Registration Begins Wednesday, August 3
City of Alexandria, Office of the Arts announces results of the Creative Neighborhood Grant Program

Funding for the Creative Neighborhood Grant Program is made possible by City of Alexandria and an Arts Project grant from the National Endowment for the Arts. To learn more about how National Endowment for the Arts grants impact individuals and communities, visit www.arts.gov.

The awardees will be able to help energize three neighborhoods in Alexandria including the West End, Arlandria, and Old Town by hosting unique and engaging community programs. All Alexandria city residents are cordially invited to participate in the upcoming Creative Neighborhood programs and to take part in this historic initiative which will help create vibrant creative communities in our city.

Office of the arts would like to extend it's appreciation to its collaborating partners including ACT for Alexandria; Alexandria City Public Schools, Department of Teaching, Learning and Leadership; Office of Fine Arts; Alexandria’s Race and Social Equity Office; Alexandria Redevelopment Housing Authority; Casa Chirilagua; the West End Business Association; and various community stakeholders for their strong support of the Creative Neighborhood Grant Program and the arts in the city.

ARLANDRIA
Del Ray Artisans
“MakersFEST” a free art making day with local artists
October 22, 2-6pm
Four Mile Run Conservatory
4109 Mt. Vernon Ave

Alexandria Citizens Band
“Concert and Instrument petting zoo” plus a series of “Fun Fridays” afterschool programs
October 22, 2-6pm
Four Mile Run Conservatory
4109 Mt. Vernon Ave

OLD TOWN
Arts on the Horizon
“Balloons Project” creative interactive workshop for children ages 0-3 and their families.
September 24, October 8, 10:30-11am
Durant Art Center
1605 Cameron St

Ethio Global Arts
“Zema Felega” (Searching for Melody), Music Contest, Finale Program with local, regional, and global participants.
December 3, 12-9pm
Durant Art Center,
1605 Cameron Street

Momentum Collective
“Creative Workshops” poetry, monologues, short stories, and acting
September 10,17, 24;
October 1, 12-3pm
Charles Huston Recreation Center
901 Wythe St

NORTHERN VIRGINIA FINE ARTS ASSOCIATION
“Faces” Film installation/art exhibition and videography workshop
September 10, Workshops;
September 22, 23, 26, 27, & 28, Exhibition
Durant Art Center, 1605 Cameron St

NOVA Connections
“Made in Ethiopia DMV Trade Fair” showcases traditional music and dance
October 15, 12-9pm
Durant Art Center
1605 Cameron St

WEST END
Network of Family Service
“Ethiopian Film and Art Festival” photo exhibition, and panel discussion with Ethiopian cinema directors, actors, and actresses. August 26, 5-9pm; August 27, 2-8pm
Patrick Henry Recreation Center
Black Box Theater
4653 Taney Ave

Raeye Children Aid, Inc.
“Enkutash Fest in Alexandria 2022” Ethiopian new year celebration showcasing traditional music, dance, fashion, and arts
September 10, 5-11pm tentative
William Ramsay Recreation Center
5650 Sanger Ave

Sound Impact
“Musicpalooza” an interactive musical performance.
September 24, 10am
Patrick Henry Recreation Center
4653 Taney Avenue

WASHINGTON METROPOLITAN PHILHARMONIC
“Musical Tales for Kids!” Three family orchestra concerts.
October 22, November 12, December 17, 4-6pm
Patrick Henry Recreation Center
Black Box Theater
4653 Taney Ave

QuinTango
“Tango Concerts and Music Workshops for Families”
Date/time TBD
William Ramsay Recreation Center
5640 Sanger Ave
Patrick Henry Recreation Center
4653 Taney Ave

Visit alexandriava.gov/Arts
or email arts@alexandriava.gov
ON THE COVER: Slow Down Sunday at John Carlyle Square Park in this RPCA photo contest submission. Photo Credit: Delphine Lee.

NEW THIS SEASON

- Life guard Prep pg. 4
- Beginner Yoga Series pg. 6
- Science: Potions & Explosions pg. 15
- Hip Hop We Don’t Stop pg. 19

RETURNING BY POPULAR DEMAND.

- Programs for all abilities.

NEW!

- No registration required, show up.
- New this season.

ON THE COVER:

- Lifeguard Prep
- Beginner Yoga Series
- Science: Potions & Explosions
- Hip Hop We Don’t Stop

IT’S BACK!

- Returning by popular demand.

INCLUDED:

- Adult participation required.

DROP-IN:

- No registration required, show up.

55+:*

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

TR

- Designed for individuals with disabilities. Assessment required. See pg.33.

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 alexandriava.gov/Recreation or email RPCAcustomer.care@alexandriava.gov.

Your feedback is important to us!

City of Alexandria Recreation, Parks & 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.
ALEXANDRIA SWIM ACADEMY

Learn to swim with confidence. The Alexandria Swim Academy offers American Red Cross swim lessons for infants, youth, teenagers and adults. With lessons for those ages six months and older, you and your entire family can learn to master the skills needed to help you swim safely and enjoyably for life.

If it has been more than two months since your previous swimming lessons, we suggest you repeat the previous course completed. If you have any questions about which class to enroll in, please register for a Swim Assessment at alexandriava.gov/WebTrac or please contact the Aquatics team at Aquatics@alexandriava.gov or 703.746.5553.

Please note that it is quite common for children to participate in several sessions of the same level before they successfully demonstrate all the skills. Swimming does require practice and repetition, so we encourage families and participants to come to the pool for practice during non-class times. Please see the Chinquapin lane schedule for lap swim and family swim availability at alexandriava.gov/Aquatics.

Alex Swim Preschool & Me +ADULT
Ages 2½-3 yrs. with adult. This class is for Preschoolers who are not ready to participate in a class independently. You and your child will develop aquatic skills and prepare for classes without a parent. Your child will work with you and the instructor to develop basic swimming skills, such as breath control, water entry and exit, floating/gliding, rolling from front to back and arm and leg movement. Age-appropriate skills are introduced with the support or assistance of a parent or instructor with the use of assistance equipment and independent skills.

234240-11 W 6:30-6:30pm 9/21-11/9 8 $125 CQRC
234240-12 Th 3:45-4:15pm 9/22-11/10 8 $125 CQRC
234240-13 Sa 10:30-11am 9/24-11/12 8 $125 CQRC
234240-14 Su 10:30-11am 9/25-11/13 8 $125 CQRC

Alex Swim Preschool 1
Ages 3-5. For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. In Preschool 1, your child is introduced to basic skills or continues skills learned in Water Explorers. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. In addition, your child starts to develop positive attitudes and safe practices around the water. When children complete Preschool 1, they should be comfortable getting in and moving through the water and be willing to put their face in the water.

234248-01 M 3:30-3:30pm 9/19-11/7 7 $109 CQRC
234248-02 M 3:45-4:15pm 9/19-11/7 7 $109 CQRC
234248-03 M 6:30-6:30pm 9/19-11/7 7 $109 CQRC
234248-04 Tu 3:30-3:30pm 9/20-11/8 8 $125 CQRC
234248-05 Tu 5:15-5:45pm 9/20-11/8 8 $125 CQRC
234248-06 W 5:15-5:45pm 9/21-11/9 8 $125 CQRC
234248-07 W 6:30-6:30pm 9/21-11/9 8 $125 CQRC
234248-08 Th 4:30-5:30pm 9/22-11/10 8 $125 CQRC
234248-09 Tu,Th 3:45-4:15pm 9/20-10/13 8 $125 CQRC
234248-10 Sa 9:30am 9/24-11/12 8 $125 CQRC
234248-11 Sa 11:15-11:45am 9/24-11/12 8 $125 CQRC
234248-12 Su 9:30am 9/25-11/13 8 $125 CQRC
234248-13 Su 10:30-11am 9/25-11/13 8 $125 CQRC
234248-14 M,W 3:45-4:15pm 11/14-12/14 9 $140 CQRC
234248-15 Tu,Th 3:30-3:30pm 11/15-12/15 9 $140 CQRC
234248-16 Tu,Th 5:15-5:45pm 11/15-12/15 9 $140 CQRC

Alex Swim Preschool 2
Ages 3-5. In Preschool 2 our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. This level continues laying the foundation for developing water competency and further skill development. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes and become comfortable fully submerging.

234249-01 M 3:30-3:30pm 9/19-11/7 7 $109 CQRC

Water Explorers 1 +ADULT
Ages 6-36 mos. with adult. This class is an introduction for parents and children into the amazing world of water. You and your child will participate in activities in a fun and safe environment designed to encourage and develop comfort and basic skills that lay a basic foundation for learning to swim. Parents learn how to safely work with their child on skills, including: how to properly support and hold them while becoming comfortable in the water and discovering new skills, learning how to safely enter and exit water, moving in the water, blowing bubbles, and introducing back and front floats. Safety skills and drowning prevention information are an important part of this class.

234240-01 W 3:30-3:30pm 9/21-11/9 8 $125 CQRC
234240-02 Sa 9:9-30am 9/24-11/12 8 $125 CQRC
234240-03 Sa 11:15-11:45am 9/24-11/12 8 $125 CQRC
234240-04 Su 9:9-30am 9/25-11/13 8 $125 CQRC
234240-05 Su 11:15-11:45am 9/25-11/13 8 $125 CQRC

Water Explorers 2 +ADULT
Ages 6-36 mos. with adult. This class builds on skills learned in Water Explorers I. Through structured play, you and your child will continue aquatic skills exploration and development. Instructors will guide parents to work with their child developing skills for breath control, floating and gliding, rolling from front to back and arm and leg movement and entering/exitng the water. Skills are taught with support and assistance in a progression appropriate to the needs of your child. Safety skills and drowning prevention information are an important part of this class.

234240-06 Th 3:3-30pm 9/22-11/10 8 $125 CQRC
234240-07 Sa 9:45-10:15am 9/24-11/12 8 $125 CQRC
234240-08 Sa 12:12-30pm 9/24-11/12 8 $125 CQRC
234240-09 Su 9:45-10:15am 9/25-11/13 8 $125 CQRC
234240-10 Su 12:12-30pm 9/25-11/13 8 $125 CQRC

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

Registration information on page 30.

Fall 2022
Alex Swim Preschool 3

Ages 3-5. Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front for 3 body lengths.

Alex Swim Level 1

Ages 6-12. Introduction to Water Skills. Your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). Water safety topics are covered.

Alex Swim Level 2

Ages 6-12. Fundamental Aquatic Skills builds on skills learned in Level 1. Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. Water safety topics are covered.

Alex Swim Level 3

Ages 6-12. Stroke Development. Instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to scissor and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (in water 9 feet deep or deeper). Water safety topics are covered.

Alex Swim Level 4

Ages 6-12. Stroke Improvement. Our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances. Water safety topics are covered.

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.
### Adult Beginner Swim
**Ages 18 & up.** This class is for students who have little or no experience in water or are fearful. Students will learn beginner swim skills in this group lesson designed to meet the needs of adult learners. Basic swimming and safety skills are taught to develop water acclimation and comfort, including overcoming fear of water. Skills include entering and exiting water, getting your face wet, submersion and other breathing techniques, floating on front and back, gliding on front and back, rolling from front to back and back to front, stroke development leading to swimming at least two body lengths on front and back using arm and leg action. Water safety topics are covered.

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### Lifeguard Prep
**NEW! DROP-IN**
**Ages 14 & up.** This class is for anyone interested in becoming lifeguards, swim instructors or other aquatic professionals. Students should have basic swimming skills and be comfortable in deep water. This class will prepare participants to pass the pre-test for the American Red Cross Lifeguarding course as well as the skills and confidence needed to complete the lifeguard training or become swim instructors. Participants will work on stroke development and improvement as well as strength building exercises. Life saving techniques will not be covered in this course. Drop-in participants are allowed. Drop-in fee $12 per class.

