



RECREATION FOR AGES 55 & UP



It's all inside...

Fitness Passes, Classes, Activities and Sports

SPRING & SUMMER FEATURES

ANNUAL SENIOR APPRECIATION – SPIRIT CRUISE OUTING

Friday, June 2, 11 a.m.-4 p.m.

Location: CKRC

May is Senior Citizen Month.

This year's celebration for recognition and appreciation of our seniors will take place on the Spirit Cruise (Spirit of Washington). Seniors will cruise on the Potomac River and enjoy spectacular sightseeing, lunch, and live entertainment. \$80.

Activity #483703-01.



SENIOR STRETCHING

Mondays, 11:30 a.m.-12:15 p.m.

April 17 - May 22 &

June 5 - July 24

Location: PH

This low-impact stretching class is designed for seniors to improve range of motion, increase circulation, decrease potential injury, and improve rest. \$55. Activity #414007-01 & 114012-01.

SENIOR CARDIO & WEIGHT TRAINING

Wednesdays, 12-1 p.m.

April 12 - May 17,

May 24 - June 28 &

July 5 - Aug 9

Location: PH

Senior Cardio & 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. \$55. Activity #114003-01, 44003-02, 414013-01.



SENIOR BODY PART AEROBICS

Mondays & Fridays, 10-11 a.m.

April 3 - May 8, May 15 - June 23

& June 26 - July 7

Location: PH

Senior Body Part Aerobics is a low-impact fitness program that incorporates an aerobics

workout and everyday movements to tone and sculpt the body while using a chair for stability. \$55. Activity #414013-01, 114013-01, 414013-02.

City residents 60 and older receive a 20% discount upon request.

Contact the Registration & Reservation Office at 703.746.5414 for more information.
Schedules and fees are subject to change.

FITNESS PASSES

NEIGHBORHOOD FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$6	\$10
3-month Pass	\$95	\$80
6-month Pass	\$85	\$150
12-month Pass	\$140	\$250

Neighborhood Fitness Passes are valid at the following recreation centers:

Charles Houston Recreation Center

901 Wythe St., Alexandria, VA 22314, 703.746.5552
Mon.-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.
Sunday: 1-5 p.m.

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave., Alexandria, VA 22305, 703.746.5554

Patrick Henry Recreation Center

4653 Taney Ave., Alexandria, VA 22304, 703.746.5557
Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

William Ramsay Recreation Center

5650 Sanger Ave., Alexandria, VA 22311, 703.746.5558
Monday-Friday: 9 a.m.-9 p.m. & Saturday: 9 a.m.-6 p.m.

CHINQUAPIN PARK RECREATION CENTER & AQUATICS FACILITY FITNESS PASSES

	Alexandria Residents	Nonresidents
Single Day Pass	\$9	\$12
1-month Pass	\$55	\$100
6-month Pass	\$260	\$500
12-month Pass	\$465	\$885

Chinquapin Park Recreation Center & Aquatics Facility

3210 King St., Alexandria, VA 22302, 703.746.5553
Monday-Thursday: 6 a.m.-9 p.m.
Friday: 6 a.m.-6 p.m. & Saturday-Sunday: 8 a.m.-6 p.m.

Amenities include:

- 25-meter pool w/diving well
- Racquetball Courts
- Locker rooms with saunas
- Facility Rentals
- Fitness Room

Alexandria residents 60 and older receive are eligible to receive 20% discount on daily and monthly passes.

CLASSES FOR 55+

20% Discount

AQUATIC EXERCISE (DROP-IN)

Tuesdays & Thursdays

8:15-9 a.m. & 9:30-10:15 a.m.

April 11 - June 15 & June 20 - Aug 17

Location: CQ



Improve muscular and cardiovascular strength without jumping, running or swimming. Eliminate joint aches and improve balance. Email candicekaup@yahoo.com or call 707.863.1898. Activity #434217-01, \$265. #434217-02, \$225.

CHINQUACIRCUIT GOLD (DROP-IN)

Tuesdays

April 11 - June 13, 9:00-9:45 a.m. &

June 27 - Aug 29, 9:05-9:50 a.m.

Location: CQ

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 is \$12. Activity #414211-01, \$115. #114211-01, \$105.

WALK & FIT TRAINING

Wednesdays, 10-11 a.m.

April 12 - May 17, May 24 - June 28 &

July 5 - August 9

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. \$55. Activity #414001-01, 414001-02 & #114001-01.





