

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

Alexandria

FALL 2026

Program Guide

Registration Begins

Residents: August 5

Non-residents: August 7

**THIS SEASON'S
HIGHLIGHT**

*ADA Accessible Kayak
Launch at Four Mile Run
pg. 52*



Photo taken at the Kayak Run Launch Grand Opening event held on Saturday, May 9, 2026.

HISTORY. ADVENTURE. FAMILY FUN.

ESCAPE TO AN URBAN OASIS

Winkler Botanical Preserve

Stroll through a 44-acre oasis in the middle of Alexandria's Mark Center. Discover streams, bridges, and a waterfall as you explore the wooded trails.

NOVAPARKS.COM/WINKLER

SHARE HOLIDAY MAGIC



Ice & Lights — The Winter Village at Cameron Run

Skate and explore a festive winter village wonderland. Stay warm by sipping on hot chocolate or roasting s'mores.

NOVAPARKS.COM/ICELIGHTS

TRAVEL BACK IN TIME



Carlyle House Historic Park

Completed in 1753 by John Carlyle, an Alexandria founder, this historic mansion is among the nation's finest examples of Georgian residential architecture.

NOVAPARKS.COM/CARLYLEHOUSE

SWING, PUTT, AND SPLASH



Cameron Run Regional Park

Enjoy 26 acres of outdoor adventure, with batting cages, picnic areas, 18 holes of miniature golf and the region's only outdoor wave pool.

NOVAPARKS.COM/CAMERONRUN



DISCOVER WHAT'S NEXT
AT NOVAPARKS.COM



Fall 2026

Department of Recreation, Parks & Cultural Activities (RPCA)



Message from the RPCA Director



Hello Alexandria,

Fall is one of my favorite times of year in our city. As the weather cools and the leaves begin to change, it's the perfect season to reconnect with friends, try something new, and enjoy all our community has to offer. Whether you're a longtime participant or joining us for the first time, we're excited to welcome you.

Inside this guide, you'll find activities and events for all ages, including recreation center programs, teen classes, fitness and wellness opportunities, arts and cultural experiences, and seasonal favorites like **Tons of Trucks**, **Halloween festivities**, the **Holiday Tree Lighting**, and more.

You'll also learn about Alexandria's new **ADA-accessible kayak launch at Four Mile Run**, expanding access to the Potomac River for people of all abilities.

Don't miss our Cultural Activities section, where you'll discover local arts, coloring activities, and fun word puzzles.

Invite a friend, neighbor, or family member to join you. Some of the best memories begin with a simple invitation.

Thank you for being an important part of Recreation, Parks & Cultural Activities. We hope this guide inspires you to stay active, get creative, and make the most of the season.

Wishing you a fall filled with friendship and fun,

Hashim T. Taylor

Director, Department of Recreation, Parks & Cultural Activities



SCAN ME



subscribe
to the
RPCA
COMMUNITY
CONNECTION

Monthly Newsletter

alexandriava.gov/rpca/community-connection

**GET THEIR BACK-TO-SCHOOL
VACCINES CHECKED OFF!**

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/POOLS

M = Monday
Tu = Tuesday
W = Wednesday
Th = Thursday
F = Friday
Sa = Saturday
Su = Sunday

BFNC Jerome Buddie Ford Nature Center 5750 Sanger Ave.
CBRC Charles Barrett 1115 Martha Custis Dr.
CHRC Charles Houston 901 Wythe St.
CQRC/CQPK Chinquapin Park Recreation & Aquatics Facility 3210 King St.
LARC Leonard "Chick" Armstrong 25 West Reed Ave.
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/PHES 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.
CLPK Carlyle Park 450 Andrews Lane.
DKPK Dora Kelley Nature Park 5750 Sanger Ave.
DMES Douglas MacArthur Elementary School 1101 Janneys Ln.
FDES Ferdinand T. Day Elementary School 1701 N. Beauregard St.
FWPK Fort Ward Park 4301 West Braddock Rd.
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.
JHPK Joseph Hensley Park 4200 Eisenhower Ave.
JPES James K. Polk Elementary School 5000 Polk Ave.
LMFD Limerick Field 1800 Limerick St.
MGPK Montgomery Park 901 N. Royal 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.



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.



Water Explorers 1 +ADULT *

Ages 6 mos.-3 yrs. with adult. Join us in activities aimed at enhancing comfort and fundamental swimming skills for you and your child. You'll learn proper support and holding techniques, safe water entry and exit, movement, blowing bubbles, glides, and front and back floats. This class also emphasizes safety skills and drowning prevention.

234240-01	Tu & Th	5:30-6pm	9/15-10/1	6	\$95	CQRC
234240-02	M & W	4:45-5:15pm	10/5-28	7	\$109	CQRC
234240-03	Tu & Th	10:10-10:40am	11/3-19	6	\$95	CQRC
234240-04	M & W	4:45-5:15pm	11/30-12/16	6	\$95	CQRC
234240-05	Sa	9-9:30am	9/27-11/1	6	\$95	CQRC
234240-06	Sa	10:45-11:15am	9/27-11/1	6	\$95	CQRC
234240-10	Sa	9-9:30am	11/1-12/13	7	\$109	CQRC
236301-01	Sa	10:10-10:40am	9/12-10/10	5	\$79	MHAF
236301-02	Su	9:35-10:05am	9/13-10/11	5	\$79	MHAF
236301-03	Su	11:20-11:50am	9/13-10/11	5	\$79	MHAF
236301-04	Sa	10:10-10:40am	10/17-11/21	6	\$95	MHAF
236301-05	Su	9:35-10:05am	10/18-11/22	6	\$95	MHAF
236301-06	Su	11:20-11:50am	10/18-11/22	6	\$95	MHAF

Water Explorers 2 +ADULT *

Ages 6 mos.-3 yrs. with adult. Building on skills learned in Water Explorers I, this class uses structured play to help children continue developing aquatic skills with parent support. Participants practice breath control, floating, gliding, rolling, arm and leg movements, and safe water entry and exit. Skills are taught progressively to meet each child's needs, with an emphasis on water safety and drowning prevention.

234202-01	Sa	9:30-10am	9/12-10/24	6	\$95	CQRC
234202-02	Sa	10:30-11am	11/7-12/19	7	\$95	CQRC
236302-01	Sa	9-9:30am	9/12-10/10	5	\$79	MHAF
236302-02	Sa	10:45-11:15am	9/12-10/10	5	\$79	MHAF
236302-03	Su	10:10-10:40am	9/13-10/11	5	\$79	MHAF
236302-04	Sa	9-9:30am	10/17-11/21	6	\$95	MHAF
236302-05	Sa	10:45-11:15am	10/17-11/21	6	\$95	MHAF
236302-06	Su	10:10-10:40am	10/18-11/22	6	\$95	MHAF

Alex Parent and Tot Sampler +ADULT

Ages 6 mos.-3 yrs. with adult. Come dip your toes in and discover what our lesson program is all about. These one time classes will focus on basic swimming, introductions to our instructors, and familiarizing yourself with

the facility. Skill assessments will take place to be able to accurately place individuals in the correct classes.

236327-01	Sa	8:45-9:15am	12/5	1	\$15	MHAF
236327-02	Sa	9:25-9:55am	12/5	1	\$15	MHAF
236327-03	Sa	10:05-10:35am	12/5	1	\$15	MHAF
236327-04	Sa	10:45-11:15am	12/5	1	\$15	MHAF
236327-05	Su	8:45-9:15am	12/6	1	\$15	MHAF
236327-06	Su	9:25-9:55am	12/6	1	\$15	MHAF
236327-07	Su	10:05-10:35am	12/6	1	\$15	MHAF
236327-08	Su	10:45-11:15am	12/6	1	\$15	MHAF
236327-09	Sa	8:45-9:15am	12/12	1	\$15	MHAF
236327-10	Sa	9:25-9:55am	12/12	1	\$15	MHAF
236327-11	Sa	10:05-10:35am	12/12	1	\$15	MHAF
236327-12	Sa	10:45-11:15am	12/12	1	\$15	MHAF
236327-13	Su	8:45-9:15am	12/13	1	\$15	MHAF
236327-14	Su	9:25-9:55am	12/13	1	\$15	MHAF
236327-15	Su	10:05-10:35am	12/13	1	\$15	MHAF
236327-16	Su	10:45-11:15am	12/13	1	\$15	MHAF

Alex Swim Preschool & Me +ADULT

Ages 1.5-3 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.

236303-01	Sa	9:35-10:05am	9/12-10/10	5	\$79	MHAF
236303-02	Sa	11:20-11:50am	9/12-10/10	5	\$79	MHAF
236303-03	Su	9-9:30am	9/13-10/11	5	\$79	MHAF
236303-04	Su	10:45-11:15am	9/13-10/11	5	\$79	MHAF
236303-05	Sa	9:35-10:05am	10/17-11/21	6	\$95	MHAF
236303-06	Sa	11:20-11:50am	10/17-11/21	6	\$95	MHAF
236303-07	Su	9-9:30am	10/18-11/22	6	\$95	MHAF
236303-08	Su	10:45-11:15am	10/18-11/22	6	\$95	MHAF
234238-01	M & W	6-6:30pm	9/14-30	6	\$95	CQRC
224236-02	Tu & Th	6-6:30 p.m.	9/15-10/1	6	\$95	CQRC
234238-03	Sa	11-11:30am	9/12-10/24	6	\$95	CQRC
234238-04	M & W	5:30-6pm	10/5-28	7	\$109	CQRC
234238-05	Tu & Th	6-6:30pm	10/6-27	7	\$109	CQRC
234238-06	Sa	11:15-11:45am	11/7-12/19	6	\$95	CQRC
234238-07	M & W	6-6:30pm	11/2-18	5	\$79	CQRC
234238-08	Tu & Th	4:45-5:15pm	11/3-19	6	\$95	CQRC
234238-09	M & W	6-6:30pm	11/30-12/16	6	\$95	CQRC
234238-10	Tu & Th	6-6:30pm	12/1-17	6	\$95	CQRC

Deep in the Deep Blue Sea Swim Along +ADULT

Ages 2-6 with adult. Join us for a splash-tastic hour of fun at our Deep in the Deep Blue Sea Parent & Child Read & Swim event! Families will enjoy a special interactive reading of the book Deep in the Deep Blue Sea along with fun pool activities for parents and children to enjoy together. As the story is read, children will become the sea animals from the book, acting out ocean adventures and moving through the water like their favorite underwater creatures.

234260-01	Su	1-2pm	11/8	1	\$15	CQRC
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Alex Swim Preschool 1 *

Ages 3-5. Your child is introduced to basic skills, creating the foundation for swimming strokes and water competency, while developing positive attitudes and safe practices around the water.

234248-01	M & W	5:15-5:45pm	9/14-30	6	\$95	CQRC
234248-02	Sa	11-11:30am	9/12-10/24	6	\$95	CQRC
234248-03	Tu & Th	5:15-5:45pm	10/6-27	7	\$109	CQRC
234248-04	M & W	5:15-5:45pm	11/2-18	5	\$79	CQRC
234248-05	Tu & Th	5:15-5:45pm	12/1-17	6	\$95	CQRC
236304-01	Tu	4-4:30pm	9/8-10/6	5	\$79	MHAF
236304-02	W	4:40-5:10pm	9/9-10/7	5	\$79	MHAF
236304-03	Th	4:40-5:10pm	9/10-10/8	5	\$79	MHAF
236304-04	Sa	9-9:30am	9/12-10/10	5	\$79	MHAF
236304-05	Sa	9:40-10:10am	9/12-10/10	5	\$79	MHAF
236304-06	Sa	10:20-10:50am	9/12-10/10	5	\$79	MHAF
236304-07	Sa	11-11:30am	9/12-10/10	5	\$79	MHAF
236304-08	Sa	11:40am-12:10pm	9/12-10/10	5	\$79	MHAF
236304-09	Su	9-9:30am	9/13-10/11	5	\$79	MHAF
236304-10	Su	9:40-10:10am	9/13-10/11	5	\$79	MHAF
236304-11	Su	10:20-10:50am	9/13-10/11	5	\$79	MHAF
236304-12	Su	11-11:30am	9/13-10/11	5	\$79	MHAF
236304-13	Su	11:40am-12:10pm	9/13-10/11	5	\$79	MHAF
236304-14	Tu	6-6:30pm	10/13-11/17	6	\$95	MHAF
236304-15	Th	6:40-7:10pm	10/15-11/19	6	\$95	MHAF
236304-16	Sa	9-9:30am	10/17-11/21	6	\$95	MHAF
236304-17	Sa	9:40-10:10am	10/17-11/21	6	\$95	MHAF
236304-18	Sa	10-10:50am	10/17-11/21	6	\$95	MHAF
236304-19	Sa	11-11:30am	10/17-11/21	6	\$95	MHAF
236304-20	Sa	11:40am-12:10pm	10/17-11/21	6	\$95	MHAF
236304-21	Su	9-9:30am	10/18-11/22	6	\$95	MHAF
236304-22	Su	9:40-10:10am	10/18-11/22	6	\$95	MHAF
236304-23	Su	10:20-10:50am	10/18-11/22	6	\$95	MHAF
236304-24	Su	11-11:30am	10/18-11/22	6	\$95	MHAF
236304-25	Su	11:40am-12:10pm	10/18-11/22	6	\$95	MHAF
236304-26	Tu & Th	6-6:30pm	12/1-17	6	\$95	MHAF
236304-27	Tu	4-4:30pm	10/13-11/17	6	\$95	MHAF
236304-28	Th	5:20-5:50pm	10/15-11/19	6	\$95	MHAF

Alex Swim Preschool 2 *

Ages 3-5. Preschool 2 marks the beginning of independent aquatic locomotion skills, as children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency and develop independent swimming skills in preparation for performing strokes.

234249-01	M & W	6-6:30pm	9/14-30	6	\$95	CQRC
234249-02	Sa	9:30-10am	9/12-10/24	6	\$95	CQRC
234249-03	Tu & Th	6-6:30pm	10/6-27	7	\$109	CQRC
234249-04	Sa	10:30-11am	11/7-12/19	7	\$109	CQRC
234249-05	M & W	6-6:30pm	11/2-18	5	\$79	CQRC
234249-06	Tu & Th	6-6:30pm	12/1-17	6	\$95	CQRC
236305-01	Tu	4:40-5:10pm	9/8-10/6	5	\$79	MHAF
236305-02	Tu	6-6:30pm	9/8-10/6	5	\$79	MHAF

236305-03	W	4-4:30pm	9/9-10/7	5	\$79	MHAF
236305-04	W	5:20-5:50pm	9/9-10/7	5	\$79	MHAF
236305-05	Th	5:20-5:50pm	9/10-10/8	5	\$79	MHAF
236305-06	Sa	9-9:30am	9/12-10/10	5	\$79	MHAF
236305-07	Sa	9:40-10:10am	9/12-10/10	5	\$79	MHAF
236305-08	Sa	10:20-10:50am	9/12-10/10	5	\$79	MHAF
236305-09	Sa	11-11:30am	9/12-10/10	5	\$79	MHAF
236305-10	Sa	11:40am-12:10pm	9/12-10/10	5	\$79	MHAF
236305-11	Su	9-9:30am	9/13-10/11	5	\$79	MHAF
236305-12	Su	9:40-10:10am	9/13-10/11	5	\$79	MHAF
236305-13	Su	10:20-10:50am	9/13-10/11	5	\$79	MHAF
236305-14	Su	11-11:30am	9/13-10/11	5	\$79	MHAF
236305-15	Su	11:40am-12:10pm	9/13-10/11	5	\$79	MHAF
236305-16	Tu	6:40-7:10pm	10/13-11/17	6	\$95	MHAF
236305-17	W	7:20-7:50pm	10/14-11/18	6	\$95	MHAF
236305-18	Sa	9-9:30am	10/17-11/21	6	\$95	MHAF
236305-19	Sa	9:40-10:10am	10/17-11/21	6	\$95	MHAF
236305-20	Sa	10:20-10:50am	10/17-11/21	6	\$95	MHAF
236305-21	Sa	11-11:30am	10/17-11/21	6	\$95	MHAF
236305-22	Sa	11:40am-12:10pm	10/17-11/21	6	\$95	MHAF
236305-23	Su	9-9:30am	10/18-11/22	6	\$95	MHAF
236305-24	Su	9:40-10:10am	10/18-11/22	6	\$95	MHAF
236305-25	Su	10:20-10:50am	10/18-11/22	6	\$95	MHAF
236305-26	Su	11-11:30am	10/18-11/22	6	\$95	MHAF
236305-27	Su	11:40am-12:10pm	10/18-11/22	6	\$95	MHAF
236305-28	Tu & Th	6:40-7:10pm	12/1-17	6	\$95	MHAF
236305-29	Tu	4:40-5:10pm	10/13-11/17	6	\$95	MHAF
236305-30	W	5:20-5:50pm	10/14-11/18	6	\$95	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.

234247-01	Tu & Th	5:30-6pm	9/15-10/1	6	\$95	CQRC
234247-02	Sa	10:15-10:45am	9/12-10/24	6	\$95	CQRC
234247-03	M & W	4:45-5:15pm	10/5-28	7	\$109	CQRC
234247-04	Tu & Th	5:30-6pm	11/3-19	6	\$95	CQRC
234247-05	M & W	4:45-5:15pm	11/30-12/16	6	\$95	CQRC
236308-01	Tu	5:20-5:50pm	9/8-10/6	5	\$79	MHAF
236308-02	W	6-6:30pm	9/9-10/7	5	\$79	MHAF
236308-03	Th	4-4:30pm	9/10-10/8	5	\$79	MHAF
236308-04	Sa	9-9:30am	9/12-10/10	5	\$79	MHAF
236308-05	Sa	9:40-10:10am	9/12-10/10	5	\$79	MHAF
236308-06	Sa	10:20-10:50am	9/12-10/10	5	\$79	MHAF
236308-07	Sa	11-11:30am	9/12-10/10	5	\$79	MHAF
236308-08	Su	9-9:30am	9/13-10/11	5	\$79	MHAF
236308-09	Su	9:40-10:10am	9/13-10/11	5	\$79	MHAF
236308-10	Su	10:20-10:50am	9/13-10/11	5	\$79	MHAF
236308-11	Su	11-11:30am	9/13-10/11	5	\$79	MHAF
236308-12	Th	6-6:30pm	10/15-11/19	6	\$95	MHAF
236308-13	Sa	9-9:30am	10/17-11/21	6	\$95	MHAF



236308-14	Sa	9:40-10:10am	10/17-11/21	6	\$95	MHAF
236308-15	Sa	10:20-10:50am	10/17-11/21	6	\$95	MHAF
236308-16	Sa	11-11:30am	10/17-11/21	6	\$95	MHAF
236308-17	Su	9-9:30am	10/18-11/22	6	\$95	MHAF
236308-18	Su	9:40-10:10am	10/18-11/22	6	\$95	MHAF
236308-19	Su	10:20-10:50am	10/18-11/22	6	\$95	MHAF
236308-20	Su	11-11:30am	10/18-11/22	6	\$95	MHAF
236308-21	M & W	6-6:30pm	11/30-12/16	6	\$95	MHAF
236308-22	Tu	5:20-5:50pm	10/13-11/17	6	\$95	MHAF
236308-23	W	5:20-5:50pm	10/14-11/18	6	\$95	MHAF

Alex Preschool Sampler

Ages 3-5 yrs. Come dip your toes in and discover what our lesson program is all about. These one time classes will focus on basic swimming, introductions to our instructors, and familiarizing yourself with the facility. Skill assessments will take place to be able to accurately place individuals in the correct classes.



236328-01	Sa	8:45-9:15am	12/5	1	\$15	MHAF
236328-02	Sa	9:25-9:55am	12/5	1	\$15	MHAF
236328-03	Sa	10:05-10:35am	12/5	1	\$15	MHAF
236328-04	Sa	10:45-11:15am	12/5	1	\$15	MHAF
236328-05	Su	8:45-9:15am	12/6	1	\$15	MHAF
236328-06	Su	9:25-9:55am	12/6	1	\$15	MHAF
236328-07	Su	10:05-10:35am	12/6	1	\$15	MHAF
236328-08	Su	10:45-11:15am	12/6	1	\$15	MHAF
236328-09	Sa	8:45-9:15am	12/12	1	\$15	MHAF
236328-10	Sa	9:25-9:55am	12/12	1	\$15	MHAF
236328-11	Sa	10:05-10:35am	12/12	1	\$15	MHAF
236328-12	Sa	10:45-11:15am	12/12	1	\$15	MHAF
236328-13	Su	8:45-9:15am	12/13	1	\$15	MHAF
236328-14	Su	9:25-9:55am	12/13	1	\$15	MHAF
236328-15	Su	10:05-10:35am	12/13	1	\$15	MHAF
236328-16	Su	10:45-11:15am	12/13	1	\$15	MHAF

Alex Swim Sensory Friendly Swim (+ADULT) *

Ages 3-7 with adult. A sensory-friendly parent and child swim class is a supportive, low-stimulation aquatic experience designed for young children and their caregivers to build comfort, confidence, and early water skills together. The class uses gentle instruction, predictable routines, and flexible pacing to accommodate different sensory needs, with a focus on comfort in the water, bonding, and play-based learning rather than performance. Caregivers actively participate alongside their child, helping them explore.

234232-01	Sa	8:30-9:15am	9/12-10/24	6	\$95	CQRC
234232-02	Sa	8:30-9:15am	11/7-12/19	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.

234241-01	M & W	4:30-5pm	9/14-30	6	\$95	CQRC
234241-02	Tu & Th	6:15-6:45pm	9/15-10/1	6	\$95	CQRC
234241-03	Sa	10:15-10:45am	9/12-10/24	6	\$95	CQRC
234241-04	M & W	6:15-6:45pm	10/5-28	7	\$109	CQRC
234241-05	Tu & Th	4:30-5pm	10/6-27	7	\$109	CQRC
234241-06	Sa	11:15-11:45am	11/7-12/19	6	\$95	CQRC
234241-07	M & W	4:30-5pm	11/2-18	5	\$79	CQRC
234241-08	Tu & Th	6:15-6:45pm	11/3-19	6	\$95	CQRC
234241-09	M & W	6:15-6:45pm	11/30-12/16	6	\$95	CQRC
234241-10	Tu & Th	4:30-5pm	12/1-17	6	\$95	CQRC
236307-01	Sa	12:20-12:50pm	9/12-10/10	5	\$79	MHAF
236307-02	Su	11:40am-12:10pm	9/13-10/11	5	\$79	MHAF
236307-03	Sa	11:40am-12:10pm	10/17-11/21	6	\$95	MHAF
236307-04	Su	12:20-12:50pm	10/18-11/22	6	\$95	MHAF
236307-05	W	4-4:30pm	10/14-11/18	6	\$95	MHAF

Alex Swim Level 2 *

Ages 6-12. Fundamental aquatic skills are built on skills learned in Level 1. This level marks the beginning of independent aquatic locomotion skills.

