

FALL 2016 PROGRAM GUIDE

# Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



**AQUA AEROBICS pg. 4**

Sports Classes & Leagues pg. 9

Enrichment pg. 14

Special Events pg. 28

**Registration Begins  
Wednesday, August 17**

# Share your

#ALEX  
PARK  
LOVE

#ALEXPARKLOVE



**PARKnerships**  
Building Community in Alexandria through Recreation and Parks

Post photos of how you use parks and recreation centers  
or tell us which is your favorite and why. **Share your #AlexParkLove**



## NEW THIS SEASON **NEW!**

**Pottery Workshops**  
pg. 18



**ChinquaCircuit** pg. 8



**PhysioFit Kids** pg. 15



**Make Your Own Holiday Ornaments** pg. 21

**ON THE COVER:** Participants enjoy Aquatic Exercise for Seniors at Chinquapin Park Recreation Center & Aquatics Facility.

- **Aquatics** . . . . . **2**
- **Exercise & Fitness** . . . . . **5**
- **Sports Classes & Leagues** . . . . . **9**
- **Enrichment** . . . . . **14**
- **Creative & Performing Arts** . . . . . **16**  
Office of the Arts . . . . . 19
- **Winter Camps** . . . . . **20**
- **Nature & Environmental Education** . . . . . **21**  
Jerome “Buddie” Ford Nature Center . . . . . 20
- **Out of School Time** . . . . . **22**
- **Community Activities & Events** . . . . . **23**
- **Fun Finder Program Index** . . . . . **25**
- **Special Events** . . . . . **28**
- **Registration Information** . . . . . **30**  
Ages 55 & up . . . . . 32  
Virginia Cooperative Extension . . . . . 33  
En Español . . . . . 33  
Therapeutic Recreation . . . . . 33
- **Parks & Facilities** . . . . . **34**  
Map . . . . . 34  
Programmed Parks & Facilities . . . . . 36  
City Marina & Open Space . . . . . 38  
Park & Facility Rentals . . . . . 39  
Community Center Amenities . . . . . 40

**DROP-IN** No registration required, just show up.

**NEW!** New this season

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

**TR** Designed for individuals with disabilities. Assessment required. See pg. 33 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](mailto:RPCAcustomer.care@alexandriava.gov).

**Your feedback is important to us!**

ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
223100-01		W	7-8pm	9/21-11/9	8	\$69	CHRC
<b>CLASS SIZE</b> Min 6/ Max 10	ABPK BBPK BEPK BFNC CBRC CHRC CKRC CQRC/CQPK DMES FHMS FMPK GWMS JAES JHES LEEC/LCCM MVRC NLRC ODRC PHRC PYPK TCMH/MHPK WHPK WRRC	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday					Armistead L. Boothe Park 520 Cameron Station Blvd. Ben Brenman Park 4800 Brenman Park Dr. Beach Park 201 Rucker Pl. Jerome Buddie Ford Nature Center 5750 Sanger Ave. Charles Barrett Recreation Center 1115 Martha Custis Dr. Charles Houston Recreation Center 901 Wythe St. Cora Kelly Recreation Center 2510 West Reed Ave. Chinquapin Park Recreation Center & Aquatics Facility 3210 King St. Douglas MacArthur School 1101 Janney’s Ln. Francis C. Hammond School 4646 Seminary Rd. Four Mile Run Park 3700 Commonwealth Ave. George Washington School 1005 Mt. Vernon Ave. John Adams School & Recreation Center 5651 Rayburn Ave. Jefferson Houston School 1501 Cameron St. Lee Center & Lee Center Complex 1108 Jefferson St. Mount Vernon Recreation Center 2701 Commonwealth Ave. Nannie J. Lee Recreation Center 1108 Jefferson St. Oswald Durant Arts Center 1605 Cameron St. Patrick Henry School & Recreation Center 4625 Taney Ave. Potomac Yard Park 2051 Potomac Ave. T.C.Williams High School Minnie Howard Campus 3701 W.Braddock Rd. Windmill Hill Park 501 S. Union St. 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 703.746.5436. 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 the water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one adult. Min 8/Max 20. No class 10/10, 12/24, 12/31.

234200-01	M	11:30am-12pm	9/26-11/14	7	\$95	CQRC
234200-02	Sa	9:15-9:45am	10/1-11/12	7	\$95	CQRC
234200-03	Sa	10:15-10:45am	10/1-11/12	7	\$95	CQRC
234200-04	Sa	9:15-9:45am	12/3-1/21	6	\$79	CQRC
234200-05	Sa	10:15-10:45am	12/3-1/21	6	\$79	CQRC

### Chinquatots

**Ages 19-36 months with adult.** Parent and Child Water Exploration. Parents receive information and practice techniques to help their child adjust to the water. A snug fitting bathing suit over a swim diaper is required. Each child must be accompanied by one adult. Min 8/Max 20. No class 10/10, 12/24, 12/31.

234201-01	M	10:50-11:20am	9/26-11/14	7	\$95	CQRC
234201-02	Sa	9:45-10:15am	10/1-11/12	7	\$95	CQRC
234201-03	Sa	10:45-11:15am	10/1-11/12	7	\$95	CQRC
234201-04	Sa	9:45-10:15am	12/3-1/21	6	\$79	CQRC
234201-05	Sa	10:45-11:15am	12/3-1/21	6	\$79	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 10/10, 12/24, 12/31.

234202-01	M	12-12:30pm	9/26-11/14	7	\$95	CQRC
234202-02	Sa	8:45-9:15am	10/1-11/12	7	\$95	CQRC
234202-03	Sa	11:45am-12:15pm	10/1-11/12	7	\$95	CQRC
234202-04	Sa	12:15-12:45pm	10/1-11/12	7	\$95	CQRC
234202-05	Sa	8:45-9:15am	12/3-1/21	6	\$79	CQRC
234202-06	Sa	11:45am-12:15pm	12/3-1/21	6	\$79	CQRC
234202-07	Sa	12:15-12:45pm	12/3-1/21	6	\$79	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 10/10, 12/24, 12/25, 12/31, 1/1.

234203-01	M	12:35-1:05pm	9/26-11/14	7	\$95	CQRC
234203-02	M	5:30-6pm	9/26-11/14	7	\$95	CQRC
234203-03	Tu	6-6:30pm	9/27-11/8	7	\$95	CQRC
234203-04	W	4:30-5pm	9/28-11/9	7	\$95	CQRC
234203-05	Th	4-4:30pm	9/29-11/10	7	\$95	CQRC
234203-06	Sa	9-9:30am	10/1-11/12	7	\$95	CQRC
234203-07	Sa	9:30-10am	10/1-11/12	7	\$95	CQRC
234203-08	Sa	11:30am-12pm	10/1-11/12	7	\$95	CQRC
234203-09	Sa	12-12:30pm	10/1-11/12	7	\$95	CQRC
234203-10	Su	9-9:30am	10/2-11/13	7	\$95	CQRC
234203-11	Su	12-12:30pm	10/2-11/13	7	\$95	CQRC
234203-12	Sa	9-9:30am	12/3-1/21	6	\$79	CQRC
234203-13	Sa	9:30-10am	12/3-1/21	6	\$79	CQRC
234203-14	Sa	11:30am-12pm	12/3-1/21	6	\$79	CQRC
234203-15	Su	9-9:30am	12/4-1/22	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 7. No class 10/10, 12/24, 12/25, 12/31, 1/1.

234204-01	M	1:10-1:40pm	9/26-11/14	7	\$95	CQRC
234204-02	Tu	5:30-6pm	9/27-11/8	7	\$95	CQRC
234204-03	W	4-4:30pm	9/28-11/9	7	\$95	CQRC
234204-04	Th	4:30-5pm	9/29-11/10	7	\$95	CQRC
234204-05	Sa	8:30-9am	10/1-11/12	7	\$95	CQRC
234204-06	Sa	10-10:30am	10/1-11/12	7	\$95	CQRC
234204-07	Sa	10:30-11am	10/1-11/12	7	\$95	CQRC
234204-08	Su	8:30-9am	10/2-11/13	7	\$95	CQRC
234204-09	Su	11:30am-12pm	10/2-11/13	7	\$95	CQRC
234204-10	Sa	8:30-9am	12/3-1/21	6	\$79	CQRC
234204-11	Sa	10-10:30am	12/3-1/21	8	\$79	CQRC
234204-12	Sa	10:30-11am	12/3-1/21	6	\$79	CQRC
234204-13	Su	8:30-9am	12/4-1/22	6	\$79	CQRC
234204-14	Su	11:30am-12pm	12/4-1/22	6	\$79	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. No class 10/10, 12/24, 12/25, 12/31, 1/1.



234205-01	M	6-6:30pm	9/26-11/14	7	\$95	CQRC
234205-02	Tu	5-5:30pm	9/27-11/8	7	\$95	CQRC
234205-03	Th	5-5:30pm	9/29-11/10	7	\$95	CQRC
234205-04	Sa	11-11:30am	10/1-11/12	7	\$95	CQRC
234205-05	Sa	12-12:30pm	10/1-11/12	7	\$95	CQRC
234205-06	Su	9:30-10am	10/2-11/13	7	\$95	CQRC
234205-07	Su	5:30-6pm	10/2-11/13	7	\$95	CQRC
234205-08	Sa	11-11:30am	12/3-1/21	6	\$79	CQRC
234205-09	Sa	12-12:30pm	12/3-1/21	6	\$79	CQRC
234205-10	Su	9:30-10am	12/4-1/22	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. No class 10/10, 12/24, 12/25, 12/31, 1/1.

234206-01	M	4:30-5pm	9/26-11/14	7	\$95	CQRC
234206-02	Sa	9-9:30am	10/1-11/12	7	\$95	CQRC
234206-03	Sa	11-11:30am	10/1-11/12	7	\$95	CQRC
234206-04	Su	11-11:30am	10/2-11/13	7	\$95	CQRC
234206-05	Sa	9-9:30am	12/3-1/21	6	\$79	CQRC
234206-06	Sa	11-11:30am	12/3-1/21	6	\$79	CQRC
234206-07	Su	11-11:30am	12/4-1/22	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 7. No class 10/10, 12/24, 12/25, 12/31, 1/1.

234207-01	M	6:30-7pm	9/26-11/14	7	\$95	CQRC
234207-02	W	5-5:30pm	9/28-11/9	7	\$95	CQRC
234207-03	Th	5:30-6pm	9/29-11/10	7	\$95	CQRC
234207-04	Sa	9:30-10am	10/1-11/12	7	\$95	CQRC
234207-05	Sa	10-10:30am	10/1-11/12	7	\$95	CQRC
234207-06	Sa	11-11:30am	10/1-11/12	7	\$95	CQRC
234207-07	Su	10-10:30am	10/2-11/13	7	\$95	CQRC
234207-08	Sa	9:30-10am	12/3-1/21	6	\$79	CQRC
234207-09	Sa	10-10:30am	12/3-1/21	6	\$79	CQRC
234207-10	Sa	11-11:30am	12/3-1/21	6	\$79	CQRC
234207-11	Su	10-10:30am	12/4-1/22	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 7. No class 10/10, 12/24, 12/25, 12/31, 1/1.

234208-01	M	5-5:30pm	9/26-11/14	7	\$95	CQRC
234208-02	W	5:30-6pm	9/28-11/9	7	\$95	CQRC
234208-03	Sa	9:30-10am	10/1-11/12	7	\$95	CQRC
234208-04	Sa	11:30am-12pm	10/1-11/12	7	\$95	CQRC
234208-05	Su	9-9:30am	10/2-11/13	7	\$95	CQRC
234208-06	Sa	9:30-10am	12/3-1/21	6	\$79	CQRC
234208-07	Sa	11:30am-12pm	12/3-1/21	6	\$79	CQRC
234208-08	Su	9-9:30am	12/4-1/22	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. No class 12/24, 12/25, 12/31.



234209-01	W	6-6:30pm	9/28-11/9	7	\$95	CQRC
234209-02	Th	6-6:30pm	9/29-11/10	7	\$95	CQRC
234209-03	Sa	9-9:30am	10/1-11/12	7	\$95	CQRC
234209-04	Sa	12-12:30pm	10/1-11/12	7	\$95	CQRC
234209-05	Su	9-9:30am	10/2-11/13	7	\$95	CQRC
234209-06	Sa	9-9:30am	12/3-1/21	6	\$79	CQRC
234209-07	Su	9-9:30am	12/4-1/15	6	\$79	CQRC



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.

## Individual Swim Lessons

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

Visit [alexandriava.gov/Aquatics](http://alexandriava.gov/Aquatics)  
or call 703.746.5436 for more information.

### 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. No class 10/10, 12/24, 12/25, 12/31, 1/1.

234210-01	M	7-7:45pm	9/26-11/14	7	\$115	CQRC
234210-02	Sa	8:15-9am	10/1-11/12	7	\$115	CQRC
234210-03	Su	10-10:45am	10/2-11/13	7	\$115	CQRC
234210-04	Su	10-10:45am	11/27-1/15	6	\$99	CQRC
234210-05	Sa	8:15-9am	12/3-1/21	6	\$99	CQRC

### Beginner Swimming

**Ages 14 & up.** Level 1 & 2 Introduction to Fundamental Water Skills. Emphasis on water adjustment, breath control, buoyancy, changing directions and water safety. Min 4/Max 7. No class 12/25, 1/1.

234230-01	W	8-8:45pm	9/28-11/9	7	\$115	CQRC
234230-02	Su	11:15am-12pm	10/2-11/13	7	\$115	CQRC
234230-03	Su	11:15am-12pm	11/27-1/15	6	\$99	CQRC
234230-04	W	8-8:45pm	11/30-1/11	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. No class 12/25, 1/1.

234231-01	W	7:15-8pm	9/28-11/9	7	\$115	CQRC
234231-02	Su	12-12:45pm	10/2-11/13	7	\$115	CQRC
234231-03	Su	7:15-8pm	11/27-1/8	6	\$99	CQRC
234231-04	W	7:15-8pm	11/30-1/11	7	\$115	CQRC

### Swim Clinic

**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. For more information, call 703.746.5457. Min 5/Max 20.



234233-01	Su	8:15-10am	9/18	1	\$15	CQRC
234233-02	Su	8:15-10am	10/16	1	\$15	CQRC
234233-03	Su	8:15-10am	11/13	1	\$15	CQRC
234233-04	Su	8:15-10am	12/11	1	\$15	CQRC

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

## AQUA AEROBICS



### Water Walking **DROP-IN**

**Ages 18 & up.** Looking for a great 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, flexibility, balance and muscle tone. Instructor Coast to Coast Fitness. Min 6/Max 16. No class 11/8, 11/24.

233100-01	Tu,Th	10:45-11:45am	9/20-12/15	24	\$205	CQRC
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### Not Your Mother's Aqua Aerobics **DROP-IN**

**Ages 18 & up.** A "10" on the splashing fun factor scale! This invigorating shallow water fitness class is gentle on joints yet intense enough to challenge the fittest athletes. Get moving to music that motivates you while the water's resistance challenges your muscles. Swimming ability not required. Instructor Cindy Marisch. Min 10/Max 25. No class 11/24.

