

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

Alexandria

WINTER 2025 Program Guide

Registration Begins

Residents: December 18

Non-residents: December 20

DISCOVERthe
NATURE
CENTER
page 31

COMMISSION FOR ACCREDITATION OF

CAPRA
ACCREDITED

PARK AND RECREATION AGENCIES



Photo taken at the Jerome "Buddie" Ford Nature Center



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NEW!

New This Season

- Diving, Beginner & Intermediate pg. 8
- Pickleball Tactics & Play pg. 18
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alexandriava.gov/RPCA/Social



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- (INCLUSION)** Programs for all abilities
- (+ADULT)** Adult participation required
- (DROP-IN)** No registration required, show up
- (NEW!)** New this season
- (55+)** Ideal for ages 55 & up. See pg.39
- (TR)** Designed for individuals with disabilities. Assessment required. See pg.37
- (*)** No class on 1/15, 1/20, 1/27, 1/28, 2/7, 2/17 & 3/20

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

CLASS SIZE
Min 6/ Max 10

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

SCHOOLS/OTHER FACILITIES
ACHS Alexandria City High School 3330 King St.
ABPK Armistead L. Boothe Park 520 Cameron Station Blvd.
BBPK Ben Brenman Park 4800 Brenman Park Dr.
DMES Douglas MacArthur Elementary School 1101 Janneys Ln.
FDES Ferdinand T. Day Elementary School 1701 N. Beauregard St.
FHMS Francis C. Hammond Middle School 4646 Seminary Rd.
GWMS George Washington Middle School 1005 Mt. Vernon Ave.
JAES John Adams Elementary School 5651 Rayburn Ave.
JHES Jefferson Houston School 1501 Cameron St.
JPES James K. Polk Elementary School 5000 Polk Ave.
LMFD Limerick Field 1800 Limerick St.
MGPK Montgomery Park 901 N. Royal St.
ODTPL Old Town Pool 1609 Cameron St.
PYPK Potomac Yard Park 2051 Potomac Ave.
SJSP Schuyler Jones Skatepark 3540 Wheeler Ave.
TFAC Torpedo Factory Art Center 105 N. Union St.
WRFD Witter Recreational Fields 2700 Witter Dr.

Your Experience Matters

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

- Responsive
- Courteous
- Professional
- Accountable

Your feedback is important to us!
Please tell us about your experience by completing the survey below:

alexandriava.gov/RPCA/Experience-Survey



The City of Alexandria Department of Recreation, Parks & Cultural Activities received national re-accreditation from the Commission for Accreditation of Park & Recreation Agencies (CAPRA) in September 2024. National accreditation requires that park & recreation agencies meet 155 standards representing elements of effective & efficient park & recreation operations.

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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 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. It is quite common for children to participate in several sessions of a class before they successfully demonstrate all the skills.



Water Explorers 1 **+ADULT**

Ages 6 mos.-3 yrs. With adult. Safety skills and drowning prevention information are an important part of this class. You and your child will participate in activities designed to develop comfort and basic skills, building the foundation for learning to swim. Skills include how to properly support and hold your child in the water, how to safely enter and exit water, moving in the water, breath control, submersion, introducing glides, and back and front floats.

336301-01	Sa	9-9:30am	1/11-2/15	6	\$95	MHAF
336301-02	Sa	10:45-11:15am	1/11-2/15	6	\$95	MHAF
336301-03	Su	9:35-10:05am	1/12-2/16	6	\$95	MHAF
336301-04	Su	11:20-11:50am	1/12-2/16	6	\$95	MHAF
336301-05	Sa	9-9:30am	3/1-4/5	6	\$95	MHAF
336301-06	Sa	10:45-11:15am	3/1-4/5	6	\$95	MHAF
336301-07	Su	9:35-10:05am	3/2-4/6	6	\$95	MHAF
336301-08	Su	11:20-11:50am	3/2-4/6	6	\$95	MHAF
334240-01	Sa	9-9:30am	1/11-2/22	7	\$109	CQRC
334240-02	Sa	10:45-11:15am	1/11-2/22	7	\$109	CQRC
334240-03	Su	10:10-10:40am	1/12-2/23	7	\$109	CQRC
334240-04	Su	11:20-11:50am	1/12-2/23	7	\$109	CQRC
334240-06	Sa	9-9:30am	3/1-4/5	6	\$95	CQRC
334240-07	Sa	10:45-11:15am	3/1-4/5	6	\$95	CQRC
334240-08	Su	10:10-10:40am	3/2-4/6	6	\$95	CQRC
334240-09	Su	11:20-11:50am	3/2-4/6	6	\$95	CQRC

Water Explorers 2 **+ADULT**

Ages 6 mos.-3 yrs. With adult. Builds on skills gained in Water Explorers 1. Through structured play, instructors will guide parents to work with their child developing skills for breath control, floating and gliding, rolling from front to back, arm and leg movement, and entering/exiting the water.

336302-01	Sa	9:35-10:05am	1/11-2/15	6	\$95	MHAF
336302-02	Sa	11:20-11:50am	1/11-2/15	6	\$95	MHAF
336302-03	Su	10:10-10:40am	1/12-2/16	6	\$95	MHAF
336302-04	Su	11:55-12:25am	1/12-2/16	6	\$95	MHAF
336302-05	Sa	9:35-10:05am	3/1-4/5	6	\$95	MHAF
336302-06	Sa	11:20-11:50am	3/1-4/5	6	\$95	MHAF

336302-07	Su	10:10-10:40am	3/2-4/6	6	\$95	MHAF
336302-08	Su	11:55am-12:25pm	3/2-4/6	6	\$95	MHAF
334240-11	Sa	9:35-10:05am	1/11-2/22	7	\$109	CQRC
334240-12	Sa	11:20-11:50am	1/11-2/22	7	\$109	CQRC
334240-13	Su	9:35-10:05am	1/12-2/23	7	\$109	CQRC
334240-14	Su	11:15-11:35am	1/12-2/23	7	\$109	CQRC
334240-16	Sa	9:35-10:05am	3/1-4/5	6	\$95	CQRC
334240-17	Sa	11:20-11:50am	3/1-4/5	6	\$95	CQRC
334240-18	Sa	9:35-10:05am	3/2-4/6	6	\$95	CQRC
334240-19	Su	10:45-11:15am	3/2-4/6	6	\$95	CQRC

Alex Swim Preschool & Me **+ADULT**

Ages 2.5-3 yrs. With adult. This class is for preschoolers who are not ready to participate in a class independently. Your child will work with you and the instructor to develop basic swimming skills, such as breath control, water entry and exit, floating and gliding, rolling from front to back, and arm and leg movement.

334240-21	Sa	10:10-10:40am	1/11-2/22	7	\$109	CQRC
334240-22	Sa	11:55am-12:25pm	1/11-2/22	7	\$109	CQRC
334240-23	Su	9-9:30am	1/12-2/23	7	\$109	CQRC
334240-24	Su	11:55am-12:25pm	1/12-2/23	7	\$109	CQRC
334240-26	Sa	10:10-10:40am	3/1-4/5	6	\$95	CQRC
334240-27	Sa	11:55am-12:25pm	3/1-4/5	6	\$95	CQRC
334240-28	Su	9-9:30am	3/2-4/6	6	\$95	CQRC
334240-29	Sa	11:55am-12:25pm	3/2-4/6	6	\$95	CQRC
336303-01	Sa	10:10-10:40am	1/11-2/15	6	\$95	MHAF
336303-02	Sa	11:55am-12:25pm	1/11-2/15	6	\$95	MHAF
336303-03	Su	9-9:30am	1/12-2/16	6	\$95	MHAF
336303-04	Su	10:45-11:15am	1/12-2/16	6	\$95	MHAF
336303-05	Sa	10:10-10:40am	3/1-4/5	6	\$95	MHAF
336303-06	Sa	11:55am-12:25pm	3/1-4/5	6	\$95	MHAF
336303-07	Su	9-9:30am	3/2-4/6	6	\$95	MHAF
336303-08	Su	10:45-11:15am	3/2-4/6	6	\$95	MHAF

Alex Swim Preschool 1 *****

Ages 3-5. Development of the foundation of swimming strokes and water competency, with positive attitudes and safe practices around the water.

334248-01	M	5:05-5:35pm	1/6-2/24	6	\$95	CQRC
334248-02	M	5:45-6:15pm	1/6-2/24	6	\$95	CQRC
334248-03	M	6:25-6:55pm	1/6-2/24	6	\$95	CQRC
334248-04	Tu	3:45-4:15pm	1/7-2/25	8	\$125	CQRC
334248-05	Tu	4:25-4:55pm	1/7-2/25	8	\$125	CQRC
334248-06	Tu	5:45-6:15pm	1/7-2/25	8	\$125	CQRC
334248-07	Tu	6:25-6:55pm	1/7-2/25	8	\$125	CQRC
334248-08	W	4:25-4:55pm	1/8-2/26	8	\$125	CQRC
334248-09	W	5:05-5:35pm	1/8-2/26	8	\$125	CQRC
334248-10	W	5:45-6:15pm	1/8-2/26	8	\$125	CQRC
334248-11	Th	3:45-4:15pm	1/9-2/27	8	\$125	CQRC
334248-12	Th	4:25-4:55pm	1/9-2/27	8	\$125	CQRC
334248-13	Th	5:05-5:35pm	1/9-2/27	8	\$125	CQRC
334248-14	Th	5:45-6:15pm	1/9-2/27	8	\$125	CQRC
334248-15	Sa	9-9:30am	1/11-2/22	7	\$109	CQRC
334248-16	Sa	10:20-10:50am	1/11-2/22	7	\$109	CQRC
334248-17	Sa	11-11:30am	1/11-2/22	7	\$109	CQRC

334248-18	Su	9-9:30am	1/12-2/23	7	\$109	CQRC
334248-19	Su	9:40-10:10am	1/12-2/23	7	\$109	CQRC
334248-20	Su	10:20-10:50am	1/12-2/23	7	\$109	CQRC
334248-21	Sa	9-9:30am	3/1-4/5	6	\$95	CQRC
334248-22	Sa	10:20-10:50am	3/1-4/5	6	\$95	CQRC
334248-23	Sa	11-11:30am	3/1-4/5	6	\$95	CQRC
334248-24	Su	9-9:30am	3/2-4/6	6	\$95	CQRC
334248-25	Su	9:40-10:10am	3/2-4/6	6	\$95	CQRC
334248-26	Su	10:20-10:50am	3/2-4/6	6	\$95	CQRC
334248-27	Su	11-11:30am	3/2-4/6	6	\$95	CQRC
334248-28	M	5:05-5:35pm	3/3-4/7	6	\$95	CQRC
334248-29	M	5:45-6:15pm	3/3-4/7	6	\$95	CQRC
334248-30	M	6:25-6:55pm	3/3-4/7	6	\$95	CQRC
334244-31	Tu	3:45-4:15pm	3/4-4/8	6	\$95	CQRC
334248-32	Tu	4:25-4:55pm	3/4-4/8	6	\$95	CQRC
334248-33	Tu	5:45-6:15pm	3/4-4/8	6	\$95	CQRC
334248-34	Tu	6:25-6:55pm	3/4-4/8	6	\$95	CQRC
334245-35	W	4:25-4:55pm	3/5-4/9	6	\$95	CQRC
334248-36	W	5:05-5:35pm	3/5-4/9	6	\$95	CQRC
334248-37	W	5:45-6:15pm	3/5-4/9	6	\$95	CQRC
334244-38	Th	3:45-4:15pm	3/6-4/10	6	\$95	CQRC
334248-39	Th	4:25-4:55pm	3/6-4/10	6	\$95	CQRC
334248-40	Th	5:05-5:35pm	3/6-4/10	6	\$95	CQRC
334248-41	Th	5:45-6:15pm	3/6-4/10	6	\$95	CQRC
334248-42	Th	6:25-6:55pm	3/6-4/10	6	\$95	CQRC
336304-01	M	6:25-6:55pm	1/6-2/24	6	\$95	MHAF
336304-02	Tu	7:05-7:35pm	1/7-2/18	7	\$109	MHAF
336304-03	Th	6:25-6:55pm	1/9-2/20	7	\$109	MHAF
336304-04	Sa	9-9:30am	1/11-2/15	6	\$95	MHAF
336304-05	Sa	11-11:30am	1/11-2/15	6	\$95	MHAF
336304-06	Su	10:20-10:50am	1/12-2/16	6	\$95	MHAF
336304-07	Su	12:20-12:50pm	1/12-2/16	6	\$95	MHAF
336304-08	M	6:25-6:55pm	3/3-4/7	6	\$95	MHAF
336304-09	Tu	7:05-7:35pm	2/25-4/8	6	\$95	MHAF
336304-10	Th	6:25-6:55pm	2/27-4/10	7	\$109	MHAF
336304-11	Sa	9-9:30am	3/1-4/5	6	\$95	MHAF
336304-12	Sa	11-11:30am	3/1-4/5	6	\$95	MHAF
336304-13	Su	10:20-10:50am	3/2-4/6	6	\$95	MHAF
336304-14	Su	12:20-12:50pm	3/2-4/6	6	\$95	MHAF

Alex Swim Preschool 2

Ages 3-5. 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 and independent swimming in preparation for performing strokes.

334249-01	M	4:25-4:55pm	1/6-2/24	6	\$95	CQRC
334249-02	M	5:05-5:35pm	1/6-2/24	6	\$95	CQRC
334249-03	M	6:25-6:55pm	1/6-2/24	6	\$95	CQRC
334249-04	Tu	4:25-4:55pm	1/7-2/25	8	\$125	CQRC
334249-05	Tu	5:05-5:35pm	1/7-2/25	8	\$125	CQRC
334249-06	Tu	5:45-6:15pm	1/7-2/25	8	\$125	CQRC

334249-07	W	3:45-4:15pm	1/8-2/26	8	\$125	CQRC
334249-08	W	5:05-5:35pm	1/8-2/26	8	\$125	CQRC
334249-09	W	6:25-6:55pm	1/8-2/26	8	\$125	CQRC
334249-10	Th	4:25-4:55pm	1/9-2/27	8	\$125	CQRC
334249-11	Th	5:45-6:15pm	1/9-2/27	8	\$125	CQRC
334249-12	Th	6:25-6:55pm	1/9-2/27	8	\$125	CQRC
334249-13	Sa	9-9:30am	1/11-2/22	7	\$109	CQRC
334249-14	Sa	9:40-10:10am	1/11-2/22	7	\$109	CQRC
334249-15	Sa	10:20-10:50am	1/11-2/22	7	\$109	CQRC
334249-16	Sa	11:40am-12:10pm	1/11-2/22	7	\$109	CQRC
334249-17	Su	9:40-10:10am	1/12-2/23	7	\$109	CQRC
334249-18	Su	11-11:30am	1/12-2/23	7	\$109	CQRC
334249-19	Su	11-11:30am	1/12-2/23	7	\$109	CQRC
334249-20	Su	11:40am-12:10pm	1/12-2/23	7	\$109	CQRC
334249-21	Sa	9-9:30am	3/1-4/5	6	\$95	CQRC
334249-22	Sa	9:40-10:10am	3/1-4/5	6	\$95	CQRC
334249-23	Sa	10:20-10:50am	3/1-4/5	6	\$95	CQRC
334249-24	Sa	11:40am-12:10pm	3/1-4/5	6	\$95	CQRC
334249-25	Su	9:40-10:10am	3/2-4/6	6	\$95	CQRC
334249-26	Su	11-11:30am	3/2-4/6	6	\$95	CQRC
334249-27	Su	11:40am-12:10pm	3/2-4/6	6	\$95	CQRC
334249-28	M	4:25-4:55pm	3/3-4/7	6	\$95	CQRC
334249-29	M	5:05-5:35pm	3/3-4/7	6	\$95	CQRC
334249-30	M	6:25-6:55pm	3/3-4/7	6	\$95	CQRC
334249-31	Tu	4:25-4:55pm	3/4-4/8	6	\$95	CQRC
334249-32	Tu	5:05-5:35pm	3/4-4/8	6	\$95	CQRC
334249-33	Tu	5:45-6:15pm	3/4-4/8	6	\$95	CQRC
334249-34	Tu	6:25-6:55pm	3/4-4/8	6	\$95	CQRC
334249-35	W	3:45-4:15pm	3/5-4/9	6	\$95	CQRC
334249-36	W	5:05-5:35pm	3/5-4/9	6	\$95	CQRC
334249-37	W	6:25-6:55pm	3/5-4/9	6	\$95	CQRC
334249-38	Th	4:25-4:55pm	3/6-4/10	6	\$95	CQRC
334249-39	Th	5:45-6:15pm	3/6-4/10	6	\$95	CQRC
334249-40	Th	6:25-6:55pm	3/6-4/10	6	\$95	CQRC
336305-01	Tu	6:25-6:55pm	1/7-2/18	7	\$109	MHAF
336305-02	W	7:05-7:35pm	1/8-2/19	7	\$109	MHAF
336305-03	Th	7:05-7:35pm	1/9-2/20	7	\$109	MHAF
336305-04	Sa	9:40-10:10am	1/11-2/15	6	\$95	MHAF
336305-05	Sa	11:40am-12:10pm	1/11-2/15	6	\$95	MHAF
336305-06	Su	9-9:30am	1/12-2/16	6	\$95	MHAF
336305-07	Su	11-11:30am	1/12-2/16	6	\$95	MHAF
336305-08	Tu	6:25-6:55pm	2/25-4/8	7	\$109	MHAF
336305-09	W	7:05-7:35pm	2/26-4/9	7	\$109	MHAF</



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 and back for three body lengths.

336308-01	M	7:05-7:35pm	1/6-2/24	6	\$95	MHAF
336308-02	W	6:25-6:55pm	1/8-2/19	7	\$109	MHAF
336308-03	Sa	10:20-10:50am	1/11-2/15	6	\$95	MHAF
336308-04	Sa	12:20-12:50pm	1/11-2/15	6	\$95	MHAF
336308-05	Su	9:40-10:10am	1/12-2/16	6	\$95	MHAF
336308-06	Su	11:40am-12:10pm	1/12-2/16	6	\$95	MHAF
336308-07	M	7:05-7:35pm	3/3-4/7	6	\$95	MHAF
336308-08	W	6:25-6:55pm	2/26-4/9	7	\$109	MHAF
336308-09	Sa	10:20-10:50am	3/1-4/5	6	\$95	MHAF
336308-10	Sa	12:20-12:50pm	3/1-4/5	6	\$95	MHAF
336308-11	Su	9:40-10:10am	3/2-4/6	6	\$95	MHAF
336308-12	Su	11:40-12:10pm	3/2-4/6	6	\$95	MHAF
334247-01	M	3:45-4:15pm	1/6-2/24	6	\$95	CQRC
334247-02	M	5:45-6:15pm	1/6-2/24	6	\$95	CQRC
334247-03	Tu	5:05-5:35pm	1/7-2/25	8	\$125	CQRC
334247-04	Tu	6:25-6:55pm	1/7-2/25	8	\$125	CQRC
334247-05	W	4:25-4:55pm	1/8-2/26	8	\$125	CQRC
334247-06	W	6:25-6:55pm	1/8-2/26	8	\$125	CQRC
334247-07	W	7:05-7:35pm	1/8-2/26	8	\$125	CQRC
334247-08	Th	5:05-5:35pm	1/9-2/27	8	\$125	CQRC
334247-09	Th	6:25-6:55pm	1/9-2/27	8	\$125	CQRC
334247-10	Th	7:05-7:35pm	1/9-2/27	8	\$125	CQRC
334247-11	Sa	9:40-10:10am	1/11-2/22	7	\$109	CQRC
334247-12	Sa	11:40am-12:10pm	1/11-2/22	7	\$109	CQRC
334247-13	Su	10:20-10:50am	1/12-2/23	7	\$109	CQRC
334247-14	Su	11:40am-12:10pm	1/12-2/23	7	\$109	CQRC
334247-21	Sa	9:40-10:10am	3/1-4/5	6	\$95	CQRC
334247-22	Sa	11:40am-12:10pm	3/1-4/5	6	\$95	CQRC
334247-23	Su	10:20-10:50am	3/2-4/6	6	\$95	CQRC

334247-24	Su	11:40am-12:10pm	3/2-4/6	6	\$95	CQRC
334247-25	M	3:45-4:15pm	3/3-4/7	6	\$95	CQRC
334247-26	M	5:45-6:15pm	3/3-4/7	6	\$95	CQRC
334247-27	Tu	5:05-5:35pm	3/4-4/8	6	\$95	CQRC
334247-28	W	4:25-4:55pm	3/5-4/9	6	\$95	CQRC
334247-29	W	6:25-6:55pm	3/5-4/9	6	\$95	CQRC
334247-30	W	7:05-7:35pm	3/5-4/9	6	\$95	CQRC
334247-31	Th	5:05-5:35pm	3/6-4/10	6	\$95	CQRC
334247-32	Th	7:05-7:35pm	3/6-4/10	6	\$95	CQRC

Alex Swim Level 1 *

Ages 6-12. Intro 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).

