

SPRING/SUMMER PROGRAM GUIDE 2014

Alexandria

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES



NATURE PROGRAMS pg. 11

Family Time pg. 19

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Special Events pg. 39

Registration Begins
Wednesday, March 19



Summer Fun Guide
Inside! See
pg. 21

JUMP IN!

TO THE 2014 SUMMER POOL SEASON

OUTDOOR POOLS

Old Town Pool 1609 Cameron St.

Hours: Sa & Sun 12-7pm, May 24-Aug. 31

M-F 12-7pm, June 23-Aug. 29

Holidays 10am-6pm: May 26, July 4, Aug. 1

- 8 lane 25-yard pool with diving well
- Training pool for disabled and children up to 42" tall, with water depth range of 1-3 feet
- Bathhouse and locker rooms on premises

Warwick Pool 3301 Landover St.

Hours: Sa & Su 11am-6pm May 24-Aug. 31

M-F 12-7pm June 23-Aug. 15

Holidays 10am-6pm: May 26, July 4, Aug. 1

- 25-yard pool with diving well
- Wading pool for children up to 42" tall
- Bathhouse, picnic tables and playground on premises

Charles Houston Recreation Center's Memorial Pool 901 Wythe St.

Hours: Sa & Su 12-6pm May 26-Aug. 31

M-F 12-6pm, June 24-Aug. 29

Holidays 10am-6pm: May 26, July 4, Aug. 1

- Zero depth pool entry



POOL EVENTS

DOGGIE DAY SWIM

Saturday, September 20

10am-2pm

Old Town Pool, 1609 Cameron St.

Free entry thanks to Your Dog's Best Friends!

Visit alexandriav.gov/Aquatics for more info.

SCHOOL'S OUT POOL PARTY

Saturday, June 7, 6:30-9:30pm

Charles Houston Recreation Center's Memorial Pool, 901 Wythe St.

Ages 14-17, \$5 per person

with school or recreation center ID

Fees and operating hours subject to change. For up-to-date information and pool schedules, visit alexandriava.gov/Aquatics or call 703.746.5403.

Message from the Mayor

Alexandria is a caring community that promotes healthy lifestyles and physical fitness for individuals, families and our youth. With warm weather approaching, and vacation plans being made, I encourage you to take advantage of the leisure opportunities right here at home.

Visit Alexandria's newest park, Potomac Yard, featuring a universally accessible playground; interactive ground-level fountain; open lawn and picnic areas; and active recreation courts for tennis, basketball and volleyball. As a part of the region's open space system, this park celebrates the evolution of a former rail yard into a new 24 acre regional park.

Join me on Saturday, July 12 at Oronoco Bay Park to celebrate the USA's 238th and the City of Alexandria's 265th Birthday. Featuring refreshments, birthday cake, musical performances and Grand Finale Fireworks Display, this premier summer event continues to be a family tradition. Visit alexandriava.gov/Recreation for a complete list of City community events and activities.

I continue to be active in Recreation Department programs, and I encourage all residents of Alexandria to take advantage of the activities and facilities the Department offers. Save this Program Guide and refer to it often.



CITY COUNCIL

William D. Euille
Mayor

**John Taylor
Chapman**

Allison Silberberg
Vice Mayor

**Paul C.
Smedberg**

**Timothy B.
Lovain**

**Redella S.
"Del" Pepper**

**Justin M.
Wilson**

Rashad M. Young
City Manager

Mission Statement

The Department of Recreation, Parks & Cultural Activities' Mission is to promote a vibrant, safe and attractive city of opportunity through the development of effective and efficient recreation programs, facilities and parks for all citizens and residents to enjoy.

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Subscribe Today! To receive this Program Guide in the mail through a free subscription, visit alexandriava.gov/Recreation or call 703.746.4343.



Recreation Classes

Department of Recreation, Parks & Cultural Activities

● **DIRECTOR'S OFFICE** 703.746.5500

James B. Spengler, Director
james.spengler@alexandriava.gov

Diane Ruggiero, Deputy Director, Cultural Arts
diane.ruggiero@alexandriava.gov

Dinesh Tiwari, Deputy Director, Park Operations
dinesh.tiwari@alexandriava.gov

William Chesley, Deputy Director, Recreation Services
william.chesley@alexandriava.gov

● **GENERAL INFORMATION** 703.746.4343

● **WEB SITE** alexandriava.gov/Recreation

● PROGRAMS & SERVICES

Arts in Alexandria	703.746.5588
Aquatics	703.746.5435
City Arborist/Trees	703.746.5496
Out of School Time Programs	703.746.5575
Park Maintenance	703.746.5484
Park Planning & Design	703.746.5488
Picnic Reservations & Facility Rentals	703.746.5404
Recreation Classes & Camps	703.746.5414
Recreation Services	703.746.5430
Senior & Teen Programs	703.746.5575
Special Events & Major Park Rentals	703.746.5418

Therapeutic Recreation	703.746.5422
Youth & Adult Sports	703.746.5402

● RECREATION CENTERS & FACILITIES

Charles Barrett Recreation Center	703.746.5551
Charles Houston Recreation Center	703.746.5552
Chinquapin Park Recreation Center	703.746.5553
City Marina	703.746.5487
Cora Kelly Recreation Center	703.746.5554
Durant Arts Center	703.746.5560
Jerome "Buddie" Ford Nature Center	703.746.5525
Lee Center	703.746.4343
Mount Vernon Recreation Center	703.746.5556
Nannie J. Lee Memorial Recreation Center	703.746.5550
Patrick Henry Recreation Center	703.746.5557
William Ramsay Recreation Center	703.746.5558

● **VA RELAY** 711

● 24-HOUR HOTLINES

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

Classes and activities displaying this symbol are designed to provide you and your family with healthy lifestyle options. Step Up to Health, It Starts in the Parks.



Let Us Know

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

- Responsive
- Professional
- Courteous
- Accountable

Please tell us about your experience by completing a Feedback Form at any Recreation Center or by emailing RPCAcustomer.care@alexandriava.gov.

Your feedback is important to us!

ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
130100-01		M	8-9pm	4/13-6/17	10	\$64	CHINQ
CLASS SIZE							
Min 6/ Max 10							
M = Monday							
Tu = Tuesday							
W = Wednesday							
Th = Thursday							
F = Friday							
Sa = Saturday							
Su = Sunday							
BEPK	Beach Park, 201 Rucker Place						
BFNC	Jerome Buddie Ford Nature Center, 5750 Sanger Ave.						
BRNMN	Ben Brenman Park, 4800 Brenman Park Dr.						
CHASB	Charles Barrett Recreation Center, 1115 Martha Custis Dr.						
CHINQ	Chinquapin Park Recreation Center & Aquatics Facility, 3210 King St.						
CHRC	Charles Houston Recreation Center, 901 Wythe St.						
CORAK	Cora Kelly Recreation Center, 2510 Reed Ave.						
DURAN	Durant Arts Center, 1605 Cameron St.						
FCH	Francis C. Hammond Middle School, 4646 Seminary Rd.						
FOURM	Four Mile Run Park, 3700 Commonwealth Ave.						
GEOMA	George Mason Elementary School, 2601 Cameron Mills Rd.						
GWS	George Washington School, 1005 Mt. Vernon Ave.						
JADMS	John Adams School & Recreation Center, 5651 Rayburn Ave.						
KCMF	Kelley Cares Miracle Field, 1108 Jefferson St.						
LEE	Lee Center, 1108 Jefferson St.						
MH	Minnie Howard Field & School, 3701 W. Braddock Rd.						
MTV	Mount Vernon Recreation Center, 2701 Commonwealth Ave.						
NJLEE	Nannie J. Lee Recreation Center, 1108 Jefferson St.						
OLDT	Old Town Pool, 1609 Cameron St.						
POLK	Polk School, 5000 Polk Ave.						
SIMPS	Eugene Simpson Stadium Park, 426 E. Monroe Ave.						
SKATE	Schuyler Hamilton Jones Skateboard Park, 3540 Wheeler Ave.						
TCWM	T.C. Williams High School, 3330 King St.						
WARW	Warwick Pool, 3315 Landover St.						
WDMPK	Windmill Hill Park, 501 S. Union St.						
WITTE	Witter Recreational Fields, 2700 Witter Dr.						
WRAM	William Ramsay Recreation Center, 5650 Sanger Ave.						



The City of Alexandria Department of Recreation, Parks and Cultural Activities received national re-accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) in October 2009. National accreditation requires park and recreation agencies to meet 155 standards representing elements of effective and efficient park and recreation operations.



Programs for Youth Ages Birth – 18

YOUTH AQUATICS



Aquatic classes provide opportunities for achievement and smooth transitions between levels of instruction. Activities stimulate interest, and motivate students to advance to the next level of swim instruction. Aquatic programs are designed for children ages 6 months to 5 years to have fun in the water while developing swimming readiness. We recommend that your child have a physical examination prior to enrollment. For help with placement, call 703.746.5435.



To provide a learning environment free from distractions, parents are not permitted on pool deck during classes. Video and/or flash photography is limited to the first and last day of class. See page 35 for class size and wait list information.

Chinquababies

Ages 6-18 months. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child adjust to the water. A snug fitting bathing suit over a swim diaper is required. Only one parent is permitted in the pool area. Each child must be accompanied by at least one adult. Min 8/Max 20. No class 5/26.

130100-01	M	11:30am-12pm	4/28-6/16	7	\$91	CHINQ
130100-02	Sa	9:15-9:45am	5/3-6/14	7	\$91	CHINQ
130100-03	Sa	10:15-10:45am	5/3-6/14	7	\$91	CHINQ
140100-01	M	11:30am-12pm	7/7-8/18	7	\$91	CHINQ
140100-02	Sa	9:15-9:45am	7/12-8/23	7	\$91	CHINQ
140100-03	Sa	10:15-10:45am	7/12-8/23	7	\$91	CHINQ

Chinquatots

Ages 19-36 months. Parent and Child Water Exploration. Parents receive information and practice techniques to help their child adjust to the water. A snug fitting bathing suit over a swim diaper is required. Only one parent is permitted in the pool area. Each child must be accompanied by

one adult. Min 8/Max 2. No class 5/26.

130101-01	M	10:50-11:20am	4/28-6/16	7	\$91	CHINQ
130101-02	Sa	9:45-10:15am	5/3-6/14	7	\$91	CHINQ
130101-03	Sa	10:45-11:15am	5/3-6/14	7	\$91	CHINQ
140101-01	M	10:50-11:20am	7/7-8/18	7	\$91	CHINQ
140101-02	Sa	9:45-10:15am	7/12-8/23	7	\$91	CHINQ
140101-03	Sa	10:45-11:15am	7/12-8/23	7	\$91	CHINQ

Seahorses

Ages 3-5 years. Parent and Child Water Exploration. For children who are not ready to participate on their own, the instructor works closely with the parent and child to develop good water adjustment and safety skills. Only one parent is permitted in the pool area. Min 8/Max 17. No class 5/26.

130102-01	M	12-12:30pm	4/28-6/16	7	\$91	CHINQ
130102-02	Sa	8:45-9:15am	5/3-6/14	7	\$91	CHINQ
130102-03	Sa	11:45am-12:15pm	5/3-6/14	7	\$91	CHINQ
130102-04	Sa	12:15-12:45pm	5/3-6/14	7	\$91	CHINQ
140102-01	M	12-12:30pm	7/7-8/18	7	\$91	CHINQ
140102-02	Sa	8:45-9:15am	7/12-8/23	7	\$91	CHINQ
140102-03	Sa	11:45am-12:15pm	7/12-8/23	7	\$91	CHINQ
140102-04	Sa	12:15-12:45pm	7/12-8/23	7	\$91	CHINQ

Frogs

Ages 3-5. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 4/Max 6. No class 5/26.

130103-01	M	12:35-1:05pm	4/28-6/16	7	\$91	CHINQ
130103-02	Tu	5-5:30pm	4/29-6/10	7	\$91	CHINQ
130103-03	Th	4:30-5pm	5/1-6/12	7	\$91	CHINQ
130103-04	Th	5-5:30pm	5/1-6/12	7	\$91	CHINQ
130103-05	Sa	8:30-9am	5/3-6/14	7	\$91	CHINQ
130103-06	Sa	9:30-10am	5/3-6/14	7	\$91	CHINQ
130103-07	Sa	10:30-11am	5/3-6/14	7	\$91	CHINQ
130103-08	Sa	12-12:30pm	5/3-6/14	7	\$91	CHINQ
130103-09	Su	9:30-10am	5/4-6/15	7	\$91	CHINQ
130103-10	Su	10-10:30am	5/4-6/15	7	\$91	CHINQ
130103-11	M-Th	4-4:30pm	6/2-6/12	8	\$104	CHRC
130103-12	M-Th	4-4:30pm	6/16-6/26	8	\$104	CHRC
140103-01	M	12:35-1:05pm	7/7-8/18	7	\$91	CHINQ
140103-02	Tu	5-5:30pm	7/8-8/19	7	\$91	CHINQ
140103-03	Th	4:30-5pm	7/10-8/21	7	\$91	CHINQ
140103-04	Th	5-5:30pm	7/10-8/21	7	\$91	CHINQ
140103-05	Sa	8:30-9am	7/12-8/23	7	\$91	CHINQ
140103-06	Sa	9:30-10am	7/12-8/23	7	\$91	CHINQ
140103-07	Sa	10:30-11am	7/12-8/23	7	\$91	CHINQ
140103-08	Sa	12-12:30pm	7/12-8/23	7	\$91	CHINQ
140103-09	Su	9:30-10am	7/13-8/24	7	\$91	CHINQ
140103-10	Su	10-10:30am	7/13-8/24	7	\$91	CHINQ
140103-11	M-Th	6-6:30pm	7/14-7/24	8	\$104	CHRC
140103-12	M-Th	6-6:30pm	7/28-8/7	8	\$104	CHRC



Recreation Classes

Salamanders

Ages 3-5. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breath control, buoyancy, changing direction and water safety. Min 4/Max 6. No class 5/26.

130104-01	M	1:10-1:40pm	4/28-6/16	7	\$91	CHINQ
130104-02	Tu	4:30-5pm	4/29-6/10	7	\$91	CHINQ
130104-03	Th	4-4:30pm	5/1-6/12	7	\$91	CHINQ
130104-04	Th	5:30-6pm	5/1-6/12	7	\$91	CHINQ
130104-05	Sa	9-9:30am	5/3-6/14	7	\$91	CHINQ
130104-06	Sa	11-11:30am	5/3-6/14	7	\$91	CHINQ
130104-07	Sa	11:30am-12pm	5/3-6/14	7	\$91	CHINQ
130104-08	Su	9-9:30am	5/4-6/15	7	\$91	CHINQ
130104-09	Su	10:30-11am	5/4-6/15	7	\$91	CHINQ
130104-10	M-Th	4:30-5pm	6/2-6/12	8	\$104	CHRC
130104-11	M-Th	4:30-5pm	6/16-6/26	8	\$104	CHRC
140104-01	M	1:10-1:40pm	7/7-8/18	7	\$91	CHINQ
140104-02	Tu	4:30-5pm	7/8-8/19	7	\$91	CHINQ
140104-03	Th	4-4:30pm	7/10-8/21	7	\$91	CHINQ
140104-04	Th	5:30-6pm	7/10-8/21	7	\$91	CHINQ
140104-05	Sa	9-9:30am	7/12-8/23	7	\$91	CHINQ
140104-06	Sa	11-11:30am	7/12-8/23	7	\$91	CHINQ
140104-07	Sa	11:30am-12pm	7/12-8/23	7	\$91	CHINQ
140104-08	Su	9-9:30am	7/13-8/24	7	\$91	CHINQ
140104-09	Su	10:30-11am	7/13-8/24	7	\$91	CHINQ
140104-10	M-Th	6:30-7pm	7/14-7/24	8	\$104	CHRC
140104-11	M-Th	6:30-7pm	7/28-8/7	8	\$104	CHRC

Hammerheads

Ages 4-6. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 4/Max 6.

130105-01	M,W	5:30-6pm	4/28-5/19	7	\$91	CHINQ
130105-02	Tu	4-4:30pm	4/29-6/10	7	\$91	CHINQ
130105-03	Sa	9-9:30am	5/3-6/14	7	\$91	CHINQ
130105-04	Sa	10-10:30am	5/3-6/14	7	\$91	CHINQ
130105-05	Sa	12:30-1pm	5/3-6/14	7	\$91	CHINQ
130105-06	Su	9-9:30am	5/4-6/15	7	\$91	CHINQ
130105-07	M,W	5:30-6pm	5/28-6/18	7	\$91	CHINQ
130105-08	M,W	5:30-6pm	5/28-6/18	7	\$91	CHINQ
130105-09	M-Th	5-5:30pm	6/2-6/12	8	\$104	CHRC
130105-10	M-Th	5-5:30pm	6/16-6/26	8	\$104	CHRC
140105-01	M,W	5:30-6pm	7/7-7/28	7	\$91	CHINQ
140105-02	Tu	4-4:30pm	7/8-8/19	7	\$91	CHINQ
140105-03	Sa	9-9:30am	7/12-8/23	7	\$91	CHINQ
140105-04	Sa	10-10:30am	7/12-8/23	7	\$91	CHINQ
140105-05	Sa	12:30-1pm	7/12-8/23	7	\$91	CHINQ
140105-06	Su	9-9:30am	7/13-8/24	7	\$91	CHINQ
140105-07	M-Th	7-7:30pm	7/14-7/24	8	\$104	CHRC
140105-08	M-Th	7-7:30pm	7/28-8/7	8	\$104	CHRC
140105-09	M,W	5:30-6pm	7/30-8/20	7	\$91	CHINQ

Crocodiles

Ages 6-13. Level 1 Introduction to Water Skills. The emphasis at this beginner level is successful water adjustment, safety skills, and floating with support. Min 4/Max 6.

130106-01	Tu	5:30-6pm	4/29-6/10	7	\$91	CHINQ
130106-02	Sa	11-11:30am	5/3-6/14	7	\$91	CHINQ
130106-03	Sa	12-12:30pm	5/3-6/14	7	\$91	CHINQ
130106-04	Su	10:30-11am	5/4-6/15	7	\$91	CHINQ
130106-05	M-Th	6:30-7pm	6/2-6/12	8	\$104	CHRC
130106-06	M-Th	6:30-7pm	6/16-6/26	8	\$104	CHRC
140106-01	Tu	5:30-6pm	7/8-8/19	7	\$91	CHINQ
140106-02	Sa	11am-11:30pm	7/12-8/23	7	\$91	CHINQ
140106-03	Sa	12-12:30pm	7/12-8/23	7	\$91	CHINQ
140106-04	Su	10:30-11am	7/13-8/24	7	\$91	CHINQ

Otters

Ages 6-13. Level 2 Fundamental Aquatic Skills. For the child who is independent, with an emphasis on breath control, buoyancy, changing direction, and water safety. Min 4/Max 6.

130107-01	M,W	4-4:30pm	4/28-5/19	7	\$91	CHINQ
130107-02	Th	5:30-6pm	5/1-6/12	7	\$91	CHINQ
130107-03	Sa	9:30-10am	5/3-6/14	7	\$91	CHINQ
130107-04	Sa	11-11:30am	5/3-6/14	7	\$91	CHINQ
130107-05	Sa	11:30am-12pm	5/3-6/14	7	\$91	CHINQ
130107-06	Sa	12:30-1pm	5/3-6/14	7	\$91	CHINQ
130107-07	Su	9:30-10am	5/4-6/15	7	\$91	CHINQ
130107-08	Su	11-11:30am	5/4-6/15	7	\$91	CHINQ
130107-09	M,W	4-4:30pm	5/28-6/18	7	\$91	CHINQ
130107-10	M,W	4-4:30pm	5/28-6/18	7	\$91	CHINQ
130107-11	M-Th	6:30-7pm	6/2-6/12	8	\$104	CHRC
130107-12	M-Th	6:30-7pm	6/16-6/26	8	\$104	CHRC
140107-01	M,W	4-4:30pm	7/7-7/28	7	\$91	CHINQ
140107-02	Th	5:30-6pm	7/10-8/21	7	\$91	CHINQ
140107-03	Sa	9:30-10am	7/12-8/23	7	\$91	CHINQ
140107-04	Sa	11-11:30am	7/12-8/23	7	\$91	CHINQ
140107-05	Sa	11:30am-12pm	7/12-8/23	7	\$91	CHINQ
140107-06	Sa	12:30-1pm	7/12-8/23	7	\$91	CHINQ
140107-07	Su	9:30-10am	7/13-8/24	7	\$91	CHINQ
140107-08	Su	11-11:30am	7/13-8/24	7	\$91	CHINQ
140107-09	M-Th	7:30-8pm	7/14-7/24	8	\$104	CHRC
140107-10	M-Th	7:30-8pm	7/28-8/7	8	\$104	CHRC
140107-11	M,W	4-4:30pm	7/30-8/20	7	\$104	CHINQ



Recreation Classes



Penguins

Ages 7-13. Level 3 Stroke Development. For the child who can swim without support with an emphasis on breathing to the side, front and back crawl, treading water, and water safety skills. Min 4/Max 6.

130108-01	M,W	4:30-5pm	4/28-5/19	7	\$91	CHINQ
130108-02	Sa	10:30-11am	5/3-6/14	7	\$91	CHINQ
130108-03	Sa	12-12:30pm	5/3-6/14	7	\$91	CHINQ
130108-04	Su	10-10:30am	5/4-6/15	7	\$91	CHINQ
130108-05	M,W	4:30-5pm	5/28-6/18	7	\$91	CHINQ
130108-06	M,W	4:30-5pm	5/28-6/18	7	\$91	CHINQ
130108-07	M-Th	5:30-6pm	6/2-6/12	8	\$104	CHRC
130108-08	M-Th	5:30-6pm	6/16-6/26	8	\$104	CHRC
140108-01	M,W	4:30-5pm	7/7-7/28	7	\$91	CHINQ
140108-02	Tu	5:30-6pm	7/8-8/19	7	\$91	CHINQ
140108-03	Sa	10:30-11am	7/12-8/23	7	\$91	CHINQ
140108-04	Sa	12-12:30pm	7/12-8/23	7	\$91	CHINQ
140108-05	Su	10-10:30am	7/13-8/24	7	\$91	CHINQ
140108-06	M,W	4:30-5pm	7/30-8/20	7	\$104	CHINQ

Seals

Ages 7-13. Level 4 Stroke Improvement. For the swimmer to become more competent in front and back crawl, elementary backstroke, breaststroke, butterfly, diving, and water safety skills. Min 4/Max 7.

130109-01	M,W	5-5:30pm	4/28-5/19	7	\$91	CHINQ
130109-02	Sa	10-10:30am	5/3-6/14	7	\$91	CHINQ
130109-03	M,W	5-5:30pm	5/28-6/18	7	\$91	CHINQ
130109-04	M,W	5-5:30pm	5/28-6/18	7	\$91	CHINQ
140109-01	M,W	5-5:30pm	7/7-7/28	7	\$91	CHINQ
140109-02	Sa	10-10:30am	7/12-8/23	7	\$91	CHINQ
140109-03	M,W	5-5:30pm	7/30-8/20	7	\$91	CHRC
140109-04	M,W	5-5:30pm	7/30-8/20	7	\$91	CHINQ

Dolphins

Ages 8-13. Level 5 Stroke Refinement. Refine strokes, surface dives and turns in preparation for swim team or fitness swimming. Min 4/Max 7.

130110-01	M,W	6:15-7pm	4/28-5/19	7	\$112	CHINQ
130110-02	Sa	9:15-10am	5/3-6/14	7	\$112	CHINQ
130110-03	M,W	6:15-7pm	5/28-6/18	7	\$112	CHINQ
140110-01	M,W	6:15-7pm	7/7-7/28	7	\$112	CHINQ
140110-02	Sa	9:15-10am	7/12-8/23	7	\$112	CHINQ
140110-03	M,W	6:15-7pm	7/30-8/20	7	\$112	CHINQ

Swim Team Fundamentals

Ages 8-17. Level 6 Fitness Swimmer. Stroke refinement with an emphasis on efficiency, power, and endurance. Min 4/Max 8.

130111-01	Sa	8:30-9:15am	5/3-6/14	7	\$112	CHINQ
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See page 13 for Swimming and Lifeguard Training for ages 14 and up.

YOUTH SPORTS



Mom/Dad & Me Tumbling

Ages 2½-4 with adult. Forward rolls, handstands and bridges are the fundamentals to be introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation. Min 5/Max 15. No class 4/26.

130306-01	Sa	9:15-10am	4/19-6/7	7	\$96	CHRC
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Basic Tumbling

Ages 5-8. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Min 5/Max 12. No class 4/26.

130307-01	Sa	10:05-10:50am	4/19-6/7	7	\$96	CHRC
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Tumbling I

Ages 6-10. Cartwheels, bridge kick-overs and round-offs will be covered for intermediate tumblers. A fun warm-up exercise will help athletes attain these skills. Athletes must be able to complete the skills learned in Basic Tumbling. Min 5/Max 12. No class 4/26.