233101-01	Tu,Th	6:30-7:30pm	9/20-12/15	25	\$225	CQRC
233101-02	Tu,Th	7:30-8:30pm	9/20-12/15	25	\$225	CQRC

### AM Aqua Aerobics **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 25. No class 10/10, 11/25.

233102-01	M,W	9-10am	9/19-12/14	25	\$225	CQRC
233102-02	F	9-10am	9/23-12/16	12	\$115	CQRC

### Deep Water Aqua Aerobics **DROP-IN**

**Ages 18 & up.** Cross-training in the water! 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 25.

233103-01	W	6:30-7:30pm	9/21-12/14	13	\$125	CQRC
233103-02	W	7:30-8:30pm	9/21-12/14	13	\$125	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 10/10.

233104-01	M	6:30-7:15pm	9/19-12/12	12	\$125	CQRC
233104-02	M	7:30-8:15pm	9/19-12/12	12	\$125	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](mailto:candicekaup@yahoo.com) or call 703.863.1898. Instructor Candice Kaup. Min 15/Max 25. No class 11/24.

233105-01	Tu,Th	8:15-9am	9/20-12/15	25	\$225	CQRC
233105-02	Tu,Th	9:30-10:15am	9/20-12/15	25	\$225	CQRC
233105-03	W	10:15-11am	9/21-12/14	13	\$117	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. No class 11/8, 11/24.

213104-01 Tu,Th 9:15-10:15am 9/20-12/15 24 \$219 CQRC

### PiYo Power Core and More

**Ages 18 & up.** Streamline your body! Improve strength, balance, flexibility and mind/body awareness. A powerful mix of muscle toning, yoga and the Joseph Pilates method. Strengthening exercises are combined with mat exercises to firm muscles and abdominals. Meditations, deep stretches and breathing exercises relax the mind and body. Instructor Christie Motley & Team. Min 10/Max 20. No class 11/25.

213102-01 F 7-7:45am 9/23-12/16 12 \$96 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 8/Max 20. No class 10/10.

213106-01 M 6:30-7:30pm 9/19-12/12 12 \$155 CQRC

213106-02 M 7:40-8:40pm 9/19-12/12 12 \$155 CQRC

## CARDIO WORKOUT

### 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 5/Max 25. No class 10/24, 11/23.

213107-01 M 6:15-7:15pm 10/17-12/12 8 \$75 CHRC

213107-02 W 7-8pm 9/21-12/14 12 \$105 CBRC



### Aerobic Dancing by Jacki Sorenson

**Ages 16 & 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 Marilyn Myers. Min 3/Max 15. No class 10/10, 10/28, 11/11, 11/23, 11/25.

213103-01 M,W 9:30-10:30am 9/19-12/14 25 \$195 LEEC

213103-02 M,W,F 9:30-10:30am 9/19-12/16 35 \$259 LEEC

213103-03 W 6:30-7:30pm 9/21-12/14 12 \$109 LEEC

### 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 jazzmom1@gmail.com. Call Debbie Lynch at 703.786.6583 or email jazzmom1@gmail.com for more information. Monthly (Easy Fitness Ticket) \$45, Walk-in \$15. Min 5/Max 40. No class 10/10, 11/8, 11/24, 12/24, 12/25.

M,W 5:15-6:15pm 9/5-12/31 33 varies ODRC

M,W 6:15-7:15pm 9/5-12/31 33 varies ODRC

Tu 5-5:50pm 9/5-12/31 16 varies ODRC

Tu,Th 6:30-7:30pm 9/5-12/31 33 varies CBRC

Sa 9-10am 9/5-12/31 16 varies NLRC

Su 10-11am 9/5-12/31 15 varies NLRC

## CARDIO & STRENGTH

### 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. No class 11/26.

212604-01 Sa 10-11am 9/24-12/17 12 \$159 CQRC



### Karate Gymboree **NEW!**

**Ages 3½-5.** Here's what's happening at the fun house! It's Sesame Street the martial arts way! With over 100 martial arts related games and learning activities designed to tap into specific mental and physical growth areas, toddlers will play as they grow and learn as they play. Instructor WCRB Karate. Min 8/Max 12.

212605-01 W 9:30-10:30am 9/21-12/7 12 \$105 CHRC

# exercise & fitness

## 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 8/Max 20. No class 10/10.

212613-01 M,W 6-7pm 9/19-12/12 24 \$209 CBRC

## 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. No class 11/26.

212618-01 Sa 11:30am-12:30pm 9/24-12/3 10 \$199 NLRC

## Teen Fitness Circuit Training

**Ages 13-17.** This cardio and weight training exercise program uses a Cybex Plate Loaded Circuit and Cardio Equipment in a timed interval system to increase endurance, burn calories, strengthen muscles, toning, and improve flexibility. Instructor Rodney Bates. Min 4/Max 20.

214105-01 Tu 6-7pm 9/6-9/27 4 \$15 WRRC

214105-02 Tu 6-7pm 10/4-10/25 4 \$15 WRRC

214105-03 Tu 6-7pm 11/1-11/22 4 \$15 WRRC

## Hip Hop Fitness **NEW!**

**Ages 13 & up.** Burn fat while having fun! Firm and sculpt your body to hip hop dance with a timed interval system to increase endurance, burn calories, strengthen muscles, toning and flexibility. Instructor Rodney Bates. Min 4/Max 20. No class 11/24.

214106-01 Th 6-7pm 9/8-9/29 4 \$15 WRRC

214106-02 Th 6-7pm 10/6-10/27 4 \$15 WRRC

214106-03 Th 6-7pm 11/3-12/1 4 \$15 WRRC

214106-04 Th 6-7pm 12/8-12/29 4 \$15 WRRC

## FXP Hula Hoop Fitness

**Ages 16 & up.** A unique blend of Pilates, Ballet Barre and Yoga inspired moves -- all with a hula hoop! The flow of sequences tones, sculpts and stretches the body through impressive High Intensity Interval Training (HIIT) moves that anyone can do. You'll be sweating and smiling in this calorie-burning, fat reducing full body workout! Just bring water and a yoga mat. Instructor Marilyn Myers. Min 3/Max 12. No class 10/10, 10/31.

213110-01 M 6:30-7:30pm 9/19-12/12 11 \$115 CHRC

## Super Fat Burning Kickboxing Workout **NEW!**

**Ages 16 & up.** Safely burn calories at a rapid pace with the Fighting Fit Super Fat Burning Kickboxing Workout. This is not your average kickboxing workout! Instructor WCRB Karate. Min 8/Max 20. No class 11/8, 11/24.

213115-01 Tu,Th 5:45-6:45pm 9/20-12/6 21 \$185 CHRC

## Pilates **NEW!**

**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 10/10.

213112-01 M 6-6:45pm 9/19-12/12 12 \$105 CHRC

## Capoeira Angola Brazilian Martial 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 11/24.

213108-01 Th 6:45-7:45pm 9/22-12/1 10 \$115 CHRC

## Gladiator Fitness Boot Camp

**Ages 16 & up.** Want to feel energized, confident and stronger? Accomplish more than you thought possible in the Boot Camp of the Discovery Channel. Nutritional counseling and meal planning guidance included. Pricing varies by commitment. **Register at [gladiatorfitness.net](http://gladiatorfitness.net) or contact Gunny at [gunnysarg@hotmail.com](mailto:gunnysarg@hotmail.com) for more information.** Min 1/Max 40. No class 11/24, 11/25.

M-F 5:30-6:30am 9/19-12/18 63 varies GWMS

M-F 6-7pm 9/19-12/18 63 varies GWMS

## Cardio N Strength Fitness

**Ages 18 & up.** Get all your workout needs from one class - cardiovascular conditioning and fat burning! Muscle toning and strengthening exercises are emphasized using hand weights, ankle weights and resistance bands. Ab work, core training and relaxation techniques refresh you for the entire day! Instructor Christie Motley & Team. Min 10/Max 20. No class 10/10, 11/25.

213101-01 M,W 6:05-7am 9/19-12/14 25 \$175 CQRC

213101-02 M,W,F 6:05-7am 9/19-12/16 37 \$225 CQRC

## Pure Muscle and Core Strength

**Ages 18 & up.** Tone and build muscles. Shape your body to burn more calories and build strong bones. Core strengthening yields a flatter, stronger belly while balance and stability drills to challenge major and minor muscles. No cardio but be prepared to sweat. Instructor Christie Motley & Team. Min 10/Max 15. No class 10/10.

213109-01 M,W 7-7:45am 9/19-12/14 25 \$175 CQRC



## 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.

213111-01 W 3:30-4:30pm 9/21-12/14 13 \$125 CQRC

## 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 your arms, chest and abs. Min 5/Max 15. No class 10/10.

213603-01 M,W 6:30-7:30pm 9/26-10/31 10 \$59 CHRC

213603-02 M,W 6:30-7:30pm 11/14-12/14 10 \$59 CHRC

## Fitness For Life

**Ages 18 & up.** Embark on a wellness path and set goals toward a healthier, more balanced lifestyle. Learn about nutrition, weight management, health issues and making the necessary changes for a healthier you! Exercises contribute to muscle toning and cardiovascular health and are designed to help posture, joint health and circulation for long-term health. Min 4/Max 15.  
213605-01 Tu 6-7pm 10/4-11/8 6 \$55 CHRC

## 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! Instructor Rodney Bates. Min 4/Max 20. No class 11/24.  
214102-01 Th 7-8pm 9/8-9/29 4 \$35 WRRC  
214102-02 Th 7-8pm 10/6-10/27 4 \$35 WRRC  
214102-03 Th 7-8pm 11/3-12/1 4 \$35 WRRC

## 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 eight times. These bursts of exercise will torch calories and strengthen your entire body. Instructor For Every Body Fitness. Min 10/Max 30. No class 11/8, 11/24.  
214200-01 Tu,Th 6:05-7am 9/20-12/15 24 \$239 CQRC

## Fit4Baby **NEW!**

**Ages 18 & up.** A prenatal fitness program for women at any stage of pregnancy, classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. Fit4Baby® instructors are trained and certified to be fully equipped to lead pregnant woman in exercises that are safe and appropriate for her changing body. **To register, visit [arlington-alexandria.fit4mom.com](http://arlington-alexandria.fit4mom.com) 571-305-2029 or [jlungren@Fit4Mom.com](mailto:jlungren@Fit4Mom.com).** Min 1/Max 25.  
W 7-8pm 9/21-12/14 13 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. **To register, visit [arlington-alexandria.fit4mom.com](http://arlington-alexandria.fit4mom.com) 571-305-2029 or [jlungren@Fit4Mom.com](mailto:jlungren@Fit4Mom.com).** No class 11/24, 11/25, 12/23, 12/26.  
M-F 9:30-10:30am 9/19-11/30 53 Varies WHPK  
M-F 9:15-10:30am 11/14-12/31 36 Varies LEEC  
M,W,F 9:30-10:30am 9/19-11/30 32 Varies BBPK  
M-F 9:30-10:30am 9/19-11/30 53 Varies PYPK

## Sergeant's Fitness Concepts

**Ages 18 & up.** Want a great workout with results? This fun physical fitness regime designed for adults of all fitness levels has been providing results since 1984. Each session includes a warm up, running and calisthenics to strengthen major muscle groups and increase cardiovascular capacity. **Register at [sarge.com](http://sarge.com) or call 1.888.BOOTCAMP (888.266.8226) for a free 1-week trial.** Prices varies by commitment. Min 5/Max 40. No class 11/26.  
M-F 5:45-6:45am 9/19-12/31 75 Varies CQPK

## 55 Plus Fit & Firm **NEW!**

**Ages 55 & up.** Improve cardiovascular function, increase bone density and improve balance and coordination to build muscle and stay fit for life. Instructor Christie Motley & Team. Min 10/Max 20. No class 10/10.  
213114-01 M,W 7:45-8:30am 9/19-12/14 25 \$205 CQRC

## Senior Weight Training **55+**

**Ages 55 & up.** Strengthen and tone muscles while improving flexibility. This cardio and weight training curriculum is designed for older adults to increase endurance and burn calories using a timed interval system. Instructor Rodney Bates. Min 4/Max 20.  
214104-01 W 12-1pm 9/7-9/28 4 \$35 WRRC  
214104-02 W 12-1pm 10/5-10/26 4 \$35 WRRC  
214104-03 W 12-1pm 11/2-11/23 4 \$35 WRRC

## 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. Lynne. Min 6/Max 20.  
213801-01 Th 11-11:45am 9/8-10/27 8 \$50 MVRC  
213801-02 Th 11-11:45am 11/3-12/29 9 \$50 MVRC

## Senior Body Part Aerobics **55+**

**Ages 55 & up.** Tone and sculpt your body with a low-impact physical workout. 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. Instructor Rodney Bates. Min 4/Max 20. No class 10/10.  
214100-01 M,F 10-11am 9/2-9/26 8 \$29 WRRC  
214100-02 M,F 10-11am 10/3-10/28 8 \$29 WRRC  
214100-03 M,F 10-11am 10/31-11/28 8 \$29 WRRC

## Functional Fitness For Older Adults **55+**

**Ages 55 & 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. No class 11/8, 11/24.  
213100-01 Tu,Th 9:05-10:05am 9/20-12/15 24 \$245 CHRC

## Zumba Gold® **55+ NEW!**

**Ages 55 & up.** A combination of music, dancing, movement and exercise create a fun and energetic class you're sure to love. Based on the same dance moves used in the original Zumba class, Zumba Gold is less intense, with dance routines designed for beginners and older adults using modified movements. Min 6/Max 15.



213606-01 W 9:30-10:15am 10/19-11/23 6 \$69 CHRC

## 30-MINUTE WORKOUTS

### JumpFit **NEW!**

**Ages 18 & up.** Busy schedule? Make the most of your time with this high energy, cardiovascular workout. Jumping rope firms the lower body and strengthens the core while burning calories. Min 5/Max 15. No class 10/10. 213607-01 M 6-6:30pm 9/26-10/31 6 \$49 CHRC

### 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. No class 11/8, 11/24. 214206-01 Tu,Th 12-12:30pm 9/20-12/15 24 \$119 CQRC

### 30 Minute Yo Stretch **NEW!**

**Ages 18 & up.** Busy schedule? Take some time out to calm your mind, loosen your body, and prepare yourself to tackle the rest of your day. This class combines stretching, toning and lengthening of the muscles to prevent injury and help retain flexibility. Min 3/Max 20. No class 11/8, 11/24.



214207-01 Tu,Th 12:30-1pm 9/20-12/15 24 \$119 CQRC

### ChinquaCircuit **NEW!**

**Ages 18 & up.** Too busy for a workout this weekend? Think again! Our fitness instructor will lead you through a 30-minute full-body circuit incorporating strength training, cardio and stretching and will help you 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. No class 12,24, 12/31.

214208-01	Sa	8:30-9am	10/1-11/12	7	\$35	CQRC
214208-02	Sa	9-9:30am	10/1-11/12	7	\$35	CQRC
214208-03	Sa	9:30-10am	10/1-11/12	7	\$35	CQRC
214208-04	Sa	10-10:30am	10/1-11/12	7	\$35	CQRC
214208-05	Sa	10:30-11am	10/1-11/12	7	\$35	CQRC
214208-06	Sa	11-11:30am	10/1-11/12	7	\$35	CQRC
214208-07	Sa	11:30am-12pm	10/1-11/12	7	\$35	CQRC
214208-08	Sa	12-12:30pm	10/1-11/12	7	\$35	CQRC
214208-09	Sa	8:30-9am	12/3-1/21	6	\$29	CQRC
214208-10	Sa	9-9:30am	12/3-1/21	6	\$29	CQRC
214208-11	Sa	9:30-10am	12/3-1/21	6	\$29	CQRC
214208-12	Sa	10-10:30am	12/3-1/21	6	\$29	CQRC
214208-13	Sa	10:30-11am	12/3-1/21	6	\$29	CQRC
214208-14	Sa	11-11:30am	12/3-1/21	6	\$29	CQRC
214208-15	Sa	11:30am-12pm	12/3-1/21	6	\$29	CQRC
214208-16	Sa	12-12:30pm	12/3-1/21	6	\$29	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 access to 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.  
Call 703.746.5414 for information and pass options.