334241-01	M	3:45-4:15pm	1/6-2/24	6	\$95	CQRC
334241-02	M	5:45-6:15pm	1/6-2/24	6	\$95	CQRC
334241-03	Tu	3:45-4:15pm	1/7-2/25	8	\$125	CQRC
334241-04	W	5:45-6:15pm	1/8-3/26	8	\$125	CQRC
334241-05	Sa	10:20-10:50am	1/11-2/22	7	\$109	CQRC
334241-06	Su	9-9:30am	1/12-2/23	7	\$109	CQRC
334241-21	Sa	10:20-10:50am	3/1-4/5	6	\$95	CQRC
334241-22	Su	9-9:30am	3/2-4/6	6	\$95	CQRC
334241-23	M	3:45-4:15pm	3/3-4/7	6	\$95	CQRC
334241-24	M	5:45-6:15pm	3/3-4/7	6	\$95	CQRC
334249-25	Tu	3:45-4:15pm	3/4-4/8	6	\$95	CQRC
334230-26	W	5:45-6:15pm	3/5-4/9	6	\$95	CQRC
336307-01	W	6:25-6:55pm	1/8-2/19	7	\$109	MHAF
336307-02	Sa	11-11:30am	1/11-2/15	6	\$95	MHAF
336307-03	Su	9-9:30am	1/12-2/16	6	\$95	MHAF
336307-04	Su	11:40am-12:10pm	1/12-2/16	6	\$95	MHAF
336307-05	W	6:25-6:55pm	2/26-4/9	7	\$109	MHAF
336307-06	Sa	11-11:30am	3/1-4/5	6	\$95	MHAF
336307-07	Su	9-9:30am	3/2-4/6	6	\$95	MHAF
336307-08	Su	11:40am-12:10pm	3/2-4/6	6	\$95	MHAF

Alex Swim Level 2 *

Ages 6-12. Fundamental Aquatic Skills. Your child should be comfortable with all Level 1 skills. Key milestones include breathing skills, submersion comfort, treading and floating for 15 seconds, back float, and combined arm/leg actions for five body lengths.

334242-01	M	4:25-4:55pm	01/6-02/24	6	\$95	CQRC
334242-02	M	6:25-6:55pm	01/6-02/24	6	\$95	CQRC
334242-03	Tu	4:25-4:55pm	01/7-02/25	8	\$125	CQRC
334242-04	Tu	5:45-6:15pm	01/7-02/25	8	\$125	CQRC
334242-05	W	3:45-4:15pm	01/8-02/26	8	\$125	CQRC
334242-06	W	5:05-5:35pm	01/8-02/26	8	\$125	CQRC
334242-07	W	5:45-6:15pm	01/8-02/26	8	\$125	CQRC
334242-08	Th	3:45-4:15pm	01/9-02/27	8	\$125	CQRC
334242-09	Th	5:05-5:35pm	01/9-02/27	8	\$125	CQRC
334242-10	Th	6:25-6:55pm	01/9-02/27	8	\$125	CQRC
334242-11	Sa	9-9:30am	01/11-02/22	7	\$109	CQRC
334242-12	Sa	9:40-10:10am	01/11-02/22	7	\$109	CQRC
334242-13	Sa	11-11:30am	01/11-02/22	7	\$109	CQRC
334242-14	Su	11-11:30am	01/12-02/23	7	\$109	CQRC
334242-21	Sa	9-9:30am	3/1-4/5	6	\$95	CQRC
334242-22	Sa	9:40-10:10am	3/1-4/5	6	\$95	CQRC
334242-23	Sa	11-11:30am	3/1-4/5	6	\$95	CQRC
334242-24	Su	11-11:30am	3/2-4/6	6	\$95	CQRC
334242-25	M	4:25-4:55pm	3/3-4/7	6	\$95	CQRC
334242-26	M	6:25-6:55pm	3/3-4/7	6	\$95	CQRC
334242-27	Tu	4:25-4:55pm	3/4-4/8	6	\$95	CQRC
334242-28	Tu	5:45-6:15pm	3/4-4/8	6	\$95	CQRC
334241-29	W	3:45-4:15pm	3/5-4/9	6	\$95	CQRC
334242-30	W	5:05-5:35pm	3/5-4/9	6	\$95	CQRC
334242-31	W	5:45- 6:15pm	3/5-4/9	6	\$95	CQRC
334230-32	Th	3:45-4:15pm	3/6-4/10	6	\$95	CQRC
334242-33	Th	5:05-5:35pm	3/6-4/10	6	\$95	CQRC
334242-34	Th	6:25-6:55pm	3/6-4/10	6	\$95	CQRC
336313-01	M	6:25-6:55pm	1/6-2/24	6	\$95	MHAF
336313-02	Tu	7:05-7:35pm	1/7-2/18	7	\$109	MHAF
336313-03	Th	7:05-7:35pm	1/9-2/20	7	\$109	MHAF
336313-04	Sa	10:20-10:50am	1/11-2/15	6	\$95	MHAF
336313-05	Su	12:20-12:50pm	1/12-2/16	6	\$95	MHAF
336313-06	M	6:25-6:55pm	3/3-4/7	6	\$95	MHAF
336313-07	Tu	7:05-7:35pm	2/25-4/8	7	\$109	MHAF
336313-08	Th	7:05-7:35pm	2/27-4/10	7	\$109	MHAF
336313-09	Sa	10:20-10:50am	3/1-4/5	6	\$95	MHAF
336313-10	Su	12:20-12:50pm	3/2-4/6	6	\$95	MHAF

Alex Swim Level 3 *

Ages 6-12. Stroke Development. Your child should be comfortable with all Level 2 skills. Key milestones include flutter, scissor, breaststroke, and dolphin kicks; jumping into deep water; swimming for 25 yards, and pushing off in a streamlined position.

334243-01	M	5:05-5:35pm	1/6-2/24	6	\$95	CQRC
334243-02	M	7:05-7:35pm	1/6-2/24	6	\$95	CQRC
334243-03	Tu	5:05-5:35pm	1/7-2/25	8	\$125	CQRC

334244-04	Tu	6:25-6:55pm	1/7-2/25	8	\$125	CQRC
334243-05	W	4:25-4:55pm	1/8-2/26	8	\$125	CQRC
334243-06	W	6:25-6:55pm	1/8-2/26	8	\$125	CQRC
334243-07	Th	4:25-4:55pm	1/9-2/27	8	\$125	CQRC
334243-08	Th	5:45-6:15pm	1/9-2/27	8	\$125	CQRC
334243-09	Sa	10:20-10:50am	1/11-2/22	7	\$109	CQRC
334243-10	Sa	11:00-11:30am	1/11-2/22	7	\$109	CQRC
334243-11	Sa	11:40am-12:10pm	1/11-2/22	7	\$109	CQRC
334243-12	Su	10:20-10:50am	1/12-2/23	7	\$109	CQRC
334243-13	Su	11:40am-12:10pm	1/12-2/23	7	\$109	CQRC
334243-21	Sa	10:20-10:50am	3/1-4/5	6	\$95	CQRC
334243-22	Sa	11:00-11:30am	3/1-4/5	6	\$95	CQRC
334243-23	Sa	11:40am-12:10pm	3/1-4/5	6	\$95	CQRC
334243-24	Su	10:20-10:50am	3/2-4/6	6	\$95	CQRC
334243-25	Su	11:40am-12:10pm	3/2-4/6	6	\$95	CQRC
334243-26	M	5:05-5:35pm	3/3-4/7	6	\$95	CQRC
334243-27	M	7:05-7:35pm	3/3-4/7	6	\$95	CQRC
334243-28	Tu	5:05-5:35pm	3/4-4/8	6	\$95	CQRC
334243-29	Tu	6:25-6:55pm	3/4-4/8	6	\$95	CQRC
334242-30	W	4:25-4:55pm	3/5-4/9	6	\$95	CQRC
334243-31	W	6:25-6:55pm	3/5-4/9	6	\$95	CQRC
334242-32	Th	4:25-4:55pm	3/6-4/10	6	\$95	CQRC
334243-33	Th	5:45-6:15pm	3/6-4/10	6	\$95	CQRC
336309-01	M	7:05-7:35pm	1/6-2/24	6	\$95	MHAF
336309-02	W	7:05-7:35pm	1/8-2/19	7	\$109	MHAF
336309-03	Th	6:25-6:55pm	1/9-2/20	7	\$109	MHAF
336309-04	Sa	9-9:30am	1/11-2/15	6	\$95	MHAF
336309-05	Sa	12:20-12:50pm	1/11-2/15	6	\$95	MHAF
336309-06	Su	9:40-10:10am	1/12-2/16	6	\$95	MHAF
336309-07	M	7:05-7:35pm	3/3-4/7	6	\$95	MHAF
336309-08	W	7:05-7:35pm	2/26-4/9	7	\$109	MHAF
336309-09	Th	6:25-6:55pm	2/27-4/10	7	\$109	MHAF
336309-10	Sa	9-9:30am	3/1-4/5	6	\$95	MHAF
336309-11	Sa	12:20-12:50pm	3/1-4/5	6	\$95	MHAF
336309-12	Su	9:40-10:10am	3/2-4/6	6	\$95	MHAF

Alex Swim Level 4 *

Ages 6-12. Stroke Improvement. Your child should be comfortable with all Level 3 skills. Key milestones include front crawl and backstroke for 25 yards; breaststroke, butterfly, back crawl, and sidestroke for 15 yards, and headfirst entry from a stride position.

334244-01	M	4:25-4:55pm	1/6-2/24	6	\$95	CQRC
334244-02	Tu	7:05-7:35pm	1/7-2/25	8	\$125	CQRC
334244-03	Th	7:05-7:35pm	1/9-2/27	8	\$125	CQRC
334244-04	Sa	9:40-10:10am	1/11-2/22	7	\$109	CQRC
334244-05	Su	9-9:30am	1/12-2/23	7	\$109	CQRC
334244-21	Sa	9:40-10:10am	3/1-4/5	6	\$95	CQRC
334244-22	Su	9-9:30am	3/2-4/6	6	\$95	CQRC
334244-23	M	4:25-4:55pm	3/3-4/7	6	\$95	CQRC
334244-24	Tu	7:05-7:35pm	3/4-4/8	6	\$95	CQRC
334244-25	Th	7:05-7:35pm	3/6-4/10	6	\$95	CQRC

Safe Place & Bully Free Starts With Me
Alexandria National Safe Place - A Safe Haven for Youth

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



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



336310-01	Tu	6:25-6:55pm	1/7-2/18	7	\$109	MHAF
336310-02	W	7:45-8:30pm	1/8-2/19	7	\$165	MHAF
336310-03	Sa	9:40-10:10am	1/11-2/15	6	\$95	MHAF
336310-04	Su	10:20-10:50am	1/12-2/16	6	\$95	MHAF
336310-05	Tu	6:25-6:55pm	2/25-4/8	7	\$109	MHAF
336310-06	W	7:45-8:30pm	2/26-4/9	7	\$165	MHAF
336310-07	Sa	9:40-10:10am	3/1-4/5	6	\$95	MHAF
336310-08	Su	10:20-10:50am	3/2-4/6	6	\$95	MHAF

Alex Swim Level 5 *

Ages 6-12. Stroke Refinement. Instructors follow a plan to refine all six swimming strokes including swimming for longer distances, introduce new water safety skills, while building on ones previously learned, and perform flip turns on the front and back.

334245-01	M	7:05-7:35pm	1/6-2/24	6	\$95	CQRC
334245-02	Tu	7:05-7:35pm	1/7-2/25	8	\$125	CQRC
334245-03	W	7:05-7:35pm	1/8-2/26	8	\$125	CQRC
334245-04	Sa	9-9:30am	1/11-2/22	7	\$109	CQRC
334245-05	Su	9:40-10:10am	1/12-2/23	7	\$109	CQRC
334245-21	Sa	9-9:30am	3/1-4/5	6	\$95	CQRC
334245-22	Su	9:40-10:10am	3/2-4/6	6	\$95	CQRC
334245-23	M	7:05-7:35pm	3/3-4/7	6	\$95	CQRC
334245-24	Tu	7:05-7:35pm	3/4-4/8	6	\$95	CQRC
334245-25	W	7:05-7:35pm	3/5-4/9	6	\$95	CQRC
336311-01	M	7:45-8:30pm	1/6-2/24	6	\$139	MHAF
336311-02	Tu	7:45-8:30pm	1/7-2/18	7	\$165	MHAF
336311-03	W	7:45-8:30pm	1/8-2/19	7	\$165	MHAF
336311-04	Sa	11:40-12:10pm	1/11-2/15	6	\$95	MHAF
336311-05	Su	11-11:30am	1/12-2/16	6	\$95	MHAF
336311-06	M	7:45-8:30pm	3/3-4/7	6	\$139	MHAF
336311-07	Tu	7:45-8:30pm	2/25-4/8	7	\$165	MHAF
336311-08	W	7:45-8:30pm	2/26-4/9	7	\$165	MHAF
336311-09	Sa	11:40am-12:10pm	3/1-4/5	6	\$95	MHAF
336311-10	Su	11-11:30am	3/2-4/6	6	\$95	MHAF

Alex Swim Level 6 *

Ages 6-12. Fitness Swimmer. Instructors focus on enhancing swimming techniques, water fitness, and safety skills built throughout the levels. Emphasis is placed on distance, quality, and mastering training principles, while teaching you to assess your own fitness.

334246-01	Sa	12:15-1pm	1/11-2/22	7	\$165	CQRC
334246-21	Sa	12:15-1pm	3/1-4/5	6	\$139	CQRC
336314-01	M	7:45-8:30pm	1/6-2/24	6	\$139	MHAF
336314-02	Tu	7:45-8:30pm	1/7-2/18	7	\$165	MHAF
336314-03	Sa	11:40-12:10pm	1/11-2/15	6	\$95	MHAF
336314-04	Su	11-11:30am	1/12-2/16	6	\$95	MHAF
336314-05	M	7:45-8:30pm	3/3-4/7	6	\$139	MHAF
336314-06	Tu	7:45-8:30pm	2/25-4/8	7	\$165	MHAF
336314-07	Sa	11:40-12:10pm	3/1-4/5	6	\$95	MHAF
336314-08	Su	11-11:30am	3/2-4/6	6	\$95	MHAF

Adult Beginner Swim *

Ages 13 & up. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, swimming at least two body lengths on front and back using simultaneous arm and leg action.

336312-01	M	7:45-8:30pm	1/6-2/24	6	\$139	MHAF
336312-02	W	7:45-8:30pm	1/8-2/19	7	\$165	MHAF
336312-03	M	7:45-8:30pm	3/3-4/7	6	\$139	MHAF
336312-04	W	7:45-8:30pm	2/26-4/9	7	\$165	MHAF
334230-01	Su	12:15-1pm	1/12-2/23	7	\$149	CQRC
334230-02	Su	12:15-1pm	3/2-4/6	6	\$139	CQRC
334230-10	M	7:45-8:30pm	1/6-2/24	6	\$139	CQRC
334230-11	Tu	7:45-8:30pm	1/7-2/25	8	\$169	CQRC
334230-12	W	7:45-8:30pm	1/8-2/26	8	\$169	CQRC
334230-13	Th	7:45-8:30pm	1/9-2/27	8	\$169	CQRC
334230-14	Sa	12:15-1pm	1/11-2/22	7	\$149	CQRC
334230-15	Sa	12:15-1pm	3/1-4/5	6	\$139	CQRC
334230-16	M	7:45-8:30pm	3/3-4/7	6	\$139	CQRC
334230-17	Tu	7:45-8:30pm	3/4-4/8	6	\$139	CQRC
334230-18	W	7:45-8:30pm	3/5-4/9	6	\$139	CQRC
334230-19	Th	7:45-8:30pm	3/6-4/10	6	\$139	CQRC

Adult Intermediate Swim

Ages 13 & up. Intermediate Swimming is for participants who have attended Beginner Swim and are looking to build upon previous skills. It also includes swimming from the wall with rotary breathing, open or flip turns for 100 yards, back crawl with open or flip turns for 50 yards, and breaststroke.

334231-01	M	7:45-8:30pm	1/6-2/24	6	\$139	CQRC
334231-02	W	7:45-8:30pm	1/8-2/26	8	\$169	CQRC
334231-03	M	7:45-8:30pm	3/3-4/7	6	\$139	CQRC
334231-04	W	7:45-8:30pm	3/5-4/9	6	\$139	CQRC

Adult Intermediate & Advanced Swim *

Ages 13 & up. Int. Swimming is for participants who have attended Beginner Swim and are looking to build upon previous skills. Adv. Swim skills include rotary breathing, open or flip turns for 100 yards, back crawl with open or flip turns, and breaststroke.

336315-01	Tu	7:45-8:30pm	1/7-2/18	7	\$165	MHAF
336315-02	Th	7:45-8:30pm	1/9-2/20	7	\$165	MHAF
336315-03	Tu	7:45-8:30pm	2/25-4/8	7	\$165	MHAF
336315-04	Th	7:45-8:30pm	2/27-4/10	7	\$165	MHAF

Adult Advanced Swim

Ages 13 & up. Swimming for Fitness. Participants will work to develop effective and efficient strokes by swimming freestyle with rotary breathing. Learn lap swim skills, lane etiquette and drills.

334231-11	Tu	7:45-8:30pm	1/7-2/25	8	\$169	CQRC
334231-12	Th	7:45-8:30pm	1/9-2/27	8	\$169	CQRC
334231-13	Tu	7:45-8:30pm	3/4-4/8	6	\$139	CQRC
334231-14	Th	7:45-8:30pm	3/6-4/10	6	\$139	CQRC

Master's Swimming

Ages 18 & up. High-level, low-impact coached swim workouts are great for adults of all ages! If you are trying to improve your fitness, get your swim technique down, bring your triathlon time down or just enjoy the social aspect of swimming with others, this masters swim class is the way to go!

334236-01	Tu, Th	6-7am	1/7-2/27	16	\$240	CQRC
334236-02	Tu, Th	6-7am	3/4-4/10	12	\$180	CQRC

Water Safety Instructor Training

Ages 16 & up. The purpose of this 32-hour instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses (including Safety Training for Swim Coaches*) and Water Safety Presentations. Upon completion, students will be certified American Red Cross Water Safety Instructors.