130308-01	Sa	10:55-11:40am	4/19-6/7	7	\$96	CHRC
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Tumbling II

Ages 6-12. Back-walkovers, round-offs, back handsprings, front-walkovers, and round-off back handsprings are just a few of the skills that athletes will try. A fun warm-up exercise will help athletes attain these skills. Athletes must be able to complete all tumbling skills learned through Tumbling I. Min 5/Max 12. No class 4/26.

130309-01	Sa	11:45am-12:30pm	4/19-6/7	7	\$96	CHRC
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Acrobatics I

Ages 5-7. Learn basic acrobatics including cartwheels, rounds-offs, back bends, hand stands, headstands, front/back walkovers, forward/backwards rolls. Learn to execute flexibility, strength, and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 9.

130528-01	W	5-5:45pm	4/16-6/18	10	\$105	CORAK
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140528-01	W	5-5:45pm	6/25-8/27	10	\$105	CORAK
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Acrobatics II

Ages 5-10. Learn leaps, front/back walkovers, valdez, partnering techniques and combination routines. Execute flexibility, strength, and balance while improving physical coordination and mental concentration. Students must have completed Acrobatics I or prior equivalent training. Instructor Megan Lively. Min 5/Max 10.

130529-01	W	6-7pm	4/16-6/18	10	\$105	CORAK
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140529-01	W	6-7pm	6/25-8/27	10	\$105	CORAK
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Recreation Classes

Acrobatics III Intermediate

Ages 8-12. Refine leaps, front/back walkovers, valdez, partnering techniques and combination routines while advancing flexibility, strength, balance, physical coordination and mental concentration. Students must have completed Acrobatics II or prior equivalent training. Instructor Megan Lively. Min 5/Max 10.

130530-01	W	7-8pm	4/16-6/18	10	\$105	CORAK
140530-01	W	7-8pm	6/25-8/27	10	\$105	CORAK

Fencing for Youth

Ages 10-15. Learn the basic principles including footwork, strategy and technique. Foils, masks and jackets provided (no equipment rental fee). Students should dress in comfortable, athletic clothing. Court shoes or cross trainers recommended. \$5 non-competitive U.S. Fencing membership required (details at first class session). Instructor Olde Town Fencing Club. Min 2/Max 15. No class 5/26.

130312-01	M	7-8pm	4/14-6/9	8	\$64	CHRC
140312-01	M	7-8pm	6/30-8/18	8	\$64	CHRC

Jump Shots for Tots

Ages 3-6. Play in fun basketball skill building games to create or fuel a passion for the game of basketball. Come dressed in athletic apparel. Instructor Hoop Life. Min 8/Max 20.

130319-01	Sa	10:15-11am	4/19-6/21	10	\$130	NJLEE
130319-02	Sa	11:05-11:50am	4/19-6/21	10	\$130	NJLEE
140319-01	Sa	10:15-11am	6/28-8/30	10	\$130	NJLEE
140319-02	Sa	11:05-11:50am	6/28-8/30	10	\$130	NJLEE

Jump Shots for Kids

Ages 7-17. Does your child like basketball? Learn the fundamentals of the game such as the proper techniques to shoot, pass, defend and dribble. Professional basketball trainers have experience in all levels of basketball, including the NBA! No previous experience is required for this class. Come dressed in athletic apparel. Instructor Hoop Life. Min 8/Max 25.

130320-01	Sa	12-1pm	4/19-6/21	10	\$150	NJLEE
140320-01	Sa	12-1pm	6/28-8/30	10	\$150	NJLEE

Excite Soccer

Ages 3-8. Develop mental, physical, and social abilities through creative soccer games and activities taught by highly experienced staff, trained to work with young children. Participants will learn individual skills, teamwork, and most importantly, have fun! Our emphasis is on mastering basic coordination and agility with and without a soccer ball, while providing a confidence-building environment. Instructor Excite Soccer. Min 8/Max 20.

Ages 3-5						
130302-01	Su	1:30-2:30pm	4/27-6/22	9	\$117	WRAM
Ages 6-8						
130302-02	Su	2:30-3:30pm	4/27-6/22	9	\$117	WRAM

Soccer Tots

Ages 3-5. Specialized for our youngest age groups, this class uses a variety of fun games to delight and engage kids in physical education and is professionally designed to develop motor skills, promote physical fitness, and create self-confidence in kids. We stress a non-competitive environment and promote fun above all else. Instructor TSP Team. Min 10/Max 20. No class 5/26.

130331-01	M	10:30-11:15am	4/14-6/2	7	\$105	WITTE
130331-02	W	1-1:45pm	4/16-6/4	8	\$115	WITTE

Tiny Tots Tennis

Ages 4-5. A fun tennis program designed to work on your child's motor skills/footwork and hand eye coordination, while building their tennis skills. Instructor Mel Labat. Min 6/Max 10.

130333-01	M	4-5pm	4/14-5/5	4	\$75	MH
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Future Stars Tennis

Ages 6-12. Introduce kids to the competitive side of tennis. Kids will learn to keep score, play points starting with the serve and improve their agility with great cardio drills. Good sportsmanship is emphasized. Instructor Mel Labat - Tennis on the Move. Min 6/Max 10.

130334-01	M	5-6pm	4/14-5/5	4	\$75	MH
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Tennis for Beginners

Ages 7-9. This program is designed to introduce the basics of tennis on the court. Participants will engage in movement, hand-eye coordination, balancing, and basic racquet fundamentals. Our positive, energetic staff will focus on fun games and group play to help reinforce each new skill learned! Instructor TSP Team. Min 10/Max 15.

130332-01	Th	4:45-5:45pm	4/17-6/12	7	\$125	NJLEE
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Spring Fitness

Age 12-18. This fitness training program is designed to build strength and fitness through a variety of intense group intervals. Min 10/Max 40.

271704-01	Sa	10-11am	3/15-4/5	4	\$25	WRAM
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King of the City Basketball Tournament

Ages 13-18. Dribbling, passing, shooting, rebounding, defending and teamwork! Teens learn these skills while participating fun competition in a 1-on-1 basketball tournament. For more information, call 703.746.5529. Min 5/Max 30.

271703-02	Sa	7-10pm	4/19	1	FREE	WRAM
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2014 celebrates the 100th anniversary of the Smith-Lever Act, which established the Cooperative Extension Service, a state-by-state national network of educators who extend university-based research and knowledge to the people.

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Recreation Classes



UK Petite Parent & Child Soccer

Ages 2-3 with an adult. Play soccer with your child! Activities are fantasy-based, involving role-playing and are designed to teach the game of soccer while having fun! Come learn from qualified British coaches. Bring a drink, shin guards and a smile! Free promotional class on Saturday, April 6, 2-3pm at CHIINQ. **Register at ukelite.com or call 973.631.9802.** Min 5/Max 15. No class 5/24.

Tu	10-10:45am	4/22-5/27	6	\$105	CHINQ
F	10-10:45am	4/25-5/30	6	\$105	CHINQ
F	4-4:45pm	4/25-5/30	6	\$105	BEPK
Sa	2-2:45pm	4/26-6/7	6	\$105	CHINQ
M	4-5pm	6/23-7/28	6	\$105	CHINQ
W	4-5pm	6/25-7/30	6	\$105	CHINQ

UK Elite Petite Soccer

Ages 3-5. Kick! Play! Run! Activities are fantasy-based, involving role-playing, designed to maximize each player's ball touches, and are taught by professional British coaches. Parents are welcome to stay and join in the fun. Bring a drink, shin guards and a smile! Free promotional class on Saturday, April 6, 2-3pm at CHIINQ. **Register at ukelite.com or 973.631.9802.** Min 5/Max 15. No class 5/24.



Tu	11am-12pm	4/22-5/27	6	\$105	CHINQ
Tu	1:30-2:30pm	4/22-5/27	6	\$105	CHINQ
F	11am-12pm	4/25-5/30	6	\$105	CHINQ
F	1-2pm	4/25-5/30	6	\$105	CHINQ
F	4-5pm	4/25-5/30	6	\$105	BEPK
F	5-6pm	4/25-5/30	6	\$105	BEPK
F	6-7pm	4/25-5/30	6	\$105	BEPK
Sa	2-3pm	4/26-6/7	6	\$105	CHINQ
Sa	3-4pm	4/26-6/7	6	\$105	CHINQ
Sa	4-5pm	4/26-6/7	6	\$105	CHINQ
M	4-5pm	6/23-7/28	6	\$105	CHINQ
M	5-6pm	6/23-7/28	6	\$105	CHINQ
M	6-7pm	6/23-7/28	6	\$105	CHINQ
W	4-5pm	6/25-7/30	6	\$105	CHINQ
W	5-6pm	6/25-7/30	6	\$105	CHINQ
W	6-7pm	6/25-7/30	6	\$105	CHINQ

Challenger Sports MiniKickers

Fun games, competitions, skill building activities and new friends. Classes are taught by Challenger Sports' British Soccer instructor. Bring a soccer ball. **Register at challengersports.com or call 1.800.878.2167, ext. 239.** Nonresidents add \$25 per session. Max 20. No class 7/5.

Ages 2-3 Cubs, Min 4

Th	9-9:45am	4/24-6/5	7	\$91	CHINQ
Su	9-9:45am	4/27-6/1	7	\$91	CHINQ
Sa	9-9:45am	6/28-8/16	7	\$91	CHINQ

Ages 4-5 Lions, Min 4

Th	10-11am	4/24-6/5	7	\$105	CHINQ
Su	10-11am	4/27-6/1	7	\$105	CHINQ
Sa	10-11am	6/28-8/16	7	\$105	CHINQ

Ages 6-9 Player Development, Min 4

Su	11:15am-12:30pm	4/27-6/1	7	\$112	CHINQ
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Just for Kids Soccer Scrimmage

Ages 4-6½. Children will begin to learn game play and strategies to prepare them for league teams. They will practice shooting and dribbling skills, playing their field positions and take turns as goalie. **Register at coachjohnjenkins.com or 202.965.1382.** Instructor Just For Kids. Min 10/Max 15.

Sa	11:45am-12:30pm	4/12-6/14	10	\$250	BEPK
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Just for Kids Soccer

Ages 2½-4. Introductory soccer classes focus on dribbling and kicking exercises, running, and teambuilding activities. As the children develop their skills, they will move on to more complex drills, shooting on goal and have a chance to play goalie themselves. **Register at coachjohnjenkins.com or 202.965.1382.** Instructor Just For Kids. Min 10/Max 15.

Sa	10:45-11:15am	4/12-6/14	10	\$200	BEPK
Sa	11:15-11:45am	4/12-6/14	10	\$200	BEPK

Just for Kids Girls Lacrosse

Ages 6-8. Learn the fundamentals of lacrosse or improve what you already know. This class is open to all skill levels and will support those players already signed up in local leagues. Classes include basic skills such as cradling, passing, ground balls, shooting on goal and physical conditioning and learning the rules of the game. Drills, keep-away games and scrimmages will be played as the skill levels allow. **Register at coachjohnjenkins.com or 202.965-1382.** Instructor Just For Kids. Min 10/Max 15. No class 5/28.

Ages 4-6	Sa	9:45-10:30am	4/12-6/14	10	\$250	BEPK
Ages 6-8	Sa	9-9:45am	4/12-6/14	10	\$250	BEPK

Just for Kids Sports & Movement

Ages 2½-4. A combination of traditional sports (soccer, t-ball, lacrosse) will be offered, in addition to other types of movement, including conditioning drills, yoga, and strength-building exercises. Children will have an opportunity to experiment and hone their skills in different areas using different skill sets. **Register at coachjohnjenkins.com or 202.965.1382.** Min 10/Max 15.

Ages 2½-4	Tu	4-4:30pm	7/1-7/29	5	\$100	BEPK
	Th	4-4:30pm	7/3-7/31	5	\$100	BEPK
Ages 4-6½	Tu	4:30-5:15pm	7/1-7/29	5	\$125	BEPK
	Th	4:30-5:15pm	7/3-7/31	5	\$125	BEPK



Recreation Classes

YOUTH TECHNOLOGY

Intro to Minecraft Modding

Ages 6-9. Does your child spend hours at a time playing Minecraft? Kids learn how to create and texture their own blocks and items using the popular game Minecraft. In this introduction to very simple Java code, learn how to create custom classes and manipulate code, determine how each item appears and behaves, and improve the gameplay experience. Instructor C3 Cyber Club Inc. Min 8/Max 12.

131404-01 Sa 9:15-10:15am 4/26-5/31 6 \$149 NJLEE

Minecraft Modding & Game Programming

Age 10-14. Learn how to create and texture your own items and codes using the popular game Minecraft, while learning the basics of Java. Determine how items appear and behave from pre-made templates, and how to create your own Java packages and classes. By the end of the class, students will have their own fully functional Minecraft mod package to use and modify at home! Instructor C3 Cyber Club Inc. Min 8/Max 12.

131405-01 Sa 10:30-11:30am 4/26-5/31 6 \$149 NJLEE

Jr. Video Game Design



Ages 6-9. Now available for grades 1-3, this special class is specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to not only see how professional games are made, but to use basic 3D modeling skills to create their very own video game. Students will acquire computer skills, mathematics, creativity and basic problem solving skills. Instructor C3 Cyber Club Inc. Min 8/Max 12.

131410-01 Th 6:15-7:15pm 4/24-5/29 6 \$149 CHASB

3D Game Design

Ages 9-14. Could your child become a game designer, multimedia artist, engineer or programmer? This class will cultivate their interests while they learn cutting-edge computer skills and basic 3D modeling skills to create their own platform-based video game from scratch. Students will acquire computer programming, mathematics, creativity and basic problem solving skills. By the last class, new and returning students will have a fully functional level and will receive a link to download the software and student levels. Instructor C3 Cyber Club Inc. Min 8/Max 12.

131411-01 Th 7:30-8:30pm 4/24-5/29 6 \$149 CHASB

YOUTH MARTIAL ARTS



Tae Kwon Do

Ages 6-17. Excellent conditioning, weight control, improved confidence and self-discipline. Students are accepted at any level through 4th degree Black Belt. Learn proper hand and foot techniques with sparring and poomse. Internationally certified 7th degree Black Belt, Master Mabrey has instructed state and national level champions, Senior Olympic Champions and Black Belt instructors. Promotional examinations are held throughout the year. Students may purchase the traditional white uniform from the instructor for \$40. Min 5/Max 15. No class 8/16, 8/18, 8/20.

131019-01	M	6-7:10pm	4/14-6/16	9	\$108	WRAM
131019-02	W	6-7:10pm	4/16-6/18	10	\$120	WRAM
131019-03	M,W	6-7:10pm	4/14-6/18	19	\$228	WRAM
131019-04	Sa	10-11:15am	4/19-6/21	10	\$120	WRAM
131019-05	Sa	11:20am-12:30pm	4/19-6/21	10	\$120	WRAM
141019-01	M	6-7:10pm	6/23-8/25	9	\$108	WRAM
141019-02	W	6-7:10pm	6/25-8/27	9	\$108	WRAM
141019-03	M,W	6-7:10pm	6/23-8/27	18	\$216	WRAM
141019-04	Sa	10-11:15am	6/28-8/30	9	\$108	WRAM
141019-05	Sa	11:20am-12:30pm	6/28-8/30	9	\$108	WRAM

Mi Ki Do Ruff & Tumble

Ages 3-5. Want your child to develop skills in teamwork, focus and fitness while having fun? Come join our class to begin laying a foundation in these important life skills in a lively martial arts-infused exercise program. We emphasize the four major components of fitness: endurance, flexibility, strength, and coordination. Instructor National Martial Arts Champion and personal trainer Umaer Haq and Maria Hess from Hess Fitness Inc. Min 7/Max 20.

131017-01	Sa	9-10am	4/19-6/21	10	\$120	CHINQ
131017-02	Sa	10-11am	4/19-6/21	10	\$120	CHINQ
141017-01	Sa	9-10am	6/28-7/26	5	\$60	CHINQ
141017-02	Sa	10-11am	6/28-7/26	5	\$60	CHINQ





YOUTH DANCE



Pre-Ballet & Movement I

Ages 3-5. Do you have an aspiring ballerina? This class teaches children the five ballet positions and explores creative movement. Students learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 12. No class 7/5.

130525-01	W	10:30-11:15am	4/16-6/18	10	\$105	CHRC
130525-02	Sa	9:05-9:50am	4/19-6/21	10	\$105	CHRC
140525-01	W	10:30-11:15am	6/25-8/27	10	\$105	CHRC
140525-02	Sa	9:05-9:50am	6/28-8/30	9	\$94	CHRC

Pre-Ballet & Movement II

Ages 3-5. Already have a little ballerina? By reintroducing the five positions, dancers will learn small routines and basic technique while exploring creative movement, having fun, promoting physical coordination and mental concentration. Prerequisite: completion of Pre-Ballet & Movement or equivalent training. Instructor Megan Lively. Min 5/Max 12. No class 7/5.

130524-01	W	11:30am-12:15pm	4/16-6/18	10	\$105	CHRC
130524-02	Sa	10-10:45am	4/19-6/21	10	\$105	CHRC
140524-01	W	11:30am-12:15pm	6/25-8/27	10	\$105	CHRC
140524-02	Sa	10-10:45am	6/28-8/30	9	\$94	CHRC

Wiggletoes by Tiny Dancers

Ages 2-3 with adult. Each session starts with activities such as bending, stretching and swaying and progresses to loco motor movements including marching, galloping and jumping. We also focus on learning to follow directions and dancing as part of a group. Individual expression is encouraged as the children choose costumes and props to interpret favorite stories and fairy tales through dance. Girls should wear leotards, tights and ballet slippers of any color. Boys should wear a tee shirt, sweat pants and ballet shoes of any color. Instructor Tiny Dancers. Min 5/Max 6. No class 5/15.

136522-01	Th	10:15-11am	4/17-6/19	9	\$205	CHRC
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Tiny Dancers

Ages 3-5. Tiny Dancers classes are designed for girls and boys, as an introduction to ballet. This curriculum incorporates classical ballet technique and includes exquisite, custom-made costumes and creative story-dance interpretations. In-class performance on last day. Girls should wear leotards, tights and ballet slippers of any color. Boys should wear a tee shirt, sweat pants and ballet shoes of any color. Instructor Tiny Dancers. Min 5/Max 10. No class 5/15.



Ages 3-4

136523-01	Tu	4-4:45pm	4/15-6/17	10	\$225	CHRC
136523-02	Th	11:15am-12pm	4/17-6/19	9	\$205	CHRC

Ages 4-5

136524-01	Tu	5-5:45pm	4/15-6/17	10	\$225	CHRC
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Ballet with Tiny Dancers

Ages 6-8. Become a ballerina! This traditional ballet class includes using the barre, center of the floor, across the floor work and fun. Girls should wear leotards, tights and ballet slippers of any color. Boys should wear a tee shirt, sweat pants and ballet shoes of any color. Min 5/Max 10.

136506-01	Tu	6-6:45pm	4/15-6/17	10	\$225	CHRC
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Ballet I

Ages 6-11. Learn basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 12. No class 7/5.

130526-01	Sa	11am-12pm	4/19-6/21	10	\$105	CHRC
140526-01	Sa	11am-12pm	6/28-8/30	9	\$94	CHRC

Ballet II

Ages 6-11. Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Your child will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: completion of Ballet I or equivalent training. Instructor Megan Lively. Min 5/Max 12.

130527-01	Sa	12-1pm	4/19-6/21	10	\$105	CHRC
140527-01	Sa	12-1pm	6/28-8/30	9	\$94	CHRC

Ballet III

Ages 6-11. Focus on barre, center floor, across the floor, and stretching, as well as adagio, and routines/combinations. This class will introduce intermediate leaps, turns and jumps. Students will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: completion of Ballet II or previous training in ballet. Instructor Megan Lively. Min 5/Max 12.

130531-01	Sa	1-2pm	4/19-6/21	10	\$105	CHRC
140531-01	Sa	1-2pm	6/28-8/30	9	\$94	CHRC



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Recreation Classes

CREATIVE ARTS

Art in Hand® Tots & Preschoolers

Interactive stories inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction. Tot-friendly topics and engaging materials will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. For more information, visit artinhand.org. Instructor Art in Hand. Min 5/Max 10.

Tots, Ages 18 mo.-3 years with adult

136614-01	W	10:30-11:15am	4/16-6/11	9	\$167	DURAN
146614-01	W	10:30-11:15am	6/25-8/6	7	\$130	DURAN

Preschoolers, Ages 2-6 with adult

136615-01	W	11:30am-12:15pm	4/16-6/11	9	\$167	DURAN
136615-02	W	1:30-2:15pm	4/16-6/11	9	\$167	DURAN
146615-01	W	11:30am-12:15pm	6/25-8/6	7	\$130	DURAN
146615-02	W	1:30-2:15pm	6/25-8/6	7	\$130	DURAN

Abrakadoodle Twoosy Doodlers

Ages 20 mo.-3 years with adult. Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and moms and helpers get to play too. Min 3/Max 12. No class 5/15, 5/26.

130617-01	M	10:15-10:55am	4/14-6/9	8	\$120	CHRC
130617-02	Tu	10:15-10:55am	4/15-6/3	8	\$120	CHRC
130617-03	Th	10:15-10:55am	4/17-6/5	7	\$105	CHRC
140617-01	M	10:15-10:55am	6/23-8/11	8	\$120	CHRC
140617-02	Tu	10:15-10:55am	6/24-8/12	8	\$120	CHRC
140617-03	Th	10:15-10:55am	6/26-8/14	8	\$120	CHRC

Abrakadoodle Mini Doodlers

Ages 3-6. Children develop their creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included. Min 3/Max 12. No class 5/15, 5/26.

130618-01	M	11:15am-12pm	4/14-6/9	8	\$120	CHRC
130618-02	Tu	11:15am-12pm	4/15-6/3	8	\$120	CHRC
130618-03	Th	11:15am-12pm	4/17-6/5	7	\$105	CHRC
130618-04	Th	2-2:45pm	4/17-6/5	7	\$105	CHRC
140618-01	M	11:15am-12pm	6/23-8/11	8	\$120	CHRC
140618-02	Tu	11:15am-12pm	6/24-8/12	8	\$120	CHRC
140618-03	Th	11:15am-12pm	6/26-8/14	8	\$120	CHRC
140618-04	Th	2-2:45pm	6/26-8/14	8	\$120	CHRC

Abrakadoodle Doodlers

Ages 6-12. Doodlers develop new skills and talents while designing unique creations using a variety of wonderful materials and tools. Each lesson

focuses on developing skills, learning techniques and expanding knowledge. The methods and styles of contemporary and master artists specializing in paint, sculpture, design and more are incorporated into each class.

Min 3/Max 16.

130619-01	Th	3:30-4:30pm	4/17-6/5	7	\$105	CHRC
140619-01	Th	3:30-4:30pm	6/26-8/14	8	\$120	CHRC

Face Paint & Balloon Art

Ages 12 & up. Start your own children's party entertainment business. Learn how to face paint, make balloon art for children's parties and how to market your business! Each participant will receive their very own face painting kit and how-to balloon art book. Min 5/Max 20.

251124-03	Sa	10am-2pm	4/12	1	\$125	NJLEE
251124-04	Sa	10am-2pm	5/3	1	\$125	NJLEE

YOUTH PLAY AND LEARN

Kitchen Club

Ages 5-12. Does your child want to learn to cook? If so, this is the place for them. Recipes with few ingredients will open your child's eyes to their role in the kitchen. \$5 materials fee paid to instructor at class. Instructor Arts 4 Arts All 4 Arts, Inc. Min 6/Max 10. No class 5/15, 6/12, 7/17, 7/24.

130703-01	Th	5-6pm	4/17-4/24	2	\$30	CHASB
130703-02	Th	5-6pm	5/8-5/22	2	\$30	CHASB
130703-03	Th	5-6pm	6/5-6/19	2	\$30	CHASB
140703-01	Th	5-6pm	7/10-7/31	2	\$30	CHASB

Soft Time Players

Ages 0-5 years. Run, jump, tumble and have fun in a safe and clean environment in the Soft Playroom. This unstructured drop-in playgroup encourages gross motor skill development on three-dimensional mats. An adult must accompany each child or family of children and all are required to wear socks in the Soft Playroom. \$8/hr. nonresident fee.

M-F	9am-9pm	1hr. \$4ea. CHRC
Sa	9am-6pm	1hr. \$4ea. CHRC
Su	1-5pm	1hr. \$4ea. CHRC
M-Th	9am-8:30pm	½hr. \$5ea. CHINQ
F-Su	9am-5:30pm	½hr. \$5ea. CHINQ

Lil Gymmies

Ages 2-5. Run, jump, play and bounce in a safe and clean environment that promotes fun and excitement. Toys, balls, hula hoops, moon bounce inflatables and much more are all part of the Lil Gymmies set.

Children learn foundation skills in movement and gain confidence to play in a wide range of activities. Chaperones are required and are free with each child. \$8/hr. nonresident fee.