234242-01	M & W	4:30-5pm	9/14-30	6	\$95	CQRC
234242-02	Tu & Th	6:15-6:45pm	9/15-10/1	6	\$95	CQRC
234242-03	Sa	9:30-10am	9/12-10/24	6	\$95	CQRC
234242-04	M & W	6:15-6:45pm	10/5-28	7	\$109	CQRC
234242-05	Tu & Th	4:30-5pm	10/6-27	7	\$109	CQRC
234242-06	Sa	10:30-11am	11/7-12/19	6	\$95	CQRC
234242-07	M & W	4:30-5pm	11/2-18	5	\$79	CQRC
234242-08	Tu & Th	6:15-6:45pm	11/3-19	6	\$95	CQRC
234242-09	M & W	6:15-6:45pm	11/30-12/16	6	\$95	CQRC
234242-10	Tu & Th	4:30-5pm	12/1-17	6	\$95	CQRC
236313-01	Th	6-6:30pm	9/10-10/8	5	\$79	MHAF
236313-02	Sa	11:40am-12:10pm	9/12-10/10	5	\$79	MHAF
236313-03	Su	12:20-12:50pm	9/13-10/11	5	\$79	MHAF
236313-04	Tu	7:20-7:50pm	10/13-11/17	6	\$95	MHAF
236313-05	Sa	12:20-12:50pm	10/17-11/21	6	\$95	MHAF
236313-06	Su	11:40am-12:10pm	10/18-11/22	6	\$95	MHAF
236313-07	M & W	6:40-7:10pm	11/30-12/16	6	\$95	MHAF
236313-08	Tu & Th	7:20-7:50pm	12/1-17	6	\$95	MHAF
236313-09	Th	4-4:30pm	10/15-11/19	6	\$95	MHAF

Alex Swim Level 3 *

Ages 6-12. Stroke Development. Your child learns to swim the front crawl, elementary backstroke, survival float, and rules for headfirst entries; is introduced to scissor and dolphin kicks; and increases the time duration for treading water.

234243-01	M & W	5:15-5:45pm	9/14-30	6	\$95	CQRC
234243-02	Tu & Th	7-7:30pm	9/15-10/1	6	\$95	CQRC
234243-03	Sa	10:15-10:45am	9/12-10/24	6	\$95	CQRC
234243-04	M & W	7-7:30pm	10/5-28	7	\$109	CQRC
234243-05	Tu & Th	5:15-5:45pm	10/6-27	7	\$109	CQRC
234243-06	Sa	11:15-11:45am	11/7-12/19	6	\$95	CQRC
234243-07	M & W	5:15-5:45pm	11/2-18	5	\$79	CQRC
234243-08	Tu & Th	7-7:30pm	11/3-19	6	\$95	CQRC
234243-09	M & W	7-7:30pm	11/30-12/16	6	\$95	CQRC

234243-10	Tu & Th	5:15-5:45pm	12/1-17	6	\$79	CQRC
236309-01	Sa	12:20-12:50pm	9/12-10/10	5	\$79	MHAF
236309-02	Su	12:20-12:50pm	9/13-10/11	5	\$79	MHAF
236309-03	W	6-6:30pm	10/14-11/18	6	\$95	MHAF
236309-04	Sa	12:20-12:50pm	10/17-11/21	6	\$95	MHAF
236309-05	Su	12:20-12:50pm	10/18-11/22	6	\$95	MHAF
236309-06	M & W	7:20-7:50pm	11/30-12/16	6	\$95	MHAF
236309-07	Th	4:40-5:10pm	10/15-11/19	6	\$95	MHAF

Alex Swim Level 4 *

Ages 6-12. Stroke Improvement. Milestones include swimming the following for 25 yards: front crawl and elementary backstroke; swimming the following for 15 yards: breaststroke, butterfly, back crawl, and sidestroke; headfirst entry from a stride position (9-ft. water or deeper); and open turns on the front and back.

234244-01	Tu & Th	4:45-5:15pm	9/15-10/1	6	\$95	CQRC
234244-02	Sa	11-11:30am	9/12-10/24	6	\$95	CQRC
234244-03	M & W	5:30-6pm	10/5-28	7	\$109	CQRC
234244-04	Tu & Th	4:45-5:15pm	11/3-19	6	\$95	CQRC
234244-05	M & W	5:30-6pm	11/30-12/16	6	\$95	CQRC
236310-01	Sa	12:20-12:50pm	9/12-10/10	5	\$79	MHAF
236310-02	Sa	12:20-12:50pm	10/17-11/21	6	\$95	MHAF

Alex Swim Level 5 *

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

234245-01	Tu & Th	7-7:30pm	9/15-10/1	6	\$95	CQRC
234245-02	M & W	7-7:30pm	10/5-28	7	\$109	CQRC
234245-03	Tu & Th	7-7:30pm	11/3-19	6	\$95	CQRC
234245-04	M & W	7-7:30pm	11/30-12/16	6	\$95	CQRC

Alex Swim Level 6 *

Ages 6-12. Our instructors follow a plan to refine swimming, physical fitness in the water, and water safety skills that were taught throughout the levels. The expectations are high regarding the distance and quality, in addition to learning principles of training and how to evaluate your own level of fitness.

234246-01	M & W	6:45-7:30pm	9/14-30	6	\$95	CQRC
234246-02	Tu & Th	6:45-7:30pm	10/6-27	7	\$109	CQRC
234246-03	Sa	12-12:45pm	11/7-12/19	6	\$109	CQRC
234246-04	M & W	6:45-7:30pm	11/2-18	5	\$79	CQRC
234246-05	Tu & Th	6:45-7:30pm	12/1-17	6	\$95	CQRC

Alex Swim Level Sampler

Ages 6-12. Come dip your toes in and discover what our lesson program is all about. These one time classes will focus on basic swimming, introductions to our instructors, and familiarizing yourself with the facility. Skill assessments will take place to be able to accurately place individuals in the correct classes.

236329-01	Sa	11:25-11:55am	12/5	1	\$15	MHAF
236329-02	Sa	12:05-12:35pm	12/5	1	\$15	MHAF



236329-03	Sa	11:25-11:55am	12/5	1	\$15	MHAF
236329-04	Su	12:05-12:35pm	12/5	0	\$15	MHAF
236329-05	Su	11:25-11:55am	12/6	1	\$15	MHAF
236329-06	Su	12:05-12:35pm	12/6	1	\$15	MHAF
236329-07	Su	11:25-11:55am	12/6	1	\$15	MHAF
236329-08	Su	12:05-12:35pm	12/6	1	\$15	MHAF
236329-09	Sa	11:25-11:55am	12/12	1	\$15	MHAF
236329-10	Sa	12:05-12:35pm	12/12	1	\$15	MHAF
236329-11	Sa	11:25-11:55am	12/12	1	\$15	MHAF
236329-12	Sa	12:05-12:35pm	12/12	1	\$15	MHAF
236329-13	Su	11:25-11:55pm	12/13	1	\$15	MHAF
236329-14	Su	12:05-12:35pm	12/13	1	\$15	MHAF
236329-15	Su	11:25-11:55am	12/13	1	\$15	MHAF
236329-16	Su	12:05-12:35pm	12/13	1	\$15	MHAF

Adult Intermediate & Advanced Swim

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

236315-01	Tu	7:45-8:30pm	9/8-10/6	5	\$115	MHAF
236315-02	Th	6:45-7:30pm	9/10-10/8	5	\$115	MHAF
236315-03	Su	12-12:45pm	9/13-10/11	5	\$115	MHAF
236315-04	W	6:45-7:30pm	10/14-11/18	6	\$135	MHAF
236315-05	Th	8-8:45pm	10/15-11/19	6	\$135	MHAF
236315-06	Su	12-12:45pm	10/18-11/22	6	\$135	MHAF
236315-07	M & W	8-8:45pm	11/30-12/16	6	\$135	MHAF

Lifeguard Prep *

Ages 14 & up. This class is for anyone interested in becoming a lifeguard, swim instructor, or other aquatic professional. It helps participants prepare for the American Red Cross Lifeguarding pre-test while building the skills and confidence needed for lifeguard training or swim instruction. Sessions include stroke development, technique improvement, and strength-building exercises. Drop-ins are welcome. Note: This is not a Lifeguard Training course and does not include lifesaving techniques.

234236-01	Su	9-10am	11/15	1	\$25	CQRC
234236-03	Su	9-10am	12/6	1	\$25	CQRC

Survival Swimming for Teens & Adults

Ages 12+. This will be a one day class focused on providing lifesaving skills to teens and adults. Whether you want to refresh your swimming skills or learn new ones, this class is for you! We will go over how to survival float, how to bob to safety, how to identify a distressed swimmer, and how to properly wear and swim in a life jacket.

236331-01	Sa	12:45-1:15pm	12/5	1	\$15	MHAF
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236331-02	Su	12:45-1:15pm	12/6	1	\$15	MHAF
236331-03	Sa	12:45-1:15pm	12/12	1	\$15	MHAF
236331-04	Su	12:15-1:15pm	12/13	1	\$15	MHAF

Swim Like a Mermaid, Merman, or Mer

Ages 16 & up. Learn how to safely and effectively swim in a mermaid tail, learn basic tricks, and understand the various aspects of mermaiding. Students should be able to swim 25 yards unassisted and float or tread water for 2 min. Dive mask and snorkel encouraged.

236333-01	Th	6:30pm-7:30pm	9/17-10/15	5	\$175	MHAF
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Intermediate Mermaiding

Ages 16 & up. Take your mermaiding to the next level. This class focuses on underwater tricks, posing and performance skills. We will cover arm placement, body positioning, facial expression, coordinating movements with other mermaids. Suitable for students who have completed "Swim Like a Mermaid," class or have been mermaiding for 6+ months. Dive mask and snorkel encouraged.



236335-01	Th	6:30pm-7:30pm	10/22-11/19	5	\$175	MHAF
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Mermaiding Supervised Open Swim

Ages 16 & up. The most fantastic hour of the week. Drop in or come every week for a designated time to swim, splash, and play in your tail. Practice tricks and make friends. Mermaid Chè Monique will be there for coaching and guidance as needed. This is an unstructured swim session.

236336-01	Th	7:35pm-8:35pm	9/17-10/15	5	\$75	MHAF
236336-02	Th	7:35pm-8:35pm	10/22-11/19	5	\$75	MHAF

Masters Swimming *

Ages 18 & up. For adult swimmers of all levels seeking fitness, technique, and endurance in a structured, coach-led environment. Workouts include varied sets for different abilities, creating a supportive team atmosphere where swimmers can train at their own pace, stay motivated, improve skills, and enjoy swimming year-round.

234237-01	M & W	6-7am	9/14-30	6	\$75	CQRC
234237-02	Tu & Th	6-7am	9/15-10/1	6	\$75	CQRC
234237-03	M & W	6-7am	10/5-28	7	\$89	CQRC
234237-04	Tu & Th	6-7am	10/6-27	7	\$89	CQRC
234237-05	M & W	6-7am	11/2-18	5	\$65	CQRC
234237-06	Tu & Th	6-7am	11/3-19	6	\$75	CQRC
234237-07	M & W	6-7am	11/30-12/16	6	\$75	CQRC
234237-08	Tu & Th	6-7am	12/1-17	6	\$75	CQRC

Lessons 2 Laps *

Ages 18 & up. Take your swimming up a level in this one hour adult swim class that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

234255-01	M & W	7-8am	9/14-30	6	\$119	CQRC
234255-02	M & W	7-8am	10/5-28	7	\$139	CQRC
234255-03	M & W	7-8am	11/2-18	6	\$119	CQRC
234255-04	M & W	7-8am	11/30-12/16	6	\$119	CQRC

Adult Beginner Swim *

Ages 18 & up. Participants with little or no experience or who are fearful in water will learn skills including entering and exiting the 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 arm and leg action, using rhythmic breathing and introduction to deeper water.

234230-01	M & W	7:45-8:30pm	9/14-30	6	\$139	CQRC
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234230-02	Sa	8:30-9:15am	9/12-10/24	6	\$139	CQRC
234230-04	M & W	7:45-8:30pm	10/5-28	7	\$165	CQRC
234230-05	Sa	12-12:45pm	11/7-12/19	6	\$139	CQRC
236312-01	Tu	6:45-7:30pm	9/8-10/6	5	\$115	MHAF
236312-02	Th	7:45-8:30pm	9/10-10/8	5	\$115	MHAF
236312-03	Sa	12-12:45pm	9/12-10/10	5	\$115	MHAF
236312-04	Su	12:15-1pm	9/13-10/11	5	\$115	MHAF
236312-05	Tu	8-8:45pm	10/13-11/17	6	\$135	MHAF
236312-06	W	7:45-8:30pm	10/14-11/18	6	\$135	MHAF
236312-07	Sa	12-12:45pm	10/17-11/21	6	\$135	MHAF
236312-08	Su	12:15-1pm	10/18-11/22	6	\$135	MHAF
236312-09	Tu & Th	8-8:45pm	12/1-17	6	\$135	MHAF

Adult Intermediate Swimming *

Ages 18 & up. This intermediate swim class is designed for adults who are comfortable in the water and ready to improve technique and endurance. Participants will refine stroke mechanics, breathing patterns, and body positioning while building strength and efficiency. Skills include coordinated arm and leg movements, rhythmic breathing, treading water, and swimming longer distances with greater confidence and control.

234231-01	M & W	7:45-8:30pm	9/14-30	6	\$119	CQRC
234231-02	Sa	11:45am-12:30pm	9/12-10/24	6	\$119	CQRC
234231-03	Sa	12-12:45pm	11/7-12/19	6	\$119	CQRC
234231-04	Tu & Th	7:45-8:30pm	12/1-17	6	\$119	CQRC
234231-05	Tu & Th	7:45-8:30pm	10/6-27	7	\$139	CQRC

Lessons 2 Laps Mini Session *

Ages 18 & up. Take your swimming up a level in this one hour adult swim class that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

234254-03	Tu	7:30-8:30pm	9/15-29	3	\$59	CQRC
234254-04	Tu	7:30-8:30pm	10/6-27	4	\$79	CQRC
234254-07	Tu	7:30-8:30pm	11/3-17	3	\$59	CQRC
234254-08	Tu	7:30-8:30pm	12/1-15	3	\$59	CQRC

Adult Advanced Swimming *

Ages 18 & up. Participants will work to develop effective and efficient strokes by swimming freestyle with rotary breathing with open or flip turns for 100 yards, backstroke with open or flip turns for 50 yards, breaststroke with open turns for 50 yards, and butterfly with open turns for 50 yards (optional). Lap swim skills, lane etiquette and drills will be covered as well.

234203-01	Tu & Th	7:45-8:30pm	9/15-10/1	6	\$139	CQRC
234203-02	M & W	7:45-8:30pm	10/5-28	7	\$165	CQRC
234203-03	Sa	8:30-9:15am	11/7-12/19	6	\$139	CQRC
234203-04	Tu & Th	7:45-8:30pm	10/6-27	7	\$165	CQRC
234203-05	Tu & Th	7:45-8:30pm	11/3-19	6	\$139	CQRC
234203-06	M & W	7:45-8:30pm	11/30-12/16	6	\$139	CQRC

Date Night Beginner Swim Lesson

Ages 18 & up. A fun and supportive learn-to-swim experience designed for couples who want to build confidence in the water together. This class



focuses on foundational swimming skills and basic stroke development, all taught in a relaxed and encouraging environment. Whether overcoming a fear of water or simply trying something new together, couples will leave feeling more comfortable, connected, and capable in the pool.

234205-01	Th	7:30-8:15pm	9/17-10/1	3	\$139	CQRC
234205-02	Th	7:45-8:30pm	11/5-19	3	\$139	CQRC

Date Night Intermediate Swim Lesson

Ages 18 & up. A fun and supportive learn-to-swim experience designed for couples who want to build confidence in the water together. This focuses on intermediate swimming skills and stroke development; all taught in a relaxed and encouraging environment. Whether overcoming a fear of water or simply trying something new together, couples will leave feeling more comfortable, connected, and capable in the pool. Registration Fee is for two participants.

234252-01	Th	7:45-8:30pm	10/8-22	3	\$139	CQRC
234252-02	Th	7:45-8:30pm	12/3-17	3	\$139	CQRC

Swim Clinic *

Ages 18 & up. Learn the basics of floating, deep-water acclimation, and treading water in this one-hour clinic. Swimmers should have basic swimming skills to participate.

234253-01	Su	10:15-11:15am	11/15	1	\$25	CQRC
234253-02	Su	9:45-10:45am	10/4	1	\$25	CQRC
234253-08	Su	9-10am	10/25	1	\$25	CQRC

Lessons 2 Laps Senior Edition

55+ *

Ages 55 & up. Take your swimming up a level in this one hour adult swim class designed for senior swimmers that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

234256-01	M & W	8:15-9:15am	10/5-28	7	\$139	CQRC
234256-02	M & W	8:15-9:15am	9/14-30	6	\$119	CQRC
234256-03	M & W	8:15-9:15am	11/2-18	5	\$99	CQRC
234256-04	M & W	8:15-9:15am	11/30-12/16	6	\$119	CQRC

Adult Stroke Efficiency Clinic

Ages 18 & up. Learn how to make every stroke count. This one-hour clinic helps adult swimmers improve body position, breathing, balance, and stroke coordination to swim with greater ease and confidence. Whether you're returning to swimming or looking to refine your skills, you'll leave with practical techniques you can use immediately.

234233-01	Su	11am-12pm	10/4	1	\$25	CQRC
234233-02	Su	10:15-11:15am	10/25	1	\$25	CQRC
234233-03	Su	9-10am	11/15	1	\$25	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.



Aqua Aerobics

DROP-IN

Please note: the drop-in rate increased to \$25/class or \$20/class for qualifying City residents ages 60 & up.

Water Walking *

Ages 16 & up. Join Coast to Coast Fitness for a fun, low-impact workout in waist-deep water! Led by expert instructors, this energetic class combines music, water fitness equipment, cardio, strength training, and stretching to improve endurance, muscle control, and overall fitness. Each session includes a warm-up, cardio workout, and cool-down in a supportive aquatic environment.

234221-01	Tu, Th	10:55-11:55am	9/15-12/17	26	\$315	CQRC
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Aqua Soothe for Arthritis **DROP-IN** *

Ages 16 & up. Aquatics Instructor Candice will lead a low-impact class that emphasizes key aspects of healthy aging, including joint mobility, muscle flexibility, posture, and balance, all in the warm waters of Minnie Howard's new pool. Learn more about Candice at ontheforwellness.com or call 703.863.1898.

236321-01	W	6:30-7:15pm	9/16-12/16	12	\$195	MHAF
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Aqua Spin

Ages 18 & up. Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Note: Rubber water shoes are required.

234223-01	Sa	9-9:50am	9/12-10/24	7	\$159	CQRC
234223-02	Sa	9-9:50am	11/7-12/19	7	\$159	CQRC

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

Ages 18 & up. This non-impact, co-ed class takes place in deep water using a flotation belt provided in class. Participants should be comfortable in the water but do not need to know how to swim. Deep Water Exercise

offers a full-body workout and is an excellent option for those recovering from surgery.

234224-01	M & W	10:10-11:10am	9/14-10/28	13	\$255	CQRC
234224-02	M & W	10:10-11:10am	11/9-12/23	12	\$255	CQRC

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

Ages 18 & up. Come enjoy an invigorating workout in the diving well. This workout will challenge your cardiovascular and muscular strength while helping to improve flexibility and balance. You will do steady-state cardio, along with high-intensity interval training (HIIT). You will wear a flotation belt, and we will use equipment such as noodles and dumbbells to make your workout even more FUN! Learn more about Candice at ontheforwellness.com or call 703.863.1898.

236320-02	M	6:30-7:15pm	9/14-12/21	14	\$240	MHAF
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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.

234225-01	M & W	7:15-8:05pm	9/14-10/28	13	\$235	CQRC
234225-02	M	7:15-8:05pm	11/9-12/21	7	\$125	CQRC
234225-03	Su	9-9:50am	9/13-10/25	7	\$125	CQRC
234225-04	Su	9-9:50am	11/8-12/20	7	\$125	CQRC

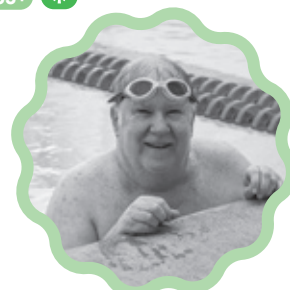
Hi/Lo Water Aerobics **DROP-IN** *

Ages 18 & up. Build muscle and tone and get a great cardio workout with a mixture of high and low intensity exercises set to great music in shallow water. You will use the water's drag and force with customized movements to match your fitness level. No matter if you can do a little or a lot, this class is for you.

234229-01	Tu & Th	6:30-7:30pm	9/15-10/29	14	\$250	CQRC
234229-02	Tu & Th	6:30-7:30pm	11/10-12/22	12	\$215	CQRC

Aquatic Exercise for Seniors **55+** *

Ages 18 & up. Make new friends, build stronger muscles and get your heart pumping with some interval and steady-state cardio training. We will also focus on functional exercises that help with your daily movement, arthritis, balance and flexibility. Learn more about Candice at ontheforwellness.com or call 703.863.1898.



234217-01	Tu & Th	8:15-9am	9/15-12/22	28	\$395	CQRC
234217-02	Tu & Th	9:30-10:15am	9/15-12/22	28	\$395	CQRC

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.

234222-01	M, W	9-10am	9/22-10/29	11	\$199	CQRC
234222-02	M, W	9-10am	11/12-12/17	10	\$199	CQRC



Dog Swims

Memorial Pool

Saturday, August 29

10-10:45 a.m.

11-11:45 a.m.

12-12:45 p.m.

1-1:45 p.m.

Warwick Pool

Saturday, September 12

10-10:45 a.m.

11-11:45 a.m.