Prerequisites

- Be at least 16 years old on or before the final scheduled session of the course.
- Demonstrate the ability to perform the following swimming skills: (1)Swim the following strokes consistent with the Stroke Performance Charts, Level 4: 25 yards of front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke; 15 yards of butterfly; (2)Maintain position on back for 1 minute in deep water (floating or sculling); and (3) Tread water for 1 minute.

334220-03	M-F	8am-4pm	4/14-4/18	\$65	CQRC
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Aqua Aerobics

Get in Deep with Candice DROP-IN *

Ages 18 & up. Challenge your cardiovascular and muscular strength, improve flexibility and balance and have fun in the diving well. You will do steady state cardio, along with high intensity interval training (HIIT), while using noodles and dumbbells during this fast-paced workout. Learn more about Candice at www.onthemoveforwellness.com or call 703.863.1898. Drop-in fee: \$20.

336320-01	T	6:30-7:15pm	1/7-4/15	15	\$225	MHAF
334218-01	M	6:30-7:15pm	1/6-4/14	13	\$195	CQRC

Aqua Soothe for Arthritis NEW! DROP-IN

Ages 18 & up. This class is designed to help those suffering from arthritis and joint pain. This low-impact class will focus on critical pillars of healthy aging: joint mobility, muscle flexibility, posture, and balance. Learn more about Candice at www.onthemoveforwellness.com or call 703.863.1898. Drop-in fee: \$20.

334281-01	W	12-12:45pm	1/8-4/16	15	\$225	CQRC
336321-01	W	6:30-7:15pm	1/8-4/16	15	\$225	MHAF
336321-02	F	12-12:45pm	1/24	1	\$20	MHAF
336321-03	M	12-12:45pm	1/27	1	\$20	MHAF
336321-04	Tu	12-12:45pm	1/28	1	\$20	MHAF
336321-06	F	12-12:45pm	2/28	1	\$20	MHAF
336321-07	F	12-12:45pm	3/28	1	\$20	MHAF
336321-08	M	12-12:45pm	3/31	1	\$20	MHAF

Deep Water Boot Camp NEW!

Ages 13 & up. Get ready for a challenge in the deep end! Come join us for an intense workout in which we will incorporate interval training with strengthening exercise exercises. This fast-paced class will get your heart rate up. Please contact Candice Kaup at onthemoveforwellness@gmail.com for questions.

336322-01	F	1-1:45pm	1/24	1	\$20	MHAF
336322-02	M	1-1:45pm	1/27	1	\$20	MHAF
336322-03	Tu	1-1:45pm	1/28	1	\$20	MHAF
336322-05	F	1-1:45pm	2/28	1	\$20	MHAF
336322-06	F	1-1:45pm	3/28	1	\$20	MHAF
336322-07	M	1-1:45pm	3/31	1	\$20	MHAF

Water Walking DROP-IN *

Ages 16 & up. 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. Instructor: Chechena Thurston-Furlow, Owner, Coast to Coast Fitness, LLC. Drop-in fee: \$20.

334221-01	Tu, Th	10:55-11:55am	1/21-4/17	29	\$299	CQRC
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Aqua Aerobics DROP-IN *

Ages 18 & up. A low impact, but high intensity water aerobics class, where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance, while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to lively, motivating music. Drop-in for \$20.

334222-01	M, W	9-10am	1/6-2/26	14	\$215	CQRC
334222-02	M, W	9-10am	3/3-4/16	14	\$215	CQRC

Deep Water Aqua Aerobics DROP-IN *

Ages 18 & up. Improve balance and up your cardio with cycling-style exercises in the pool. The water adds resistance and helps with flexibility and range of motion. Drop-in fee: \$20.

334224-03	M, W	10:10-11:10am	1/6-2/26	14	\$199	CQRC
334224-04	M, W	10:10-11:10am	3/3-4/16	14	\$199	CQRC

Aqua Zumba DROP-IN *

Ages 18 & up. Aqua Zumba is an exhilarating and challenging, water-based workout that is cardio-conditioning, body-toning, and blends together the Zumba formula and philosophy with aqua fitness disciplines. Drop-in fee: \$20.

334225-01	M	6:30-7:30pm	1/6-4/14	13	\$195	CQRC
334225-02	Su	9-9:50am	1/5-4/13	15	\$225	CQRC

Hi/Lo Water Aerobics DROP-IN *

Ages 18 & up. Build muscle tone and get a great cardio workout with high and low intensity exercises set to great music in shallow water. For all levels. Drop-in fee: \$20.

334229-01	Tu, Th	6:30-7:30pm	1/7-2/27	16	\$225	CQRC
334229-02	Tu, Th	6:30-7:30pm	3/4-4/17	14	\$199	CQRC



Aquatics

alexandriava.gov/Aquatics

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

Ages 18 & up. This one-hour Aqua workout is designed for a complete body workout with zero impact and zero stress on joints yet 100% cardio and muscle involvement. A great workout for all ages and fitness levels. Flotation support is provided, and no swimming experience is necessary. Drop-in fee: \$20.

334224-01	W	6:30-7:30pm	1/8-4/16	15	\$249	CQRC
334224-02	W	7:40-8:40pm	1/8-4/16	15	\$249	CQRC

Aquatic Exercise for Seniors **55+ DROP-IN**

Ages 55 & up. Come make new friends while you improve your cardiovascular health, while incorporating dumbbells and noodles to help build your strength. We will also focus on functional exercises that help with your daily movement, arthritis, balance and flexibility. Learn more about Candice at www.ontheforwellness.com or call 703.863.1898. Drop-in fee: \$20.

334217-01	Tu, Th	8:15-9am	1/7-4/17	30	\$420	CQRC
334217-02	Tu, Th	9:30-10:15am	1/7-4/17	30	\$420	CQRC

Diving

Beginner Diving **NEW!**

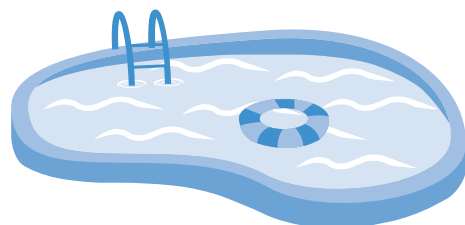
Ages 6-12. Students must be comfortable in deep water, able to tread water for 1 minute and swim 25 yards. This beginner course introduces essential springboard diving safety practices, fundamental techniques, entries from the pool side and one-meter dives. Back dives may be introduced.

334246-31	Sa	10:20-10:50am	1/11-2/22	7	\$109	CQRC
334246-32	Sa	11:30am-12pm	1/11-2/22	7	\$109	CQRC
334246-33	Th	7:05-7:35pm	1/9-2/27	8	\$125	CQRC
334246-34	Sa	10:20-10:50am	3/1-4/5	6	\$95	CQRC
334246-35	Sa	11:30am-12pm	3/1-4/5	6	\$95	CQRC
334246-36	Th	7:05-7:35pm	3/6-4/10	6	\$95	CQRC

Intermediate Diving **NEW!**

Ages 8-14. With permission of instructor. This intermediate program will cover refinement of front entries, development of back entry and provide the introduction of additional dives or skills such as twists.

334244-41	Sa	11-11:30am	1/11-2/22	7	\$109	CQRC
334244-42	Sa	11-11:30am	3/1-4/5	6	\$95	CQRC



Teen Centers

Charles Houston Recreation Center

901 Wythe St. | 703.746.5552

Leonard "Chick" Armstrong Recreation Center

25 West Reed Ave. | 703.746.5554

Patrick Henry Recreation Center

4653 Taney Ave. | 703.746.5557

William Ramsay Recreation Center

5650 Sanger Ave. | 703.746.5558

Check out teen events and classes on page 38. To discover Teen Center hours and get the scoop on awesome events, programs, and trips for teens, visit alexandriava.gov/rpca/teens



DISCOVER THE

CREATIVE PLAYSPACE

AT OSWALD DURANT CENTER

Bring your kids to the City of Alexandria's Creative Playspace, where fun and imagination come alive!

Build • Explore • Create • Imagine

Come
play today!



For ages 18 mos.-5 years

MONDAY-FRIDAY

9:30 a.m.-12:30 p.m.

\$5/per child

Learn more at
alexandriava.gov/recreation-centers/oswald-durant-center



RPCA earns National Accreditation for Excellence
from the National Recreation
and Park Association (NRPA).



We proudly announce that the Commission for Accreditation of Park and Recreation Agencies (CAPRA) has recognized RPCA for excellence in operation and service throughout the community. Joining an elite group of park and recreation agencies across the country.



Learn more
about CAPRA





Mind/Body Wellness

Parent & Me Yoga ADULT

Ages 1-5 with adult. Join our Parent and Me Yoga class for a fun and nurturing experience! Designed for parents and their little ones, this program promotes bonding through gentle yoga poses and playful activities. Participants will enhance flexibility, reduce stress, and enjoy quality time together in a supportive, relaxing environment.

314255-01	M	5:30-6:30pm	1/6-2/24	8	\$105	CQRC
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Yoga 4 Kids

Ages 5-9. Yoga is known for its valuable lessons in strength, flexibility, creativity, and stress relief. Children will learn poses that they will want to use at home. Yoga can be integrated into a child’s overall appreciation of fitness, while encouraging play and imagination. Drop-in fee: \$12.

314218-01	W	6-6:45pm	1/15-2/19	6	\$105	CQRC
314218-02	W	6-6:45pm	3/5-4/2	5	\$89	CQRC

Yin Yoga & Meditation DROP-IN

Ages 18 & up. Experience deep relaxation through Yin Yoga, designed to enhance flexibility and promote mindfulness. This slow-paced practice focuses on holding poses for extended periods, targeting connective tissues and fostering a meditative state. Ideal for all levels, participants will leave feeling rejuvenated and centered.

314293-01	W	6-7pm	1/8-3/26	7	\$135	CQRC
313159-01	Sa	5:15-6:15pm	1/19-2/16	5	\$129	ODRC
313159-02	Sa	5:15-6:15pm	3/2-3/30	5	\$129	ODRC

Essentrics: Classical Stretch *

Ages 18 & up. Age-reversing workout increases joint movement, flexibility, strength, relieves pain, and increases energy. Full body workout based on tai chi’s flowing movements for balanced health, ballet theories for long, lean muscles, and healing powers of physiotherapy. By author of Aging Backwards and PBS show/book titled Forever Painless. Bring your own mat.

313113-01	M	12-1pm	1/13-3/31	10	\$139	ODRC
313113-02	Tu	12-1pm	1/14-4/1	12	\$165	CHRC
313113-03	Th	6-7pm	1/16-4/3	10	\$139	CQRC
313113-04	W	10:30-11:30am	1/29-4/2	12	\$165	PHRC

Yoga Beginner Series Part I NEW!

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.

313632-01	Tu	6:30-7:45pm	1/14-2/25	7	\$99	CHRC
313106-01	M	6-7:15pm	1/13-2/24	5	\$85	ODRC
313106-02	Th	6-7:15pm	3/6-4/3	5	\$85	ODRC

Mindful Yoga

Ages 18 & up. A gentle yoga series that supports healthy aging with slow, intentional movement to release tension and build strength. Breathing techniques and guided meditation encourage deep relaxation, rest, and renewal. This evidence-based approach is informed by yoga therapy, with a focus on easing suffering for conditions such as arthritis and osteoporosis. Instructor: Theresa.

313164-01	F	9-10am	1/17-2/14	5	\$49	ODRC
313164-02	F	9-10am	3/7-4/4	5	\$49	ODRC



TSP Tai Chi/Breathwork

Ages 18 & up. Qigong is the prerequisite for Tai Chi. Both practices are slow and gentle forms of meditative movement, designed to balance circulation of blood, breath & Chi/energy, thus allowing healing to take place naturally for the body. Qigong & Tai Chi in their simplest forms are found by Harvard to have the greatest health benefits! Both exercises emphasize attention on breath, posture & relaxation. Modifications can be made to accommodate all! In addition to exercise, the instructor will also Lecture for a small portion of the class on the Heart-Mind Nature and how to develop it (Cultivate) at home and at work!

313158-01	Sa	6-7pm	1/18-2/22	6	\$135	ODRC
313158-02	Sa	6-7pm	3/8-4/5	5	\$115	ODRC

Pilates Barre *

Ages 18 & up. This class will combine Pilates and barre movements to leave you feeling toned and strong! Props such as light weights and circular balls will be used to enhance the classes. This class is appropriate for all levels.

313628-02	F	10:30-11:30am	1/24-4/4	10	\$195	CHRC
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Yoga Core & Back Workshop

Ages 18 & up. This workshop is designed to strengthen, stretch, and condition the abdominals, glutes, hip flexors, and muscles of the lower, middle, and upper back using traditional and modified yoga poses. This workshop will involve laying, sitting, and standing postures. It is open to individuals of all levels, including those new to yoga!

313105-01	Sa	1-2pm	1/25	1	\$12	ODRC
313105-02	M	6:15-7:15pm	3/10	1	\$12	ODRC

Candlelight Yoga DROP-IN

Ages 18 & up. 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. Drop-in fee: \$12.

342192-01	W	7-8pm	2/12-3/26	7	\$99	CQRC
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Slow Flow With Amy

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.

313635-01	Sa	9:10-10:10am	2/15-4/5	8	\$115	CHRC
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Gentle Yoga

Ages 18 & up. Practice supported standing, seated, and supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Props provided (chairs, blocks, blankets, and straps).

313126-01	M	10-11am	3/3-3/31	5	\$89	CHRC
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Yoga for Healthy Aging

Ages 40 & up. A series designed and guided by a C-IAYT (1,000) yoga therapist promoting increased stability, strength, flexibility and improved

posture and balance. Participants will be equipped with tools to use in class and home practice. Props provided.

313152-01	Tu	9:30-10:30am	1/14-2/18	6	\$105	PHRC
313152-02	W	12-1pm	1/15-2/19	6	\$105	MVRC
313152-03	Tu	9:30-10:30am	3/4-4/1	5	\$85	PHRC
313152-04	W	12-1pm	3/5-4/2	5	\$85	MVRC

Stretch & Flow Yoga

Ages 40 & up. Are you feeling depleted and agitated? Would you like to reignite a sense of balance, focus, and strength while stretching tight and contracted muscles? Join Lisa, an E-RYT 500 and Certified Yoga Therapist with 1,000 hours of training, for a class designed for all levels. This session will help you reduce muscle tension, improve posture, and build confidence in your body, while promoting greater release and ease in both your body and mind.

313146-01	Tu	5-6pm	1/14-2/18	6	\$105	ODRC
313146-02	Tu	5-6pm	3/4-4/1	5	\$85	ODRC

Chair Yoga: Balance, Strength, Posture

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

313154-01	Tu	12-1pm	1/14-2/18	6	\$129	MVRC
313154-01	W	9:30-10:30am	1/15-2/19	6	\$129	ODRC
313154-01	Tu	12-1pm	3/4-4/1	5	\$105	MVRC
313154-01	W	9:30-10:30am	3/5-4/2	5	\$105	ODRC

Senior Stretching 55+ *

Ages 55 & up. This low impact stretching class is designed for seniors to improve their range of motion, increase circulation, decrease potential injury, and improve rest. No class on 1/20 & 2/17.

314012-01	M	11:30am-12:30pm	1/13-3/3	6	\$75	PHRC
314012-02	M	11:30am-12:30pm	3/10-3/31	4	\$39	PHRC

Cardio Workout

Tabata DROP-IN

Ages 18 & up. Get ready to push your limits in our Tabata class! This high-intensity interval training program features quick, intense bursts of exercise followed by short rest periods. Designed for all fitness levels, participants will improve strength, endurance, and cardiovascular health while enjoying a fast-paced, motivating atmosphere. Join us for an energizing workout that maximizes results in minimal time!

314277-01	Tu	7:15-8:15pm	1/7-3/18	11	\$135	CQRC
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Fitness Pass & Personal Training

Visit alexandriava.gov/RPCA/Fitness-Pass for more information.

Neighborhood Recreation Center Pass

(Charles Houston, Chick Armstrong, Patrick Henry & William Ramsay)

Fitness Passes	Resident	Non-resident
Daily Visit	\$6	\$10
3-Month Pass	\$45	\$80
6-Month Pass	\$85	\$150
12-Month Pass	\$140	\$250

Chinquapin Park Recreation Center & Aquatics Facility

(includes access to open swim, saunas & racquetball)

Fitness Passes	Resident	Non-resident
Daily Visit	\$9	\$12
3-Month Pass	\$55	\$100
6-Month Pass	\$260	\$500
12-Month Pass	\$465	\$885

Personal Training

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

Group Sessions

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

Individual Sessions

\$199 for 4 or \$59 per session



Cardio & Strength

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, and yoga. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$85, Walk-ins \$25. Class will not meet on 1/20 & 2/17.

319701-01	M-Th	5:15-6:15pm	1/13-4/3	46	Varies	ODRC
319701-02	M,W,Th	6:30-7:15pm	1/13-4/3	34	Varies	ODRC
319701-03	Sa	9-10am	1/11-4/5	13	Varies	NLRC
319701-04	Su	10-11am	1/12-3/30	12	Varies	ODRC

Zumba *

Ages 16 & up. Ditch the workout and party! Zumba infuses Latin dances such as salsa, meringue, bachata, samba, reggaeton, and even modern-day hip hop. This intense workout helps you lose weight, while having fun and learning basic Latin moves. Instructor: Diana.

313107-01	M	5:30-6:15pm	1/13-4/7	11	\$139	CHRC
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Maternity Fit

Ages 18 & up. Learn how you can ease the body's physical stressors during pregnancy. In this multi-faceted class Candice Kaup will teach you how to strengthen your core and pelvic floor, improve your posture, ease your back pain, improve your breathing, and build your cardiovascular capacity. Contact Candice at 703-863-1898 with any questions. Drop-in fee: \$20.

314222-01	Tu	10:45-11:30am	1/7-4/15	15	\$225	CQRC
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Beatz and Sweat: Hip Hop Cardio

Ages 18 & up. Beatz & Sweat fuses a heart-pumping cardio workout with a fun dance class that will leave you feeling energized, stronger, and excited for the next class. This is a high intensity hip-hop class.

313619-02	W	6-6:45pm	1/15-4/2	12	\$95	CHRC
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Hi/Lo Impact Aerobics

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

313634-01	Th	10:45-11:45am	1/16-4/3	12	\$95	CHRC
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Walk & Fit Fitness 55+

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

314001-01	W	9-10am	1/15-2/19	6	\$55	PHRC
314001-02	W	9-10am	2/26-4/2	6	\$55	PHRC

ChinquaCircuit DROP-IN

Ages 18 & up. Accomplish your weekend 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.

314208-01	Sa	9-9:45am	1/4-3/15	11	\$135	CQRC
314208-02	Sa	10-10:45am	1/4-3/15	11	\$135	CQRC
314208-03	Tu	6:15-7pm	1/7-3/18	11	\$135	CQRC

BoxFit

Ages 18 & up. BoxFit is a dynamic, full-body workout that blends boxing drills with strength training exercises. It emphasizes power, agility, and mental focus, providing a challenging yet rewarding experience. This class helps build stamina, improve balance, and increase muscle tone, all while enhancing your boxing skills and fitness levels.

314266-01	Tu	6:30-7:30am	1/9-3/19	11	\$127	CQRC
314266-02	W	6:30-7:30am	1/10-3/20	11	\$127	CQRC

TSP Adult Bootcamp *

Ages 18 & up. 30-45 minutes of Constant movement with energizing music & 10-15 minutes of low impact stretching and Breathwork Training! The instructor will focus on natural movements that will help to improve strength, flexibility & posture, while giving you a great cardio workout. Exercises will include, Dynamic Movements & Stretches, Full Body Strengthening and Conditioning with Modifications that will be taught, making it possible for all ages and body types to participate! The class will also include Cardio kickboxing (punching, kicking, blocking etc)!