M-W	9am-12pm	1hr. \$4ea. CHRC
Th,F	9am-12pm	1hr. \$4ea. NJLEE
Sa	9am-12pm	1hr. \$4ea. NJLEE



YOUTH MUSIC

Piano Fun for Kids

Ages 6-10. This beginner level keyboard course will foster your child's love of music. Children will develop basic keyboard skills while learning music fundamentals. No experience necessary. A \$25 book fee is to be paid to the instructor on the first day of class. Instructor Natalie Gibson Grimes. Min 3/Max 6.

130806-01	Tu	4:30-5:15pm	4/15-6/17	10	\$150	DURAN
140806-01	Tu	1:15-2pm	6/24-8/26	10	\$150	DURAN

Folks Songs & Fun

Ages 3-5. This fun class features traditional folk songs paired with activities designed to facilitate learning. Through singing and playing instruments, students will build memory and perception skills, language patterning, and kinesthetic/motor development. Instrument use includes glockenspiels and percussion. Instructor Natalie Gibson Grimes. Min 4/Max 10.

130814-01	Tu	11-11:45am	4/15-6/17	10	\$120	DURAN
140814-01	Tu	11-11:45am	6/24-8/26	10	\$120	DURAN

Music Together

Ages 0-5 years with an adult. Create a joyful music environment with songs, chants, instruments, and movement to allow children to express themselves as unique, natural music-makers. Wear comfortable clothing for sitting on the floor. All teachers are trained in early childhood music research and methodology. A \$40 licensing and materials fee will be collected at the time of registration. **Register at musictogetheralexandria.com or 703.548.7195.** Min 6/Max 12.

W	9:15-10am	4/16-6/18	10	\$160	CHINQ
W	10:15-11am	4/16-6/18	10	\$160	CHINQ
F	9:15-10am	4/18-6/20	10	\$160	CHINQ
F	10:15-11am	4/18-6/20	10	\$160	CHINQ

Little Hands Music

Ages 0-6. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session's theme. All classes are taught by experienced music educators and trained music therapists. **Register at littlehands.com or 703.631.2046.** Min 6/Max 12. No class 7/2.

Infants, Ages 0-1½

W	11:30am-12pm	4/23-6/18	9	\$162	DURAN
Th	11:30am-12pm	4/24-6/19	9	\$162	DURAN
W	11:30am-12pm	6/25-8/6	6	\$84	DURAN

Toddlers, Ages 1½-3½

W	10-10:30am	4/23-6/18	9	\$162	DURAN
W	10:45-11:15am	4/23-6/18	9	\$162	DURAN
Th	10-10:30am	4/24-6/19	9	\$162	DURAN
Th	10:45-11:15am	4/24-6/19	9	\$162	DURAN
W	10-10:30am	6/25-8/6	6	\$84	DURAN
W	10:45-11:15am	6/25-8/6	6	\$84	DURAN

Preschool, Ages 3-5

Th	1:30-2:15pm	4/24-6/19	9	\$171	DURAN
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Early Elementary, Ages 4½-6

Th	4:30-5:30pm	4/24-6/19	9	\$180	DURAN
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FUN WITH NATURE

Frogs and Toads

Ages 6-10. Explore the wonderful world of amphibians. See live frogs, toads, and salamanders close up. Then, we'll make a hopping, fun craft together. Min 6/Max 12.

131230-01	Sa	2-3:30pm	4/5	1	\$4	BFNC
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EGG-cellent

Ages 5-8. The eggs are hatching. Children will learn about baby animals that hatch from eggs. They will explore the signs of Spring in Dora Kelley Nature Park. Min 6/Max 12.

131231-01	Sa	2-3:30pm	4/12	1	\$4	BFNC
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Family Fishing

Ages 6-10. Catch the big one while learning about some of our native fish species in Holmes Run! Fishing poles and tackle provided. Registration fee required for each child, and all children must be accompanied by at least one adult. Catch and release only. Min 6/Max 12.

131232-01	Sa	10-11:30am	5/3	1	\$4	BFNC
141233-01	Sa	10-11:30am	6/14	1	\$4	BFNC

Animal Homes

Ages 5-8. Where do the animals in Dora Kelley Park live? What materials do they use to build their homes? Discover where the wildlife in our park make their homes. Min 6/Max 12.

131233-01	Sa	10-11:30am	5/17	1	\$4	BFNC
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Decomposers

Ages 4-8. Learn about the fascinating world of creatures who live under logs and make their homes just under the soil. See these tiny creatures up close! Then, take home a fun craft. Min 6/Max 12.

131234-01	Sa	10-11:30am	5/31	1	\$4	BFNC
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Little Adventures

Ages 3-5. Children and their parents are invited to explore the world of nature through a series of programs developed just for them. We'll play games, do crafts, hike through the forest, and much more! Siblings welcome. Fee covers cost of all three sessions. Min 6/Max 12.

131235-01	F	10:30-11:30am	4/11,5/9,6/13	3	\$15	BFNC
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Stream Safari

Ages 6-10. Participate in some fun scientific research with a member of the Naturalist staff! Investigate the animal species, both big and small, that make the Holmes Run Stream their home. Min 6/Max 12.

141232-01	Sa	10-11:30am	6/7	1	\$4	BFNC
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Snakes

Ages 5-8. Learn all about these fascinating reptiles. Meet the Nature Center's collection of snakes. We will go on a hike with the Naturalist staff to see if we can find any of these elusive creatures. Min 6/Max 12.

141234-01	Sa	10-11:30am	7/12	1	\$4	BFNC
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Recreation Classes

SPECIALTY

Babysitting Training

Ages 11-15. Earn a digital certificate in Babysitting Training. Learn to respond to emergencies with first aid, rescue breathing and more; make good decisions under pressure; communicate effectively with parents; recognize safety and hygiene issues; manage young children; feed, diaper and care for infants; start your own babysitting business. Min 10/Max 20.

221700-01	M,W	6-8pm	5/5-5/14	4	\$35	CHRC
221700-02	Tu,Th	6-8pm	5/20-5/29	4	\$35	CHRC
221700-03	M,W	6-8pm	6/2-6/11	4	\$35	CHRC

Civil Air Patrol

Ages 11 & up. Learn, lead and serve as a cadet in the Civil Air Patrol. Do you want to fly? Do you want to honor and serve America? Then rise to the challenge of cadet membership in the U.S. Air Force Auxiliary, Civil Air Patrol. You'll find cadet life exciting if you enjoy flying, obstacle course, model rocketry, hiking and camping, search & rescue and exploring aviation careers. For more info, contact Capt. Joseph Frech at 202.606.0119. Min 5/Max 50.

251128-02	W	7-9pm	4/2-7/30	18	FREE	NJLEE
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Career Paths 2

Ages 13-18. This Career Exploration Program is geared toward those students who are not college bound. Teens will learn about the world of work to identify and explore potentially satisfying occupations, and develop strategies to realize their goals. Min 15/Max 25.

271705-01	Th	6:30-8:30pm	4/10	1	FREE	WRAM
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Royal Blue Diamonds All Girls Group

Ages 12-15. A mentor program that focuses on topics for preteen and teen girls, such as educational matters, social development, physical development, physical health, bullying, safe place, and community service. Min 10.

271203-10	Th	6:30-8pm	4/3-5/15	7	FREE	WRAM
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Teen Leadership

Ages 11-17. For teens by teens, this program is designed for youth to learn and practice leadership, citizenship and life skills to empower them to become competent and productive members of society. Under the supervision of recreation staff and volunteers, all meetings are conducted by the Teen Advisory Board, a group of teens that are selected by their peers to design and organize meetings and monthly events. Teens will take part in weekly and monthly events including field trips, guest speakers, workshops, volunteer opportunities, games and team building exercises. Min 15/Max 60.

	W, F	6-8pm	4/9-5/23	14	FREE	CHASB
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TRIPS & EVENTS

Spring Eggstravaganza

Ages 2-14. Join us for our annual Eggstravaganza! Egg and candy hunt for children, games, prizes and refreshments. Collaboration with local volunteers from Omega Psi Phi and other community organizations. Max 200.

	Sa	12-6pm	4/19	1	FREE	NJLEE
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Pamper Your Princess

Ages 5-10. From the moment your princess steps in the spa party room, they will be pampered from their head to their twinkle toes with oatmeal and yogurt facials, manicures, pedicures, age-appropriate make-up, body tattoos, glitter hair, and gems. Activities include games like Pin the Diamond on the Tiara, light snacks, goodie bags and designing and creating their own tiara! Min 10/Max 25.

229501-01	Sa	9:30am-12:30pm	5/3	1	\$20	CHRC
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Youth Prom

Ages 5-12. Have a great time with friends and family at this annual semi-formal event. There will be a live DJ, food and formal photos. This year's theme is Wonderland For A Night and the event is open to City of Alexandria Residents. Min 75/Max 200.

241110-01	F	6-9pm	6/6	1	\$10	MTV
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School's Out Pool Party

Ages 14-17. Celebrate the end of an awesome school year! DJ music from the pool deck, games, prizes, and a bunch of fun are a great way to kick off the summer! City of Alexandria residents only. Bring a school or recreation center ID for entry. Min 40/Max 75.

220100-01	Sa	6:30-9:30pm	6/7	1	\$5	CHRC
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Kings Dominion Field Trip

Ages 12-17. Kings Dominion is Virginia's only park where guests can ride or slide in the same location. Coaster lovers will enjoy the East Coast's largest collection of roller coasters with 15 coasters, including Intimidator 305, voted one of the best new coaster in 2010. Water lovers can spend the day in WaterWorks, 20-acres of splashing fun with 15 slides and two giant wave pools. City of Alexandria residents only. Permission slips are required and available at Charles Houston Recreation Center. For more information call 703.746.5552. Min 20/Max 40.

	W	9am-7:30pm	8/20	1	\$50	CHRC
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A Day at the Beach - Ocean City, Maryland

Ages 16-18. Teens in grades 9-12 will be taking a trip to the beach in Ocean City, Maryland. The bus will leave Charles Houston Recreation Center at 7 a.m. and returns by 7 p.m. Permission slips are required, available at Charles Houston Recreation Center, and should be returned no later than Friday, July 11. Teens should bring a towel, sunscreen, and a lunch or have money to purchase food and drinks. City of Alexandria residents only. For more information, call 703.746.5552. Min 25/Max 40.

	Sa	7am-7pm	7/19	1	\$50	CHRC
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White Water Rafting

Ages 13-17. The Shenandoah River is great for beginner to intermediate paddlers. This popular trip will guide you through the splashing white water of the Shenandoah and Potomac Rivers near Harpers Ferry, West Virginia, and is located where Maryland, Virginia and West Virginia come together. River Riders has the expertise, guides, and equipment to ensure a fun and safe experience. Min 15/Max 25.

221761-01 Sa 10am-6pm 5/17 1 \$100 CHRC

Programs for Adults

ADULT SWIMMING



Beginner Swimming

Ages 14 & up. Level 1 & 2 Introduction to Fundamental Aquatic Skills. Emphasis on water adjustment, breath control, buoyancy, changing direction and water safety. Min 4/Max 7.

130113-01	M,W	7-7:45pm	4/28-5/19	7	\$112	CHINQ
130113-02	Su	8-8:45pm	5/4-6/15	7	\$112	CHINQ
130113-03	M,W	7-7:45pm	5/28-6/18	7	\$112	CHINQ
140113-01	M,W	7-7:45pm	7/7-7/28	7	\$112	CHINQ
140113-02	Su	11-11:45am	7/13-8/24	7	\$112	CHINQ
140113-03	M,W	7-7:45pm	7/30-8/20	7	\$112	CHINQ

Advanced Beginner Swimming

Ages 14 & up. Levels 3 & 4 Stroke Development and Improvement. Emphasis on front and back crawl, elementary backstroke, breaststroke, sidestroke, treading water, and diving. Min 4/Max 7.

130114-01	M,W	8-8:45pm	4/28-5/19	7	\$112	CHINQ
130114-02	M,W	8-8:45pm	5/28-6/18	7	\$112	CHINQ
140114-01	M,W	8-8:45pm	7/7-7/28	7	\$112	CHINQ
140114-02	M,W	8-8:45pm	7/30-8/20	7	\$112	CHINQ

Lifeguard Training

Ages 15 & up. Prepare to be a lifeguard by learning the concepts and skills necessary to prevent and respond to aquatic emergencies in a swimming pool. The skills taught include water rescue, Cardio Pulmonary Resuscitations (CPR), the use of an Automated External Defibrillator (AED), and first aid. Successful participants will receive American Red Cross certification in Lifeguard Training, CPR/AED for the Professional Rescuer, First Aid. Min 6/Max 10.

130151-01	M,F-Su	4-8pm	4/11-4/14	4	\$300	CHINQ
130151-02	M,F-Su	4-8pm	5/2-5/5	4	\$300	CHINQ
130151-03	M,F-Su	4-8pm	6/6-6/9	4	\$300	CHINQ

ADULT AQUA AEROBICS



Drop in to any Adult Aqua Aerobics class for \$12 or \$15 for non-residents. Subject to class minimums and maximums.

Get in Deep with Candice

Experience a great deep-water workout in the diving well for an invigorating workout. This non-impact workout challenges all fitness levels. We incorporate cardiovascular work with resistance training, while using a variety of training methods such as circuits, intervals, and basic steady-paced work. Swimming ability is not required. Flotation equipment is provided. Instructor Candice Kaup, M.S. Min 15/Max 30. No class 5/26.

130115-01	M	6:30-7:15pm	4/14-6/16	9	\$81	CHINQ
130115-02	M	7:30-8:15pm	4/14-6/16	9	\$81	CHINQ
140115-01	M	6:30-7:15pm	6/23-8/25	10	\$90	CHINQ
140115-02	M	7:30-8:15pm	6/23-8/25	10	\$90	CHINQ

Aquatics Exercise for Seniors

Are you looking to improve your muscular strength, cardiovascular strength and endurance without jumping, running, or swimming? Eliminate joint aches and pains, improve balance and flexibility, and minimize your chances of falling. Candice Kaup, who has a Master Degree in Exercise, Fitness, and Health Promotion, can address other physical-related problems. Email candicekaup1@gmail.com or call 703.863.1898 with questions. No previous exercise experience required. Instructor Candice Kaup, M.S. Min 15/Max 30.

130117-01	Tu,Th	8:15-9am	4/15-6/19	20	\$160	CHINQ
130117-02	Tu,Th	9:30-10:15am	4/15-6/19	20	\$160	CHINQ
130117-03	W	10:15-11am	4/16-6/18	10	\$80	CHINQ
140117-01	Tu,Th	8:15-9am	6/24-8/28	20	\$160	CHINQ
140117-02	Tu,Th	9:30-10:15am	6/24-8/28	20	\$160	CHINQ
140117-03	W	10:15-11am	6/25-8/27	10	\$80	CHINQ

AM Aqua Aerobics

A great workout at your own pace! This workout is designed to use water as the mode for resistance and training and no swimming skills are required. All fitness levels and age groups are welcome, including deconditioned and new exercisers. Please see your instructor to discuss any special needs or for more information. Instructor For Every Body Fitness. Min 15/Max 30. No class 5/26.

130118-01	M,W	9-10am	4/14-6/18	19	\$152	CHINQ
130118-02	F	9-10am	4/18-6/20	10	\$80	CHINQ
140118-01	M,W	9-10am	6/23-8/27	20	\$160	CHINQ
140118-02	F	9-10am	6/27-8/29	9	\$72	CHINQ



Recreation Classes

Deep Water Aqua Aerobics

Get fit in the water with this excellent cross-training class! Basic boxing techniques to work the upper body, a series of abdominal training exercises for the abs and kick training to work the lower body. Cardiovascular work with interval training, flexibility, upper and lower body resistance training. Flotation and resistance equipment provided. Instructor For Every Body Fitness. Min 15/Max 30. No class 5/3.

130119-01	W	6:30-7:30pm	4/16-6/18	10	\$80	CHINQ
130119-02	W	7:30-8:30pm	4/16-6/18	10	\$80	CHINQ
130119-03	Sa	8:15-9:15am	4/19-6/21	9	\$72	CHINQ
140119-01	W	6:30-7:30pm	6/25-8/27	10	\$80	CHINQ
140119-02	W	7:30-8:30pm	6/25-8/27	10	\$80	CHINQ
140119-03	Sa	8:15-9:15am	6/28-8/30	10	\$80	CHINQ

Not Your Mother's Aqua Aerobics

Leave your shower cap and milk jugs at home! Exercising in the water has moved out of the therapeutic world and into the agendas of serious fitness enthusiasts. This invigorating shallow water aquatic fitness class is gentle on the joints yet intense enough to challenge the fittest athletes. We will have you moving to music to work your muscles and entertain your mind. Swimming ability not required. Instructor Cindy Marisch. Min 10/Max 25.

130128-01	Tu,Th	6:30-7:30pm	4/15-6/19	20	\$180	CHINQ
130128-02	Tu,Th	7:30-8:30pm	4/15-6/19	20	\$180	CHINQ
140128-01	Tu,Th	6:30-7:30pm	6/24-8/28	20	\$180	CHINQ
140128-02	Tu,Th	7:30-8:30pm	6/24-8/28	20	\$180	CHINQ

Water Walking

Looking for a great workout at low intensity with no stress to joints or muscles? Water Walking is ideal for those arthritis, joint, hip, or knee problems or for improving total wellbeing. Increase endurance, joint flexibility, balance and muscle tone. Includes warm up, stretching, and lots of movement up and down the pool. Instructor Coast to Coast Fitness. Min 6/Max 20. No class 6/26, 7/10.

130140-01	Tu,Th	10:45-11:45am	4/29-6/19	16	\$117	CHINQ
140140-01	Tu,Th	10:45-11:45am	6/24-7/31	10	\$80	CHINQ

Recreation Center Fitness Passes

Multiple pass options for the use of the fitness rooms at the following neighborhood recreation centers: Charles Houston, Cora Kelly, Nannie J. Lee, and William Ramsay

Visit	Resident*	Nonresident
Daily	\$4 per day	\$8 per day
10 (anytime) visits	\$35	\$75
20 (anytime) visits	\$60	\$135
3 month pass	\$30	\$80
6 month pass	\$50	\$145
Annual pass	\$100	\$200

* City residents 55 and older receive a 20% discount.

ADULT EXERCISE & FITNESS



Candice's Land Exercise for Seniors

You are never too old to improve your posture and balance, strengthen your muscles, learn how to minimize or eliminate aches and pains, and increase your flexibility. There are many exercises that can be done while seated in a chair, leaning against a wall, or lying in your bed. There's no need to get up and down off the floor. Candice will also offer guidance and tips for those with arthritis, have undergone surgery, or suffer from other musculoskeletal problems. If you have questions, email Candice Kaup at candicekaup1@gmail.com. Instructor Candice Kaup, M.S. Min 15/Max 30. No class 5/26.

130142-01	M	9:30-10:15am	4/14-6/16	9	\$72	MTV
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Jazzercise

Push your body and find your beat at Jazzercise. It's a total body workout burning up to 600 calories per class. Let the music move you. This class is filled with cardio and strength training that works. Bring a mat and weights. Enjoy ongoing classes with continuous registration on-site. Please arrive 5-10 minutes prior to class.



Jazzercise with Debbie Monthly pass good at four facilities listed below. Call Debbie Lynch at 703.786.6583 or email jazrmom1@gmail.com for more information. **Monthly (Easy Fitness Ticket) \$45, 8 week pass \$110, Walk-in \$15** No class 5/26.

Tu, Th	6:30-7:30pm	see above	CHASB
M, W	4:40-5:40pm	see above	DURAN
M, W, Th	6-7pm	see above	DURAN
Sa	9-10am	see above	NJLEE
Su	10-11am	see above	NJLEE

Landmark Jazzercise Call Melany Pollock at 540.846.2592 or email melanypollock1@hotmail.com for more information. Ask which facilities accept monthly passes. **Monthly (Easy Fitness Ticket) \$35, 8 week pass \$75, Walk-in \$10, \$25 joining fee for new customers, \$50 for nonresidents.** No class 6/10.

Tu	6:30pm	see above	WRAM
Sa	9:15am	see above	WRAM

Yoga in the Morning

Start the day off right with a stress reducing exercise class. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor For Every Body Fitness. Min 15/Max 25. No class 4/29, 6/10.

130207-01	Tu,Th	9:15-10:15am	4/15-6/19	18	\$144	CHINQ
140207-01	Tu,Th	8:45-9:45am	6/24-8/28	20	\$160	LEE

Recreation Classes



To Yoga!

Ah... Monday is over. Time to relax. Breathe. Roll your shoulders. Stretch your spine. Stabilize by finding where your bones belong and how to help your muscles engage to get you there. Physical therapy is mixed with yoga, humor and a chance to connect not only your mind and body a little better, but to connect with a great group of fellow students. Yoga is Sanskrit for "to connect." Instructor Beth Kramer. Min 10/Max 25. No class 5/26.

130215-01	M	6:30-7:30pm	4/14-6/16	9	\$108	CHINQ
130215-02	M	7:40-8:40pm	4/14-6/16	9	\$108	CHINQ
140215-01	M	6:30-7:30pm	6/23-8/25	10	\$120	CHINQ
140215-02	M	7:40-8:40pm	6/23-8/25	10	\$120	CHINQ

Power Pilates Plus

Streamline your body! Improve strength, balance, flexibility, and mind/body awareness. A powerful mix of muscle toning, yoga and the Joseph Pilates method. Strengthening exercises to firm muscles and abdominals are combined with mat exercises. Meditations, deep stretches, and breathing exercises are also performed to totally relax the mind and body. Instructor Christie Motley & Team. Min 10/Max 25. No class 5/26.

130223-01	M,W	7-7:45am	4/14-6/18	19	\$133	CHINQ
140223-01	M,W	7-7:45am	6/23-8/27	20	\$140	CHINQ

Cardio N Tone

Get all your workout needs from one class! Cardiovascular conditioning for an energetic, fat burning workout. We emphasize comprehensive muscle toning and strengthening exercises. Hand held weights, ankle weights, body bars, and resistance bands are used to help firm your body. Abs work and relaxation techniques incorporated to refresh you for the entire day! Instructor Christie Motley & Team. Min 8/Max 20. No class 5/26, 7/4.

130225-01	M,W	6:05-7am	4/14-6/18	19	\$133	CHINQ
130225-02	M,W,F	6:05-7am	4/14-6/20	29	\$145	CHINQ
140225-01	M,W	6:05-7am	6/23-8/27	20	\$140	CHINQ
140225-02	M,W,F	6:05-7am	6/23-8/29	29	\$145	CHINQ

Functional Fitness for Older Adults

Ages 50 & up. Improve your independence and meet your functional goals. Exercises performed in this class will help improve upper- and lower-body strength, balance, flexibility, and coordination. Safe and effective physical activity improves your physical health and enhances psychological wellbeing. Instructor Fitness For Older Adults, LLC. Min 7/Max 20. No class 5/15.

130232-01	Tu,Th	9:05-10:05am	4/15-6/19	19	\$190	CHRC
140232-01	Tu,Th	9:05-10:05am	6/24-8/28	20	\$190	CHRC

Senior Body Part Aerobics

A low-impact physical workout with slow everyday movements to tone and sculpt areas of the body. Use chairs and steps to increase balance and coordination. Designed for senior health and wellness but all ages are welcomed. Min 5/Max 20. No class 5/26, 6/30.

251122-04	M,F	12:30-1:30pm	4/4-4/28	8	\$56	NJLEE
251122-05	M,F	12:30-1:30pm	5/2-5/30	8	\$56	NJLEE
251122-06	M,F	12:30-1:30pm	6/2-6/30	8	\$56	NJLEE
251122-07	M,F	12:30-1:30pm	7/7-8/1	8	\$56	NJLEE

Women's Self Defense

Ages 21 & up. Learn how to avoid becoming a victim and very basic techniques for quick escapes and self-defense, also known as "Stun & Run!" Min 10/Max 20.

251120-02	W	7-8pm	4/9-5/28	8	\$96	NJLEE
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Walk & Fit Circuit Training

Ages 21 & up. This circuit training class incorporates walking as an aerobic activity and the use of weights and bands for strength training exercise. Min 4/Max 20.

251121-04	W	12:30-1:30pm	4/2-4/23	4	\$30	NJLEE
251121-05	W	12:30-1:30pm	5/7-5/28	4	\$30	NJLEE
251121-06	W	12:30-1:30pm	6/4-6/25	4	\$30	NJLEE
251121-07	W	12:30-1:30pm	7/2-7/23	4	\$30	NJLEE

Aerobic Dancing by Jacki Sorensen

Get a complete workout in each class – stretching, flexibility, core work, weight training and cardio. This is a progressive, multi-level fitness course choreographed for the non-dancer where you will sway, swing, cha cha, waltz, samba and rock yourself into total body fitness. Firm your body and strengthen your cardiovascular system. Participate at your own level for a safe, effective, exciting and fun approach to fitness. ACE-Certified, Jackis.com Instructor Marilyn Myers. Min 5/Max 15. No class 4/23, 5/14, 5/26.