**12 Days of Fitmas**  
Complete the 12-day accumulating circuit with a new exercise each day and get entered to win a prize!  
December 1-31, 2016

### 3 REASONS TO BECOME A CHINQUAPIN PASSHOLDER:

- #1 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
- #2 FITNESS ROOM 101** Get a free in-depth tour of the Fitness Room and see equipment demonstrations. Saturdays, 1-1:30pm, 9/17, 10/15, 11/12, and 12/11. Register at the front desk.
- #3 30 FOR 30** In the month of October, purchase a 30-day pass to Chinquapin for just \$30. Valid for new passholders only.

**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. Min 10/Max 15. No class 10/8, 11/26.

222605-01 Sa 9:30-10:15am 9/24-12/17 11 \$155 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 8/Max 15. No class 10/8, 11/26.



222606-01 Sa 10:30-11:15am 9/24-12/17 11 \$155 CHRC

### Tumbling I

**Ages 6-11.** Cartwheels, bridge kick-overs and round-offs will be covered for intermediate tumblers. A fun warm-up exercise will help athletes attain these skills. Prerequisite: completion of Basic Tumbling and demonstration of skills. Instructor TSP Team. Min 8/Max 15. No class 10/8, 11/26.

222607-01 Sa 11:30am-12:15pm 9/24-12/17 11 \$155 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. No class 10/8, 11/26.

222608-01 Sa 12:30-1:15pm 9/24-12/17 11 \$155 CHRC



222612-01 W 5:30-6:30pm 9/21-12/14 12 \$165 CHRC

### Acrobatics I

**Ages 5-7.** Learn basic acrobatics including cartwheels, round-offs, back bends, hand stands, headstands, front/back walkovers, forward/backward rolls. Learn to execute flexibility, strength and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 10. No class 11/23.

### Acrobatics II

**Ages 6-10.** 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. No class 11/23.

222613-01 W 6:30-7:30pm 9/21-12/14 12 \$165 CHRC

### Acrobatics III Intermediate

**Ages 8-14.** Refine leaps, jumps, hand-stands, 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 12. No class 10/1, 11/26.

222614-01 Sa 2:15-3:15pm 9/24-12/17 11 \$145 CHRC

## FENCING CLASSES

### Nerf Fencing

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

222609-01 W 4:30-5:30pm 9/21-12/14 13 \$175 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 Club. Min 2/Max 15. No class 10/10.

222601-01 M 7:15-8:15pm 9/19-11/14 8 \$69 CHRC



### Fencing for Teens/Adults

**Ages 16 & up.** Learn the principles of foot-work, 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 Club. Min 2/Max 15.

223100-01 W 7-8pm 9/21-11/9 8 \$69 CHRC

# sports classes & leagues

## 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. No class 10/7, 11/11, 11/25.



222610-01 F 11-11:45am 9/23-12/16 10 \$135 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 British coaches. Bring a drink, shin guards and a smile! **Register at ukelite.com or call 973.631.9802.** Min 5/Max 20.

F 4-4:45pm 9/23-11/11 8 \$135 BEPK  
Sa 9-9:30am 9/24-10/29 6 \$119 BBPK

### UK Elite Petite Soccer

**Ages 3-5.** Kick! Play! Run! Activities are fantasy-based, involving roleplaying, designed to maximize each player's ball touches, and taught by professional British coaches. Parents can join in the fun. Bring a drink, shin guards and a smile! **Register at ukelite.com or call 973.631.9802.** Min 5/Max 20.

F 5-5:45pm 9/23-11/11 8 \$135 BEPK  
F 6-6:45pm 9/23-11/11 8 \$135 BEPK  
Sa 9:45-10:30am 9/24-10/29 6 \$119 BBPK  
Sa 10:45-11:30am 9/24-10/29 6 \$119 BBPK  
Sa 4-4:45pm 9/24-10/29 6 \$119 BBPK  
Sa 5-5:45pm 9/24-10/29 6 \$119 BBPK

### 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 10/Max 30.

222600-01 Sa 4-4:45pm 9/24-11/5 7 \$125 ABPK

### Challenger Sports British Soccer

Fun games, competitions, skill building activities and new friends. Classes are taught by Challenger Sports' British Soccer instructor. Bring a soccer ball. **Register at challengersports.com or call 1.800.878.2167, ext. 239.** Instructor Challenger Sports. Min 4/Max 20.

Th 9-9:45am 9/22-11/10 8 \$125 CQPK  
Th 10-11am 9/22-11/10 8 \$135 CQPK  
Su 9-9:45am 9/25-11/13 8 \$125 CQPK  
Su 10-11am 9/25-11/13 8 \$135 CQPK  
Su 11am-12:15pm 9/25-11/13 8 \$145 CQPK  
Th 5-6:15pm 9/22-11/10 8 \$145 CQPK  
Th 6:15-7:30pm 9/22-11/10 8 \$145 CQPK

## TENNIS CLASSES

### Future Stars Tennis

**Ages 5-6.** Introduce your child to the exciting game of tennis! Constant activity, colorful teaching aids, exercises and fun games teach teamwork while improving concentration and motor learning development. Instructor Tennis on the Move. Min 6/Max 12.

222618-01 Tu 4-5pm 9/2-10/11 4 \$85 CQPK

### Mom/Dad & Me Tennis **NEW!**

**Ages 3-6.** Get a workout with your child while watching them improve on coordination, balance and some racquet skills. This is a great opportunity to learn tennis together. Instructor Tennis on the Move. Min 6/Max 12.

222619-01 W 10-11am 9/21-10/12 4 \$105 CQPK

### 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 40.

223503-01 Sa TBA 10/8-11/5 5 \$129 CBRC

### Advanced Juniors Tennis

**Ages 6-12.** Learn and refine tennis skills. First timers will work on tennis stroke fundamentals and enhancement of the forehand, backhand, approach shot, volley, serve, and return of serve. Players will also learn scoring and court awareness while building a foundation of consistency, placement, spins and power. Instructor Tennis on the Move. Min 6/Max 12.

222616-01 Tu 5-6pm 9/20-10/11 4 \$85 CQPK

### Beginners Tennis

**18 & up.** Learn tennis fundamentals through reinforcement of intermediate tennis techniques. Forehand and backhand ground strokes, volleys, serves, lobs and overheads will be covered, as well as offensive and defensive strategies. Instructor Tennis on the Move. Min 6/Max 12.



222617-01 Tu 6-8pm 9/20-10/11 4 \$125 CQPK

## ADDITIONAL SPORTS CLASSES

### Lil' Pro Sports

**Ages 3-4.** Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. Have fun and meet new friends. Min 5/Max 10.

222706-01 W 10-10:45am 9/7-11/9 10 \$149 NLRC

## 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 8/Max 20. No class 11/26.

222602-01 Sa 10:30-11:15am 9/24-12/3 10 \$159 NLRC

## 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. Instructors National Champion Umaer Haq and Maria Hess. Instructor Hess Fitness Inc. Min 7/Max 20. No class 11/23.

222615-01 W 6-7pm 9/21-12/14 12 \$159 CQRC



## Cheerleading Fundamentals

**Ages 6-13.** Learn moves, jumps, and the conditioning your body needs to become a GREAT cheerleader! This class is for participants that are considering becoming a cheerleader or just for fun. Join the fun for practice workouts, increase your skills and prepare yourself. Participants will learn cheer motions, basic stunts, and choreography. Wear shorts and tennis shoes. Min 20/Max 40.

2223608-01 Sa 1-3pm 10/15-10/15 1 \$25 CHRC

## Dodgeball Fanatics

**Ages 7-12.** Duck! Dip! Dive! And dodge your way to a great time. This instructor-led program 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 and skills. Min 6/Max 30.

223501-01	F	6:30-8:30pm	10/21	1	\$15	CBRC
223501-02	F	6:30-8:30pm	11/11	1	\$15	CBRC
223501-03	F	6:30-8:30pm	12/9	1	\$15	CBRC

## Pickleball **DROP-IN**

**Ages 18 & up.** What do you get when you combine badminton, tennis and pingpong? The sport known as Pickleball is a popular and quickly growing sports program for active adults. Meet new friends, socialize, enjoy weekly challenge games and quarterly workshops. Min 8/Max 50. No class 1/1.

623601-01	Th,F	9am-12pm	9/1-12/30	36	\$5ea.	CHRC
623601-02	Su	3-4:30pm	9/4-12/18	7	\$5ea.	CHRC

## Racquetball Clinics

**All Ages.** Monthly clinics with a teaching pro will focus on improving skill and meeting other players. Each month will focus on a different skill. Min 3/Max 9.

224201-01	Su	1-2:30pm	9/18	1	\$15	CQRC
224201-02	Su	1-2:30pm	10/16	1	\$15	CQRC
224201-03	Tu	6-7:30pm	11/15	1	\$15	CQRC
224201-04	Tu	6-7:30pm	12/13	1	\$15	CQRC

## Individual Racquetball Lessons

**All Ages.** For players of all levels looking to improve or learn the game of racquetball. Our teaching pro will help you improve your speed, technique, and endurance. Individual lessons are the best and fastest way to improve your overall game performance and receive a total body workout. \$199 for package of 4 one-hour lessons. Dates and times by appointment. **Please call 703.746.5457 to register.**

M-Su 6am-9pm 9/1-12/31 4 \$199 CQRC



# Alexandria National Safe Place

## A safe haven for youth

Kids experience many difficult situations — problems at home, issues at school, trouble with peers, being locked out of the house, riding with an unsafe driver, or being in a dangerous situation on a date. They also leave home to escape abuse or neglect, drug or alcohol abuse by family members, or because they're told to leave. National agencies estimate that between 1.6 and 2.8 million youth run away from home each year.

Safe Place is a national youth outreach program that educates thousands of young people every year about the dangers of running away or trying to resolve difficult, threatening situations on their own. No matter what the reason, young people have a safer alternative. They can go to any of the 23 designated Safe Place sites in Alexandria to get immediate help.

For more information, contact the Alexandria Safe Place Office at 703.746.5400; the National Safe Place at 1.888.290.7233 or use TXT 4 HELP by texting the word SAFE and your current location (address/city/state) to 68966.



# sports classes & leagues

## YOUTH LEAGUES

### Youth Cheerleading

**Ages 5-16 as of April 30, 2017.** Learn the basic cheerleading skills and techniques. Teams are formed and practices are held at neighborhood recreation centers. Online registrations are assigned to their local center. Three divisions include: Pee Wee (ages 8 & under); Youth (ages 12 & under) and Junior (ages 16 & under). Practice schedules vary by center and are TBD. Teams compete in two local competitions and other events. Competition and uniform fees apply. Open to City of Alexandria residents only.

222701-00 varies 3-6pm 9/19-4/15 Free Varies

### Miracle League of Alexandria Adaptive Sports

**Ages 5 & up.** A non-competitive environment allows children and adults with cognitive, developmental and physical challenges to play sports at their own pace. Buddies assist each player as much or little as they require. Min 10/Max 100. No program 11/23.

#### Youth

222705-01 W 4:30-6pm 9/21-12/14 12 \$65 LCCM

#### Adults

222705-02 Sa 1-2:30pm 9/17-10/22 6 \$65 LCCM

### Lil' Sticks Girls Field Hockey **NEW!**

**Ages 6-8 as of Dec. 31, 2016.** This developmental program provides a non-competitive environment to learn the fundamentals of field hockey. Games will be indoors and coached and officiated by high school and youth coaches. Open to City of Alexandria residents only. Min 16/Max 32.

222711-01 Su 12-2pm 10/2-10/30 5 \$75 JAES

### Youth Kickball League

**Ages 7-12.** Roll! Kick! Run! Join friends in a game of kickball! This 5-week league is short and sweet. Games and practices will be conveniently held on Saturday mornings at Charles Barrett Recreation Center. Teams will be formed into two divisions: ages 7-9 and 10-12. Min 20/Max 80.

223502-00 Sa TBD 10/15-11/12 5 \$75 CBRC

### Girls' Flag Football League

**Ages 7-12 as of Oct. 1, 2016.** Teams will be formed by recreation districts and divided into two divisions: ages 7-9 and 10-12. Practice days will vary by team. League games will be played on Saturday. Open to City of Alexandria residents only. Min 40/Max 100.

222709-01 Sa 9am-12pm 9/12-10/22 6 \$75 GWMS

### Winter Basketball League

**Ages 7-17 as of March 31, 2017.** Teams are formed in the 8, 10, 12, 14 and 17 & under leagues. Boys ages 14-17 will be formed by skill assessment and draft system. Important dates: Registration: 9/15-11/15. Practices begin week of 12/5. Games begin week of 1/7. Open to City of Alexandria residents only.

322701-01 TBD TBD 12/5-3/11 \$75 Varies

### Youth Volleyball Leagues

#### Ages 9-14 as of Dec. 31, 2016.

Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices will take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include MHHS, CHRC, JPES, and JHES. Open to City of Alexandria residents only.



#### Girls

222703-01 Th,F 6-9pm 9/18-12/16 \$75 Varies

#### Boys

222710-01 Th,F 6-9pm 9/18-12/16 \$75 Varies

## YOUTH SPORTS AFFILIATES

### Alexandria Soccer Association Soccer Tots

**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. **Register at alexandria-soccer.org.**

M-Su Varies Jan.-Dec. Varies Varies

### Alexandria Soccer Association Recreation League

**Ages 4-19.** League Play: September-early November. Teams practice once or twice a week with a game on the weekend. Games times range, 8 am-4 pm for U5-U12 and 8 am-8 pm for U13-U19. **Register at alexandria-soccer.org.**

Sa Varies 9/17-11/12 9 \$100-145 TBD

### Alexandria Soccer Association Futsal Clinics

**Ages 5-19.** Designed to improve each player's individual technical abilities, decision-making speed and tactical understanding as it relates to the sport of futsal, the skill training program (Nov.-Dec.) will instill confidence and comfort within the game. Clinics are great for players preparing for the ASA Winter Futsal League (Jan.-Feb.) as well as outdoor players seeking supplemental training opportunities. **Register at alexandria-soccer.org.**

Sa-Su Varies 11/13-3-5 TBD TBD

### Alexandria Soccer Association Travel League

**Ages 8-19.** Designed for competitive players, travel league requires players to tryout 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. Games take place primarily on Sundays and some Saturdays. Fall Season: August-November. Spring Season: March-June. Off-season Training: winter and summer months. **Register at alexandria-soccer.org.**

Varies Varies 8/1-6/30 Varies Varies

## Alexandria Rugby Club Fall Fun League

**Ages 5-13.** Play the fastest growing youth team sport in the country in a low-stress and fun environment. Girls and boys will learn the basic rules, skills, techniques and strategies for playing Tag Rugby, a two-hand touch version of Rugby 7's. Participants are divided by grade and ability so everyone gets involved. **Register at alexandriarugby.com.**

Su 2-5pm 9/18-11/13 7 \$35 GWMS

## Alexandria Lacrosse Club Fall Skills Clinic

**Ages 7-15.** Clinics provide an appropriate skill level of instruction in the sport of lacrosse based on gender and age for players in the Alexandria Lacrosse Club (ALC). These clinics are ideal for anyone new to the sport or wanting to learn the fundamentals. Each session will last 90 minutes. **Register at alexandrialacrosse.com.**

Sa 1-5pm 9/17-10/15 5 Varies MHPK

## Alexandria Little League Fall 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	9/6-11/5	\$135	TBD
Ages 9 & 10 (AAA)	Varies	9/6-11/5	\$150	TBD
Ages 10 & 11 (Minors)	Varies	9/6-11/5	\$150	TBD
Ages 11 & 12 (Majors)	Varies	9/6-11/5	\$150	TBD
Ages 12 & 13 (Inter.)	Varies	9/6-11/5	\$175	TBD
Ages 13 & 14 (Juniors)	Varies	9/6-11/5	\$175	TBD
Ages 14-16 (Senior)	Varies	9/6-11/5	\$175	TBD
Ages 15-18 (Big League)	Varies	9/6-11/5	\$175	TBD

## ADULT LEAGUES

### Winter Coed Volleyball

**Ages 18 & up.** Each team will play 10 regular season games. The top four teams in each division will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Register Oct. 1-Dec. 30.