313157-01	M	4:30-5:30pm	1/13-3/17	7	\$175	ODRC
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Advance 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! Skip dates 1/20 & 2/17.

313603-01	M,W	6:30-7:30pm	1/13-2/19	10	\$115	CHRC
313603-02	M,W	6:30-7:30pm	3/3-4/2	10	\$115	CHRC

Small Group Training for Women

Ages 18 & up. Our hour-long class combines musclebuilding exercises with targeted conditioning to improve overall fitness. Enjoy active recovery with personalized cardio, followed by core-strengthening moves for enhanced balance and stability. Relax and rejuvenate with guided meditation and breathwork. Register at www.lungrenfitnessandwellness.com or contact Jennifer, jennifer@lungrenfitnessandwellness.com.

313145-01	Tu	9:15-10:15am	1/14-4/1	12	Varies	PHES
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Hip Hop Fitness & Circuit Training

Ages 18 & up. This cardiovascular fat-burning workout for adults will aid in firming and sculpting their bodies through hip hop dance and timed interval circuit training on a cardio and weight machine circuit. Increase endurance, burn calories, strengthen and tone muscles, and increase flexibility.

314002-01	Tu	7-8pm	1/14-2/18	6	\$55	PHRC
314002-02	Tu	7-8pm	2/25-4/1	6	\$55	PHRC

Adult Cardio & Weight Training

Ages 18 & up. This is a cardio and weight training exercise program that is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen and tone muscles, and improve flexibility.

314008-01	Th	7-8pm	1/15-2/19	6	\$55	PHRC
314008-02	Th	7-8pm	2/27-4/3	6	\$45	PHRC

Shadow Boxercise Level 1

Ages 18 & up. Learn basic self-defense tactics while getting in shape. This beginner-level class is a 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 Hall of Famer, Anthony Suggs.

313702-01	Tu,Th	6:30-7:30pm	1/21-2/27	12	\$79	LARC
313702-02	Tu,Th	6:30-7:30pm	3/25-5/1	12	\$79	LARC

Bounce Cardio Pop-up

Ages 18 & up. Elevate your workout experience with our Bounce Cardio! This dynamic, high-energy workout uses specially designed bounce boots to give you a unique and exciting way to boost your fitness. The bounce boots will be provided for this pop-up! So come bounce with us!

313637-01	F	6:30-7:30pm	1/24	1	Free	CHRC
313637-02	F	6:30-7:30pm	2/7	1	Free	CHRC

Hip Opening Workshop

Ages 18 & up. In this workshop we examine the correct positioning of the hips for forward bends, back bends, lotus and leg behind the head postures. Understanding technique and working towards optimal alignment is important in order to avoid injuring the hamstrings, lower back, or knees.

313636-01	M	6:30-8pm	1/29	1	\$19	CHRC
313636-02	Sa	2-3:30pm	3/1	1	\$19	CHRC

Rock N Walk 55+ *

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

354006-01	M	9-10am	1/13-3/31	10	Free	PHRC
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Senior Body Part Aerobics 55+ *

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

314005-01	M	10-11am	1/13-3/3	6	\$55	PHRC
314005-02	M	10-11am	3/10-3/31	4	\$39	PHRC

Stick & Stretch Fitness 55+

Ages 55 & up. Embrace vitality with Smooth Movement Fitness for Seniors! Tailored for older adults, this program offers gentle exercises promoting flexibility, strength, and balance. Led by experienced instructors, each session focuses on enhancing mobility and overall well-being in a supportive and welcoming environment. Join us and rediscover the joy of movement.

314031-01	Tu	9:30-10:30am	1/14-2/18	6	\$55	PHRC
314031-02	Tu	9:30-10:30am	2/25-4/1	6	\$55	PHRC

Stay Active/Independent for Life-Standing (SAIL) 55+

Ages 55 & up. Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness is the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

314028-01	Tu	11am-12pm	1/14-4/1	12	Free	PHRC
314028-02	Th	11am-12pm	1/16-4/3	12	Free	PHRC



Senior Cardio & Weight Training 55+

Ages 55 & up. This cardio and weight training exercise program is designed by using our weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen and tone muscles, and improve flexibility.

314011-01	W	12-1pm	1/15-2/19	6	\$55	PHRC
314011-02	W	12-1pm	2/26-4/2	6	\$55	PHRC

Advance Senior Body Parts Aerobics 55+

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

314027-01	F	10-11am	1/17-2/21	6	\$75	PHRC
314027-02	F	10-11am	2/28-4/4	6	\$75	PHRC



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Tumbling Classes

Baby Tumbling +ADULT

Ages 18 mos.-3 yrs. With adult.

This class is designed to help stimulate and introduce some basic balancing, tumbling, and agility techniques to your child. This class will include a group warm-up and individual drills that will consist of parent participation.

322620-01	W	9:30-10am	1/15-2/19	6	\$135	CHRC
322620-02	W	9:30-10am	3/5-4/2	5	\$115	CHRC

Mom/Dad & Me Tumbling +ADULT

Ages 2.5-4 with adult. Forward rolls, handstands, and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation.

322605-01	Sa	9:30-10:15am	1/18-2/22	6	\$125	PHRC
322605-02	Sa	9:30-10:15am	3/8-4/5	5	\$105	PHRC

Movement & Gymnastics *

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

324215-01	M	3:45-4:15pm	1/13-3/17	7	\$159	CQRC
324215-02	Su	9:15-9:45am	1/19-2/16	5	\$109	CQRC
324215-03	Su	11:15-11:45am	1/19-2/16	5	\$109	CQRC
324215-04	Su	9:15-9:45am	3/2-3/30	5	\$109	CQRC
324215-05	Su	11:15-11:45am	3/2-3/30	5	\$109	CQRC

Wiggles, Toes & Rolls

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

323613-01	Tu	4:30-5pm	1/14-2/25	6	\$109	CHRC
323613-02	Tu	4:30-5pm	3/11-4/1	4	\$75	CHRC

Basic Tumbling Levels 1 & 2

Ages 5-8. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands, and bridges. A fun warm-up exercise will help athletes attain these skills.

Level 1

322606-01	Sa	10:30-11:15am	1/18-2/22	6	\$125	PHRC
322606-03	Sa	10:30-11:15am	3/8-4/5	5	\$105	PHRC

Level 2

322606-02	Sa	11:30am-12:15pm	1/18-2/22	6	\$125	PHRC
322606-04	Sa	11:30am-12:15pm	3/8-4/5	5	\$105	PHRC



Gymnastics I *

Ages 5-9. Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination.

324207-01	M	4:30-5:30pm	1/13-3/17	7	\$159	CQRC
324207-02	M	5:45-6:45pm	1/13-3/17	7	\$159	CQRC
324207-03	Th	4-5pm	1/16-2/20	6	\$139	CQRC
324207-04	Su	10-11am	1/19-2/16	5	\$109	CQRC
324207-05	Th	4-5pm	3/7-4/4	5	\$109	CQRC
324207-06	Su	10-11am	3/2-3/30	5	\$109	CQRC

Gymnastics 2

Ages 6-9. Participants continue their gymnastics progressions expanding their skill level on vault, uneven bars, balance beam, and floor exercise. This class will focus on strength, flexibility, and clean execution of skills.

323612-01	Tu	5:15-6:15pm	1/14-2/25	6	\$119	CHRC
323612-02	Tu	5:15-6:15pm	3/11-4/1	4	\$79	CHRC

Soccer Classes

Little Kicks & Me +ADULT

Ages 2-3 with adult. Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

324004-01	Sa	10:20-11:05am	3/1-4/5	6	\$115	CQPK
324004-02	Sa	9:15-10am	1/18-4/5	12	\$229	PHRC

Soccer Tots *

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

Ages 2-3

322610-01	M	11:30am-12:10pm	1/13-3/17	7	\$125	CHRC
322610-05	Tu	9-9:40am	3/11-4/1	4	\$69	LCCM

Ages 3-6

322610-02	M	12:20-1:05pm	1/13-3/17	7	\$125	CHRC
322610-03	W	4-4:45pm	1/15-2/19	6	\$105	CQRC
322610-04	Sa	11:30am-12:15pm	1/18-2/22	6	\$105	ODRC
322610-06	W	4-4:45pm	3/5-4/2	5	\$89	CQRC
322610-08	Sa	11:30am-12:15pm	3/8-4/5	5	\$89	ODRC

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.

322600-01	Sa	4-4:45pm	2/15-3/29	7	\$155	JHES
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Little Kicks Soccer

Ages 4-6. Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

324003-01	W	4:15-5pm	3/5-4/2	5	\$95	CQPK
324003-02	Sa	11:10-11:55am	3/1-4/5	6	\$115	CQPK
324003-03	Sa	10:15-11am	1/18-4/5	12	\$229	PHRC

Little Champions Soccer

Ages 7-9. Champions Soccer offers dynamic games that help children improve their soccer skills, foster teamwork, and promote good sportsmanship.

324212-01	Sa	1:55-2:40pm	3/1-4/5	6	\$139	CQPK
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Teens Indoor Soccer

Ages 13-18. The Leonard Armstrong Indoor Pickup futsal soccer program is open to all Teens ages 13-18 with prior or no prior experience starting January 8, 2025 from 6pm-8pm every Wednesday. All participating players will be divided into teams for casual pickup games.

313719-01	W	6-8pm	1/8-4/2	13	Free	LARC
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Racquet Sports Classes

Advantage Tennis: Tiny Tennis NEW!

Ages 3-5. Start your kids in this premier lifetime sport so they can start developing fundamental athletic skills including visual tracking and hand-eye coordination. Enhance their already growing brains with creative and cognitive challenges as classroom meets tennis court. This internationally acclaimed early childhood tennis education curriculum is a combination of academic and sports activities and keeps your kids engaged. Best of all it is so much fun! Class takes place inside the Durant Center. Please bring a racquet.

322617-01	W	3-4pm	1/22-2/26	6	\$215	ODRC
322617-02	W	4-5pm	1/22-2/26	6	\$215	ODRC

Tennis 4 Kids

Ages 3-6. Join our interactive tennis class for kids! Enjoy singles and doubles games, round-robin play, and various drills and cardio exercises to stay agile. Participants will learn the essential rules and techniques of tennis. Students must bring their own rackets.

324211-01	M	10-10:30am	1/13-3/17	7	\$155	CQRC
324211-02	M	5-5:30pm	1/13-3/17	7	\$155	CQRC
324211-03	Tu	9:45-10:15am	1/16-2/20	6	\$129	CQRC
324211-04	Th	5:15-5:45pm	1/16-2/20	6	\$129	CQRC
324211-05	Th	5:50-6:20pm	1/16-2/20	6	\$129	CQRC
324211-06	Su	9:30-10am	1/19-2/16	5	\$109	CQRC
324211-07	Su	10:10-10:40am	1/19-2/16	5	\$109	CQRC
324211-08	Su	10:50-11:20am	1/19-2/16	5	\$109	CQRC
324211-09	Su	11:30am-12pm	1/19-2/16	5	\$109	CQRC
324211-12	Tu	9:45-10:15am	3/11-4/1	4	\$89	CQPK
324211-13	Th	5:15-5:45pm	3/6-4/3	5	\$109	CQPK
324211-14	Th	5:50-6:20pm	3/6-4/3	5	\$109	CQPK
324211-15	Su	9:30-10am	3/2-3/30	5	\$109	CQPK
324211-16	Su	10:10-10:40am	3/2-3/30	5	\$109	CQPK
324211-17	Su	10:50-11:20am	3/2-3/30	5	\$109	CQPK
324211-18	Su	11:30am-12pm	3/2-3/30	5	\$109	CQPK

FirstServe Tennis 1 & 2

Ages 7-14. FirstServe Tennis teaches the fundamentals of tennis with a low ratio in a fun, friendly, and supportive atmosphere. All basic strokes are covered. Class will be held if "feels like" temperatures are above 40 degrees. Please bring a racquet and sports shoes. Ratio 6:1.

Ages 7-10

322616-01	Tu	5:30-6:20pm	2/18-4/1	7	\$205	PYPK
322616-02	W	5:30-6:20pm	2/19-4/2	7	\$205	CQPK
322616-03	Th	4:30-5:20pm	2/20-4/3	7	\$205	CQPK

Ages 10-14

322616-04	Tu	4:30-5:20pm	2/18-4/1	7	\$205	PYPK
322616-05	Th	5:30-6:20pm	2/20-4/3	7	\$205	CQPK

FirstServe Adult Tennis 1

Ages 15 & 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. Instructor to participant ratio 5:1. Tennis racquets are not provided.

323102-01	Tu	6:30-7:40pm	2/18-4/1	7	\$265	PYPK
323102-02	W	6:30-7:40pm	2/19-4/2	7	\$265	CQPK
323102-03	Th	6:30-7:40pm	2/20-4/3	7	\$265	CQPK

FirstServe Adult Tennis 2

Ages 15 & 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 5:1. Tennis racquets are not provided.

323103-01	Tu	7:50-9pm	2/18-4/1	7	\$265	PYPK
323103-02	W	7:50-9pm	2/19-4/2	7	\$265	CQPK

FirstServe Adult Tennis 3

Ages 15 & up. Bounce-Boom helps players who have the ability to rally, refine stroke production and introduces tactics & techniques needed for competitive match play. Intended for players who have completed Tennis II or have similar experience. Ratio is 4:1. Tennis racquets are not provided.

323113-01	Th	7:50-9pm	2/20-4/3	7	\$265	CQPK
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FirstServe: Adult Outdoor Pickleball 1

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game.

323105-01	Tu	5:30-6:20pm	2/18-4/1	7	\$205	CQPK
323105-02	W	5:30-6:20pm	2/19-4/2	7	\$205	CQPK
323105-03	W	7:30-8:20pm	2/19-4/2	7	\$205	CQPK





Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

FirstServe: Adult Outdoor Pickleball 2

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio. These key skills minimize errors, boost consistency, and help you learn quickly Level 2 players learn important match-play skills that will improve results in open play and tournaments.

323106-01	Tu	7:30-8:20pm	2/18-4/1	7	\$205	CQPK
323106-02	W	6:30-7:20pm	2/19-4/2	7	\$205	CQPK

FirstServe: Outdoor Pickleball 3

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 3 players will increase power and accuracy while learning advanced match-play techniques and tactics.

323114-01	Tu	6:30-7:20pm	2/18-4/1	7	\$205	CQPK
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Advantage Tennis: Adult Beginner Pickleball **NEW!**

Ages 18 & up. Enjoy playing pickleball while learning basic strokes such as volleys, dinks, and serves. Learn how pickleball scoring works, and how to play this wonderful social game.

323110-01	W	5:30-6:30pm	1/29-3/5	6	\$215	ABPK
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Advantage Tennis: Pickleball Tactics & Play **NEW!**

Ages 18 & up. Use your pickleball skills and abilities to develop and employ competitive strategies and tactics. Enjoy a higher level of winning play with specific game-relevant tactics through specific drills and open play.

323112-01	W	6:30-7:30pm	1/29-3/5	6	\$215	ABPK
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Intro to Pickleball

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

323619-01	F	9:15-10:15am	1/31-3/21	8	\$155	CHRC
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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.

323620-01	F	10:45am-12:15pm	1/31-3/21	8	\$155	CHRC
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Sports Hotlines

For weather & field closure updates



YOUTH: 703.746.5597

ADULT MEN'S: 703.746.5596

ADULT COED & WOMEN'S: 703.746.5595

Sports Affiliates

Alexandria Lacrosse Club (alexandrialacrosse.com)

ALC offers boys and girls a chance to enjoy lacrosse in a fun, structured environment. Our aim is to provide a fantastic lacrosse experience, fostering sportsmanship, teamwork, and leadership skills. Teams are age- and skill-based, welcoming players of all levels from beginners to advanced. Practices are weekly, and games are on Saturdays (boys) and Sundays (girls).

Alexandria Little League (alexandrialittleleague.org)

ALL provides softball (ages 6-18) and baseball (ages 4-16) leagues in both fall and spring. Practice and game schedules vary by team. Our mission is to instill in our community's children the values of sportsmanship, honesty, loyalty, courage, and respect for authority. This ensures they grow into well-rounded, resilient, and trustworthy citizens.

Alexandria Rugby Club (alexandriarugby.com)

Alexandria Rugby delivers an exciting, dynamic sport involving running, catching, passing, and for older players, tackling. Our focus is on ensuring all players have a blast, learn essential skills, stay active, and foster teamwork. We offer non-contact (U6 to U14) and tackle rugby (U12, U14, and high school during the summer), with coed teams until high school.

Alexandria Soccer Association (alexandria-soccer.org)

ASA provides year-round soccer and futsal programs for all ages, fostering character, mental and physical fitness, and interpersonal skills through sports. Whether you're into Tots soccer (ages 2-4), soccer camps, recreational play, competitive teams, or the thrilling sport of futsal, we have something for everyone.

Alexandria Titans Football (alexandriatitansfootball.org)

ATYFC is dedicated to offering Alexandria's youth (ages 5-14) a safe, fun, and competitive football experience. Our coaches, volunteers, and parents prioritize teaching football fundamentals with a strong emphasis on safety.

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Basketball

Jump Shots for Tots

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

322602-01	Sa	10-10:45am	1/18-3/22	10	\$189	NLRC
322602-02	Sa	11-11:45am	1/18-3/22	10	\$189	NLRC

Lil' Slammers Basketball Training

Ages 5 & 6 as of March 31, 2025. An introduction to the sport of basketball focused on teaching the fundamentals such as dribbling, shooting, passing, and rebounding. Open to City of Alexandria residents only.

322703-01	Sa	9-10am	2/1-2/22	4	\$95	JHES
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Run Shoot Basketball

Ages 6-8. Run and Shoot Basketball is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling, and defense.

324010-01	Su	3:25-4:10pm	1/19-4/6	12	\$229	CHRC
324010-02	Sa	12:15-1pm	1/18-4/5	12	\$229	PHRC

Jump Shots for Kids

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

322602-03	Sa	12-1pm	1/18-3/22	10	\$195	NLRC
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Hoop Life Skills Academy

Ages 9-15. 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.

322625-01	Sa	1-2pm	1/18-3/22	10	\$195	NLRC
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Leagues

T-Ball & Coach Pitch Baseball League

Ages 4-8 as of April 30, 2025. Teams are formed by recreation districts. Teams will practice once or twice a week (practice days & times vary by team). Open to City of Alexandria residents only. Starting with the Spring 2025 season, T-Ball & Coach Pitch leagues will be organized and managed by Alexandria Little League. Please visit alexandrialittleleague.org for more information and to register.

T-Ball, Ages 4-6

422701-01	TBD	TBD	4/1-6/15	Free	TBD
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Coach Pitch, Ages 6-9

422701-02	TBD	TBD	4/1-6/15	\$100	TBD
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Lil' Rookies Basketball League

Ages 5 & 6 as of March 31, 2025. This developmental basketball program will focus on teaching the fundamentals in a non-competitive environment. Games will be coached and officiated by staff, and no score or standings will be kept. Baskets will be lowered to 8 feet. Open to City of Alexandria residents only.

322708-01	Su	1-3pm	3/9-3/30	4	\$95	JHES
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Coed Volleyball League

Ages 18 & up. Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. All teams must submit a team roster, and a \$35 non-resident fee will be charged for each player that resides outside of the City of Alexandria. The team registration fee is \$555 per team. League play begins the second week of January.

323201	Tu	6:30-10pm		\$555	JHES
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Men's Basketball League

Ages 18 & up. Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. The team registration fee is \$825 per team. All teams must submit a team roster, and a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. League play begins the second week of January.

323200	Tu, Th	6:30-10pm		\$825	FHRC
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Additional Sports Classes

Grand Slam T-Ball & Me **+ADULT**

Ages 2-3 with adult. The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of t-ball while learning the fundamentals of the sport.