*Note: this is not Lifeguard Training course*

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### We Aquatics
**Ages 3 & up.** Private swimming lessons are a great way to gain exceptional swimming instruction. Lessons are appropriate for youth and adult learners, and your instruction and schedule will be tailored toward you. Whether you or your child are just getting started, or have years of swimming experience, your instructor will help you reach your goals by building on individual strengths and improving weaknesses. To register, visit weaquatics.com

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AQUA AEROBICS

Water Walking (DROP-IN)
Ages 16 & up. Water walk your way to fitness with this fun and exciting class experience! This non-weight bearing class will condition, build, tone and strengthen muscles using the water in a lively atmosphere set to popular music of the past and present. Come on down, move your body, and water walk with us.
234221-01 Tu, Th 10:55-11:55am 9/20-12/15 23 $209 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 water workout in the diving well. This non-impact toning, and exhilarating! Instructor LG Total Fitness.
234218-01 M 6:30-7:15pm 9/19-12/19 13 $185 CQRC

Aqua Aerobics (DROP-IN)
Ages 18 & up. Boost metabolism with rounds of high-intensity exercises performed in ‘20 seconds on, 10 seconds off’ intervals. The water adds resistance while also making moves safer for all ability and flexibility levels.
234221-01 M, W 9-10am 9/19-10/31 12 $155 CQRC
234222-02 M, W 9-10am 11/7-12/21 13 $165 CQRC

Aqua Spin (DROP-IN)
Ages 18 & up. Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Note: Rubber water shoes are required.
234223-01 Sa 9:05-9:55am 9/24-12/17 12 $175 CQRC

Deep Water Aqua Aerobics (DROP-IN)
Ages 18 & up. Cross-train 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.
234242-01 M, W 10-10:11:10am 9/19-10/31 12 $155 CQRC
234242-02 W 6:30-7:33pm 9/21-12/21 13 $209 CQRC
234242-03 W 7:40-8:40pm 9/21-12/21 13 $209 CQRC
234242-04 M, W 10-11:10am 11/7-12/21 13 $165 CQRC

Aqua Zumba (DROP-IN)
Ages 18 & up. It’s a Zumba pool party! Aqua Zumba blends together the Zumba formula and philosophy with aqua fitness disciplines. Aqua Zumba is a challenging water-based workout that is a cardio-conditioning, body toning, and exhilarating! Instructor LG Total Fitness.
234225-01 M 7:15-8:05pm 9/19-12/19 13 $165 CQRC
234225-02 Su 9-9:50am 9/18-12/18 13 $165 CQRC

Aqua Bootcamp (DROP-IN)
Ages 18 & up. Get ready to be challenged by the resistance of the water in Aqua Bootcamp! Adults can benefit from this high intensity, interval workout using resistance equipment for an additional challenge. It combines strength training and aerobic conditioning with water resistance to give you an awesome overall body workout! Instructor LG Total Fitness.
234226-01 Tu, Th 6:10-7:10am 9/20-10/27 12 $155 CQRC
234226-02 Tu, Th 6:10-7:10am 11/1-12/20 13 $165 CQRC

BLT (Buns, Legs, & Tummy) (DROP-IN)
Ages 18 & up. Participants will work to tighten, tone, and strengthen their core and lower body with plenty of music to accompany!
234228-01 Tu 7:40-8:30pm 9/20-12/20 13 $165 CQRC

Hi/Lo Water Aerobics (DROP-IN)
Ages 18 & up. Build muscle and tone and get a great cardio workout with a mixture of high and low intensity exercises set to great music in shallow water. You will use the water’s drag and force with customizable movements to match your fitness level. No matter if you can do a little or a lot, this class is for you.
234229-01 Tu, Th 6-30-7:30pm 9/20-10/27 12 $155 CQRC
234229-02 M 11:30am-12:30pm 9/19-12/19 13 $165 CQRC
234229-03 Tu, Th 6:30-7:30pm 11-12/20 13 $165 CQRC

Gobble Wobble Aqua Burn (DROP-IN)
Ages 18 & up. Day after Thanksgiving calorie burn session! Participants will enjoy three different aqua classes during their one-hour class.
234216-01 F 9-10am 11/25-11/25 1 $12 CQRC

Blue Octopus Scuba
Ages 18 & up. If you have always wanted to learn how to scuba dive, discover new adventures or simply see the wonderous world beneath the waves, this is where it starts. Confined Water Dives are to learn basic scuba skills, once you have completed this course you will be able to do four Open Water Dives with us or somewhere warm and tropical to be a fully Certified Open Water scuba diver. To register, visit www.blueoctopusscuba.com or call 703.863.1898. Instructor Candice Kaup.
239702-01 Sa, Su 10:30am-3:30pm 9/17-12/17 28 varies CQRC

Aquatic Exercise for Seniors
Ages 55+ Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Instructor Candice Kaup.
234217-01 Tu, Th 8:15-9am 9/20-10/27 12 $159 CQRC
234217-02 Tu, Th 9:15-10am 9/20-10/27 12 $159 CQRC
234217-03 Tu, Th 8:15-9am 11/1-12/22 14 $185 CQRC
234217-04 Tu, Th 9:15-10am 11/1-12/22 14 $185 CQRC

$12 per class ($15 for nonresidents). Subject to minimums and maximums.
MIND/BODY WELLNESS

Power Vinyasa - Beginner
Ages 18 & up. Full-body yoga flow where you’ll explore the yoga postures and fundamental principles of Vinyasa yoga. Beginner-friendly.

- Power Vinyasa - Beginner
  - 214019-01 Sa 3-4pm 9/10-10/15 6 $59 PHER
  - 214019-02 M 6-7pm 9/12-10/17 5 $29 PHER
  - 214019-03 Sa 3-4pm 10/22-12/3 6 $59 PHER
  - 214019-04 M 6-7pm 10/24-11/28 6 $59 PHER
  - 214212-01 Tu 6:45-7:45pm 9/13-12/20 14 $155 CQRC

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

- Beginner Yoga Series
  - 214215-01 Th 6-7:15pm 9/22-10/27 6 $99 CQRC
  - 214215-02 Su 10:11:15am 9/25-10/30 6 $99 CQRC

Gentle Yoga
Ages 18 & up. Practice supported standing, seated & supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Will require props: chairs, blocks, blankets, and straps (provided by the instructor).

- Gentle Yoga
  - 213126-01 M 10-11am 9/12-12/12 12 $159 LEEC

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

- Stretch and Flow Yoga
  - 213146-01 Tu 6:15-7:15pm 9/13-10/18 6 $95 CHRC
  - 213146-02 Tu 6:15-7:15pm 11/1-12/6 6 $95 CHRC

Candlelight Yoga
Ages 18 & up. Take a moment from your busy schedule to relax. Reconnect your breath and your body with vinyasa flow in a calming candlelight setting and find your focus on the rest of your week. This class is perfect for clearing our cluttered minds and remembering what is important, regardless of whether you are an experienced yogi or a beginner. Wind down in a healthy way so you can be your best self-moving forward. Drop-in fee $12 per class Instructor Amy Bolyes.

- Candlelight Yoga
  - 214219-01 W 7:05-8:20pm 9/14-12/21 14 $155 CQRC

Hatha Yoga
Ages 18 & up. This flow yoga class will emphasize on breathing and healthy pose alignment. Welcome home to your body and re-connect with the harmony within. Open for all fitness levels!

- Hatha Yoga
  - 214212-01 Tu 6:45-7:45pm 9/13-12/20 14 $155 CQRC

Evening Flow Yoga
Ages 18 & up. Evening Flow Yoga allows you to arrive and enjoy quiet stillness, move the body and burn off excess energy, and wind down to a deeper state of relaxation as you prepare for your evening. Drop-in fee $12 per class Instructor Amy Bolyes.

- Evening Flow Yoga
  - 214213-01 M 7:05-8:05pm 9/12-12/19 14 $155 CQRC

Private Yoga Lessons
Ages 18 & up. Private yoga classes allow you to work on the poses and stretches that make sense for you on your schedule and at your own pace. These private sessions allow you to ease into yoga in a safe manner, with proper alignment and a clear focus on your goals and needs.

- Private Yoga Lessons
  - 214201-01 Tu 6-7pm 9/13-10/25 7 $350 CQRC
  - 214201-02 Tu 7:15-8:15pm 9/13-10/25 7 $350 CQRC
  - 214201-04 Tu 6-7pm 11/1-1/20 6 $300 CQRC
  - 214201-05 Tu 7:15-8:15pm 11/1-1/20 6 $300 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, flow, and movement.

- Tai Chi
  - 213111-01 Tu 3:30-4:30pm 9/6-12/13 15 $269 ODRC

Essentrics: Classical Stretch
Ages 18 & up. Aging Backwards/Classical Stretch is based on: Tai Chi flowing movements for health/balance; ballet’s strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain-free body. Work through the muscle chains to liberate your muscles; relieve tension; lengthen and strengthen muscles; and increase joint mobility. Please bring a mat. Instructor Nova Essentrics.

- Essentrics: Classical Stretch
  - 213113-01 M 12-1pm 9/19-12/5 10 $135 CHRC
  - 213113-02 Th 6-7pm 9/22-12/8 11 $149 CQRC
  - 213113-03 W 10:30-11:30am 9/21-12/7 11 $169 PHRC
  - 213113-04 W 6-7pm 9/21-12/7 11 $149 CHRC
  - 213113-05 Tu 12-1pm 9/20-12/6 11 $149 ODRC

Subject to minimums and maximums.

$12 per class ($15 for nonresidents).

Registration information on page 30.
**Rest, Relax, Renew Meditation**  
**Ages 18 & up.** Unwind from your week with restorative yoga practice that emphasizes rest. Gentle postures supported with blankets and pillows are paired with mindfulness meditation for a soothing and stress-reducing experience. You'll leave feeling renewed and ready for the weekend. Suitable for all bodies. No experience necessary. Min 4/Max 12.

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**Therapeutic Yoga for Parkinson**  
**Ages 21 & up.** Join Lisa, Certified Yoga Therapist (C-IAYT, 1000) for therapeutic yoga specifically designed for individuals living with Parkinson’s. Sessions will include postures to improve stability, strength, balance, and flexibility. Each class will also include breathing practices, short mindfulness meditation, and relaxation to support individuals in managing the anxiety often associated with Parkinson’s. NOTE: Participants must be able to get up and down off the floor independently.

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**Mindful Movement 55+**  
**Ages 55 & up.** Enhance your quality of life with gentle movement and mindfulness meditation. This evidence-based approach is informed by yoga therapy, with emphasis on easing suffering for conditions such as arthritis, chronic pain, and heart disease. Suitable for all bodies. No experience necessary.

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**CARDIO WORKOUT**

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

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**Jazzercise**  
**Ages 18 & 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. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) $50.00, Walk-ins $20.00.

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**Pilates**  
**Ages 18 & up.** An effective non-impact class that is designed to strengthen the core (trunk) of the body and create a balanced body. Pilates exercise class utilizes a variety of positions and/or equipment. A strong core is essential to overall strength and balance!

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**Zumlates**  
**Ages 18 & up.** Zumlates is a fusion of Pilates and Zumba, a modern take on cardio, toning, and strengthening. This is a total workout, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

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**Senior Body Part Aerobics 55+**  
**Ages 55 & up.** This is a low-impact exercise using a chair aerobics workout with slow everyday movements to tone and sculpt the body. Use of chairs will aid in increasing balance, coordination, and flexibility. The program is designed for senior health and wellness.

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CARDIO & STRENGTH

Roller Skating for Fitness/Fun
Ages 6 & up. Discover a new sport or bring back a lost love! Learn how to roll! Just for the fitness or the beginning of a competitive career. Instruction includes guidelines for safety, components of an inline and traditional quad roller skates, basic skating skills, proper techniques, and exercises. For beginner to intermediate. Skate rentals provided upon request. Bring protective gear (helmet, elbow, wrist guards, and knee pads). World Champion United Skates Roller Sports and Skate Inline Associated Certified. Instructor Christie Motley & Team. Call Christie for questions 703.623.7354.

Teen Weight Training
Ages 12-17. This teens weight training class will focus on learning the basics of strength training and getting acclimated to the fitness area. This class will offer 6 weeks of instructional weight training with a total body strength workout. Learning proper form and good gym etiquette while meeting your fitness goals. Personalized body composition testing.