12-12:45 p.m.

1-1:45 p.m.

Old Town Pool

Sunday, September 13

11-11:45 a.m.

12-12:45 p.m.

1-1:45 p.m.

2-2:45 p.m.

Dogs must have proof of up-to-date rabies vaccination. Limited capacity. No additional spots can be added once full.

alexandriava.gov/aquatics/dog-swims



Make Waves With Us!

Join Our Aquatics Team Today

Become a **Lifeguard** or **Water Safety Instructor** with RPCA! Still need your certifications? Learn more and join a **free*** training class by emailing Chinquapin@alexandriava.gov.

**RPCA applicants are eligible for waived fees.*



Join our team today!
alexandriava.gov/Aquatics
703.746.5435





Mind/Body Wellness

Gentle Yoga *

Ages 16 & up. During the class we will focus on creating more stability and balance in standing and seated poses, work on improving strength and flexibility and connect to a quieter space within with restorative and reclined poses.

213126-01	M	10-11am	9/14-12/14	13	\$225	CHRC
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Glitterati Pilates

Ages 18 & up. Glitterati Pilates features the innovative HeroBoard™, offering reformer-inspired mat training for all levels. Build deep core strength, balanced stability, and functional strength through joyful challenges that enhance mobility, boost endurance, sharpen mind-body connection, and support aligned posture.

213131-01	Tu	6:30-7:15pm	9/8-10/27	8	\$159	ODRC
213131-02	M	6:30-7:15pm	9/21	1	\$25	ODRC
213131-03	F	4:30-5:15pm	10/2	1	\$25	ODRC

Essentrics: Classical Stretch *

Ages 18 & up. Enjoy a full body stretch that will work through all of your joints and unlock tight muscles. Each workout includes deep stretch, balance-focused and strength-building sequences that are easy to follow and fun to perform. You'll notice improvements in your posture and flexibility and feel energized and refreshed. Effective for injury recovery and prevention, pain relief, stress release and promoting healing. Please bring a mat for floor work.

213113-01	W	12-1pm	9/9-12/9	12	\$165	PHRC
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Slow Flow With Amy DROP-IN

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.

213635-01	Sa	9:10-10:15am	9/19-12/19	14	\$99	CHRC
213635-02	M	6:30-7:45pm	9/14-12/14	14	\$99	CHRC

Power Yoga II

Ages 18 & up. Breathe, sweat, and build strength in this intermediate-level power class. We will bridge the gap between intermediate strength and flowing movement, focusing on deeper postures and creative, challenging sequences set to inspiring music. A great way to boost your weekly, cardio, flexibility, and mind-body connection!

213637-01	Sa	10:20-11:20am	9/19-12/19	14	\$99	CHRC
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Yoga for Everybody

Ages 18 & up. This series uses common yoga postures, including supine, standing, and balancing poses, linking breath with movement to promote strength, flexibility, and mindfulness. The instructor will provide modifications for poses for each individual's body to encourage a yoga practice that is safe, accessible, and enjoyable. Whether you have never practiced yoga before or want to deepen your practice, this class is open to all! Beginners welcome and encouraged.

213638-01	Tu	6:30-7:45pm	9/8-10/13	6	\$72	CHRC
213638-02	Tu	6:30-7:45pm	11/10-12/15	6	\$72	CHRC

Candlelight Yoga *

Ages 18 & up. Reconnect your breath and your body with slow, gentle series of asanas in a calming candlelit setting. This class is perfect for clearing the mind and focusing on what is important, regardless of whether you are an experienced yogi or a beginner. Postures will encourage deep relaxation and sleep to help you wind down in a healthy way.

214219-01	W	7-8pm	9/16-12/16	12	\$155	CQRC
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Intro to Power Yoga 1

Ages 18 & up. The beginner series will introduce the history of yoga, fundamental principles of alignment, and how to connect your breath with the poses. This is designed to be a challenging yoga practice that will incorporate vinyasa flows, core work, and stability poses to improve strength through the use of Ashtanga-type postures. Emphasis is on understanding, safety, and stability within poses. The class will develop body awareness, alignment, joint safety, and stability in the yoga asanas.

214230-01	Th	5:30-6:30pm	9/17-12/17	14	\$165	CQRC
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Pop Up: Sound Bath Meditation

Ages 25 & up. Join Lisa, an experienced yoga therapist (C-IAYT/1,000), for an immersive healing sound bath session featuring Tibetan Healing Bowls, Crystal Singing Bowls, and other sound healing tools. The session will begin with gentle movement, grounding breathing practices and intention setting. Surrender to deep relaxation and the healing benefits of vibration and sound. You will leave feeling grounded, refocused and rejuvenated with a deep sense of calm and intuitive direction.

213151-01	W	5:30-6:30pm	9/16	1	\$25	ODRC
213151-02	W	6:30-7:30pm	10/7	1	\$25	ODRC
213151-03	M	6:30-7:30pm	11/9	1	\$25	ODRC
213151-04	W	5:30-6:30pm	12/9	1	\$25	ODRC

Pop-Up: Yoga for Strength, Balance & Mobility 45+

Ages 45 and up. This pop-up class is designed for adults who want to improve strength, balance, flexibility, and mobility in a practical, supportive way. The class will begin with simple breathing practices to help settle the nervous system and improve focus before moving through steady, intentional sequences designed to strengthen the body while releasing tension. This is not a fast-paced or purely gentle class, but a thoughtful approach to building lasting strength, stability, and ease of movement from floor to standing.

213135-01	Th	9-10am	10/1	1	\$25	CQRC
213135-02	Th	9-10am	10/29	1	\$25	CQRC
213135-03	Th	9-10am	11/19	1	\$25	CQRC



Yoga for Strength, Balance & Mobility 45+ *

Ages 45-80. Feeling stiff, low on energy, or not as strong and steady? This all-levels class is designed to help you build strength, improve flexibility, and feel more at home in your body. We move at a slower, intentional pace, using foundational sequences that strengthen muscles while releasing tension. The class is accessible and adaptable, but not purely gentle; you may be challenged at times as you build stability, balance, and confidence. You'll be encouraged to work at your own level in a supportive environment. With regular practice, many students notice meaningful improvements in posture, mobility, and overall ease of movement. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.

213152-01	Tu	9:30-10:30am	9/15-12/15	12	\$205	PHRC
213152-02	Tu	11am-12pm	9/15-12/15	12	\$205	PHRC

Chair Yoga: Strength, Balance & Mobility 50+ *

Ages 50 & up. Build strength, improve balance, and increase flexibility using a chair for support. This class includes a combination of seated, standing, and optional floor-based movements to help you move with greater ease and confidence. We work at a steady, intentional pace using simple, effective sequences that strengthen the body while releasing tension. The class is accessible and adaptable, allowing you to work at a level that feels right for you. Options are always provided. Floor work is optional, with chair and wall support available throughout. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.



213154-01	W	9:30-10:30am	9/16-12/16	11	\$259	ODRC
213154-02	W	11am-12pm	9/16-12/16	11	\$259	ODRC

Pop-Up: Reconnecting with the Wisdom of the Heart

Ages 50 and up. A 2-hour immersive experience exploring how patterns held in the heart influence the body, mind, and energy. Contraction in the heart space often develops as a protective response, but over time, it can affect how we breathe, move, think, and relate. These patterns may show up as tightness in the chest and shoulders, shallow breathing, emotional reactivity, or a sense of disconnection. In this workshop, we'll explore how these patterns are reflected across the physical body, breath, mind, and energy. Through gentle movement, guided breathing, and intentional journaling, you'll be supported in identifying areas of holding, creating space, and restoring a more balanced and integrated experience in your daily life. Led by Lisa, Certified Yoga Therapist (C-IAYT).

213137-01	Sa	2-4pm	11/14	1	\$75	ODRC
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Essentrics 55+

Ages 55 & up. Enjoy a low-impact, full-body workout that blends stretching and strengthening through smooth, flowing movements. Essentrics helps improve flexibility, mobility, posture, and muscle tone, making it suitable for all fitness levels. This class promotes balance, circulation, and injury prevention while emphasizing functional, graceful movement—perfect for

older adults looking to stay strong, flexible, and energized.

214121-01	Th	9:30-10:30am	9/3-11/5	10	\$125	WRRC
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Chair Yoga: Gentle Movement for Body & Mind 55+

Ages 55 & up. Chair Yoga is a gentle and accessible yoga class for older adults and those with limited mobility. Using a chair for support, participants engage in seated and standing poses to improve flexibility, balance, and relaxation. Perfect for beginners or anyone seeking low-impact movement in a welcoming environment.

214038-01	F	9:30-10:30am	9/18-10/23	6	\$55	PHRC
214038-02	F	9:30-10:30am	10/30-12/11	6	\$55	PHRC

Essentrics: Gentle Stretching 55+ *

Ages 55 & up. This class offers a low-impact, whole-body approach designed to support mobility, posture, and everyday movement. Participants move through controlled stretches and light strengthening sequences that promote flexibility and joint health without strain. The program emphasizes smooth, continuous motion and alignment, making it ideal for those looking to stay active while being kind to their bodies.

214042-01	M	10-11am	9/14-10/26	6	\$66	PHRC
214042-02	M	10-11am	11/2-12/7	5	\$55	PHRC

Stick & Stretch Fitness 55+ NEW!

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 wellness.

214037-01	Tu	9:30-10:30am	9/22-10/27	6	\$55	PHRC
214037-02	Tu	9:30-10:30am	11/3-12/15	7	\$55	PHRC

RPCA
is the
Place
for
TEENS!

Check out our teen events
& classes on page 34.



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

Cardio Workout

Zumba *

Ages 15 & 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.

213107-01	M	5:30-6:15pm	9/7-12/14	13	\$169	CHRC
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Jazzercise DROP-IN *

Ages 16 & up. Burn up to 600 calories in one fun and effective total body workout. Combine dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, 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.

219701-01	M-Th	5:15-6:15pm	8/31-12/31	71	Varies	ODRC
219701-02	M,W,Th	6:30-7:30pm	8/31-12/31	53	Varies	ODRC
219701-03	Sa	9-9:45am	9/5-12/19	16	Varies	NLRC
219701-04	Su	10-11am	8/30-12/27	18	Varies	ODRC

Walk & Fit Training 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.

214007-01	W	9:15-10:15am	9/9-10/21	6	\$55	PHRC
214007-02	W	9:15-10:15am	10/28-12/9	6	\$55	PHRC

Tai Chi: Gentle Movement for Balance & Wellness 55+

Ages 55 & up. Seniors Tai Chi is a low-impact, meditative exercise program designed to improve balance, flexibility, and overall wellness. Movements are slow, flowing, and easy to follow—perfect for older adults seeking physical activity that supports joint health and reduces fall risk. All fitness levels are welcome.

214041-01	M	9:30-10:30am	9/21-11/2	6	\$55	PHRC
214041-02	M	9:30-10:30am	11/9-12/14	5	\$45	PHRC

Line Dance Workshop

All Ages. The Line Dance Workshop is a lively, beginner-friendly class where participants learn classic and modern line dances to upbeat music. Great for improving coordination, memory, and cardio fitness, this workshop brings people together for movement and fun. No partner needed, just bring comfortable shoes and a willingness to groove!

254001-01	Tu	10:30-11:30am	9/22-12/15	13	Free	PHRC
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Cardio & Strength

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!

214035-01	Th	5:30-6:30pm	9/17	1	Free	PHRC
214035-02	Th	5:30-6:30pm	10/15	1	Free	PHRC
214035-03	Th	5:30-6:30pm	11/12	1	Free	PHRC
214035-04	Th	5:30-6:30pm	12/10	1	Free	PHRC

Fitness Pass & Personal Training

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

Neighborhood Recreation Center Pass

(Valid at 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

Aquatics & Fitness Center Pass

(Valid at all aquatics facilities & fitness centers)

Fitness Passes	Resident	Non-resident
Daily Visit	\$9	\$12
1-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

Exercise & Fitness

alexandriava.gov/RPCA/Fitness



Boxercise

Ages 18 & up. This fun and effective form of cross-training combines boxing movements with aerobics to improve rhythm and coordination. Classes focus on upper-body conditioning, cardiovascular fitness, and toning the arms, chest, and abs. Get energized and box your way through an exciting, full-body workout!

213603-01	M,W	6:30-7:30pm	8/31-10/7	12	\$109	CHRC
213603-02	M,W	6:30-7:30pm	10/26-12/2	12	\$109	CHRC

Fabulous Fitness With Coach Shenika!

Ages 18 & up. This high-energy cardio and dance fitness class is designed to get your body moving, your heart pumping, and your spirit lifted! Led by the incredible Coach Shenika, every session blends pulse-pounding cardio with fun, feel-good dance movement that doesn't feel like a workout until you're dripping and loving every second of it! All fitness levels welcome.

213138-01	Tu	5-6pm	9/8-10/13	6	\$89	LEEC
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TSP Tai Chi/Breathwork *

Ages 18 & up. Qigong serves as the foundation for Tai Chi, both being gentle forms of meditative movement that promote the balance of blood, breath, and Chi (energy) for natural healing. Research from Harvard shows that both practices offer significant health benefits through emphasis on breath, posture, and relaxation, with modifications for all levels. Additionally, instructors will provide a brief lecture on cultivating the heart-mind nature at home and work.

213158-01	Sa	6-7pm	9/12-10/24	6	\$145	ODRC
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TSP Adult Bootcamp *

Ages 18 & up. This class focuses on focus on natural movements that will help improve strength, flexibility, and posture, while giving you a great cardio workout. Exercises will include dynamic movements and stretches, full body strengthening and conditioning, and cardio kickboxing (punching, kicking, blocking, etc).

213157-01	M	4:30-5:30pm	9/14-10/26	6	\$155	ODRC
213157-02	M	4:30-5:30pm	11/9-12/14	5	\$125	ODRC



Adult Cardio & Weight Training

Ages 18 & up. Adult cardio and weight training incorporates weight and cardio fitness machines in a timed interval system; to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.

214000-01	Th	6:30-7:30pm	9/10-10/15	6	\$55	PHRC
214000-02	Th	6:30-7:30pm	10/22-12/10	6	\$55	PHRC

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.

242166-01	Tu	7-8am	9/15-12/22	15	\$207	CQRC
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Fall 2026

FIT4MOM

Ages 18 & up. Join FIT4MOM Alexandria for a variety of 60-minute workouts designed to support and strengthen every stage of motherhood. Whether you're looking to build strength, boost endurance, improve posture, or connect with a community of moms, there's a class for you — with or without your stroller! To view detailed descriptions for each class and register, visit alexandriava.fit4mom.com.

FIT4MOM Stroller Barre

219706-01	W	9:30-10:30am	9/16-12/30	16	Varies	ODRC
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FIT4MOM Body Ignite

219708-02	M	6:30-7:30pm	9/14-12/28	16	Varies	PHES
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FIT4MOM Strides 360

219708-03	F	9:30-10:30am	9/18-12/18	14	Varies	ODRC
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FIT4MOM Stroller Strides

219708-04	M	9:30-10:30am	9/14-12/28	16	Varies	ODRC
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219708-05	Sa	9:30-10:30am	9/19-12/19	14	Varies	PHRC
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Adult Fitness Class

Ages 18 & up. Are you ready to move better, feel stronger, and boost your energy? This class is designed specifically for beginners looking to improve overall fitness through movement. This twice-weekly class blends strength training, cardio conditioning, and mobility work using simple equipment and supportive coaching. Whether you're getting started or getting back into fitness, this program will meet you where you are and help you progress safely and confidently.

213713-01	W	6:15-7:15pm	9/16-11/4	8	\$70	LARC
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Tabata

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!

242477-01	Th	7-8am	9/17-12/17	14	\$165	CQRC
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Stay Active & Independent for Life 55+

Ages 55 & up. Balance, Strength & Flexibility. Stay strong and steady with this low-impact fitness class designed to improve balance, strength, and flexibility. This program supports maintaining independence while enhancing overall wellness. Enjoy moving in a supportive, friendly setting that encourages confidence, stability, and healthy aging.

214118-01	W,F	10:30-11:30am	9/3-11/5	10	\$125	WRRC
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Senior Cardio & Weight Training 55+

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

214011-01	W	12-1pm	9/9-10/21	6	\$55	PHRC
214011-02	W	12-1pm	10/28-12/9	6	\$55	PHRC



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

Advanced Senior Body Part Aerobics 55+

Ages 55 & up. Advanced 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 balls or light weights and are guided by an instructor.

214027-01	F	10-11am	9/11-10/16	6	\$75	PHRC
214027-02	F	10-11am	10/23-12/11	6	\$75	PHRC

Senior Body Parts 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 bands and are guided by an instructor.

214016-01	M	10-11am	9/14-10/19	6	\$55	PHRC
214016-02	M	10-11am	11/2-12/7	6	\$55	PHRC

ChinquaCircuit 55+

Ages 55 & up. An all encompassing workout that targets resistance training, core strength, cardio and balance by employing weight machines, free weights and other workout equipment — a great way for people of all

ages to become better conditioned and to reach their health and fitness goals.

214208-01	Tu	9:05-9:50am	9/15-12/15	14	\$165	CQRC
214208-02	Tu	6:15-7:15pm	9/15-12/15	14	\$165	CQRC

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 55 and older. Performing exercises that improve strength, balance, and fitness are the most important activities 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. No class 11/26.

214028-01	Tu, Th	9:30-10:30am	9/15-12/10	25	\$0	PHRC
214028-02	Tu, Th	11am-12pm	9/15-12/10	25	\$0	PHRC

Senior Trailblazers 55+ *

Ages 55 & up. Calling all active seniors! Enjoy the great outdoors as we embark on invigorating walks together, weather permitting. Stay fit, connect with fellow seniors, and discover the beauty of nature. Please call Patrick Henry Recreation Center (703.746.5557) for other dates and times.

214045-01	Th	9:30-11:30am	9/17-TBD	Varies	Free	PHRC
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Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tumbling

Baby Tumbling +ADULT

Ages 18 mo.-2 yrs. with adult. This class introduces basic balancing, tumbling, and agility techniques to children with a group warm-up and individual drills involving parent participation.

222620-01	W	9:30-10am	9/9-10/14	6	\$145	CHRC
222620-02	W	9:30-10am	10/28-12/9	7	\$169	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.

222605-01	Sa	9:30-10:15am	9/12-10/24	6	\$129	PHRC
222605-02	Sa	9:30-10:15am	11/7-12/12	5	\$115	PHRC

Wiggles, Toes & Rolls *

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

223613-01	Tu	4:30-5pm	9/8-10/13	6	\$135	CHRC
223613-02	Tu	4:30-5pm	10/27-12/8	6	\$109	CHRC

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.

224215-01	M	3:45-4:15pm	9/14-10/26	6	\$145	CQRC
224215-02	Su	9:15-9:45am	9/20-11/1	6	\$145	CQRC
224215-03	Su	11:15-11:45am	9/20-11/1	6	\$145	CQRC
224215-04	Su	9:15-9:45am	11/8-12/13	5	\$139	CQRC
224215-05	Su	11:15-11:45am	11/8-12/13	5	\$139	CQRC
224215-06	M	3:45-4:15pm	11/9-12/14	5	\$139	CQRC

Basic Tumbling I

Ages 5-9. 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.

222606-01	Sa	10:30-11:15am	9/12-10/24	6	\$129	PHRC
222606-02	Sa	10:30-11:15am	11/7-12/12	5	\$115	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.

224203-01	M	4:30-5:30pm	9/14-10/26	6	\$149	CQRC
224203-02	M	5:45-6:45pm	9/14-10/26	6	\$149	CQRC
224203-03	Th	4-5pm	9/17-10/22	6	\$149	CQRC
224203-04	Su	10-11am	9/20-11/1	6	\$149	CQRC
224203-05	Th	4-5pm	10/29-12/10	6	\$149	CQRC
224203-06	Su	10-11am	11/8-12/13	5	\$139	CQRC
224203-07	M	4:30-5:30pm	11/9-12/14	5	\$139	CQRC
224203-08	M	10-11am	11/9-12/14	5	\$139	CQRC

Gymnastics II *

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.

223612-01	Tu	5:15-6:15pm	9/8-10/13	6	\$135	CHRC
223612-02	Tu	5:15-6:15pm	10/27-12/8	6	\$135	CHRC

Soccer

Baroody Little Tykes Soccer

Ages 2-3. Little Tykes Soccer introduces young players to the fundamentals of soccer in a fun and engaging environment. Children will learn basic skills such as dribbling, shooting, ball control, and positioning while participating in soccer-themed games that build confidence, coordination, and teamwork. We can't wait to see you on the field!

222633-01	Sa	10-11am	9/19-10/24	6	\$109	MVRC
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Little Kicks Soccer & Me +ADULT

Ages 2-3 with adult. Fun parent and me soccer class is designed to introduce children to soccer through games and activities.

224004-01	Sa	9:15-10am	9/12-11/21	11	\$209	PHRC
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Soccer Tots *

Ages 2-7. Specialized for our youngest age group, a variety of games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged to develop motor skills, promote physical fitness, and create self-confidence.

Ages 2-3

222610-01	Tu	9-9:40am	9/8-10/13	6	\$135	NLRC
222610-03	M	11:30am-12:10pm	9/14-10/26	6	\$135	CHRC
222610-06	Tu	9-9:40am	10/27-12/8	6	\$135	NLRC
222610-09	M	11:30am-12:10pm	11/9-12/14	5	\$119	CHRC

Ages 3-5

222610-04	M	12:20-1:05pm	9/14-10/26	6	\$135	CHRC
222610-05	W	4-4:45pm	9/16-10/21	6	\$135	CQRC
222610-07	W	4-4:45pm	10/28-12/9	5	\$119	CQRC
222610-10	M	12:20-1:05pm	11/9-12/14	5	\$119	CHRC

Ages 3-7

222610-02	Sa	11:30am-12:15pm	9/12-10/24	6	\$135	ODRC
222610-08	Sa	11:30am-12:15pm	11/7-12/12	5	\$119	ODRC

Excite Soccer

Ages 3-6. Children will be encouraged to develop their mental, physical, and social abilities through creative soccer games and other activities taught by highly experienced staff. Our emphasis is on mastering basic coordination and agility with and without a soccer ball, and focusing on providing a high energy, confidence-building environment. Each practice will finish with scrimmages (1v1, 2v2, 3v3 & 4v4).