324201-01	Sa	9:30-10:15am	3/1-4/5	6	\$115	CQPK
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Crunch & Munch **+ADULT**

Ages 2-4 with adult. Join our Parent & Me Fitness Class, a fun-filled way to engage with your child! This interactive program combines exercise and bonding as you and your child participate in energizing fitness activities together. Strengthen your bodies, create lasting memories, and enjoy a healthy and active lifestyle as a team!

314040-01	W	9:30-10:15am	1/15-4/2	12	\$229	PHRC
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Lil' Sprinters Track

Ages 3-5. Come get your run on! This class promotes physical fitness and develops skills such as running, jumping, and throwing in a fun environment.

322710-01	Su	12-1pm	1/12-2/2	4	\$95	PHRC
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Little Athletes & Me **+ADULT**

Ages 3-5 with adult. Introduces younger children and their families to our sports programs through the fundamentals of lacrosse. Promotes physical fitness. Helps develop key social skills like sharing, taking turns, and sportsmanship.

324006-01	Sa	11:15am-12pm	1/18-4/5	12	\$229	PHRC
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Winter 2025





Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Lil' Pro Sports

Ages 3-5. Learn the basics of basketball, baseball, tennis, and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports outside on Saturday mornings. Dress in comfortable clothing and bring your own water bottle.

322716-01	Sa	10:15-11am	3/22-4/12	4	\$95	LCRC
322716-02	Sa	11:15am-12pm	3/22-4/12	4	\$95	LCRC

Martial Arts 4 Kids

Ages 3-6. Introduce your child to the fundamentals of Taekwondo! Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. More than just physical fitness, new exercises are introduced each week to help build your child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Uniforms are required after the first class and are part of the tuition.

322626-01	W	10:10-10:40am	1/15-2/19	6	\$145	ODRC
322626-02	W	10:10-10:40am	3/5-4/2	5	\$119	ODRC
322626-03	Sa	10:30-11am	1/18-2/22	6	\$145	ODRC
322626-04	Sa	10:30-11am	3/8-4/5	5	\$119	ODRC

Biking 4 Kids

Ages 3-10. Our Bike for Kids program is expertly-designed to develop your child into a confident and safe bike rider. Taught by experienced instructors in a small group setting, our program is balance-based and participants learn to stride, glide and then ride! At each session, participants will learn and practice skills like speed control, turning, starting/stopping in an encouraging environment, with personalized instruction tailored to their needs. Class takes place on the basketball court behind the Durant Center.

Ages 3-5

322638-03	Su	3-3:45pm	1/19-2/16	5	\$209	JHES
322638-04	Su	3-3:45pm	3/2-3/30	5	\$209	JHES

Ages 6-10

322638-01	Su	4-4:50pm	1/19-2/16	5	\$209	JHES
322638-02	Su	4-4:50pm	3/2-3/30	5	\$209	JHES

Rookie Spring Training Baseball Clinic

Ages 4-8 as of April 30, 2025. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball and get ready for the upcoming season. Open to City of Alexandria residents only.

Ages 4-6

322715-01	Tu, Th	5-6pm	3/11-3/13	2	\$45	LCRC
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Ages 6-8

322715-02	Tu, Th	6:15-7:15pm	3/11-3/13	2	\$45	LCRC
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Tip Top Stick Handling

Ages 5-8. Tip Top Sticks offer exposure to two different stick sports all in one session. Kids will begin learning hockey first, then lacrosse. Students will learn the fundamentals of each sport while developing stickhandling,

passing and scoring through scrimmage games and learning about sportsmanship. Excellent opportunity to learn multiple sports in a safe and dynamic environment.

324214-01	W	5:10-5:55pm	3/5-4/2	5	\$115	CQPK
324214-02	Sa	1-1:45pm	3/1-4/5	6	\$139	CQPK

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

324216-01	Th	4-4:45pm	3/6-4/3	5	\$115	CQPK
324216-02	Sa	12:55-1:40pm	3/1-4/5	6	\$139	CQPK

Tip Top Fun & Run

Ages 5-9. Friendly environment that develops coordination, motor skills, communication, speed, and agility. A fun way to make friends and prepare for other sports. We focus on stamina and endurance by introducing various relays, obstacle course, and flexibility.

322640-01	Th	5-5:45pm	3/6-4/3	5	\$95	CQRC
322640-02	Sa	12-12:45pm	3/1-4/5	6	\$115	CQRC

Tip Top Ninjas Martial Arts 1

Ages 5-11. Join our Taekwondo program where kids will learn kicking, punching, self-defense, balance, and discipline. Each week introduces new exercises to boost self-esteem and physical fitness. Casual, comfortable clothing is recommended, and please note: this is a no combat, no contact zone—no sparring allowed.

323617-01	Su	2:45-3:30pm	1/19-4/6	12	\$229	CHRC
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Tip Top All Ball

Ages 6-9. Combining the excitement of soccer, basketball, and ultimate frisbee, speedball is the ultimate team sport that keeps kids on their toes and engaged. Young athletes will develop agility, coordination, and teamwork skills while having a blast with friends. Each session is filled with high-energy drills, fun games, and competitive scrimmages that foster sportsmanship and confidence.

322639-01	Sa	1:15-2pm	1/18-4/5	12	\$229	PHRC
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Nerf Fencing

Ages 6-11. Learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf foam sabers and have the option to wear fencing equipment.

322609-01	W	4-5pm	1/15-2/19	6	\$135	CQRC
322609-02	W	4-5pm	3/5-4/2	5	\$115	CQRC

Fitness with Coach Jason

Ages 6-12. Youth will enjoy sports in a fun, safe and non-competitive environment with coach Jason. While encouraging them to learn basic fundamental skills for basketball, track & field, and more.

313806-01	W	6:15-7:15pm	2/12	1	\$109	MVRC
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Alexandria Titans Indoor Track

Ages 6-14. Develop fundamentals in the sport of track and field. This program is focused on running techniques, sportsmanship, and healthy competition.

Ages 6-10

322709-01	Su	1-2pm	1/12-2/23	7	\$95	PHRC
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Ages 11-14

322709-02	Su	2:15-3:15pm	1/12-2/23	7	\$95	PHRC
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Roller Skating for Fitness & Fun

Ages 6 & up. Learn how to roll! Instruction includes guidelines for safety, components of inline and traditional quad roller skates, and basic skating skills and exercises for beginner to intermediate. Skate rentals provided upon request. Bring protective gear (helmet, elbow, wrist guards and knee pads). Instructor: World Champion United Skates Roller Sports & Skate Inline Associated Certified. Call Christie for questions 703.623.7354.

313141-01	Tu	6:30-7:25pm	2/4-2/25	4	\$99	PHES
313141-02	Sa	9-9:50am	3/8-3/29	4	\$99	ODRC
313141-03	Tu	6:30-7:25pm	3/4-3/25	4	\$99	PHES
313141-04	Sa	9-9:50am	1/11-2/8	4	\$99	PHES

Skateboarding 4 Kids

Ages 7-14. 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 fakie, 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.

322623-01	Tu	4-5pm	3/11-4/1	4	\$79	SJSP
322623-02	Sa	4-5pm	3/8-4/5	5	\$99	SJSP

Fencing

Ages 10 & up. Learn the principles of modern sport fencing including footwork, blade control, and technique. Foils, masks, and jackets are provided. Please wear comfortable athletic clothing. Court shoes or cross

trainers recommended. \$30 non-competitive USA Fencing membership required (details at first class session). Instructor: Olde Town Fencing.

323101-01	W	7-8pm	1/22-3/12	8	\$119	PHES
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Fitness Room Orientation

Ages 16 & up. Join us for a comprehensive Fitness Room orientation, tailored to help you navigate equipment and develop a personalized workout plan. Our expert trainers will guide you through safe and effective exercises, empowering you to achieve your fitness goals. Start your journey today!

314033-01	Th	5:30-6:30pm	1/16	1	Free	PHRC
314033-02	Th	5:30-6:30pm	2/13	1	Free	PHRC
314033-03	Th	5:30-6:30pm	3/13	1	Free	PHRC

Sports Events

Family Health & Fitness

Ages 5 & up. Come and enjoy an evening of family fun and fitness activities for the entire family. Adults and children will have the opportunity to participate in various activity stations manned by staff and volunteers designed to educate families in how to have fun and stay fit and healthy as a family unit. Stations will consist of sports, cardiovascular activities, presentation on nutrition, weight training and much, much more!

313718-01	F	6:30-8:30pm	3/21	1	Free	LARC
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Nerf the Turf

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

384008-01	F	6:30-8:30pm	1/17	1	\$15	PHRC
384008-02	F	6:30-8:30pm	2/21	1	\$15	PHRC
384008-03	F	6:30-8:30pm	3/14	1	\$15	PHRC

Dodgeball Fanatics

Ages 7-12. Duck, dip, dive, and dodge to a great time. This instructor-led program teaches participants a safe way to play dodgeball with gatorskin balls in a controlled environment. Each session's participants will be placed on teams based on their age and skills.

384004-01	F	6:30-8:30pm	1/24	1	\$15	PHES
384004-02	F	6:30-8:30pm	2/7	1	\$15	PHES
384004-03	F	6:30-8:30pm	3/7	1	\$15	PHES

Bloomin' Pickles Spring Showdown **NEW!**

Ages 18 & up. The Bloomin' Pickles Spring Showdown Pickleball Tournament is a thrilling sporting event celebrating the arrival of spring. This competitive tournament brings together pickleball enthusiasts of all skill levels for a fun-filled day of spirited matches. Join us in the blooming season to showcase your pickleball skills and enjoy the vibrant spring atmosphere.

324008-01	Su	10am-8pm	3/23	1	\$45	PHRC
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Socialize

Kid Rock Social Hour (+ADULT)

Ages 0-4 with adult. It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement, and play. No class 10/9 & 11/23. Drop-ins welcome on Fridays for \$5 per person.

353805-01	M, W, F	10am-12pm	1/6-2/12	12	\$79	MVRC
353805-02	M, W, F	10am-12pm	1/6-2/14	18	\$99	MVRC
353805-03	M, W	10am-12pm	2/24-4/2	12	\$79	MVRC
353805-04	M, W, F	10am-12pm	2/24-4/11	19	\$99	MVRC

Playtime Express (+ADULT)

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

343001-01	W, Th	10:30am-1:30pm	1/8-1/30		\$79	NLRC
343001-02	W, Th	10:30am-1:30pm	2/5-2/27		\$79	NLRC

Lego® Lab

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

394000-01	Tu	5:30-6:30pm	1/14-4/1	12	Free	PHRC
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Magnus Chess Club

Ages 6-12. Learn chess with Magnus Academy, five-time world champion Magnus Carlsen's academy! Class is divided between lessons and games. Lessons range from basic rules to advanced tournament strategies. Club includes free weekly online practice tournaments, Chesskid Gold Membership (\$49 value!), and an event with a chess celebrity. All skill levels welcome.

342632-01	W	6:30-7:30pm	1/22-3/12	8	\$159	ODRC
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Circle of Girls

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

384010-01	Th	6-7:30pm	1/16-3/27		Free	PHRC
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Adult Social Club (TR)

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. The program will not meet on 1/25, 2/15, and 4/19.

343000-01	Sa	11:30am-4pm	1/4-5/17		\$89	NLRC
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Technology & Science

Science Art Mania

Ages 5-12. Science Mania is a creative space where art activities ignite children's imagination and foster innovative thinking. Through project-based learning, young Scien-ART-ists explore and learn with activities like String Art, flashlight painting, building cardboard cars, creating cardboard airport runways, making homemade watercolors, and more.

343810-01	Tu	6:15-7:15pm	1/7-2/11	6	\$105	MVRC
343810-02	Tu	6:15-7:15pm	2/25-4/1	6	\$105	MVRC

Minecraft Modding

Ages 6-14. Software: MCreator. Skill Level: Beg.-Int. In this class, students will learn how to create their own custom game play items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes, and more!

342601-01	Sa	9:30-10:30am	1/18-2/22	6	\$165	ODRC
342601-02	Sa	10:45-11:45am	1/18-2/22	6	\$165	ODRC

Coding in Minecraft With LUA

Ages 6-14. Software: Minecraft Skill Level: Beg.-Int. Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" in Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to automatically build, mine, and craft items and structures, including if-then-else statements, for-while loops, and implementing their own functions using Lua. Note: Basic reading skills required. Experience playing Minecraft preferred, but not required.

Ages 6-9						
342600-01	Su	1-2pm	1/19-2/23	6	\$165	CHRC

Ages 10-14

342600-02	Su	2:15-3:15pm	1/19-2/23	6	\$165	CHRC
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Animation with Minecraft

Ages 6-14. Software: Mine-imator. Skill level: Beg. In this class, younger students will learn how characters move and look alive in movies and video games. They will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling. They will apply acting theories and animation principles to scenes they create!

Ages 6-9						
342629-01	Sa	9:30-10:30am	3/1-4/5	6	\$165	ODRC

Ages 10-14

342629-02	Sa	6:15-7:15pm	3/1-4/5	6	\$165	ODRC
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Ballet

Pre-Ballet & Movement

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.

352605-01	Sa	9:15-10am	1/25-3/29	9	\$149	CHRC
352605-02	Sa	9:15-10am	1/25-3/29	9	\$149	PHES



Ballet I

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

352610-01	Sa	10:15-11am	1/25-3/29	9	\$149	CHRC
352610-02	Sa	10:15-11am	1/25-3/29	9	\$149	PHES

Ballet II

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

352611-01	Sa	11:15am-12pm	1/25-3/29	9	\$149	CHRC
352611-02	Sa	11:15am-12pm	1/25-3/29	9	\$149	PHES

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. Participants will perform in an end-of-session dance recital.

352612-01	Sa	12:15-1:15pm	1/25-3/29	9	\$155	CHRC
352612-02	Sa	12:15-1:15pm	1/25-3/29	9	\$155	PHES

Introduction to Pointe

Ages 8-14. Introduction to Pointe is the next level for our ballet classes! This is for advanced ballet students only and must complete Level 3 or equivalent. Students will work at the barre to build strength and learn the basics of dancing en pointe. Students will be guided in the care of their feet and pointe shoes as they work towards dancing on the center floor. There will be an end-of-session dance recital.

352643-01	Sa	1:25-2:25pm	1/25-3/29	9	\$155	PHES
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Dance

Rhythm Time with Parent (+ADULT)

Ages 1-2 with adult. Have fun with the little one. This class offers a chance for the parent or guardian to spend quality time with their little one while helping them to learn rhythm and dance. This will be a fun time for you and your tot!

353623-01	Th	10-10:30am	1/16-2/20	6	\$59	CHRC
353623-02	Th	10-10:30am	3/6-4/10	6	\$59	CHRC

Move with Me (+ADULT)

Ages 1.5-3 with adult. This class provides an introduction for young students and one accompanying adult to movement and dance. Using singing, nursery rhymes, activities, props, and the help of their adults, students develop their basic motor skills, coordination, and self-expression.

354205-01	Sa	10:40-11:10am	1/18-2/22	6	\$89	CQRC
354205-02	Sa	10:40-11:10am	3/8-4/5	5	\$75	CQRC

Movement & Ballet

Ages 2-5. Does your little one love to move and dance? This class will give your little dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun exercises in music qualities and rhythms, story-telling with movement, and free dance with various props.

353620-01	Su	1:30-2:15pm	1/12-3/2	8	\$45	CHRC
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Modern Tots

Ages 3-5. This class 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 and movement coordination.

354203-01	Sa	10-10:30am	1/18-2/22	6	\$89	CQRC
354203-02	Sa	10-10:30am	3/8-4/5	5	\$75	CQRC

Jazz Hip Hop Combo

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.

Ages 4-6

354201-01	Sa	9-9:45am	1/18-2/22	6	\$145	CQRC
354201-02	Sa	9-9:45am	3/8-4/5	5	\$129	CQRC

Ages 7-11

352601-01	F	6-6:50pm	1/17-2/21	5	\$129	ODRC
352601-02	F	6-6:50pm	3/14-4/4	4	\$105	ODRC



Introduction to Ballet

Ages 5-8. Introduce your little dancer to the beautiful art of ballet! This the class will enhance your child's coordination, balance, and flexibility with the teaching of basic ballet positions, steps, and terminology through standing barre work and simple center floor exercises. Your child will also enjoy simple and fun exercises in creative dance and music exploration.

353621-01	Su	2:30-3:15pm	1/12-3/2	8	\$45	CHRC
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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.

354200-01	W	5-5:50pm	1/15-2/19	\$105	CQRC
354200-02	W	5-5:50pm	3/5-4/2	\$89	CQRC

Youth Ballet

Ages 6-11. This beginning-level class is designed to develop awareness of alignment and basic ballet vocabulary and technique. The class will include basic barre exercises, as well as center work. Your child will have a fun time learning the secrets behind becoming a great ballerina!

353622-01	Su	3:30-4:20pm	1/12-3/2	8	\$45	CHRC
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Hip Hop Dance

Ages 6-11. Dancers learn elements of hip hop dance such as breaking, popping, locking, and freestyle. Instructor: Local Motion Project.

353835-01	F	5-6pm	1/17-4/4	12	\$299	MVRC
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Introduction to Ballroom Dancing

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

353102-01	Tu	7-8:15pm	1/14-3/4	8	\$85	MVRC
353102-02	W	7-8:15pm	1/15-3/5	8	\$85	ODRC

Intermediate Ballroom Dancing

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

353104-01	F	7-8:15pm	1/17-3/7	8	\$85	ODRC
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Sugar Foot: Line Dancing 101 *

Ages 18 & up. Join our Introduction to Line Dancing class! Learn 12 basic line dance steps put to great Oldies & Motown music. Discover new dance moves with friendly support in a welcoming group. It's an exciting program where you can learn & have a wonderful time on the dance floor!

354010-01	M	10:30-11:30am	1/13-3/10	7	\$65	PHRC
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Sugar Foot: Line Dancing 102 *

Ages 18 & up. Let's continue onward with another dozen basic line steps! Improve your dancing skills, footwork, & rhythm. Line Dancing betters one's memory, improves flexibility, increases energy, makes friends!

354011-01	M	11:30am-12:30pm	1/13-3/10	7	\$65	PHRC
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Evergreen: Line Dancing Waltz

Ages 18 & up. No partner is required! Join our beginner-friendly Evergreen Line Dancing Waltz program and discover the elegance of the Waltz to timeless music. Open to all levels, this class promotes camaraderie and helps you master this graceful dance. Let's waltz together!

354004-01	Th	10-11am	1/16-2/20	6	\$75	PHRC
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Rockin' Maracas: Line Dancing Master Class

Ages 18 & up. Latin heat! Latin beat! Get ready for a chilly cha cha challenge--using some fancy dance moves to exciting rhythms, we'll work the dance floor & have a blast!

354008-01	Th	11am-12pm	2/27-4/3	6	\$75	PHRC
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Wanna Dance

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

354005-01	F	9-10am	1/17-4/4	12	Free	PHRC
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Music

Little Hands Music +ADULT

Ages 16 mos.-3.5 yrs with adult. Join us for fun and engaging music and movement classes with your child! Sing, dance, and play with a variety of child-friendly instruments, such as drums, shakers, bells, and sticks. Move with colorful props like hoops, scarves, parachutes, and streamers. This winter, enjoy new music and activities centered around the theme "Let's Ride!"--all about transportation! Register at www.littlehands.com

359704-03	Th	11-11:30am	1/16-3/27	11	\$225	CHRC
359704-04	Th	10:15-10:45am	1/16-3/27	11	\$225	CHRC
359704-05	Th	12:15-1:15pm	1/16-3/27	11	\$225	CHRC

My First Music Class +ADULT

Ages 2-5 with adult. Enjoy Music with your child while they experience their first music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body, and surprises. Students and parents will participate in language repetition and speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation and handling, rhythm exercises, and listening and melody development.