HITT Training for Teens
Ages 12-17. This fitness program incorporates safe, effective exercise through circuit training to accomplish goals, from improved health to weight loss to better performance. All workouts are modified and designed to help participants, improve fitness and move towards goals.

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

Shadow Boxercise Level 1
Ages 18 & up. Learn basic self-defense tactics while getting in shape. This beginner level class is fun and low impact boxercise class that will help muscle toning, weight loss, and strength and conditioning while building and enhancing your self-esteem. Taught by Washington area Hall of Famer, Anthony Suggs.

Body Sculpt Yoga with Weights
Ages 18 & up. Boost metabolism and build lean muscle mass as you couple intelligently sequenced yoga moves with weights to intensify the poses. Beginner-friendly. Drop in fee $12 per class.

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

Fitness Passes & Personal Training

Neighborhood Recreation Center Pass (Charles Houston, Chick Armstrong, Patrick Henry and William Ramsay)
Day: $6/$10
3-month: $45/$80
6-month: $85/$150
Annual Pass: $140/$250

Chinquapin Park Recreation Center & Aquatics Facility (includes access to open swim, saunas, and racquetball)
Day: $9/$12
1-month: $55/$100
6-month: $260/$500
Annual Pass: $465/$885

Certified trainers design a 60-minute customized exercise program and provide guidance on proper form.

To schedule an appointment, register using activity #214203-00.

INDIVIDUAL SESSIONS:
$199 for 4 or $59 per session

GROUP SESSIONS:
Dynamic Duo: $99/person for 4 or $29/person per session
Triple Threat: $79/person for 4 or $25/person per session
Fantastic Four: $59/person for 4 or $19/person per session

Prices listed as Resident/Nonresident. City residents 60 & older are eligible for a 20% discount. For all Chinquapin pass options, visit alexandriava.gov/RecReation.
Balance & Stretch  DROP-IN
Ages 18 & up. This class is a combination of strength training, basic movements and stretch to improve balance and flexibility. The class is designed for those that prefer a workout without the added impact to joints. A portion includes simple aerobic movements. No previous experience required. Drop-in fee $12 per class.
214209-01 W 9:15-10:15am 9/21-12/21 13 $145 CQRC

BodyBlast Bootcamp  DROP-IN
Ages 18 & up. Classes will incorporate cardio, strength and balance. We’ll work the entire body! Class is designed for beginner through advanced with modifications for your level. Drop-in fee $12 per class.
214216-01 F 10:10-10:45am 9/10-16/16 13 $145 CQRC

BodyBlast Cardio/Core  DROP-IN
Ages 18 & up. 30 Minutes of cardiovascular and core exercises. This class is designed to keep the heart rate up as we move through the exercises. Drop-in fee $12 per class.
214217-01 F 11:11-11:30am 9/16-12/16 13 $145 CQRC

Lights Out Fitness Frenzy
Ages 18 & up. Join us for a series of exercise classes that feels more like a night out. Enjoy your favorite fitness classes ranging from yoga to zumba. We are turning down the lights to fitness frenzy in the dark.
213621-01 Th 7-8pm 9/15/9-15 1 $9 CHRC
213621-02 Th 7-8pm 10/13-10/13 1 $9 CHRC
213621-03 Th 7-8pm 11/10-11/10 1 $9 CHRC
213621-04 Th 7-8pm 12/15-12/15 1 $9 CHRC

Adult Cardio & Weight Training
Ages 18 & up. Adult Cardio & Weight Training incorporates weight and cardiovascular machines in a timed interval system; to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.
214008-01 Th 7-8pm 9/8-10/13 6 $55 PHRC
214008-02 Th 7-8pm 10/20-12/8 6 $55 PHRC

Stroller Strides
Ages 18 & up. Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn’t prone to tipping, water, and a towel or mat for ground exercises. First class is free. Register at alexandriava.gov/Recreation.
219703-01 Tu, Th 9:30-10:30am 9/6-11/22 varies BBPK
219703-02 Sa 9:10am 9/10-12/17 varies PHRC
219703-03 M, W, F 9:30-10:30am 11/7-12/16 varies ODRC
219703-04 Th 9:30-10:30am 11/10-12/15 varies PHRC

Fit4MOM
This mom’s only Fitness Interval Training (FIT) class delivers a total body workout that combines cardio strength and core conditioning. Designed for moms of all fitness levels! To register, visit www.arlington-alexandria.fit4mom.com 571.305.2029 or jenungen@Fit4Mom.com.
219706-01 Tu 9:15-10:15am 9/6-12/13 varies PHRC

Chinquacircuit Gold  DROP-IN
Ages 55 & up. Accomplish your fitness goal with a 45-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Drop-in fee $12 per class.
214211-01 Tu 9:05-9:50am 9/20-12/20 13 $145 CQRC

Walk & Fit Training
Ages 55 & up. This is a circuit training class that incorporates walking as an aerobic activity and the use of handheld weights and resistance bands for strength training. This is a cardiovascular fat burning workout that will aid in firming and sculpting your body.
214007-01 W 10-11am 9/7-10/12 6 $55 PHRC
214007-02 W 10-11am 10/26-12/7 6 $55 PHRC

Senior Cardio & Weight Training
Ages 55 & up. Weight Training incorporates weight and cardio fitness machines in a timed interval system; to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.
214011-01 W 12-1pm 9/7-10/12 6 $55 PHRC
214011-02 W 12-1pm 10/26-12/7 6 $55 PHRC

Senior Stretching
Ages 55 & up. This low impact stretching class is designed for seniors to improve range of motion, increase circulation, decrease potential injury, and improve rest.
214012-01 M 11:30am-12:15pm 9/12-10/17 6 $55 PHRC
214012-02 M 11:30am-12:15pm 10/24-12/5 6 $90 PHRC

Alexandria Boxing Club
Please check in at the front desk at for details and registration information.

Afterschool Youth Program
Ages 8-17. With a focus on athletic fundamentals and boxing basics, Alexandria Boxing Club offers year-round training for youth. The program focuses on building discipline, self-confidence, and work ethic through the sport of boxing. Communal gloves/hand wraps available at no cost. This program is free to youth residing in the City of Alexandria. Nonresidents are subject to recreation center fees.
Monday – Friday, 5-6:30pm, CHRC

Adult Boxing – Open Gym
Ages 18 & up. Every day is different in the boxing gym. Jump in on a circuit workout or take out your stress on the heavy bag at your own pace. New members must attend orientations on the first Monday of every month. Each participant is required to register with Charles Houston Recreation Center (see RPCA fee structure) and USA Boxing (www.usaboxing.org).
Tuesday & Thursday, 7-8pm, CHRC

alexandriava.gov/Recreation 9
Sports classes & leagues

**TUMBLING CLASSES**

**Baby Tumbling**

*Ages 18 mos.-2yrs with adult.* This class is designed to help stimulate and introduce some basic balancing, tumbling, agility techniques to your child. This class will include a group warm-up and individual drills that will consist of parent participation. Instructor: TSP Team.

- 222601-01 W 10:10-10:30am 9/7-10/12 6 $149 CQRC
- 222602-01 W 10:10-10:30am 10/26-12/14 8 $195 CQRC

**Mom/Dad Me Tumbling**

*Ages 2½-4 with adult.* This class is designed to help introduce some basic tumbling techniques to your child, such as forward rolls, handstands, and bridges. This class will include a group warm-up and individual drills that will consist of parent participation. Instructor: TSP Team.

- 222605-01 Sa 9:30-10:15am 9/10/22 6 $135 PHRC
- 222605-02 Sa 9:30-10:15am 11/5/12 6 $135 PHRC
- 222605-03 Sa 9:30-10:15am 9/10/22 6 $135 PHRC

**Movement & Gymnastics**

*Ages 2-9.* Learn basic gymnastics skills with a variety of sports for toddlers, youth, teens and adults. Sports leagues and classes help build camaraderie, new skills and fun competition.

**Gymnastics I**

*Ages 5-11.* Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination. Min 6/Max 12. No class 10/10, 11/24, 11/26.

- 224203-01 M 4:30-5:30pm 9/12/10-31 7 $149 CQRC
- 224203-02 M 4:30-5:30pm 9/15/10-27 7 $149 CQRC
- 224203-04 Su 10-11am 9/18/10-30 7 $149 CQRC
- 224203-05 M 4:30-5:30pm 11/7/12/12 6 $129 CQRC
- 224203-07 Th 4:5pm 11/13/15/16 6 $129 CQRC

**Baton Twirling**

*Ages 6-12.* In this class students will learn basic twirling skills. This class will help develop arm strength as well as hand-eye coordination. Focused on single baton twirls, rolls, and entry level tosses using correct form and techniques. Twirlers will learn a short routine to perform at the end of the session. This class will be fun, upbeat, and a great way to introduce baton twirling. Min 12 Max 20.

- 213803-01 M 6-7pm 9/12/11/28 11 $99 MVRC

**Acrobatics I**

*Ages 6-12.* Learn basic acrobatics including cartwheels, rounds-offs, back bends, handstands, headstands, front/back walkovers, forward/backward rolls. Learn to execute flexibility, strength and balance while improving physical coordination and mental concentration. Instructor: Megan Lively.

- 222612-01 Sa 1:30-2:20pm 9/24/12/10 10 $135 CHRC

**Basic Tumbling I & II**

*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 tumblers attain these skills. Instructor: TSP Team.

- 222606-01 Sa 10:30-11:15am 9/10/22 6 $135 PHRC
- 222606-02 Sa 11:30am-12:15pm 9/10/22 6 $135 PHRC
- 222606-03 Sa 10:30-11:15am 11/5/12 6 $135 PHRC
- 222606-04 Sa 11:30am-12:15pm 11/5/12 6 $135 PHRC
- 222606-05 Sa 2-2:45pm 9/10/22 6 $135 CHRC

**SOCCER CLASSES**

**Soccer Tots**

*Ages 2-3.* 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.

- 222610-01 M 1:15-1:55pm 9/12/10/31 6 $129 CHRC
- 222610-02 M 1:15-1:55pm 11/7/12/12 6 $129 CHRC
- 222610-03 M 12:20-1:05pm 9/12/10/31 6 $129 CHRC
- 222610-04 M 12:20-1:05pm 11/7/12/12 6 $129 CHRC
- 222610-05 Th 1:45pm 9/15/10/27 7 $149 ODRC
Little Kicks and Me
Ages 2-3 with adult. Fun Parent and Me Soccer class is designed to introduce children to soccer through games and activities.

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

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Little Kicks
Ages 4-6. Introduce younger children and their families to soccer. Promote physical fitness. Help develop key social skills like sharing, taking turns and sportsmanship.

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

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Tennis Classes

Tennis 4 Kids
Ages 3-6. Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport.

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<td>9/18-10/30</td>
<td>$149</td>
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Cardio Tennis
Ages 7 & up. For players who would like more individual attention, you can book private lessons Ages 16 & up. Target your fun. Get your heart-pumping cardio fitness workout now! This is real Cardio Tennis. Heart rate targeted. Lots of move and hit, no pointless running. This may be the most fun you’ve ever had! Instructor: Advantage Tennis.

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Fun & Fundamentals Tennis 1 & 2
Ages 7-10. Through fun, skill-building games, beginners and advanced beginners learn and develop the fundamental strokes. Participants must have their own tennis rackets. Instructor: FirstServe Tennis.