323201 Tu,W 6:30-10pm 1/1-3/31 \$495 TCMH

### Winter Coed Basketball

**Ages 18 & up.** Each team will play 6 regular season games. All teams will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Register Oct. 1-Dec. 30.

323205 Tu 6:30-10pm 1/1-3/31 \$495 GWMS/FHMS

### Winter Men's Basketball

**Ages 18 & up.** Each team will play 10 regular season games. The top four teams in each division (Recreation and Competitive) will advance to the league playoffs. All teams must submit a team roster, a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. Register Oct. 1-Dec. 30.

323200 M-Th 6:30-10pm 1/1-3/31 \$755 GWMS/FHMS

### 35 & Over Pick-up Basketball

**Ages 35 & up.** Stay healthy and have fun while exercising through full court basketball games. No teams needed, these are pickup games with a 10 min. running clock. Just bring your game and come ready to play. Min 5/Max 20.

224100-01 W 7:30-9pm 10/5-11/30 9 \$0 WRRC

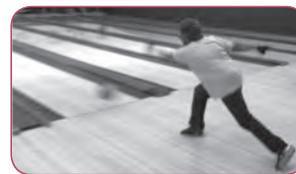
### Winter Men's 50 & Over Basketball

**Ages 50 & up.** Each team will play 6 regular season games. One division will play games on Monday nights. All teams will advance to the league playoffs. Team rosters are limited to a maximum of 12 players and a minimum of 8. Teams will be formed through a draft process. Register Oct. 1 - Dec. 30.

323208 M 6:30-10pm 1/1-3/31 \$75 JHES

### Senior Bowling

**Ages 55 & up.** 6 weeks of league will play on Wednesdays starting September 21. Each team will have 3 or 4 players, and play 2 games per day. Register Aug. 10 - Sept. 15.



223221 W 10am-12pm 9/6-11/5 \$45 Other

## 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

**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 the story in full costume. Join the fun and wear your own costume. Min 8/Max 25.

243901-01	Th	10:30am-12pm	9/8-9/22	3	\$39	NLRC
243901-02	Th	10:30am-12pm	10/6-10/20	3	\$39	NLRC
243901-03	Th	10:30am-12pm	11/3-11/17	3	\$39	NLRC
243901-04	Th	10:30am-12pm	12/1-12/15	3	\$39	NLRC

### Sensory Story Time **TR** **NEW!**

**Ages 2-5 with adult.** Bring your favorite stories to life! Enchantment, music and movement will engage children with special needs in story time, socialization and sensory integration activities. Min 5/Max 10. No class 10/10.

243001-01	M	10:30am-12pm	9/12-9/26	3	\$39	NLRC
243001-02	M	10:30am-12pm	10/3-10/24	3	\$39	NLRC
243001-03	M	10:30am-12pm	11/7-11/21	3	\$39	NLRC
243001-04	M	10:30am-12pm	12/5-12/19	3	\$39	NLRC

### 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 integrates a variety of activities, such as tutoring, physical fitness, cooking, chess, gymnastics, music, performing arts, games and more! Min 30/Max 60. No program 10/10, 11/8, 11/23, 11/24, 11/25.

243900-01	M-F	2:30-6pm	9/6-12/21	72	\$365	NLRC
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### Horsing Around

**Ages 5-12.** Halter, lead, and ride horses! Plus, learn about environmental activities as an added bonus! The Stables at Meadowood engage youth in horse-related activities in a safe environment. Min 10/Max 13.

243602-01	Tu	3:30-6pm	9/13-10/18	6	\$105	CHRC
243602-02	Tu	3:30-6pm	10/18-11/22	6	\$105	CHRC

### Babysitter Training

**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 business. Min 4/Max 10.

243604-01	Tu,Th	6-8pm	10/25-11/3	4	\$75	CHRC
243604-02	Tu,Th	6-8pm	12/6-12/15	4	\$75	CHRC

### Cora Kelly Teen Club

**Ages 12-15 in grades 6-9.** The supervised teen lounge is the perfect place to hang out with friends, playing table games, video games and more. Daily activities include homework time and social interaction to encourage personal growth and success. No class 10/10, 11/24, 11/25, 12/23. Min 20/Max 50.

543703-01	M-F	3:30-7:30pm	9/6-6/23		\$199	CKRC
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## SOCIALIZE

### Zumbini

**Ages 0-3 with adult.** Have fun with your toddler in this structured play time. Zumba music, dancing, singing and play create a fun and energetic class you're both sure to love. Each child must be accompanied by an adult. Min 5/Max 20.

244200-01	Sa	9-9:45am	10/1-11/12	7	\$105	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 program 10/10, 11/25, 12/23.

253815-01	M,W	10am-12pm	9/12-11/9	18	\$49	MVRC
253815-02	M,W,F	10am-12pm	9/7-11/11	29	\$79	MVRC
253815-03	M,W	10am-12pm	11/14-12/28	14	\$29	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. Max 16.

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

### Lil Gymmies **DROP-IN**

**Ages 2-5 with adult.** Run, jump and play in a safe, clean environment. Learn foundational skills and gain confidence to play in a 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.

643606-01	M,W,Sa	9am-12pm	9/5-12/30	1hr.	\$5ea.	CHRC
243713-01	M-Th	9:30am-1:30pm	9/26-12/8	1hr.	\$5ea.	CKRC

### STEP Sensory Time Exploration **NEW!**

**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. No class 11/8.

243902-01	Tu	10:30am-12pm	9/6-9/20	3	\$39	NLRC
243902-02	Tu	10:30am-12pm	10/4-10/18	3	\$39	NLRC
243902-03	Tu	10:30am-12pm	11/1-11/22	3	\$39	NLRC
243902-04	Tu	10:30am-12pm	12/6-12/20	3	\$39	NLRC

### Adult Social Club **TR**

**Ages 18 & up.** 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 10/8, 10/29.

243000-01	Sa	11am-4pm	9/10-11/19	9	\$79	NLRC
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## TECHNOLOGY



### 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 6/Max 12.  
242600-01 Sa 9-10am 9/17-10/22 6 \$149 NLRC

### Ubiquitous Robotics **NEW!**

**Ages 8-12.** What's a robot and how do you make one from scratch? These and other questions will be explored during this exciting course. Young creators will create their own custom robots from everyday items. Min 6/Max 15.  
242607-01 Tu 5:30-6:45pm 9/20-10/25 6 \$185 CBRC

### 3D Modeling & Sculpting **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 6/Max 12.  
242601-01 Sa 10:15-11:15am 9/17-10/22 6 \$149 NLRC

## SCIENCE

### Little Laboratory **NEW!**

**Ages 2-6 with adult.** Pre-schoolers will conduct hands-on science experiments in this fun, social class designed to foster an early interest in STEM. All materials provided. Min 4/Max 10.  
244203-01 Th 11-11:45am 10/6-11/10 6 \$125 CQRC

### Sci-Art **NEW!**

**Ages 3-5.** Explore the wonderful connections between science and art with fun, hands-on experiences! Is there really a difference between art and science? We'll explore that question together and create the answer with our minds and hands. Instructor Steam America. Min 6/Max 12.  
242608-01 Tu 10:15-11am 9/20-10/25 6 \$139 CHRC

### 4-H Discovery Club: Cloverbud **NEW!**

**Ages 5-8.** Let's discover the world world around us. Learn about topics such as woodworking, science and technology, and anything in between. Bring the entire family along; we'll have enough fun to share! **Register by calling 703.746.5546 or email Reggie Morris at rbmorrison@vt.edu.** Min 6/Max 10.  
Sa 10:30am-12pm 11/5-12/17 7 \$75 LEEC

### 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

243800-01 Tu 6:15-7:15pm 9/13-10/18 6 \$79 MVRC  
243800-02 Th 6:15-7:15pm 9/15-10/20 6 \$79 MVRC

#### Ages 8-12

243800-03 Tu 6:15-7:15pm 11/1-12/6 6 \$79 MVRC  
243800-04 Th 6:15-7:15pm 11/3-12/8 6 \$79 MVRC

### PhysioFit Kids **NEW!**

**Ages 6-12.** Jump into the awesome world of anatomy and physiology! With plenty of arts and crafts projects, super cool science experiments, and tons of moving and grooving fitness improving activities, our formula of fun and learning will explore the systems of our bodies and how to keep them healthy. We help kids discover where they fit in because at PhysioFit Kids...WE ARE SCIENCE! Min 4/Max 15. No class 10/10.  
242606-01 M 3:45-4:45pm 9/19-12/12 12 \$225 CHRC



### 4-H Discovery Club: Kitchen Science **NEW!**

**Ages 9-13.** Not all science requires expensive chemicals and laboratories. Unleash the power of science discovery from your home kitchen. Discover the cleaning power of taco sauce, the creation of homemade slime, and more! The challenge of science discovery is calling, will you answer? **Register by calling 703.746.5546 or email Reggie Morris at rbmorrison@vt.edu.** Min 6/Max 10.  
Tu 6:30-8pm 10/18-11/22 6 \$75 LEEC

## DOG TRAINING

### Family Dog I

**All Ages.** Teach your dog the fundamentals of good manners and life skills - sit, down, stay, come, attention, polite greetings, walking nicely on leash, and more. Classes are small, fun and effective. Attendance is required at the first class, dogs DO NOT attend. Receive reading material and easy, important assignments. Instructor Sandy Modell. Min 4/Max 8.  
243104-01 Sa 10:15-11:30am 9/24-10/29 6 \$185 FMPK

### Dog Sports FUN!

**All Ages.** Learn the building blocks of dog sports, such as canine conditioning, agility, musical canine freestyle, rally, and treibball (doggy soccer). Build a team relationship and increase your dog's focus in distracting environments. Prerequisite: classes with Wholistic Hound. Dogs must be comfortable around other dogs. Instructor Sandy Modell. Min 4/Max 6. No class 11/28.  
243106-01 Sa 11:30am-12:45pm 9/24-10/29 6 \$185 FMPK

### Real Life Manners

**All Ages.** Teach your dog to be a polite greeter and start enjoying walks! Learn techniques to build your dog's foundation through better focus, calmness and attention. Bring your dog to the first class along with tasty soft treats, a treat bag, and a six foot long cotton, leather, or nylon leash (no flexis). Flat buckle collar, martingale, or harness only. Instructor Sandy Modell. Min 4/Max 8.  
243107-01 Sa 10:15-11:30am 11/5-11/19 3 \$115 FMPK

### Puppy Fun!damentals

**All Ages.** For puppies ages 8 weeks to 5 months. Learn important basics to set a foundation for a lifelong positive relationship. Introduce your puppy to other dogs, people, and new experiences, during the most critical period in their development. Helpful handouts and discussion about mouthing, housetraining, basic manners, and more. Off lead play and structured interactions will go a long way set your puppy up for success! Min 4/Max 8.  
243108-01 Sa 11:30am-12:30pm 11/5-11/19 3 \$115 FMPK

# creative & performing arts

**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.

## COOKING

### Cupcake Fanatics Fun Shop **NEW!**

**Ages 7-12.** Cup! Cake! Magic! Explore the world of cupcake fun and edible art under the instruction of a staff member. Participants will create and assemble edible art with holiday themes. Min 6/Max 20.

253506-01 Tu 6-7pm 10/11-11/8 5 \$75 CBRC

### Chocolate Fanatics Fun Shop **NEW!**

**Ages 7-12.** Melt! Mold! Magic! Come and explore the world of chocolate fun and edible art under the instruction of a staff member. Participants will be create and assemble edible art with holiday themes. Min 6/Max 20.

253505-00 Th 6-7pm 10/20-11/10 4 \$75 CBRC

## 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. No class 11/8.

#### Ages 3-4

252615-01 Tu 4-4:45pm 9/20-12/13 12 \$249 CHRC

#### Ages 4-5

252616-01 Tu 5-5:45pm 9/20-12/13 12 \$249 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 tee shirt, sweat pants and ballet shoes of any color. Min 5/Max 10. No class 11/8.

252617-01 Tu 6-6:45pm 9/20-12/13 12 \$249 CHRC

### Pre-Ballet & Movement I

**Ages 3-5.** Do you have an aspiring ballerina? Explore creative movement while learning the five ballet positions and the disciplines of dance. Children have fun and learn physical and mental coordination. Instructor Megan Lively. Min 5/Max 12. No class 10/1, 11/26.

252605-01 Sa 9:05-9:55am 9/24-12/17 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 10/1, 11/26.

252606-01 Sa 10-10:50am 9/24-12/17 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 10/1, 11/26.

252610-01 Sa 11am-12pm 9/24-12/17 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 10/1, 11/26.

252611-01 Sa 12-1pm 9/24-12/17 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 5/Max 12. No class 10/1, 11/26.

252612-01 Sa 1-2pm 9/24-12/17 11 \$145 CHRC

### Mlyna Ballet I

**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 10/10.

253817-01 M 5-6pm 9/12-12/12 13 \$155 MVRC

#### Advanced, minimum 2 yrs. experience

253818-01 Tu 5-6pm 9/13-12/13 14 \$169 MVRC

### Mlyna Ballet II

**Ages 8-14.** Students moving into a higher level of Ballet technique and comprehension with 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 10/10, 11/24.

#### Ages 8-12, minimum 3 yrs. experience

253813-01 Th 5-6pm 9/8-12/15 14 \$169 MVRC

#### Ages 8-14, minimum 6 yrs. experience

253812-02 M,Th 6:15-7:15pm 10/31-12/19 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 10/10, 11/24.

253810-01 M,Th 9:15-10:15am 9/12-10/27 13 \$145 MVRC

253810-02 M,Th 9:15-10:15am 10/31-12/19 14 \$155 MVRC

253810-03 M 9:15-10:15am 9/12-10/24 7 \$69 MVRC

253810-04 M 9:15-10:15am 10/31-12/19 8 \$79 MVRC



## DANCE

### Jazz Hip Hop Fusion **NEW!**

**Ages 6-11.** Build confidence as a dancer by learning basic jazz and hip-hop dance principles such as syncopated rhythms, body isolations, coordination and choreography. Develop musicality, rhythm, learn dance vocabulary and the use of counting. Set to popular music. Min 5/Max 20. No class 10/10.



