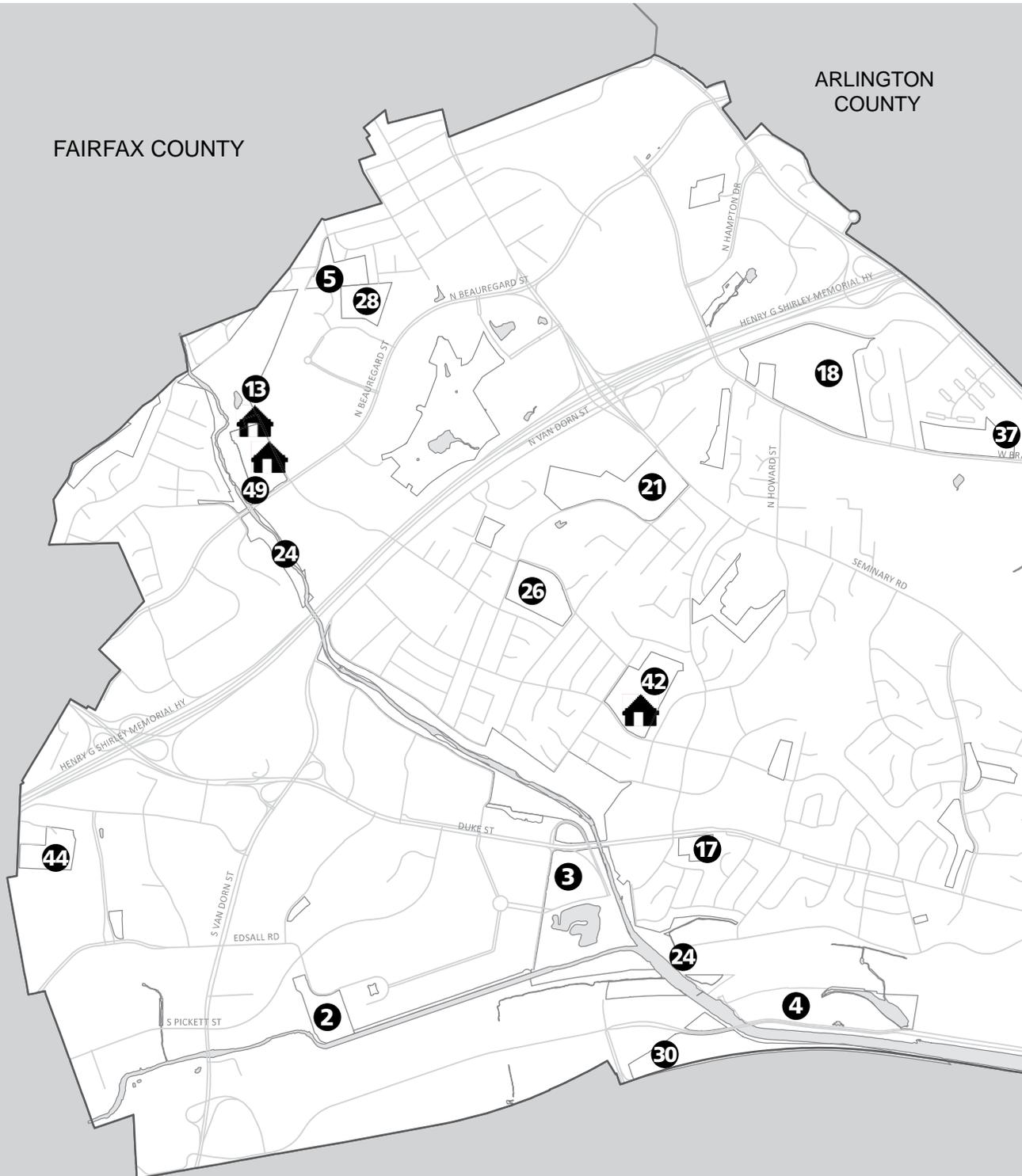
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.



Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite alexandriava.gov/Recreation o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 9:00am a 7:00pm por el teléfono 703.746.5414 o en persona al Lee Center, 1108 Jefferson St. Se habla español!