342623-01	Sa	10-10:30am	1/18-2/22	6	\$169	ODRC
342623-02	Sa	10-10:30am	3/1-4/5	6	\$169	ODRC

Little Fingers Piano +ADULT

Ages 2-5 with adult. 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!

342618-01	Sa	10:35-11:05am	1/18-2/22	6	\$169	ODRC
342618-02	Sa	10:35-11:05am	3/1-4/5	6	\$169	ODRC

Little Hands Books & Beyond +ADULT

Ages 3-5 yrs with adult. Join our early literacy group tailored for your preschooler's need for movement and storytelling! Dive into a world of learning and fun as we springboard from books, using props, puppets, music, and sounds. This engaging approach is a great way to start the reading journey, led by licensed speech therapist Vanessa Talbott. To register, please visit www.littlehands.com or call 703.631.2046.

359705-01	W	12:30-1:15pm	1/15-3/26	11	\$249	ODRC
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Learn Now Music: Group Piano *

Ages 5-12. Learn the basics of piano in a group lesson setting. Rental instrument and music curriculum provided. Instruments to be used in class and brought home for at home practice in between. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class.

342624-01	W	6-7pm	1/15-2/19	6	\$169	CHRC
342624-02	W	6-7pm	2/26-4/2	6	\$169	CHRC
342624-03	Th	6-7pm	1/16-2/20	6	\$169	PHRC
342624-04	Th	6-7pm	2/27-4/3	6	\$169	PHRC
342624-05	M	6-7pm	1/27-3/24	8	\$215	ODRC

Learn Now Music: Group Guitar *

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments, as well as how to play in a music group. Rental guitar and music included. Students will take instruments home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the replacement of any unreturned/damaged instruments.

342617-01	W	7-8pm	1/15-2/19	6	\$169	CHRC
342617-02	W	7-8pm	2/26-4/2	6	\$169	CHRC
342617-03	Th	7-8pm	1/16-2/20	6	\$169	PHRC
342617-04	Th	7-8pm	2/27-4/3	6	\$169	PHRC
342617-05	M	7-8pm	1/27-3/24	8	\$215	ODRC

Learn Now Music: Group Violin *

Ages 5-12. Students will participate in an ensemble music group. Students will learn about violin and use the rental violin and music to practice both

in class and at home. A rental agreement must be signed, and instruments must be returned in the same condition at the last scheduled class.

342621-01	M	5-6pm	1/27-3/24	8	\$215	ODRC
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Mark's Music Prep Private Lesson *

Ages 6 & up. Sharpen your musical knowledge or embark on a new musical journey by enrolling in private music lessons. Areas of instruction include piano, violin, cello, viola, composition, and music theory. The 30-minute lessons are one-on-one with Mark Evans and can be booked anytime between 12-8:15 p.m. on Fridays and 3-7:45 p.m. on Mondays. Monday classes are strings only.

342611-01-14	F	12-8:15pm	1/17-4/4	12	\$539	ODRC
342611-15-22	M	3-7:45pm	1/13-3/31	10	\$455	ODRC

Seniors In Sync

Ages 55 & up. Explore your creativity with Music Stimulation! Seniors sing, dance, and make friends in this lively program. Discover new songs and revisit old favorites with expert guidance. Feel the joy of music, karaoke, and visual arts. Join us for a fun journey of self-expression and friendship!

354007-01	Tu	10-11am	1/14-4/1	12	Free	PHRC
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Visual Arts

AbraKadoodle Twoosy Doodlers +ADULT *

Ages 1.5-3 yrs. with adult. Little fingers will experiment with painting, gluing, sticking, printing, and creating, while developing fine motor, language, and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and parents and helpers get to play too.

352600-01	M	10-10:45am	1/27-3/24	8	\$159	ODRC
352600-02	Tu	10-10:45am	1/14-3/4	8	\$159	MVRC
352600-03	Sa	10-10:45am	1/18-3/8	8	\$159	ODRC

AbraKadoodle Mini Doodlers +ADULT

Ages 3-6 with adult. Children develop their creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists materials including, but not limited to watercolors, tempera paints, oil pastels, creative tools, children create masterpieces that are truly unique. All materials are included.

352613-01	Sa	11-11:45am	1/18-3/8	8	\$159	ODRC
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Artistic Drawing with Young Rembrandts

Ages 5-10. Young Rembrandts Drawing curriculum uses a structured step swipe format to teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex objects into familiar shapes, then use problem-solving and imagination to make their own works of art. Our Artistic Drawing curriculum develops academically relevant skills, including spatial-moto planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students. New lessons every season!

352626-01	Sa	10-11am	1/25-3/15	8	\$179	ODRC
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Basics Manga Drawing *

Ages 9-16. Explore the captivating world of Manga drawing! This engaging program teaches fundamental techniques, from line work to color blending. Unleash your artistic talents and create beautiful artwork.

354001-01	M	5:30-6:30pm	1/13-3/3	6	\$99	PHRC
354001-02	M	5:30-6:30pm	3/10-3/31	4	\$69	PHRC

The Anime Society

Ages 11-17. Join Anime Society, the ultimate gathering for anime enthusiasts! Immerse yourself in the captivating world of Japanese animation. Connect with fellow fans, discuss your favorite series, watch screenings of popular shows, participate in cosplay events, and embrace the excitement of all things anime. Let's celebrate the artistry of anime together!

384011-01	W	6-7:30pm	1/15-4/2	Free	PHRC
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Artworks (TR)

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.

353000-01	W	6-7:30pm	1/8-5/21	15	\$75	NLRC
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Mocktails & Masterpieces (NEW! *)

Ages 18 & up. Kickstart your week with Mocktails and Masterpieces, a fun paint-and-sip variation! Enjoy delicious, non-alcoholic mocktails as a mixologist guides you through exciting recipes. Then, unleash your creativity with an experienced instructor and paint your own unique masterpiece each week!

354215-01	M	6:30-7:30pm	2/3-3/24	8	\$179	CQRC
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Silver Artisans

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

354009-01	F	10am-12pm	1/17-2/28	7	Free	PHRC
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Cooking

Cookies & Stories

Ages 2-5. Welcome to Cookies & Stories! Hello, little friends! Are you ready for a magical adventure filled with delicious cookies and exciting stories? Let's gather around and get comfortable because we are about to embark on a tasty tale!

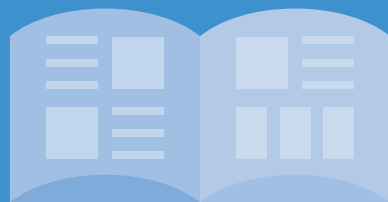
343612-01	Th	10-10:30am	1/16-2/20	6	\$65	CHRC
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Nutrition & Healthy Eating

Ages 18 & up. The instructor blends modern science with ancient practices to help participants make healthier choices, feel more comfortable in their bodies, and boost energy levels. Learn how foods, spices, and herbs enhance bodily functions—from breathing and digestion to sleep. Daily topics include diet, herbs, essential oils, aromatherapy, sound therapy, and holistic wellness, combining Eastern wisdom with Western science for a balanced approach to health.

343132-01	Su	6:30-7:30pm	1/19-2/16	\$129	ODRC
343132-0	Su	6:30-7:30pm	1/19-2/16	\$129	ODRC

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national poetry month

Celebrate with the City of Alexandria

Zeina Azzam, the City of Alexandria's Poet Laureate, invites all Alexandrians to participate in National Poetry Month activities throughout the month of April. Schools, local businesses, libraries, and recreation centers will promote poetry writing and reading, and encourage broad participation in the month-long celebration.

The Academy of American Poets designated April as National Poetry Month to celebrate poetry and its ability to enrich everyday life. To learn more about National Poetry Month and the activities celebrated throughout the country, visit Poets.org. To get involved in local poetry activities, e-mail poet@alexandriava.gov, or call **Cheryl Anne Colton, Regional Program Director at 703.746.5565**, or visit alexandriava.gov/Arts.

Artist & Arts Organization Professional Development Webinars

Free | Visit alexandriava.gov/arts to see all upcoming webinars. Registration required.

Webinars discuss numerous relevant topics for artists and arts organizations, such as marketing, funding, and business development presented by experts in the field including the New York Foundation for the Arts. These webinars are presented virtually and are sponsored by the Northern Virginia Local Arts Agencies (Alexandria Office of the Arts, ArtsFairfax & Arlington Cultural Affairs Office).

Torpedo Factory Art Center

Free | 105 N. Union St. | Open Daily: 10 a.m.-6 p.m.*
torpedofactory.org | torpedofactory@alexandriava.gov

America's largest collection of publicly accessible working-artist studios under one roof. Explore three floors of artists. Watch them at their craft, ask about their creative processes, and purchase original artwork.

*Periodic 5 p.m. closure for private events. See dates on our website.

Arts Grant Program Online

The City of Alexandria's Annual Arts Program is designed to support artistic excellence in the City by assisting arts and nonprofit organizations to provide affordable local artists with opportunities to create, perform, and present their works. Each year, approximately \$249,000 in City funds are awarded on the basis of a competitive grant evaluation process and require a 1:1 cash match from the applicant. For Fiscal Year 2026 Annual Arts Program information, email arts@alexandriava.gov or visit alexandriava.gov/arts.

For Fiscal Year 2026 grant program information, call the Office of the Arts at 703.746.5565 or visit alexandriava.gov/Arts.

Alexandria Searches for Poet Laureate

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

Individuals may nominate themselves or be nominated by someone else. Nominees must demonstrate excellence in the field of poetry through their body of work. They must have resided in the city for at least one year and maintain residency throughout the three-year term of service. Additionally, nominees must accept the Poet Laureate position as a ceremonial role, which involves presenting their work to audiences of all ages. Candidates must also be 21 years of age or older.

The deadline for online submissions is
5 p.m. on Friday, January 10, 2025.

To submit your application, please visit alexandriava.gov/Arts.
For any questions, feel free to email poet@alexandriava.gov.

Alexandria Poetry Contest

The City of Alexandria and the Alexandria Transit Company joined forces to host a poetry contest "DASHing Words in Motion." The poetry contest encourages quality writing for those 16 years or older, who live, work, or study in the City of Alexandria. **The online submission deadline is 5 p.m., Friday, January 17, 2025.**

The competition's primary goal is to encourage a broad range of ideas and subject matter. Possible inspirational ideas might stem from the Alexandria Transit Company's DASH bus motto "Keep Alexandria Moving," or bus stops, neighborhoods, buses, cars, roads, or transportation. Winning poems will be published and placed on DASH buses and trolleys for the 2025 National Poetry Month (April).

To enter or for more information, visit alexandriava.gov/Arts.
For questions, call 703.746.5565 or email poet@alexandriava.gov.





Camps

Little Athletes Camp

Ages 3-10. Campers will participate in various sports fundamentals, games, skills, and drills, while experiencing sportsmanship. Children will explore soccer, t-ball, lacrosse, flag football, hockey, basketball, and sport-related art activities, while gaining confidence and independent skills in a fun environment.

374210-01	M-F	9am-1pm	4/14-4/18	5	\$275	CQPK
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Pin It 4 Fun

Ages 5-7. This camp is fun, fun, fun!!! This class includes various arts and crafts projects inspired by Pinterest. The students will complete many extravagant projects based on the theme for the class. We will also introduce new hobbies and experiences to the students. The arts and crafts in this class will always align with the Holidays and big events going on around the time of the class. The children can create a holiday wreath for the holidays, or a heart canvas bag for Valentine's Day, and even abstract rainbows to bring in the summer.

374230-01	F	9am-4pm	1/24	1	\$125	CQRC
374230-02	M	9am-4pm	3/31	1	\$125	CQRC

Batbomb Explosion Camp

Ages 5-7. Campers will experiment with and test different bath bomb formulas to create the perfect recipe for vegan/organic bath bombs. Very engaging and hands on!

374214-01	M	9am-4pm	1/27	1	\$125	CQRC
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Getting into Shapes

Ages 5-7. This camp consists of two parts. Students will learn to draw pictures using shapes and work on shading and adding definition to the shapes to create pictures. The second part of this class includes painting, students will learn different techniques for painting and gain exposure with different mediums. Price includes materials needed.

374213-01	Tu	9am-4pm	1/28	1	\$145	CQRC
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The Science Seed Camps

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

Explore the Solar System

372691-01	F	9am-4pm	1/24	1	\$115	ODRC
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Cookie Chemistry Camp

372691-02	F	9am-4pm	2/28	1	\$115	ODRC
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Fantastic Fossils Camp

372691-03	M-F	9am-4pm	4/14-4/18	5	\$385	ODRC
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My First Craft Fair

Ages 5-9. Let's get crafty! Young entrepreneurs will make handmade items to "sell" at their own craft fair. Campers will learn about running a small

business, creating appealing advertising, and setting up displays. They'll also cover topics like budgeting, profit margins, and assessing product quality.

374231-01	F	9am-4pm	2/28	1	\$99	CQRC
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My First Passport Camp

Ages 5-9. This fun program helps campers develop a global mindset and build international awareness early in life! Explore cultural differences across countries, geography games, famous landmarks, world currencies, current global events, the role of international institutions like the UN, and more. Campers role-play as diplomats and come up with solutions to key global problems like hunger, poverty, and pollution.

374232-01	F	9am-4pm	3/28	1	\$99	CQRC
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My First Lemonade Stand Spring Break Camp

Ages 5-9. Let's sell lemonade! Young students become "lemonade entrepreneurs" and learn how to make yummy lemonade and earn money selling it! From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy.

374208-01	M-F	9am-4pm	4/14-4/18	5	\$475	CQRC
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Junior Scientist

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

369841-01	F	9am-3pm	1/24	1	\$75	BFNC
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Art Box Science & Visual Arts Camp

Ages 5-10. Camp days are filled with fun activities to include making slime, baking cupcakes, creating visual arts, outdoor/indoor play, making rubber band bracelets, building with Legos and participating in cooperative group game fun. Social Emotional Learning is the overarching theme for Art Box Camps.

372686-01	F	9am-4pm	1/24	1	\$125	LEEC
372686-02	M	9am-4pm	1/27	1	\$125	LEEC
372686-03	Tu	9am-4pm	1/28	1	\$125	LEEC
372686-05	F	9am-4pm	2/28	1	\$125	LEEC
372686-06	M	9am-4pm	3/31	1	\$125	LEEC

Survival Skills

Ages 5-10. If you found yourself stranded on a deserted island, how would you find water? What steps would you take to build a shelter? Join us to learn essential survival skills, including how to find clean drinking water, construct a shelter, and perform basic first aid for outdoor emergencies.

369841-02	M	9am-3pm	1/27	1	\$75	BFNC
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Art & Nature

Ages 5-10. Join us as we dive into the world of art and learn about materials we can find in nature, as well as the important landscapes nature has to offer. We will be working with clay, paint, and sun print photography.

369841-03	Tu	9am-3pm	1/28	1	\$75	BFNC
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Prehistoric Virginia

Ages 5-10. Have you ever wondered what types of animals wandered through the forests and waters of Alexandria 2 million years ago? Join us as we learn about the prehistoric flora and fauna found in our area as we travel back in time and meet some of our resident animals' ancestors.

369841-04	F	9am-3pm	2/28	1	\$75	BFNC
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Spring Break Lego Camp

Ages 5-10. Join us for an exciting Lego Spring Break Camp where creativity meets construction! Designed for young builders, this camp offers themed challenges, group projects, and hands-on activities that promote problem-solving and teamwork. Kids will construct skyscrapers, design vehicles, and create landscapes while exploring the endless possibilities of Lego. Visual arts, crafts, and cooperative games will also enhance the fun! The camp is instructed by Art Box.

473810-01	M-F	8am-4pm	4/14-4/18	5	\$335	MVRC
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Ultimate Music Experience Camp

Ages 5-12. 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). All campers should bring a bag lunch, snack, and drink.

January Camps

372668-01	F	9am-3pm	1/24	1	\$105	ODRC
372668-02	M	9am-3pm	1/27	1	\$105	ODRC
372668-03	Tu	9am-3pm	1/28	1	\$105	ODRC

Spring Break Camp

372668-04	M-F	1-5pm	4/14-4/18	5	\$499	ODRC
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FUNTastic Spring Break Camp (INCLUSION) (TR)

Ages 5-12 for General Recreation and 6-21 for Therapeutic Recreation participants. Enjoy a variety of structured activities that include exploring nature, cooperative games, arts and crafts, inflatables and much more! You can enjoy peace of mind knowing that your child is enjoying enriching activities, meeting new friends, and experiencing just the right mix of activities your child is sure to enjoy! Participants are required to bring a bag lunch and drink. Therapeutic Recreation participants, please call 703.746.5535 for more information and to register.

343005-01	M-F	9am-6pm	4/14-4/18	5	\$325	NLRC
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Winter 2025



Abrakadoodle Camps

Ages 5.5-12. Create paintings on an art adventure through history. Get your hands messy as you shine a light on ancient cave paintings. Make beautifully patterned art, explode with Pop Art, create vibrant landscapes, and more! Themes vary for each camp!

372600-01	F	9am-3pm	1/24	1	\$65	CHRC
372600-02	Tu	9am-3pm	1/27-1/28	2	\$129	ODRC
372600-03	F	9am-3pm	2/28	1	\$65	ODRC
372600-04	F	9am-3pm	3/28	1	\$65	ODRC
372600-05	M	9am-3pm	3/31	1	\$65	ODRC
372600-06	M-F	9am-3pm	4/14-4/18	5	\$309	CHRC

Tiny Chefs Camps

Ages 6-10. Spend your day off cooking! Each camp session has a different cooking theme. With hands-on instruction, campers will learn how to create delicious food and learn cooking techniques. All supplies are provided by the instructors. Disclaimer: Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not held liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our camps are dairy, egg, wheat/gluten, soy, coconut, and sesame. We cannot guarantee a completely allergen-free environment.

372677-01	F	9am-4pm	1/24	1	\$155	ODRC
372677-02	M, Tu	9am-4pm	1/27-1/28	2	\$255	ODRC
372677-03	F	9am-4pm	3/28	1	\$155	ODRC
372677-04	M	9am-4pm	3/31	1	\$155	ODRC
372677-05	M-F	9am-4pm	4/14-4/18	5	\$469	ODRC

Gymnastics 4 Kids Camp

Ages 6-10. 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.

374201-01	M	9am-4pm	1/27	1	\$75	CQRC
374201-02	Tu	9am-4pm	1/28	1	\$75	CQRC
374201-03	F	9am-4pm	2/28	1	\$75	CQRC
374201-04	F	9am-4pm	3/28	1	\$75	CQRC
374201-05	M	9am-4pm	3/31	1	\$75	CQRC
374201-06	M-F	9am-4pm	4/14-4/18	5	\$299	CQRC

Magnus Chess Camp

Ages 6-13. Play and learn chess with Magnus Academy (formerly Silver Knights). We've taught 100,000+ children of all levels from absolute beginners to national champions! Chess lessons and practice games will be done throughout the day, along with breaks for fresh air. All equipment provided.

372675-01	M	9am-4pm	3/31	1	\$89	ODRC
372675-02	M-F	9am-4pm	4/14-4/18	5	\$419	ODRC



Camps

alexandriava.gov/RPCA/Camps

Nerf Fencing Camp

Ages 6-13. 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.

372659-01	M-F	9am-4pm	4/14-4/18	5	\$299	JHES
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TSP Soccer Camp

Ages 6-13. Soccer Pros is a program for boys and girls that focuses on soccer instruction and games. Younger campers learn basic skills like dribbling, shooting, and passing in a fun environment, while older participants develop their techniques through games, challenges, and team-building activities. Special appearances by current or former professional soccer players will offer autographs and answer questions about becoming a professional player!