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<td>9/12-11/28</td>
<td>$249</td>
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<tr>
<td>222616-02</td>
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<td>$249</td>
</tr>
<tr>
<td>222616-03</td>
<td>Th</td>
<td>4:30-5:20pm</td>
<td>9/15-11/17</td>
<td>$249</td>
</tr>
</tbody>
</table>

2022 Fall into Beginners Tennis
Ages 7-12. Does your child have little or no tennis experience? Our beginner class offers upper elementary aged players a great place to start or brush up on the basics. Students will improve hand-eye coordination and agility, perform racket-handling skills, and become familiar with the tennis court. Participants are encouraged to bring their own racquets to each session.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>223701-01</td>
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<td>9:30-10:30am</td>
<td>9/3-9/24</td>
<td>$319</td>
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<td>223701-02</td>
<td>Sa</td>
<td>11:00-12:00pm</td>
<td>9/3-9/24</td>
<td>$319</td>
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<td>223701-03</td>
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<tr>
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<td>Sa</td>
<td>11:00-12:00pm</td>
<td>10/8-10/29</td>
<td>$319</td>
</tr>
</tbody>
</table>

Teens Tennis
Ages 11-14. Fun, modern, and healthy classes to build tennis abilities and skills. Make friends and learn how to play better, faster. Participants will need their own tennis racquets. Instructor: Tennis Advantage Tennis.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
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<tbody>
<tr>
<td>222632-01</td>
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</table>

Adult Beginner Tennis Lessons
Ages 16 & up. The sport for your longer, healthier life is high-skill fun! Get playing immediately and learn the healthy, performant, modern play in simple steps. You will learn all the fundamental strokes and shots, as well as etiquette and the rules. Instructor is Advantage Tennis.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Days</th>
<th>Times</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>5-6pm</td>
<td>9/12-10/24</td>
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</tbody>
</table>
Tripples Adult Socials  
**Ages 16 & up.** Meet new players, triple your fun, and get some healthy exercise with the fast-moving games. A play-based hour of fun for all levels, let the games begin! Participants will need their own tennis rackets. Instructor Advantage Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
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<td>1</td>
<td>$5</td>
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</table>

Adult Tennis 1  
**Ages 18 & up.** New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Participants must have their own tennis rackets. Instructor FirstServe Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<td>9/15-11/17</td>
<td></td>
<td>10</td>
<td>$335</td>
</tr>
</tbody>
</table>

Adult Tennis 2  
**Ages 18 & up.** Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. Prerequisite: Completion of Tennis 1 or similar experience. Instructor to participant ratio 4:1. Participants must have their own tennis rackets. Instructor FirstServe Tennis. Min 3/Max 4. No class 10/10, 10/31.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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</tbody>
</table>

Adult Intermediate Tennis Lessons  
**Ages 24 & up.** The sport for your longer, healthier life is high-skill fun! Get playing immediately and learn the healthy, performant, modern play in simple steps. You will learn all the fundamental strokes and shots, as well as etiquette and the rules. Instructor Advantage Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
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</table>

Senior Tennis 1  
**Ages 55 & up.** Players learn the fundamental strokes: forehand, backhand, volleys, overhead and serving. Build consistency in ground strokes and develop and initial ability to rally as well as getting a dynamic workout. Students are encouraged to repeat this class until they can consistently put the ball in play. Instructor Leonard Booker.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
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<th>End Date</th>
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</table>

Youth Outdoor Pickleball  
**Ages 10-14.** Through game-based instruction, participants are introduced to ball control skills and the basic strokes of this fun, mini-tennis-like game. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1. Instructor: First Serve Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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<td></td>
<td>7</td>
<td>$79</td>
</tr>
</tbody>
</table>

Adult Outdoor Pickleball 1  
**Ages 18 & up.** Pickleball is a fun, popular mini-tennis-like game. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1. Instructor First Serve Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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<td>9/14-11/2</td>
<td></td>
<td>8</td>
<td>$199</td>
</tr>
</tbody>
</table>

Adult Outdoor Pickleball 2  
**Ages 18 & up.** Build on your skills to take your game to the next level. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio 6:1 Instructor First Serve Tennis.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
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</table>

**ADDITIONAL SPORTS CLASSES**

Lil’ Pro Sports  
**Ages 3-5.** Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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<td>222706-02</td>
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<td>9/10-10/1</td>
<td></td>
<td>4</td>
<td>$95</td>
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</tbody>
</table>

Pee Wee Lacrosse  
**Ages 3-5.** Introduce younger children and their families to our sports programs through the fundamentals of lacrosse. Promote physical fitness. Help develop key social skills like sharing, taking turns and sportsmanship. Youth are accompanied parent.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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</thead>
<tbody>
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<td>6</td>
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<tr>
<td>224006-02</td>
<td>Sa</td>
<td>11:15am-12pm</td>
<td>10/22-12/3</td>
<td></td>
<td>6</td>
<td>$105</td>
</tr>
</tbody>
</table>

Grand Slam T-Ball  
**Ages 3-5.** The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of tee ball while learning the fundamentals of the sport. This is a co-ed program.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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</thead>
<tbody>
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<td>224009-01</td>
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<tr>
<td>224009-02</td>
<td>Sa</td>
<td>11:15am-12pm</td>
<td>10/22-12/3</td>
<td></td>
<td>6</td>
<td>$105</td>
</tr>
</tbody>
</table>

Lil Lacrosse  
**Ages 3-5.** Kids will develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/ eye coordination, speed, agility, and stick skills, this class is perfect for participant’s brand new to lacrosse. Players will need a lacrosse stick. Class will be held on the Jefferson Houston field, or inside the Durant Center for inclement weather. Instructor: TSP Team.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Max</th>
<th>Price</th>
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<tbody>
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<tr>
<td>222618-02</td>
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<td>11/6-12/11</td>
<td></td>
<td>5</td>
<td>$109</td>
</tr>
</tbody>
</table>
Martial Arts 4 Kids
Ages 3-6. Introduce your child to the fundamentals of Taekwondo! This provides so much more than physical fitness. Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build a child’s self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Optional belt testing will be available at the end of the session for an additional fee. Instructor: TSP Team.

<table>
<thead>
<tr>
<th>W</th>
<th>Sa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1:30pm</td>
<td>9:50-10:50am</td>
</tr>
<tr>
<td>9/24-11/2</td>
<td>8</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>W</th>
<th>Sa</th>
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<tbody>
<tr>
<td>1-1:30pm</td>
<td>9:50-10:50am</td>
</tr>
<tr>
<td>9/24-11/2</td>
<td>8</td>
</tr>
</tbody>
</table>

Cheerleading
Ages 5-16. Participant’s age is determined by their age as of April 30, 2023. 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.

<table>
<thead>
<tr>
<th>TBD</th>
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<tbody>
<tr>
<td>$0</td>
<td>TBD</td>
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</table>

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

<table>
<thead>
<tr>
<th>W</th>
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<tbody>
<tr>
<td>4:30-5:15pm</td>
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<tr>
<td>9/14-10/26</td>
<td>7</td>
</tr>
</tbody>
</table>

Alexandria Lacrosse Club
alexandrialacrosse.com

Alexandria Soccer Association
alexandriasoccer.org

Alexandria Little League
alexandriabaseball.com

Alexandria Rugby Club
alexandriarugbyclub.com

Sports Affiliates

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
Intro to Skateboarding
Ages 7-15. This skateboard program is jam-packed with fun, excitement, and safety. Participants will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n’ roll, rock to fake, olly, grind, drop in and get air. Instructional moves and skating games will be incorporated daily. Participants should bring their own skateboard, pads, and helmet. Instructor TSP Team.
222623-01 W 4:5pm 9/7-10/19 7 $139 SJSP

Girls Softball Clinic
Ages 8-14. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach players to enjoy the game of softball and improve their skills. Open to City of Alexandria residents only.
222707-01 W 5:30-6:30pm 9/7-9/14 2 $45 LCCM

Hoop Life Basketball Skills
Ages 9-14. Does your child like to play basketball? Do they enjoy the feeling of making shots? Would they like to make shots more often? In this class they will learn the fundamentals of shooting from professional basketball skill trainers with proven techniques that they have used to develop the skills of countless high school, college, and professional basketball players for over 20 years. Instructor Hoop Life.
222625-01 Sa 12-1pm 9/24-12/3 10 $209 NLRC
222625-02 Sa 2:30-3:30pm 9/24-12/3 10 $209 WRRC

Girls Preseason Volleyball Clinic
Ages 9-14. Participants will learn the basics of the sport of volleyball and prepare for the upcoming season.
222723-01 Su 1-2pm 9/11-9/18 2 $45 JHES
222723-02 Su 2:15-3:15pm 9/11-9/18 2 $45 JHES

Fencing
Ages 10 & up. Learn the principles of modern sport fencing including footwork, blade control, and technique. Foils, masks, and jackets provided (no rental fee). Please wear comfortable athletic clothing. Court shoes or cross trainers recommended. $10 non-competitive USA Fencing membership required (details at first class session). Instructor Olde Town Fencing Instructor of Fencing Virginia Academy.
223101-01 W 7-8pm 9/21-11/9 8 $99 PHES

E-Sports Academy
Ages 11-15. Would you like them to turn their passion for gaming into something productive? This is the class for them. Participants will learn about the higher education and professional opportunities that exist in gaming. They will get to play and learn about the specific age-appropriate games involved in collegiate and professional gaming. In addition, they will learn about the strategies involved in being successful at esports.
222629-01 Sa 11am-12pm 9/24-12/3 10 $215 LECC

LEAGUES

T-Ball & Coach Pitch Baseball
Ages 4-8 as of September 30, 2022. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days and locations vary by team). League games will take place on Saturday. Register by September 2, 2022. Open to City of Alexandria residents only.
222719-01 M-Sa TBD 9/12-11/5 $95 TBD
222719-02 M-Sa TBD 9/12-11/12 $95 TBD

Miracle League of Alexandria Baseball
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.
222705-01 W 4:30-5:30pm 9/21-10/26 6 $65 LCCM
222705-02 Sa 1:2-3:30pm 9/10-10/22 7 $65 LCCM

Girls’ Volleyball League
Ages 9-14 as of Dec. 31, 2022. Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include Minnie Howard and Jefferson Houston. Open to City of Alexandria residents only.
222703-01 Th,F,Su 6-9pm 9/25-12/16 $95 ACMH

Winter Basketball League
Ages 7-17 as of March 31, 2023. Teams are formed in the 8, 10, 12, 14 and 17 & under leagues. Teams are formed by recreation districts except for boys ages 14-17, which are formed by skill assessment and draft system. Important league dates: Registration 9/15 to 11/15. Practices begin week of 12/5. Practice times and locations vary by team. Games begin week of 1/7/23. Open to City of Alexandria residents only.
322719-01 TBD TBD 12/5-3/18 $95 TBD

Coed Softball League
Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 9 and minimum of 6 of either gender. Registration: 7/18-8/26 League Play: September-November 2022. Register by team.
223205-06 M- Th varies 9/6-11/18 $525

Coed Volleyball League
Ages 18 & up. Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. Total of 10 matches To register, complete roster form found online at alexandriava.gov/Recreation for maximum of 6 and minimum of 4 of either gender. Registration: 7/18-8/26 League Play: September-November 2022. Register by team.
223201-02 Tu,W varies 9/6-11/18 $555 varies

Coed Soccer League
423200 M-Th varies 4/4-7/15 $795 varies
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.

ONE DAY & WINTER BREAK CAMPS

The Science Seed: Lil Scientists
Ages 5-8. In each of our day camps, little scientists will explore the day’s theme with experiments, crafts and fun! The day is rounded out by outdoor recess, story time tied to the day’s science, free reading, exploration, and journal entry. Instructor The Science Seed.

STEM Adventures Camp
Ages 5-10. Have you ever wondered what the STEM world has to offer? During our STEM Adventures camp, campers will be able to step into the world of science and dabble in the different avenues that this subject has to offer. We will build LEGO robots, venture into the Minecraft world, Scratch coding, and even game design with KODU. Campers will also participate in chemistry creating potions, experimenting with slime, and participating in some spy science. There is so much to get wrapped up in! Instructor The Science Seed.

Art Box Music Theater Camp
Ages 5-10. Kids explore acting, dance, scene delivery and voice to learn the beautiful process of theater. Students will gain strength, flexibility, and coordination. Instructor The Science Seed.

Gymnastics Mini Camp
Ages 5-10. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

Gymnastics Winter Break Camp
Ages 5-10. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Students will gain strength, flexibility, and coordination.

Pin in 4 Fun Winter Break Camp
Ages 5-10. This camp is fun, fun, fun! Students will create arts and crafts projects inspired by Pinterest. Students will gain exposure to many mediums. Students will experience learning hobbies such as marble painting, sensory jars, making wreaths and designing t-shirts.

Science: Potions & Explosions
Ages 5-10. Let’s have fun with chemistry! In this program, we will create “magic” potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal, blast a rocket into the air, and more. We will learn about the states of matter and how things change with mixtures, solutions, and chemical reactions. Join us to channel your inner Professor Snape!