130234-01	M,W	10:15-11:15am	4/21-6/18	16	\$115	LEE
130234-02	W	6:30-7:30pm	4/23-6/18	8	\$70	LEE
140234-01	M,W	10:15-11:15am	7/7-8/27	16	\$115	CORAK
140234-02	M	6:30-7:30pm	7/7-8/25	8	\$70	CORAK

Boxercise Knockout Workout

Ages 18 & up. Based on the training concepts boxers use to keep fit, learn to shadow-box, hit pads and use punching bags. Plus, get the added benefit of cardio and ab work. No class involves the physical hitting of an opponent, so this is a fun, challenging and safe workout. Min 5/Max 15.

220415-04	M	6:30-7:30pm	4/14-6/23	11	\$60	CHRC
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Stroller Strides

Getting in shape after giving birth can be tough, especially on top of taking care of a baby! This total fitness program allows mothers to get in shape, and meet other moms while spending time with their baby. It includes power walking/running and intervals of body toning using exercise tubing and the stroller. All you need is your baby and a stroller that isn't prone to tipping. Bring water and a towel or mat for ground exercises. Your first class is free. **Register at register at www.arlington-alexandria.fit4mom.com 571-305-2029 or jlungren@Fit4Mom.com.**

M,W,F	9:30-10:30am	4/14-5/2	NJLEE
M,W,F	9:30-10:30am	4/14-6/20	WDMPK
M-F	9:30-10:30am	4/14-6/20	BRNMN



Recreation Classes

Body Back

Want to get back in shape? Try this results-based workout designed for moms who want their body back, whether they just had a baby or their last child was born twenty years ago! Most importantly, it will help women unlock their personal possibilities in an inspiring and powerful environment. Experience targeted high-intensity workouts, inspiration and motivation in every class. When done in conjunction with Mama Wants Her Body Back meal plan and workout DVDs, moms have a surefire combination for success. Each session runs for 8 weeks. **Register at www.arlington-alexandria.fit4mom.com 571-305-2029 or jlungren@Fit4Mom.com.**

Tu	5:45-6:45am	4/21-6/6	BRNMN
Th	9:30-10:30am	4/24-6/5	BRNMN
Tu	5:45-6:45am	6/10-7/29	BRNMN
Tu	5:45-6:45am	6/12-7/31	BRNMN

The Sergeant's Program

Want a great workout and results without the glitz? Established in 1984, The Sergeant's Program has structured a fun physical fitness regime that is designed for adults of all ages whose current fitness levels range from poor to excellent. Each 1-hour session starts with a warm up, followed by an intensive session of running and calisthenics designed to strengthen all major muscle groups and increase cardiovascular capacity. **Register at sarge.com or call 1.888.BOOTCAMP (888.266.8226) for a free 1-week trial.** Pricing varies by commitment term. No class 7/4.

M-F	5:45-6:45am	4/14-6/20	CHINQ
M-F	5:45-6:45am	4/14-6/20	BRNMN
Sa	8-9am	4/14-6/20	BRNMN
M-F	5:45-6:45am	6/23-8/29	CHINQ
M-F	5:45-6:45am	6/23-8/29	BRNMN
Sa	8-9am	6/23-8/29	BRNMN

Gladiator Fitness Boot Camp

Are you ready to stop making excuses for why you can't stick with an exercise program? Got the gym membership, but lost the motivation? Want to feel more energized, confident, and stronger than you felt when you were 20? Get off the couch and out of the gym and find out how this program will get you to do what you will never do on your own in the Boot Camp of the Discovery Channel and Official Boot Camp of the 2013 Super Spartan Race. Nutritional counseling and meal planning guidance included. Pricing varies by time of commitment. **Register at gladiatorfitness.net or contact Gunny at gunnysarg@hotmail.com for more information.** No class 5/26.

M-F	5:30-6:30am	4/16-6/22	GWS
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Mi Ki Do Fitness Self Defense

Ages 18 & up. Learn self defense techniques that may be useful in dangerous situations while improving your fitness. Progress at your own pace, all levels of fitness are welcome! Instructor Maria Hess. Min 7/Max 20. No class 4/29.

Ages 18-54

131015-01	Tu	11:30am-12:30pm	4/22-5/13	3	\$36	CHINQ
131015-02	Tu	11:30am-12:30pm	5/20-6/3	3	\$36	CHINQ

Ages 55+

131018-01	Tu	10:30-11:30am	4/22-5/13	3	\$36	CHINQ
131018-02	Tu	10:30-11:30am	5/20-6/3	3	\$36	CHINQ



NOW OPEN: Potomac Yard Park

The City of Alexandria is pleased to announce the official opening of the Potomac Yard Park, located at 2501 Potomac Ave. Dedicated by Alexandria City Council on Saturday, December 14, 2013, the park features ADA accessible picnic tables and pathways, special

events area with outdoor stage, athletic fields, basketball courts, tennis courts, volleyball courts, picnic area, interactive fountain, ADA playground, stormwater management ponds, walking/bicycle trails, seating areas and historical interpretation.

Enjoy Alexandria's newest park in-person or visit alexandriava.gov/12822 for more information.



ADULT SPORTS



Fencing for Adults

Ages 16 & up. Learn the basic principles of the sport, including footwork, strategy and technique. Foils, masks and jackets provided (no equipment rental fee). Students should dress in comfortable, athletic clothing. Court shoes or cross trainers recommended. \$5 non-competitive U.S. Fencing membership required (details at first class session). Instructor Olde Town Fencing Club. Min 2/Max 15.

130313-01	W	7-8pm	4/16-6/4	8	\$64	CHRC
140313-01	W	7-8pm	7/2-8/20	8	\$64	CHRC

Intro to Olympic Sport Fencing

Ages 9 & up. Known as the physical game of chess and one of the safest sports, Olympic fencing provides a tremendous physical and mental workout for students of all ages and athletic abilities. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre and the epee. A signed safety waiver and equipment rental fee of \$29 (check payable to VAF) are due on the first day of class. Instructor Virginia Academy of Fencing. Min 8/Max 16. No class 7/1.

130342-01	Tu	7-8pm	4/22-5/27	6	\$60	LEE
140342-01	Tu	7-8pm	6/24-8/5	6	\$60	LEE

Intro to Historical Swordsmanship

Ages 9 & up. Explore the sword arts the way they were originally practiced on the battlefields and dueling grounds of the Middle Ages and the Renaissance. The sword styles that are introduced are the rapier and the two-handed long sword. Practice swords used in class are the bamboo shinai and the foil. Equipment rental fee of \$29 (check payable to VAF) and signed waiver is due on the first day of class. Instructor Virginia Academy of Fencing. Min 8/Max 16. No class 7/1.

130343-01	Tu	8-9pm	4/22-5/27	6	\$60	LEE
140343-01	Tu	8-9pm	6/24-8/5	6	\$60	LEE

Coed Pick-up Ultimate Frisbee

Ages 18 & up. Stay fit, meet new people and have fun while doing so! We're combining the fast pace game of Ultimate Frisbee with social networking to create a fun and active way for adults to meet new people, enjoy friends, and play in a comfortable and fun sports environment. Min 5/Max 20.

210912-01	W	6:30-8:30pm	5/7-5/21	3	\$5ea.	CHASB
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Coed Pick-up Dodgeball

Ages 18 & up. Stay fit, meet new people and have fun! We're combining the fast pace game of dodgeball with social networking to create a fun and active way for adults to meet new people, enjoy friends, and play Dodgeball in a comfortable and fun sports environment. Open to all ability levels. Min 5/Max 20.

210311-01	W	7-9pm	4/9-4/30	4	\$5ea.	CHASB
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Tennis Beginners

It's time to learn a new sport that will last a lifetime. Learn the basic skills that will allow you to play tennis socially – maintaining a healthy, social you! Instructor Mel Labat - Tennis on the Move. Min 6/Max 10.

130328-01	M	7-9pm	4/14-5/5	4	\$125	MH
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ADULT DANCE



Wedding Dances

Couples. Get ready for that special occasion or take the course to learn the three most common ballroom wedding dances; the Waltz, Foxtrot and Rumba. Learn proper dance position, how to lead and follow, and some basic patterns to form a routine for your dance. Both participants must register. Instructor Tom Woll & Associates. Min 8/Max 20. No class 7/3.

130500-01	Th	7-8:15pm	4/17-6/5	8	\$95	DURAN
140500-01	Th	7-8:15pm	6/26-8/7	6	\$72	DURAN

Ballroom Dance I

Introduce yourself to the basics of dancing and gain confidence on the dance floor. Basic step patterns include the Foxtrot, Waltz, Rumba, Tango, Merengue, Cha Cha, and Swing. While singles are welcome, couples are preferred. Instructor Tom Woll & Associates. Min 8/Max 20. No class 7/3.

130501-01	Tu	7-8:15pm	4/15-6/3	8	\$95	DURAN
130501-02	Th	8:15-9:30pm	4/17-6/5	8	\$95	DURAN
140501-01	Th	8:15-9:30pm	6/26-8/7	6	\$72	DURAN

Ballroom Dance II

Fine tune and perfect each move! Continue ballroom dance confidence in Foxtrot, Waltz, Swing, Rumba, Cha Cha, Tango and other dances. While singles are welcome, couples are preferred. Prerequisite: Ballroom Dancing I or equivalent. Instructor Tom Woll & Associates. Min 8/Max 20.

130502-01	Tu	8:15-9:30pm	4/15-6/3	8	\$95	DURAN
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Urban-Soul Line Dance Intermediate

Ages 12 & up. Promote health and wellness through urban-soul line dancing. Students will be taught a variety of intermediate/advanced line dances with intricate movement and steps. This is a drop-in class with \$7 per class paid to instructor. Instructor Danita Moses & Julian Haley, Jr. Min 1/Max 25. \$10 nonresident fee per class.

	Th	7-8pm	4/17-8/28	20	\$7ea.	CHRC
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Silk & Soul Hand Dance

Ages 12 & up. Do you remember "Happy Days?" Return to those days through the cultural art of hand dance, a variation of East and West Coast Swing, and one of today's fastest growing recreational activities. It is a male-led performance, with both partners performing syncopated turns and steps. Hand dance provides light cardiovascular and mental exercise, along with great social fun. No registration required. Instructor Ray Riley. Max 35.

	F	7-9pm	4/18-8/29	20	FREE	LEE
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Recreation Classes

ADULT MUSIC

Beginner Guitar

Learn basic guitar playing, chords, strums and some music theory by playing folk and popular songs. Instructional manual available from instructor for \$8. Students must bring their own guitar. Instructor Ed Campana. Min 5/Max 15. No class 5/26.

130802-01 M 7-8pm 4/14-6/9 8 \$74 CHRC

Intermediate Guitar

Enhance the skills learned in Beginning Guitar and focus on exercises to strengthen finger dexterity. Learn string names and the basics of strumming the guitar. New chords and songs are introduced. Instructional manual available from instructor for \$8. Students must bring their own guitar. Instructor Ed Campana. Min 5/Max 10. No class 5/26.

130803-01 M 8-9pm 4/14-6/9 8 \$74 CHRC

Piano Fun for Adults

Learning to play the piano is an unfulfilled dream for many adults and has been proven to reduce stress levels, improve health and enhance overall well-being. Learn music fundamentals such as improvising and reading music in a relaxed and fun learning environment. No experience necessary. A \$25 book fee is to be paid to the instructor on the first day of class. Instructor Natalie Gibson Grimes. Min 3/Max 6.



130804-01 Tu 5:30-6:20pm 4/15-6/17 10 \$150 DURAN

130804-02 Tu 12:15-1pm 4/15-6/17 10 \$150 DURAN

140804-01 Tu 5:30-6:20pm 6/24-8/26 10 \$150 DURAN

140804-02 Tu 12:15-1pm 6/24-8/26 10 \$150 DURAN

ADULT TECHNOLOGY

Today's Technology for Boomers

Confused about all the technology options? Delve into cell/smart phones, social media (Facebook, etc.), computers and gaming systems to keep you active. Discover interesting websites to make your life easier and save you money. Other topics include GPS and mapping technology, great travel and digital coupon websites, Skype/Webcam technology, the latest from Microsoft, Google and much more! Instructor Andy Livingston. Min 5/Max 10.

131400-01 W 12:30-1:30pm 4/23-6/11 8 \$150 CHRC

DOG TRAINING

Good Dog Manners Refresher

Build and reinforce good manners at home and when out in public. Cover important daily manners and good behaviors such as: focus and attention on you; greeting people politely; impulse control; and learning to be a calmer and more relaxed dog. Prerequisite: any foundation skills training. Bring your dog to the first class, along with tasty soft treats, a bait bag, a mat, a six foot long cotton, leather, or nylon leash (no flexis). Buckle collar, martingale, or harness only. No prong collars or choke chains permitted.

Instructor Sandy Modell. Min 4/Max 8.

130901-01 Sa 10:15-11:30am 5/3-5/17 3 \$100 WARW

Pullers Anonymous

Start enjoying walks with your dog! Dogs pull because they are so excited to get where they're going, and humans inadvertently reinforce the pulling behavior by allowing ourselves to be dragged along. This class will teach you a calmer, safer, and much more pleasant approach for getting from point A to point B. For dogs of all ages. Bring your dog to the first class, along with tasty soft treats, a bait bag, a six foot long cotton, leather, or nylon leash (no flexis). Flat buckle collar, martingale, or harness only. No prong collars or choke chains permitted. Instructor Sandy Modell. Min 4/Max 8.

130904-01 Sa 11:30am-12:45pm 5/3-5/17 3 \$100 WARW

Family Dog

An introductory class for dogs of all ages, whether just beginning their training or needing to sharpen their skills. Teach your dog to: pay attention when asked; greet politely; come when called; walk on a loose leash; sit, lie down and stay. Management skills, socialization and problem solving will also be stressed. Classes are small, fun, and very effective. Attendance is required at the first class, an informative seminar. Dogs DO NOT attend. You will receive handouts, reading material and several easy, but important homework assignments. Instructor Sandy Modell. Min 4/Max 8. No class 7/5.

140941-01 Sa 10:15-11:30am 6/14-7/26 6 \$175 WARW

Canine Good Citizen

Prepare yourself and your dog for the Canine Good Citizen (CGC) test. The class will focus on all 10 points of the CGC test and will culminate with an official test on the last day of class. \$10 test fee to be paid the first day of class. Prerequisite:

Family Dog I or private lessons with Wholistic Hound. Bring your dog to the first class, along with tasty soft treats, a bait bag, a six foot long cotton, leather, or nylon leash (no flexis). Min 4/Max 8. No class 7/5.

140939-01 Sa 11:30am-12:45pm 6/14-7/26 6 \$175 WARW





FAMILY TIME

Family Board Game Night

All ages. Family Board Game Night is a drop in program for families to interact with other families in a casual open setting and have some fun. Board Games will be provided and families are encouraged to meet and play with new neighbors and friends. Min 5/Max 20.

210908-01 W 6-8pm 4/2 1 FREE CHASB

Family Craft Night

All ages. Come enjoy spending time with the family while working on a fun, holiday specific craft! Bring everyone – it will be a treat for all ages! Family Craft Night is a drop in program for families to interact with other families in a casual open setting and have some artistic fun. Crafts will be provided and families are encouraged to interact and be creative with new neighbors and friends. Min 5/Max 20.

210909-01 Tu 6-8pm 4/8 1 \$5 CHASB

210909-02 Tu 6-8pm 5/6 1 \$5 CHASB

Open Mic Friday

All ages. Show off your freestyle skills while keeping positive. Freestyle promotes positive hip hop culture and provides a safe, creative space for youth to compete for peer recognition. We ask youth to rap about themselves and their lives, creating an art that is real and authentic and that lifts themselves and the community. Min 5/Max 20.

210910-01 F 6-8pm 5/2 1 FREE CHASB

The Great Swap

All ages. Do you have video games, books, or CDs that are in good condition but you don't use them anymore? This program will give you an opportunity to exchange those used items for different ones at no charge. For each item you drop off, you will be given one ticket that can be used to exchange for a different game, book, or CD. Min 5/Max 20.

210911-01 Sa 9am-12pm 5/17 1 FREE CHASB

Mother Daughter Tea

Ages 5-12 with an adult. The event will provide an atmosphere, social interaction within the community and promote communication between mothers and daughters. Each mother and daughter will receive a special gift. There will be a guest speaker and light refreshment will be served. Min 20/Max 75.

241119-01 Sa 1-3pm 5/3 1 FREE MTV

TRIPS & EVENTS

Photo Scavenger Hunt

Ages 18 & up. Come out for a day of fun, excitement, Alexandria sight-seeing and maybe even a little exercise! A photo scavenger hunt combines creativity, technology and camaraderie. You and your team will be given photo challenges and some ground rules, then your team of 3-5 people will be off. The object of the game is to be the first to find and photograph the most items on a list within a given time. Find your teammates, think of a great team name, register, and then join in the fun-filled adventure! Min 15/Max 60.

220905-01 Sa 8am-1pm 6/7 1 \$20 CHRC

Run the World Fashion Show Fundraiser

Ages 18 & up. All women have that special outfit that when they wear it, they want to show the whole world. Now you have that opportunity. Join us for a girls night out full of fun, entertainment and fashion. A show you don't want to miss. For registration information, please call 703.746.5552. This will be a fundraiser to support the Charles Houston Advisory Board for center programs and activities.

220905-01 Sa 8am-1pm 6/7 1 \$20 CHRC

Alexandria National Safe Place



For Youth... Someplace To Go. Someone To Help!

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

Safe Place is a national youth outreach program that educates thousands of young people every year about the dangers of running away or trying to resolve difficult, threatening situations on their own. This

easily-replicated initiative involves the whole community to provide safe havens and resources for youth in crisis. No matter what the reason, young people do have a safer alternative. They can go to any designated Safe Place site to get immediate help.

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

2013-2014 School Year: "Let's Get Connected"

Youth participating in Power-On and Power-Up Out of School Time programs will maintain a full schedule of activities incorporating play, learning, cultural enrichment and positive social interaction. This year's theme, "Let's Get Connected," encompasses the many connections we have through a

global network expanded by the diversity of our nation as well as the internet. These varied connections, both personal and digital, provide opportunities to share arts, culture and caring. *2013-2014 school year registration is currently open until filled.*

For additional information or to register, call 703.746.5575 or visit alexandriava.gov/Recreation.



Power-On

Kindergarten-Grade 5 (youth in grade 6, under age 13, also eligible for Power-On). After school fun includes creative & performing arts, education & leisure activities, fine arts, sports, fitness

& health, field trips, holiday & family events and much more! Children are encouraged to develop a sense of camaraderie, sportsmanship, and an understanding of teamwork!

Hours: **School dismissal to 6pm** · Sept. 3, 2013–June 20, 2014
Holiday hours vary by location.

Locations:

Charles Barrett 1115 Martha Custis Dr. · 703.746.5551

Cora Kelly 25 West Reed Ave. · 703.746.5554

Nannie J. Lee 1108 Jefferson St. · 703.746.5550

Patrick Henry 4643 Taney Ave. · 703.746.5557

Charles Houston 901 Wythe St. · 703.746.5552

Mt. Vernon 2701 Commonwealth Ave. · 703.746.5556

William Ramsay 5650 Sanger Ave. · 703.746.5558

John Adams 5651 Rayburn Ave. · 703.746.5411

Douglas MacArthur 1101 Janney's Ln. · 703.746.5411

Activity fee for the full school year is \$300. Financial assistance is available for eligible families. Registration packets are available at each neighborhood center.



Power-Up

Grades 6-8. Specifically designed for young teens, after school activities include a home-work center, weekly clubs, educational and cultural enrichment opportunities, sports, games, tournaments, field trips and special events. There's something for everyone!

Hours: **School dismissal to 6pm** · Sept. 16, 2013–June 18, 2014
Closed school holidays & early dismissal days

Locations:

George Washington Middle School 1005 Mount Vernon Ave.

Francis C. Hammond Middle School 4646 Seminary Rd.

Activity fee for the school year is \$300. Financial assistance is available for eligible families.

ATTENTION PARENTS! In lieu of licensing, the Power-On and Power-Up programs are based on local standards approved by the City Attorney.



Power-Full Fun Days

Designated recreation centers provide safe and supervised play activities 9am-6pm on the days ACPS schools are closed. Youth enrolled in any Power-On or Power-Up program may attend at no additional cost, all other City youth may attend at a \$15 per day fee. All youth must bring a lunch, snack will be provided. Before Care provided from 8-9am for an extra \$5 fee for all participants. For more information on specific dates, please contact the Out of School Time Program Office at 703.746.5575 or visit alexandriava.gov/Recreation.

FOR TEENS ONLY!

Field Trips, volunteer opportunities, city events, oh my! These are just a few of the programs teens in grades 6-12 can enjoy. All activities are fun, safe and create opportunities for success, as well as positive alternatives to undesirable activities. For more information, call your neighborhood recreation center or visit alexandriava.gov/recreation.

Hang Out Late Night Fridays & Saturdays, 6-11pm

Play games, watch movies or just chill with friends.

William Ramsay 5650 Sanger Ave. · 703.746.5558

Charles Houston 901 Wythe St. · 703.746.5552



CITY OF
ALEXANDRIA



SUMMER

OF SMILES



2014
SUMMER
FUN
GUIDE



ALEXANDRIAVA.GOV/RECREATION

CLASSIC CAMPS

Alex Fun Day Camp

Ages 6-12. Games, arts and crafts, field trips, and more. This camp offers something for everyone! Campers take weekly field trips and swim 3 times a week. Energetic, experienced staff lead your children in a summer of F-U-N. Camp information forms are emailed prior to the start of camp and must be returned on your child's first day. Campers are required to bring their own bag lunch, snacks, water bottle, swim suits and towels. Min 15/Max 55. No class 7/4.

140401-01	M-F	9am-4pm	6/23-6/27	\$165	FCH
140401-02	M-F	9am-4pm	6/30-7/3	\$132	FCH
140401-03	M-F	9am-4pm	7/7-7/11	\$165	FCH
140401-04	M-F	9am-4pm	7/14-7/18	\$165	FCH
140401-05	M-F	9am-4pm	7/21-7/25	\$165	FCH
140401-06	M-F	9am-4pm	7/28-8/1	\$165	FCH
140401-07	M-F	9am-4pm	8/4-8/8	\$165	FCH
140401-08	M-F	9am-4pm	8/11-8/15	\$165	FCH

Alex Fun Gap Camp

Ages 6-16. Finish the summer with a bang! Gap Camp offers a variety of activities, such as arts and crafts, games, movies, sports and swimming daily. Register now, this camp fills up fast! Camp information forms are emailed prior to the start of camp and must be returned on your child's first day. Campers are required to bring their own bag lunch, snacks, water bottle, swim suit and towel. Min 20/Max 60.

140406-01	M-F	9am-4pm	8/18-8/22	\$185	CHINQ
140406-02	M-F	9am-4pm	8/25-8/29	\$185	CHINQ

Alex Fun Camps Before Care or After Care

Ages 6-17. Need a little extra time in the morning or afternoon? This supervised camp program is available to help relieve a little stress. Activities include arts and crafts, movies and games. Visit www.alexandriava.gov/Recreation to register by location, week, and time. Min 10/Max 35. No program 7/4.

M-F	7-9am or 4-6pm	6/23-6/27	\$55	FCH/CHINQ
M-Th	7-9am or 4-6pm	6/30-7/3	\$44	FCH/CHINQ
M-F	7-9am or 4-6pm	7/7-7/11	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	7/14-7/18	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	7/21-7/25	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	7/28-8/1	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	8/4-8/8	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	8/11-8/15	\$55	FCH/CHINQ
M-F	7-9am or 4-6pm	8/18-8/22	\$55	CHINQ
M-F	7-9am or 4-6pm	8/25-8/29	\$55	CHINQ

Alex Fun Camp Counselor in Training

Ages 13-17. Are you a teen who likes to work with kids? Do you want to learn some new skills? Becoming a CIT is a great way to learn how to become a counselor. CITs help lead games and activities while always under the supervision of an experienced counselor. This is a fun and safe experience for teens. Spaces are available at Alex Fun Day Camp or Alex Fun Sports Camp. Min 2/Max 8. No program 7/4.

140407-01	M-F	9am-4pm	6/23-6/27	\$95	FCH
140407-02	M-F	9am-4pm	6/23-6/27	\$95	CHINQ
140407-03	M-Th	9am-4pm	6/30-7/3	\$76	FCH
140407-04	M-Th	9am-4pm	6/30-7/3	\$76	CHINQ
140407-05	M-F	9am-4pm	7/7-7/11	\$95	FCH
140407-06	M-F	9am-4pm	7/7-7/11	\$95	CHINQ
140407-07	M-F	9am-4pm	7/14-7/18	\$95	FCH
140407-08	M-F	9am-4pm	7/14-7/18	\$95	CHINQ
140407-09	M-F	9am-4pm	7/21-7/25	\$95	FCH
140407-10	M-F	9am-4pm	7/21-7/25	\$95	CHINQ
140407-11	M-F	9am-4pm	7/28-8/1	\$95	FCH
140407-12	M-F	9am-4pm	7/28-8/1	\$95	CHINQ
140407-13	M-F	9am-4pm	8/4-8/8	\$95	FCH
140407-14	M-F	9am-4pm	8/4-8/8	\$95	CHINQ
140407-15	M-F	9am-4pm	8/11-8/15	\$95	FCH
140407-16	M-F	9am-4pm	8/11-8/15	\$95	CHINQ





SPORTS CAMPS

Alex Fun Sports Camp

Ages 6-12. Love sports? This camp is perfect to help entertain and educate your children for the entire day, while doing what they love....SPORTS! Mornings immerse campers in the sport of the week, while afternoons are spent playing other games with "Camper's Choice" and swimming daily. Camp information forms are emailed prior to the start of camp and must be returned on your child's first day. Please bring a bag lunch, snacks, water bottle, swim suit and towel. Min 15/Max 55. No program 7/4.

