FALL 2019 PROGRAM GUIDE

Alexandria
DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

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Aquatics pg. 2
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Special Events pg. 28

Registration Begins Wednesday, August 14
Calling all Photographers!

Share your best original photos taken at any City of Alexandria Department of Recreation, Parks and Cultural Activities park, center, program or event that represent the Department’s mission to “enrich the City of Alexandria by creating meaningful experiences through public space, cultural activities, and programming.”

All photos have the possibility of being used in publications and promotions, and great prizes are up for grabs for the winning photos!

2019 RPCA PHOTO CONTEST
Submission Dates: Sept. 13–Oct. 15
Public Voting: Nov. 1–15
Winners Announced: Dec. 2

Visit alexandriava.gov/Recreation to submit a photo, vote, see winners, or for additional information.
ON THE COVER: Eleven-year-old Victoria Patrick drives to the basket in the Winter Basketball League (pg. 12) in this 2018 RPCA photo contest submission. Photo Credit: Anna Jaeger Photography.
ALEXANDRIA SWIM ACADEMY

NEW!

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

Swimming lessons are tailored by age, skill level, and the needs of each student so that they can progress at a comfortable pace. Although some students advance more quickly or slowly, our certified Water Safety Instructors ensure that everyone receives the instruction they need.

Lessons are designed to build skills one step at a time. By giving students the opportunity to master one element before moving on to the next, Alexandria Swim Academy lessons make it easy to have fun and build confidence in the water.

Visit alexandriava.gov/Aquatics for an FAQ about the changes to swim lesson programs based on your feedback.

Swim lesson curriculums are outlined by swim skill levels. Look for these levels in the lesson descriptions.

• Parent and Child Aquatics: Students and their parents will receive orientation to the water and techniques to prepare students for independent lessons.
• Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
• Level 2: Fundamentals of Aquatic Skills: Students will learn basic swimming skills.
• Level 3: Stroke Development: Additional guided practice will help students improve their skills.
• Level 4: Stroke Improvement: Students will gain confidence, improve their stroke and gain additional aquatic skills.
• Level 5: Stroke Refinement: Guidance allows students to refine their strokes and become more efficient swimmers.
• Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances.

Water Explorers +ADULT

Ages 6 mos.-4 yrs. with adult. You and your little swimmer will progress through Parent and Child Aquatics Level 1 and 2 skills in a group setting. Instructor to student ratio 1:2. Min 4/Max 12. No class 10/14, 10/21.

Ages 6-23 mos.

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FINS Level 2

Ages 3-12. Focused Instruction for New Swimmers builds on Level 1 skills in a small group learning environment with a focus on Level 2 swim skills. Instructor to student ratio 1:3. Min 2/Max 3. No class 10/14, 10/21, 10/31.

Ages 3-5

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Ages 6-12

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Alex Swim Level 4
Ages 6-12. Your swimmer will continue to gain confidence and refine strokes in this Level 4 group lesson. Instructor to student ratio 1:6. Min 4/Max 12.
234244-01 Su 12:30-1:30pm 9/29-11/17 8 $109 CQRC

Alex Swim Level 5
234245-01 Th 4:50-5:20pm 9/26-11/14 7 $99 CQRC

Alex Swim Level 6
Ages 6-12. As your swimmer continues to swim longer distances with greater efficiency, they will also be introduced to aquatic sports that will build upon their skills in this Level 6 group lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/31.
234246-01 Th 5:25-6:10pm 9/26-11/14 7 $99 CQRC

Homeschooler Beginner Swim
Ages 6-17. Swimming is a great way for school-age youth to fulfill their homeschool physical education requirements. Your swimmer will learn Level 1 and 2 swim skills in a group lesson, plus enjoy free swim after the lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14, 10/21.
234214-01 W 10:30-11:30am 9/25-11/13 8 $155 CQRC

Homeschooler Advanced Swim
Ages 6-17. Swimming is a great way for school-age youth to fulfill their homeschool physical education requirements. Students will learn Level 3 and 4 swim skills in a group lesson, plus enjoy free swim after the lesson. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14, 10/21.
234215-01 F 1:30-2:30pm 9/27-11/15 8 $155 CQRC

Teen Swim Team Prep
Ages 13-17. Is your teenage swimmer interested in joining their high school swim team? This lesson will help them increase their stamina and stroke mechanics in preparation for a successful swim team season. Instructor to student ratio 1:6. Min 4/Max 6.
234213-01 Tu,Th 4-4:45pm 9/24-10/17 8 $155 CQRC

Adult Beginner Swim
Ages 13 & up. You will learn Level 1 and 2 swim skills in this group lesson designed to meet the needs of adult learners. Instructor to student ratio 1:6. Min 3/Max 6. No class 10/14.
234230-01 M,W 5:45-6:30pm 9/23-10/16 7 $139 CQRC
234230-02 M,W 6:35-7:20pm 9/23-10/16 7 $139 CQRC
234230-03 M,W 5:45-6:30pm 10/21-11/13 8 $159 CQRC
234230-04 M,W 6:35-7:20pm 10/21-11/13 8 $159 CQRC