Tiny Chefs Camp
Ages 5-12. Spend your day off cooking! Each camp session has a different cooking theme. With hands on instruction, campers will learn how to create delicious food and learn cooking techniques. All supplies provided by the instructors.

Silver Knights Chess
Ages 5-12. In Chess Camp, campers play and learn chess with Silver Knights! We’ve taught 100,000 children including national champions, but most students are beginners looking to learn and have fun! Campers are broken up in groups by skill level. Activities include learning the rules, openings, tactics, endgames, studying master games, and playing lots of games against other students, which may be done via tablet or computer for safety reasons. Instructor Chess Silver Knights.

Ultimate Music Experience Camp
Ages 5-14. Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice, and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects and MORE!!! Each camper will be issued a FREE T-shirt and Camp Bag! FREE instrument rentals are provided to borrow for in camp use (rental agreement must be signed). (Instruments differ between the a.m. and p.m. sessions). All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch. Instructor Learn Music Now.
Play-Well Camp
Ages 6-8. This drawing and engineering camp combines the best of educational STEAM fun for older students! Play-Well instructors lead students in Jedi Engineering with LEGO® to explore famous planets like Hoth and Endor, build X-Wings and R-2 Units, and defeat the Empire once and for all! Instructor Play-Well Technologies.

Nerf Fencing Camp
Ages 6-12. Campers will learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf® foam sabers with the option to wear fencing equipment. Instructor TSP Team. Min 10/Max 20.

Abrakadoodle Art Camp
Ages 6-12. This popular art program helps kids stretch their creative muscles and exercise their right brains in action-oriented camps filled with color, texture, shape and fun! The art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style. Instructor Abrakadoodle.

Minecraft Modding
Ages 6-9. Does your child spend hours playing Minecraft? Kids learn to create and texture their own blocks and items, create custom classes, and manipulate code, determine how each item appears and behaves and improve the gameplay experience using very simple Java code. Instructor: C3 Cyber Club Inc.

Soccer Pros Soccer Camp
Ages 6-14. Specializing in soccer instruction and games, Soccer Pros is a physical development program for boys and girls. Younger campers learn fundamental skills through dribbling, shooting, and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, challenges, and team-building competitions. Instructor TSP Team.

Resume/Interview Workshop
Ages 16 & up. Our Resume writing/interview program will help you learn how to create an effective resume or to improve upon the one that you already have. You will learn skills such as developing cover letters, LinkedIn profile writing, key questions to ask in an interview, dressing for success and much more. Our goal is to prepare you the interview for the dream job you really want.

EDUCATION

The Science Seed: Lil Scientists
Ages 3-6 or 5-8. Each session includes topics in geology, chemistry, biology, physics, and nature, exposing kids to a variety of experiences... science is everywhere! Classes are taught in fun, interactive and age-appropriate ways to ensure that your child not only has fun but builds a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how you can continue the lesson at home. Instructor The Science Seed.

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

registration information on page 30. fall 2022
Stem DIY

**Ages 5-12.** Children will do different stem challenges, activities, projects, crafts. Using age appropriate social and emotional skills kids and a creative STEM curriculum, children will create new projects each week to take home.

**Ages 5-7**
243820-01  M  6:15-7:15pm  9/12-10/24  6  $99  MVRC
243820-02  W  6:15-7:15pm  9/14-10/26  7  $99  MVRC

Science Art Mania

**Ages 5-12.** Little scientists are introduced to awesome activities that fosters curiosity, “what if” questions and messy fun! Activities include learning how volcanoes evolve and erupt, the use of safe household products for blowing up balloons and making lava lamps, building interactive lung models, making a CD Hovercraft and more.

243800-01  Tu  6:15-7:15pm  9/13-10/18  6  $99  MVRC
243800-02  Th  6:15-7:15pm  9/15-10/20  6  $99  MVRC
243800-03  Tu  6:15-7:15pm  11/8-12/13  6  $99  MVRC
243800-04  Th  6:15-7:15pm  11/17-12/16  6  $99  MVRC

Coding with Minecraft

**Ages 6-9.** Using a custom mod called “Computercraft”, students will learn how to program robots called “Turtles” inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Instructor C3 Cyber Club Inc.

242616-01  Sa  9:30-10:30am  9/10-10/15  6  $149  PHRC
242616-02  Sa  10:45-11:45am  9/10-10/15  6  $149  PHRC
242616-03  Sa  9:30-10:30am  10/22-12/3  7  $149  PHRC
242616-04  Sa  10:45-11:45am  10/22-12/3  7  $149  PHRC

Roblox and Game Design

**Age 6-9.** In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. “Roblox, Imaginative Game Design” provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming. This is the perfect course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Do not miss your chance to publish, share, and play games with your friends. Instructor C3 Cyber Club Inc.

222631-01  W  5-6pm  9/14-10/19  6  $149  ODRC
222631-02  W  6:15-7:15pm  9/14-10/19  6  $149  ODRC
222631-03  W  5-6pm  10/26-12/7  7  $149  ODRC
222631-04  W  6:15-7:15pm  10/26-12/7  7  $149  ODRC

SOCIALIZE

Kid Rock Social Hour +ADULT

**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.

243801-01  M,W  10am-12pm  9/12-11/7  17  $79  MVRC
243801-02  M,W,F  10am-12pm  9/12-11/4  24  $99  MVRC
243801-03  M,W  10am-12pm  11/7-12/21  14  $79  MVRC
243801-04  M,W,F  10am-12pm  11/7-12/23  21  $99  MVRC

Lil Gimmies

**Ages 1-4.** To provide a fun, safe, lighthearted environment where toddlers can thrive through play as they meet new friends, interact with their guardians and peers, and develop various skills i.e. walking, running, sharing, etc. This will also serve as an opportunity to build bonds and support systems between the families as well as the facility.

243712-01  Sa  9:30am-12:30pm  9/10-11/5  8  $45  CKRC

Adult Social Club (ASC)

**Ages 18 & up.** For adult participants with special needs and disabilities. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office at 703.746.5535.

243000-01  Sa  11:30am-3:30pm  9/10-12/17  12  $75  NLRC
IT'S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!

Ballet

**Pre-Ballet & Movement I**
Ages 3-5. Do you have an aspiring ballerina? This class teaches children the five ballet positions and explores creative movement. Students learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. The children will participate in an end of session dance recital. Ballet Dance Recital on December 18th! Instructor: Megan Lively, Elisa Creech.

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**Ballet I**
Ages 5-8. Learn the basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. This class will have an end of the year recital. Ballet Dance Recital on December 18th! More information to come closer to date. Instructor: Megan Lively and Elisa Creech.

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**Creative Ballet**
NEW!
Ages 5-10. Learn the basic ballet techniques, including adagio, barre and center floor. Children will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. This class is instructed by Local Motion Project.

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

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**Ballet III**
Ages 7-12. Focus on barre, center floor, across the floor, and stretching, as well as adagio, and routines/combinations. This class will introduce intermediate leaps, turns and jumps. Students will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet II or previous training in ballet. This class will have an end of the session dance recital. Instructor: Megan Lively and Elisa Creech.

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<td>9/24-12/10</td>
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Dance

**Mommy & Me Grooves!**
NEW!
Age 2-5 with adult. Students are exposed to different styles of music, movement, fun dance games & props, and quality time with a parent, grandparent, guardian, or caretaker. Our Mommy & Me dance class is a wonderful form of exercise that helps to develop flexibility, coordination, poise, and grace and will allow students to develop, and freely express, their creativity and enhance their self-image. This class offers an introduction of valuable skills such as listening, taking turns, standing in line, following directions and sequential order.

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<td>9/26-12/12</td>
<td>$185</td>
<td>ODRC</td>
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**Creative Dance**
NEW!
Ages 4-5. Creative Dance inspires creativity and develops kinesthetic awareness through exploration of the elements of dance (Body Action Space Time Energy) and original dance-making. This class is instructed by Local Motion Project.

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<td>9/10-12/17</td>
<td>$175</td>
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**Jazz Hip Hop Combo**
NEW!
Ages 4-11. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

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<td>254201-02</td>
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<td>9/17-11/5</td>
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**Modern Dance 4 Kids**
Ages 5-9. Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more. Instructor: TSP Team.

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<td>$165</td>
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**Creative Modern Dance**
NEW!
Ages 5-7. Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more. Class instructed by Local Motion Project.

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<td>5:00-6:00pm</td>
<td>9/8-12/15</td>
<td>$195</td>
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**Jazz Funk**  NEW!

Age 5-8. Our Jazz plus Hip Hop combination class emphasizes the mastery of correct technique and proper body alignment designed to increase body strength and flexibility. Stylized jazz walks, leaps, turns, kicks, and jumps make this class irresistible.

252639-01 M 6-6:45pm 9/26-12/12 11 $195 ODRC

**Hip Hop We Don’t Stop**  NEW!

Age 12-18. Fun, energetic class that infuses the latest styles of Hip Hop choreography and Jazz technique. Classes will encourage students to step outside of the box by bringing their own individual style and personality to choreography and Jazz technique. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the moves!

252641-01 Th 7-7:45pm 9/29-12/15 11 $209 ODRC

**Social Dance**

Ages 18 & up. No more sitting at the next wedding or New Year’s party! Master the basic steps of social-style foxtrot, cha cha and swing, and add a few fun steps to your slow dance. In this six-week series, you’ll learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence.

253103-01 Tu 7-8pm 11/8-12/13 6 $65 ODRC

**Intro to Ballroom**

Ages 18 & up. Introduce yourself to 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.

253102-01 F 7-8pm 9/9-10/14 6 $65 ODRC

**Wedding Dance**

18 & up. Learn how to use a basic box step in three popular dances – waltz, foxtrot and rumba and some special steps to move around the floor and “show off the dress.” In this six-week series, you’ll not only learn three dances, but you’ll also get wedding dance song suggestions, some special wedding dance styling and a fun entrance and end for your very special dance.

253104-01 Sa 5-6pm 9/10-10/15 6 $65 PHES

**Danceathon**

18 & up. Dance your way to better health. Line dancing is a low impact workout that will help with coordination, improve your stamina & burn calories. Join us on the dance floor to learn traditional and urban line dances from country, Hip Hop, Top 40 & more.

253603-01 Tu 6:30-7:30pm 9/6-9/27 4 $19 CHRC
253603-02 Tu 6:30-7:30pm 10/4-10/25 4 $19 CHRC
253603-03 Tu 6:30-7:30pm 11/8-11/29 4 $19 CHRC

**MUSIC**

**Little Hands Music**

Ages 0-7. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session’s theme. All classes are taught by experienced music educators and trained music therapists. To register, visit www.littlehands.com or call 703.631.2046. Instructor Little Hands Music.

259704-01 Th 11-11:45am 9/8-11/17 11 $189 CHRC
259704-02 Th 9:30-10am 9/8-11/17 11 $189 CHRC
259704-03 Th 10:15-10:45am 9/8-11/17 11 $189 CHRC
259704-04 W 10:15-10:45am 9/7-11/16 11 $189 ODRC
259704-05 W 11-11:45am 9/7-11/16 11 $189 ODRC

**Little Fingers Piano**

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

242618-01 Sa 10:30-11am 9/10-10/15 6 $65 ODRC
242618-02 Sa 10:30-11am 10/22-12/3 6 $65 ODRC

**Private Music Lessons**

Ages 5-99. Learn a new artistic skill or continue developing! 30-minute lessons are one-on-one with Mark Evans. Instructor can teach piano, violin, cello, and double bass. All instruments must be provided by students. Instructor Mark Evans.