140400-01	M-F	9am-4pm	6/23-6/27	\$165	CHINQ
140400-02	M-F	9am-4pm	6/30-7/3	\$132	CHINQ
140400-03	M-F	9am-4pm	7/7-7/11	\$165	CHINQ
140400-04	M-F	9am-4pm	7/14-7/18	\$165	CHINQ
140400-05	M-F	9am-4pm	7/21-7/25	\$165	CHINQ
140400-06	M-F	9am-4pm	7/28-8/1	\$165	CHINQ
140400-07	M-F	9am-4pm	8/4-8/8	\$165	CHINQ
140400-08	M-F	9am-4pm	8/11-8/15	\$165	CHINQ

Tennis Camp

Ages 6-14. Play tennis! Have fun! Meet new friends! If you want to learn tennis, improve your skills and make new friends this summer, then join Tennis Camp. Come spend the summer enjoying the company of new and old friends. Full Day Tennis Campers swim daily. Instructor Mel Labat - Tennis on the Move.

Half Day Min 20/Max 40

140402-01	M-F	9am-12pm	6/23-6/27	\$200	CHINQ
140402-02	M-F	9am-12pm	7/21-7/25	\$200	CHINQ
140402-03	M-F	9am-12pm	8/11-8/15	\$200	CHINQ

Full Day Min 8/Max 15

140403-01	M-F	9am-4pm	6/23-6/27	\$295	CHINQ
140403-02	M-F	9am-4pm	7/21-7/25	\$295	CHINQ
140403-03	M-F	9am-4pm	8/11-8/15	\$295	CHINQ

Tiny Tots Tennis Camp

Ages 4-5. Little ones work on their motor skills, footwork and eye-hand coordination while building their tennis abilities and having fun. This age-appropriate camp designed to provide a safe environment to ignite a lifetime enthusiasm in tennis. Instructor Mel Labat of Tennis on the Move. Min 20/Max 30.

140404-01	M-F	9am-1pm	6/23-6/27	\$240	CHINQ
140404-02	M-F	9am-1pm	8/11-8/15	\$240	CHINQ

Intro to Skateboarding

Ages 8-11. This skateboard camp is packed with fun, excitement, and safety. Campers will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n' roll, rock to fakie, olly, grind, drop in and get air. Instructional moves and skating games will be incorporated into each camp day. Min 10/Max 25.

140405-01	M-F	9am-12pm	7/21-7/25	\$169	SKATE
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Cheerleading and Tumble Camp

Ages 6-13. Cheer and tumble camp is designed for all athletes who want to learn, develop, or perfect all aspects of cheerleading. Instructor TSP Team. Min 10/Max 30.

140420-01	M-F	9am-12pm	7/7-7/11	\$140	NJLEE
140420-02	M-F	9am-12pm	8/4-8/8	\$140	NJLEE

Hoop Life Basketball Camp

Ages 4-14. Like basketball? In this fun, safe, and organized camp, learn the fundamentals of basketball and get an opportunity to display those fundamentals in skill competitions and scrimmages for prizes. Every camper will leave with improved skills, a heightened basketball IQ, and any earned awards. All staff have playing and/or coaching experience on the higher levels of basketball including the NBA. No previous experience is necessary to participate. Instructor Hoop Life. Min 10/Max 60. No program 7/4.

140448-01	M-F	9am-4pm	6/23-6/27	\$200	GWS
140448-02	M-F	9am-4pm	6/30-7/3	\$160	GWS
140448-03	M-F	9am-4pm	7/7-7/11	\$200	GWS

Lacrosse Camp

Ages 7-11. Players develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this clinic is perfect for students brand new to lacrosse as well as intermediate players wanting to take their game to the next level. All players will warm-up together, then groups will work separately. Players will need a lacrosse stick. Equipment can be provided through tsp-team.com. Instructor TSP Team. Min 12/Max 40. No program 7/4.

140412-01	M-F	9am-3pm	6/23-6/27	\$199	BRNMN
140412-02	M-F	9am-3pm	6/30-7/3	\$159	BRNMN

Soccer Pros Soccer Camp

Ages 4-10. 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! Instructor TSP Team. Min 12/Max 40.

140414-01 M-F 9am-3pm 7/21-7/25 \$195 BRNMN

Challenger Sports British Soccer

Challenger Sports' British Soccer coaches are back to deliver another summer of fun, innovative and high-quality coaching to budding soccer stars! Each day includes individual foot skills, technical drills, tactical practices, small-sided games, scrimmages, and a daily World Cup tournament. Equally important, learn lessons in self-discipline, good sportsmanship and respect for others. Campers receive a free Challenger soccer ball, camp T-shirt, personal evaluation and poster. Full day campers will swim in the afternoons. **To register, visit challengersports.com or call 1.800.878.2167, ext. 239.** Register online 45 days before the session and get a free soccer jersey. Min 4/Max 20. No program 7/4.

First Kicks, Ages 2-3

M-F 10:45-11:45am	6/30-7/3	\$76	CHINQ
M-F 10:45-11:45am	7/7-7/11	\$95	CHINQ
M-F 10:45-11:45am	7/14-7/18	\$95	CHINQ
M-F 10:45-11:45am	7/28-8/1	\$95	CHINQ
M-F 10:45-11:45am	8/4-8/8	\$95	CHINQ
M-F 10:45-11:45am	8/18-8/22	\$95	CHINQ
M-F 10:45-11:45am	8/25-8/29	\$95	CHINQ

Mini Soccer, Ages 4-5

M-F 9-10:30am	6/30-7/3	\$92	CHINQ
M-F 9-10:30am	7/7-7/11	\$115	CHINQ
M-F 9-10:30am	7/14-7/18	\$115	CHINQ
M-F 9-10:30am	7/28-8/1	\$115	CHINQ
M-F 9-10:30am	8/4-8/8	\$115	CHINQ
M-F 9-10:30am	8/18-8/22	\$115	CHINQ
M-F 9-10:30am	8/25-8/29	\$115	CHINQ

Half Day, Ages 6-16

M-F 9am-12pm	6/30-7/3	\$116	CHINQ
M-F 9am-12pm	7/7-7/11	\$145	CHINQ
M-F 9am-12pm	7/14-7/18	\$145	CHINQ
M-F 9am-12pm	7/28-8/1	\$145	CHINQ
M-F 9am-12pm	8/4-8/8	\$145	CHINQ
M-F 9am-12pm	8/18-8/22	\$145	CHINQ
M-F 9am-12pm	8/25-8/29	\$145	CHINQ

Full Day, Ages 6-16

M-F 9am-4pm	6/30-7/3	\$156	CHINQ
M-F 9am-4pm	7/7-7/11	\$195	CHINQ
M-F 9am-4pm	7/14-7/18	\$195	CHINQ
M-F 9am-4pm	7/28-8/1	\$195	CHINQ
M-F 9am-4pm	8/4-8/8	\$195	CHINQ
M-F 9am-4pm	8/18-8/22	\$195	CHINQ
M-F 9am-4pm	8/25-8/29	\$195	CHINQ

UK Elite Sports Week

Ages 5-14. Learn different sports from the UK each day, including Soccer, Cricket, Rugby, Gaelic Football plus others. Fun and enthusiastic professional British coaches provide small sided technical instruction and fundamentals, through to small sided scrimmages, games and matches daily. All players receive a UK Elite soccer jersey. **For more information or to register, please visit ukelite.com or call Coach Tom at 703.350.8714 or TomH@ukelite.com.** Min 10/Max 50.

M-F 9am-12pm 7/14-7/18 \$145 BRNMN

M-F 9am-3pm 7/14-7/18 \$205 BRNMN

M-F 9am-12pm 7/28-8/1 \$145 BRNMN

M-F 9am-3pm 7/28-8/1 \$205 BRNMN

Excite Soccer

Ages 3-11. Develop mental, physical and social abilities through creative soccer games and activities taught by highly experienced staff, trained to work with young children. Participants will learn individual skills, teamwork, and most importantly, have fun! Our emphasis is on mastering basic coordination and agility with and without a soccer ball, while providing a confidence-building environment. Min 8/Max 99.

140446-01 M-F 9am-12pm 8/4-8/8 \$165 BRNMN

Alexandria Baseball Camp

Ages 5-12. Fun skill development includes hitting, base running, fielding, throwing, and catching. Group interaction, cooperation and team play are emphasized with games held each day. Since 1997, this popular camp has been providing an enjoyable, well structured learning experience for all skill levels with a 6:1 player to coach ratio. **For more information or to register, visit goVBC.com, call 703.698.5599 or email questions@goVBC.com.** Min 8/Max 16. No program 7/4.

Half Day, Ages 5-6

M-F 9am-12pm 6/23-6/27 \$135 SIMPS

Full Day, Ages 7-12

M-F 9am-2pm 6/23-6/27 \$225 SIMPS

M-F 9am-2pm 6/30-7/3 \$185 SIMPS

M-F 9am-2pm 7/7-7/11 \$225 SIMPS

M-F 9am-2pm 7/14-7/18 \$225 SIMPS

M-F 9am-2pm 7/28-8/1 \$225 SIMPS

Alexandria Aces Baseball Camp

Ages 8-16. Join the players and coaches of the Alexandria Aces, Cal Ripken Collegiate Summer League, for an exciting summer baseball camp. Study under professional baseball coaches and learn from some of the best college players in the country. The camps will include practice drills, offensive and defensive skill building, pitching, batting, base running and exhibition baseball games. Campers are encouraged to reach their own level of accomplishment through a positive, exciting and supportive baseball environment. Through limited enrollment and a low camper-to-staff ratio, each child receives individual attention. Each camper receives a certificate, an Aces T-shirt and Aces cap. Instructor Alexandria Aces. Min 25/Max 75.

140431-01 M-F 10am-3pm 7/14-7/18 \$150 FOURM

140431-02 M-F 10am-3pm 7/21-7/25 \$150 FOURM

SPORTS LEAGUES

Girls' Field Hockey League

Ages 9-14 as of July 31, 2014. Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles and mouthpieces. Registration: 3/15-5/31.

510412-14 TuTh TBD 6/9-7/31 \$60 WITTE

Alexandria Titans Track & Field Club

Ages 7-14 as of Aug. 30, 2014. The track club competes in local track meets held around the metropolitan area on Saturdays. Club members will receive the basic skills and techniques of track and field with an emphasis on teamwork, sportsmanship, commitment and some healthy competition. Registration Period: 3/15-5/15.

510407-14 TuTh TBD 6/3-8/9 \$50 TCWM

Alexandria Titans Tackle Football

Ages 7-16 as of Oct. 1, 2014. Teams are formed in Anklebiter, 80, 90, 100, 115, 130 and 150 pound weight categories. Practices will begin in August with league play beginning in September. Teams participate in the Fairfax County Youth Football League. As required by the league, all players need a current Virginia DMV I.D. to play. Registration: 3/15-8/1.

510102-14 TBD 7/28-11/15 \$50 TBD

Lil' Titans Flag Football League

Ages 5-6 as of Oct. 1, 2014. This developmental program will introduce participants to the sport of football. The first week's clinic will focus on the skills and rules of the game. Participants will be divided into teams for league games. Registration: 6/1-8/31.

510104-14 Sa TBD 9/1-10/31 \$60 GWS

Wahoos Youth Swim Team

Ages 6-18 as of June 15, 2014. Develop your own unique potential. Individual achievement and team camaraderie are promoted in an atmosphere of friendly competition. Developing and experienced swimmers will refine their freestyle, breaststroke, backstroke butterfly, turns and starts with an experienced coaching staff. Swim meets are scheduled for every Saturday and Wednesday from mid-June to early August as part of the Colonial Swim League. Swimmers must be able to swim 25 meters, equivalent to 1 pool length, continuously. Registration: 3/15-5/27.

Early Registration before 5/1: Save \$25 per participant.

City Residents: \$167 for 1st child, \$142 for each additional participant per household

Nonresidents: \$367 per participant

130150 M-F 7-9am 5/27-8/2 Varies OLDT

National Junior Tennis League

Ages 8-16 as of June 15, 2014. Join in some friendly competition this summer! Play tennis matches and tournaments with friends of your same skill level. Registration: 5/1-6/15.

Beginners

510405 M-F 9-10:30am 6/23-7/24 \$50 GEOMA/JADMS

Advanced

510405 M-F 10:30am-12pm 6/23-7/24 \$50 GEOMA/JADMS

Summer Basketball League

Ages 12-17 as of June 1, 2014 with copy of birth certificate. Teams are formed by a player skill assessment on June 9. Practices will begin the week of June 16. Games are played weeknights beginning in late June. Registration: 4/15-6/10.

510402-14 TBA TBA 6/9-8/1 \$50 FCH

Summer Instructional Baseball League

Ages 6-8 as of August 30, 2014 with copy of birth certificate. Young players learn to incorporate basic baseball skills of catching, throwing, hitting, running and learning the rules of the game in a physically safe and non-threatening environment. Practices and games are played during the week. Registration: 5/1-6/15.

510401-14 TuTh TBA 6/23-7/31 \$50 GEOMA/POLK/KCMF





DANCE &



Once Upon a Time Dance Camp

Ages 3-5. Our favorite ballerinas join with our most loved princesses for a week filled with sparkle and delight. Each day a new story will be read and performed, and a snack and theme related craft will be offered. Join us on the last day of camp for a recital with friends and family. Instructor Tiny Dancers. Min 4/Max 10. No program 7/4.

140416-01M-F 10am-12pm 6/30-7/3 \$180 LEE

Princess Dream Dance Camp

Ages 3-5. All of our beloved princesses will dance the day away with Rapunzel, Jasmine and friends as we learn ballet. Each day a new princess story will be explored through movement and a snack and theme related craft will be offered. Join us on the last day of camp for a recital with friends and family. Instructor Tiny Dancers. Min 4/Max 10.

140416-02M-F 10am-12pm 7/14-7/18 \$225 LEE

Enchanted Castles Dance Camp

Ages 3-5. Come to the world of magic wands, enchanted spells and royal balls as we dance our way through classic cherished stories. Each day includes a snack and theme related craft as well as instruction in ballet. Join us on the last day of camp for a recital with family and friends. Instructor Tiny Dancers. Min 4/Max 10.

140416-03M-F 10am-12pm 8/4-8/8 \$225 LEE

Girl Power Dance Camp

Ages 3-5. Girls just wanna have fun! Dance the week away with all our favorite girls with attitude—Olivia, Eloise, Madeline, Tanya and Fancy Nancy. Each day a new story will be read and performed, and a snack and theme related craft will be offered. Join us on the last day of camp for a recital with friends and family. Instructor Tiny Dancers. Min 4/Max 10.

140416-04M-F 10am-12pm 8/25-8/29 \$225 LEE

Artsy WOW Art Camp

Ages 6-12. Let's get crafty! Explore crafts from around the world, develop new craft skills and get your creative juices flowing. Make a colorful bowl, create a whimsical dream catcher and construct cool musical instruments. This make-it and take-it camp is a big "WOW" in the world of crafts. Instructor Abrakadoodle. Min 5/Max 24.

140432-01M-F 9am-3pm 7/7-7/11 \$290 BFNC

Medieval Doodlers Art Camp

Ages 3-6. Hear ye! Hear ye! We request that all young Lords and Ladies join us on a quest for creative expression. Bring your imagination as we step back in the Middle Ages to design castles fit for royalty, create golden chalices, tame ferocious dragons and search for the King's treasure. Instructor Abrakadoodle. Min 5/Max 16.

140432-02M-F 9am-12pm 7/14-7/18 \$190 BFNC



CREATIVE ARTS

CAMPS



Secret Agent Art Camp

Ages 6-12. Are you drawn to a life of mystery and suspense? Become a secret agent of the art world and design maps, create masterpieces with hidden messages, search for clues each day to discover the mystery artist, create secret potions that make their art pop, and more! Instructor Abrakadoodle. Min 5/Max 24.

140432-03 M-F 9am-3pm 7/21-7/25 \$290 NJLEE

Art of Nature Art Camp

Ages 6-12. There is no better way to learn about nature than to experience it through art. Pack your camping gear and join us for a virtual trip through the forest. Create art that is from nature and inspired by nature. Instructor Abrakadoodle. Min 5/Max 24.

140432-04 M-F 9am-3pm 7/28-8/1 \$290 BFNC

Raiders of the Lost ART-facts Camp

Ages 3-6. Set sail to search for treasures while exploring the world to learn about amazing works of art and other surprises. We will visit Greece and Italy, create an Aboriginal style print, make an ancient native totem pole, and even make your own clay treasure chest to stow away your treasures! Instructor Abrakadoodle. Min 5/Max 16.

140432-05 M-F 9am-12pm 8/4-8/8 \$190 CHRC

Time Travel with Abrakadoodle Camp

Ages 3-12. Jump in to the time machine and get ready for an adventure to explore art from 30,000 B.C. Discover secrets of the Masters (both past and present) while creating masterpieces to store in your very own artist portfolio. Instructor Abrakadoodle.

Ages 3-6, Min 5/Max 16

140432-06 M-F 9am-12pm 8/18-8/22 \$190 BFNC

Ages 6-12, Min 5/Max 24

140432-07 M-F 9am-3pm 8/25-8/29 \$290 BFNC



COMPUTER & CHESS CAMPS

2D Video Game Design with Scratch

Ages 8-11. Design a basic computer video game. Campers will work in teams of 2 and learn computer graphic techniques and animation fundamentals. Create an exciting landscape for your game. Load, animate sprites and add sound. Instructor Funutation Computer Camps. Min 8/Max 16.

140441-01 M-F 9-11:45am 7/14-7/18 \$250 DURAN

Stop Motion Animation

Ages 8-11. Discover the secrets behind computer animation by using Scratch software. Campers work in teams of 3 and create their own video with everyday objects adding special effects and audio elements. Instructor Funutation Computer Camps. Min 8/Max 16.

140441-02 M-F 12:15-3pm 7/14-7/18 \$250 DURAN

Kodu Video Game Design

Ages 8-11. Tekkies work in teams of 2, build a game environment, create objects, add characters and make a hide-and-seek mystery. Instructor Funutation Computer Camps. Min 8/Max 16.

140441-03 M-F 9-11:45am 7/21-7/25 \$250 DURAN

140441-04 M-F 12:15-3pm 7/21-7/25 \$250 DURAN

Minecraft Modding

Ages 7-14. Create and texture blocks and items using the popular game Minecraft. Use very simple Java code to learn how to create custom classes, manipulate code, determine how items appear and behave, while improving the gameplay experience. Instructor C3 Cyber Club. Min 10/Max 16.

Ages 7-9, Introduction

140447-01 M-F 9am-12pm 7/28-8/1 \$275 DURAN

Ages 9-14

140447-02 M-F 1-4pm 7/28-8/1 \$275 DURAN

Jr. Video Game Design

Ages 6-10. Want to become a game designer, multimedia artist, engineer or programmer? Learn cutting-edge computer skills through 3D Game Design by using basic modeling skills. Customize game attributes and build a virtual world from scratch. Acquire computer skills, mathematics, creativity and basic problem-solving skills. Instructor C3 Cyber Club. Min 10/Max 16.

140447-03 M-F 9am-12pm 8/11-8/15 \$275 DURAN

3D Game Design

Ages 9-14. Use basic 3D modeling skills to create a platform-based video game. Create unique puzzles and challenges in a 3D game world using teleporters, jump pads, and lava. Learn how to add characters, customize game attributes, and build a virtual world from scratch. By the last class students will have a fully functional level. Instructor C3 Cyber Club. Min 10/Max 16.

140447-04 M-F 1-4pm 8/11-8/15 \$275 DURAN

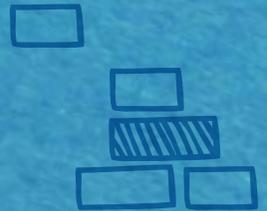
Writing Code for Beginners

Ages 11-16. All the tech greats started coding in their teen years; Zuckerberg, Gates and Jobs! Learn how to start writing Javascript, HTML code and Scratch, an MIT developed program written especially for teens. Computer maintenance and the basics of computer hardware. Operating systems will also be covered. Instructor Andy Livingston. Min 4/Max 10.

140409-01 M-F 9am-12:30pm 6/23-6/27 \$225 CHRC

140409-03 M-F 9am-12:30pm 7/21-7/25 \$225 CHRC





Computer Technology for the Creative Teen

Ages 11-16. Be productive this summer while having fun with gadgets: produce a Podcast, shoot and edit video, create a blog/flash website, experiment with Google Labs making your own knol and use Sketch-up to design an iPhone case, sneakers or a 3D logo. Instructor Andy Livingston. Min 4/Max 10.

140409-02 M-F 1-4:30pm 6/23-6/27 \$225 CHRC

140409-04 M-F 1-4:30pm 7/21-7/25 \$225 CHRC

Silver Knights Chess Camp

Ages 5-13. Play and learn about chess from highly-rated professional chess instructors. Beginners through experienced players are welcome. Activities include learning openings, tactics, endgames, studying master games, playing games against fellow students, and analyzing students' games. Receive a T-shirt and tournament-style chess set. Instructor Silver Knights Chess silverknightschess.com. Min 8/Max 30.

140419-01 M-F 9am-4pm 7/7-7/11 \$315 CHRC

140419-02 M-F 9am-12pm 7/7-7/11 \$195 CHRC

140419-03 M-F 1-4pm 7/7-7/11 \$195 CHRC

140419-04 M-F 9am-4pm 8/18-8/22 \$315 CHRC

140419-05 M-F 9am-12pm 8/18-8/22 \$195 CHRC

140419-06 M-F 1-4pm 8/18-8/22 \$195 CHRC

140419-07 M-F 9am-4pm 8/25-8/29 \$315 CHRC

140419-08 M-F 9am-12pm 8/25-8/29 \$195 CHRC

140419-09 M-F 1-4pm 8/25-8/29 \$195 CHRC



Engineering with LEGO®

Ages 5-11. Let your imagination run wild with over 100,000 pieces of LEGO! In this fun-filled, creative class, kids learn building techniques that help make their ideas a reality with guidance. Instructors demonstrate new projects daily and help students take their creations even further. Participants are encouraged to bring a snack. Instructor Play-well Teknologies. Min 11/Max 24.

Ages 5-6, Construction Vehicles & Machines

140442-01 M-F 9am-12pm 6/23-6/27 \$149 DURAN

Ages 7-11, Engineering Fundamentals

140442-02 M-F 1-4pm 6/23-6/27 \$149 DURAN

Ages 5-6, PRE-Engineering

140442-03 M-F 9am-12pm 7/7-7/11 \$149 DURAN

Ages 7-11, Engineering FUNDamentals

140442-04 M-F 1-4pm 7/7-7/11 \$149 DURAN

Ages 5-6, PRE-Engineering FUNDamentals

140442-05 M-F 9am-12pm 8/4-8/8 \$149 DURAN

Ages 7-11, Construction Vehicles & Machines

140442-06 M-F 1-4pm 8/4-8/8 \$149 DURAN



NATURE & ADVENTURE CAMPS



Full Day Nature Camp

Ages 6-10. Full-day nature themed camp activities will be offered this summer by the Jerome "Buddie" Ford Nature Center. Parents may drop off their children as early as 8:30 a.m. and pick-up by 3:30 p.m. Snacks and field trips are included in the registration fee. For more information, call 703-746-5525. Min 6/Max 12.

Ages 6-7, 1st and 2nd Grade

140463-03 9am-3pm 7/21-7/25 \$265 BFNC

Ages 8-10, 3rd and 4th Grade

140464-03 9am-3pm 8/4-8/8 \$265 BFNC

Tadpole Camp

Ages 3-4. Children will explore the fascinating world of "Animal Friends." Guided by a Naturalist, they will be gently introduced to local wildlife and use natural items for observation and learning. This camp features age-appropriate arts and craft sessions, puppet visitors, storytelling, live animals and more! For more information, call 703-746-5525. Min 6/Max 12.

140460-03 10-11a 6/23-6/27 \$65 BFNC

Budding Naturalist Camp

Ages 5-6. (Children entering K to 1st Grade) Through up-close observations, investigations and explorations, children participating in this camp will discover the fascinating "World of Insects." Insect safaris, theme-related arts and crafts, and exciting activities are featured. Surprise guests will also make an appearance! For more information, call 703-746-5525. Min 6/Max 12.