222600-01	W	5:15-6pm	9/16-10/28	7	\$175	JHES
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Little Kicks Soccer

Ages 4-6. This co-ed program includes energetic games that enhance kids' soccer skills, teamwork, and overall sportsmanship.

224208-01	Su	11:15am-12pm	9/13-11/22	11	\$209	CQPK
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Fall 2026



Sports Classes & Leagues

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Little Champions Soccer

Ages 7-10. This co-ed program includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

224212-01	Su	1:15-2pm	9/13-11/22	11	\$209	CQPK
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Special Olympics - Soccer

All Ages. Special Olympics Soccer offers athletes with intellectual disabilities the opportunity to learn soccer fundamentals, build confidence, develop teamwork skills, and stay active in a fun, supportive, and inclusive environment. Participants will focus on skill development, sportsmanship, and meaningful participation while making new friends and enjoying the game.

222726-01	Sa	11am-2pm	9/19-11/14	9	Free	LCCM
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Racquet Sports

Advantage Tennis Tiny Tennis

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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 the classroom meets a tennis court. This internationally acclaimed early childhood tennis education curriculum is a combination of academic and sports activities and keeps your kiddos engaged. Best of all, it is so much fun!

222617-01	M	1:30-2:30pm	9/14-10/26	6	\$255	ODRC
222617-02	Sa	8:30-9:30am	9/12-10/24	6	\$255	FWPK
222617-03	Sa	10:30-11:30am	9/12-10/24	6	\$255	FWPK

Bounce-Boom Little Shots

Ages 3-5. Beginner players will learn fundamental strokes and racquet sport skills through fun games and innovative instruction in a friendly, supportive environment. The low student-to-instructor ratio allows for personalized attention and faster skill development. Tennis shoes and a racquet are required. For program and equipment recommendations, contact info@bounceboom.com. Ratio 6:1.

222604-01	Tu	4:30-5:20pm	9/8-11/17	11	\$319	PYPK
222604-02	Tu	5:30-6:20pm	9/8-11/17	11	\$319	PYPK

Tennis 4 Kids

*

Ages 3-5. Learn the fundamentals and techniques to play like the pros in this exciting and interactive tennis class that consists of singles and doubles games, round-robin play, and a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Participants must bring their own racquet for the class.

224211-01	Th	5:15-5:45pm	9/10-10/15	6	\$139	CQPK
224211-02	Th	5:50-6:20pm	9/10-10/15	6	\$139	CQPK
224211-03	Su	9:30-10am	9/13-10/25	6	\$139	CQPK
224211-04	Su	10:10-10:40am	9/13-10/25	6	\$139	CQPK

224211-05	Su	10:50-11:20am	9/13-10/25	6	\$139	CQPK
224211-06	Su	11:30am-12pm	9/13-10/25	6	\$139	CQPK
224211-07	M	10-10:30am	9/14-10/26	6	\$139	CQPK
224211-08	M	5-5:30pm	9/14-10/26	6	\$139	CQPK
224211-09	Th	10:15-10:45am	9/15-10/20	6	\$139	CQPK
224211-10	Tu	9:45-10:15am	10/27-12/8	6	\$139	CQRC
224211-11	Th	5:15-5:45pm	10/29-12/10	6	\$139	CQRC
224211-12	Th	5:50-6:20pm	10/29-12/10	6	\$139	CQRC
224211-13	Su	9:30-10am	11/8-12/13	5	\$125	CQRC
224211-14	Su	10:10-10:40am	11/8-12/13	5	\$125	CQRC
224211-15	Su	10:50-11:20am	11/8-12/13	5	\$125	CQRC
224211-16	Su	11:30am-12pm	11/8-12/13	5	\$125	CQRC
224211-17	M	10-10:30am	11/9-12/14	5	\$125	CQRC
224211-18	M	5-5:30pm	11/9-12/14	5	\$125	CQRC

Advantage Tennis: Kids Tennis

*

Ages 6-16. Kids have fun acquiring athleticism and skills and developing their growth mindset. Enjoy sport for a longer, healthier lifetime. Tennis is fun! With age-appropriate activities and scaled equipment, kids improve faster. Kids will have fun and social experiences while learning tennis, the honorable sport. Come out and play!

Ages 6-8

222619-01	Sa	9:30-10:30am	9/12-10/24	6	\$255	FWPK
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Ages 8-10

222619-02	Sa	10:30-11:30am	9/12-10/24	6	\$255	FWPK
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Ages 11-13

222619-03	Sa	11:30am-12:30pm	9/12-10/24	6	\$255	FWPK
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Ages 13-16

222619-04	Sa	12:30-1:30pm	9/12-10/24	6	\$255	FWPK
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Baroody Pickleball for Kids

Ages 7-11. Pickleball is a fun and fast-paced sport that combines elements of tennis, badminton, and table tennis. Participants will learn the rules, develop fundamental skills, and build confidence through games and friendly match play. Perfect for beginners looking to try one of America's fastest-growing sports!

222628-01	Tu	3:30-4:30am	9/22-10/27	6	\$109	ODRC
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Bounce-Boom Tennis 1 & 2

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Ages 7-13. Bounce-Boom Racquet Sports offers programs for both beginners and advanced beginners. Our innovative teaching techniques and engaging games create a fun, friendly, and supportive learning environment. With a low student-to-instructor ratio of 6:1, students can quickly grasp the fundamentals and develop a lifelong passion for the game. Please note that racquets are required. For more information, visit bounceboom.com.

Ages 7-9

222616-01	W	5:30-6:20pm	9/9-11/18	10	\$289	CQPK
222616-02	Th	4:30-5:20pm	9/10-11/19	11	\$319	PYPK

Ages 10-13

222616-03	Th	5:30-6:20pm	9/10-11/19	11	\$319	PYPK
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Advantage Tennis: Middle School Tennis

Ages 11-14. Fun, modern, and healthy tennis classes to improve skills, make friends, and play better. Join us!

222632-01	W	3:30-4:30pm	9/9-10/21	7	\$255	GWMS
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Sports Classes & Leagues

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Bounce-Boom Tennis 1

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Ages 15 & up. Players will learn fundamental strokes and rally skills at Bounce-Boom Racquet Sports. Our innovative teaching methods focus on eye tracking, movement, and ball striking in a supportive environment with a 5:1 student-to-instructor ratio, ensuring quick learning and a love for the game. Please wear tennis shoes, and bring a racquet. For class details and racquet recommendations, contact us at info@bounceboom.com.

223102-01	W	6:30-7:40pm	9/9-11/18	10	\$375	CQPK
223102-02	M	6:30-7:40pm	9/14-11/16	9	\$339	PYPK
223102-03	Th	6:30-7:40pm	9/10-11/19	11	\$415	PYPK

Bounce-Boom Tennis 2

*

Ages 15 & up. This program is for advanced beginners who have completed 1-2 seasons of Level 1, with a coach's recommendation. Players will drill strokes, improve rallying skills, and learn positioning for singles and doubles. Bounce-Boom Racquet Sports employs innovative teaching techniques focused on eye tracking, movement, and ball striking in a supportive environment. With a low student-to-instructor ratio (5:1), students can quickly master the fundamentals and develop a love for the game. Please wear tennis shoes and bring a racquet; contact us at info@bounceboom.com for class and racquet recommendations.

223103-01	M	5:10-6:20pm	9/14-11/16	9	\$339	PYPK
223103-02	M	7:50-9pm	9/14-11/16	9	\$339	PYPK
223103-03	W	7:50-9pm	9/9-11/18	10	\$375	CQPK

Bounce-Boom Tennis 3

Ages 15 & up. Intermediate players who have completed 2-4 seasons of Level 2 with a coach's recommendation can join our program. We focus on reliable strokes, tactics, and strategy through innovative teaching methods in a fun and supportive environment, maintaining a low student-to-instructor ratio of 5:1. Please wear tennis shoes and bring your own racquet. Contact us for class and racquet recommendations at info@bounceboom.com.

223113-01	Th	7:50-9pm	9/10-11/19	11	\$415	PYPK
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Bounce-Boom Pickleball 1

Ages 15 & up. This beginner class focuses on the fundamentals of the game, including scoring and reducing errors for better consistency. Bounce-Boom Racquet Sports uses innovative teaching methods centered on eye tracking, movement, and ball-striking skills in a fun environment, with a 6:1 student-to-instructor ratio. Please wear court shoes; paddles are not provided. For class and equipment recommendations, contact us at info@bounceboom.com.

223105-01	Tu	5:30-6:20pm	9/8-11/17	11	\$319	MHPK
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Bounce-Boom Pickleball 2

Ages 15 & up. This program is for advanced beginners who have completed 1-2 seasons of Level 1 with a coach's recommendation. Players will enhance their fundamentals and learn key match-play skills to improve competition results. At Bounce-Boom Racquet Sports, we use innovative techniques focused on eye tracking, movement, and ball striking in a fun environment with a 6:1 student-to-instructor ratio. Please wear court shoes, as paddles are not provided. For class and equipment recommendations, contact us at info@bounceboom.com.

223106-01	Tu	6:30-7:20pm	9/8-11/17	11	\$319	MHPK
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Bounce-Boom Pickleball 3

Ages 15 & up. This program is for intermediate players who have completed 2-4 seasons of Level 2 with a coach's recommendation. Players will build power and accuracy while learning advanced match-play techniques and tactics to prepare for tournament play. At Bounce-Boom Racquet Sports, we focus on eye tracking, movement, and ball striking in a fun environment with a low student-to-instructor ratio to help players develop skills and a lifelong love of the game. Please wear court shoes; paddles are not provided. For class and equipment recommendations, contact us at info@bounceboom.com.

223114-01	Tu	7:30-8:20pm	9/8-11/17	11	\$319	MHPK
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Advantage Tennis: Adult Tennis Lessons

*

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

Beginner

223107-01	M	6-7pm	9/14-10/26	6	\$255	WRRC
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Advanced Beginner

223107-02	M	7-8pm	9/14-10/26	6	\$255	WRRC
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Advantage Tennis: Adult Red Ball Tennis

*

Ages 16 & up. Easy to play, a lifetime to master. The world's healthiest sport is highly accessible, and you only need one playmate. More fun than a party. Skill building at a professional tennis pace. Bring your friends. Make social connections. Come out and play!

223111-01	Su	1-2pm	9/13-10/25	6	\$255	CQPK
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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.

223619-01	F	9:15-10:15am	9/4-10/23	8	\$119	CHRC
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Intermediate Pickleball

Ages 18 & up. Classes will focus on competitive play and teach 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.

223620-01	F	10:45am-12:15pm	9/4-10/23	8	\$119	CHRC
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Basketball

Jump Shots

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Ages 3-9. Play in fun, basketball skill-building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel.

Ages 3-6 | Jump Shots for Tots

222602-01	Sa	10-10:45am	9/19-12/5	10	\$195	NLRC
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Ages 6-9 | Jump Shots for Kids

222602-02	Sa	11am-12pm	9/19-12/5	10	\$215	NLRC
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Sports Classes & Leagues

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Run, Shoot, Basketball

Ages 5-7. This basketball program teaches the fundamentals of basketball in a fun and exciting way, introducing and teaching 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.

224010-01	Sa	12:15-1pm	9/12-11/21	11	\$209	PHRC
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Preseason Basketball Fundamentals Class

Ages 7-12. Basketball season is just around the corner. Get ready by learning the fundamentals of the game, such as passing, shooting, dribbling, and more. Open to City of Alexandria residents only.

222713-01	Sa	9-10am	10/3-11/7	6	\$100	GWMS
222713-02	Sa	10:15-11:15am	10/3-11/7	6	\$100	GWMS

Hoop Life Skills Academy *

Ages 9-15. Participants 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.

222625-01	Sa	12-1pm	9/19-12/5	10	\$215	NLRC
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Running & Track & Field

Junior Dashers

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.

222722-01	Su	12-1pm	9/13-10/4	4	\$100	PHRC
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Track & Field Conditioning

Ages 6-14. It is never too early to get ready for the track season. Develop techniques used in track & field with an emphasis on teamwork, sportsmanship, and healthy competition.

222721-01	Su	1:15-2:15pm	9/13-10/4	4	\$100	PHRC
222721-02	Su	2:30-3:30pm	9/13-10/4	4	\$100	PHRC

Baroody Run Club

Ages 7-11. Is your child ready to burn off some steam & have some fun? Join this co-ed running club where your child will have the chance to meet new friends, have a team-building experience, and move their body with fun running activities such as relays, speed, agility & quickness, & pacing, all packed into an hour of movement, character building, and team fun. We will be building our cardiovascular system and muscles.

222635-01	Su	11:15am-12:15pm	9/27-11/1	6	\$109	CQPK
222635-02	Sa	10-11am	9/26-10/31	6	\$109	CBRC
222635-03	Sa	11:15am-12:15pm	9/26-10/31	6	\$109	CBRC

Additional Sports Classes

Little Athletes & Me +ADULT

Ages 2-3 with adult. Little Athletes is a fun and engaging co-ed sports program with Tip Top Sports. Children will explore a variety of sports, games, and skill-building activities designed to develop coordination, confidence,

teamwork, and a lifelong love of sports and physical activity.

224012-01	Sa	10:15-11am	9/12-11/21	11	\$209	PHRC
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Grand Slam T-Ball & Me +ADULT

Ages 2-3 with adult. This co-ed class emphasizes on fun and is geared toward helping establish the true passion and excitement of t-ball, while learning the fundamentals of baseball.

224201-01	Su	9:15-10am	9/13-11/22	11	\$209	CQPK
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Martial Arts 4 Kids *

Ages 3-5. Introduce your child to the fundamentals of Taekwondo while helping them build confidence, discipline, focus, and respect. Participants will learn basic kicks, punches, self-defense techniques, and teamwork skills through fun, age-appropriate instruction led by a certified World Taekwondo Federation instructor.

222626-01	W	10:45-11:15am	9/9-10/14	6	\$159	ODRC
222626-02	Sa	10:30-11am	9/12-10/24	6	\$159	ODRC
222626-03	Sa	10am-12:30pm	9/12-10/24	6	\$159	MVRC
222626-04	W	6:15-6:45pm	9/16-10/21	6	\$159	CBRC
222626-05	W	10:45-11:15am	10/28-12/9	6	\$159	ODRC
222626-06	Sa	10:30-11am	11/7-12/12	5	\$135	ODRC

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.

222706-01	Sa	10:15-11am	8/29-9/26	5	\$100	LCCM
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Little Athletes

Ages 3-5. Little Athletes is a fun and exciting collaboration co-ed sports class with the Patrick Henry Center and Tip Top Sports. The program is an athlete's dream, filled with various sports, games, and lead-in activities that will allow kids to develop their true passion for sports.

224007-01	Sa	11:15am-12pm	9/12-11/21	11	\$209	PHRC
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Touchdown for Tots

Ages 3-6. Does your kid like to run, catch, throw, and kick? This exciting intro to flag football class is for them. Participants will develop the basic motor skills for football, learn some of the basic rules, and play fun games that will teach them the fundamentals of the game.

222603-01	F	6:15-7pm	9/18-11/20	10	\$195	JHES
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TSP Biking *

Ages 3-10. This Learn to Ride program helps children build confidence and develop safe cycling skills in a fun, supportive environment. Ages 3-5 focus on balance and coordination through play-based activities, and balance bikes are required. Ages 6-10 learn essential riding skills, including starting, stopping, turning, and speed control. All participants must bring a properly fitted helmet and their own bike.

Ages 3-5 Biking 4 Tots						
222638-01	Sa	3-3:45pm	9/12-10/24	6	\$259	JHES

Ages 6-10 Biking 4 Kids						
222638-02	Su	4-4:50pm	9/13-10/25	6	\$259	JHES

Sports Classes & Leagues

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Tip Top Stick Handling

Ages 4-6. Tip Top Sticks offers kids the chance to learn two stick sports in one session. Participants will start with hockey, followed by lacrosse, while developing skills like stickhandling, passing, and scoring through scrimmage games. It's a great opportunity to learn sportsmanship in a safe and dynamic environment.

224021-01	Sa	1:15-2pm	9/12-11/21	11	\$209	PHRC
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Grand Slam T-Ball

Ages 4-6. This co-ed class helps establish the passion and excitement of t-ball while learning the fundamentals of the sport.

214285-01	Su	10:15-11am	9/13-11/22	11	\$209	CQPK
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Little Skaters Learn/Fun

Ages 5-7. Learn to Skate! This beginner-friendly class introduces the fundamentals of roller skating, including balance, stopping, basic skating techniques, and safety skills. Participants will build confidence on wheels in a fun and supportive environment. Students should bring their own roller skates when possible; a limited number of skates are available to borrow.

223702-01	F	6:10-7:10pm	10/9-11/13	6	\$9	LARC
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First Down Flag Football

Ages 5-8. Our flag football program will help players develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

224216-01	Su	12:15-1pm	9/13-11/22	11	\$209	CQPK
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Cheerleading

Ages 5-16. Participants' age is based on their age as of April 30, 2026. Cheerleading skills will be taught, with teams practicing at local recreation centers: Charles Houston, Leonard "Chick" Armstrong, Mt. Vernon, Nannie J. Lee, Patrick Henry, and William Ramsay. Divisions include Pee Wee (8 & under), Youth (12 & under), and Junior (16 & under). Practice schedules are TBD. Teams will compete in two local competitions and other events. There is no registration fee, but competition and uniform fees apply. Open to City of Alexandria residents only.

222701-00	M-F	6-8pm	8/17-4/30	Free	Varies	
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Rookie Baseball Clinic

Ages 6-8. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball in a fun and socially distant environment. Open to City of Alexandria residents only.

Ages 6-8						
222716-02	Tu & Th, Sa	6-7pm	9/1-9/3	2	\$45	LEEC

Roller Skating for Fitness/Fun

Ages 6 & up. Roller Skating for Fun and Fitness. Learn how to roll! Instruction includes safety guidelines, skating skills, and proper techniques.

For beginners to intermediate. Bring protective gear (helmet, elbow, wrist guards, and knee pads). Instructors National/World Champions. Rentals provided upon request. Call Christie for questions at 703.623.7354.

Level 1						
213141-01	Sa	9-9:50am	9/12-10/3	4	\$99	ODRC
213141-02	Tu	6:30-7:25pm	10/6-10/27	4	\$99	PHES
213141-03	Tu	6:30-7:25pm	11/3-11/24	4	\$99	PHES

Level 2						
213141-04	Sa	9-9:50am	10/17-11/17	4	\$99	ODRC
213141-05	Tu	6:30-7:25pm	12/1-12/22	4	\$99	ODRC

Baroody Sports & PE Games

Ages 7-11. In this program, we will play some of the best sports and PE games ever invented. We will choose from knockout, extreme kickball, handball, capture the flag, modified dodgeball, ultimate frisbee, floor hockey, soccer, and more. We will also take suggestions from children to make sure the fun never ends!

214277-01	Sa	10-11am	10/3-11/7	6	\$109	CQPK
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Skateboarding 4 Kids *

Ages 7-14. Get ready for an action-packed skateboarding program filled with fun, excitement, and safety. Participants will learn essential skills such as riding safely, making turns, approaching ramps, executing tricks like the rock n roll, rock to fakie, ollie, grind, drop in, and getting air. Daily activities will include instructional moves and skating games. Please remember to bring your own skateboard, pads, and helmets.

222623-01	Sa	4-5pm	9/12-10/24	6	\$125	SJSP
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Hot Topic Cheer FUNdamentals

Ages 7-12. Cheer FUNdamentals is a fun and engaging introduction to cheerleading. Participants will learn basic cheer motions, jumps, tumbling, and dance skills while building confidence, coordination, teamwork, and discipline in a supportive environment. Instruction is provided by the staff of Hot Topic All Stars.

222622-01	Sa	9-10am	9/12-10/24	7	\$209	WRRC
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Hot Topic Cheertastic Clinic

Ages 7-12. Hot Topic All Stars is rolling out the orange carpet for Alexandria's youth in a hauntingly good Halloween cheer experience! Come dressed in your most festive Halloween tee and compete in our Best Halloween Tee Contest while rotating through skill stations covering tumbling, jumps, motions, and dance. Whether you're brand new or a seasoned athlete, this is the perfect place to grow your skills, meet new friends, and make wonderful memories! All skill levels welcome. All smiles guaranteed.

222624-01	Sa	9:30am-12:30pm	10/31	1	\$75	WRRC
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Baroody Volleyball *

Ages 9-11. This fun and active volleyball program introduces players to fundamental skills, game strategies, and court positioning through engaging drills and gameplay. Designed for beginners and experienced players alike, the program will help participants build confidence, improve their skills, and enjoy plenty of opportunities to play and compete.

222636-01	W	4-5pm	9/23-10/28	6	\$109	CQRC
222636-02	W	4-5pm	11/4-12/16	5	\$89	CQRC



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

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.

Girls Preseason Volleyball Clinic

Ages 9-14 as of December 31, 2026. Prepare for the volleyball season by mastering the fundamentals. This program is available only to residents of the City of Alexandria.

Ages 9-11

222723-01	Su	1-2pm	8/30	1	\$45	JHES
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Ages 12-14

222723-02	Su	2:15-3:15pm	8/30	1	\$45	JHES
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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.

223101-01	W	7-8pm	9/16-11/4	8	\$119	PHES
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Leagues

Miracle Baseball League of Alexandria

Ages 5 & up. A non-competitive environment allows children and adults with cognitive, developmental, and physical challenges to play sports at their own pace. Buddies assist each player as much or as little as they require.

Youth Games (Ages 5-17)

222705-01	W	4:30-5:30pm	9/9-10/14	6	\$65	LEEC
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Adult Games (Ages 18+)

222705-02	Sa	1-2:30pm	9/12-10/24	7	\$65	LEEC
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Miracle League Adaptive Sports

Ages 5-17. This program provides a non-competitive environment where children with cognitive, developmental, and physical challenges can enjoy sports, build confidence, and participate at their own pace. "Angels in the Outfield" buddies provide individualized support, assisting each player as much or as little as they require.