242611-01 F 12:12:30pm 9/9-12/16 14 $490 ODRC
242611-02 F 12:35-1:05pm 9/9-12/16 14 $490 ODRC
242611-03 F 1:10-1:40pm 9/9-12/16 14 $490 ODRC
242611-04 F 1:45-2:15pm 9/9-12/16 14 $490 ODRC
242611-05 F 2:20-2:50pm 9/9-12/16 14 $490 ODRC
242611-06 F 2:55-3:25pm 9/9-12/16 14 $490 ODRC
242611-07 F 3:30-4pm 9/9-12/16 14 $490 ODRC
242611-08 F 4:05-4:35pm 9/9-12/16 14 $490 ODRC
242611-09 F 4:40-5:10pm 9/9-12/16 14 $490 ODRC
242611-10 F 5:15-5:45pm 9/9-12/16 14 $490 ODRC
242611-11 F 5:50-6:20pm 9/9-12/16 14 $490 ODRC
242611-12 F 6:25-6:55pm 9/9-12/16 14 $490 ODRC
242611-13 F 7-7:35pm 9/9-12/16 14 $490 ODRC

alexandriava.gov/Recreation
**PERFORMING ARTS**

**Art Box Musical Theater**  
*NEW!*

**Ages 5-10.** Kids explore acting, dance, scene delivery and singing to learn the beautiful process of learning to perform in a theater production. Young stars showcase their uniqueness in a showpiece performance at the end of each session. Kids also utilize individual and group creativity to design props and costume accessories for performances. Min 10/Max 25.

252640-01  Tu  3-4pm  9/6-10/11  6  $135  LEEC  
252640-02  Tu  4:15-5:15pm  9/6-10/11  6  $135  LEEC  
252640-03  Tu  3-4pm  10/25-11/29  6  $135  LEEC  
252640-04  Tu  4:15-5:15pm  10/25-11/29  6  $135  LEEC

**Lego Lab**

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

294000-01  Sa  10-11am  10/15-11/19  6  $69  PHRC

**Duct Tape Art Lab**

**Ages 7-12.** Have a fascination with Duct Tape? From wallets, balls to animals, at the Duct Tape Art Lab, we can make it all. Explore, create, imagine, and accessorize. Drop on in for some artistic fun!

254001-01  Sa  11am-12pm  10/15-10/15  1  $15  PHRC  
254001-02  Sa  11am-12pm  10/29-10/29  1  $15  PHRC  
254001-03  Sa  11am-12pm  11/12-11/12  1  $15  PHRC  
254001-04  Sa  11am-12pm  12/10-12/10  1  $15  PHRC

**Artworks**

**Ages 18 & up.** Let your creative side shine through while using a variety of art mediums and learning new art skills. This program is geared towards individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535.

253000-01  W  10-12/30pm  10/12-10/26  3  $15  NLRC  
253000-02  W  6-7:30pm  11/2/12-16  3  $15  NLRC  
253000-03  W  6-7:30pm  11/30-12/14  3  $15  NLRC

**COOKING**

**Breakfast for Dinner**

**Ages 5-10.** Turn your favorite breakfast dishes into the main event as dinner options. How about a cheddar-chive frittata with fresh salsa? Or Brunch pasta with bacon and eggs? Maybe you’d prefer a more traditional French toast, dressed up with bananas and blueberries? Any way you slice it your little chef will love tucking into these comforting breakfast classics.

Instructor Tiny Chefs.

242619-01  M  4-4:45pm  9/26-11/21  8  $199  ODRC

**Sweet Treats (Cake Decorating)**

**Ages 7-12.** Cake decorating class. Students will learn fun and creative cake decorating techniques. They will learn how to set up, hold, and control the piping bags as well as decorate cardboard and Styrofoam cakes.

244211-01  F  4:30-5:15pm  9/16/10-28  7  $145  CQRC  
244211-02  F  4:30-5:15pm  11/4-12/16  6  $125  CQRC  
243101-03  F  6:30-8:30pm  12/6  1  $69  CHRC
Torpedo Factory Art Center

105 N. Union St. • 703.746.4570  FREE ADMISSION
torpedofactory@alexandriava.gov • torpedofactory.org

Hours: Wednesday-Sunday 10am-6pm

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

CONNECT @torpedofactory

#artsALX

27th Annual Art Safari
Saturday, October 22, 12–4pm • Free

An Alexandria tradition for more than a quarter-century, Art Safari is a beloved in-person day of activities for kids and families! Join fellow lovers of art and learning for outdoor Waterfront art activities and hands-on projects throughout the building. Great for kids ages 5+. Younger children may need some extra help, but will still have a lot of fun!

Art Fest
Saturday & Sunday, November 12 and 13, 12–4pm • Free & Ticketed

Tiered tickets online and at the door. Shop for affordable art deals on all three floors of the Art Center while enjoying drinks from local craft brewers and wineries. Tickets are available for one day, both days, and a special VIP preview on Friday. Ticket earns you one free drink plus a discount on selected affordable art (varies on each day). Plus: special door prizes, raffle, and live music and performances.

Holiday Festival
Saturday, December 3, 2–8pm • Free

Torpedo Factory Art Center joins the fun on Alexandria’s most festive weekend of the year! Santa and Mrs. Claus arrive by fire boat around 3:30 p.m. on the Waterfront. Music fills the halls and the Waterfront, beckoning people to browse three floors of open artists’ studios.

Olde Year’s Day
Saturday, December 31, 12–5pm • Free

The whole family can celebrate the close of 2022 at Torpedo Factory Art Center. Find hands-on activities, meet artists working in their studios, and get inspired for 2023.

Introducing: Zeina Azzam, New Poet Laureate, City of Alexandria

The City of Alexandria has appointed Zeina Azzam as Alexandria’s new Poet Laureate. The first Arab American to hold the title, Azzam succeeds KaNikki Jakarta, whose three-year term ends in April 2022.

Azzam is a Palestinian American poet, writer, editor, and community activist. Azzam’s professional career includes 27 years at the Center for Contemporary Arab Studies, Georgetown University, where she was Director of Educational Outreach to K-12 teachers in the Washington, D.C., metropolitan area. She has also worked as an editor of academic and think-tank publications and serves as a mentor for We Are Not Numbers, a writing program for youth in Gaza. She holds an M.A. in Arabic literature from Georgetown University, an M.A. in sociology from George Mason University, and a B.A. in psychology from Vassar College.

The Alexandria Poet Laureate program was reestablished in 2007 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. Past incumbents have included Wendi Kaplan, Mary McElveen, Amy Young, Tori Lane Kovarik, Ryan Wojanowski and Jakarta. To become involved or to learn more about the Literary Programs visit the City’s Literary Programs webpage.

Congratulations to the Fiscal Year 2023 Annual Arts Program Grantees

The Alexandria Commission for the Arts and the Office of the Arts joins everyone in Alexandria in congratulating the Fiscal Year 2023 Annual Arts Program grantees. Throughout the year, Alexandrians are enriched by the works of these groups and many other arts groups in the city.

 Alexandria Choral Society: Alexandriachoralsociety.org
 Alexandria Citizens Band: alexandriacitizensband.org
 Alexandria Film Festival: AlexandriaFilm.org
 Alexandria Harmonizers: Harmonizers.org
 Alexandria Symphony Orchestra: Alexsym.org
 Armed Services Arts Partnership: Asapasap.org
 The Art League: TheArtLeague.org
 Arts on the Horizon: ArtsOnTheHorizon.org
 Eclipse Chamber Orchestra: Eclipseco.org
 Heard: heardnova.org
 Local Motion Project: localmotionproject.org
 MetroStage: Metrostage.org
 Quintango: Quintago.com
 Sound Impact: SoundImpact.org
 The Thirteen Choir: TheThirteenChoir.org
 UpCycle Creative Reuse Center: UpCycleCRC.org
 Young Playwrights Theater: yptdc.org
MAKE THE WORLD A BETTER PLACE. Investigate Alexandria’s natural resources and its inhabitants and learn how to care for the environment. Don’t wait, quench your curiosity today.

NATURE

Little Adventures +ADULT
Ages 3-5 with adult. Explore the natural world and Dora Kelley Nature Park with an environmental educator as we search for animal homes and signs of fall. We will play games, make crafts, and go for a forest walk (weather permitting). Fee covers cost of all three in-person sessions.
269800-01 F 10:30am-12pm 10/14-12/9 3 $35 BFNC

Spider Web Wonders!
Ages 3-5. It’s a wild, eight-legged world out there! Discover the fascinating ways of these eight-legged creatures. We’ll play games, make crafts, and take a hike to explore the spidery world of Dora Kelley Nature Park.
269834-01 Sa 10-11:30am 10/29 1 $5 BFNC

Tracks and Traces
Ages 4-8. Whose tracks are those? Learn how to identify animal tracks and signs in Dora Kelley Nature Park. Program includes a short presentation, a craft, and a walk through the woods!
269818-01 Sa 10-11:30am 12/17 1 $5 BFNC

Amazing Newts!
Ages 5-9. Does a newt look more like a frog or a lizard? It’s neither! Learn about these unique amphibians and how their life cycles make them special. We’ll hike through the forest in search of these creatures, and you will get to meet some that live at the Nature Center.
269840-01 Sa 10-11:30am 11/5 1 $5 BFNC

Decorate a Tree for Birds
Ages 5-11. Birds need a holiday too! Make birdseed ornaments and garlands to decorate a backyard tree for our feathered friends. All materials included.
269816-01 Sa 10:30-11:30am 11/12 1 $5 BFNC

Winter Sleepers
Ages 6-10. Come to the Nature Center in your pajamas and learn all about the animals that sleep through the winter. We’ll meet some winter sleepers, make a craft, and have a winter snack!
269822-01 F 7-8:30pm 10/21 1 $19 BFNC

Nature Mystery: Spooky Night! +ADULT
Ages 6 & up w/adult. Little Box Turtle saw something spooky last night! Parents/guardians will help their child solve the mystery of what is haunting the Nature Center. Meet the animal witnesses, investigate clues, and make your own detective’s notebook!
269850-01 Sa 10:30am-12pm 10/22 1 $5 BFNC

Ecosystem Engineers
Ages 7-10. Did you know that some animals can change the world around them? Learn how Ecosystem Engineers like beavers and elephants shape their environment and make it a better place for animals to live. With hands-on activities, you can become an ecosystem engineer and make your own mini habitat!
269851-01 Sa 10:30am-12pm 11/5 1 $5 BFNC

Jerome “Buddie” Ford Nature Center alexandriava.gov/NatureCenter
5750 Sanger Ave.  •  703.746.5559  •  Hours: W-Sa 10 am-4 pm year-round

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

Weekdays at the Nature Center
All mini-interactive start at 11 am and are free and open to the public.

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

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

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

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<tr>
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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.

### Sports Classes & Leagues

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### Enrichment

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<tr>
<td>Lil Gymmies</td>
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*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.

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<tr>
<th>Age in Years</th>
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<td>Creative Modern Dance</td>
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<td>Hip Hop We Don’t Stop</td>
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<td>Mommy &amp; Me Grooves!*</td>
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<td>Twoosy Doodlers*</td>
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*Requires guardian and child participation
Kids Day Out

Ages 5-12 for General Recreation and Ages 6-21 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. Please contact the Nannie J. Lee office at 703.746.5535 for more information or to sign up.

203001-01  M 9am-6pm   9/26  1  $35  NLRC
203001-02  W 9am-6pm   10/5  1  $35  NLRC
203001-03  M 9am-6pm   10/24 1  $35  NLRC
203001-04  Tu 9am-6pm  10/25  1  $35  NLRC
203001-05  Th 9am-6pm  11/3   1  $35  NLRC
203001-06  F 9am-6pm  11/4   1  $35  NLRC
203001-07  W 9am-6pm  11/23  1  $35  NLRC
203001-08  M 9am-6pm  12/19  1  $35  NLRC
203001-09  Tu 9am-6pm 12/20  1  $35  NLRC
203001-10  W 9am-6pm 12/21  1  $35  NLRC
203001-11  Th 9am-6pm 12/22  1  $35  NLRC
203001-12  Tu 9am-6pm 12/27  1  $35  NLRC
203001-13  W 9am-6pm 12/28  1  $35  NLRC
203001-14  Th 9am-6pm 12/29-12/29 1  $35  NLRC
203001-15  F 9am-6pm 12/30-12/30 1  $35  NLRC

Youth Achieving Greatness

Ages 5-15. Participants will be thoroughly engaged in structured enrichment activities to increase their learning, independence, social, and leadership skills in a small group setting (1:15 staff to child ratio). This specialized program will be FUN with a PURPOSE which integrates a variety of activities, such as tutoring, physical fitness, cooking, chess, gymnastics, music, performing arts, cooperative games and more!