Visite alexandriava.gov/Recreation para mas información.

parks & facilities



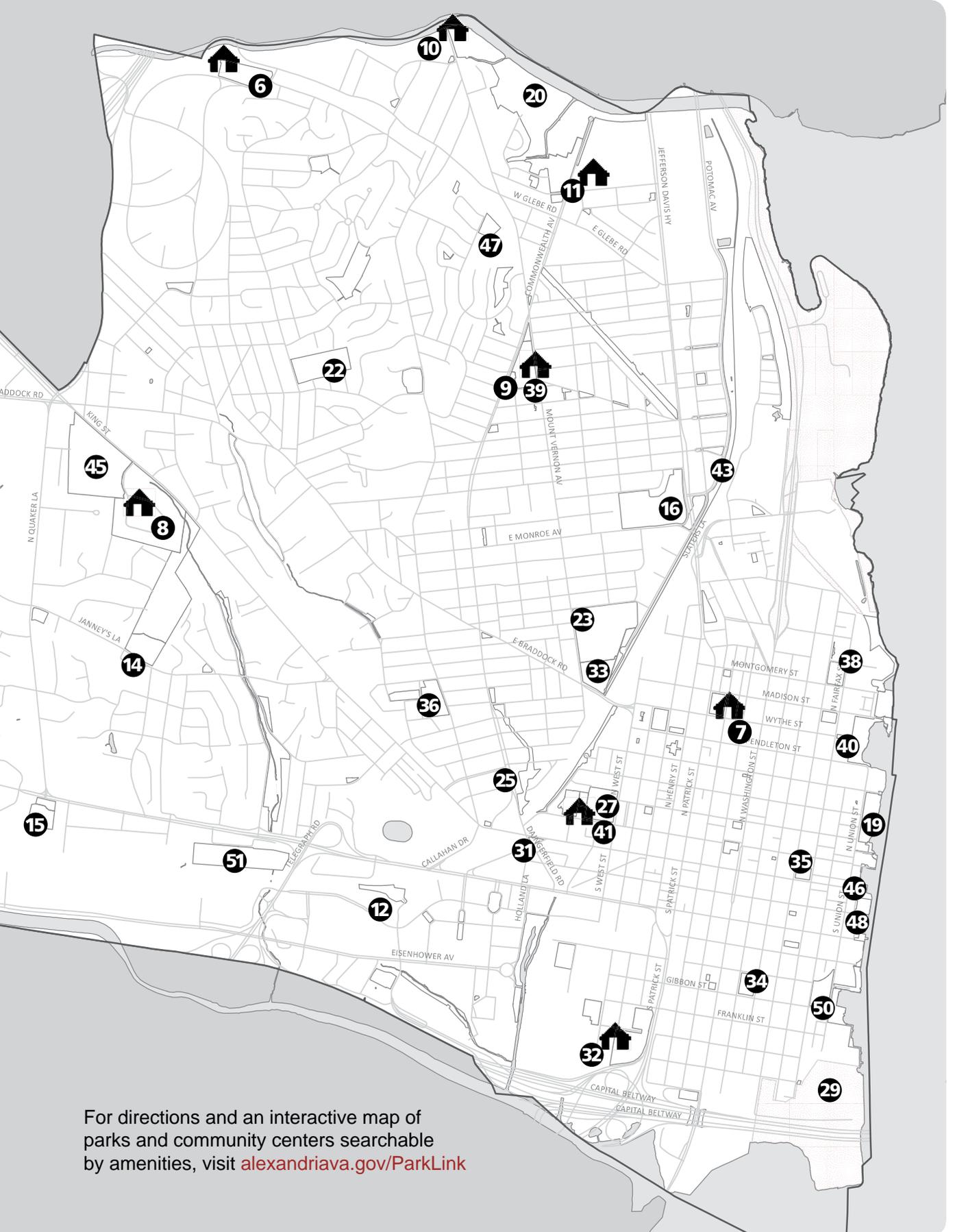
FAIRFAX COUNTY

ARLINGTON COUNTY

FAIRFAX COUNTY



	Accessible Open Space
	Recreation Center
	Programmed Spaces see page 36



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

programmed parks & facilities

1	Angel Park 201 West Taylor Run Parkway	   
2	Armistead L. Boothe Park 520 Cameron Station Blvd.	      
3	Ben Brenman Park 4800 Brenman Park Dr.	          
4	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	    
5	Chambliss Park 2505 N. Chambliss St.	     
6	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	     
7	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	   
8	Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St.	          
9	Colasanto Center 2704 Mt. Vernon Ave.	  
10	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	   
11	Cora Kelly School & Recreation Center 25 W. Reed Ave.	    
12	Dog Park at Carlyle 450 Andrews Ln.	 
13	Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center	   
14	Douglas MacArthur School 1101 Janney's Ln.	    
15	Eugene Luckett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park	   
16	Eugene Simpson Stadium Park 426 E. Monroe Ave.	       
17	Ewald Park 4452 & 4500 Duke St.	    
18	Fort Ward Park 4301 W. Braddock Rd. Fort Ward Athletic Facility 4421 W. Braddock Rd.	       
19	Founders Park 351 N. Union St.	    
20	Four Mile Run Park 3700 Commonwealth Ave.	         
21	Francis C. Hammond Middle School 4646 Seminary Rd.	   
22	George Mason Elementary School 2601 Cameron Mills Rd.	       
23	George Washington School and Park 1005 Mt. Vernon Ave.	     
24	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	    
25	Hooff's Run Park and Greenway 18 A E. Linden St.	      
26	James K. Polk School 5000 Polk Ave.	    
27	Jefferson Houston Elementary School 1501 Cameron St.	   
28	John Adams Elementary School & Recreation Center 5651 Rayburn Ave.	     

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

programmed parks & facilities

29	Jones Point Park (National Park Service) 100 Jones Point Dr.	   
30	Joseph Hensley Park 4200 Eisenhower Ave.	  
31	King Street Gardens Park 1806 King St.	  
32	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	       
33	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	  
34	Lyles Crouch Elementary School 530 S. Saint Asaph St.	  
35	Market Square 301 King St.	 
36	Maury School 600 Russell Rd.	   
37	Minnie Howard Field & School 3701 W. Braddock Rd.	      
38	Montgomery Park 901 N. Royal St.	     
39	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	     