222725-01	W	4:30-6pm	9/23-11/11	8	\$65	NLRC
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Winter Basketball League

Ages 7-18 as of March 31, 2027. Online registration for the Winter Basketball League opens on September 15 for boys and girls ages 7 to

Sports Hotlines

For weather & field closure updates

Youth | 703.746.5597

Adult Men's | 703.746.5596

Adult Coed & Women's | 703.746.5595

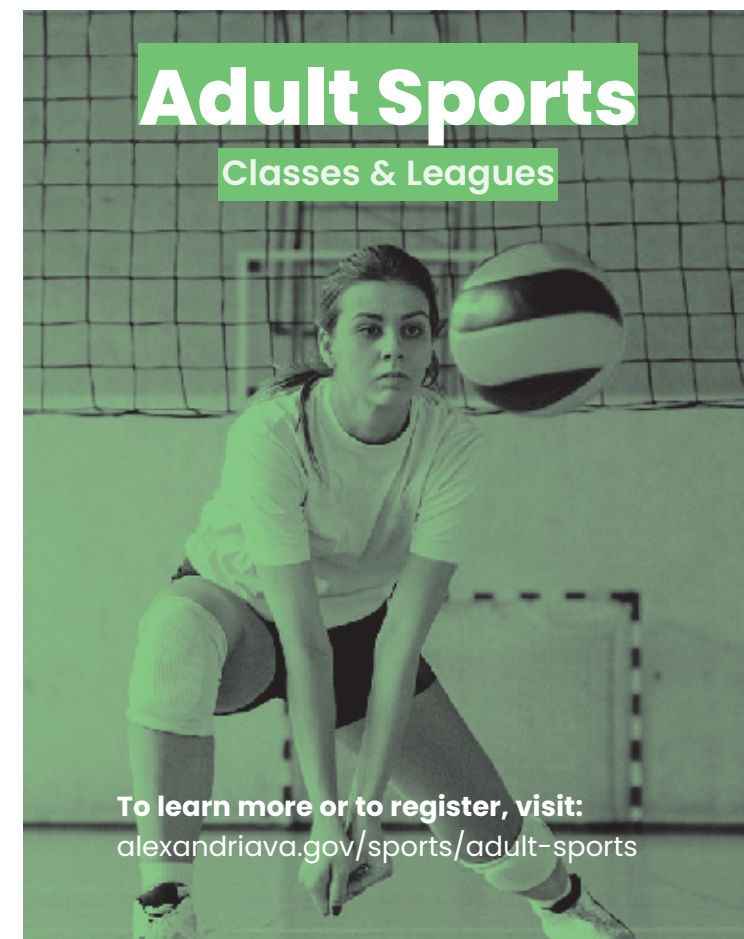
Register through alexandriava.gov/WebTrac

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Adult Sports Classes & Leagues



To learn more or to register, visit:
alexandriava.gov/sports/adult-sports

18 (must be in high school if aged 18). Teams will be formed in the 8, 10, 12, 14, and 18 & under leagues, with boys in the 14 & 18 divisions organized via skills assessment and draft. Practices start the week of December 7 at local recreation centers and schools, with coaches providing details in late November or early December. League games begin on weekends starting January 10. Registration is limited to City of Alexandria residents. For more information, contact the Reservation & Registration Office at 703.746.5414 or the Sports Office at 703.746.5402.

322701-01	M-Su	9am-6pm	12/7-3/13	\$100	Location Varies
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Girls' Volleyball League

Ages 9-14 as of Dec. 31, 2026. Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays. Practice and game locations include Douglas MacArthur and Jefferson Houston. Open to City of Alexandria residents only.

222703-01	Th & Su	6-9pm	9/24-12/3	21	\$200	Location Varies
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Alexandria Select Basketball

Grades 5-8. The Alexandria Department of Recreation, Parks, and Cultural Activities will be participating in the Fairfax County Youth Basketball League (FCYBL) as Alexandria Select. The Select teams will give players with an advanced skill level an opportunity to try out for the chance to participate in a higher competitive basketball environment. Participants must be City of Alexandria residents to be eligible for the team. To qualify for the fifth-grade (5th) team, players must be younger than 12 by September 1, 2026. To qualify for the sixth-grade (6th) team, players must be younger than 13 by September 1, 2026. To qualify for the seventh-grade (7th) team, players must be younger than 14 by September 1, 2026. To qualify for the eighth-grade (8th) team, players must be younger than 15 by September 1, 2026.

322702	M-Su	9am-6pm	10/3-3/13	\$135	Location Varies
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Coed Softball

Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 9 and a minimum of 6 of either gender. Registration: 8/1- 8/29. League Play: September-November 2026. Register by team.

223205-07	M-Th	Varies	9/8 -11/13	\$555	JHPK
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Coed Soccer

Ages 18 & up. Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 9 and a minimum of 6 of either gender. Registration: 8/1- 8/29. League Play: September-November 2026. Register by team.

223200	M-Th	Varies	9/8 -11/20	\$795	LMFD
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Coed Volleyball

Ages 18 & up. Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 6 and a minimum of 4 of either gender. Registration: 8/1-8/29. League Play: September-November 2026. Register by team.

223202	Tu	Varies	9/8-11/13	\$555	JHES
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Fall 2026



TONS OF
TRUCKS

SEPTEMBER 26
10 a.m. - 2 p.m.
CHINQUAPIN PARK

Join the City of Alexandria for the tenth annual Tons of Trucks, a free, family-friendly event for all ages! Explore your favorite vehicles, big and small, check out the new electric Mobile Art Lab, and meet the people who protect, build, and serve our community.





Education

Be Enchanted About Reading (B.E.A.R.) +ADULT *

Ages 6 mos.-5 yrs. with adult. Where tiny imaginations come alive! B.E.A.R. is an interactive program designed to spark a lifelong love of reading in our youngest learners. Through joyful sing-alongs, captivating story time, and hands-on arts & crafts, little ones are invited into a world where books become adventures through costumes and every page holds something magical.

243004-01	Th	10:30am-12pm	9/10-10/29	7	\$245	NLRC
243004-02	Th	10:30am-12pm	11/5-12/17	6	\$209	NLRC

Basic Fundamentals of Pool

Ages 7-9. This beginner pool class introduces children to the fundamentals of billiards in a fun and supportive environment. Participants will learn cue handling, aiming, ball control, game rules, and table etiquette while building hand-eye coordination, focus, patience, and sportsmanship through instruction, drills, and practice games.

243719-01	Th	6:10-7:10pm	9/17-10/22	6	\$9	LARC
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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.

243801-01	M,W	10am-12pm	9/14-10/21	12	\$79	MVRC
243801-02	M,W,F	10am-12pm	9/14-10/23	18	\$99	MVRC
243801-03	M,W	10am-12pm	11/2-12/9	12	\$79	MVRC
243801-04	M,W,F	10am-12pm	11/2-12/11	18	\$99	MVRC

Little Scholars: Head, Shoulders, Knees & Toes NEW!

Ages 3-5. Our little scholars will get their bodies moving with active songs, processed art, learning games, and creative play, all designed to strengthen the core muscles and motor planning skills used for fine motor activities. Students will learn correct letter and number formation, pencil grip, and scissor skills as they activate their Heads, Shoulders, Knees, and Toes!

242639-01	W	10-11am	9/16-11/4	8	\$175	ODRC
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Silver Knights Chess Club

Ages 5-12. Learn chess with Silver Knights Chess Academy. They have taught 100,000 children to play, including state and national champions, but most students are beginners looking to learn a new skill and have fun. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome.

242632-01	Tu	6-7pm	9/8-10/20	7	\$159	ODRC
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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.

294000-01	Tu	6-7:30pm	9/15-10/20	6	Free	PHRC
294000-02	Tu	6-7:30pm	10/27-12/8	7	Free	PHRC

Adult Social Club (ASC)

Ages 18 & up. This club is for adults with special needs and disabilities. Participants will 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 before starting programs. To register, please contact the Therapeutic Recreation office at 703.746.5550.

243000-01	Sa	11:30am-3:30pm	9/12-12/19	15	\$75	NLRC
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Technology & Science

Little Scholars: Backyard Science NEW! *

Ages 3-5. In this hands-on class, young explorers will investigate the wonders of nature through fun experiments, exciting discoveries, and interactive activities. From observing plants and insects to digging into soil and learning about weather, each session sparks curiosity and encourages students to ask questions about the world around them.

242638-01	M	10-11am	9/14-11/9	8	\$195	ODRC
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Baroody Scratch Jr. Coding

Ages 3-5. Designed for preschoolers, LEGO® STEAM Park introduces early STEAM concepts through hands-on building and imaginative play. Each lesson features an amusement park-themed project that helps children explore topics such as gravity, motion, and buoyancy while building creativity, problem-solving, and teamwork skills.

242607-01	W	10:30-11:15am	9/16-10/21	6	\$109	CQRC
242607-02	Th	10-10:45am	9/17-10/22	6	\$109	CQRC

Baroody LEGO STEAM Park NEW!

Ages 5-7. Designed for young learners, Scratch Jr. simplifies coding into an interactive, drag-and-drop adventure. Children will create interactive stories, games, and animations by dragging and dropping blocks to specify the actions of their program. They'll also learn to use loops for repeating fun actions and control structures for decision-making in their stories and animations!

242605-01	Sa	11am-12pm	10/17-11/21	6	\$145	MVRC
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Art Box Science Art Mania

Ages 5-10. Dive into a world where creativity meets discovery! Art Box classes explore fascinating connections between science and art through hands-on projects and experiments. Snow-making, lava lamps, volcanos and more; we'll have kids making fun projects while learning scientific principles. This class makes science come to life through the gift of curiosity!

243800-01	Tu	6:15-7:15pm	9/15-10/20	6	\$115	MVRC
243800-02	Tu	6:15-7:15pm	11/10-12/15	6	\$115	MVRC

Cyberteck Roblox & Game Design *

Ages 6-9. Learn coding and game design with Roblox Studio! Students will explore the basics of the Lua programming language while creating their own simple obstacle course game. This fun, hands-on class introduces fundamental computer science concepts and is perfect for aspiring game

developers and tech enthusiasts. No prior experience required.

242631-01	M	5-6pm	10/5-11/9	6	\$169	ODRC
242631-02	M	6:15-7:15pm	10/5-11/9	6	\$169	ODRC
242631-03	Su	12-1pm	10/25-12/6	6	\$169	CHRC
242631-04	Su	1:15-2:15 pm	10/25-12/6	6	\$169	CHRC

Cyberteck Animation Using Minecraft

Ages 6-9. Bring Minecraft to life through animation! Students will explore the basics of 2D and 3D animation using Minecraft characters and environments while learning key animation principles, storytelling, and motion techniques. Participants will create their own short animation project in a fun, hands-on environment. No prior experience required.

242629-01	Sa	10-11am	9/12-10/17	6	\$169	ODRC
242629-02	Sa	11:15am-12:15pm	9/12-10/17	6	\$169	ODRC

Cyberteck Robotics & Visual Coding With Lego® *

Ages 6-9. Discover the exciting world of robotics with LEGO®! Participants will work in teams to design, build, and program their own robots using drag-and-drop coding software. Students will explore engineering concepts, problem-solving, and programming while using sensors such as motion, light, and touch to bring their creations to life.

Lego WeDo

242633-01	Sa	10-11am	10/24-12/5	6	\$169	ODRC
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Lego EV3

242633-02	Sa	11:15am-12:15pm	10/24-12/5	6	\$169	ODRC
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Cyberteck Coding & Game Design With Scratch

Ages 6-9. Turn a love of gaming into a passion for coding! Students will use Scratch to create their own games while learning fundamental programming concepts and problem-solving skills. Each class features a unique project and can be taken independently, with no prior experience required.

242616-01	Su	12-1pm	9/13-10/18	6	\$169	CHRC
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Baroody Digital Art & Illustration

Ages 7-12. Using the innovative Procreate software, our young artists will master digital brush strokes, transitioning smoothly from sketching and painting to fine detailing. Traditional art concepts will be blended with the arsenal of a digital medium! Dive deep into the vibrant world of colors, understanding the intricacies of hue and saturation to make every artwork come alive. Children will become adept at using Procreate's specialized tools, where each class will produce a unique art project that can be proudly displayed at home.

242613-01	W	4:30-5:30pm	9/23-10/28	6	\$145	ODRC
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Little Scholars: Yogis NEW!

Ages 8-14. Our yogis will find their strength and self-expression through yoga poses, visual meditations, and breathing techniques. In each theme-based session with interactive games, students will learn how to take their yoga practice off the mat and into their school classrooms, home, and social interactions. Namaste!

242640-01	M	5-6pm	9/14-11/9	8	\$175	ODRC
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Little Scholars: #trending NEW!

Ages 8-14. Calling all DIY fans who are chasing or starting the latest #trends! Each project is a chance for students to express personal style and bring their fashion accessory ideas to life. They will experiment with

Fall 2026



colors, dabble with patterns and textures to create one-of-a-kind pieces to spark the next big trend!

242637-01	W	5-6pm	9/16-11/4	8	\$239	ODRC
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Baroody LEGO® SPIKE™ Prime: Robotics NEW!

Ages 10-13. Inspire your child's inner engineer with LEGO® SPIKE™ Prime! Students will design, build, and program interactive robots while developing problem-solving, creativity, and teamwork skills. Through hands-on challenges, they will explore coding, sensors, motors, lights, and sounds to bring their innovative creations to life.

242600-01	Sa	12:15-1:15pm	10/17-11/21	6	\$145	MVRC
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Cyberteck Fortnite in Unreal Engine

Ages 10-14. Create your own Fortnite experiences using Unreal Engine! Students will learn the fundamentals of level design by building custom maps, shaping terrain, adding structures and gameplay elements, and exploring what makes a game engaging. This hands-on class provides a fun introduction to the world of game design.

242619-01	Su	1:15-2:15pm	9/13-10/18	6	\$169	CHRC
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Cooking

Culinary Art - Cooking With Children

Ages 5-12. Register your child for this class, and they might become the top chef of your kitchen! Kids will build confidence and put their creativity to work while learning new skills, making tasty dishes, and making friends with other young chefs in a fun, supportive environment.

243720-01	Tu,Th	6:15-7:15pm	9/22-10/15	8	\$45	LARC
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Ballet

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, storytelling with movement, and free dance with various props.

253620-01	Su	1:30-2:15pm	9/13-10/18	6	\$35	CHRC
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Pre-Ballet & Movement *

Ages 3-5. This class teaches aspiring ballerinas the five ballet positions and explores creative movement. Students learn the disciplines of dance, while having fun and promoting physical coordination and mental concentration. Participants will perform in an end-of-session dance recital.

252605-01	Sa	9:15-10am	9/19-12/5	10	\$189	CHRC
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252605-02	Sa	9:15-10am	9/19-12/5	10	\$189	PHES
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Ballet I *

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

252610-01	Sa	10:15-11:05am	9/19-12/5	10	\$189	CHRC
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252610-02	Sa	10:15-11:05am	9/19-12/5	10	\$189	PHES
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Introduction to Ballet

Ages 5-8. Introduce your little dancer to the beautiful art of ballet! This 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.

253621-01	Su	2:30-3:15pm	9/13-10/18	6	\$35	CHRC
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Ballet II *

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

252611-01	Sa	11:15am-12:05pm	9/19-12/5	10	\$189	CHRC
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252611-02	Sa	11:15am-12:05pm	9/19-12/5	10	\$189	PHES
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Youth Ballet I

Ages 6-11. This beginning level class is designed to develop awareness of alignment and basic ballet vocabulary and technique. 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!

253622-01	Su	3:30-4:20pm	9/13-10/18	6	\$35	CHRC
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Ballet III *

Ages 7-12. This class focuses on barre, center floor, across the floor, stretching, adagio, and routines and combinations; introduces intermediate leaps, turns, and jumps; and promotes physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet II or equivalent training. Participants will perform in an end-of-session dance recital.

252612-01	Sa	12:15-1:15pm	9/19-12/5	10	\$195	CHRC
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252612-02	Sa	12:15-1:15pm	9/19-12/5	10	\$195	PHES
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Dance

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.

254205-01	Sa	10:40-11:10am	9/19-10/31	6	\$99	CQRC
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254205-02	Sa	10:40-11:10am	11/7-12/12	5	\$89	CQRC
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Modern Tots *

Ages 3-5. 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.

254203-01	Sa	10-10:30am	10/3-11/7	5	\$89	CQRC
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254203-02	Sa	10-10:30am	11/7-12/12	5	\$89	CQRC
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Zumba 4 Kids *

Ages 5-9. Perfect for younger Zumba fans! Participants get the chance to socialize with friends and jam out to their favorite music. Classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

254206-01	Tu	5:15-5:45pm	9/15-10/20	6	\$139	CQRC
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254206-02	Tu	5:15-6pm	10/27-12/8	6	\$139	CQRC
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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.

254200-01	W	5-5:50pm	9/16-10/21	6	\$95	CQRC
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254200-02	W	5-5:50pm	10/28-12/16	6	\$95	CQRC
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Jazz Hip Hop *

Ages 7-11. 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.

214220-01	F	5-5:50pm	9/18-10/30	6	\$149	CQRC
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214220-02	Sa	9-9:45am	10/3-11/7	5	\$129	CQRC
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214220-03	F	5-5:50pm	11/6-12/11	5	\$129	CQRC
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214220-04	Sa	9-9:45am	11/7-12/12	5	\$129	CQRC
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Soulful Line Dance

Ages 18 & up. Get ready to move and groove with Soulful Line Dance classes! Whether you're just starting out or ready to step up your skills, these fun, high-energy sessions are the perfect way to enjoy music and movement. This class is designed for those new to line dancing or looking to build a solid foundation.

253612-01	M	6:30-7:15pm	9/14-11/9	9	\$45	CHRC
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253612-02	M	7:30-8:30pm	9/14-11/9	9	\$45	CHRC
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Music

Little Hands Music +ADULT *

Ages 1-2 with adult. Your child's music experience with Little Hands is joyful, engaging, and filled with hands-on instruments, movement, singing, and stories. Music to enjoy at home is included! Each session features a new theme. This fall's theme, Hello Rainbow, explores favorite woodland characters, autumn winds, dancing, movement, and more. To register, visit littlehands.com or call 703.631.2046.

259704-01	Th	10:30-11am	9/10-11/19	11	\$239	CHRC
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259704-02	Th	11:15-11:45am	9/10-11/19	11	\$239	CHRC
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259704-03	Th	12-12:30pm	9/10-11/19	11	\$205	CHRC
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Music & Me! Pre-K Music Exploration +ADULT *

Ages 2-5 with adult. Sing, dance, and explore with your little one in this fun and interactive music class! Through songs, movement, rhythm activities, and stories, children will build language, coordination, listening, and social skills while discovering the joy of music. Music and materials are provided. Adult participation is required.

242623-01	Sa	10-10:30am	9/19-10/31	6	\$139	ODRC
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242623-02	Sa	10-10:30am	11/7-12/19	6	\$139	ODRC
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Tiny Tunes Piano +ADULT *

Ages 3-6 with adult. Introduce your little one to the joy of music in this fun, hands-on piano class designed especially for preschoolers! Through songs, movement, and engaging activities, children will develop listening skills, finger coordination, and a love of music in a supportive environment. A rental piano and music materials are provided. A signed rental agreement is required, and rental instruments must be returned at the final class.

242618-01	Sa	10:30-11am	9/19-10/31	6	\$139	ODRC
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242618-02	Sa	10:30-11am	11/7-12/19	6	\$139	ODRC
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Keys to Fun! Beginner Piano Class

Ages 5-12. Unlock the joy of music with this playful piano class! Students will learn notes, rhythms, and simple songs in a fun, hands-on environment. No experience is needed. A rental instrument and music materials are provided. A signed rental agreement is required, and rental instruments must be returned at the final class.

242624-01	Tu	7-8pm	9/22-10/27	6	\$155	CHRC
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242624-02	Tu	7-8pm	9/22-10/27	6	\$155	CHRC
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Mark's Music Prep-Private Music Lessons *

Ages 5 & up. Learn a new artistic skill or continue developing! 30-minute lessons are one-on-one with Mark Evans. The instructor can teach piano, violin, cello, and double bass. Piano provided, but all other instruments must be brought by the student.

242612-01	F	4-4:30pm	9/11-12/18	13	\$585	ODRC
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242612-02	F	4:40-5:10pm	9/11-12/18	13	\$585	ODRC
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242612-03	F	5:20-5:50pm	9/11-12/18	13	\$585	ODRC
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242612-04	F	6-6:30pm	9/11-12/18	13	\$585	ODRC
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242612-05	F	6:40-7:10pm	9/11-12/18	13	\$585	ODRC
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242612-06	F	7:20-7:50pm	9/11-12/18	13	\$585	ODRC
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242612-07	F	8-8:30pm	9/11-12/18	13	\$585	ODRC
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242612-08	F	8:40-9:10pm	9/11-12/18	13	\$585	ODRC
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Visual Arts

AbraKadoodle Twoosy Doodlers +ADULT *

Ages 20 mos.-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.

252600-01	M	10-10:45am	9/14-11/9	8	\$159	ODRC
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252600-02	Sa	10-10:45am	9/19-11/7	8	\$159	ODRC
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AbraKadoodle Mini Doodlers

Ages 3-6. Children develop their creativity through carefully designed lessons that ignite imagination and develop skills using real artist materials including watercolors, tempera paints, oil pastels, and creative tools to create truly unique masterpieces. All materials are included.

252613-01	Sa	11-11:45am	9/19-11/7	8	\$159	ODRC
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Artistic Drawing With Young Rembrandts™

Ages 5-10. New lessons every session! Young Rembrandts™ uses a step-by-step approach to teach drawing skills while encouraging creativity and problem-solving. Students learn to break complex images into simple shapes as they create their own artwork, building fine motor skills, focus, and confidence along the way.

252626-01	Sa	10-11am				
9/26-11/14	8	\$179			ODRC	





Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts

Basics of Manga Drawing *

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

254002-01	M	5:30-7pm	9/14-10/26	6	\$55	PHRC
254002-02	M	5:30-7pm	11/2-12/14	6	\$55	PHRC

Artworks

Ages 18 & Up. Let your creative side shine through while using a variety of art mediums and learning new skills. This program is geared toward individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment before starting programs. Please contact the Therapeutic Recreation office for more information at 703.746.5550.

253000-01	W	6-7:30pm	10/14-12/16	10	\$45	NLRC
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become a plant detective this september

- 1 Follow us on social.
- 2 Identify the mystery herbarium specimen we post each week.
- 3 Find it in one of Alexandria's parks.
- 4 Snap a photo & share using #ALXHerbariumHunt.
- 5 Win Prizes!

alexandriava.gov/parks/natural-resources



Ready to grow?

Pick up free native and heirloom seeds at any Alexandria library branch or the Jerome "Buddie" Ford Nature Center while supplies last.