254201-01 M 3:45-4:30pm 10/3-11/21 7 \$99 CQRC

### 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 20. No class 10/10.

253113-01 M 7-8pm 9/19-12/12 12 \$245 CHRC

### Belly Dancing **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.

254200-01 Tu,Th 7-8pm 10/4-11/03 10 \$95 CQRC

### Wedding Dances

**Ages 18 & up.** Get ready for that special occasion or take the course to 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 for your dance. Couples only - both participants must register. Instructor Tom Woll & Associates. Min 8/Max 20.

253103-01 Th 8:15-9:30pm 9/22-11/10 8 \$99 ODRC

### 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 18. No class 11/8.

253102-01 Tu 8:15-9:30pm 9/20-11/15 8 \$99 ODRC

253102-02 Th 7-8:15pm 9/22-11/10 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 18. No class 11/8.

253104-01 Tu 7-8:15pm 9/20-11/15 8 \$99 ODRC

## MUSIC

### Little Hands Music

**Ages 0-7.** Shake, rattle and roll with bells, 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.** Min 6/Max 12. No class 10/10, 11/8.

#### Infants, up to 18 mos.

M	11:30am-12pm	9/19-12/12	12	\$219	CHRC
Tu	11-11:30am	9/20-12/13	12	\$219	CHRC

#### Toddlers, 18 mos.- 3 yrs.

M	10-10:30am	9/19-12/12	12	\$219	CHRC
M	10:45-11:15am	9/19-12/12	12	\$219	CHRC
Tu	9:30-10am	9/20-12/13	12	\$219	CHRC
Tu	10:15-10:45am	9/20-12/13	12	\$219	CHRC

#### Preschool, 3-5 yrs.

M	1:15-2pm	9/19-12/12	12	\$229	CHRC
Tu	12:30-1:15pm	9/20-12/13	12	\$229	CHRC

### Piano Fun For Adults Level I

**Ages 18 & up.** Proven to reduce stress levels 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. No class 11/8.

253108-01 Tu 6:30-7:30pm 9/27-11/22 8 \$155 ODRC

### Piano Fun for Adults Level 3

**Ages 18 & up.** Enjoy recreational music making through a fun, stress-free learning environment. Prerequisite: Completion of Piano Fun Level I and II. Instructor Natalie Grimes. Min 4/Max 5. No class 11/8.

253106-01 Tu 5:30-6:30pm 9/27-11/22 8 \$155 ODRC

## PERFORMING ARTS

### Act It Out **NEW!**

**Ages 5-12.** Adventure through storybooks! This acting class uses theater arts to teach kids about respect, truth, peace, and more. Learn various acting and team building games, plus act out a story. The class will present their favorite story on the last day of class. Min 6/Max 12.

253806-01 W 6:15-6:15pm 9/14-10/19 6 \$79 MVRC

253806-02 W 6:15-7:15pm 11/2-12/7 6 \$79 MVRC

### Drama Fanatics **NEW!**

**Ages 7-12.** Lights! Camera! Action! Join fellow theater fans and explore all the possibilities. This five-week program will guide participants through the world of acting, settings, and creative expression through games and short skits. Min 6/Max 20. No class 10/10.

253502-01 M 6-7pm 10/3-11/13 6 \$75 CBRC

## VISUAL ARTS



### Art in Hand Tots & Preschoolers

**Ages 18 mos.-5 yrs. with adult.** Interactive stories inspire creative exploration in drawing, painting, collage, sculpting or mixed media. 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](http://artinhand.org). Min 5/Max 10. No class 11/23.

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

252601-01 W 10:30-11:15am 9/21-12/14 12 \$225 LEEC

#### Preschoolers, Ages 2.5-5 yrs. with adult

252614-01 W 11:30am-12:15pm 9/21-12/14 12 \$225 LEEC

### Abrakadoodle Twoosy Doodlers

**Ages 20 mos.-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 a fun "I can do it" class. Each session has new activities, and moms and helpers get to play too. Instructor Abrakadoodle. Min 4/Max 12. No class 10/10, 11/24.

252600-01 M 10:15-10:55am 9/19-10/31 6 \$105 CHRC

252600-02 M 11:15-11:55am 9/19-10/31 6 \$105 CHRC

252600-03 Th 10:15-11am 9/22-10/27 6 \$105 CHRC

252600-04 M 10:15-10:55am 11/14-12/12 5 \$89 CHRC

252600-05 M 11:15-11:55am 11/14-12/12 5 \$89 CHRC

252600-06 Th 10:15-10:55am 11/10-12/15 5 \$105 CHRC

### Abrakadoodle Mini Doodlers

**Ages 3-6.** Develop creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included. Instructor Abrakadoodle. Min 4/Max 12. No class 11/24.

252613-01 Th 11:15am-12pm 9/22-10/27 6 \$105 CHRC

252613-02 Th 11:15am-12pm 11/10-12/15 5 \$89 CHRC

### Comic Book Production **NEW!**

**Age 6-9.** Participants will use lesson learned in school to build a plot, theme, and characters to draft a script. Using both traditional media of pencil and paper, and later digital media, participants will begin to draw each panel of their story while learning principles of design and drawing. Great for those with an active imagination and a story to tell! Min 6/Max 12.

252602-01 M 6-7pm 9/19-10/24 6 \$149 MVRC

252602-02 M 7:15-8:15pm 9/19-10/24 6 \$149 MVRC

### Kids Working with Wood **NEW!**

**Ages 7-12.** Dream! Design! Build! Explore decorating, assembling and creating with wood and wood products. Participants will build and assemble toys, nick-knacks and other holiday themed items for themselves, family, and friends. Min 6/Max 20.

253504-01 W 6-7pm 10/19-11/16 5 \$75 CBRC

### 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 10/10.

253000-01 M 3:30-5pm 10/3-10/24 3 \$19 NLRC

253000-02 M 3:30-5pm 11/7-11/21 3 \$19 NLRC

253000-03 M 3:30-5pm 12/5-12/19 3 \$19 NLRC

### 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 9/10-12/17 \$9ea. MVRC

## FAMILY FUN NIGHTS

Fridays, 6-9 p.m.

\$4/person

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](http://alexandriava.gov/Aquatics) for Fall dates.



## 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](http://alexandriava.gov/Facebook)
- [alexandriava.gov/Twitter](http://alexandriava.gov/Twitter)
- [alexandriava.gov/YouTube](http://alexandriava.gov/YouTube)
- [alexandriava.gov/eNews](http://alexandriava.gov/eNews)
- [alexandriava.gov/RSS](http://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](mailto:durantcenter@alexandriava.gov)

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



A multicultural center for the performing and visual arts, Durant Arts Center offers programs in music, dance theatre, and visual arts for people of all ages and cultural backgrounds. Call for more information about programs and renting space for rehearsals, meetings, and arts-focused classes. For information about the Office of the Arts, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts), or call 703.746.5588.

## Meet the Poet Laureate

On June 21, Ms. Kaplan was appointed by the Alexandria Commission for the Arts to serve as Poet Laureate for the City of Alexandria. Ms. Kaplan has been an Alexandria resident and community activist since 1982. Ms. Kaplan's poetry reflects her observations of the world, nature, people and "the exquisite awareness of the extraordinary in the present moment."



Ms. Kaplan is a clinical social worker and certified poetry therapist with experience in community services and her own psychotherapy practice. She taught at The American University and at The George Washington University School of Medicine and weaves poetry through her work, from teaching and facilitating groups to community activism. Ms. Kaplan writes "Poetry Musings," a quarterly column for the Greater Washington Society for Clinical Social Work newsletter.

In her role as Poet Laureate, Ms. Kaplan writes, "I see myself as bringing poetry to our community through schools, libraries and community venues. I am excited about working with other artists in collaborative ways that enrich our community. I invite people into conversation, into community, into knowing each other through words and through poetry. By sharing poetry we love, by writing poetry together, by listening to each other and broadening our perspectives we can build bridges that strengthen our connections and create diverse unity."

The role of the City's Poet Laureate is to promote appreciation of poetry as an art form; to encourage creative writing and reading of all forms of literature; and to promote literacy through poetry. The Poet Laureate serves a three-year term.

**For more information, contact Cheryl Anne Colton, Regional Program Director, Office of the Arts, at 703.746.5588 or [poet@alexandriava.gov](mailto:poet@alexandriava.gov).**

## National Arts and Humanities Month



The month of October has been recognized as National Arts and Humanities Month by thousands of arts and cultural organizations, communities, and states across the nation as well as the White House and Congress for more than two decades. To learn more about the Alexandria Arts and Culture programs visit [www.visitalexandriava.com/things-to-do/arts-and-culture](http://www.visitalexandriava.com/things-to-do/arts-and-culture)

## First Fridays at Durant Arts Center

The First Friday Series is an affordable opportunity to explore the arts in the City of Alexandria. Concerts and engaging interactive activities begin at 6:30 pm. Reservations range from \$5 to \$25. To learn more about the First Friday Series email [durantcenter@alexandriava.gov](mailto:durantcenter@alexandriava.gov)

### Mark Your Calendar:

- |            |                          |
|------------|--------------------------|
| November 4 | Dances Around the World  |
| December 2 | Season of Celebrations   |
| February 3 | Mardi Gras in Alexandria |
| March 3    | Family Art Night         |
| April 7    | Fool's Day Merriment     |
| May 5      | Taste of Cinco de Mayo   |
| June 2     | Family Art Night         |

## UpCycle Creative Reuse Center at Durant Arts Center Studio

For information about classes and camps visit [UpCycleCRC.org](http://UpCycleCRC.org)



## Arts in Alexandria City Galleries

### 2015 Living Legends of Alexandria

City Hall Lobby, 301 King St. • Monday-Friday, 8 am-5 pm

**Youth Arts Festival Traveling exhibition**, Sept. 6 through Oct. 3  
 Durant Arts Center, 1605 Cameron St. • Monday-Friday, 5-10 pm

**Young At Art**, Oct. 6 through Nov. 18  
 Durant Arts Center, 1605 Cameron St. • Monday-Friday, 5-10 pm

*Young At Art* celebrates 30 years at Durant Arts Center. *Young At Art* exhibition will showcase the artwork of older adults (55+) in Northern Virginia. Sponsored by the Goodwin House Foundation and Senior Services of Alexandria, this juried show is considered one of the best in the Metro area. Artists and sponsors will be recognized at the Artist's Reception on Thursday, October 20, 5:30-7:30 pm. All are welcome to attend.

For additional information about the Office of the Arts, call 703.746.5588 or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

# camps / nature & environmental education

**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.



## WINTER CAMPS

### Hoop Life Winter Basketball Camp

**Ages 4-13.** If your child has a love for basketball, they won't want to miss this structured, fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball ranging from high school to the NBA. At the end of camp, your child will have improved skills, greater knowledge, and a heightened passion for the game. Instructor Hoop Life. Min 10/Max 60.

272601-01 Tu-F 9am-4pm 12/27-12/30 4 \$205 GWMS

### Abrakadoodle Winter Break Camp

**Ages 6-12.** The world has many great artists and wonderful art including the drawings of Da Vinci, the colorful collages of Matisse, the light drenched paintings of Monet and the well-loved portrait of Whistler's Mother. Young artists will have fun learning about the masters, while creating their own masterpieces that are as unique as they are! Instructor Abrakadoodle. Min 5/Max 12.

272600-03 M-F 9am-3pm 12/26-12/30 5 \$299 CHRC

272600-04 M-F 9am-12pm 12/26-12/30 5 \$199 CHRC

### Engineering Fundamentals Using LEGOs

**Ages 6-11.** Apply real-world concepts in physics, engineering, and architecture to projects such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. Min 11/Max 24.

272602-01 Tu-F 9am-12pm 12/27-12/30 4 \$135 LEEC



### Rockets and Submarines Camp **NEW!**

**Ages 8-12.** Young engineers will work as a team to build and launch a rocket in the morning, then drive a remote-controlled underwater vehicle in the afternoon. Finish the day by swimming with a giant inflatable submarine. Emailed information forms must be returned the first day of camp. Campers are required to bring their own bag lunch, snacks, water bottle, swim suit and towel. Min 5/Max 15.

274201-01 Tu 9am-4pm 11/8 1 \$95 CQRC

**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.



## Jerome "Buddie" Ford Nature Center

5750 Sanger Ave. • 703.746.5559

### Year-Round Exhibits

- Mary Anne Warner's 16' x 7' oil mural, "Wildlife of the Dora Kelley Nature Park"
- Mounted black bear, red fox, turkey & bobcat
- Interpretive exhibits on local geology, culture and birds of prey
- Live fish, turtles, snakes, toads, salamanders and more
- Greenhouse with tropical rainforest plants and parrot

### Dora Kelley Nature Park

- 50-acre wildlife sanctuary
- 1-mile paved trail along streams, wooded hills and marshland
- Free Seasonal Tree ID Hike: Learn to identify native trees and the natural history of our local forests. Call for more information.

**And Much More!** Special interpretive and outreach programs are available for school field trips and Boy/Girl Scout badge projects.

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

For more information, visit [alexandriava.gov/12362](http://alexandriava.gov/12362) or call 703.746.5559 to request the "Nature News" digital newsletter.

## NATURE

### Nature Story Time

**Ages 2-3.** Toddlers and their parents or caregivers are welcome to join us for story time at the Nature Center. Each month, we will feature a different nature center animal, story and craft! Min 4/Max 12.

269815-04 F 10-10:45am 10/14 1 \$5 BFNC

### 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, make crafts, hike through the forest, and much more! Siblings welcome. Fee covers cost of all four sessions. Min 5/Max 12.

269800-01 F 10:30-11:30am 9/16,10/21,11/18,12/16 4 \$25 BFNC

### Stuck on Senses

**Ages 4-6.** Explore the forest in a whole new way as you learn to use your five senses to experience Dora Kelley Nature Park! Look, listen, touch, smell, and even taste our local ecosystem while making your way through the woods. Min 4/Max 12.

269825-01 Sa 10-11:30am 9/17 1 \$5 BFNC

### Let's Go Nuts! **NEW!**

**Ages 4-6.** Join a Naturalist on an adventure in Dora Kelley Nature Park in search of walnuts, hickory nuts, and acorns. An outdoor craft session is featured (weather permitting). Min 4/Max 12.

269827-01 Sa 10-11:30am 10/1 1 \$5 BFNC

### Dinosaurs **NEW!**

**Ages 4-7.** Did you know some dinosaurs had feathers?! Come discover more about the fascinating lives of the dinosaurs that lived between 230 and 65 million years ago! Min 5/Max 12.

269830-01 Sa 10-11:30am 11/19 1 \$5 BFNC

### Spectacular Spiders! **NEW!**

**Ages 5-8.** It's a wild, eight-legged world out there! Discover the fascinating ways of these eight-legged creatures. We'll explore the spidery world of Dora Kelley Nature Park after a short indoor presentation. Min 6/Max 12.

269834-01 Sa 10-11:30am 10/22 1 \$5 BFNC

### Biomimicry & Adaptations **NEW!**

**Ages 6-10.** From sticky toes to Velcro; moth eyes to anti-reflective computer screens, let's investigate a variety of examples of "biomimicry," and see how much nature has influenced our inventions. Min 5/Max 12.

269826-01 Sa 2-3:30pm 9/24 1 \$5 BFNC

### Family Fishing

**Ages 6-12.** Catch the big one while learning about some native fish species in Holmes Run! Fishing poles and tackle provided. Registration fee required for each child and all children must be accompanied by an adult. Catch and release only. Min 5/Max 12.

269802-01 Sa 10am-12pm 9/10 1 \$9 BFNC



### Make Your Own Holiday Ornaments

**NEW!**

**Ages 7-10.** Children can brighten up their holidays by making their own ornaments in this workshop! Materials provided. Min 4/Max 10.