40	Oronoco Bay Park 100 Madison St.	     
41	Oswald Durant Arts Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	     
42	Patrick Henry Elementary School & Recreation Center 4625 Taney Ave.	       
43	Potomac Yard Park 2051 Potomac Ave.	     
44	Stevenson Park 300 Stultz Rd.	    
45	T.C. Williams High School 3330 King St.	    
46	Torpedo Factory Plaza , 105 N. Union St. City Marina , 0 Cameron St.	 
47	Warwick Pool Seasonal 3301 Landover St.	  
48	Waterfront Park 1A Prince St.	 
49	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	       
50	Windmill Hill Park 501 S. Union St.	      
51	Witter Recreational Fields 2700 Witter Dr.	 

LEGEND

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

*Unfenced sites are marked with bollards

parks & facilities

City Marina

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



Hours of Operation:

November – March
 M – Su: 9am-5pm

April – October
 M – Su: 9am-9pm

Closed some City holidays.

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

Boat Slip Lease Information:

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

Sightseeing Boat Tours

Sightseeing and Water Taxi services are available at the City Marina. Water Taxi Sightseeing cruises include Washington's monuments, Alexandria's Seaport and the Mount Vernon Estate. Water Taxi service is available to Georgetown, Mount Vernon and the new National Harbor and Gaylord National Convention Center. For additional information visit the Potomac Riverboat Company at potomacriverboatco.com or call 703.684.0580.

Charter Boats

Private charter boats docked at the City Marina are operated by LA Yachts, 703.868.5566, and Potomac Riverboat Company, 703.684.0580 ext.13.

Open Space



Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City's open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100

acres have been added to the City's public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

- Acquisition of seventeen parcels, including key Waterfront and Four Mile Run properties, as well as two new pocket park sites
- Receipt of open space acreage through the development process that includes voluntary dedication of properties and public access/preservation easements on development sites
- Recordation of five private property voluntary conservation easements in partnership with the Northern Virginia Conservation Trust.

In addition, the City actively pursues outreach opportunities to increase public awareness of open space preservation. Recent and upcoming activities include conservation easement workshops, ongoing participation in civic association meetings, and regular updates in Department publications.