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. Participants are encouraged to sign up for each session. Drop-ins welcome.

269825-01	Sa	10:30-11:30am	9/12	1	\$5	BFNC
269825-02	Sa	10:30-11:30am	10/10	1	\$5	BFNC
269825-03	Sa	10:30-11:30am	11/14	1	\$5	BFNC
269825-04	Sa	10:30-11:30am	12/12	1	\$5	BFNC

Spooky Spiders

Ages 3-12. Get ready for spooky season by meeting live spiders up close and personal! In a non-scary environment, learn about how these eight-legged animals experience the world and survive. After their spider meet-and-greet, participants will enjoy activities and a craft.

269834-01	Sa	10:30-11:30am	10/31	1	\$5	BFNC
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Fall Butterflies

All Ages. Enjoy butterfly themed crafts, identifying tips, and a chance to get up close with pollinators visiting the center's garden.

269830-01	Sa	10:30-11:30am	9/26	1	\$5	BFNC
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First Friday Bird Count

All Ages. Join an environmental educator on the first Friday of the month for a morning bird count. Participants will observe a variety of species

in Dora Kelly Nature Park as the seasons change and contribute data to conservation efforts. Binoculars will be available to loan. All experience levels are welcome.

269848-01	F	4-5pm	9/4-1/1	18	\$5	BFNC
269848-02	F	4-5pm	10/2-2/5	19	\$5	BFNC
269848-03	F	4-5pm	11/6-3/5	18	\$5	BFNC
269848-04	F	4-5pm	12/4-4/2	18	\$5	BFNC

Decorate a Tree for Birds

All Ages. Birds need a holiday too! Make biodegradable bird feeders and garlands to decorate a backyard tree for our feathered friends. All materials included.

269816-01	Sa	10:30-11:30am	11/21	1	\$5	BFNC
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did you know?

The Jerome "Buddie" Ford Nature Center is one of Alexandria's hidden gems!

- Meet live turtles, snakes, toads, lizards & other resident animals
- See a black bear, bobcat, red fox, & wild turkey exhibits up close
- Zoom in on fascinating specimens with the MicroEye interactive exhibit
- Explore local geology, insects & Alexandria's natural history exhibits
- Wander a 50-acre wildlife sanctuary featuring a paved trail, stream, marshland & native habitats
- Enjoy a children's library, outdoor deck & pollinator garden
- Host birthday parties, field trips, scout programs, or volunteer
- Keep an eye on our website for pop-up programs, special events, & seasonal activities
- **Thursdays: Animal Brunch**
Watch turtles, frogs, or newts enjoy their favorite snacks.
- **Fridays: Animal Meet & Greet**
Get up close & learn about one of the Nature Center's animal ambassadors.

Weekday Highlights

11 a.m. – Open to the Public

- **Wednesdays: Storytime**
Gather in the library for a nature-themed story.

5750 Sanger Ave.

703.746.5559

Hours: Wed-Sat

10 a.m.-4 p.m.

Year-round, excluding holidays

Free admission

alexandriava.gov/NatureCenter



Camps

Tennis 4 Kids Camp

Ages 4-6. Learn to play like the pros in this exciting and interactive tennis class that consists of a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport. Students need a racquet for this camp.

274210-01	M	9am-12pm	9/21	1	\$59	CQPK
274210-02	F	9am-12pm	10/2	1	\$59	CQPK

Hoop Life Basketball Camp

Ages 4-14. If your child loves basketball, they won't want to miss this structured fundamentals camp. All coaches have experience playing and/or coaching at higher levels of basketball, ranging from high school to the NBA. By the end of the camp, your child will have improved skills, gained greater knowledge, and developed a heightened passion for the game.

272601-01	M	9am-4pm	9/21	1	\$99	JHES
272601-02	F	9am-4pm	10/2	1	\$99	JHES
272601-03	M,Tu	9am-4pm	11/2-11/3	2	\$199	JHES
272601-04	M-W	9am-4pm	12/21-12/30	6	\$369	JHES
272601-05	M-W	9am-4pm	12/21-12/23	3	\$269	JHES
272601-06	M-W	9am-4pm	12/28-12/30	3	\$269	JHES

The Science Seed: Volatile Volcanoes Camp

Ages 5-8. Get ready for an explosive adventure into the world of volcanoes! Campers will discover how volcanoes form, learn the warning signs of eruptions, and explore the tools scientists use to study them. They'll even create and erupt their own volcanoes. Free play, playground time, story time, and other fun activities round out this exciting camp experience.

272691-01	F	9am-4pm	10/2	1	\$119	ODRC
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Play-Well Camps

Ages 5-10. At Play-Well TEKnologies, participants discover the fun of engineering through hands-on building with thousands of LEGO® bricks. Guided by enthusiastic instructors, they explore STEM concepts, develop problem-solving skills, and unleash their creativity through engaging projects and challenges. With a focus on imagination, collaboration, and learning through play, children build confidence while having fun.

Celebrate Miniature Golf Day using LEGO®

272604-01	M	9am-12pm	9/21	1	\$45	ODRC
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Winter Wonderland Challenge using LEGO®

272604-02	M & Tu	9am-12pm	12/21-12/22	2	\$89	ODRC
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Nature Day Camps

Ages 5-10. Explore the beauty of nature through art! Participants will discover natural materials, learn about landscapes and the environment, and create artwork using a variety of media. Snacks will be provided. Please bring a water bottle and a bagged lunch.

269862-01	F	9am-3pm	9/4	1	\$75	BFNC
269862-02	M	9am-3pm	9/21	1	\$75	BFNC
269862-03	F	9am-3pm	10/2	1	\$75	BFNC
269862-04	M	9am-3pm	11/2	1	\$75	BFNC
269862-05	Tu	9am-3pm	11/3	1	\$75	BFNC

Ultimate Music Experience Camp

Ages 5-12. Learn Now Music introduces campers to a variety of musical instruments and concepts such as piano, guitar, violin, drums, voice, and movement. Campers participate in musical games, crafts, listening excerpts, and more. Each participant will receive a free T-shirt and Camp Bag! Free instrument rentals are provided for in-camp use (rental agreement must be signed). All campers must bring a lunch, snack, and drink daily.

272668-02	F	9am-3pm	10/2	1	\$109	CHRC
272668-03	M-W	9am-3pm	11/23-11/25	3	\$315	CHRC
272668-04	M-W	9am-3pm	12/21-12/23	3	\$315	CHRC

Abrakadoodle Art Camps

Ages 5.5-12. Abrakadoodle art camps are filled with educational and FUN activities. Children will create themed art projects, learn about artists, styles and art techniques, while sharing laughs and developing friendships!

3D Creations

272600-01	M	9am-4pm	9/21	1	\$75	CHRC
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Art That Pops

272600-02	M,Tu	9am-4pm	11/2-11/3	2	\$149	ODRC
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Artsy Innovators

272600-03	M-W	9am-4pm	12/21-12/23	3	\$225	CHRC
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World Celebrations Art Camp

272600-04	M-W	9am-4pm	12/28-12/30	3	\$225	CHRC
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Tiny Chefs Camps

Ages 6-10. Join us for a fun culinary adventure with Tiny Chefs! Campers explore new recipes, cooking techniques, and kitchen skills through hands-on lessons, creative challenges, and engaging activities. Whether they're beginners or budding chefs, kids will build confidence, creativity, and a love of cooking while having plenty of tasty fun.

Chopped

272677-01	M	9am-4pm	9/21	1	\$155	ODRC
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Restaurant Creation

272677-02	F	9am-4pm	10/2	1	\$155	ODRC
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Fiesta Kitchen

272677-03	M,Tu	9am-4pm	11/2-11/3	2	\$255	ODRC
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Master Chef

272677-04	M-W	9am-4pm	11/23-11/25	3	\$325	ODRC
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The Great Cupcake Showdown

272677-05	M-W	9am-4pm	11/21-11/23	3	\$325	ODRC
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Kids Baking Championship

272677-06	M-Th	9am-4pm	12/28-12/31	4	\$435	ODRC
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Nerf Fencing Camp

Ages 6-12. Campers will learn the fundamentals of fencing, including proper stance, lunges, parries, and attacks, while building coordination, focus, and confidence. Instruction is provided using Nerf foam sabers, with the option to wear fencing equipment for an authentic experience.

272659-01	M	9am-4pm	11/2	1	\$99	CQRC
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Cyberteck Camps

Ages 6-13. Give your child an exciting out-of-school camp experience with CyberTech! Campers will explore game design, animation, coding, and 3D modeling through popular platforms such as Minecraft, Roblox, and Scratch. Our engaging, hands-on programs help build valuable technology skills

while ensuring campers stay active, creative, and have fun.

Animation Using Minecraft

272603-01	M	9am-12pm	9/21	1	\$69	ODRC
272603-02	M, F	1-4pm	9/21	1	\$69	ODRC

Coding with Scratch Arcade

272603-03	M,Tu	9am-12pm	11/2-11/3	2	\$119	ODRC
272603-04	M,Tu	1-4pm	11/2-11/3	2	\$119	ODRC

Silver Knights Chess Camp

Ages 6-13. In Chess Camp, campers play and learn chess with Silver Knights! They've taught 100,000 children, including national champions, but most students are beginners looking to learn and have fun! Campers are broken up by skill level. Activities include learning the rules, openings, tactics, endgames, studying master games. Campers will take breaks for snacks, lunch, and fresh air.

272675-01	M-W	9am-4pm	12/21-12/23	3	\$265	ODRC
272675-02	M-Th	9am-4pm	12/28-12/31	4	\$349	ODRC

Spark Business Camp

Ages 6-13. Bring ideas to life at Spark Business Camp! Aspiring entrepreneurs will explore the essentials of starting and running a business through hands-on activities, creative challenges, and collaborative projects. Campers will develop business ideas, create products and marketing plans, learn budgeting and customer service skills, and build confidence in leadership, communication, and problem-solving.

Ages 6-9 | My First Hot Cocoa Stand

272654-02	M-W	9am-4pm	12/21-12/23	3	\$295	CQRC
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Ages 10-13 | Fashion Design & Branding

272654-01	M,Tu	9am-4pm	11/23-11/24	2	\$199	ODRC
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TSP Flag Football Camp

Ages 6-14. Learn to pass, catch, run routes and punt like the Pros! Well practice these skills while playing Button Hook and Down & Out, Pitch & Run, and First & Ten. Scrimmages will test your skills, promote teamwork, and sportsmanship. Swimming twice a week included.

272684-01	M	9am-4pm	9/21	1	\$99	JHES
272684-02	F	9am-4pm	10/2	1	\$99	JHES

The Soccer Pros Camp

Ages 6-14. Specializing in soccer instruction and games, Soccer Pros is a physical development program for boys and girls. Younger campers learn fundamental skills through dribbling, shooting and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, challenges, and team-building competitions. Enjoy special appearances from current or former professional soccer players to sign autographs and answer questions about becoming a real soccer pro!

272632-01	M	9am-4pm	9/21	1	\$99	JHES
272632-02	F	9am-4pm	10/2	1	\$99	JHES

Gymnastics 4 Kids Camp

Ages 6-14. 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.

274202-02	F	9am-4pm	10/2	1	\$99	CQRC
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Fall 2026



274202-03	Tu	9am-4pm	11/3	1	\$99	CQRC
274202-04	M-W	9am-4pm	12/21-12/23	3	\$245	CQRC

Chemistry: Potions & Explosion

Ages 7-11. Let's have fun with Chemistry! In this program, we will create "magic" potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, grow crystals, blast a rocket into the air, and more. We will learn about the states of matter and how changes occur in mixtures, solutions, and chemical reactions. Join us to channel your inner Professor Snape!

274206-01	M	9am-3pm	11/2	1	\$95	CQRC
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PS Karma Camps

Ages 8-12. Karma Camps offers a fun, hands-on experience where campers explore art, design, and DIY projects while expressing their creativity. Through engaging activities, participants create unique take-home projects, build confidence, and develop new skills in a supportive environment. Perfect for young artists, makers, and creators.

Magical Art Camp

272640-01	M	9am-4pm	9/21	1	\$145	CQRC
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Soap Sorcery Lab

272635-01	Tu	9am-4pm	11/3	1	\$189	CQRC
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Lip Lab

272635-02	M-W	9am-4pm	11/23-11/25	3	\$424	CQRC
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Afterschool Programs

alexandriava.gov/RPCA/OSTP

2026-27 School Year Power-On

Ages 5-12 (Kindergarten through 6th grade).

Meet friends play, build, learn, and grow through a variety of recreation, enrichment, and leisure activities. Afterschool fun includes creative and performing arts, music, crafts, sports, physical fitness, health and wellness, and special events. Participants will engage in theme based activities and special events that promote self-awareness and confidence, as well as self-expression and creativity, while having fun and making new friends in the Power-On afterschool program. Holiday and registration maximums and minimums vary by location. Program meets 2:30-6 p.m. when ACPS schools are open, at the following locations: CBRC, CHRC, DMES, FDES, JAES, LARC, MVRC, PHRC, and WRRC.



Registration: Payment of \$892 is due at the time of registration and can be made by check, credit card or money order, payable to the City of Alexandria. Open to City of Alexandria residents only. Financial Assistance and payment plans are available for eligible families. For more information, please contact the Registration & Reservation Office at 703.746.5414.

Afterschool Program Dates:

August 24, 2026-June 17, 2027 ■ Monday-Friday

Afterschool Operation Hours:

School Dismissal through 6 p.m.

Registration Fees:

Full Registration \$892

Free/Reduced School Meals \$305

SNAP \$255

TANF \$149

**Fees are subject to increase beginning July 1*

Learn more at
alexandriava.gov/rpca/ostp



Kids Day Out **INCLUSION**

Ages 5-12 for General Recreation & ages 6-21 for Therapeutic Recreation. Get out and have fun with your friends on days when ACPS schools are closed! Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts, and crafts, and more. Available only for participants registered in Therapeutic Recreation Achieving Greatness (TAG) and Youth Achieving Greatness (YAG) program. All youth must bring a lunch; an afternoon snack is provided.

Youth Achieving Greatness (YAG) **INCLUSION**

Ages 5-12. Participants engage in structured enrichment activities to increase independence, learning, socialization, and leadership in a small group (1:15 staff to participants ratio). Have FUN with a PURPOSE, with tutoring, fitness, cooking, chess, music, performing arts, games, and more! The program meets on days when ACPS schools are open. Please contact the Nannie J. Lee Recreation Center at 703.746.5550 for more information.

TR Achieving Greatness (TAG) **TR**

Ages 6-21. Available to Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills, and lasting friendships. Participants will engage in structured enrichment activities in a safe and welcoming environment. An in-person assessment is required prior to registration. Program meets on days when ACPS schools are open. To schedule an assessment and to get more information out the Therapeutic Recreation Achieving Greatness (TAG) program, please contact the Nannie J. Lee Recreation Center.



Register through alexandriava.gov/WebTrac

RPCA Resources



WE'RE LISTENING-

Your Experience Matters!

At the City of Alexandria's
**Department of Recreation,
Parks & Cultural Activities,**
we're committed to delivering
service that's responsive, professional,
courteous & accountable.
Your input helps us grow & improve.

Tell us how we're doing by
completing a quick survey:

alexandriava.gov/RPCA/Experience-Survey



Individuals with Disabilities

Therapeutic Recreation

Nannie J. Lee (1108 Jefferson St.) | 703.746.5550 | 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 703.746.5550 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.



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.



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
- Chinquapin 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
- TR Swim Lessons Assistant
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support
- Mystery Swimmer
- Mentors
- Community Garden Assistance

For available opportunities, visit alexandriava.gov/Volunteer.





RPCA Teen Classes

alexandriava.gov/rpca/teens

The Anime Society

Ages 11-17. Join Anime Society and 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.

284008-01	W	6-7:30pm	9/9-12/9	14	Free	PHRC
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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.

269855-01	W	6-7pm	9/16-12/16	14	Free	BFNC
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Leonard Armstrong Teen Club Lo

Ages 12-15 in grades 6-9. Enjoy a safe, engaging, and fun after-school experience! Participants will build friendships and develop character, life skills, and healthy habits through supervised activities designed to promote personal growth, wellness, and fun.

243003-01	M-F	3:30-6:30pm	8/24-6/17	200+	\$200	LARC
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Durant Teen Socials: Pizza & Paint!

Ages 12-16. Come out for an afternoon of fun and learn a new skill while making friends and hanging out with other teens! Each session will have a different theme.

285210-01	F	6-7:30pm	9/25	1	\$15	ODRC
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Teen First Friday

Ages 12-17. Join us for First Friday! These fun-filled evenings give teens a chance to relax, connect with friends, and enjoy a welcoming space to unwind. Each event features a unique theme with games, music, food, and plenty of fun.

283629-01	F	6-10pm	9/4	1	Free	CHRC
283629-02	F	6-10pm	10/2	1	Free	CHRC
283629-03	F	6-10pm	11/6	1	Free	CHRC
283629-04	F	6-10pm	12/4	1	Free	CHRC

Teen Weight Training

Ages 12-17. This instructional class focuses on strength, gym etiquette, fitness equipment acclimation, and developing SMART fitness goals.

214013-01	M	5:30-6:30pm	9/14-10/19	5	\$35	PHRC
214013-02	M	5:30-6:30pm	11/2-12/7	5	\$35	PHRC

Advanced Teen Weight Training

Ages 12-17. Power up your fitness journey with our specialized instructional class. Tailored for teens, we dive into the advanced components of weight training, emphasizing strength development, gym etiquette, fitness equipment acclimation, and the creation of SMART fitness goals.

214036-01	Tu	5:30-7pm	9/8-10/20	7	\$45	PHRC
214036-02	Tu	5:30-7pm	10/27-12/8	7	\$45	PHRC

Futsal Tournament

Ages 12-17. Join our Teen Futsal Tournament, a one-day event open to City residents. Form your team and compete against other skilled squads in an action-packed futsal showdown. Proof of City Residence is required at registration for this exciting, free tournament with a limited capacity of 12 teams. Showcase your futsal skills and enjoy the thrill of the game!

224013-01	Tu	6-9pm	10/13	1	\$149	PHRC
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Teen Focus

Ages 12-17. Join our monthly Teen Focus Group to 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!

284012-01	Th	6:30-7:30pm	9/10	1	Free	PHRC
284012-02	Th	6:30-7:30pm	10/8	1	Free	PHRC
284012-03	Th	6:30-7:30pm	11/12	1	Free	PHRC

HalloTeen Night

Ages 12-18. Join us for a spooktacular night of thrills, chills, and Halloween fun just for teens! This is a Halloween party packed with creepy, cool activities, eerie entertainment, and lots of treats (and maybe a few tricks).

284107-01	F	7-9:45pm	10/30	1	Free	WRRC
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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.

284010-01	Tu	6-7:30pm	9/15-12/8	12	Free	PHRC
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Teen Beginner Swimming

Ages 13-18. In this group class designed for teens, participants will build swimming skills at a comfortable pace. The course focuses on developing water confidence, basic swimming ability, and essential safety skills. Swimmers will learn how to safely enter and exit the water, float on their front and back, glide, practice proper breathing techniques, and roll between front and back positions. No class 10/10, 11/28.

234234-01	M & W	6:45-7:30pm	9/14-30	6	\$95	CQRC
234234-02	Sa	11:45am-12:30pm	9/12-10/24	6	\$95	CQRC
234234-03	Tu & Th	6:45-7:30pm	10/6-27	7	\$109	CQRC
234234-04	Sa	9:30-10:15am	11/7-12/19	6	\$95	CQRC

Teens Indoor Pickup 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.

213714-01	W	6:30-8:30pm	9/16-12/16	14	\$0	LARC
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Teen Intermediate Swimming

Ages 13-18. This intermediate swim class helps teens refine technique, build endurance, and increase confidence in the water. Participants will improve stroke coordination, breathing patterns, and body positioning while

practicing longer swims on their front and back. Skills include treading water, rhythmic breathing, and efficient arm and leg movements for stronger, smoother swimming. No class 11/11, 11/28.

234235-01	M & W	6:45-7:30pm	11/2-18	5	\$79	CQRC
234235-02	Tu & Th	6:45-7:30pm	12/1-17	6	\$95	CQRC
234235-03	Sa	9:30-10:15am	11/7-12/19	6	\$95	CQRC

fun. friends. new experiences. all year long.

RPCA Teen Programs give Alexandria teens ages 11–17 a place to connect, stay active, learn new skills & make friends. From sports & gaming to art, nature & leadership opportunities, there's something for everyone.

WHAT'S HAPPENING?

- Open Gym Basketball & Futsal
- Gaming & Teen Lounges
- Arts, Anime & Creative Programs
- Green Teen Club & Nature Adventures
- Popcorn Mondays & Social Activities
- Chess, Cooking & Crochet Classes
- Leadership & Volunteer Opportunities
- Teen Events All Year Long

DON'T MISS THESE FAVORITE EVENTS

Block Bash (August)

An end-of-summer celebration featuring swimming, games, music, rollerblading & more.

Teen Appreciation Day (March)

Games, food, music, prizes & activities created just for teens.

BUILD SKILLS. MAKE AN IMPACT.

Join RPCA Future Leaders to develop leadership skills, participate in community projects, plan events & gain valuable experience for the future.

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

To discover Teen Center hours and get the scoop on awesome events, programs, and trips for teens, visit alexandriava.gov/rpca/teens





RPCAEvents

Good times are happening all over Alexandria! Don't miss your chance to be part of the upcoming RPCA events. For more details, visit alexandriava.gov/RPCA/Events.

Charles Houston's Line Dance Social

Ages 18 and up. Join us on four Tuesdays this fall 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!

283633-01	Tu	6:30-8:30pm	9/8	1	Free	CHRC
283633-02	Tu	6:30-8:30pm	10/13	1	Free	CHRC
283633-03	Tu	6:30-8:30pm	11/10	1	Free	CHRC
283633-04	Tu	6:30-8:30pm	12/8	1	Free	CHRC

No Bake Bonanza DIY Cooking

Ages 6-12. In this session, the kids will get to learn in a no-bake no-stove cooking class designed for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies, desserts, and more! The young chefs will get their hands moving and taste buds singing as we dive into different culinary techniques, presentation, and easy to repeat at home recipes.

243825-01	W	6:15-7:15pm	9/16-10/21	6	\$99	MVRC
243825-02	W	6:15-7:15pm	11/4-12/16	7	\$99	MVRC

Chess Club

Ages 6-12. Get ready to think, strategize, and have fun! Our Chess Club introduces kids to the exciting game of chess in a friendly and supportive environment. Whether your child is brand new to the game or already knows the basics, this program helps build skills step by step.