LOCATIONS

- CH Charles Houston Recreation Center**
901 Wythe St., 22314, 703.746.5552
- CQ Chinquapin Park Recreation Center & Aquatics Facility**
3210 King St., 22302, 703.746.5553
- CK Leonard "Chick" Armstrong Recreation Center**
25 West Reed Ave., 22305, 703.746.5554
- MV Mt. Vernon Recreation Center**
2701 Commonwealth Ave., 22301, 703.746.5556
- NL Nannie J Lee Recreation Center**
1108 Jefferson St., 22314, 703.746.5550
- PH Patrick Henry Recreation Center**
4653 Taney Ave., 22304, 703.746.5557
- WR William Ramsay Recreation Center**
5650 Sanger Ave., 22311, 703.746.5558

FREE ACTIVITIES & SPORTS WEEKLY CALENDAR

Sunday

1-3 p.m.	Pickleball (1st & 3rd Sunday)	CH
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Monday

9-10 a.m.	Del Ray Walking Group	MV
10-11 a.m.	Zumba	CK
12-2 p.m.	Pickleball	NL

Tuesday

9-10 a.m.	Walking Club	CK
10:15-11:15 a.m.	Dance Fitness	CK
12-2 p.m.	Pickleball	NL
11 a.m.-12 p.m.	Coffee Social Hour	CK

Wednesday

10-11 a.m.	Zumba	CK
10 a.m.-1 p.m.	Bridge (Select W)	NL
11:30 a.m.-2 p.m.	Pickleball	PH
6-9 p.m.	Pickleball	PH

Thursday

9-10 a.m.	Walking Club	CK
9 a.m.-12 p.m.	Pickleball	CH
10 a.m.-2 p.m.	Knitting	MV
10-11:30 p.m.	Table Tennis	CK

Friday

9-10 a.m.	Del Ray Walking Group	MV
9 a.m.-12 p.m.	Pickleball	CH
11 a.m.-1 p.m.	Silver Screen Movie (3rd Fri.)	CK
11 a.m.-1:30 p.m.	Game Day	CK
6:30-8:30 p.m.	55+ Game Night	MV

Saturday

9-10 a.m.	Del Ray Walking Group	MV
9 a.m.-1 p.m.	Table Tennis	WR
11 a.m.-12 p.m.	Tai Chi	MV

Free activity and sport descriptions on next page.

FREE ACTIVITIES

55+ GAME NIGHTS Play table games and cards while enjoying entertainment, refreshments, and new friends.

BRIDGE Play cards with neighbors and friends in a relaxed and fun atmosphere.

COFFEE SOCIAL HOUR Enjoy coffee and cake with new and old friends. This activity rotates through the month. Contact the center for a date.

DANCE FITNESS Learn the basic steps of line dance for new and old dances. No partner needed.

DEL RAY ROBUST WALKING GROUP This wholesome pathway to successful aging weaves low-intensity exercises into a walk.

DEL RAY SENIORS Social gatherings to discuss healthy living, exercise and fitness, screenings and recreational and leisure opportunities. Enjoy quarterly luncheons, field trips and guest speakers. Fee may apply for activities.

DUN LO ARTS Seniors learn to paint in a group setting. Art exhibits take place each May and December. For more information, call Rhoda Seligmann at 703.751.7924.

GAME DAY Enjoy board games, cards, or billiards in a fun social environment. Contact center for dates.

KNITTING Knitters at various skill levels socialize and knit scarves, hats, sweaters, blankets, etc. Bring materials.



SILVER SCREEN MOVIE Seniors, pop on over for a great time watching movies and enjoying snacks. Bring a movie or make a suggestion for the group. Scheduled bi-monthly. Contact center for date.

STRENGTH AND CONDITIONING A self-directed group activity to encourage pursuing a personal fitness plan. Recreation Center ID and Fitness Pass are required.

TABLE TENNIS Join us for a few hours of table tennis as we 'Get Active to Stay Active.' Play on two tables with balls and paddles provided. All skill levels are welcome.

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.

WALKING CLUB Connect with others who share your health goals and be a part of a fun group! May-August 2023. Contact the Center to confirm.

ZUMBA Want to have fun while exercising? This safe, self-directed fitness workout combines Latin dance and modern day hip hop.

SPORTS

ADULT PICKLEBALL What do you get when you combine badminton, tennis and ping-pong? A popular and quickly growing sports program ideal for active adults. Stay fit while enjoying weekly challenges with friends.

SENIOR WOMEN'S BASKETBALL Stay healthy and have fun playing 3 on 3 half-court basketball. Fellow players will help sharpen your skills through scrimmage opportunities. Bring an indoor women's basketball and a light and dark shirt.

Adult Sport Leagues vary by season. View a complete listing at alexandriava.gov/Recreation, pick up a Program Guide from any Recreation Center or call 703.746.5409.

Senior Services of Alexandria (SSA)

Provides Meals on Wheels, DOT transportation, a speaker series and a monthly cable television production, *Senior Living in Alexandria*.

www.seniorservicesalex.org, 703.836.4414.

Department of Community & Human Services' Aging & Adult Services

Senior Centers serving meals

- *The Senior Center at Charles Houston*, 703.746.5456
- *St. Martin de Porres Senior Center*, 703.751.2766

The Alexandria Adult Day Services Center

Daytime program for older adults with physical and/or cognitive limitations

- *Adult Day Services Center*, 703.746.5676

For a list of all programs, visit alexandriava.gov/Recreation