For more information about the City's open space efforts and activities, as well as a link to the Open Space Master Plan, visit alexandriava.gov/18078#openspace

CONTACT INFORMATION

● DIRECTOR'S OFFICE703.746.5500

James B. Spengler, Director: james.spengler@alexandriava.gov
 Diane Ruggiero, Cultural Arts: diane.ruggiero@alexandriava.gov
 Dinesh Tiwari, Park Operations: dinesh.tiwari@alexandriava.gov
 William Chesley, Recreation Services: william.chesley@alexandriava.gov

● GENERAL INFORMATION703.746.4343

● PROGRAMS & SERVICES

Aquatics703.746.5435
 City Arborist/Trees703.746.5496
 City Marina703.746.5487
 Nature & Environmental Education Programs703.746.5559
 Out of School Time Programs703.746.5575
 Office of the Arts703.746.5588
 Park Maintenance703.746.5484

Park Planning & Design703.746.5488
 Picnic Reservations & Facility Rentals703.746.5414
 Recreation Classes & Camps703.746.5414
 Senior & Teen Programs703.746.5575
 Special Events & Major Park Rentals703.746.5418
 Therapeutic Recreation703.746.5422
 Youth & Adult Sports703.746.5402

● VA RELAY711

● 24-HOUR HOTLINES

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

Picnic, Facility & Event Reservations

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

To start planning an event, follow these simple steps:

1) Find a space

Indoors: Page 40 indicates the indoor amenities available for rental.
Outdoors: Pages 36-37 indicate parks with space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 40.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5407.
 To reserve a park, see below:

Picnic Shelter Reservations

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

- Armistead L. Boothe Park
- Ben Brenman Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park

Waterfront Parks

Call 703.746.5418 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 703.746.5419 for application and permit information:

- more than 100 people in attendance
- use of moon bounce, amplified sound, propane, tent, or shuttles
- open to the public
- items for sale or admission charge
- reserved parking and/or road closures

3) Finalize reservation

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

Make your next event special.

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

We can help you with:

- Applying for Special Event Permits
- Weddings on the Waterfront
- Park Rentals for private or public events
- Event and Concert Sponsorship Opportunities

For information, contact Special Events at 703.746.5418.

Celebrate with us!

Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for reservation information.

★ Pool Party

1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. \$149.

Chinquapin Park Recreation Center & Aquatics Facility

★ Soft Play Party

1 hr. soft play room and 2 hr. party room for children ages 0-5, adults free. Max 16. \$149.

**Charles Houston Recreation Center
Chinquapin Park Recreation Center & Aquatics Facility**

★ Nature Friends Party

2 hr. party featuring live animals, a nature-oriented activity and party room. \$165 for 12 children ages 4-12, additional \$10 per child up to 17 total.

Jerome "Buddie" Ford Nature Center

★ Art Party

3 hr. party featuring a hands-on art activity supervised by an instructor. Every guest will take home a unique piece of art they create themselves – a special one-of-a-kind party favor! \$325 for 12 children ages 6-12 (8-12 for mixed media).

Durant Arts Center

★ Wow! What A Party!

Throw a party to remember without all the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35. \$370

Charles Houston Recreation Center

Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.

ParkLink

Connecting you to active and open spaces in your neighborhood



Visit alexandriava.gov/ParkLink to find nearby parks, community centers, trails and more. Search by name, location or amenity.

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



community center amenities

○ Amenities On-site

● Available for Rental

Rental hours may exceed operating hours.

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

Please call each center for holiday hours.