243826-01	Th	6:15-7:15pm	9/17-10/22	6	\$99	MVRC
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LARC Family Back to REC Night

All Ages. Gather up the family, and dust off the family board games and bring them in for a guaranteed fun night! Activities include: table games, video games, card games, gym games, crafts, and family friendly games. Also enjoy some Old Fashion Tasty treats on us!

283723-01	F	6:30-8:30pm	9/18	1	Free	LARC
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Parents Night Out

Ages 5-10. Mom and Dad have a fun evening out, while we entertain your kids!

283816-01	F	6:30-8:30pm	9/25	1	\$25	MVRC
283816-02	F	6:30-8:30pm	12/4	1	\$25	MVRC

Nerf the Turf

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

284007-01	F	6:30-8:30pm	10/2	1	\$19	PHRC
284007-02	F	6:30-8:30pm	11/6	1	\$19	PHRC
284007-03	F	6:30-8:30pm	11/20	1	\$19	PHRC
284007-04	F	6:30-8:30pm	12/4	1	\$19	PHRC

Durant Brunch Bunch

Ages 6-12. Come join us for brunch, kids' style! Parents get a chance to run errands or go enjoy brunch in downtown Alexandria while kids enjoy themed days filled with games, crafts, and yes, brunch!

285202-01	Su	10am-2pm	10/4	1	\$25	ODRC
285202-02	Su	10am-2pm	11/1	1	\$25	ODRC
285202-03	Su	10am-2pm	12/6	1	\$25	ODRC

Senior Day Trip

55+

Ages 55 & up. Enjoy a relaxing day surrounded by the beauty of a local botanical garden. Stroll scenic paths, explore vibrant floral displays and themed gardens, and connect with fellow participants while enjoying the peaceful outdoors. Comfortable walking shoes are recommended. Transportation details and timing will be provided upon registration.

283826-01	W	9:30am-2pm	10/7	1	Free	MVRC
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Hispanic Heritage Celebration Dance

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

283703-01	F	6:30-8:30pm	10/9	1	\$5	LARC
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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.

284006-01	F	6:30-8:30pm	10/9	1	\$19	PHES
284006-02	F	6:30-8:30pm	10/23	1	\$19	PHES
284006-03	F	6:30-8:30pm	11/13	1	\$19	PHES
284006-04	F	6:30-8:30pm	12/11	1	\$19	PHES

Durant Adult Socials: Fall Crafting

Ages 18 & up. Get festive and creative at this fun adult social! Participants will create a seasonal fall craft, such as candles, chunky pumpkins, wood décor, and more. Bring a friend and enjoy a cozy evening of creativity and fall vibes.

285226-01	F	7-9:30pm	10/9	1	\$65	ODRC
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Charles Houston Kiddie Cabaret

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.

283623-01	Sa	10am-12pm	10/17	1	\$6	CHRC
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Breast Cancer Awareness 5K Run/Walk

All Ages. Join us for our second annual 5K Breast Cancer Awareness Walk/Run, a community event that is open to all fitness levels and dedicated to honoring survivors, remembering loved ones, and raising awareness and support. Whether you run, walk, or cheer from the sidelines, your participation makes a meaningful difference.

213201-01	Sa	9am-12pm	10/24	1	\$25	CRPK
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Ghost, Goblins & Ghouls Monster Fun Run

All Ages. Join us for the Ghosts, Goblins & Ghouls Monster Fun Run, a family-friendly Halloween event filled with costumes, music, treats, and festive fun. Dash, jog, or stroll the course while enjoying spooky surprises and creating frightfully good memories together!

282905-01	Sa	10am-1pm	10/24	1	\$5	GWMS
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Boo-Fest

All Ages. Get dressed up and join us for a goblin good time. Festivities will include a costume parade, carnival games, moon bounce, arts and crafts, spooky stories, and more! This fun filled spooky festival is fit for the entire family.

283601-01	F	6:30-8:30pm	10/30	1	Free	CHRC
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Family Masquerade Ball

All residents and families in the City of Alexandria are invited to the social engagement of the year. Enjoy dancing, photo opportunities, a best dressed costume contest and refreshments.

283801-01	F	6:30-9pm	10/30	1	\$9	MVRC
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Family October Fest

All Ages. Join us at the Patrick Henry Recreation Center for a thrilling Family Fall Festival! Enjoy an array of exciting games, explore our spooky haunted house, get creative with arts and crafts, indulge in delicious snacks, and stand a chance to win fantastic prizes. A fun-filled event for the whole family!

284002-01	F	6:30-8:30pm	10/30	1	\$10	PHRC
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Floating Pumpkin Patch

All Ages. Join us for a fun-filled day at our Floating Pumpkin Patch! Pick your perfect pumpkin right from the water, enjoy small crafts you can create on-site or take home, and don't forget to grab a festive goodie bag. It's a great way to celebrate the season with family and friends. We hope to see you there!

284202-01	Sa	10-10:45am	10/31	1	\$9	CQRC
284202-02	Sa	11-11:45am	10/31	1	\$9	CQRC
284202-03	Sa	12-12:45pm	10/31	1	\$9	CQRC
284202-04	Sa	1-1:45pm	10/31	1	\$9	CQRC

Family Game Night

All Ages. Family Game Night is a fun-filled evening designed to bring families together through laughter, friendly competition, and quality time. Participants of all ages can enjoy a variety of games, including board games, card games, and interactive group challenges. Whether you're teaming up with family members or playing against one another, there's something for everyone to enjoy.

283828-01	F	6:30-8:30pm	11/13	1	\$25	MVRC
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Family Field Day Frenzy

Ages 6+. Bring the whole family out for an action-packed day of fun, friendly competition, and community connection! Family Field Day Frenzy offers a variety of classic outdoor games and exciting team challenges

designed for all ages and skill levels. Participants will enjoy relay races, tug-of-war, obstacle courses, and interactive group activities that promote teamwork, sportsmanship, and active living.

214119-01	Sa	10am-12pm	11/14	1	Free	WRRC
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Recycled Royal Rumble: Outdoor Cardboard Challenge

Ages 9-15. Recycled Royal Rumble is an outdoor team challenge where participants design and build cardboard gear, then join Team Royal or Team Rebel in creative competitions like capture the flag, obstacle races, and more. It's a fun, eco-friendly adventure blending teamwork, strategy, and movement using only recycled materials.

284022-01	Su	1-4pm	11/15	1	\$25	PHES
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Senior Sip & Paint

Ages 55 & up. Unwind and get creative at our Paint & Sip event! Guided by an instructor, participants will create their own masterpiece in a fun and relaxed atmosphere. All supplies are provided, and no experience is necessary. Enjoy a refreshing beverage, connect with others, and take home your finished artwork.

283827-01	W	10am-12pm	11/18	1	\$9	MVRC
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2026 Holiday Tree Lighting

All Ages. Join the City of Alexandria for the annual Tree Lighting Ceremony. Admission is free, and the event will be held rain or shine. Following Santa's arrival aboard the King Street Trolley, the tree will be illuminated before festive music and holiday cheer fill the area as Santa greets families and visitors. The event location will be announced at a later date. Stay tuned for updates at alexandriava.gov/RPCA.

	Sa	6-8pm	11/21	1	Free	TBD
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Family Winter Holiday FUN!

All Ages. Come Celebrate Holiday Fun! Families won't want to miss any of the special holiday interactive fun activities to include: Gingerbread house building, hearing Santa's favorite story/activity, making holiday crafts, cookie decorating, games and viewing Santa's favorite movie. Afterwards kids will have a chance to visit and have a picture with Santa. Parents and guardians please remember to bring your camera.

283724-01	Sa	11:30am-1pm	12/5	1	\$7	LARC
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Grinchmas

Ages 2-5. Join us for whimsical fun straight out of Who-ville! Filled with laughter, photos, food, and family-friendly activities that have you feeling merry and bright. Participants will be able to take pictures with the Grinch and listen to live reading of Dr. Seuss' "How the Grinch Stole Christmas."

283622-01	Sa	9:30-11am	12/12	1	\$5	CHRC
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Breakfast with Santa

Ages 1-7. Santa and his elves are making a stop at Mt. Vernon Recreation Center for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer!

283823-01	Sa	10am-12pm	12/12	1	\$25	MVRC
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Senior Events

55+

Ages 55 & up. Experience the joy of the season at our Ugly Sweater Party, a festive event for seniors. Don your most outrageous holiday attire and indulge in Holiday Craft sessions, cookie decoration fun, lively games, and joyful music. Embrace the spirit of the season as we celebrate with laughter, creativity, and delightful memories.

284009-04	F	11am-1pm	12/18	1	Free	PHRC
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Recreation Center Information

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

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

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

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

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

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

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

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: 6 am-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
**Please view the website:
alexandriava.gov/Aquatics for the
most up-to-date schedule.*

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.*

SCAN ME

- 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.

Registration Information

Registration: Residents: August 5 & Non-Residents: August 7

3 WAYS TO REGISTER

Web

- Payment by credit card (Visa/Mastercard) 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 703.746.5550 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 activity 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 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 703.746.5550.

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 a.m.-7 p.m.),
VA Relay 711 or email registerarpca@alexandriava.gov

Fall Registration: Residents: August 5 & Non-Residents: August 7

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

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

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

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

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”

3 PLEASE READ AND SIGN BELOW:

Hold Harmless Agreement: In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing the above to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria, Department of Recreation, Parks and Cultural Activities and its officers, agents, 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

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

Date _____

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

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

Questions?

Call 703.746.5414
Email registerARP@alexandriava.gov

Web:

alexandriava.gov/Recreation

For Office Use Only:

Check #: _____ Amt: _____
Date Received: _____ Staff: _____

Fall 2026

Ages 55 & Up

See the Recreation Roundup on pages 40-43 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 2026 Olympics will be held from September 11-October 4 at several venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Last year, over 1200 adults, ages 50+, competed at 30 locations over 17 days in 92 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.

Recreation Roundup

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 y Buena Forma, Ligas Deportivas, Creatividad y Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades Comunitarias y 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 de 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 frente al mar. Visite alexandriava.gov/ParkLink para orientación y un mapa interactivo 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 más información.

Recreation Roundup

- 1) Refer to the grid below to determine the programs available by age.
2) Turn to the specified page for a description & 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+	
Aquatics																					
Swimming																					
PAGE																					
Water Explorers 1-2*		●	●	●																4	
Alex Parent & Tot Sampler*		●	●	●																4	
Alex Swim Preschool & Me*			●	●																4	
Deep in the Deep Blue Sea Swim Along*			●	●	●	●	●	●												4	
Alex Swim Preschool 1-3				●	●	●	●													5-6	
Alex Preschool Sampler				●	●	●	●													6	
Alex Swim Sensory Friendly Swim				●	●	●	●	●	●											6	
Alex Swim Level 1-6							●	●	●	●	●	●	●	●						6-7	
Alex Swim Level Sampler							●	●	●	●	●	●	●							7	
Adult Intermediate & Advanced Swim															●	●	●	●	●	7	
Lifeguard Prep																●	●	●	●	7	
Survival Swimming for Teens & Adults													●	●	●	●	●	●	●	7-8	
Swim Like a Mermaid, Merman, or Mer																	●	●	●	8	
Intermediate Mermaiding																	●	●	●	8	
Mermaiding Supervised Open Swim																	●	●	●	8	
Masters Swimming																		●	●	8	
Lessons 2 Laps																		●	●	8	
Adult Beginner Swim																		●	●	8-9	
Adult Intermediate Swimming																		●	●	9	
Lessons 2 Laps Mini Sessions																		●	●	9	
Adult Advanced Swimming																		●	●	9	
Date Night Beginner Swim																		●	●	9	
Date Night Intermediate Swim																		●	●	9	
Swim Clinic																		●	●	9	
Lessons 2 Laps Senior Ed.																			●	9	
Adult Stroke Efficiency Clinic																			●	9	
Aqua Aerobics																					
Water Walking																		●	●	●	10
Aqua Soothe for Arthritis																		●	●	●	10
Aqua Spin																			●	●	10
Deep Water Aqua Aerobics																			●	●	10
Get in Deep With Candice																			●	●	10
Aqua Zumba																			●	●	10
Hi/Lo Water Aerobics																			●	●	10
Aquatic Exercise for Seniors																			●	●	10
Aqua Aerobics																				●	10-11
Exercise & Fitness																					
Mind Body/Wellness																					
Gentle Yoga																			●	●	12
Glitterati Pilates																			●	●	12
Essentrics: Classical Stretch																				●	12

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 (cont.)																					
Tumbling (cont.)																					PAGE
Mom/Dad & Me Tumbling*		●	●	●																17	
Wiggles, Toes & Rolls				●	●	●	●													17	
Movement & Gymnastics				●	●	●														17	
Basic Tumbling I							●	●	●	●	●									17	
Gymnastics I							●	●	●	●	●									17	
Gymnastics II							●	●	●	●										17	
Soccer																					
Baroody Little Tykes Soccer		●	●																	17	
Little Kicks Soccer & Me*		●	●																	17	
Soccer Tots		●	●	●	●	●	●	●												17	
Excite Soccer				●	●	●	●													17	
Little Kicks Soccer					●	●	●													17	
Little Champions Soccer								●	●	●	●									18	
Special Olympics - Soccer	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	18	
Racquet Sports																					
Advantage Tennis Tiny Tennis		●	●	●																18	
Bounce-Boom Little Shots		●	●	●																18	
Tennis 4 Kids		●	●	●																18	
Advantage Tennis: Kids							●	●	●	●	●	●	●	●	●	●	●			18	
Baroody Pickleball for Kids							●	●	●	●	●									18	
Bounce-Boom Tennis 1 & 2							●	●	●	●	●	●	●							18	
Advantage Tennis: Middle School												●	●	●	●					18	
Bounce-Boom Tennis 1-3																●	●	●	●	19	
Bounce-Boom Pickleball 1-3																●	●	●	●	19	
Advantage Tennis: Adult Tennis Lessons																	●	●	●	19	
Advantage Tennis: Adult Red Ball Tennis																	●	●	●	19	
Intro to Pickleball																		●	●	19	
Intermediate Pickleball																		●	●	19	
Basketball																					
Jump Shots			●	●	●	●	●	●												19	
Run, Shoot, Basketball					●	●	●													20	
Preseason Basketball Fundamentals Class							●	●	●	●	●	●	●							20	
Hoop Life Skills Academy								●	●	●	●	●	●	●	●					20	
Running & Track & Field																					
Junior Dashers			●	●	●															20	
Track & Field Conditioning							●	●	●	●	●	●	●	●	●					20	
Baroody Run Club							●	●	●	●	●									20	
Additional Sports Classes																					
Little Athletes & Me*		●	●																	20	
Grand Slam T-Ball & Me*		●	●																	20	
Martial Arts 4 Kids			●	●	●															20	
Lil' Pro Sports			●	●	●															20	
Little Athletes			●	●	●															20	
Touchdown for Tots			●	●	●	●														20	
TSP Biking			●	●	●	●	●	●	●	●	●									20	

		AGE																				PAGE
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+		
Sports Classes & Leagues (cont.)																						
Additional Sports Classes (cont.)																						
Tip Top Stick Handling					●	●	●														21	
Grand Slam T-Ball					●	●	●														21	
Little Skaters Learn/Fun						●	●	●													21	
First Down Flag Football						●	●	●	●												21	
Cheerleading						●	●	●	●	●	●	●	●	●	●	●	●	●			21	
Rookie Baseball Clinic							●	●	●												21	
Roller Skating for Fitness/Fun							●	●	●	●	●	●	●	●	●	●	●	●	●	●	21	
Baroody Sports & PE Games								●	●	●	●	●	●								21	
Skateboarding 4 Kids								●	●	●	●	●	●	●	●	●					21	
Hot Topic Cheertastic Clinic								●	●	●	●	●	●								21	
Baroody Volleyball										●	●	●									21	
Girls Preseason Volleyball Clinic										●	●	●	●	●	●	●					22	
Fencing											●	●	●	●	●	●	●	●	●	●	22	
Leagues																						
Miracle Baseball League of Alexandria						●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	22	
Miracle League Adaptive Sports						●	●	●	●	●	●	●	●	●	●	●	●	●	●		22	
Winter Basketball League							●	●	●	●	●	●	●	●	●	●	●	●	●		22/23	
Girls' Volleyball League										●	●	●	●	●	●						23	
Alexandria Select Basketball											●	●	●	●							23	
Coed Softball																			●	●	23	
Coed Soccer																			●	●	23	
Coed Volleyball																			●	●	23	
Enrichment																						
Education																						
Be Enchanted About Reading (B.E.A.R.)*			●	●	●	●	●														24	
Basic Fundamentals of Pool								●	●	●											24	
Socialize																						
Kid Rock Social Hour*		●	●	●	●																24	
Little Scholars: Head, Shoulders, Knees & Toes				●	●	●															24	
Silver Knights Chess Club						●	●	●	●	●	●	●	●	●							24	
Lego® Lab							●	●	●	●	●	●	●	●							24	
Adult Social Club																			●	●	24	
Technology & Science																						
Little Scholars: Backyard Science				●	●	●															24	
Baroody Scratch Jr. Coding				●	●	●															24	
Baroody Lego® STEAM Park					●	●	●														24	
Art Box Science Art Mania					●	●	●	●	●	●	●										24	
Cyberteck Roblox & Game Design						●	●	●	●												24/25	
Cyberteck Animation Using Minecraft						●	●	●	●												25	
Cyberteck Robotics & Visual Coding With Lego®							●	●	●	●											25	
Cyberteck Coding & Game Design With Scratch								●	●	●	●										25	

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]

AGE		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-55+		
Camps																					
Camps																					PAGE
Tennis 4 Kids Camp					●	●	●													30	
Hoop Life Basketball Camp					●	●	●	●	●	●	●	●	●	●	●					30	
The Science Seed: Volatile Volcanoes Camp						●	●	●	●											30	
Play-Well Camps						●	●	●	●	●	●									30	
Nature Day Camps						●	●	●	●	●	●									30	
Ultimate Music Experience Camp						●	●	●	●	●	●	●	●							30	
Abrakadoodle Art Camps							●	●	●	●	●	●	●	●						30	
Tiny Chefs Camps							●	●	●	●	●	●								30	
Nerf Fencing Camp							●	●	●	●	●	●	●	●						30	
Cyberteck Camps							●	●	●	●	●	●	●	●	●					30-31	
Silver Knights Chess Camp							●	●	●	●	●	●	●	●	●					31	
Spark Business Camp							●	●	●	●	●	●	●	●	●					31	
TSP Flag Football Camp							●	●	●	●	●	●	●	●	●	●				31	
The Soccer Pros Camp							●	●	●	●	●	●	●	●	●	●				31	
Gymnastics 4 Kids Camp							●	●	●	●	●	●	●	●	●	●				31	
PS Karma Camps								●	●	●	●	●	●							31	
PS Karma Camps									●	●	●	●	●	●						31	
Afterschool Programs																					
Afterschool Programs																					
2026-27 School Year Power-On						●	●	●	●	●	●	●	●							32	
Kids Day Out						●	●	●	●	●	●	●	●							32	
Youth Achieving Greatness						●	●	●	●	●	●	●	●							32	
TR Achieving Greatness							●	●	●	●	●	●	●	●	●	●	●	●	●	32	
RPCA Teen Classes																					
Teen Classes																					
The Anime Society											●	●	●	●	●	●	●			34	
Green Teen Club											●	●	●	●	●	●	●	●		34	
Leonard Armstrong Teen Club Lo												●	●	●	●					34	
Durant Teen Socials: Pizza & Paint!												●	●	●	●	●				34	
Teen First Friday												●	●	●	●	●	●			34	
Teen Weight Training												●	●	●	●	●	●			34	
Advanced Teen Weight Training												●	●	●	●	●	●			34	
Futsal Tournament												●	●	●	●	●	●			34	
Teen Focus												●	●	●	●	●	●			34	
HalloTeen Night												●	●	●	●	●	●	●		34	
Circle of Girls												●	●	●	●	●	●	●		34	
Teen Beginner Swimming													●	●	●	●	●	●		34	
Teens Indoor Pickup Soccer													●	●	●	●	●	●		34	
Teen Intermediate Swimming													●	●	●	●	●	●		34-35	
RPCA Events																					
RPCA Community Events																					
Charles Houston's Line Dance Social																		●	●	36	

Register through alexandriava.gov/WebTrac

- 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



Fall 2026

MENTOR **ONE** CHILD.



CHANGE **TWO** LIVES.