269831-01 Sa 2-3:45pm 12/3 1 \$9 BFNC

### Winter Blossoms **NEW!**

**Ages 18 & up or ages 7 & up with an adult.** Brighten your winter with some fragrant winter blooms! You will prepare two pots of paper-white bulbs to take home and enjoy over the winter months or to give away to someone special! Learn about the fascinating, but little known, history of bulbs while we work. Materials provided. Min 5/Max 12.

269829-01 Sa 2-3pm 11/12 1 \$19 BFNC

### Evergreen Wreaths **NEW!**

**Ages 18 & up or ages 9 & up with adult.** Create the wreath you've always wanted! In this workshop you'll learn one of the ways to make your own evergreen holiday wreath. Materials are provided, but feel free to bring evergreen boughs, magnolia leaves, pine cones, berries, and ribbons for yourself or to share! Min 4/Max 10.

269832-01 Sa 1-4pm 12/10 1 \$25 BFNC

### Afterschool Nature Buddies

**Ages 5-10.** This nature-oriented after school program provides a safe, quiet setting for homework and study, as well as nature hikes, live animal care and other nature-oriented activities. All supplies and snacks are included. Once registered, participants are enrolled for the 2016-17 school year. The fee for this program is \$350 per child, per month. NOTE: For two siblings, there is a \$50 discount



per child. For more information and to apply the sibling discount, email the Program Coordinator at majd.jarrar@alexandriava.gov. Min 8/Max 15.

#### Tadpoles, Kindergarten-1st Grade

569804-01 M-F 2:30-6pm 9/6-9/30 \$350/mo. BFNC

#### Frogs, 2nd-5th Grades

569804-11 M-F 2:30-6pm 9/6-9/30 \$350/mo. BFNC

### School's out, Nature's in!

**Ages 5-10.** On days ACPS schools are closed, participants will enjoy nature-themed games and crafts, a hike in Dora Kelley Nature Park, hands-on animal care, and more! Lunch and snacks included. Min 5/Max 12.

569802-08 Tu 10am-3pm 11/8 1 \$65 BFNC

# 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 6-12.** (Kindergarten through grade 5. Youth in grade 6, under 13, are also eligible.) Afterschool 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 6-14.** (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	10/10	\$15/day	CHRC
M	9am-6pm	11/8	\$15/day	RC*
W	9am-6pm	11/23	\$15/day	RC*
F	9am-6pm	11/25	\$15/day	CHRC
Th	9am-6pm	12/22	\$15/day	RC*
F	9am-6pm	12/23	\$15/day	CHRC
Tu-F	9am-6pm	12/27-12/30	\$15/day	RC*
M	9am-6pm	1/2	\$15/day	CHRC

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? Youth will engage in structured enrichment activities in a safe and welcoming environment. Min 12/Max 24. No class 10/10, 11/23, 11/24, 11/25.

203000-01	M-F	2:30-6pm	9/6-9/30	19	\$149	NLRC
203000-02	M-F	2:30-6pm	10/3-10/31	20	\$149	NLRC
203000-03	M-F	2:30-6pm	11/1-11/30	19	\$149	NLRC
203000-04	M-F	2:30-6pm	12/1-12/21	15	\$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.



203001-01	Tu	9am-6pm	11/8	1	\$25	NLRC
203001-02	W	9am-6pm	11/23	1	\$25	NLRC
203001-03	Th	9am-6pm	12/22	1	\$25	NLRC
203001-04	Tu	9am-6pm	12/27	1	\$25	NLRC
203001-05	W	9am-6pm	12/28	1	\$25	NLRC
203001-06	Th	9am-6pm	12/29	1	\$25	NLRC
203001-07	F	9am-6pm	12/30	2	\$25	NLRC

**WHAT'S HAPPENING?** Stay in the know with our new selection of trips and activities. There's fun for the whole family!

## TRIPS & COMMUNITY EVENTS

### Shoe Swap Meet **NEW!**

**Ages 11 & up.** Shoe lovers tend to have a lot of under-worn shoes in their collection. A shoe swap is a great way to clear your closet and either make some money or swap them out and get what you want! Vendors will be set up to sell shoes and other items "applicable to the lifestyle," like jewelry and t-shirts. To register as a vendor and fee info, please contact Bertha Coleman at 703.746.5411 or [bertha.coleman@alexandriava.gov](mailto:bertha.coleman@alexandriava.gov). Min 10/Max 50.  
282901-01 Sa 2-7pm 12/3 1 Free CHRC

### Virginia State Fair **NEW!**

**Ages 55 & up.** Join us for a day out at the Virginia State Fair. There will be a lot of attractions, concerts featuring country, rock and R&B artists, animal

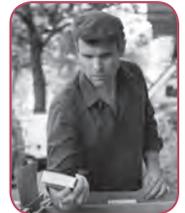
exhibits, rides, shopping and shows such as the Demolition Derby, Mad Science and a host of others. This will be a day you don't want to miss! Fees include transportation and Fair admission. Min 5/Max 12.

283401-01 F 8am-5pm 9/30 1 \$29 LEEC

### Community Fall Flea Market

**All Ages.** Sellers wanted! Sell your new/used household items, clothes, toys books, electronics, artwork, home/garden etc. Merchants and retailers are welcome. Cost per table is \$25 for the day, 8am-3pm. There will also be crafts and activities for youth, face painting, and more. Min 50/Max 25.

283822-01 Sa 8am-3pm 10/15 1 \$25 MVRC



## Halloween Spirit Week 2016

**Celebrate a safe Halloween with friends in your neighborhood.**

Friday, Oct. 21

**Floating Pumpkin Patch** 6-8pm, Ages 3-12 with adult, \$5/person, CQRC  
*Dive in to pick your very own real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, and Halloween treats.*

**Family Fall Festival** 6-8pm, All Ages, \$3/person, CBRC  
*Enjoy pumpkin painting, bingo, cookie decorating and more!*

Friday, Oct. 28

**October Fest** 4-8pm, Ages 5-12, Fee \$7, WRRC  
*Activities include Haunted House of Screams, Arts & Crafts, Spooky Musical Chairs, Face Painting, Scary Movies, Spooky Dance and more.*

**Family Masquerade Ball** 6-9pm, All Ages, \$9/person, MVRC  
*Enjoy dancing, photo opportunities, a costume contest and refreshments.*

**Fright Night** 6:30-8:30pm, All Ages, \$5/person, CKRC



Saturday, Oct. 29  
- Sunday, Oct. 30

**Overnight at the Nature Center** 7:30pm-8:30am, Ages 7-10, \$85, BFNC  
*Spend the night at the nature center! Take a night hike, enjoy a spooky program, meet and feed some creepy, crawly animals, and tell stories into the evening! Bring your own sleeping bag. Snacks included. Register using Activity #289800-01.*

Monday, Oct. 31

**Trunk or Treat** 6:30-8:30pm, Ages 6-15, Free, CHRC  
*Trunk-or-treat at the center and enjoy story-telling, sing-a-longs, a costume contest and more!*

**Trunk or Treat Block Party** 6:30-8:30pm, 12 and under, Free, NLRC  
*Treat the whole family to a ghostly time with activities and treats while jamming with a live DJ.*



Please call the hosting location for more information. See page 40 for contact information.

# community activities & events

## COMMUNITY ACTIVITIES

### Kings and Queens Preschooler Party **NEW!**

**Ages 3-5.** Dress up your little Kings or Queens and join us for a special theme party. Preschoolers will enjoy an afternoon of fun-filled activities including games, crafts, music, dancing, and dining. Min 30/Max 75.

283708-01 Sa 2-4pm 10/22 1 \$19 CKRC

### Bagels and Bach

**Ages 4 & up.** Classical music and brunch, what better way to enjoy a Sunday morning? A variety of local quartets, quintets, or sextets will be showcased. Music provided by local musicians. Light brunch provided. Nonresidents \$20. Register Friday before the brunch to receive \$5 discount. Min 30/Max 100.

255205-01 Su 11am-1pm 10/2 1 \$15 ODRC  
 255205-02 Su 11am-1pm 11/6 1 \$15 ODRC  
 255205-03 Su 11am-1pm 12/4 1 \$15 ODRC

### First Friday: Family Art Night

**Ages 5 & up with adult.** Do you love to create? No experience necessary. Instructors will guide you through your project of choice. Non-residents \$15. Register before October 1 to receive a \$5 discount. Min 40/Max 60.

#### Painting

255201-04 F 6-8:30pm 10/7 1 \$10 ODRC

#### Mosaics

255201-05 F 6-8:30pm 10/7 1 \$10 ODRC

#### Cardboard Game Making

255201-06 F 6-8:30pm 10/7 1 \$10 ODRC

#### Poetry

255201-07 F 6-8:30pm 10/7 1 \$10 ODRC

### 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.



283002-01 F 6-9pm 9/30 1 \$25 NLRC  
 283002-02 F 6-9pm 10/28 1 \$25 NLRC  
 283002-03 F 6-9pm 11/18 1 \$25 NLRC  
 283002-04 F 6-9pm 12/16 1 \$25 NLRC

### Parents Night Out

**Ages 5-12 in Kindergarten-5th Grade.** Mom and Dad, have a fun night with friends while we entertain your kids! The kids will enjoy a trip to Watkins Park holiday lights. Pizza, drinks and a snack will be provided. Min 6/Max 50.

283816-01 6-9pm 12/9 1 \$25 MVRC

### New Year's Eve Parents Night Out

**Ages 5-12.** Mom and Dad, want to ensure that your kids have as much fun on New Year's as you will? Keep your kids entertained in fun recreational

activities in the safety of our Recreation Center while you enjoy a special night on the town! Min 25/Max 100.

283607-01 Sa,Su 8pm-8am 12/31-1/1 2 \$45 CHRC

### Pamper the Princess

**Ages 5-12.** Girls, learn the importance of your beauty inside and out. After an "I Am Beautiful" presentation, practice interpersonal skills, self-confidence and leadership qualities. Then, rotate through beauty stations and make your own arts and crafts project. Min 12/Max 25.

283611-01 Sa 2:30-4:30pm 10/15 1 \$25 CHRC

283611-02 Sa 2:30-4:30pm 11/12 1 \$25 CHRC

### Nerf® the Turf

**Ages 7-12.** More than a battle with foam darts, this program helps kids develop teamwork, problem solving, and sportsmanship. Bring your gear and equipment and we'll supply the ammo. Participants will work together within groups to put strategies into practice as they build barriers, forts and obstacles with different objects. Min 6/Max 45.

283503-10 F 6:30-8:30pm 9/16 1 \$15 CBRC

283503-11 F 6:30-8:30pm 10/7 1 \$15 CBRC

283503-12 F 6:30-8:30pm 11/4 1 \$15 CBRC

### Nerf® Tournament

**Ages 7-12.** Build your own team and take the field in tournament style Nerf play. All teams will be play at least three games and receive a participation award. Special prizes awarded to second and first place teams. Min 20/Max 75.

283506-01 Sa,Su TBA 11/19-11/20 2 \$19 CBRC

### Family Cosmic Skate Night **NEW!**

**All Ages.** Flashing lights! Blasting tunes! Lace up your skates and zoom zoom zoom! Families can use skates from the center or bring their own to enjoy an exciting evening of family-friendly activities. \$5 per person or \$15 for a family of 4. Min 30/Max 70.



283709-01 F 6:30-9:30pm 9/23 1 \$5 CKRC

283709-02 F 6:30-9:30pm 9/23 1 \$15 CKRC

### Side By Side Paint Night **NEW!**

**All Ages.** Make memories with your child as you create a unique side by side painting together! You will paint half and your child will paint the other half. When both pieces are brought together as one, a priceless masterpiece is created to cherish forever. Min 10/Max 35.

283875-01 F 6:15-8pm 11/11 1 \$59 MVRC

### Alexandria Live Music Week **NEW!**

**All Ages.** Begin and end Alexandria Live Music Week with the Office of the Arts! Sept. 30, local bands Vim & Vigor and Paul Santorio's Random Opponent; and Oct. 8 Dennis for Mayer and Fight Past the Urge will perform. To learn more about Alexandria Live Music Week Sept. 30 - Oct. 8, visit [AlexandriaLive.com/MusicWeek](http://AlexandriaLive.com/MusicWeek). Min 30/Max 100.

255204-01 F 6-9:30pm 9/30 1 \$10 ODRC

255204-02 Sa 6-9:30pm 10/8 1 \$10 ODRC

- 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	age in years																						
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+				
<b>Aquatics</b>																								
Swimming																								
Advanced Beginner Swimming	4														●	●	●	●	●	●				
Beginner Swimming	4														●	●	●	●	●	●				
Chinquababies*	2	●	●																					
Chinquatots*	2	●	●																					
Crocodiles	3					●	●	●	●	●	●	●	●	●										
Dolphins	4									●	●	●	●	●										
Frogs	2		●	●	●																			
Hammerheads	3			●	●	●																		
Otters	3					●	●	●	●	●	●	●	●	●										
Penguins	3							●	●	●	●	●	●	●										
Salamanders	3		●	●	●																			
Seahorses*	2		●	●	●																			
Seals	3							●	●	●	●	●	●	●										
Swim Clinics	4																		●	●				
<b>Aqua Aerobics</b>																								
AM Aqua Aerobics	4																			●	●			
Aquatic Exercise	4																				●			
Deep Water Aqua Aerobics	4																				●	●		
Get in Deep w/Candice	4																				●	●		
Not Your Mother's Aerobics	4																				●	●		
Water Walking	4																				●	●		
<b>Exercise &amp; Fitness</b>																								
<b>Mind/Body Wellness</b>																								
PIYo Power Core & More	5																				●	●		
To Yoga	5																				●	●		
Yoga in the Morning	5																				●	●		
<b>Cardio Workout</b>																								
Aerobic Dancing	5																				●	●	●	●
Jazzercise	5																				●	●	●	●
Zumba	5																				●	●	●	●
<b>Cardio &amp; Strength</b>																								
55 Plus Fit & Firm	7																						●	
Adult Weight Training	7																					●	●	
Boxercise Fitness	6																					●	●	
Capoeira Angola	6																				●	●	●	●
Brazilian Martial Arts	6																				●	●	●	●
Cardio N Strength Fitness	6																					●	●	●
Fit4Baby	7																					●	●	●
Fitness For Life	7																					●	●	●
Functional Fitness	7																						●	●

\*Requires guardian and child participation

	PAGE	age in years																							
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+					
<b>Cardio &amp; Strength continued</b>																									
FXP Hula Hoop Fitness	6																				●	●	●		
Gladiator Boot Camp	6																				●	●	●	●	
Hip Hop Fitness	6																				●	●	●	●	
Karate Gymboree	5					●	●	●																	
Martial Arts for Beginners	6									●	●	●	●	●	●										
MiKiDo Ruff & Tumble	5					●	●	●																	
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	6																						●	●	
Stroller Strides	7																						●	●	
Super Fat Burning Kickboxing Workout	6																					●	●	●	
Tabata with Tammy	7																						●	●	
Tae Kwon Do for Kids	10																								
Tai Chi	6																						●	●	
Teen Fitness Circuit	6																						●	●	
Zumba Gold	7																						●	●	
<b>30-minute Workouts</b>																									
30 Min. Abs and Glutes	8																						●	●	
30 Min. Yo Stretch	8																						●	●	
ChinquaCircuit	8																						●	●	
JumpFit	8																						●	●	
<b>Sports Classes &amp; Leagues</b>																									
<b>Tumbling Classes</b>																									
Acrobatics I	9																								
Acrobatics II	9																								
Acrobatics III Intermediate	9																								
Basic Tumbling	9																								
Mom/Dad & Me Tumbling*	9																								
Tumbling I	9																								
Tumbling II	9																								
<b>Fencing Classes</b>																									
Fencing for Teens/Adults	9																						●	●	●
Fencing for Youth	9																						●	●	●
Nerf® Fencing	9																						●	●	●

Continued on next page.