140461-03 10a-12p 7/7-7/9 \$85 BFNC

4-H Junior Camp

Ages 9-13. Rescue your summer with Alexandria 4-H Junior Camp! This five-day, four-night camp is held at the Northern Virginia 4-H Educational Center in Front Royal, Virginia. Transportation, meals, lodging, T-shirt, and class supplies are all included. This non-stop camp promises great activities, amazing friends, and unforgettable memories. To register, contact Alexandria Cooperative Extension at <http://offices.ext.vt.edu/alexandria> or call 703.746.5546.

Su-Th all day 7/13-7/17 \$305 LEE

NOVA Mountain Biking Camp

Ages 8-13. Northern Virginia has some of the best urban mountain biking trails around! Join the staff of Virginia Outside for daily instruction, trail rides, and lots of fun. Campers will develop beginner and intermediate mountain biking skills including: steering, shifting, hill climbing and descending, log hopping, dodging obstacles, etiquette, maintenance, safety and more. Ride in the morning, have a midday activity with time to cool down, then ride again in the afternoon. Bikes and helmets are provided, but campers are welcome to bring their own. For more information, visit virginiaoutside.com or contact Tee Clarkson at tsclarkson@virginiaoutside.com or 804.272.6362. Times listed are transportation pick-up and drop-off. Min 6/Max 12.

140428-01 M-F 8:30am-3:30pm 8/4-8/8 \$525 CHINQ

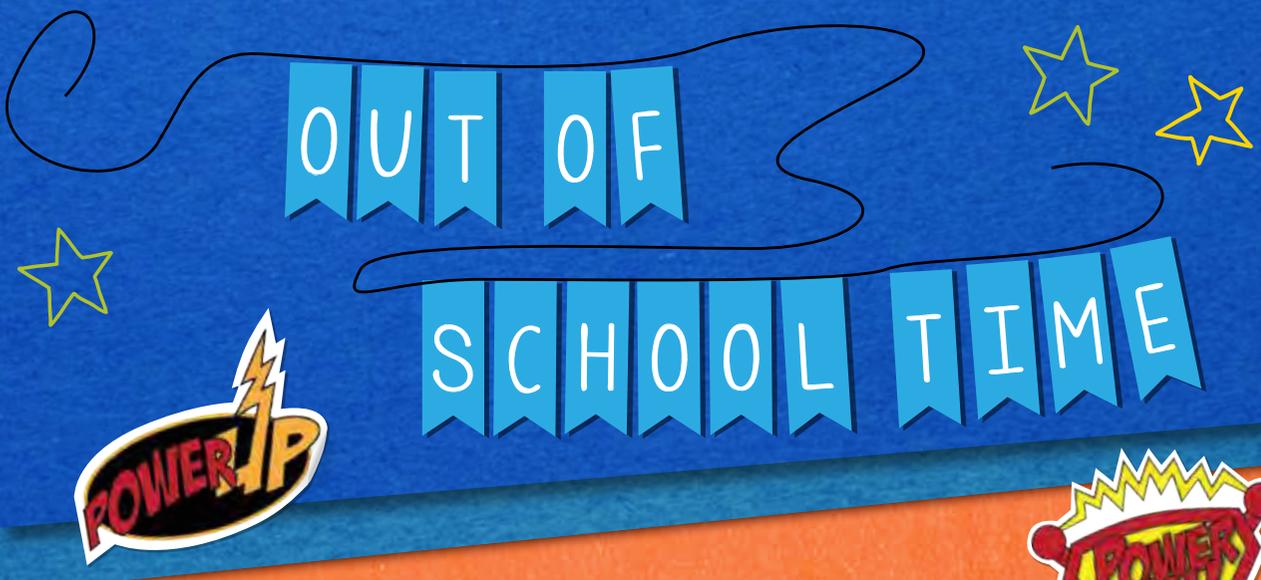
Virginia Fishing Adventure

Ages 8-14. Learn beginner and intermediate tactics for freshwater fishing in nearby private ponds and rivers, as well as the Chesapeake Bay. Counselor-to-camper ratio is 1-to-4 to allow for individual instructional time each day. Safety is our number one priority, so campers wear lifejackets when in the water or on a boat. All bait, tackle, rods, reels, and lifejackets are supplied. No experience is necessary. For detailed weekly activities, visit virginiafishingadventures.com. For more information, contact Tee Clarkson at tsclarkson@virginiafishingadventures.com or 804.272.6362. Times listed are transportation pick-up and drop-off. Campers may earn their fishing merit badge through this program. Min 6/Max 12.

140427-01 M-F 8:30am-4:30pm 7/14-7/18 \$550 CHINQ

140427-02 M-F 8:30am-4:30pm 8/4-8/8 \$550 CHINQ





“Tune In 2 Power-On”

It’s A Bird... It’s A Plane... It’s Summer Fun at Superhero Station “WRPCA 14.0!” Inspired by the popularity of superheroes in American culture and real-life superheroes from our community and around the world, Power-On and Power-Up participants will discover their own superhero powers. Who hasn’t imagined themselves soaring through the air to stop a catastrophe or save someone in distress? We can all be superheroes if we are willing to step up and do the right thing! There will be super-sized opportunities for creative play, games, crafts and trips. Plus, special guests who will show participants how to become everyday superheroes!

Parent information packets are required to complete registration and are available at each recreation center, at the Lee Center or online at alexandriava.gov/Recreation. Register in-person at the Lee Center or participating recreation centers. All participants must be residents of the City of Alexandria. Limited West End bus transportation is available for James K. Polk (previously provided for Ben Brenman) and the Power-Up program.

Summer Food Service Program

The Alexandria Department of Recreation, Parks and Cultural Activities will sponsor the USDA Summer Food Service Program. Free lunches and/or snacks will be provided to youth ages 18 and under, weekdays June 23-August 15. Acceptance and participation in the program is the same for all regardless of race, color, national origin, gender or ability. Meals/snacks will be served at eligible recreation programs and other organizations serving Alexandria youth. For more information, call Recreation Services at 703.746.5575.

Summer Power-On

Ages 6-12 (entering 1st grade in Fall 2014). Discover creative and performing arts, education and recreation activities, fine arts, sports, fitness and health, field trips, family events and much more! Children are encouraged to develop a sense of camaraderie and an understanding of teamwork. No program 7/4. Registration minimums and maximums vary by location.

- 211100-01 M-F 9am-6pm 6/23-8/15 \$100 CHASB
- 221100-01 M-F 9am-6pm 6/23-8/15 \$100 CHRC
- 231100-01 M-F 9am-6pm 6/23-8/15 \$100 CORAK

- 241100-01 M-F 9am-6pm 6/23-8/15 \$100 MTV
- 251100-01 M-F 9am-6pm 6/23-8/15 \$100 NJLEE
- 261100-01 M-F 9am-6pm 6/23-8/15 \$100 PATH
- 271100-01 M-F 9am-6pm 6/23-8/15 \$100 WRAM
- 281100-01 M-F 9am-6pm 6/23-8/15 \$100 JADMS
- 281101-01 M-F 9am-6pm 6/23-8/15 \$100 MACAR
- 281102-01 M-F 9am-6pm 6/23-8/15 \$100 POLK

Summer Power-Up

Ages 11-14 (entering 6th-9th grade in Fall 2014) Designed for young teens who want to spend the summer having fun with friends, Power-Up provides engaging and age-appropriate activities that parents can trust. Programs include sports, crafts, games, projects and trips that provide the kind of summer fun this age group will enjoy. No program 7/4. Min 5/Max 150.

- 281103-01 M-F 9am-6pm 6/23-8/15 \$100 GWS

Summer Before Care

Ages 6-14. Optional Before Care is available at all locations that host Summer Power-On and Summer Power-Up programs for each week of the summer. Visit www.alexandriava.gov/Recreation to register by week. No program 7/4. Min 10/Max 40.

- M-F 7-9am 6/23-6/27 \$40
- M-Th 7-9am 6/30-7/3 \$32
- M-F 7-9am 7/7-7/11 \$40
- M-F 7-9am 7/14-7/18 \$40
- M-F 7-9am 7/21-7/25 \$40
- M-F 7-9am 7/28-8/1 \$40
- M-F 7-9am 8/4-8/8 \$40
- M-F 7-9am 8/11-8/15 \$40

For more information, contact Recreation Services at 703.746.5575 or the hosting location:

- Charles Barrett Recreation Center** 703.746.5551
- Cora Kelly Recreation Center** 703.746.5554
- Nannie J. Lee Recreation Center** 703.746.5550
- Patrick Henry Recreation Center** 703.746.5557
- Charles Houston Recreation Center** 703.746.5552
- Mount Vernon Recreation Center** 703.746.5556
- William Ramsay Recreation Center** 703.746.5558

THERAPEUTIC RECREATION CAMPS



To register for programs, contact Therapeutic Recreation at 703.746.5422. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan and be City of Alexandria residents. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.

Teenie Weenie Toddler Camp

Ages 3-5. Participants engage in outdoor swimming, arts and crafts, storytime, dance and movement, sensory time exploration and special events. Min 6/Max 12.

M-F	8:30am-noon	7/7-7/18	\$75	LEE
M-F	8:30am-noon	7/21-8/1	\$75	LEE

Camp Kaleidoscope

Ages 6-11. Participants engage in outdoor swimming, arts and crafts, games, sports, exercise, cooking, field trips and special events. Before and After Care services are available. Min 6/Max 24. No program 7/4.

M-F	9:30am-4pm	6/23-7/3	\$125	LEE
M-F	9:30am-4pm	7/7-7/18	\$125	LEE
M-F	9:30am-4pm	7/21-8/1	\$125	LEE

Camp Teen Scene

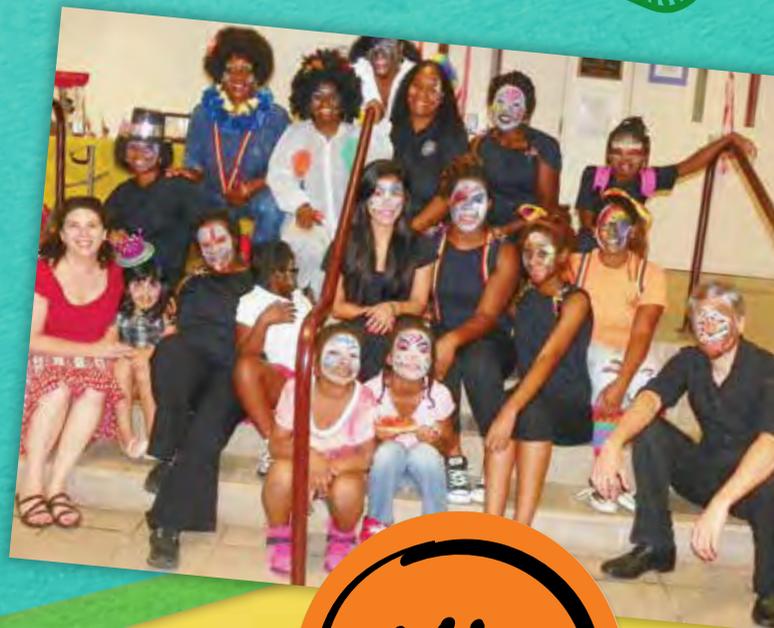
Ages 12-17. Participants engage in outdoor swimming, arts and crafts, games, sports, exercise, cooking, field trips and special events. Before and After Care Services are available. Min 6/Max 24. No program 7/4.

M-F	9:30am-4pm	6/23-7/3	\$125	LEE
M-F	9:30am-4pm	7/7-7/18	\$125	LEE
M-F	9:30am-4pm	7/21-8/1	\$125	LEE

TR Gap Camp

Ages 6-17. Participants engage in recreational and leisure based activities as well as weekly field trips. Before and After Care services are available. Min 6/Max 24.

M-F	9:30am-4pm	8/4-8/8	\$125	LEE
M-F	9:30am-4pm	8/11-8/15	\$125	LEE
M-F	9:30am-4pm	8/18-8/22	\$125	LEE





Therapeutic Recreation



Programs and Services for Individuals with Disabilities

Lee Center 1108 Jefferson St.
703.746.5424
VA Relay 711

The Therapeutic Recreation Program is committed to providing innovative, inclusive, accessible and affordable recreation programs which enhance the health, well-being, and quality of life for individuals with all abilities.

To register for programs, please contact the Therapeutic Recreation office at 703.746.5422. 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.

Volunteer Instructor Program – VIP

We are searching for a few good volunteers that are looking for an exciting and rewarding experience working directly with individuals with special needs and disabilities. The only requirement is to have a willing heart and a desire to get involved and make a difference!

Advisory Council

Therapeutic Recreation Advisory Council meets quarterly on Monday evenings at 5:30pm at the Lee Center. Join us!

Donations

Donations to the Therapeutic Recreation Program provide children with disabilities an opportunity to stay connected and involved in programs. All donations will directly assist families that need financial assistance. If you would like to make a donation, contact the Therapeutic Recreation office at 703.746.5423.

Mainstream After-School Program

Ages 6-14. For youth with behavioral and emotional disabilities that are ready for inclusion in general recreation programming. **Individualized Education Plan (IEP) and Therapeutic Recreation staff approval required for program eligibility.**

Sept. and June.
M-F 3-6 pm \$85/mo. LEE

Little Dippers

Ages 6-11. Swimming, arts and crafts, games, sports, exercise, cooking and field trips! These after-school activities increase physical fitness, independence, social and life skills. Min 6/Max 24. Oct.-May.

M-F 3-6pm \$60/mo. LEE

Kids' Day Out

Ages 6-17. Get out and have fun with your friends on days when schools are closed! Engage in structured recreational activities, special events and field trips. Program is held on scheduled ACPS teacher work days. Before Care and After Care Services are available. Oct.-May.

Sensory Time Exploration Program (STEP)

Ages 6-17. Experience sensory in a new way! Engage in parent-child interaction or physical/occupational therapy in the multi-sensory room. Features include aroma therapy, interactive bubble columns, ladder lights, leaf chair, fiber optic lights and tactile wall. Min 1/Max 20. Call to sign up. Sept-June.

M-F 10am-2pm FREE LEE



Teen Scene

Ages 12-17. After-school activities increase physical fitness, independence, social and life skills, including swimming, arts and crafts, games, sports, exercise, cooking and field trips. Min 6/Max 24. Oct.-May.

M-F 3-6pm \$60/mo. LEE

Adult Social Club

Ages 18 & up. Adults with physical, cognitive and developmental disabilities develop leisure interests, awareness, and life skills through program outings, activities, and special events. Activities are planned as a group by participants. Sept-May. Activity fees additional.

Sa 11am-4pm \$25 LEE

Art Works

Ages 18 & up Let your creative side shine through while using a variety of art mediums and learning new art skills in an environment which also promotes socialization and sharing ideas with peers. Oct-May.

M 3-5:30pm \$20/mo. LEE





Class Questions? Call 703.746.5414 (M-F 9 am-5 pm M-F),
VA Relay 711 or email registerarpca@alexandriava.gov

Registration begins: March 19 (Resident) &
March 21 (Nonresident)

1 HOUSEHOLD INFORMATION - PLEASE PRINT * Required Information. Refund Policy included in registration information on next 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	1/2/59	Water Aerobics	130118-01	4/13/14	\$176

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 refund or transfer if requested. Please allow 3-4 weeks for refund.

Make checks payable to "City of Alexandria" This form is not for Youth Sports activities.

Total Listed Fees

Deduct Account Credits/Discounts -

Nonresident Fee (\$25 each/per activity) +

Donation +

TOTAL (Pay this Amount)

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, 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 _____

FREE 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 free 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

Registration Classes & Camps:

Mail - In or Drop Off:
 Recreation Classes/Lee Center
 1108 Jefferson St.
 Alexandria, VA 22314

Web:

alexandriava.gov/Recreation

Questions?

Call 703.746.5414
 email registerarpca@alexandriava.gov

For Office Use Only:

Check #: _____

Amnt: _____

Date Received: _____ Staff: _____

Registration Information



3 EASY WAYS TO REGISTER!

Registration for Alexandria residents begins **Wednesday, March 19 at 9 am**
Nonresident registration begins **Friday, March 21 at 9 am**



Web

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



Drop Off

Lee Center, 1108 Jefferson St.
Drop off registrations, regardless of the date and time received, will be retrieved for processing on opening day of registration. Drop off registration does not guarantee class/program enrollment.



Mail-In

- Lee Center, 1108 Jefferson St., Alexandria, VA 22314
- Mail completed Registration Form to address above.
- Make checks payable to "City of Alexandria."
- Mail registration takes up to five (5) business days to process.

Accommodations: City of Alexandria programs, services and facilities are available to all citizens regardless of race, color, national origin, sex, age or disability. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals.

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

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

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

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

Drop-off Registrations: Registration forms left in the drop box at the Lee Center require up to five (5) business days for processing.

Fees: All fees must be paid in full and are due at the time of registration. Partial payment does not reserve enrollment. All personalized checks and money orders are payable to the "City of Alexandria." You may use one form and check for family registrations.

Fee Assistance: City residents in need of fee assistance in order to participate in programs should contact the sponsoring program office for information at least two weeks in advance.

Credit Policy:

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

- A full household credit may be requested in writing no later than five (5) days prior to the class/program start date.
- Credits in full will be applied to households if a class/program is cancelled by the Department of Recreation, Parks & Cultural Activities.
- Registrants dissatisfied with a class/program may request a credit before the date of the second class/program start date. Credits will be applied to all remaining unattended dates less a processing fee of \$15 (\$25 for camps).

- Credits only will be issued for \$15 or less.
- Registrants unable to attend a class/program due to illness or injury may request a credit within five (5) days of the last class attended and must include a doctor's note. Credits will be applied to all remaining unattended dates, less a processing fee of \$15 (\$25 for camps).
- Registrants unable to attend a class/program due to relocation of more than 20 miles from the City of Alexandria may request a refund/credit within five (5) days of the last class attended and must include proof of address change. Refunds will be applied to all remaining unattended dates, less a processing fee of \$15 (\$25 for camps).
- Credits are not issued for personal convenience or schedule conflicts.

Nonresident Fee: A fee of \$25 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when class/activity is canceled by the Recreation, Parks & Cultural Activities Department.

Recreation Center ID Policy: Proof of residency is required to register at neighborhood recreation centers. All participants who are 13 years of age or older are required to have a recreation center photo identification (initial ID card provided free of charge) to gain entrance to neighborhood recreation centers. ID cards are good for one year (July to June) and verification of residency is required to renew each year. A \$5 fee will be charged to replace lost ID cards. Acceptable forms of identification to verify City residency include:

1. Current VA driver's license with current utility bill;
2. Current picture ID along with a current lease, City issued document or utility bill; or
3. Current Alexandria School ID (students) and verification of parent's residency. Parents residency may be verified as stated above.

Refund Policy: Refunds will only be processed for classes cancelled by Recreation, Parks & Cultural Activities Department.

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

Scholarship Fund: Support residents who would otherwise not participate due to financial hardship by adding a donation when you register for a program. For more information, call 703.746.4343.

Senior Discount: City residents 55 and older receive a 20% discount automatically with web registration for all classes.

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.



Youth Sports

YOUTH SUMMER SPORTS: see pg.25

Alexandria Little League Baseball

Ages 8-16 as of April 30, 2014. AA, AAA, Majors and Junior Leagues. Register at AlexandriaBaseball.com.

Alexandria Boxing Club

Ages 8-17. Learn basic boxing skills. Mon-Fri, 6-8 pm at the Fred Smith Boxing Center. For information, call 703.746.5552.

Alexandria Lacrosse Club

Boys: Grades 1-8. Girls: Grades 3-8. To register, call 703.461.6198 or visit alexandrialacrosse.com.

Alexandria Soccer Association

Ages 2-19. For information about recreation soccer for boys and girls of all abilities, call 703.684.KICK or visit Alexandria-Soccer.com.

Alexandria Rugby Club

Register for programs for youth and adults at www.alexandriarugby.org.

Miracle League Baseball of Alexandria

Ages 6 & up as of April 30, 2014. Play baseball regardless of ability in this non-competitive environment. A buddy assists each player as much or as little as they require in hitting, fielding and running the bases. In this fun-filled, positive atmosphere, players develop self-esteem while learning new skills, exercising, making friends and turning miracles into reality. \$30 discount for current Alexandria Therapeutic Recreation participants. Registration: 2/1-4/18. Opening Day: April 26 at 1 pm (both age groups).

Ages 6-17	Fr	6:30pm	4/26-6/14	\$60	KCMF
Ages 18+	Sa	1pm	4/26-6/14	\$60	KCMF

Hershey's Track & Field Youth Program

Ages 7-14 as of Dec. 31, 2014. Winners advance through District, Regional, State and National Competitions. Youth can compete in the 50, 100, 200, 400, meter dash, 800 and 1600 meter run, 4 x 100 relay, softball throw and standing long jump. Please Note: 7 & 8 year olds will not advance beyond the City-wide event. Track clubs are formed at neighborhood recreation centers for this program. Registration: 3/15-5/1. Rain date: 5/18.

510304-14	Sa	TBD	5/17	Free	TCWM
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Adult Sports

For team registration information, contact the Sports Office at 703.746.5402 or visit alexandriava.gov/Recreation.

Summer Leagues

Registration Period: April 1 - May 21, 2014
League Play: Mid June - Aug. 2014
Men's Basketball, Men's Soccer, Coed Basketball, Coed Wiffle Ball

Fall Leagues

Registration Period: July 1 - Aug. 22, 2014
League Play: Sept. - Nov. 2014
Coed Soccer, Coed Volleyball, Coed Softball, Men's Softball, Coed Kickball, Coed Flag Football League and Tournament, Coed Volleyball Tournament

Winter Leagues

Registration Period: Oct. 1 - Nov. 30, 2014
League Play: Jan. - March 2015
Coed Volleyball, Men's Basketball, Coed Basketball, Coed Dodgeball, Pre-season Men's Basketball Tournament

Spring Leagues

Registration Period: Feb. 1 - March 20, 2014
League Play: April - July 2015
Coed Soccer, Coed Volleyball, Coed Softball, Men's Softball, Coed Flag Football, Coed Wiffle Ball, Coed Kickball

SENIOR PICKLEBALL: see pg. 37

"Rock Your Park" Open Play

March 17 - June 20, 2014

Witter Recreational Fields and Ben Brenman Soccer Field

Monday - Friday, 8am - 2pm

Eugene Simpson Soccer Fields

Saturday and Sunday, 3 - 7pm

June 30 - Aug. 17, 2014

**Witter Recreational Field #2, Ben Brenman Soccer Field
and Francis Hammond Middle School**

Tuesday and Thursday, 6 - 9pm

Saturday and Sunday, 11am - 5pm

"Rock Your Park" with free community open play days.

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

Visit alexandriava.gov/Recreation for usage guidelines.

SPORTS HOTLINES For weather and field closure updates, call:

YOUTH: 703.746.5597 ADULT MEN'S: 703.746.5596 ADULT COED & WOMEN'S: 703.746.5595



See Program Index on page 54 for more fitness and learning opportunities including:

- Swimming
- Aquatic Exercise for Seniors
- Functional Fitness for Older Adults
- Today's Technology for Boomers
- Mi Ki Do Self Defense
- Senior Body Part Aerobics
- Piano Fun for Adults

Pickleball

What do you get when you combine badminton, tennis, and ping-pong? The ingredients for the sport known as pickleball. A popular and quickly growing sports program for active



adults. Meet new friends, socialize, and attend Pickleball workshops, entertaining one another with weekly challenge games. Nonresidents \$8. Min 12/Max 50.

Th, F	9am-12pm	Free	CHRC
Su (2nd&4th)	3-4:30pm	Free	CHRC
M, Tu	12-2:30pm	Free	NJLEE

Lunch Time Hatha Yoga For Men & Women

Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax.

M	12-1pm	Free	CORAK
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Senior Fellowship Luncheon

Share lunch and listen to a special guest.
2nd Th/mo. 10:30am-1pm Free CORAK

Art Class

Students begin with sketching and progress through the different mediums of the visual arts at their own pace with assistance from professional artists. Max 50.

M	10am-12pm	\$3 ea.	MTV
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Pinochle Club

Participants have the opportunity to learn the games of bridge and pinochle and play socially on a regular basis. Max 20.

M, F	10am-12pm	Free	MTV
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Del Ray Seniors

Weekly meeting to discuss ideas and topics that center on healthy living programs, exercise and fitness, health screenings and recreational and leisure opportunities. Quarterly luncheons, field trips and guest speakers are also part of the social experience. Max 25.

Tu	11am-12pm	varies	MTV
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American Sign Language Club

Participants continue to learn ASL grammar and etiquette. Deaf culture is explored, as well as opportunities to converse with native signers. Max 25.

Th	10:15-11:30am	Free	MTV
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Jewelry Club

Informal work group assists seniors with psychomotor skills by creating assorted jewelry items. Participants provide their own materials. Max 50.