ALEXANDRIA MENTORING PARTNERSHIP

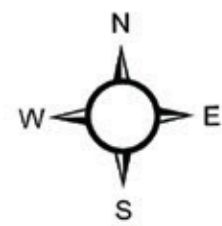


**Volunteer to mentor
a child in our community!**

- Connect prospective mentors with youth mentoring programs
- Support local mentor programs with maintaining best practices

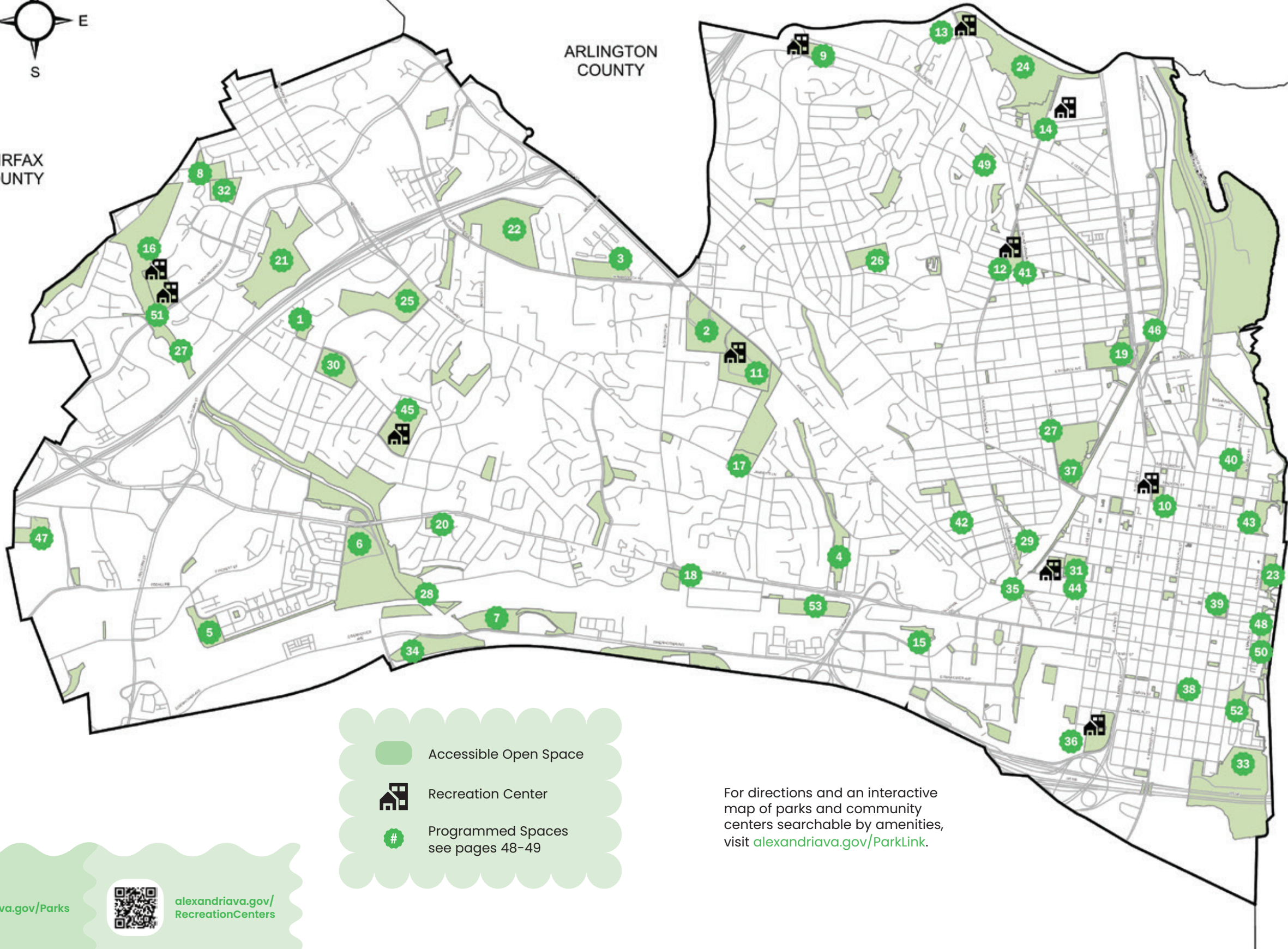
Learn More
alexandriava.gov/Mentoring





FAIRFAX
COUNTY

ARLINGTON
COUNTY



- Accessible Open Space
- Recreation Center
- # Programmed Spaces
see pages 48-49

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



alexandriava.gov/Parks



alexandriava.gov/RecreationCenters

Parks & Facilities

Visit alexandriava.gov/parks/find-a-park to see all City of Alexandria parks and amenities. See page 51 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.	    
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.	         This site is under construction in 2026.
27	George Washington School & Park 1005 Mt. Vernon Ave.	     
28	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	    
29	Hooff’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.	  
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 Art Center 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	



PARKS HIGHLIGHT

ADA Accessible Kayak Launch
at Four Mile Run pg. 52

Contact Information

I Director's Office	703.746.5501
Hashim Taylor, Director: hashim.taylor@alexandriava.gov	
I General Information	703.746.4343
I Programs & Services	
Aquatics	703.746.5553
City Arborist/Trees	703.746.5496
City Marina	703.746.5487
Nature & Environmental Education Programs	703.746.5559
Out of School Time Programs	703.746.5411
Cultural Activities	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	703.746.5414
Special Events & Major Park Rentals	703.746.5421
Therapeutic Recreation	703.746.5550
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

Find a Park

Connecting you to
active & 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.

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 703.746.5402.

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 703.746.5421 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 703.746.5421 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 703.746.5421 for more information.



A photograph of two young women kayaking on a river. They are in a red tandem kayak, positioned on a wooden launch ramp. The woman in the foreground is smiling and wearing a yellow shirt and a green life vest with a circular logo. The woman in the background is wearing a blue shirt and a green life vest. Both are holding black paddles. The river is calm with a green shoreline in the background.

A NEW WAY TO EXPERIENCE FOUR MILE RUN

Alexandria's new ADA accessible kayak launch opens the river to more people than ever before.

There is something different about seeing Alexandria from the water.

The sounds of traffic fade into the background. Great blue herons hunt along the shoreline. Turtles warm themselves on fallen logs, and the gentle rhythm of a paddle replaces the pace of everyday life. Until recently, getting onto Four Mile Run required experience, strength, or equipment, making it difficult for many people to launch a kayak.

That has changed.

This past spring, the City of Alexandria, in partnership with the Four Mile Run Conservancy, celebrated the opening of a new ADA-compliant kayak launch at Four Mile Run Park. The project represents a significant investment in making outdoor recreation more accessible while creating new opportunities for residents and visitors to connect with one of Alexandria's most unique natural resources.

The launch is the first facility of its kind in the Washington metropolitan area, designed so people of varying ages and abilities can enjoy kayaking with greater independence and confidence.

Designed for Everyone

Accessibility was at the center of every design decision.

The launch includes a gently sloped elevated boardwalk leading to a floating dock connected by a gangway that adjusts with changing water levels. A wheelchair transfer platform allows paddlers to move safely into their kayak, while an integrated roller system helps guide boats into and out of the water with less lifting and strain.

These accessible features benefit everyone by making launching easier, safer, and more convenient. They help beginners, older adults, families with children, people who use wheelchairs, and anyone paddling alone.

Removing barriers means more people can experience the river, regardless of their level of experience or physical ability.

For the Four Mile Run Conservancy, the project reflects years of planning and advocacy to make waterways more welcoming to everyone. The organization's commitment to expanding equitable access



to nature through its Water Access for All initiative recently earned a Gold Medal in the Governor's Environmental Excellence Awards.

A Different View of Alexandria

Four Mile Run offers a side of Alexandria that many residents have never seen.

The launch sits along the tidal portion of the stream, where calm, shallow waters create an ideal setting for first-time paddlers and casual recreation. From the dock, kayakers can explore restored wetlands filled with native plants and wildlife before continuing toward the Potomac River Water Trail.

The experience is surprisingly peaceful considering its location within a busy urban corridor.

Birdwatchers may spot osprey circling overhead or kingfishers darting across the water. Fish move through underwater grasses, and seasonal changes transform the landscape throughout the year.

For many visitors, paddling becomes more

than recreation. It offers a new appreciation for Alexandria's natural environment and the restoration efforts that have helped improve the health of Four Mile Run over the years.

More Than a Place to Launch

While the kayak launch creates a new recreational destination, its impact reaches well beyond boating.

The site provides a setting for educational programs, guided paddles, environmental stewardship projects, and volunteer cleanup events that help residents learn about the local watershed while caring for it.



Schools and youth organizations will have new opportunities for outdoor learning, introducing students to ecology, conservation, and water safety in a hands-on environment. Community organizations can also use the space to encourage healthy outdoor activity and foster connections with

Alexandria's waterways.

By expanding access to nature, the project supports both physical and mental well-being while helping people build a stronger connection to the environment around them.

A Lasting Addition to Alexandria's Waterfront

The grand opening may be over, but the launch is just beginning its role as a gateway to Four Mile Run.

Now open to the public, the facility gives residents and visitors a new way to

experience one of Alexandria's most scenic natural areas. Whether it's an early-morning paddle, an afternoon exploring the wetlands, or a family outing on the water, the launch makes it easier for more people to enjoy the river year-round.

As guided paddles, environmental programs, volunteer cleanups, and educational events continue to grow, the launch will serve as more than a place to put a kayak in the water. It is a space where recreation, conservation, and community come together, inviting people to see Four Mile Run from a perspective that was once out of reach.

For more information about the kayak launch, including directions and future programming, visit alexandriava.gov/parks/project/four-mile-run-kayak-launch.

Images taken at the Kayak Run Launch Grand Opening event held on Saturday, May 9, 2026.



Cultural Activities in Alexandria

Cultural Activities promotes the value of arts and culture in Alexandria by nurturing, investing in, and celebrating the creative contributions of artists and arts organizations. Through engaging the community, encouraging participation, and facilitating access to the arts, Cultural Activities works with local artists and arts organizations to build a vibrant community for all of the City's residents, workers, and visitors.

Stay Connected with Arts in ALX

Want to be the first to hear about arts events, exhibits, performances, grants, opportunities, and cultural happenings across Alexandria? Join the Arts in ALX email list and receive updates delivered directly to your inbox. Sign up here: alexandriava.gov/arts/subscribe-to-arts-in-alx.



Arts Grant Program (Online)

The City of Alexandria's Annual Arts Program Grant supports artistic excellence by helping arts and nonprofit organizations provide high-quality, affordable arts programming while creating opportunities for local artists to create, perform, and present their work.

Each year, approximately \$275,000 in City and State funding is awarded through a competitive grant process that requires a 1:1 cash match from applicants. Grant awards support programs taking place from July 1 through June 30 of the following year.

Information about the Fiscal Year 2028 Annual Arts Program Grant will be available shortly after the beginning of the year. To learn more about the grant program, visit alexandriava.gov/arts.

Professional Development Workshop Series

Now in its fourth year, the Office of the Arts partners with ArtsFairfax, the Arlington Cultural Affairs Office, and the New York Foundation for the Arts to offer a series of free virtual professional development and capacity-building workshops for artists and arts organizations.

The Fiscal Year 2027 workshop schedule will be posted in late summer/early fall 2026 on the Cultural Activities website at alexandriava.gov/arts.



Mobile Art Lab

Learn more at alexandriava.gov/arts/mobile-art-lab



October is National Arts and Humanities Month (NAHM), a collective recognition of the importance of culture in America. NAHM was launched by Americans for the Arts more than 30 years ago as a National Arts Week in honor of the twentieth anniversary of the National Endowment for the Arts and the National Endowment for the Humanities. NAHM is an opportunity for everyone to help change the public perception and promote the crucial role the arts and humanities play in promoting individual well-being, addressing trauma, connecting cultures, highlighting inequities, and making our communities healthier and stronger.

To learn more about NAHM, visit: alexandriava.gov/arts/national-arts-humanities-month.



national
arts &
humanities
month



Congratulations to the Fiscal Year 2027 Annual Arts Program Grantees

The Office of the Arts and the Alexandria Commission for the Arts congratulate the Fiscal Year 2027 Annual Arts Program grantees. Throughout the year, these organizations and many other arts groups enrich the lives of Alexandrians through their creativity, performances, exhibitions, and programs.

**Alexandria A Cappella Collective
(Alexandria Harmonizers)**
aaccsings.org

**Alexandria Children's Chorus
(Del Ray Kinderchoir)**
alexandriachildreorchorus.org

Alexandria Choral Society
alexandriachoralsociety.org

Alexandria Citizens Band
alexandriacitizensband.org

Alexandria Film Festival
alexfilmfest.com

Alexandria Singers
alexandriasingers.com

Alexandria Symphony Orchestra
alexsym.org

Armed Services Arts Partnership
asapasap.org

Campagna Center (TCC)
campagnacenter.org

Chamber Dance Project, Inc.
chamberdance.org

**Del Ray Artisans
(Arts Resource Foundation)**
delrayartisans.org

Eclipse Chamber Orchestra
eclipseco.org

Encore Creativity Corporation
encorecreativity.org

Encore Stage & Studio
encorestage.org

**Ethiopian Community Support &
Advocacy Center**
ecsac.org

Heard
heardnova.org

Little Theatre of Alexandria
thelittletheatre.com

**MetroStage
(American Showcase Theatre)**
metrostage.org

Momentum Collective, Inc
momentumcinc.org

Monumental Theatre Company
monumentaltheatre.org

**Northern Virginia Fine
Arts Association**
nvfaa.org

Quintango Inc.
quintango.com

Sound Impact
soundimpact.org

**Symphony Orchestra of
Northern Virginia**
sonovamusic.org

The Art League
theartleague.org

The Thirteen Choir
thethirteenchoir.org

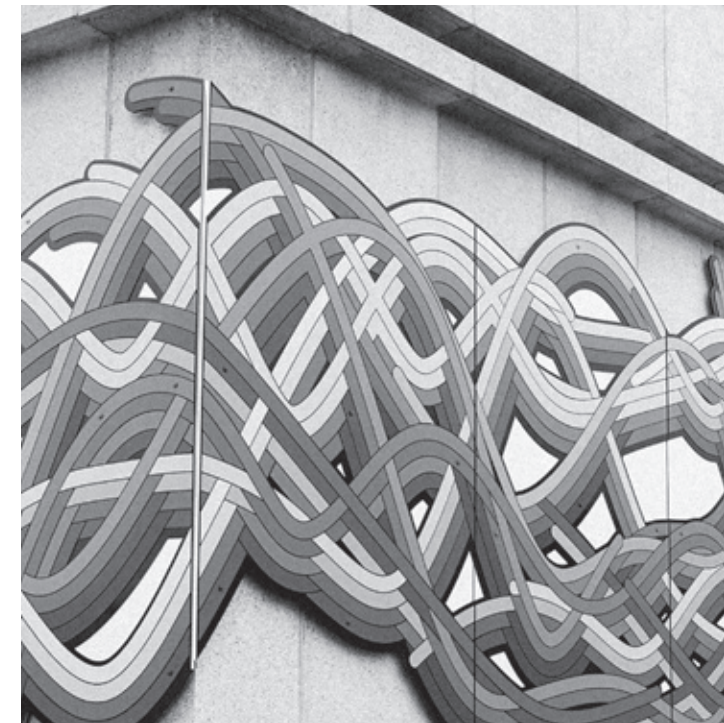
UpCycle Creative Reuse Center
upcyclecrrc.org

Virginia Opera Association
vaopera.org

Washington Men's Camerata
camerata.com

**Washington Metropolitan
Philharmonic Association**
wmpamusic.org

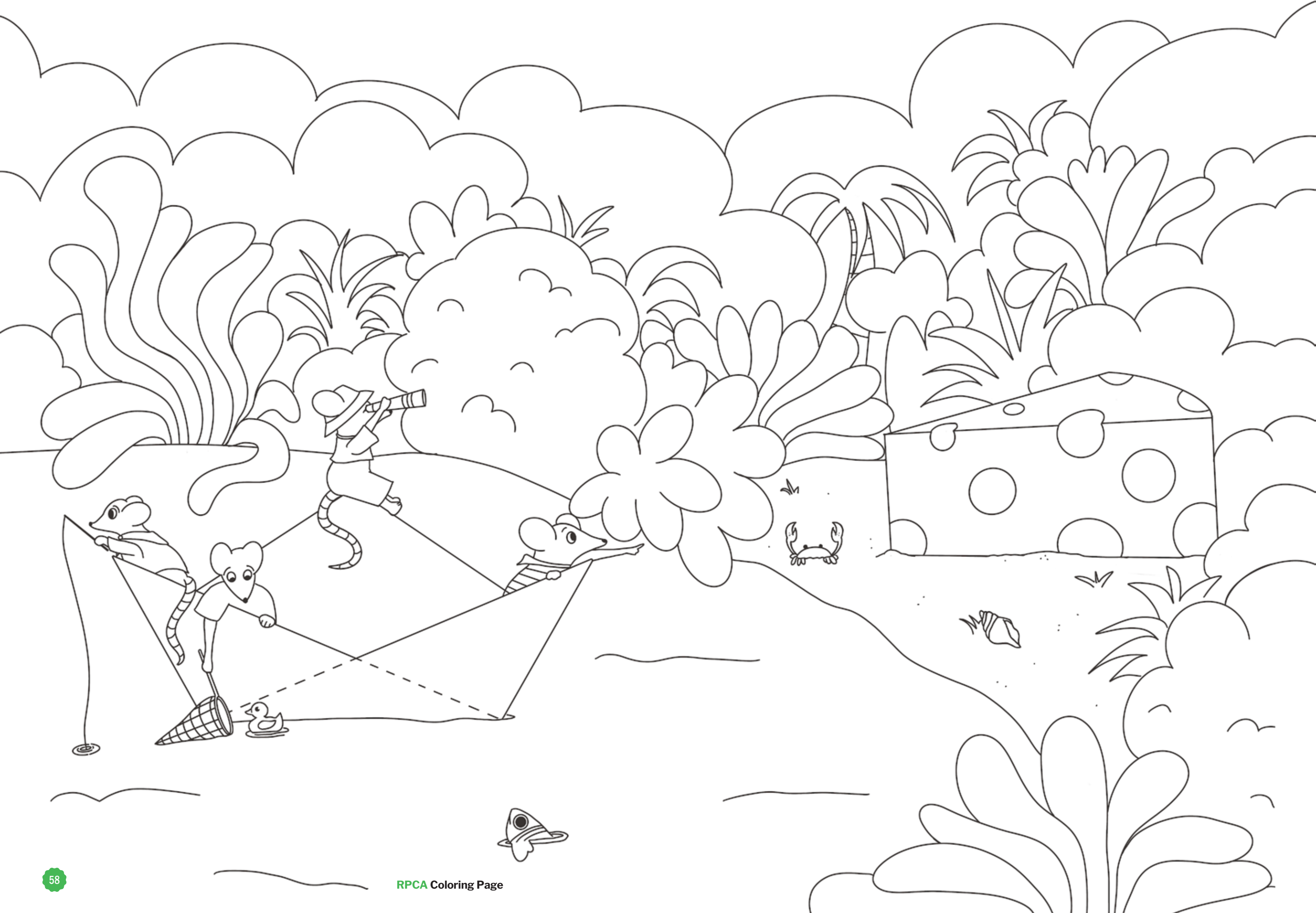
Young Playwrights' Theater
youngplaywrightstheater.org



"Confluent Threads," by Project One Studio,
Ellen Coolidge Burke Library

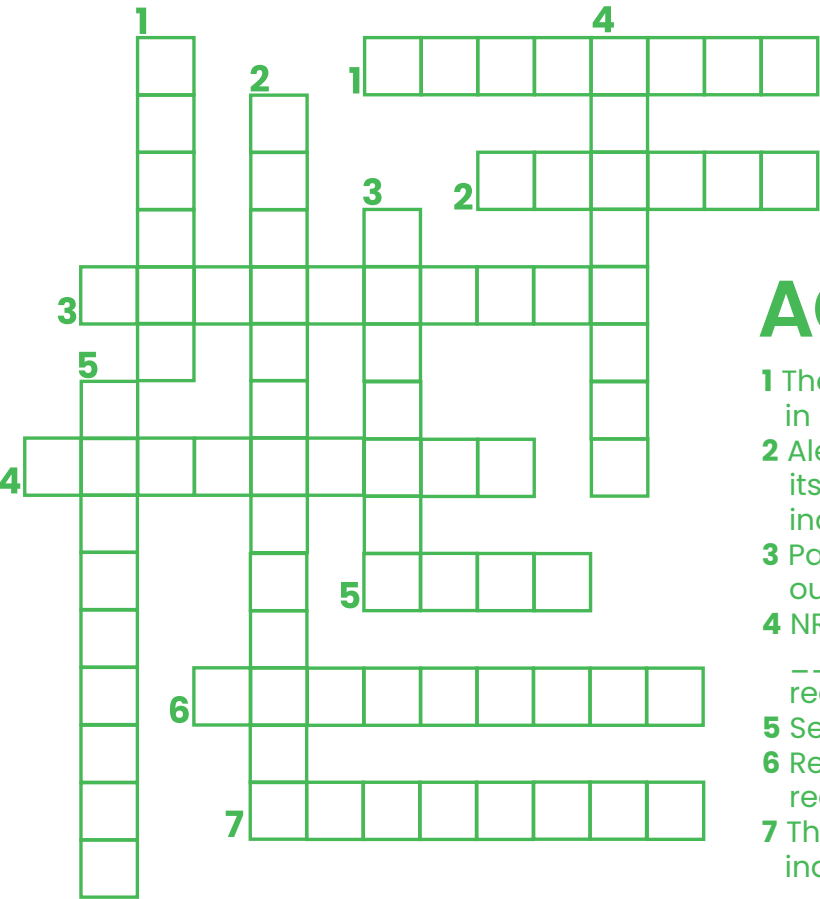


Keanna Faircloth, Mistress of Ceremonies, ALX Jazz Fest
Photograph credit to: Devin Eutsey



EXPLORE Alexandria

Directions: Use the clues to fill in the crossword with places, facts & fun things about the City of Alexandria, parks, and recreation. Need help? Think local landmarks, parks & history!



ACROSS

- 1 The preserved Civil War fort located in Alexandria’s West End.
- 2 Alexandria neighborhood known for its vibrant arts community and independent businesses.
- 3 Parks provide opportunities for outdoor _____ and relaxation.
- 4 NRPA (nrpa.org) promotes healthy _____ through parks and recreation programs.
- 5 See 1-Down
- 6 Recreation programs can help reduce feelings of _____.
- 7 The ability to move safely and independently.

DOWN

- 1 With 5-Across. Alexandria’s largest historic district and one of the oldest in the nation.
- 2 Annual spring event featuring thousands of flowering trees along the waterfront.
- 3 A low-impact activity often recommended for older adults.
- 4 Walking paths, gardens, and green spaces contribute to mental _____.
- 5 A gathering place where older adults participate in classes and events. (abbr.)

ANSWER KEY

Across 1 Fort Ward 2 Del Ray
3 recreation 4 wellbeing 5 Gray
6 isolation 7 mobility 8 Down 1 Parker
2 Cherry blossom 3 walking
4 wellness 5 rec center



TORPEDOFACTORY.ORG

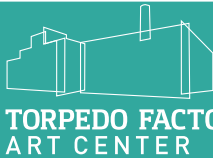
f @TORPEDOFACTORY

TORPEDO FACTORY ART CENTER



OPEN EVERYDAY

10 A.M. -6 P.M.*

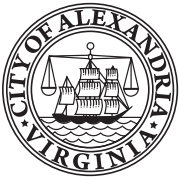


105 N UNION ST, OLD TOWN
ALEXANDRIA

80+ OPEN
ARTIST STUDIOS

FREE TO
EXPLORE

* Periodic 5 p.m. closure for private events & holidays



DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES

1108 Jefferson St.
Alexandria, VA 22314

SITE SEE 2026

NOW OR NEVER

BY ALICIA EGGERT AT WATERFRONT PARK THROUGH NOVEMBER