# 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+
<b>Sports Classes &amp; Leagues continued</b>																				
Soccer Classes																				
Challenger British Soccer	10		●	●	●	●	●	●	●	●	●	●								
Excite Soccer	10		●	●	●	●	●	●	●											
Soccer Tots	10		●	●	●	●	●													
UK Elite Parent & Child Soccer*	10		●	●																
UK Elite Petite Soccer*	10		●	●	●															
<b>Tennis Classes</b>																				
Advanced Juniors Tennis	10						●	●	●	●	●	●	●							
Beginners Tennis	10																		●	●
Future Stars Tennis	10			●	●															
Indoor Tennis Fanatics	10					●	●	●	●	●	●	●	●							
Mom/Dad & Me Tennis*	10		●	●	●	●														
<b>Additional Sports Classes</b>																				
Cheerleading Fundamentals	11					●	●	●	●	●	●	●	●	●						
Dodgeball Fanatics	11						●	●	●	●	●	●	●							
Jump Shots for Tots	11		●	●	●	●														
Lil' Pro Sports	10		●	●																
Pickleball	11																		●	●
Racquetball Clinics	11																		●	●
Racquetball Lessons	11	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tae Kwon Do for Kids	11					●	●	●	●	●	●	●								
<b>Youth Sports Leagues</b>																				
Girls' Flag Football	12					●	●	●	●	●	●	●								
Lil' Sticks Field Hockey	12					●	●													
Miracle League of Alexandria Adaptive Sports	12				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Winter Basketball League	12					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Youth Cheerleading	12					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Youth Kickball League	12					●	●	●	●	●	●	●								
Youth Volleyball	12						●	●	●	●	●	●	●							
<b>Youth Sports Affiliates</b>																				
Alexandria Lacrosse Club Fall Skills Clinics	13					●	●	●	●	●	●	●	●	●						
Alexandria Little League Fall Baseball	13						●	●	●	●	●	●	●	●	●	●	●	●	●	●
Alexandria Rugby Club Fall Fun League	13					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
ASA Futsal Clinics	12					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
ASA Recreation League	12				●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
ASA Soccer Tots	12		●	●	●															
ASA Travel League	12						●	●	●	●	●	●	●	●	●	●	●	●	●	●

	PAGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54	55+
<b>Sports Classes &amp; Leagues continued</b>																				
Adult Sports Leagues																				
35 & Over Basketball	13																		●	●
Winter Coed Basketball	13																		●	●
Winter Coed Volleyball	13																		●	●
Winter Men's Basketball	13																		●	●
Winter Men's 50 & Over Basketball	13																		●	●
Senior Bowling	13																			●
<b>Enrichment</b>																				
<b>Education</b>																				
B.E.A.R.*	14	●	●	●	●	●	●													
Babysitter Training	14											●	●	●	●	●				
Cora Kelly Teen Club	14												●	●	●	●				
Horsing Around	14						●	●	●	●	●	●	●	●						
Sensory Story Time*	14	●	●	●	●															
Youth Achieving Greatness	14						●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>Socialize</b>																				
Adult Social Club	14																		●	●
Kid Rock Social Hour*	14	●	●	●	●															
Lil' Gymmies*	14	●	●	●	●															
Soft Time Players*	14	●	●	●	●															
STEP Sensory Time Exploration*	14	●	●	●	●															
Zumbini*	14	●	●	●																
<b>Technology</b>																				
3D Modeling & Sculpting	15												●	●	●	●				
Engineering with Little Bits	15											●	●	●	●					
Ubiquitos Robotics	15												●	●	●	●				
<b>Science</b>																				
4H Club: Cloverbud	15											●	●	●	●					
4H Club: Kitchen Science	15												●	●	●	●				
Little Laboratory*	15	●	●	●	●	●														
PhysioFit Kids	15											●	●	●	●	●	●	●	●	●
Sci-Art	15											●	●	●						
Science Mania	15											●	●	●	●	●	●	●	●	●
<b>Dog Training</b>																				
Dog Sports FUN!	15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Family Dog I	15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Puppy Fun!amentals	15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Real Life Manners	15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

\*Requires guardian and child participation

- 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	age in years																	
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54
<b>Creative &amp; Performing Arts</b>																			
Cooking																			
Cupcake Fanatics	16							●	●	●	●	●	●						
Chocolate Fanatics	16							●	●	●	●	●	●						
Ballet																			
Adult Ballet	16																	●	●
Ballet I	16				●	●	●												
Ballet II	16					●	●	●	●	●	●								
Ballet III	16					●	●	●	●	●	●	●	●						
Ballet with Tiny Dancers	16				●	●	●												
Mlyna Ballet I	16				●	●	●												
Mlyna Ballet II	16					●	●	●	●	●	●	●	●						
Pre-Ballet & Movement I	16		●	●	●														
Pre-Ballet & Movement II	16		●	●	●														
Tiny Dancers	16		●	●	●														
Dance																			
Ballroom Dance I	17																	●	●
Ballroom Dance II	17																	●	●
Belly Dancing	17																	●	●
Jazz Hip Hop Fusion	17					●	●	●	●	●	●								
Salsa Dance	17																	●	●
Wedding Dances	17																	●	●
Music																			
Little Hands Music*	17	●	●	●	●	●	●	●											
Piano Fun For Adults - 1	17																	●	●
Piano Fun For Adults - 3	17																	●	●
Performing Arts																			
Act It Out	17				●	●	●	●	●	●	●	●	●						
Drama Fanatics	17					●	●	●	●	●	●	●							
Visual Arts																			
Art in Hand Preschoolers*	18	●	●	●	●														
Art in Hand Tots*	18	●	●																
Artworks	18																	●	●
Comic Book Production	18					●	●	●	●										
Kids Working with Wood	18					●	●	●	●	●	●	●							
Mini Doodlers	18		●	●	●	●													
Pottery Workshops	18																	●	●
Twoosy Doodlers*	18	●	●																
<b>Winter Camps</b>																			
Abakadoodle Camp	20				●	●	●	●	●	●	●								
Engineering Fundamentals Using LEGOs	20					●	●	●	●	●	●								
Hoop Life Basketball	20			●	●	●	●	●	●	●	●	●	●						
Rockets and Submarines	20					●	●	●	●	●									

	PAGE	age in years																	
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-54
<b>Environmental Education</b>																			
Nature																			
Afterschool Nature Buddies	21					●	●	●	●	●	●	●							
Biomimicry & Adaptations	21					●	●	●	●	●	●								
Dinosaurs	21					●	●	●	●										
Evergreen Wreaths*	21									●	●	●	●	●	●	●	●	●	●
Family Fishing	21									●	●	●	●	●	●				
Let's Go Nuts!	21							●	●	●									
Little Adventures	21					●	●	●											
Make Your Own Ornaments	21									●	●	●	●						
Nature Story Time	21	●	●																
Overnight at the Nature Center	23									●	●	●	●						
School's Out, Nature's In!	21									●	●	●	●	●					
Spectacular Spiders!	21									●	●	●	●						
Stuck on Senses	21									●	●	●							
Winter Blossoms*	21									●	●	●	●	●	●	●	●	●	●
<b>Out of School Time</b>																			
Kids Day Out	22					●	●	●	●	●	●	●	●	●	●	●	●	●	●
Mainstream Program	22					●	●	●	●	●	●	●	●	●	●	●	●	●	●
Power-Full Fun Days	22					●	●	●	●	●	●	●	●	●	●	●	●	●	●
School Year Power-On	22					●	●	●	●	●	●	●	●						
School Year Power-Up	22									●	●	●	●						
<b>Community Activities &amp; Events</b>																			
Trips & Events																			
Community Fall Flea Market	23	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Shoe Swap Meet	23																	●	●
Virginia State Fair	23																		●
Community Activities																			
Alexandria Live Music Week	24	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Bagels and Bach	24					●	●	●	●	●	●	●	●	●	●	●	●	●	●
Family Art Night*	24					●	●	●	●	●	●	●	●	●	●	●	●	●	●
Family Cosmic Skate Night	24	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Kings and Queens Preschooler Party	24					●	●	●											
Nerf the Turf	24									●	●	●	●	●	●				
Nerf Tournament	24									●	●	●	●	●					
New Year's Eve Parents Night Out	24									●	●	●	●	●	●	●	●	●	●
Pamper the Princess	24									●	●	●	●	●	●	●	●	●	●
Parents Night Out	24									●	●	●	●	●	●	●	●	●	●
Side By Side Paint Night	24	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
TR Parents Bounce Out	24									●	●	●	●	●	●	●	●	●	●

## SEPTEMBER

**10 Civil Artillery Program** presented by City of Alexandria  
10am-4pm · Ft. Ward Museum and Historic Site, 4301 W. Braddock Rd.  
Susan Cumbey: 703.746.4848

**16 Citizenship Day** presented by City of Alexandria  
2-3pm · Market Square, 301 King Street  
Jean Kelleher: 703.746.3140

**17 Alexandria Multicultural Fest** presented by City of Alexandria  
12-4pm · Conservatory Center at Four Mile Run Park, 4901 Mt. Vernon Ave.  
Cisco Fabian: 703.746.5554 or [cisco.fabian@alexandriava.gov](mailto:cisco.fabian@alexandriava.gov)



Alexandria Multicultural Fest

**17-18 King Street Festival of the Arts** presented by Howard Allen Productions  
Sat: 10am-7pm; Sun: 10am-5pm · Old Town, Washington St. to the Waterfront · Events Hotline: 703.746.5592

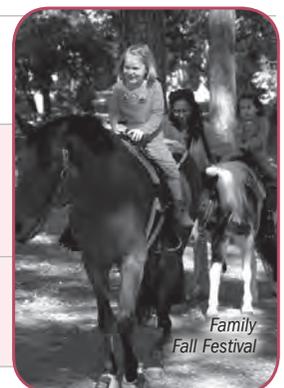
**23 Simply the Supper Under the Stars**  
presented by City of Alexandria and Old Town Professional Business Association  
5-9pm · King Street Garden Parks, 1806 King Street · David Martin: 703.683.0333 or cell phone at 703.216.6156

## OCTOBER

**1 21st Annual Art on the Avenue** presented by Art on the Avenue  
10am-6pm · Bellefonte/Hume Ave. · Pat Miller: 703.256.4516 or [pmiller1806@comcast.net](mailto:pmiller1806@comcast.net)

**15 Family Fall Festival** presented by City of Alexandria  
10am-2pm · Armistead L. Boothe Park, 520 Cameron Station Blvd.  
Events Hotline: 703.746.5592 or [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

**22 Alexandria International Festival** presented by City of Alexandria  
1-8pm · Waterfront Park · Events Hotline: 703.746.5592 or [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)



Family Fall Festival

## NOVEMBER

**12 Soldier-led Tours in Honor of Veterans Day**  
presented by City of Alexandria  
10am-2pm · Ft. Ward Museum and Historic Park, 4301 W. Braddock Rd.  
Susan Cumbey: 703.746.4848

**25 City Tree Lighting** presented by City of Alexandria  
6-9pm · Market Square, 301 King St. · Events Hotline: 703.746.5592



City Tree Lighting

## DECEMBER

**3** **Holiday Boat and Parade of Lights**  
 presented by Visit Alexandria and Redpeg Marketing  
 3-8pm · Alexandria City Marina · Antoine Williams: 703.519.6699 or awilliams@redpeg.com

**46th Annual Scottish Christmas Walk**  
 presented by City of Alexandria, The Campagna Center, and the St. Andrew's Society  
 10:30am-1pm · Historic Old Town Alexandria · Ann Dorman: 703.626.1266

**4** **42nd Annual Toys for Tots**  
 presented by City of Alexandria, National Capital Area Square Dance Leaders Association and Washington Area Square Dance Cooperative  
 1-5pm · Lee Center, 1108 Jefferson St. · Events Hotline: 703.746.5592



**10** **Civil War Christmas in Camp Open House**  
 presented by City of Alexandria  
 12-4pm · Ft. Ward Museum and Historic Site, 4301 W. Braddock Rd. · Susan Cumbey: 703.746.4848

**17** **Alexandria Holiday Cheerleading Invitational** presented by City of Alexandria  
 11am-1pm · T.C. Williams High School, 3330 King St.  
 Tamika Coleman: 703.746.5408 or alexandriava.gov/Recreation

**19-22** **Santa's Winter Wonderland**  
 presented by City of Alexandria and ARHA  
 Times Vary · Charles Houston Recreation Center, 901 Wythe St.  
 Sheila Whiting: 703.746.5552 or alexandriava.gov/Recreation



**24** **Waterskiing Santa** presented by City of Alexandria  
 1-3pm · Alexandria City Marina · Events Hotline: 703.746.5592  
 or alexandriava.gov/Recreation

**31** **First Night Alexandria** presented by First Night Alexandria Board of Directors  
 5pm-12:15am · Historic Old Town Alexandria · Information: 703.838.5003 or firstnightalexandria.org



### WHAT'S HAPPENING *in your neighborhood?*

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

### 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](mailto: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.

## 3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, August 17 at 9 am**  
Nonresident registration begins **Friday, August 19 at 9 am**



### Web

- Payment by credit card (Visa/MC) or eCheck
- Visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)
- For login information, call 703.746.5414 or email [registerARPCA@alexandriava.gov](mailto: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 [registerarPCA@alexandriava.gov](mailto:registerarPCA@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 contact the sponsoring program office for information at least two weeks in advance.

**Inclement Weather:** To view the policy, visit [alexandriava.gov/Recreation](http://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](http://alexandriava.gov/Recreation) or call 703.746.4343 for additional information.



## AGES 55 & UP



See the Fun Finder Index on pages 25-27 for a listing of recreation opportunities for ages 55 and up or look for the 55+ icon throughout this program guide. 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](mailto:Tiffany.Marbury@alexandriava.gov) or call 703.746.5431.

### POWER PLUS PARTNERS

#### Northern Virginia Senior Olympics

The 2016 Olympics will be 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 will compete 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](http://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](mailto:admin@seniorservicesalex.org) by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit [www.SeniorServicesAlex.org](http://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](https://twitter.com/RPCA_AlexVA)

[facebook.com/RPCAAlexandriaVA](https://facebook.com/RPCAAlexandriaVA)



Like us on Facebook

Sign up for eNews



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

Visit us online



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



## 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  icon throughout this guide for programs designed for individuals with disabilities.

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

## GET INVOLVED

City of Alexandria Department of Recreation, Parks and Cultural Activities provides many ways to be active and connect with neighbors. Help shape your community by volunteering. A wide variety of opportunities are available throughout the year, including:

- Advisory Councils:
  - Charles Barrett Recreation Center
  - Charles Houston Recreation Center
  - Chinquapin Park Recreation Center & Aquatics Facility
  - Cora Kelly Recreation Center
  - Mount Vernon Recreation Center
  - William Ramsay Recreation Center
  - Youth Sports
  - Therapeutic Recreation
- Youth Sports Coaches
- Therapeutic Recreation Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up and Planting
- Special Event Support
- and more!