M	1:30-3:30 pm	Free	MTV
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Square Dance

Beginners and experienced dancers are welcome to join the fun! Program led by a professional caller.

W	1-3pm	\$5 ea.	MTV
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Knitting Club

Knitters at various skills levels meet to socialize and knit beautiful scarves, hats, sweaters, and blankets, etc. The program is on-going and participants are responsible for providing their own materials.

Th	10am-2pm	Free	MTV
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Dun Lo Arts

Seniors learn to paint in a group setting. Art exhibits scheduled each May and December. For more information call Rhoda Seligmann at 703.751.7924. Max 50.

Tu	12-2:30pm	Free	NJLEE
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Bridge Club

Know when to hold them.... Know when to fold them. Come play cards with your neighbors and friends in a relaxed and fun atmosphere. Min 4/Max 50.

W	9:30am-2pm	Free	LEE
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Senior Basketball

Stay healthy and have fun while exercising through the game of 3 on 3 half-court basketball. Come learn and sharpen your skills. Other senior players will be available to assist and provide scrimmage opportunities. Bring an indoor women's basketball and a light and dark colored shirt. Come ready to play. Min 3/Max 50.

Th	12:30-2:30pm	Free	NJLEE
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West-End Billiards

Play it up on two slate pool tables with cue sticks provided. All skill levels are welcome.

Th	9am-12pm	Free	WRAM
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Table Tennis Tuesdays

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



Tu	9am-12pm	Free	WRAM
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Strength & Conditioning Club

A self-directed group activity to motivate individuals to continue a personal fitness plan and cardiovascular workout. A Recreation Center ID and Recreation Center Fitness Pass is required (fee). Participants are encouraged to consult their physician prior to participation.

M, W, F	9:30am-12:30pm	Free	WRAM
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PARTNERS



Northern Virginia Senior Olympics

“Living Healthy Longer” The 2014 Olympics will be held September 13-24 at 17 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 750 adults ages 50 to 100 years of age compete in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, scrabble and many more. For 2013 results and information on 2014 events visit the NVSO website, www.nvso.us.

Successful Aging Committee is a collaborate group providing several City-wide activities for older adults of Alexandria. Watch for registration information on 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

A variety of services are available to citizens age 60 and over including transportation, an adult day health care facility, home visits and case management, home delivered meals, health insurance counseling, and volunteer opportunities. For information call 703.746.5999.

The Division of Aging & Adult Services also provides meals and recreation at the following senior centers:

Charles Houston Senior Center
901 Wythe St. · 703.746.5456

St. Martin de Porres Senior Center
4650 Taney Ave. · 703.751.2766

Adult Day Services Center

1108 Jefferson St. · 703.746.5676
The Alexandria Adult Day Services Center is a daytime program for older adults with physical and/or cognitive limitations. The Center offers therapeutic recreation programs and leisure activities for center participants to help increase their physical, mental, emotional and social abilities.

Senior Services of Alexandria

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, Companion Care Assistance, Monthly Senior Speaker Series and the new Friendly Visitor Program. For more information, call 703.836.4414 x10, or visit seniorservicesalex.org.



Event Calendar

Looking for Talent

The Office of Special Events is looking for interested and talented individuals and/or groups to perform at the outdoor/indoor concerts and special events offered during the year. Scheduling for these events begins in January. Please forward your promotional packet with a CD to the Lee Center, c/o Office of Special Events, 1108 Jefferson Street, Alexandria, VA 22314. For more information, call the Events Hotline at 703.746.5592 or the Office of Special Events at 703.746.5418.

Sponsorship Opportunities with City of Alexandria

The aim of the sponsorship program is to provide an enabling environment for the City to generate revenue to offset cost by way of partnerships with the corporate community. Our goal is to remain responsive to the public's needs and values while providing high quality events for the entire community to enjoy. Contact the Office of Special Events at 703.746.5418 to learn more about promotional opportunities and how you can make a difference!



Spring and Summer Concert Schedule

Visit alexandriava.gov/Concert for the full concert schedule and locations. Concerts are cancelled in inclement weather. The performance schedule is subject to change without notice. For additional information call the Events Hotline at 703.746.5592 or Office of Special Events at 703.746.5418.

APRIL

5 Annual Citywide Cheerleading Competition sponsored by City of Alexandria
11am-2pm · T.C. Williams High School, 3330 King Street · Mac Slover: 703.746.5407 or mac.slover@alexandriava.gov

13 30th Annual GW Parkway Classic Race sponsored by Pacers
8am · Oronoco Bay Park, 100 Madison St · Lisa Hundley Reeves: 703.836.1463 or lisa@runpacers.com



26 Alexandria Earth Day sponsored by City of Alexandria alexandriava.gov/earthday
10am-2pm · Ben Brenman Park, 4800 Brenman Park Dr. · Special Events Hotline: 703.746.5592

MAY

1 Days of Remembrance sponsored by City of Alexandria
12-1pm · Market Square, 301 King St. · Special Events Hotline: 703.746.5592

2 Spring For Alexandria Community Service Day sponsored by Alexandria Volunteer Bureau
12:30-4:30pm · various locations 123 N. Alfred St.
Marion Brunken: 703.836.2176 or mbrunken@alexandriavolunteerbureau.org

3 Barrett Bazaar sponsored by Charles Barrett PTA
3-6pm · Charles Barrett Field, 1115 Martha Custis Dr. · Bridget Koury: 703-819-1506 or bridget.koury@comcast.net

Fleedom Arts & Crafts Festival sponsored by Mt. Vernon Community School PTA
7am-6pm · Mt. Vernon Recreation Center, 2701 Commonwealth Ave.
Contact: 240.216.0055 or art@seasonsculinary.net

12 - 13 Jesuit Rugby Classic sponsored by Jesuit Rugby Classic Gonzaga High School
8am-5pm · George Washington Middle School, 1005 Mt. Vernon Ave.
Robert Nealm: 703.684.5755 or rbnealm@nealm.com

17 Tucker Trot 5k sponsored by Samuel Tucker PTA
8:30-10:30am · Cameron Station Linear Parkway & Holmes Run, 5131 Brawner Place
Martha Grutza: 703.933.6300 or martha.grutza@acps.k12.va.us



Soldier-led Tours in Honor of Armed Forces Day sponsored by City of Alexandria
10am-2pm · Fort Ward Museum and Historic Site, 4301 Braddock Rd. · Susan Cumbey: 703.746.4848

Cinema Del Ray sponsored by Del Ray Business Association
Dusk-10pm · Mount Vernon Recreation Center, 2701 Commonwealth Ave. · Carol Bailey: 703.683.3560



Events Calendar

MAY CONTINUED

17 **Alexandria Boating Festival**

sponsored by **Maestro Management, LLC in Partnership with City of Alexandria**

Sat: 9am-8pm, Sun: 9am-5pm · Oronoco Bay Park, 100 Madison St.

Bill Gordon or Amy Boyce: 703.224.1111 or wtgordon3@yahoo.com or amyboyce@yahoo.com

-18

Relay for Life of Alexandria City sponsored by **American Cancer Society**

4pm-7am · George Washington Middle School, 1005 Mount Vernon Ave.

Michelle Daichman: 301.982.2124 or Michelle.Daichman@cancer.org

18 **Mattie Miracle Walk & Family Festival** sponsored by **St. Stephens & St. Agnes School**

12-5pm · St. Stephen's & St. Agnes School, 100 St. Stephen's Rd. · Victoria Sardi-Brown: 202-549-8036

Take 25 Community Event sponsored by **National Center for Missing & Exploited Children**

10am-4pm · Market Square, 301 King St. · Jo'Riese Colon: 703.837.6112

Colin Casey Fun Run sponsored by **St. Mary's School**

7-10am · St. Mary's School, 400 Green St. · Mariah McGuinness: 571.425.0558 or mariahmguinness@gmail.com

St. Mary's Spring Fling sponsored by **St. Mary's School**

10:30am-4pm · St. Mary's School, 400 Green St. · Chris Wright: 703.549.1646 or wrightgc@icloud.com

25 **Alexandria Running Festival** sponsored by **Marathon Charity Cooperation**

6am-1pm · Eisenhower Avenue · Nicholas Panebianco: 301.807.8529 or nick@mc-coop.org

Alexandria Family Festival sponsored by **Marathon Charity Cooperation**

10am-4pm · John Carlyle Park, 300 John Carlyle St. · Nicholas Panebianco: 301.807.8529 or nick@mc-coop.org

26 **37th Annual Memorial Day Jazz Festival** sponsored by **City of Alexandria**

1-6 pm · Waterfront Park, 1A Prince St. · Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation

31 **Alexandria Soccer Festival** sponsored by **Alexandria Soccer Association**

8am-10pm · George Washington School, 1005 Mt.Vernon Ave. · Tommy Park: 703.684.5425 or asasoc1@alexandria-soccer.com

JUNE

7 **Youth Arts and Father's Day Festival** sponsored by **ARHA and City of Alexandria**

12-4pm · George Washington Middle School, 1005 Mt. Vernon Ave.

Roy Priest: 703.549.7115 ext. 230 or rpriest@arha.us

SCAN Croquet Day sponsored by **SCAN of Northern Virginia**

12-3pm · Joseph Hensley Park, 4200 Eisenhower Ave. · Karen Price: 703.820.9001 or kprice@scanva.org

70th D-day Commemoration sponsored by **Alexandria-Caen Sister City Committee**

2-5:30pm · Market Square, 301 King St. · Dean DeGood: 703.459.7717 or dean@doggywalker.com



JUNE CONTINUED

- 14 Old Town Arts & Crafts Fair** sponsored by Alexandria Volunteer Bureau
 1:30-8pm · Market Square, 301 King St. · Marion Brunken: 703.836.2176 or mbrunken@alexandriavolunteerbureau.org
- 19 Cinema Del Ray** sponsored by Del Ray Business Association
 Dusk-10pm · Mount Vernon Recreation Center, 2701 Commonwealth Ave. · Carol Bailey: 703.683.3560
- 21 Alexandria Food and Wine Festival** sponsored by S & B Event Management
 12-5pm · John Carlyle Square Park, 300 John Carlyle St. · Sandrika Berthias: 703.624.0245 or info@sandbevents.com
- 28 Del Ray Music Festival** sponsored by Del Ray Business Association
 12-9pm · Mt. Vernon Recreation Center, 2701 Commonwealth Ave.
 Kate Moran: 703.346.1468 or DelRayMusicFestival.com



JULY

- 12 238th Annual USA/ 265th Alexandria Birthday Celebration**
 sponsored by City of Alexandria Rain Date (for fireworks only July 13)
 7-10pm · Oronoco Bay Park, 100 Madison St. · Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation
- 18 Comcast Outdoor Film Festival** sponsored by City of Alexandria
 8:45pm · Waterfront Park 1-A Strand St. · Special Events Hotline: 703.746.5592 or alexandriava.gov/Recreation
- 19**

AUGUST

- 2 Friendship Firehouse Festival** sponsored by Friendship Veterans Fire Engine Association
 10am-2pm · Friendship Firehouse, 107 S. Alfred St. · Bill Kehoe: 703.751.6416 or kehoe@aol.com
- 9 Irish Festival** sponsored by The Ballyshaner's, Inc.
 12-7pm · Waterfront Park, 1A Prince St. · J.J. Kelly: 703.475.9415 or IrishKnight1@verizon.net
- 16 Cinema Del Ray** sponsored by Del Ray Business Association
 Dusk-10pm · Mount Vernon Recreation Center, 2701 Commonwealth Ave. · Carol Bailey: 703.683.3560
- 31 War of 1812 Commemoration** sponsored by City of Alexandria
 12-5pm · Waterfront Park, 1A Prince St. · Lance Mallamo: 703.746.4554 or lance.mallamo@alexandriava.gov





Durant Arts Center



1605 Cameron St. • 703.746.5560 • durantcenter@alexandriava.gov
Center Hours: M-Th 9 am-10 pm; F 9 am-5 pm; Sa-Su for rental

A multicultural center for the performing and visual arts, Durant Arts Center offers programs in music, dance, theatre, and visual arts for people of all ages and cultural backgrounds. Call for more information about programs and renting space for rehearsals, meetings, and arts-focused classes.

For information about the Office of the Arts, visit alexandriava.gov/Arts, or call 703.746.5588.

City Galleries

City Hall • 301 King St. Mon-Fri, 8 am – 5 pm

Second floor “Intersections of Art and History through July 18, 2014

Collaborating partners are the Art League and the City of Alexandria, in conjunction with the Del Ray Artisans, the Torpedo Factory Artists’ Association, Empowered Women International and Convergence Art Center.

The following City Hall Exhibitions by appointment, 703.745.5588

Market Square Lobby

2013 Living Legends of Alexandria, through March 2014

2014 Living Legends of Alexandria, through March 2015

Mayor’s Office, Room 2331

Art in Jail Program, Mixed Media,
Sheriff’s Office, through January 2015

**City Council Gallery, Room 2204 and City Manager’s Office,
Room 3500**

Chris Haggerty, paintings, through July 1, 2014

Third Floor Gallery Living Legends of Alexandria Retrospective,
through January 2015

Durant Arts • 1605 Cameron St.

Main and Hallway: Durant Gallery

2014 Clay Connection Clay Competition and Exhibition, ceramics
and sculptures, April 10 through May 14, 2014

“Art Uniting People” Celebrating Recovery, Creativity and Mental
Health, mixed media, June through August 2015

This program is collaboration between Alexandria’s Mental Health
HOPE Campaign, the Friends of Alexandria Mental Health Center,
the Office of the Arts, The Partnership for a Healthier Alexandria,
and the Alexandria Community Service Board.

Young at Art show, September 2014 through January 2015

**To submit work for exhibit or for more information,
call the Office of the Arts at 703.346.5588 or email
durantcenter@alexandria.gov.**

April is National Poetry Month

Poem in your Pocket Day April 24

Put a poem in your pocket to share with others; read poetry in one of Alexandria’s neighborhood pocket parks; write poems about nature in anticipation of Earth Day.

The Academy of American Poets has designated April as National Poetry Month to celebrate poetry and its ability to enrich everyday life. To learn more about National Poetry Month and the activities celebrated throughout the country visit Poets.org.

To learn how you can get involved in local poetry activities, e-mail: poet@alexandriava.gov, or call Cheryl Anne Colton, Regional Program Director, Office of the Arts, at 703.746-5565.



Alexandria Poetry Contest Winners



The “DASHing Words in Motion” poetry contest announces the finalists: Wendi Kaplin, Barbara Karn, Pete Raack, Amy Thomas and Amy Young.

Their inspiring poetry can be found on the Alexandria Transit Company’s DASH Buses and Trolleys during April National Poetry Month, and can be found on the Office of the Arts’ website: alexandriava.gov/arts. Tori Lane, Poet Laureate, City of Alexandria wrote a poem “Movement” that can also be found on the website.

The Alexandria Commission for the Arts Celebrates its 30th Anniversary!

In 1984, the Alexandria City Council created the Alexandria Commission for the Arts to lead and advocate for cultural development within the City of Alexandria and surrounding region, to stimulate artistic excellence and make these arts accessible to all Alexandrians. One of the many ways it carries out this mission is through its annual granting program.



Jerome “Buddie” Ford Nature Center



Director: Mark S. Kelly, Naturalist
5750 Sanger Ave.

Facility Hours:

Wed - Sat 10 am - 5 pm

Sun 1 - 5 pm (Apr-Nov)

703.746.5525

Visit Alexandria’s very own Nature Center! At the Nature Center, you can see live animals up close and learn about the cultural and natural history of Dora Kelley Nature Park. The Naturalists on staff are here to help you and your family explore and enjoy Alexandria’s wild side!

The Jerome “Buddie” Ford Nature Center provides year-round programs and exhibits on Alexandria’s human and natural history.

A listing of Weekend Nature Programs, along with our popular “Little Adventures” series, can be found on page 11 of this guide.

Afterschool Buddies Program!

Ages 5-10, 2:30-6pm. An alternative afterschool program where children can stay until parents get off from work. Provides a safe, quiet setting for homework, study, reading, nature walks, and other nature activities, along with juice and snacks. The cost is \$95 per week or save by enrolling at \$325 child/per month. Call the Naturalist staff at the Jerome “Buddie” Ford Nature Center for more information.

Dora Kelley Nature Park

Just outside the Nature Center lies Dora Kelley Nature Park, a 50-acre wildlife sanctuary with a mile-long nature trail that meanders along streams, wooded hills, and freshwater marshland. Naturalist-led tours of the park are available upon request for groups of eight or more (reservations required). A self-guided booklet, available at the Nature Center, interprets the natural features of the park using numbered signposts along the trail. A paved bike trail winds through the park and provides easy access for walkers, bicyclists, and persons with disabilities.

Year-Round Exhibits

- Mary Anne Warner’s beautiful 16’ x 7’ oil mural, “Wildlife of the Dora Kelley Nature Park”
- Mounted black bear, red fox, turkey, and bobcat
- Interpretive exhibits on local geology, prehistory, and history
- Live turtles, snakes, toads, and salamanders
- Aquarium with Eastern snapping turtle native to Holmes Run
- Exhibit on Alexandria’s birds of prey
- Small reference library with children’s section
- Games and activity stations for children
- Greenhouse with tropical rainforest plants

Girl Scouts and Boy Scouts

Bring your troop to earn a badge, patch, bead, challenge, or “try-it” at the nature center. We will provide the learning activities, program materials, and set a time to suit your troop’s schedule (you provide the badge, patch, etc.) \$30 per troop for up to 15 children. (\$2 for each additional child). Call to reserve a program.



School Field Trips

Teachers are encouraged to set up a field trip to the newly expanded Jerome “Buddie” Ford Nature Center this school year, or let one of our Naturalist staff come to your school for an outreach program! Interpretive programs are designed to assist teachers in meeting Virginia’s SOL requirements. Please call 703.746.5525 for more information.

Volunteer Opportunities

A variety of volunteer opportunities are available through the Jerome “Buddie” Ford Nature Center for ages 16 and above. Positions include front desk attendant, park conservation aide, and park watch assistant. Volunteer opportunities for individuals or groups in outdoor conservation and trail maintenance are also available from 9am-noon on Saturdays. Please call 703.746.5525 for more information.

Birthday Parties

The Jerome “Buddie” Ford Nature Center now offers birthday parties for ages 4 to 12. Each 90 minute birthday party features live animals, a nature-oriented activity, and use of a private room. Fee (residents): \$165 for a party of up to 12 children. To secure a party date, prior registration and payment are required. For booking information and forms, please call 703.746.5525.

Facility Rental

The Jerome “Buddie” Ford Nature Center’s activity room is available for use and rental by community groups and organizations. Please call 703.746.5525 for more information.

City Marina

Dockmaster Office 703.838.4265
0 Cameron Street, Alexandria VA 22314
alexandriava.gov/Marina
city.marina@alexandriava.gov

Hours of Operation:

November – March **April – October**
 M – Su: 9:30 am-6 pm M – Su: 9 am-9 pm

Closed some City holidays.

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

Boat Slip Lease Information:

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

Sightseeing Boat Tours

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

Charter Boats

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



Open Space



Four Mile Run Park

Alexandria adopted the Open Space Master Plan in 2003. The plan seeks to protect, enhance and grow the City's open spaces through an established framework of 15 goals. Since its inception, City staff continues to work with the public to achieve these goals. Over 100

acres have been added to the City's public open space since 2003 through acquisition, dedication or public access and conservation easements. Significant achievements include:

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

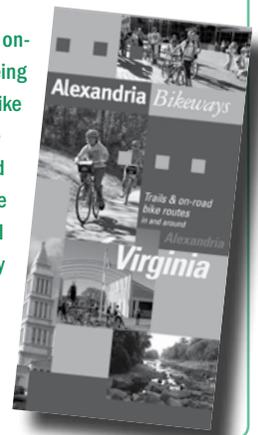
In addition, the City actively pursues outreach opportunities to increase public awareness of open space preservation. Recent and upcoming activities include conservation easement workshops, ongoing participation in civic association meetings, and regular updates in Department publications.

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

City of Alexandria Bikeways Map



As the City continues to add new trails and on-street bikeways, our Bikeways Map is being updated regularly. This edition includes bike parking spots, new access at the Monroe Avenue and Woodrow Wilson bridges and some helpful changes to the regional bike map. To obtain a copy, stop by your local bike shop, the Old Town Transit Shop, City Hall, Recreation Centers or Libraries. The map is free. To find the map on-line, visit alexandriava.gov/Localmotion





Park & Facility Rentals

No matter the occasion, City of Alexandria has a venue to suit your needs. Our 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, beginning March 3, 2014.

To start planning your upcoming event, follow these simple steps:

1) Find a space

Indoors: Page 36 lists the indoor amenities available for rental.

Outdoors: Pages 32-33 indicate which parks have space available for rental.

2) Contact a specialist

Indoors: To reserve, call the location listed on page 36 that you are interested in.

Outdoors: To reserve a field, contact the Sports Office at 703.746.5407.

To reserve a park, see below:

Call 703.746.5403 for 4-hour block Picnic Reservation information regarding*:

- Armistead L. Boothe Park
- Ben Brenamn Park
- Chinquapin Park
- Fort Ward Park
- Joseph Hensley Park

Call Special Events at 703.746.5419 for hourly rate information regarding:

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

* If your event may include any of the following, please contact Special Events at 703.746.5419 for application and permit information:

- more than 100 people in attendance
- use of a moon bounce, amplified sound, propane, a tent, or shuttle services
- open to the public
- items for sale or admission charge

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

Party Packages

Pool Party

1 hr. pool and 2 hr. party room. \$125/10 children ages 5-12, adults free (resident rate). Max 15. Call **Chinquapin Park Recreation Center & Aquatics Facility at 703.746.5553** to reserve.

Nature Friends Party

90-min. party featuring live animals, a nature-oriented activity, and use of a private room. \$165 resident rate. Max 12 children ages 4-12. Call **Jerome "Buddie" Ford Nature Center at 703.746.5525** to reserve.

Soft Play Party

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

Charles Houston Recreation Center \$90 resident rate. Max 16. Call **703.746.5552** to reserve.

Chinquapin Park Recreation Center & Aquatics Facility \$125 resident rate. Max 16. Call **703.746.5553** to reserve.

All rentals require 4 weeks notice, any necessary permitting and receipt of payment to confirm reservation.



Skate Park Schuyler Hamilton Jones Skateboard Park

3540 Wheeler Ave.

Free and open every day, 9 am to dusk.

Come out and grind, ollie, and flip kick at Alexandria's Skate Park. Call 703.746.4343 for additional information. Don't forget your helmets, elbowpads and kneepads!

Garden Plot Registration

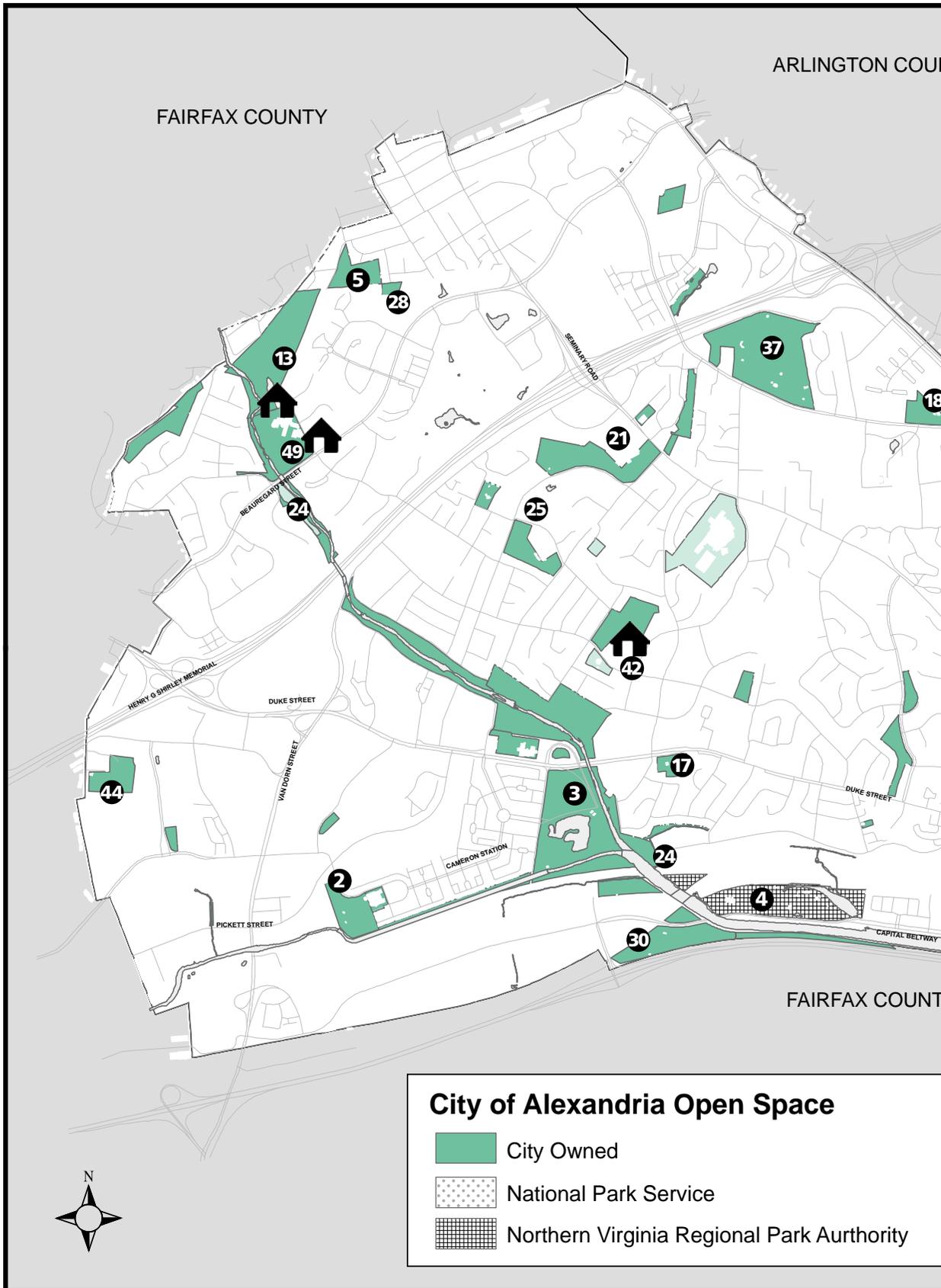
Located at Chinquapin Park, 3210 King St., and on Holmes Run Parkway, garden plots are available for annual rental. For additional information and to inquire about garden plot availability, call 703.746.5484.