372632-01	F	9am-4pm	3/28	1	\$65	JHES
372632-02	M	9am-4pm	3/31	1	\$65	JHES
372632-03	M-F	9am-4pm	4/14-4/18	5	\$265	JHES

Hoop Life Basketball Camps

Ages 6-14. The Hoop Life Basketball Camps are among the best-organized and most engaging camps in the area, focusing on fundamental basketball skills. If your child loves basketball, this camp is an opportunity they won't want to miss. All of the Hoop Life coaches have experience playing and/or coaching at high levels, including high school and the NBA. By the end of this camp, your child will have improved their skills, gained a deeper understanding of the game, and developed a greater passion for basketball.

372601-01	M	9am-4pm	1/27	1	\$99	JHES
372601-03	F	9am-4pm	2/28	1	\$99	JHES
372601-04	F	9am-4pm	3/28	1	\$99	JHES
372601-05	F	9am-4pm	3/31	1	\$99	JHES
372601-06	M-F	9am-4pm	4/14-4/18	5	\$295	JHES

Aspiring Fashionistas

Ages 10-13. In this stylish program for boys and girls, campers gain knowledge of the fashion industry and develop skills in fashion design, fashion marketing, fashion journalism and branding. Campers develop sketching skills, explore popular brands, analyze industry trends (e.g., athleisure), design various articles of clothing, define their own brand, explore careers in fashion and more!

3736033-01	Tu	9-4pm	1/28	1	\$99	CHRC
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Chain Reaction Engineers Camp

Ages 10-13. Let's learn about Rube Goldberg machines! In this hands-on program, campers build a variety of complex contraptions to complete a simple task-such as ringing a bell-while learning the basic physics concepts of work, gravity, force, and momentum. Using simple machines like levers, wedges, wheels, axles, pulleys and inclined planes, campers learn to understand mechanical concepts in a fun way while using their imagination!

372623-01	F	9-4pm	3/28	1	\$99	ODRC
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Read All About It!

Ages 10-13. Campers collaborate in teams as intrepid reporters who write stories and create a digital newspaper of their own. Our junior journalists interview other campers, write about local news, author op-ed pieces and manage the production of a cohesive digital publication. A compelling camp for aspiring school newspaper editors, this program strengthens the camper's writing proficiency and time-management skills in a fun environment that fosters creativity and self-confidence.

372624-01	M	9am-4pm	3/31	1	\$99	ODRC
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Financial Assistance

Our department wants everyone to have access to safe and equitable recreation opportunities for all ages, levels and abilities. If you are in need of financial assistance to participate in any of our programs, apply now! For more information on requirements and how to apply, visit alexandriava.gov/rpca/financial-assistance.



Register through alexandriava.gov/WebTrac

Nature & Environment

alexandriava.gov/NatureCenter



Nature & Environmental Education

Nature Play +ADULT

Ages 2-5 with adult. You're invited to join our educator-led nature playdates! Children will explore nature through hands-on activities both in and outdoors (weather permitting). Activities will vary each month and may include both structured and unstructured play. Drop-ins welcome.

369845-01	Sa	10:30-11:30am	1/11	1	\$5	BFNC
369845-02	Sa	10:30-11:30am	2/8	1	\$5	BFNC
369845-03	Sa	10:30-11:30am	3/8	1	\$5	BFNC
369845-04	Sa	10:30-11:30am	4/19	1	\$5	BFNC

Nature Discoveries +ADULT

Ages 3-6 with adult. Explore the natural world with your child! Join our environmental educators and other families for stories, games, crafts, and exploring the outdoors. Siblings outside the age range may attend free of charge.

369846-01	F	10:30am-12pm	1/10	1	\$15	BFNC
369846-02	F	10:30am-12pm	2/14	1	\$15	BFNC
369846-03	F	10:30am-12pm	3/14	1	\$15	BFNC
369846-04	F	10:30am-12pm	4/11	1	\$15	BFNC

Tracks & Traces +ADULT

Ages 5-10. Become a wildlife detective! Even though we may not see many animals during winter, they leave plenty of clues for us to find. Join an environmental educator and learn how to identify wildlife using skulls, scat, tracks, and other signs.

369847-01	Sa	2:30-4pm	2/1	1	\$5	BFNC
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Snakes Around the World

Ages 5-8. Learn about different species of snakes from all over the world. See the different types of environments they live in and what makes them unique. This program includes a hike and meeting live snakes.

369843-01	Sa	10-11am	3/15	1	\$5	BFNC
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Animals in My Backyard

Ages 4-6. Learn about what animals you might find in your own backyard. Discover the ways that their unique adaptations help them to survive. This program includes a hike and meeting a native animal.

369844-01	Sa	10-11am	2/22	1	\$5	BFNC
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Water Quality 101

Ages 12 & up. Understand where we get our water from, how to best protect our water sources, and the past, present, and future of water regulation. Learn how to use a water quality test kit at home and in natural setting.

369849-01	Sa	10-12pm	4/12	1	\$5	BFNC
369849-02	Sa	12-2pm	4/19	1	\$5	BFNC
369849-03	Sa	2-4pm	4/26	1	\$5	BFNC

Health of Holmes Run

Ages 14 & up. How can we tell if a stream is healthy for people, pets, and wildlife? In this program, participants will learn about the effects of stormwater runoff and the City's strategies for reducing pollution in Holmes Run.

369842-01	Sa	3-4pm	4/5	1	Free	BFNC
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First Friday Bird Count

All Ages. Join an environmental educator on the first Friday of each month for a morning bird count. Participants will observe a variety of species in Dora Kelley Nature Park as the seasons change and contribute data to conservation efforts. Binoculars will be available to loan. All experience levels are welcome.

369848-01	F	9-11am	1/3	1	Free	BFNC
369848-02	F	9-11am	2/7	1	Free	BFNC
369848-03	F	9-11am	3/7	1	Free	BFNC
369848-04	F	9-11am	4/4	1	Free	BFNC

Jerome "Buddie" Ford Nature Center

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

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

FREE
ADMISSION

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

WEEKDAYS

At the Nature Center

11 a.m. | Open to the public

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

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

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



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Recreation Roundup

- 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.

	AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+
Sports Classes & Leagues																				
Racquet Sports Classes																				PAGE
Adv. Tennis: Adult Beginner Pickleball																			● ●	18
Adv. Tennis: Pickleball Tactics & Play																			● ●	18
Intro to Pickleball																			● ●	18
Intermediate Pickleball																			● ●	18
Basketball																				
Jump Shots for Tots				● ●	● ●	● ●														19
Lil' Slammers Basketball					● ●															19
Run Shoot Basketball						● ●	● ●	● ●												19
Jump Shots for Kids						● ●	● ●	● ●	● ●											19
Hoop Life Skills Academy										● ●	● ●	● ●	● ●	● ●	● ●					19
Leagues																				
T-Ball & Coach Pitch Baseball League					● ●	● ●	● ●	● ●	● ●											19
Lil' Rookies Basketball League						● ●														19
Coed Volleyball League																			● ●	19
Men's Basketball League																			● ●	19
Additional Sports Classes																				
Grand Slam T-Ball & Me*			● ●																	19
Crunch & Munch*			● ●	● ●																19
Lil' Sprinters Track				● ●	● ●	● ●														19
Little Athletes & Me*				● ●	● ●	● ●														19
Lil' Pro Sports				● ●	● ●	● ●														20
Martial Arts 4 Kids				● ●	● ●	● ●	● ●													20
Biking 4 Kids				● ●	● ●	● ●	● ●	● ●	● ●	● ●										20
Rookie Spring Training Baseball Clinic					● ●	● ●	● ●	● ●	● ●											20
Tip Top Stick Handling						● ●	● ●	● ●	● ●											20
First Down Flag Football						● ●	● ●	● ●	● ●	● ●										20
Tip Top Fun & Run						● ●	● ●	● ●	● ●	● ●										20
Tip Top Ninjas Martial Arts 1						● ●	● ●	● ●	● ●	● ●	● ●	● ●								20
Tip Top All Ball							● ●	● ●	● ●	● ●										20
Nerf Fencing							● ●	● ●	● ●	● ●	● ●	● ●								20
Fitness With Coach Jason							● ●	● ●	● ●	● ●	● ●	● ●	● ●							20
Alexandria Titans Indoor Track							● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●					20
Roller Skating for Fitness & Fun							● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	20
Skateboarding 4 Kids								● ●	● ●	● ●	● ●	● ●	● ●	● ●						20
Fencing												● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	21
Fitness Room Orientation																		● ●	● ●	21
Sports Events																				
Family Health & Fitness						● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	● ●	21
Nerf the Turf								● ●	● ●	● ●	● ●	● ●								21
Dodgeball Fanatics								● ●	● ●	● ●	● ●	● ●								21
Bloomin' Pickles Spring Showdown				● ●	● ●	● ●	● ●													21

Enrichment

[illegible]

**Requires guardian and child participation*

Creative & Performing Arts

Music (cont.)													PAGE
Learn Now Music: Group Guitar					●	●	●	●	●	●	●		25
Learn Now Music: Group Violin					●	●	●	●	●	●	●		25
Mark's Music Prep					●	●	●	●	●	●	●	●	25
Seniors in Sync												●	25
Visual Arts													
Abrakadoodle Twoosy*	●	●	●										25
Abrakadoodle Mini*		●	●	●	●								25
Artistic Drawing with Young Rembrandts				●	●	●	●	●	●	●			25
Basics Manga Drawing							●	●	●	●	●	●	26
The Anime Society								●	●	●	●	●	26
Artworks												●	26
Mocktails & Masterpieces												●	26
Silver Artisans												●	26
Cooking													
Cookies & Stories		●	●	●	●								26
Nutrition & Healthy Eating												●	26
Camps													
Camps													
Little Athletes Camp			●	●	●	●	●	●	●	●			28
Pin It 4 Fun				●	●	●							28
Bathbomb Explosion Camp				●	●	●							28
Getting Into Shapes				●	●	●							28
The Science Seed Camps				●	●	●	●						28
My First Craft Fair				●	●	●	●	●	●				28
My First Passport Camp				●	●	●	●	●	●				28
My First Lemonade Stand				●	●	●	●	●	●				28
Spring Break Camp				●	●	●	●	●	●				28
Junior Scientist				●	●	●	●	●	●	●			28
Art Box Science & Visual Arts				●	●	●	●	●	●	●			28
Survival Skills				●	●	●	●	●	●	●			29
Art & Nature				●	●	●	●	●	●	●			29
Prehistoric Virginia				●	●	●	●	●	●	●			29
Spring Break Lego Camp				●	●	●	●	●	●	●			29
Ultimate Music Experience Camp				●	●	●	●	●	●	●	●		29
FUNtastic Spring Break Camp				●	●	●	●	●	●	●	●		29
Abrakadoodle Camps				●	●	●	●	●	●	●	●		29
Tiny Chefs Camps				●	●	●	●	●	●				29
Gymnastics 4 Kids Camp				●	●	●	●	●	●				29
Magnus Chess Camp				●	●	●	●	●	●	●	●		29
Nerf Fencing Camp				●	●	●	●	●	●	●	●		30
TSP Soccer Camp				●	●	●	●	●	●	●	●		30
Hoop Life Basketball				●	●	●	●	●	●	●	●		30
Aspiring Fashionistas								●	●	●	●		30
Chain Reaction Engineers								●	●	●	●		30
Read All About It!								●	●	●	●		30

Recreation Roundup

- 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.

[illegible]

*Requires guardian and child participation



Community Activities

alexandriava.gov/RPCA/Events

Community Activities

Volleyball Open Gym (DROP-IN)

Ages 13 & up. Come spike, set, and bump with us for a game of volleyball! Whether you're a seasoned player or a newcomer to the sport, this activity offers a welcoming and enjoyable environment for everyone. Join us for friendly matches, and the chance to meet fellow volleyball enthusiasts of all level.



394105-01 Th 7-8:30pm 1/2-5/1 18 Free WRR

Open Gym Basketball (DROP-IN)

Ages 13 & up. Hey everyone! The gym is open so let's see who is the King of the Court by shooting some hoops, playing a game of pick-up basketball, or working on your skills. This activity is player-driven for pure play, exercise, social interaction, and fun! Class will not be held on 3/28 and 4/25.

394100-01 F 7-10:30pm 1/3-5/2 16 Free WRR
394100-02 Sa 6:30-10:30pm 1/4-5/3 18 Free WRR

Open Gym Futsal (DROP-IN)

Ages 13 & up. Come kick it with us when the gym is open for indoor soccer. The goal is to have fun and become great teammates through pick-up style game play, exercise, and social interaction!

394104-01 Tu 6-8:30pm 1/7-4/29 17 Free WRR

Parents Night Out (CQRC)

Ages 5-12. Join us for an exciting Parents' Night Out at Chinguapin! Participants will enjoy a variety of activities such as inflatable bounce houses, movies in the pool, and aquatic obstacle courses. Bring or eat dinner beforehand, and reserve your spot for a well-deserved break!

342842-01 F 6:30-10pm 1/10 1 \$49 CQR
342842-02 F 6:30-10pm 2/14 1 \$49 CQR
342842-03 F 6:30-10pm 3/14 1 \$49 CQR

Marathon Madness

Ages 18 & up. Welcome to Marathon Madness. Join the Challenge! Are you ready to run a marathon in 30 days? Your goal is to accumulate 26.2 miles in 30 days. Every day, after you run, drop your tracking tab off to the "Marathon Madness" box in Charles Houston's lobby. Make sure to include your name & date. Those who complete "Marathon Madness" will get a prize! You can pick up your tracking tabs at the front desk. Happy Trails!

383634-01 1/15-2/15 Free CHRC

Family Movie Night

All Ages. Families in the community will scream and laugh as they enjoy family-friendly movies and trivia throughout the evening. Families will also enjoy free drinks and popcorn. All participants will have the option to bring

their own blankets and chairs for an comfortable and enjoyable evening of family fun. \$5/person and \$15/family of four.

383716-01 F 6:30-8:30pm 1/24 1 Free LARC

Family Bingo Night

Ages 5 & up. Join us for an exciting and fun-filled evening of Family Bingo Night. This is the perfect family event to enjoy on a Friday Night. Every participant will have the opportunity to win fantastic prizes, and bond with family and friends. Light refreshment will be served.

394106-01 6:30-8:30pm 1/31 1 \$5 WRR
394106-02 6:30-8:30pm 3/28 1 \$5 WRR
383717-01 6:30-8:30pm 4/4 1 Free LARC
394106-03 6:30-8:30pm 5/2 1 \$5 WRR

Charles Houston Line Dance Social

Ages 18 & up. Join us on two Tuesdays this winter for Line Dance Socials! Get your boots ready and come join us for an evening of toe-tapping fun and socializing. No experience necessary. Just bring your enthusiasm and get ready to groove to some of your favorite tunes. See you on the dance floor!

383633-01 Tu 6:30-8:30pm 2/4 Free CHRC
383633-02 Tu 6:30-8:30pm 3/4 Free CHRC

Parents Night Out (MVRC)

Ages 5-12. Join us for an evening of fun and games while parents enjoy a night out. The program includes dinner, board games, gym activities, and more.

383819-01 F 6:30-8:45pm 2/7 1 \$25 MVRC
383819-02 F 6:30-8:45pm 4/11 1 \$25 MVRC

Galentine's Day Social

Ages 12-99. In the words of Leslie Knope- "What's Galentine's Day? Oh it's only the best day of the year!" Come celebrate your gal pals, sisters and daughters, with fun fitness classes, crafts, snacks and mocktails.

385213-01 Th 6:30-8:30pm 2/13 1 \$15 ODR

Preteen Valentine's Day Dance (NEW!)

Ages 8-12. Celebrate Valentine's Day at the Leonard "Chick" Armstrong Recreation Center and enjoy a fun-filled youth dance!

383718-01 F 4-7pm 2/21 1 \$5 LARC

Annual Kids Book Swap

All Ages. This event is an opportunity for participants to recycle their used books that are still in good condition in exchange for others. This event is a great way to celebrate literacy and encourage good reading habits at home with families. Participants can expect to receive one book for every book turned in. The program will include a book swap area, crafts, a storyteller, and other exciting activities for families. Co-sponsored by Leonard Armstrong Recreation Center and Duncan Library.

383711-01 F 6:30-7:30pm 2/28 1 Free LARC

Charles Houston Kiddie Cabaret (+ADULT)

Ages 1-5. Dance until nap time! Children will come dressed to impress and dance to the latest kiddie tunes. Lunch will be served and plenty of fun activities to enjoy as well. Children must be accompanied by at least one parent or guardian.

383625-01 Sa 10am-12pm 3/8 1 \$6 CHRC

Par-Tay Eras Dance

Ages 9-15. Dance Party Through the Eras! Join us for a delightful evening of music, fun activities, and opportunities to connect with friends. We will have a friendship bracelet trading station and a designated area for creating your very own bracelets. Capture some memorable moments at our various photo drop setups. Delicious snacks and refreshments will be provided. Get ready to groove to the beat with lively music!

383635-01 Sa 5-7pm 3/8 1 \$5 CHRC

Table Tennis (DROP-IN)

Ages 13 & up. Join us for a fun-filled session of drop-in table tennis! Whether you're a seasoned player or just looking to pick up a paddle for the first time, this activity is perfect for players of all skill levels. Enjoy friendly matches, practice your technique, and meet fellow table tennis enthusiasts in a relaxed and inclusive environment. No events on 3/29 and 4/26.

294103-01 Sa 9:30am-1:30pm 3/22-5/3 9 Free WRR

Underwater Egg Hunt

All Ages. Come to the pool and participate in an egg hunt unlike any other! Jump in and explore the water to find as many eggs as possible. Play on the inflatable obstacle course. There are treats and some special eggs with prizes! Enjoy a special visit from Alex the Bunny. Chaperones are free.

384200-01 Sa 1-1:45pm 4/12 1 \$15 CQR
384200-02 Sa 2-2:45pm 4/12 1 \$15 CQR
384200-03 Sa 3-3:45pm 4/12 1 \$15 CQR
384200-04 Sa 4-4:45pm 4/12 1 \$15 CQR

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.

Winter 2025

Community Activities

alexandriava.gov/RPCA/Events



Egg Hunt & Crafts

Ages 2-10. The Easter Bunny is making a stop at Mt. Vernon for a morning of crafts and an egg hunt. Children under 5 must be with an adult.

383820-01 Sa 10am-12pm 4/19 1 \$25 MVRC



Get Involved

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

- Advisory Councils
- Patrick Henry Recreation Center
- Charles Houston Recreation Center
- Chinguapin Park Recreation Center & Aquatics Facility
- Leonard "Chick" Armstrong Recreation Center
- Mount Vernon Recreation Center
- William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation
- Youth Sports Coaches
- Therapeutic Rec Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support

For available opportunities, visit alexandriava.gov/Volunteer.



Teens

alexandriava.gov/RPCA/Teen-Programs

Teen Programs

It's Showtime! Tweens & Teens Movie Fun!

Ages 10-15. It's Showtime! Spend a few hours with friends, enjoy an evening of fun activities, games, movie trivia, food and a movie. All staff and youth will follow the guidelines for social distancing and face mask covering for the event.

383713-02 F 6-8:30pm 3/14 1 Free LARC

Teen Contemporary Dance **NEW!**

Ages 11-17. Designed for young dancers eager to explore the expressive possibilities of dance, this class offers an exciting blend of technique, creativity, and personal expression. Led by experienced instructor, this class provides a supportive environment where teens can develop their skills while embracing their individuality.