For available opportunities, select the link at [alexandriava.gov/Volunteer](http://alexandriava.gov/Volunteer).

### 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](http://alexandriava.gov/ParkLink) para orientación y un interactivo mapa de parques e instalaciones.

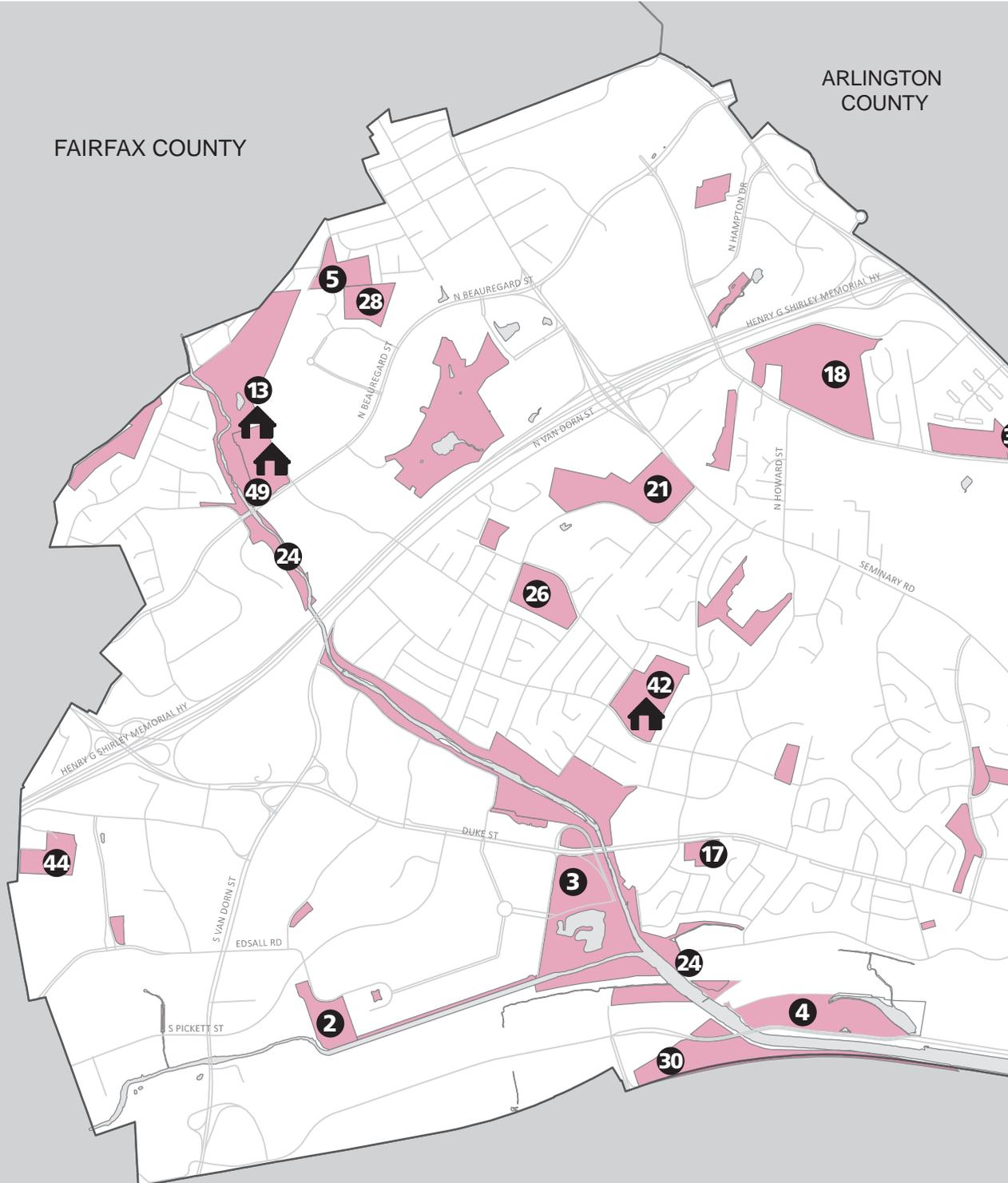
Adicionalmente, el Departamento coordina patrocinios de la Ciudad y eventos privados y maneja el fondo de arte y las Galerias de la Ciudad.



Para registrarse para programas o hacer reservaciones para picnic o uso de instalaciones, visite [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation) o contacte la oficina de registraciones y reservaciones de Lunes a Viernes de 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](http://alexandriava.gov/Recreation) para mas información.

# parks & facilities



FAIRFAX COUNTY

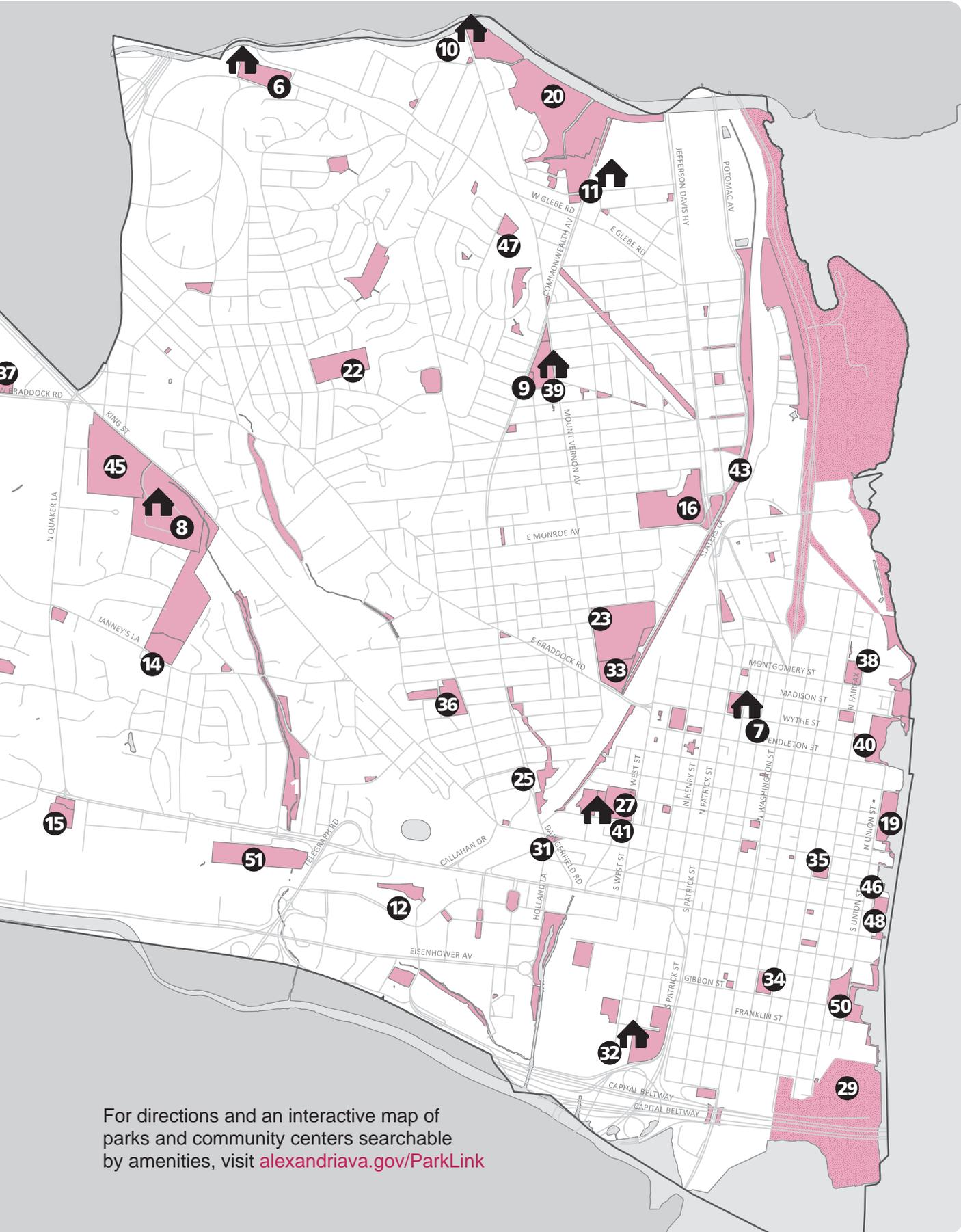


Accessible Open Space

Recreation Center

Programmed Spaces  
see page 36

# parks & facilities



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



# programmed parks & facilities

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

## City Marina

**Dockmaster Office 703.746.5487**  
**0 Cameron Street, 22314**  
[alexandriava.gov/Marina](http://alexandriava.gov/Marina)  
[city.marina@alexandriava.gov](mailto:city.marina@alexandriava.gov)



### Hours of Operation:

**November – March**

M – Su: 9am-5pm

**Closed some City holidays.**

**April – October**

M – Su: 9am-9pm

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](http://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](http://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](http://alexandriava.gov/18078#openspace)

### CONTACT INFORMATION

● **DIRECTOR’S OFFICE** .....703.746.5500

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

● **GENERAL INFORMATION** .....703.746.4343

● **PROGRAMS & SERVICES**

Aquatics.....703.746.5435  
 City Arborist/Trees .....703.746.5496  
 City Marina.....703.746.5487  
 Nature & Environmental Education Programs.....703.746.5559  
 Out of School Time Programs .....703.746.5575  
 Office of the Arts .....703.746.5588  
 Park Maintenance.....703.746.5484

Park Planning & Design .....703.746.5488  
 Picnic Reservations & Facility Rentals.....703.746.5414  
 Recreation Classes & Camps .....703.746.5414  
 Senior & Teen Programs .....703.746.5575  
 Special Events & Major Park Rentals.....703.746.5418  
 Therapeutic Recreation.....703.746.5422  
 Youth & Adult Sports .....703.746.5402

● **VA RELAY** .....711

● **24-HOUR HOTLINES**

Alexandria Safe Place.....703.746.5400  
 Special Events .....703.746.5592  
 Classes & Camps.....703.746.5594  
 Coed & Women Sports.....703.746.5595  
 Men Sports .....703.746.5596  
 Youth Sports.....703.746.5597  
 Facility & Fields .....703.746.5598

## Picnic, Facility & Event Reservations

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

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

### 1) Find a space

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

### 2) Contact a specialist

**Indoors:** To reserve, call the location listed on page 40.  
**Outdoors:** To reserve a field, contact the Sports Office at 703.746.5407.  
 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](http://alexandriava.gov/Recreation) for more information.

## Make your next event special.

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

#### 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](http://alexandriava.gov/ParkLink) to find nearby parks, community centers, trails and more. Search by name, location or amenity.

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



# community center amenities

- **Amenities On-site**
- **Available for Rental**  
Rental hours may exceed regular hours.

Operating hours 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><b>Charles Barrett Recreation Center</b> 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><b>Charles Houston Recreation Center</b> 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><b>Chinquapin Park Recreation Center &amp; Aquatics Facility</b> <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><b>Cora Kelly Recreation Center</b> 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9 am-9 pm Sat: 9 am-6 pm</p>	○			●	○	●	○	●	●				●	○	
 <p><b>Durant Arts Center</b> 1605 Cameron St., 22314 • 703.746.5560 durantcenter@alexandriava.gov Mon-Fri: 5-10 pm; Sat-Sun for rental</p>	●						●	●	●	●					○
 <p><b>Jerome "Buddie" Ford Nature Center</b> 5750 Sanger Ave., 22311 • 703.746.5559 Wed-Sat: 10 am-5 pm; April-Oct — Sun: 1-5 pm</p>									●						○
 <p><b>Mount Vernon Recreation Center</b> 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	○		○	●	○	●		●	●	●					
 <p><b>Lee Center</b> 703.746.5414 • Mon-Fri: 9 am-9 pm <b>Nannie J. Lee Recreation Center</b> 1108 Jefferson St., 22314 • 703.746.5550 Mon &amp; Wed: 12-9 pm; Tue, Thu, Fri: 12-6 pm</p>	○			●	○	●	○	●	●	●					○
 <p><b>Patrick Henry Recreation Center</b> 4625 Taney Ave., 22304 • 703.746.5557 Sept-June — Mon-Fri: 2-6 pm July-Aug — Mon-Fri: 9 am-6 pm</p>	○				○	●	○	●							
 <p><b>William Ramsay Recreation Center</b> 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>	○		○	●	○	●	○	●	●						○



# ROCK YOUR PARK

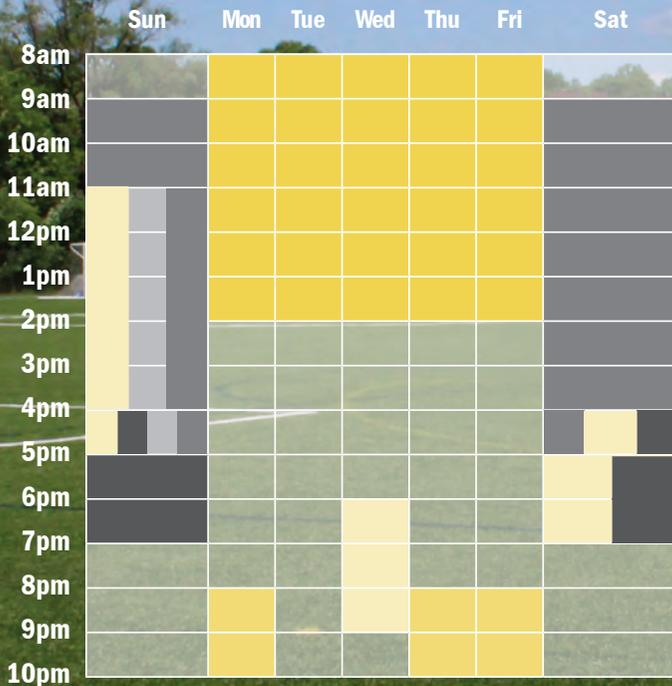


Rock Your Park with free community open play days.

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

For usage guidelines, visit [alexandriava.gov/Recreation](http://alexandriava.gov/Recreation)

## AUGUST 30 - NOVEMBER 30



-  = Ben Brenman Park Soccer Field, Witter Recreational Park Soccer Field #2, and Joseph Hensley Soccer Field
-  = Fort Ward Athletic Facility
-  = Four Mile Soccer Field
-  = Jefferson Houston and Simpson Soccer Fields
-  = Joseph Hensley Softball Fields
-  = Joseph Hensley Soccer Fields



For more information about fields and open play days, please call 703.746.5402.



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

1108 Jefferson Street  
Alexandria, VA 22314-3999

# Celebrate with us!



## PARTY PACKAGES

### ★ Pool Party

1 hr. pool and 2 hr. party room.  
for children ages 6-12. Max 15.  
\$149 Resident rate (adults free).

**Chinquapin Park Recreation Center  
& Aquatics Facility, 703.746.5553**

### ★ Soft Play Party

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

**Charles Houston Recreation Center  
\$149 Resident rate. 703.746.5552**

**Chinquapin Park Recreation Center  
\$125 Resident rate. 703.746.5553**

### ★ 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 (resident rate).

**Jerome "Buddie" Ford Nature Center  
703.746.5559**

### ★ Wow! What A Party!

Throw a party to remember without 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, 703.746.5552**

### ★ Art Party

3 hr. party featuring a hands-on art activity supervised by  
an instructor. Max 35. \$325 for 12 children ages 6-12  
(8-12 for mixed media). **Durant Arts Center, 703.746.5560**