Dog Parks

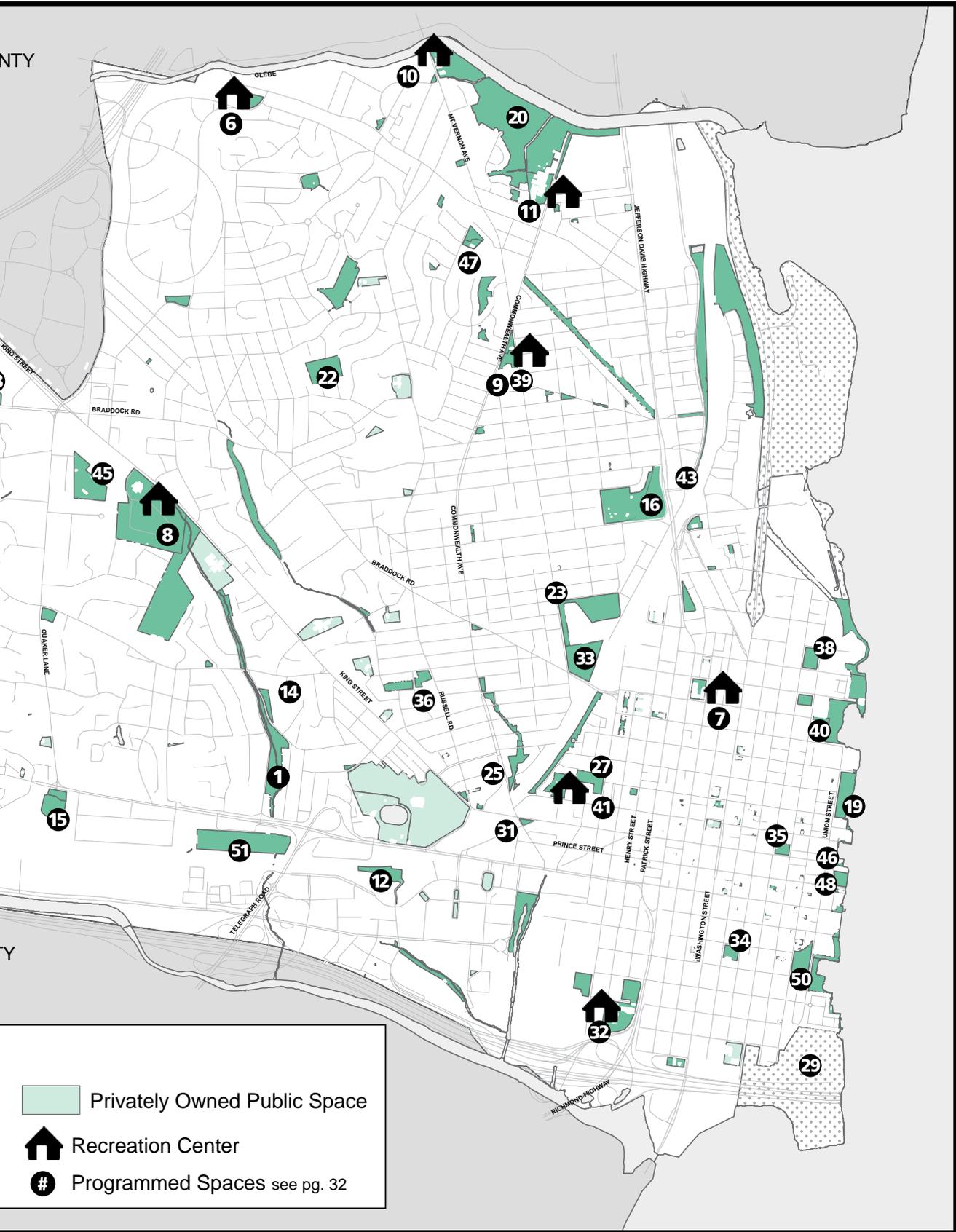
Dog Exercise Areas and Fenced Dog Parks are provided for the convenience and enjoyment of City residents. Off-leash Dog Areas are an important part of the City's park system. They provide designated areas for dogs and their owners to exercise and recreate without disrupting other uses of the parks. Please enjoy these designated areas and respect the leash laws when using other park areas. **For Fenced and Unfenced Dog Exercise locations, see pages 32-33.** Please visit alexandriava.gov/Dogs for directions to dog parks. To receive the Dog Park brochure, call 703.746.4343.



Facilities & Parks



Facilities & Parks





Programmed Facilities & Parks

1	Angel Park 201 West Taylor Run Parkway	   
2	Armistead L. Boothe Park 520 Cameron Station Blvd.	       
3	Ben Brenman Park 4800 Brenman Park Dr.	           
4	Cameron Run Regional Park/Lake Cook 3699 Eisenhower Ave.	     
5	Chambliss Park 2505 N. Chambliss St.	     
6	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	     
7	Charles Houston Recreation Center 901 Wythe St. <i>Pool Seasonal</i>	    
8	Chinquapin Park Recreation Center & Aquatics Facility / Forest Park 3210 King St.	           
9	Colasanto Center 2704 Mt. Vernon Ave.	  
10	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	  
11	Cora Kelly School & Recreation Center 25 W. Reed Ave.	    
12	Dog Park at Carlyle 450 Andrews Ln.	
13	Dora Kelley Nature Park 5750 Sanger Ave. Jerome "Buddie" Ford Nature Center	    
14	Douglas MacArthur School 1101 Janney's Ln.	    
15	Eugene Luckett Field 3540 Wheeler Ave. Schuyler Hamilton Jones Skateboard Park	   
16	Eugene Simpson Stadium Park 426 E. Monroe Ave.	        
17	Ewald Park 4452 & 4500 Duke St.	    
18	Fort Ward Park 4301 W. Braddock Rd.	        
19	Founders Park 351 N. Union St.	    
20	Four Mile Run Park 3700 Commonwealth Ave.	         
21	Francis C. Hammond Middle School 4646 Seminary Rd.	   
22	George Mason Elementary School 2601 Cameron Mills Rd.	       
23	George Washington School and Park 1005 Mt. Vernon Ave.	     
24	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	     
25	Hooff's Run Park and Greenway 18 A E. Linden St.	    
26	James K. Polk School 5000 Polk Ave.	    
27	Jefferson Houston Elementary School 1501 Cameron St. <i>Under Construction</i>	   
28	John Adams Elementary School & Recreation Center 5651 Rayburn Ave.	     

Visit alexandriava.gov/12822 for a comprehensive list of City of Alexandria parks and amenities.

Programmed Facilities & Parks



29	Jones Point Park (National Park Service) 100 Jones Point Dr.	
30	Joseph Hensley Park 4200 Eisenhower Ave.	
31	King Street Gardens Park 1806 King St.	
32	Lee Center & Nannie J. Lee Recreation Center 1108 Jefferson St.	
33	Lenny Harris Memorial Fields at Braddock Park 1005 Mt. Vernon Ave.	
34	Lyles Crouch Elementary School 530 S. Saint Asaph St.	
35	Market Square 301 King St.	
36	Maury School 600 Russell Rd.	
37	Minnie Howard Field & School 3701 W. Braddock Rd.	
38	Montgomery Park 901 N. Royal St.	
39	Mt. Vernon Elementary School & Recreation Center 2701 Commonwealth Ave.	
40	Oronoco Bay Park 100 Madison St.	
41	Oswald Durant Arts Center 1605 Cameron St. Old Town Pool Seasonal 1609 Cameron St.	
42	Patrick Henry Elementary School & Recreation Center 4643 Taney Ave.	
43	Potomac Yard Park 2051 Potomac Ave.	
44	Stevenson Park 300 Stultz Rd.	
45	T.C. Williams High School 3330 King St.	
46	Torpedo Factory, City Marina , 105 N. Union St. 0 Cameron St.	
47	Warwick Pool Seasonal 3301 Landover St.	
48	Waterfront Park 1A Prince St.	
49	William Ramsay Elementary School & Recreation Center 5700 & 5650 Sanger Ave.	
50	Windmill Hill Park 501 S. Union St.	
51	Witter Recreational Fields 2700 Witter Dr.	

LEGEND

Basketball	Fenced Dog Area	Playing Fields	Unfenced Dog Area*
Benches	Parking	Running Track	Volleyball
Center	Performance Space	Skateboard area	Walking Trail
Community Garden	Picnic Area	Swimming	Waterfront
Farmer's Market Location	Playground	Tennis Courts	Available for rental

*Unfenced sites are marked with bollards



Youth Fun Finder

2 Simple Steps to Finding Fun!

- 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.

Ages 0-17 # - C

	PAGE #	age in years																
		1 & under	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
3D Game Design	8									●	●	●	●	●				
4-H Junior Camp	30									●	●	●	●					
Abrakadoodle Doodlers	10					●	●	●	●	●	●	●						
Abrakadoodle Mini Doodlers	10		●	●	●	●												
Abrakadoodle Twoosy Doodlers*	10	●	●															
Acrobatics I	5				●	●	●											
Acrobatics II	5				●	●	●	●	●	●								
Acrobatics III	6							●	●	●	●	●						
Advanced Beginner Swimming	13														●	●	●	●
Alex Fun Day Camp	22					●	●	●	●	●	●	●						
Alex Fun Gap Camp	22					●	●	●	●	●	●	●	●	●	●	●		
Alex Fun After Care	22					●	●	●	●	●	●	●	●	●	●	●	●	●
Alex Fun Before Care	22					●	●	●	●	●	●	●	●	●	●	●	●	●
Alex Fun Sports Camp	23					●	●	●	●	●	●	●						
Alexandria Aces Baseball Camp	24							●	●	●	●	●	●	●	●			
Alexandria Baseball	24				●	●	●	●	●	●	●	●						
Alexandria Titans Track & Field Club	25					●	●	●	●	●	●	●	●					
Alexandria Titans Tackle Football	25					●	●	●	●	●	●	●	●	●	●	●		
Art Camps	26		●	●	●	●	●	●	●	●	●	●						
Art in Hand® Preschoolers*	10	●	●	●	●													
Art in Hand® Tots*	10	●	●															
Babysitting Training	12										●	●	●	●	●			
Ballet I - III	9					●	●	●	●	●	●							
Ballet with Tiny Dancers	9				●	●	●											
Basic Tumbling	5				●	●	●											
Basketball League	25											●	●	●	●	●	●	●
Basketball Tournament	6											●	●	●	●			
Beginner Swimming	13														●	●	●	●
Boxing Club	36							●	●	●	●	●	●	●	●	●	●	●
Budding Naturalist	30				●	●												
Career Paths	12													●	●	●	●	●
Challenger Sports MiniKickers	7	●	●	●	●	●	●	●										
Challenger Sports British Soccer Camps	24	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

*Requires guardian and child participation

Ages 0-17 C - J

	PAGE #	age in years																
		1 & under	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Cheerleading and Tumble Camp	23									●	●	●	●	●	●	●		
Civil Air Patrol	12														●	●	●	●
Computer Technology for Creative Teens	29														●	●	●	●
Counselor in Training	22														●	●	●	●
Dance Camps	26			●	●	●												
Day Trip to Ocean City	12																●	●
Face Paint & Balloon Art	10														●	●	●	●
Engineering with LEGO	29																	
Excite Soccer Camp	24			●	●	●	●	●	●	●	●	●						
Excite Soccer	6			●	●	●	●	●	●									
Family Board Game Night	19	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Family Craft Night	19	●	●	●	●	●	●	●	●	●	●	●	●					
Fencing for Adults	17																●	●
Fencing for Youth	6														●	●	●	●
Folk Songs & Fun	11			●	●	●												
Full Day Nature Camp	30														●	●	●	●
Fun With Nature	11			●	●	●	●	●	●	●	●	●						
Future Stars Tennis	6														●	●	●	●
Girls Field Hockey	25														●	●	●	●
Hershey's Track & Field Program	36														●	●	●	●
Hoop Life Basketball Camp	23			●	●	●	●	●	●	●	●	●	●	●	●	●		
Intro to Historical Swordsmanship	17														●	●	●	●
Intro to Minecraft Modding	8														●	●	●	●
Intro to Olympic Sport Fencing	17														●	●	●	●
Intro to Skateboarding	23														●	●	●	●
Instructional Baseball League	25														●	●		
Jr. Video Game Design	8														●	●	●	●
Jump Shots for Kids	6														●	●	●	●
Jump Shots for Tots	6			●	●	●	●											
Just for Kids Girls Lacrosse	7														●	●	●	
Just for Kids Soccer	7	●	●	●														
Just for Kids Soccer Scrimmage	7	●	●	●														

2 Simple Steps to Finding Fun!

- 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.

Ages 0-17 K - S

	PAGE #	age in years																
		1 & under	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Just for Kids Sports & Movement	7	●	●	●														
Kings Dominion Trip	12												●	●	●	●	●	●
Kitchen Club	10				●	●	●	●	●	●	●	●	●					
Lacrosse Camp	23						●	●	●	●	●	●						
Lacrosse Club	36					●	●	●	●	●	●	●	●	●	●			
Learn to Swim	3	●	●	●	●	●	●	●	●	●	●	●	●					
Let's Shine Story Time	10	●	●	●														
Lifeguard Training	13															●	●	●
Lil' Gymmies	10	●	●	●	●													
Lil' Titans Flag Football	25				●	●												
Little Hands Music	11	●	●	●	●	●												
Little League Baseball	36						●	●	●	●	●	●	●	●	●	●	●	●
Mi Ki Do Ruff & Tumble	8		●	●	●													
Minecraft Modding Camp	28					●	●	●	●	●	●	●	●	●				
Minecraft Modding & Game Programming	8								●	●	●	●	●					
Miracle League Baseball	36					●	●	●	●	●	●	●	●	●	●	●	●	●
Mom/Dad & Me Tumbling*	5	●	●	●														
Mother Daughter Tea*	19				●	●	●	●	●	●	●	●	●					
Music Together*	11	●	●	●	●	●												
National Junior Tennis	25						●	●	●	●	●	●	●	●	●	●	●	●
NOVA Mountain Biking Camp	30					●	●	●	●	●	●	●						
Open Mic Friday	19	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pamper Your Princess	12				●	●	●	●	●	●								
Piano Fun for Kids	11				●	●	●	●	●									
Power-On Out of School Time	20				●	●	●	●	●	●	●	●						
Power-Up Out of School Time	20										●	●	●					
Pre-Ballet & Movement I-II	9		●	●	●													
Rugby Club	36						●	●	●	●	●	●	●	●	●	●	●	●
Royal Blue Diamonds All Girls Group	12											●	●	●	●			
School's Out Pool Party	12												●	●	●	●		
Silk & Soul Hand Dance	17											●	●	●	●	●	●	●
Silver Knights Chess	29				●	●	●	●	●	●	●	●	●					

Ages 0-17 S - Z

	PAGE #	age in years																
		1 & under	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Soccer Association	36	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Soccer Pros Soccer	24				●	●	●	●	●	●	●	●						
Soccer Tots	6		●	●	●													
Soft Time Players*	10	●	●	●	●	●												
Spring Eggstravaganza	12	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Spring Fitness	6												●	●	●	●	●	●
Stop Motion Animation	28											●	●	●	●			
Summer Power-On	31											●	●	●	●	●	●	●
Summer Before Care	31											●	●	●	●	●	●	●
Summer Power-Up	31												●	●	●	●		
Swim Team Fundamentals	5												●	●	●	●	●	●
Tadpole Camp	30		●	●														
Tae Kwon Do	8												●	●	●	●	●	●
Teen Leadership	12															●	●	●
Tennis Camp	23												●	●	●	●	●	●
Tennis for Beginners	6												●	●				
The Great Swap	19	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Therapeutic Recreation	33												●	●	●	●	●	●
Therapeutic Recreation Camps	32												●	●	●	●	●	●
Tiny Dancers	9		●	●	●													
Tiny Tots Tennis	6			●	●													
Tiny Tots Tennis Camp	23			●	●													
Tots Soccer Pros	6	●	●	●	●													
Tumbling I	5												●	●	●	●		
Tumbling II	5												●	●	●	●	●	●
UK Elite Petite Soccer	7			●	●	●												
UK Elite Sports Week	24												●	●	●	●	●	●
UK Petite Parent & Child Soccer*	7	●	●															
Urban-Soul Line Dance Intermediate	17															●	●	●
VA Fishing Adventure	30														●	●	●	●
Video Game Design	28														●	●	●	●
White Water Rafting	13															●	●	●
Wiggletoes by Tiny Dancers*	9	●	●															
Writing Code for Beginners	29															●	●	●
Youth Prom	12												●	●	●	●	●	●
Youth Swim Team	25														●	●	●	●

*Requires guardian and child participation



Adult Fun Finder

2 Simple Steps to Finding Fun!

- 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.

Ages 18+ A - F	PAGE #	18-55		55 +
		●	●	
Advanced Beginner Swimming	13	●	●	
Aerobic Dancing by Jacki Sorensen	15	●		
American Sign Language Club	37	●	●	
AM Aqua Aerobics	13	●	●	
Aquatics Exercise for Seniors	13			●
Art Class	37			●
Ballroom Dance I-II	17	●	●	
Beginner Guitar	18	●		
Beginner Swimming	13	●	●	
Body Back	16	●		
Boxercise	15	●	●	
Bridge Club	37			●
Candice's Land Exercise for Seniors	14	●	●	
Canine Good Citizen	18	●		
Cardio N Tone	15	●		
Coed Pick-up Dodgeball	17	●	●	
Coed Pick-up Ultimate Frisbee	17	●	●	
Deep Water Aqua Aerobics	14	●		
Del Ray Seniors	37	●	●	
Dun Lo Arts	37			●
Family Board Game Night	19	●	●	
Family Craft Night	19	●	●	
Family Dog	18	●		

Ages 18+ F - P	PAGE #	18-55		55 +
		●	●	
Fencing for Adults	17	●	●	
Functional Fitness for Older Adults	15			●
Get in Deep with Candice	13	●		
Gladiator Fitness Boot Camp	16	●		
Good Dog Manners Refresher	18	●	●	
Great Swap	19	●	●	
Intermediate Guitar	18	●	●	
Intro to Historical Swordsmanship	17	●		
Intro to Olympic Sport Fencing	17	●		
Jazzercise	14	●		
Jewelry Club	37			●
Knitting Club	37			●
Lifeguard Training	13	●	●	
Lunch Time Hatha Yoga	37	●		
Mi Ki Do Self Defense	16	●	●	
Miracle League Baseball	36	●	●	
Mother Daughter Tea	19	●	●	
Not Your Mother's Aqua Aerobics	14	●		
Open Mic Friday	19	●	●	
Photo Scavenger Hunt	19	●	●	
Piano Fun for Adults	18	●		
Pickleball	37			●
Pinochle Club	37	●	●	

Ages 18+ P - Z	PAGE #	18-55		55 +
		●	●	
Power Pilates Plus	15	●		
Pullers Anonymous	18	●	●	
Run the World Fashion Show	19	●	●	
Senior Basketball	37	●	●	
Senior Body Part Aerobics	15			●
Senior Fellowship Luncheon	37			●
Sergeant's Program	16	●		
Silk & Soul Hand Dance	17	●	●	
Square Dance	37			●
Strength & Conditioning Club	37			●
Stroller Strides	15	●		
Table Tennis Tuesdays	37			●
Tennis Beginners	17	●	●	
Therapeutic Recreation	33	●		
Today's Technology for Boomers	18			●
To Yoga!	15	●		
Urban-Soul Line Dance Intermediate	17	●	●	
Walk & Fit Circuit Training	15	●	●	
Water Walking	14	●		
Wedding Dances	17	●		
West-End Billiards	37	●	●	
Women's Self Defense	15	●		
Yoga in the Morning	14	●		
Women's Self Defense	15	●		
Yoga in the Morning	14	●		

PLEASE NOTE: New Account Set-up Required

To improve customer service, the Department of Recreation, Parks and Cultural Activities will be updating its registration management system. Our goal is to implement this update in July 2014. The transition to the updated software system will require all customers to **SET-UP** new customer

accounts, including address, phone number, family members and more. Please look for more information on this project at alexandriava.gov/Recreation, via social media communications, or by calling 703.746.5427.

Recreation Center Amenities



○ On-site

● Available for Rental

Rental hours may exceed regular hours. Operating hours may change. Contact center for details.

Please call each center for holiday hours.

	Arts & Crafts Room	Boxing Ring	Computer Lab	Dance Studio	Game Room	Gymnasium	Kitchen	Meeting Rooms	Multi-Purpose Room	Performance	Swimming Pool	Pre-School/Soft Play	Racquetball Court	Weight/Fitness Room	Exhibit Space
 <p>Charles Barrett Recreation Center 1115 Martha Custis Dr., 22305 • 703.746.5551 Sept-June – Mon-Fri: 2-9 pm July-Aug – Mon-Fri: 9 am-6 pm</p>	○				○	●	○	●	●						
 <p>Charles Houston Recreation Center 901 Wythe St., 22314 • 703.746.5552 Mon-Fri: 9 am-9 pm Sat: 9 am-6 pm; Sun: 1-5 pm Teens 9-11 pm Fri & 6-11 pm Sat</p>	○	○	○	●	○	●	○	●	●		●	●		○	
 <p>Chinquapin Park Recreation Center & Aquatics Facility 3210 King St., 22314 • 703.746.5553 Mon-Thurs: 6 am-9 pm; Fri: 6 am-6 pm Sat-Sun: 8 am-6 pm</p>								●	●		●	●	●	○	
 <p>Cora Kelly Recreation Center 25 West Reed Ave., 22305 • 703.746.5554 Mon-Fri: 9 am-9 pm Sat: 9 am-6 pm</p>	○			●	○	●	○	●	●			○	●	○	
 <p>Durant Arts Center 1605 Cameron St., 22314 • 703.746.5560 durantcenter@alexandriava.gov Mon-Thurs: 9 am-10 pm; Fri: 9 am-5 pm</p>	●						●	●	●	●					○
 <p>Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 • 703.746.5525 Wed-Sat: 10 am-5 pm; April-Nov – Sun: 1-5 pm</p>									●						○
 <p>Mount Vernon Recreation Center 2701 Commonwealth Ave., 22301 • 703.746.5556 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm</p>	○		○	●	○	●		●	●	●					
 <p>Nannie J. Lee Recreation Center & Lee Center 1108 Jefferson St., 22314 • 703.746.5550 Oct.-Mar. – Mon-Fri: 12 pm-9 pm; Sat: 9 am-6 pm Apr.-Sept. – Mon-Fri: 9 am-6 pm</p>	○			●	○	●	○	●	●	●				○	○
 <p>Patrick Henry Recreation Center 4643 Taney Ave., 22304 • 703.746.5557 Sept-June – Mon-Fri: 2 pm-9 pm July-Aug – Mon-Fri: 9 am-6 pm</p>	○				○	●	○	●						○	
 <p>William Ramsay Recreation Center 5650 Sanger Ave., 22311 • 703.746.5558 Mon-Fri: 9 am-9 pm; Sat: 9 am-6 pm; Sun: 1-5 pm Teens – Fri: 9-11 pm; Sat: 6-11 pm</p>	○		○	●	○	●	○	●	●					○	



**ALEXANDRIA DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES**
1108 Jefferson Street
Alexandria, VA 22314-3999

5th annual
**youth
 arts**
 and Father's Day
Festival
 of alexandria

Saturday, June 7, Noon-4pm

George Washington Middle School (Braddock Road Field)

1005 Mount Vernon Ave., Alexandria, VA 22301 • For information, 703.549.7115, ext. 230



Northern Virginia
Urban League