243002-01  M-F 2:30-6pm  8/22-12/16  74  $399  NLRC

TR Achieving Greatness

Ages 6-21. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535.

203000-00  M-F 2:30-6pm  8/22-9/30  27  $149  NLRC
203000-01  M-F 2:30-6pm  10/3-10/31  17  $149  NLRC
203000-02  M-F 2:30-6pm  11/1-11/30  18  $149  NLRC
203000-03  M-F 2:30-6pm  12/1-12/16  12  $149  NLRC

Afterschool Teen Club

Ages 12-15 in grades 6-9. The newly renovated, 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.

243003-01  M-Th 3:30-6:30pm  8/22-6/15  172  $199  CKRC

Afterschool & Out of School Programs

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 Department of Recreation, Parks & Cultural Activities.

alexandriava.gov/Recreation

Visit us online

facebook.com/RPCAAlexandriaVA

Like us on Facebook

Sign up for eNews

alexandriava.gov/eNews

Watch social media for pop-up programs!
WHAT’S HAPPENING? Stay in the know with our new selection of trips and activities. There’s fun for the whole family!

COMMUNITY ACTIVITIES

Water Explorers Sing Along
Ages 6 mos-3 years with adult. Come explore Under the Sea with us. See what adventures you find in the pool; play some games and sing some songs!

Ages 6 – 23 mos.
234239-01 9/10 9:30-10:15am $15

Ages 2 – 3 yrs.
234239-02 9/10 10:30-11:15am $15
234239-03 12/17 9:30-10:15am $15
234239-04 12/17 10:30-11:15am $15

Breakfast with Santa
Ages 2-8. Santa and his elves are making a stop at Mt. Vernon Recreation Center for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer! Mask Required
283823-01 Sa 10am-12pm 12/10 1 $15 MVRC

National Dance Day Celebration
Ages 3 & up. Break out in a twirl or a twostep! As a cardiovascular dance has several health benefits including improved muscle tone, flexibility and strength and improved balance- plus it’s fun! Join us for a celebration of National Dance Day and get the chance to sample different classes that we offer in the city for both youth and adults. Buy a single pass or a family pass to enjoy multiple classes throughout the day!

Single person pass
255213-01 Sa 10am-7pm 9/17 1 $5 ODRC

Family pass
255213-02 Sa 10am-7pm 9/17 1 $20 ODRC

Santa’s Rockin’ Brunch!
Ages 4-8. Come Celebrate with Santa!! Kids won’t want to miss this fun special interactive show to include: singing some of Santa’s favorite songs, making a holiday craft, and hearing Santa’s favorite story. Afterwards kids will have a chance to visit and have a picture with Santa. Includes a continental breakfast.
283717-01 Sa 11am-12:30pm 12/10 1 $9 CRKC

Parents Night Out
Age 5-12. Come in for an evening of fun and games so the parents can enjoy a night on the town. The program includes dinner, movie and gym games.
283813-01 F 6:30-9:00pm 11/18 1 $25 MVRC

Santa’s FUN-derland
Ages 5-12. Encounter the magic of the holiday season at Santa’s Funderland! Our festively decorated historic gym is sure to warm your heart and delight your child. Create holiday themed crafts decorate edible snacks and engage in activities.
243620-01 Th 5-7:30pm 12/15 1 $9 CRKC

Have a Ball! Sports Birthday Party
Ages 5-12. Kids will get a kick out of our sports birthday parties! Choose from Soccer, Lacrosse, Flag Football or Nerf Fencing themes, and our staff will organize fun games for your birthday child and friends. Package includes 45 minutes of directed activity provided, 45 minutes of additional party room usage. Sports supplies included. Maximum groups of 15 kids.
285206-00 Sa 11am-4pm 9/10-12/17 13 $225 ODRC

Competitive Builders Tournament
Ages 6-12. Compete in the first ever Alexandria Competitive Builders Tournament. Participants will be judged on speed, accuracy, and creativity. Creations will be judged anonymously with the winner of the competition walking away with a 1500-piece Lego kit. Do you have what it takes to out build your friends?
294101-01 Sa 10-11:30am 12/10 1 $9 WRRC

Nerf the Turf
Ages 7-12. More than a battle with foam darts, kids develop teamwork, problem-solving, and sportsmanship skills. Bring gear and equipment, and we will supply the ammo.
284007-01 F 6:30-8:30pm 10/14 1 $15 PHES
284007-02 F 6:30-8:30pm 11/4 1 $15 PHES
284007-03 F 6:30-8:30pm 11/18 1 $15 PHES
284007-04 F 6:30-8:30pm 12/9 1 $15 PHES

Fido’s Scavenger Hunt
All Ages. Want to go on a adventurous scavenger hunt this spring? Well look no further; the Charles Houston Recreation Center is hosting its annual Dog Scavenger Hunt. Go out for a nice walk with Fido, while solving riddles that leads to tasty treats. We will meet and disperse from the front of Charles Houston on Wythe St. This scavenger hunt is approximately 1.5 miles for our furry friends and owners. Rain date will be the following Saturday.
213612-01 Sa 8:10am 9/10 1 $10 CHRC

Family Cosmic Skate Night
All Ages. Family Cosmic Skate Night is Back! Flashing lights! Blasting tunes! Put on your skates and zoom zoom zoom!!! Head to Leonard Armstrong Recreation Center for Family Cosmic Skate Night! Families can use skates from the center or bring their own skates to enjoy an exciting evening of family friendly activities. $5 per person and $15 for a family of 4.
283710-01 F 6:30-8:30pm 11/4 1 $5 CRKC

Adult co-ed pick-up Dodgeball
Ages 18 & up. Dip, Dodge, dive, and duck as you survive to victory in our co-ed adult open pick-up social dodgeball. Pick-up dodgeball is for those adults willing to have fun, socialize, and demonstrate a high level of sportsmanship on the court. No experience needed to participate.
283719-01 M 6:30-8:30pm 9/19-10/17 5 $45 CKRC
COMMUNITY EVENTS

Hispanic Heritage Celebration

All Ages. Join us as we celebrate Hispanic Heritage Month celebration with a community dance to promote diversity and cultural awareness in the recreation center by embracing and recognizing our Latino cultural experience. The evening will include music, refreshments, and displays for the community to enjoy. $5 per person and $15 for family of 4.

283703-01 F 6:30-8:30pm 9/23 1 $5 CKRC

Tons of Trucks

All Ages. Children of all ages will have the unique opportunity to explore their favorite vehicles, get behind the wheel, and meet the people who protect, build, and serve our City. Event is rain or shine. Note: Online sales close at 5:00pm 10/14, but tickets can still be purchased at the event entrance.

284203 S 10am-1pm 10/15 $5/person CQRC

$15/family of four.

Halloween Spirit Weeks

Celebrate a safe Halloween with friends in your neighborhood.

Halloween Bingo & Pumpkin Carving 6:30-8:30pm, All Ages, $10/person, CHRC
Join us for bingo & treats. We will be carving out our scariest pumpkins followed by a few rounds of Halloween Bingo. Costumes optional but highly encouraged.

Fall Harvest 12:30-3pm, All Ages, Free, CHRC – Kick off the Chick Armstrong Halloween season with our OSTP Halloween Fest for families. This spooky event will feature food vendors games music and costume contest for the entire family.

Monster Rally 6:15-8:15pm, Ages 4 & up, Free, CQPK – Come dressed in your costume and be ready to have some tennis fun! Enjoy music tennis instruction treats photos and lots of fun. Registration is required. Ages 4-12 #284201-01, Ages 13 & up #284201-01

Floating Pumpkin Patch 6:15-8:15pm, All Ages, $7/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.

Boo-Fest 6-8pm, All Ages, Free, CHRC – Enjoy costume parade, carnival games, moon bounce, arts & crafts, stories, and more.

Family Masquerade Ball 6:30-8:30pm, Ages 5 & up, $9/person, MVRC
Enjoy dancing, photo opportunities, a costume contest and refreshments.

Family October Fest 2022 6:30-8:30pm, Ages 5-12, $5, PHRC – Haunted House, Arts & Crafts, Spooky Musical Chairs, Face Painting, Scary Movies, Spooky Dance and more..
WHAT’S HAPPENING in your neighborhood?

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

SEPTEMBER

17-18 Alexandria Old Town Art Festival presented by Howard Alan Events & American Craft Endeavors
Sat & Sun 10am-5pm · 300 John Carlyle St. · 561.746.6615 · artfestival.com

OCTOBER

5 27th Annual Art on the Avenue presented by Art on the Avenue
10am-6pm · Mount Vernon Ave. · artontheavenue.org

15 Tons of Trucks presented by City of Alexandria
10am-1pm · Chinquapin Park, 3210 King St. · Lindsay Burneson: 703.746.5457 or lindsay.burneson@alexandriava.gov

NOVEMBER

19 City Tree Lighting presented by City of Alexandria
6-7pm · Market Square, 301 King St · Events Hotline: 703.746.5592

DECEMBER

3 49th Annual Scottish Christmas Walk presented by City of Alexandria, The Campagna Center, and Visit Alexandria
11am-1pm · Historic Old Town Alexandria · VisitAlexandria.com or 703.838.5005

Holiday Boat and Parade of Lights presented by Visit Alexandria and Redpeg Marketing
4-9pm · Alexandria City Marina · Antoine Williams: 703.519.6699

11 Alexandria Invitational Cheerleading Competition presented by City of Alexandria
2pm, Alexandria City High School · Tamika Coleman: 703.746.5402

TBD Santa’s Winter Wonderland presented by City of Alexandria and ARHA
5-9pm · Charles Houston Recreation Center, 901 Wythe St. Debbie Woodbury: 703.746.5552 or alexandriava.gov/Recreation

31 First Night Alexandria presented by First Night Alexandria Board of Directors
2pm-12am · Historic Old Town Alexandria · Information: 703.746.3299 or firstnightalexandria.org
Registration Information

3 Easy Ways to Register!

Registration for Alexandria residents begins Wednesday, August 3 at 9 am
Nonresident registration begins Friday, August 5 at 9 am

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

Drop Off
Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be received 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 pages “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 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: To view the policy and access the Financial Assistance request form, visit alexandriava.gov/12288

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

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

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A $5 fee will be charged to replace lost ID cards. Acceptable forms of identification to verify City residency include:
1. Current VA driver’s license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent’s residency. Parents residency may be verified as stated above.

Senior Discount: City residents 60 and older receive a 20% discount upon request. Visit alexandriava.gov/12288 for details about the newly adopted fee assistance policy.

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.

Waiver:
- Participants in programs 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.
- Participants in programs 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.
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- Participants in programs 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.
### HOUSEHOLD INFORMATION - PLEASE PRINT

*Required Information. Refund Policy included in registration information on previous page.

- **Name of Head of Household (First/Last)______________________________**
- **Address___________________________Check if change of [ ] Address [ ] Phone [ ] Email - Effective Date ____________**
- **Home Phone ______________________Work Phone ______________________Cell Phone ________________________**
- **Head of Household Birthday ____/____/____Male/Female? (Circle) Email Address ________________________________**

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

<table>
<thead>
<tr>
<th>Participant’s Name</th>
<th>Gender</th>
<th>Date of Birth</th>
<th>Activity Title</th>
<th>Activity #</th>
<th>Start Date</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joey Sample</td>
<td>M</td>
<td>1/2/12</td>
<td>Soccer Tots</td>
<td>322610-01</td>
<td>1/18/18</td>
<td>$169</td>
</tr>
</tbody>
</table>

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

**Make checks payable to “City of Alexandria”**

**PLEASE READ AND SIGN BELOW:**

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

**Signature required of adult participant, parent or guardian of child ________________________________ Date ____________**

**UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS**

**FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS**

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

**REGISTRATION METHOD**

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

- **Web:**
  - alexandriava.gov/Recreation

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

**For Office Use Only:**

- Check #: _____________ Amt: ______
- Date Received: ___________ Staff: ______
See the Fun Finder Index on pages 23-25 for a listing of recreation opportunities for ages 55 and up or look for the icon throughout this program guide.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2022 Olympics will be held Sept. 10-24 at 27 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50-100 are anticipated to take part in more than 50 events including Badminton, Basketball Field Goals, Bocce, Bowling-Ten Pin, Wii, Bridge-Duplicate, Bunco, Comhole, Cribbage, 10K & 20K Cycling, Diving, Dominoes-Mexican Train, 5-K Run, Football Throw, Frisbee, Golf, Horse-shoes, Mah Jongg, Miniature Golf, Pickleball, Pool-Eight-Nine Ball, Rowing ERG, Scrabble, Softball Hit & Throw, Swimming, Table Tennis, Tennis, Track & Field, Yo-Yo, Orienteering, Beach Ball Wallyball, Line Dancing, Jigsaw Puzzle. For information visit 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.