353624-01 Th 6:30-7:15pm 1/16-3/20 10 \$45 CHRC

Green Teen Club

Ages 11-18. The ultimate gathering for nature enthusiasts! Teens will enjoy a variety of outdoor activities and discussions on sustainability, environmental justice, and green careers. There will also be opportunities to connect with the community, network with guest speakers, and make an impact through citizen science. Field trip fees may be required. The club meets on the third Wednesday of each month.

369840-01 W 6-7pm 1/15-4/16 Free BFNC

Teen First Friday **NEW!**

Ages 12-17. Come and enjoy First Friday at Charles Houston and Patrick Henry Recreation Centers! Fridays are designed for teens to kick back, hang out and have fun with friends. Each Friday will have a different theme with games, music, food, and fun!

383629-01 F 6-10pm 1/3 1 Free CHRC

383629-02 F 6-10pm 2/7 1 Free CHRC

383629-03 F 6-10pm 3/7 1 Free CHRC

383629-04 F 6-10pm 4/4 1 Free CHRC

Weight Training for Teens

Ages 12-17. This instructional class focuses on strength, gym etiquette, fitness equipment acclimation, and developing SMART fitness goals. No class on 1/20 & 2/17.

314016-01 M 5:30-6:30pm 1/13-3/3 6 \$45 PHRC

314016-02 M 5:30-6:30pm 3/10-3/31 4 \$35 PHRC

Teen Focus Group

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

384012-01 Th 6:30-7:30pm 1/16 1 Free PHRC

384012-02 Th 6:30-7:30pm 2/13 1 Free PHRC

384012-03 Th 6:30-7:30pm 3/20 1 Free PHRC

Gymnastics for Teens

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

323616-01 Sa 11:30am-12:30pm 1/18-2/22 6 \$75 CHRC

323616-02 Sa 11:30am-12:30pm 3/8-4/5 5 \$65 CHRC

Teen All-Star Night

Ages 12-17. Calling all teen basketball stars! Teen All-Star Night is your chance to shine. Show off your aerial skills in the Dunk contest, display your shooting prowess in the Three-Point Competition, and represent your side in the East vs. West game. Join us for an epic night of hoops and be part of the action!

324007-01 F 6:30-10:30pm 2/21 1 Free PHRC

Teen Movie Night

Ages 13-18. You will learn Level 1 and 3 swim skills in this group lesson designed to meet the needs of teen earners. Participants learn basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, and swimming at least two body lengths on front and back using simultaneous arm and leg action.

394102-01 F 7-9:45pm 1/10 1 Free WRRC

394102-02 F 7-9:45pm 3/7 1 Free WRRC

394102-03 F 7-9:45pm 4/11 1 Free WRRC

Teen Swim

Ages 13-19. You will learn Level 1 and 3 swim skills in this group lesson designed to meet the needs of teen earners. Participants learn basic swimming and safety skills and overcome fear of water. Skills include entering and exiting water, floating on front and back, gliding on front and back, breathing techniques, rolling from front to back and back to front, and swimming at least two body lengths on front and back using simultaneous arm and leg action.

336306-01 Th 7:45-8:30pm 1/9-2/20 7 \$165 MHAF

336306-02 Th 7:45-8:30pm 2/27-4/10 7 \$165 MHAF

Teen Self Defense

Ages 13 & up. Empower yourself in our Teen Self-Defense Class! This program teaches essential skills for personal safety, including practical techniques and situational awareness. Participants will gain confidence, improve physical fitness, and learn how to respond effectively in challenging situations.

314288-01 Sa 12-1pm 1/4-3/15 11 \$155 CQRC

Ages 55 & Up

See the Recreation Roundup on pages 33-35 for a listing of recreation opportunities for ages 55 and up, or look for the **55+** icon throughout this program guide.



POWER PLUS PARTNERS

Northern Virginia Senior Olympics

The 2025 Olympics will be held in September at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Over 800 adults, ages 50-100, competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, Scrabble, table tennis, and many more. For more information, visit the NVSO website at nvso.us.

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

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

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

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

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

Adult Day Services Center, 703.746.5676

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

Algo Para Cada Quien

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

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



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

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



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

Para registrarse para programas o hacer

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

Visite alexandriava.gov/Recreation para mas información.

Visit our website!

alexandriava.gov/rpca/teens



Registration Information

Registration for Alexandria residents begins **Wednesday, December 18 at 9 a.m.**
Non-resident registration begins **Friday, December 20 at 9 a.m.**

3 WAYS TO REGISTER

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

Walk-In

- Complete all information on the registration form including signature, and bring to the **Registration and Reservation Office, Lee Center, 1108 Jefferson St., Alexandria, VA 22314**
- Payment by credit card (Visa/MasterCard), cash, money order, or check payable to **City of Alexandria**

Mail-In

- Mail completed registration form to the **Registration and Reservation Office, Lee Center, 1108 Jefferson St., Alexandria, VA 22314**
- Payment by check payable to **City of Alexandria**
- Mail-in registration takes at least 5 days to process. Mail-in registration **does not** guarantee placement in a class.

Accommodations: City of Alexandria programs, services, and facilities are available to all. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity, or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5422 or VA Relay 711. The City of Alexandria Department of Recreation, Parks, and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within 10 days of the request.

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

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

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

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

Fee Assistance: To view the policy and access the Financial Assistance request form, visit alexandriava.gov/12288.

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

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

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

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

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

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

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center 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:

- Current VA driver's license with current utility bill;
- Current picture ID along with a current lease, City issued document or utility bill; or
- Current Alexandria School ID (students) and

verification of parent's residency. Parents' residency may be verified as stated above.

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

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

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

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

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

Registration Form

Questions? Call 703.746.5414 (M-F 9 am-7 pm), Registration begins: December 18 (Resident) & December 20 (Non-resident)
VA Relay 711 or email registerarpc@alexandriava.gov

1

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

* Name of Head of Household (First/Last) _____

*Address _____

*Home Phone _____

*Head of Household Birthday ____/____/____

Check if change of ☐Address ☐Phone ☐Email - Effective Date _____

*City, State, Zip _____

Work Phone _____

Email Address _____

2

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

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

Total Listed Fees

Deduct Account Credits/Discounts-

Non-resident Fee (\$35 each/per activity) +

Donation +

TOTAL (Pay this Amount)

3

PLEASE READ AND SIGN BELOW:

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"

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

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

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

4

REGISTRATION METHOD

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

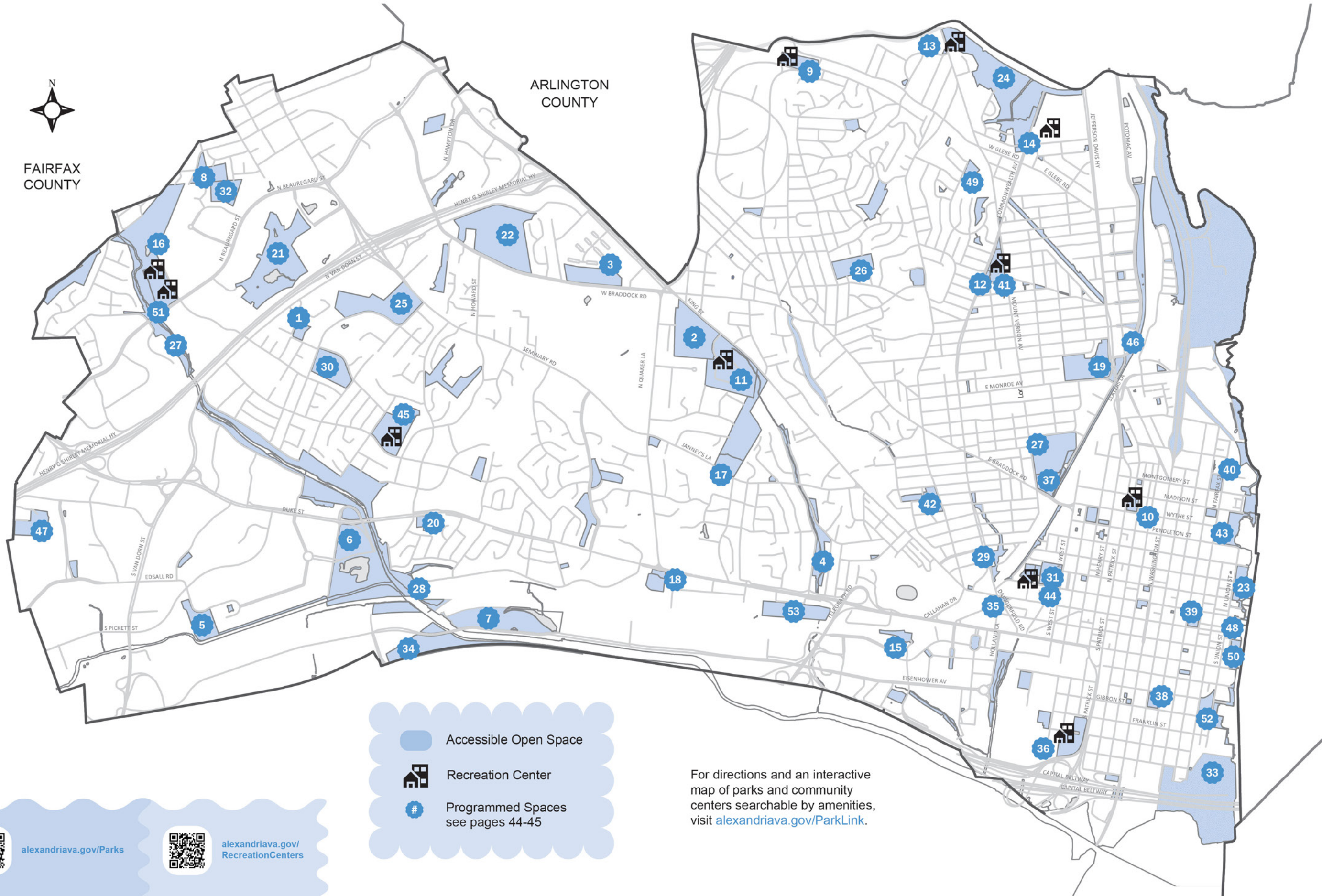
Web:
alexandriava.gov/Recreation

Questions?
Call 703.746.5414
Email registerARPCA@alexandriava.gov

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

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.



alexandriava.gov/Parks


















































































































































































alexandriava.gov/RecreationCenters
















































































































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

Parks & Facilities

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

Parks & Facilities

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

31	Jefferson Houston Elementary School 1501 Cameron St.	   	
32	John Adams Elementary School 5651 Rayburn Ave.	   	
33	Jones Point Park (National Park Service) 100 Jones Point Dr.	 	
34	Joseph Hensley Park 4200 Eisenhower Ave.	   <td>This park is under construction through 2025.</td>	This park is under construction through 2025.
35	King Street Gardens Park 1806 King St.	       	
36	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	     	
37	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	  	
38	Lyles Crouch Elementary School 530 S. Saint Asaph St.	 	
39	Market Square 301 King St.	  	
40	Montgomery Park 901 N. Royal St.	    	
41	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	      	
42	Naomi L. Brooks School 600 Russell Rd.	      	
43	Oronoco Bay Park 100 Madison St.	   	
44	Oswald Durant Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	     	
45	Patrick Henry Recreation Center 4653 Taney Ave.	           	
46	Potomac Yard Park 2051 Potomac Ave.	    	
47	Stevenson Park 300 Stultz Rd.	    	
48	Torpedo Factory Plaza 105 N. Union St. City Marina 0 Cameron St.	  	
49	Warwick Pool Seasonal 3301 Landover St.	 	
50	Waterfront Park 1A Prince St.	   	
51	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	       	
52	Windmill Hill Park 501 S. Union St.	     	
53	Witter Recreational Fields 2700 Witter Dr.	 	

LEGEND

 Basketball	 Fenced Dog Area	 Picnic Area	 Skateboard Area	 Walking Trail
 Benches	 Museum/Amphitheatre	 Playground	 Swimming	 Waterfront
 Center	 Parking	 Playing Fields	 Tennis Courts	 Available for Rental
 Community Garden	 Performance Space	 Public Art	 Unfenced Dog Area*	*Unfenced Sites Are Marked with Posts
 Farmer's Market Location	 Pickleball	 Running Track	 Volleyball	

Open Space
Project Updates

Visit alexandriava.gov/Parks for more information about these projects.

Joseph Hensley Park Renovation

Phase I of the Joseph Hensley Park renovation project is expected to be substantially completed in Spring 2025. This project incorporates community-based recommendations from the Citywide Park Plan for the diamond fields and related park facilities. The fields, a new playground, batting cages, and park shelter will be available for use in the Spring, while the new restrooms are set to be finished this Summer.



Eugene Simpson Stadium Park Renovation

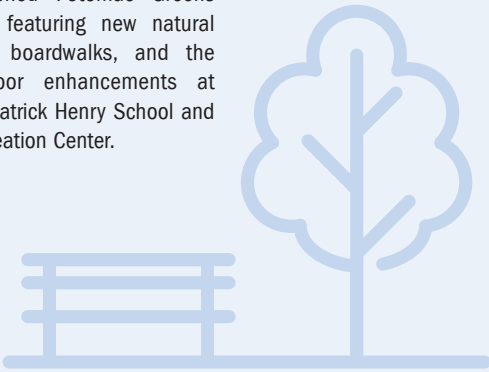
Construction of improvements to the Citywide Park Plan at Eugene Simpson Stadium Park is set to begin in early 2025. The project will enhance the two diamond fields, basketball court, parking areas, and picnic spots. Additionally, it will increase canopy coverage to meet urban forestry goals, improve park circulation and accessibility for all abilities, and implement stormwater management solutions. Please note that access to Kettle Park will be limited during construction. However, the playground, multi-use courts, dog park, and rectangular fields will remain open for use.

John Ewald Park Renovation

The City is planning improvements to John Ewald Park based on the community planning process in 2015. Visit the project webpage to get additional information and participate in the design process.

Park Openings

Several park additions and renovations were recently completed in 2024. We invite you to explore the new north addition to Potomac Yard Park, the reopened Potomac Greens Park featuring new natural area boardwalks, and the outdoor enhancements at the Patrick Henry School and Recreation Center.



Contact Information

I Director's Office	703.746.5504
Jack Browand, Interim Director: jack.browand@alexandriava.gov	
I General Information	703.746.4343
I Programs & Services	
Aquatics	703.746.5441
City Arborist/Trees	703.746.5496
City Marina	703.746.5487
Nature & Environmental Education Programs	703.746.5559
Out of School Time Programs	703.746.5575
Office of the Arts	703.746.5588
Park Maintenance	703.746.5484
Park Planning & Design	703.746.5488
Picnic Reservations & Facility Rentals	703.746.5414

Recreation Classes & Camps	703.746.5414
Senior & Teen Programs	703.746.5464
Special Events & Major Park Rentals	703.746.5418
Therapeutic Recreation	703.746.5422
Youth & Adult Sports	703.746.5402
I VA Relay	711
I 24-Hour Hotlines	
Alexandria Safe Place	703.746.5400
Special Events	703.746.5592
Classes & Camps	703.746.5594
Coed & Women Sports	703.746.5595
Men Sports	703.746.5596
Youth Sports	703.746.5597
Facility & Fields	703.746.5598

Picnic, Facility &
Event Reservations

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

To start planning an event, follow these simple steps:

- 1 Find a space

Indoors: Page 48 indicates the indoor amenities available for rental.

Outdoors: Pages 44-45 indicate parks with space available for rental.
- 2 Contact a specialist

Indoors: To reserve, call the location listed on page 48.

Outdoors: To reserve a field, contact the Sports Office at 703.746.5408.

To reserve a park, see below:

Picnic Area Reservations

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

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

Waterfront Parks

Call 703.746.5420 for hourly rate information regarding: Waterfront Park

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

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

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

- 3 Finalize reservation

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



Make your next
event special

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

Let us help you with:

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

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



Find a Park

Connecting you to
active and open spaces
in your neighborhood.



Search parks by your favorite amenity!
Visit alexandriava.gov/parks/find-a-park
to find nearby parks, community centers,
playgrounds, trails, and more.

Recreation Center Information



Charles Barrett
1115 Martha Custis Dr., 22305
703.746.5551
Open only for pre-scheduled programming.



Oswald Durant
1605 Cameron St., 22314
703.746.5560
Open only for scheduled programs & rentals.



Mount Vernon
2701 Commonwealth Ave., 22301
703.746.5556
*M-F: 9am-9pm, Sa: 9am-6pm



Torpedo Factory Art Center
105 N. Union St., 22314
703.746.4570
*M-F: 9am-9pm, Sa: 9am-6pm



Charles Houston
901 Wythe St., 22314
703.746.5552
*M-Th: 9am-9pm, F-Sa: 9am-10pm, Su: 1-5pm



Jerome "Buddie" Ford Nature Center
5750 Sanger Ave., 22311
703.746.5559
*W-Sa: 10am-4pm



Nannie J. Lee
1108 Jefferson St., 22314
703.746.5550
Open only for pre-scheduled programming only.



William Ramsay
5650 Sanger Ave., 22311
703.746.5558
*M-F: 9am-9pm, Sa: 9am-6pm



Chinquapin Park Recreation Center & Aquatics Facility
3210 King St., 22314
703.746.5553
*M-Th: 6am-9pm, F: 6am-6pm, Sa-Su: 8am-6pm



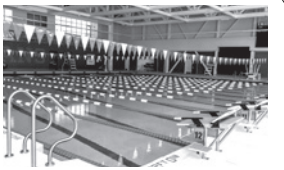
Lee Center
1108 Jefferson St., 22314
703.746.5414
Registration & Reservation Office
*M-F: 9am-7pm



Patrick Henry
4653 Taney Ave., 22304
703.746.5557
*M-Th: 9am-9pm, Sa: 9am-6pm



Leonard "Chick" Armstrong
25 West Reed Ave., 22305
703.746.5554
*M-F: 9am-1:30pm & 6-9pm, Sa: 9am-6pm



Minnie Howard Aquatics Facility
3795 W. Braddock Rd., 22314
703.746.5479
*M-Th: 4-9pm, F: Special Events, Sa-Su: 7am-7pm



Each City of Alexandria Community Center listed above is a designated SAFE PLACE.

*Hours subject to change. Programs may occur outside of operating hours, which may change. Call the center or scan the QR code for the full schedule, including specific hours for teens, special hours, or holiday hours.



- Arts & Crafts Room
Small/Large Room
- Boxing Ring
- Computer Lab
- Dance Studio
Small Room
- Game Room
- Gymnasium
- Kitchen
- Meeting Rooms
Small/Large Room

- Multi-Purpose Room
Small/Large Room
- Performance
Small/Large Room, Auditorium
- Swimming Pool
- Soft Playroom, Playspace, or Sensory Room
- Racquetball Court
- Weight/Fitness Room
- Exhibit Space
- Available for Rental
Rental hours may exceed operating hours.



DISCOVER THE SENSORY ROOM AT NANNIE J. LEE

Therapeutic Recreation

Designed for individuals with sensory needs, this calming & engaging space offers tools & activities that support sensory processing & self-regulation. Part of the City of Alexandria's commitment to inclusion, the Therapeutic Recreation program also features youth & teen activities, adult social clubs, art programs & summer camps tailored for all abilities.

ADA accommodations are available & all programs require an initial assessment. For details, call 703.746.5535 or visit alexandriava.gov/recreation-programs/therapeutic-recreation.



Department of Recreation,
Parks & Cultural Activities
1108 Jefferson St.
Alexandria, VA 22314



Help Decide Where **Tax Resources** Are Allocated!

An RPCA Community Engagement Initiative

Your Feedback
Creates Change:

Take Our Quick Survey!



Scan Here
using your
mobile device

For more information, visit:



alexandriava.gov/RPCA/tax-allocation



[rpca.alexandriava](https://www.instagram.com/rpca.alexandriava)



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

City of Alexandria



Department of Recreation, Parks & Cultural Activities