	Arts & Crafts Room <small>Small/Large Room</small>	Boxing Ring	Computer Lab	Dance Studio <small>Small Room</small>	Game Room	Gymnasium	Kitchen	Meeting Rooms <small>Small/Large Room</small>	Multi-Purpose Room <small>Small/Large Room</small>	Performance <small>Small/Large Room, Auditorium</small>	Swimming Pool	Soft Playroom	Racquetball Court	Weight/Fitness Room	Exhibit Space
 <p>Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 Sept-June — Mon-Fri: 2-6 pm July-Aug — Mon-Fri: 9 am-6 pm</p>	○				○	●	○	●	●						
 <p>Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Fri: 9 am-9 pm Sat: 9 am-6 pm; Sun: 1-5 pm Teens — Fri: 9-11 pm; Sat: 6-11 pm</p>	○	○	○	●	○	●	○	●	●		●	●			○
 <p>Chinquapin Park Recreation Center & Aquatics Facility <i>Hours subject to change.</i> 3210 King St., 22314 • 703.746.5553 Mon-Thurs: 6 am-9 pm; Fri: 6 am-6 pm Sat-Sun: 8 am-6 pm</p>								●	●		●	●	●	○	
 <p>Cora Kelly Recreation Center 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9 am-9 pm Sat: 9 am-6 pm</p>	○			●	○	●	○	●	●				●	○	
 <p>Durant Arts Center 1605 Cameron St., 22314 • 703.746.5560 durantcenter@alexandriava.gov Mon-Fri: 5-10 pm; Sat-Sun for rental</p>	●						●	●	●	●					○
 <p>Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10 am-5 pm; April-Oct — Sun: 1-5 pm</p>									●						○
 <p>Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	○		○	●	○	●		●	●	●					
 <p>Lee Center 703.746.5414 • Mon-Fri: 9 am-9 pm Nannie J. Lee Recreation Center 1108 Jefferson St., 22314 • 703.746.5550 Mon & Wed: 12-9 pm; Tue, Thu, Fri: 12-6 pm</p>	○			●	○	●	○	●	●	●					○
 <p>Patrick Henry Recreation Center 4625 Taney Ave., 22304 • 703.746.5557 Sept-June — Mon-Fri: 2-6 pm July-Aug — Mon-Fri: 9 am-6 pm</p>	○				○	●	○	●							
 <p>William Ramsay Recreation Center 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm Teens — Fri: 9-11 pm; Sat: 6-11 pm</p>	○		○	●	○	●	○	●	●						○



PARKnerships



Building Community in Alexandria through Parks & Recreation



PARKnerships support the Department of Recreation, Parks, and Cultural Activities' goal for a healthy and thriving City of Alexandria by collaborating with the community on projects and programs outside the City's operational capacity.



SO MANY WAYS TO GET INVOLVED

- 1 Sponsorships** – A one-time or on-going donation of money or time/labor with a quid pro quo agreement.
- 2 Living Landscape Fund** – A monetary or in-kind donation, as an individual or organization, to support parks, recreation centers, programs, or fields.
- 3 Volunteers** – Take ownership of your favorite park, garden, or recreation center by donating your time for maintenance, beautification, or program support.
- 4 Partnerships** – Form an advocacy group with at least one other party to support capital or program improvement.
- 5 Adopt-a-Park** – Community groups collaborate to improve the appearance and condition of small parks and open spaces.
- 6 Adopt-a-Bench** – Honor a friend or loved one by purchasing a park bench and support future park bench maintenance.
- 7 Community Matching Fund** – By providing matching dollars, this fund fosters community partnerships and innovative ways to improve park and recreation facilities.
- 8 Affiliates** – Independent organizations maintain mutually beneficial partnerships with the City by providing quality recreation opportunities, benefitting the entire community.

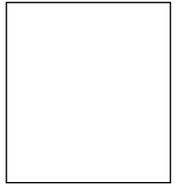
Start a partnership today! Visit alexandriava.gov/PARKnerships for details.

Department of Recreation, Parks and Cultural Activities • 703.746.5489 • #AlexParkLove



DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES

1108 Jefferson Street
Alexandria, VA 22314-3999



SPRING BREAK CAMPS

April 10-14, 2017

See pg. 16 for details.

TECHNOLOGY

NEW!
Engineering
with Little Bits
Ages 5-9.



NEW!
3D Character
Sculpting & Model
Ages 10-14.

PERFORMING ARTS



NEW! Dramatic Kids! Ages 7-10.
NEW! Theatrical Teens! Ages 11-15.

SPORTS

Challenger Sports Soccer
Ages 2-14.



Hoop Life
Basketball Camp Ages 4-14.



Tennis Camp
Ages 5-14.

NEW!
Hoop Life
Broadcast
Journalism
Ages 11-17.



Lacrosse
Camp
Ages 7-11.