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, 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.

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.

Safe Place is a national youth outreach program, which brings together several City agencies to provide immediate help and safety for young people facing abuse, neglect, bullying or other crisis situations. All neighborhood recreation centers and fire houses in Alexandria are Safe Place sites. For more information, contact the Alexandria Safe Place Office at 703.746.5400. For help, text the word SAFE and your current location (address/city/state) to 69866 or 4HELP (44357).

Safe Place & Bully Free Starts With Me!

Alexandria National Safe Place - A Safe Haven For Youth

Safe Place is a national youth outreach program, which brings together several City agencies to provide immediate help and safety for young people facing abuse, neglect, bullying or other crisis situations. All neighborhood recreation centers and fire houses in Alexandria are Safe Place sites. For more information, contact the Alexandria Safe Place Office at 703.746.5400. For help, text the word SAFE and your current location (address/city/state) to 69866 or 4HELP (44357).

Bully Free Starts With Me

Nearly 40 percent of Alexandria middle school students and 15 percent of high school students report being bullied on school property. The goal of the Mayor’s Campaign to End Bullying is to increase awareness about the effects of bullying and to prevent bullying among Alexandria’s youth. For information, visit alexandriava.gov/EndBullying.
INDIVIDUALS WITH DISABILITIES

Therapeutic Recreation 1108 Jefferson St. 703.746.5422 VA Relay 711

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

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

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

GET INVOLVED

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
  - Leonard “Chick” Armstrong Recreation Center
  - Mount Vernon Recreation Center
  - William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation

For available opportunities, select the link at 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.
For directions and an interactive map of parks and community centers searchable by amenities, visit alexandriava.gov/ParkLink
<table>
<thead>
<tr>
<th>Programmed Parks &amp; Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
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<td><strong>2</strong></td>
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<td><strong>28</strong></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>John Adams Elementary School &amp; Recreation Center</td>
<td>5651 Rayburn Ave.</td>
</tr>
<tr>
<td>Jones Point Park (National Park Service)</td>
<td>100 Jones Point Dr.</td>
</tr>
<tr>
<td>Joseph Hensley Park</td>
<td>4200 Eisenhower Ave.</td>
</tr>
<tr>
<td>King Street Gardens Park</td>
<td>1806 King St.</td>
</tr>
<tr>
<td>Lee Center &amp; Nannie J. Lee Recreation Center</td>
<td>1108 Jefferson St.</td>
</tr>
<tr>
<td>Lenny Harris Memorial Fields at Braddock Park</td>
<td>1005 Mt. Vernon Ave.</td>
</tr>
<tr>
<td>Lyles Crouch Memorial Fields at Braddock Park</td>
<td>530 S. Saint Asaph St.</td>
</tr>
<tr>
<td>Market Square</td>
<td>301 King St.</td>
</tr>
<tr>
<td>Maury School</td>
<td>600 Russell Rd.</td>
</tr>
<tr>
<td>Minnie Howard Field &amp; School</td>
<td>3701 W. Braddock Rd.</td>
</tr>
<tr>
<td>Montgomery Park</td>
<td>901 N. Royal St.</td>
</tr>
<tr>
<td>Mount Vernon Elementary School &amp; Recreation Center</td>
<td>2701 Commonwealth Ave.</td>
</tr>
<tr>
<td>Oronoco Bay Park</td>
<td>100 Madison St.</td>
</tr>
<tr>
<td>Oswald Durant Center</td>
<td>1605 Cameron St.</td>
</tr>
<tr>
<td>Old Town Pool Seasoned</td>
<td>1609 Cameron St.</td>
</tr>
<tr>
<td>Patrick Henry Recreation Center</td>
<td>4653 Taney Ave.</td>
</tr>
<tr>
<td>Potomac Yard Park</td>
<td>2051 Potomac Ave.</td>
</tr>
<tr>
<td>Stevenson Park</td>
<td>300 Stultz Rd.</td>
</tr>
<tr>
<td>Torpedo Factory Plaza, City Marina, 0 Cameron St.</td>
<td></td>
</tr>
<tr>
<td>Warwick Pool Seasoned</td>
<td>3301 Landover St.</td>
</tr>
<tr>
<td>Waterfront Park</td>
<td>1A Prince St.</td>
</tr>
<tr>
<td>William Ramsay Elementary School &amp; Recreation Center</td>
<td>5700 &amp; 5650 Sanger Ave.</td>
</tr>
<tr>
<td>Windmill Hill Park</td>
<td>501 S. Union St.</td>
</tr>
<tr>
<td>Witter Recreational Fields</td>
<td>2700 Witter Dr.</td>
</tr>
</tbody>
</table>

### 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
city.marina@alexandriava.gov

Hours of Operation:
November – March  April – October
M – Su: 9am-5pm     M – Su: 9am-9pm
Closed some City holidays.

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

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

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

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

Open Space
Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City’s open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100 acres have been added to the City’s public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

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

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

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

CONTACT INFORMATION

- DIRECTOR’S OFFICE 703.746.5500
  James B. Spengler, Director: james.spengler@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

- VA RELAY 711
- 24-HOUR HOTLINES
  Alexandria Safe Place 703.746.5400
  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
  Coed & Women Sports 703.746.5595
  Men Sports 703.746.5596
  Youth Sports 703.746.5597
  Facility & Fields 703.746.5598

Recreation Classes & Camps 703.746.5414
Special Events & Major Park Rentals 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. Optional add-ons: Balloon package $25; Giant pool inflatable $75.
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
Optional add-ons: Balloon package $25; Bounce house $49 (Chinquapin only).

⭐ Nature Friends Party
2 hr. party featuring live animals, a nature-oriented activity and party room. $225 for 14 children ages 4-12, additional $10 per child up to 20 total.
Jerome “Buddie” Ford Nature 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.

Picnic, Facility & Event Reservations

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

To start planning an event, follow these simple steps:

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

2) Contact a specialist
Indoors: To reserve, call the location listed on page 40.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5408.
To reserve a park, see below:

Picnic Area Reservations
Call 703.746.5414 about 4-hr
Picnic Area Reservations* at:
- Armistead L. Boothe Park
- Ben Brenman Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park
- Lee Center
- Old Town Pool

Waterfront Parks
Call 703.746.5420 for hourly rate information regarding:
- Waterfront Park
- Oronoco Bay Park
- Windmill Hill Park
- Montgomery Park
- King Street Gardens Park

* If your event may include any of the following, please contact Special Events at 703.746.5420 for application and permit information:
- use of moon bounce, amplified sound, propane and/or tent
- admission charge
- reserved parking and/or road closures

3) Finalize reservation
A specialist will provide pricing and application information and confirm availability, then provide information for you to obtain necessary permits for your event. Please refer to the City Special Events Policy at alexandriava.gov/Recreation 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
- Waterfront Park Rentals for events
- Event and Concert Sponsorship Opportunities

Contact Events & Public Space Activation at 703.746.5420 for more information.

Make your next event special.

Connecting you to active and open spaces in your neighborhood

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

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

- **Amenities On-site**
- **Available for Rental**

*Rental hours may exceed operating hours.*

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

<table>
<thead>
<tr>
<th>Center</th>
<th>Address</th>
<th>Phone Number</th>
<th>Operating Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charles Barrett Recreation Center</td>
<td>1115 Martha Custis Dr., 22305</td>
<td>703.746.5551</td>
<td>Sept-June: Mon-Fri 2-6pm, July-Aug: Mon-Fri 9am-6pm</td>
</tr>
<tr>
<td>Charles Houston Recreation Center</td>
<td>901 Wythe St., 22314</td>
<td>703.746.5552</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm, Sun: 1-5pm, Teens: Fri: 9pm-12am, Sat: 6pm-12am</td>
</tr>
<tr>
<td>Chinquapin Park Recreation Center &amp; Aquatics Facility</td>
<td>3210 King St., 22314</td>
<td>703.746.5553</td>
<td>Mon-Thu: 6am-9pm, Fri: 6am-6pm, Sat-Sun: 8am-6pm</td>
</tr>
<tr>
<td>Leonard “Chick” Armstrong Recreation Center</td>
<td>25 West Reed Ave., 22305</td>
<td>703.746.5554</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm</td>
</tr>
<tr>
<td>Oswald Durant Center</td>
<td>1605 Cameron St., 22314</td>
<td>703.746.5560</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm</td>
</tr>
<tr>
<td>Jerome “Buddie” Ford Nature Center</td>
<td>5750 Sanger Ave., 22311</td>
<td>703.746.5559</td>
<td>Wed-Sat: 10am-5pm, April-Oct: Sun: 1-5pm</td>
</tr>
<tr>
<td>Lee Center</td>
<td>1108 Jefferson St., 22314</td>
<td>703.746.5414</td>
<td>Mon-Fri: 9am-9pm, R&amp;R Office: Mon-Fri 9am-7pm</td>
</tr>
<tr>
<td>Mount Vernon Recreation Center</td>
<td>2701 Commonwealth Ave., 22301</td>
<td>703.746.5556</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm</td>
</tr>
<tr>
<td>Nannie J. Lee Recreation Center</td>
<td>1108 Jefferson St., 22314</td>
<td>703.746.5550</td>
<td>Mon &amp; Wed: 12-9pm, Tue, Thu: 12-6pm</td>
</tr>
<tr>
<td>Patrick Henry Recreation Center</td>
<td>4653 Taney Ave., 22304</td>
<td>703.746.5557</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm</td>
</tr>
<tr>
<td>Torpedo Factory Art Center</td>
<td>105 N. Union St., 22314</td>
<td>703.746.4570</td>
<td>Sun-Wed &amp; Fri-Sat: 10am-6pm, Thu: 10am-9pm</td>
</tr>
<tr>
<td>William Ramsay Recreation Center</td>
<td>5650 Sanger Ave., 22311</td>
<td>703.746.5558</td>
<td>Mon-Fri: 9am-9pm, Sat: 9am-6pm, Teens: Fri: 9-11pm, Sat: 6-11pm</td>
</tr>
</tbody>
</table>

Each City of Alexandria Community Center listed above is a designated SAFE PLACE. See page 32 for more details.
Parties Galore!

**Pool Party**
1 hr. pool and 2 hr. party room for children ages 6 & up. Max 19.
$149 Resident rate (adults free). *Add a balloon package with your choice of colors for only $25, and add a giant pool inflatable for $75.*
Chinquapin Park Recreation Center & Aquatics Facility, 703.746.5553

**Soft Play Party**
1 hr. soft play room and 2 hr. party room for ages 5 & under.
Max 16. $149 resident rate (adults free). *Add a balloon package with your choice of colors for only $25, and add a bounce house for $49 (Chinquapin only).*
Charles Houston Recreation Center, 703.746.5552
Chinquapin Park Recreation Center, 703.746.5553

**Nature Friends Party**
2 hr. party featuring live animals, a nature-oriented activity, outdoor hike and party room. $225 for 14 children ages 4-12, additional $10 per child up to 20 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

Celebrate with us!

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

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

Afterschool fun for grades K-6.
Join us as we create an inclusive, engaging and fun afterschool utopia!

Have the Best Time!
Meet friends, play, build, learn and grow through a variety of recreation, enrichment and leisure activities. Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework time. See page 26 for details. Join us for an Epic Adventure this school year!