Adult Advanced Swim
Ages 13 & up. Improve your stroke by learning Level 3 and 4 swim skills in this group lesson designed to meet the needs of adult learners. Instructor to student ratio 1:6. Min 4/Max 6.
234231-01 Su 12:30-1pm 9/29-11/17 8 $109 CQRC

Adult Swim Clinic
Ages 13 & up. Clinics are a quick and fun way to focus on specialized Level 4-6 swim skills, and prepare students for lap swim, masters swim, or triathlons. Nonresidents $20. Instructor to student ratio 1:6. Min 4/Max 6.
Freestyle Mechanics
234233-01 Su 8:15-9:15am 12/8 1 $15 CQRC
Flips and Turns
234233-02 Su 8:15-9:15am 12/15 1 $15 CQRC

ALEXANDRIA ADAPTIVE SWIM ACADEMY

Dippers Adaptive Swim Level 1
Ages 6-17. You or your swimmer will learn to build comfort and acclimation to the water with adapted instruction in Level 1 swim skills. Parent participation may be required. Instructor to student ratio 1:3. Min 2/Max 3.
233001-01 Tu 5:00-5:30pm 9/24-10/29 6 $125 CQRC

Dippers Adaptive Swim Level 2
Ages 6 & up. You or your swimmer will begin to work on independence and movement in the water with adapted instruction in Level 2 swim skills. Instructor to student ratio 1:3. Min 2/Max 3.
233002-01 Tu 5:40-6:10pm 9/24-10/29 6 $125 CQRC

Dippers Adaptive Swim Team Prep
Ages 6 & up. If you or your swimmer are considering participating in the Special Olympics, this adapted competitive swimming lesson covering swim Levels 4-6 will help you prepare for success. Instructor to student ratio 1:3. Min 2/Max 3.
234220-01 F 5-5:30pm 9/27-10/25 5 $99 CQRC

City of Alexandria is a proud member of the USA Swimming Foundation’s Make A Splash water safety initiative to teach every child to learn to swim and convey the importance of water safety.
AQUA AEROBICS

Water Walking DROP-IN
Ages 18 & up. Let the water help you work! This non-weight bearing class will build, tone, and strengthen muscles and joints, while conditioning. Warm up, stretch, workout, and cool down to popular songs of the past and present. Min 6/Max 20. No class 11/28.
233100-01 Tu, Th 10:45-11:45am 10/1-12/12 21 $169 CQRC

Aquatic Dance Exercise DROP-IN
Ages 18 & up. Do traditional exercises leave you bruised, battered, or just bored? Get fit in a fun, safe, and comfortable environment. Moving in chest deep water, the resistance will challenge you during a cardio routine, upper body toning, and core conditioning, set to music. Swimming ability not required. Instructor Cindy Marisch. Min 9/Max 25. No class 11/28.
233101-01 Tu, Th 6:30-7:30pm 10/1-12/12 21 $229 CQRC
233101-02 Tu, Th 7:30-8:30pm 10/1-12/12 21 $229 CQRC

AM Aqua Aerobics DROP-IN
Ages 18 & up. A great workout at your own pace! Designed to use water as the mode for resistance and training, all fitness levels and age groups are welcome, including deconditioned and new exercisers. Swimming ability not required. Instructor For Every Body Fitness. Min 10/Max 25. No class 10/14, 11/27, 11/29.
233102-01 M, W 9-10am 9/30-12/11 20 $255 CQRC
233102-02 F 9-10am 10/4-12/13 10 $129 CQRC

Deep Water Aqua Aerobics DROP-IN
Ages 18 & up. Cross-training in the water! Basic boxing, kick, resistance and interval trainings strengthen the upper and lower body and abdominals while improving flexibility and cardiovascular health. Flotation and resistance equipment provided. Instructor For Every Body Fitness. Min 10/Max 25. No class 10/14, 11/27.
233103-01 W 6:30-7:30pm 10/2-12/11 10 $129 CQRC
233103-02 W 7:30-8:30pm 10/2-12/11 10 $129 CQRC

Get in Deep with Candice DROP-IN
Ages 18 & up. Experience an invigorating deep water workout in the diving well. This non-impact workout challenges all fitness levels. Incorporate cardiovascular work with resistance training, while using circuits, intervals and basic steady-paced work. Swimming ability not required. Floation equipment provided. Instructor Candice Kaup. Min 15/Max 25. No class 10/14.
233104-01 M 6:30-7:15pm 9/30-12/9 10 $115 CQRC

Aqua Cycling NEW!
234222-01 M, W 6:15-7am 9/23-11/20 17 $155 CQRC

Aqua Tabata NEW!
Ages 18 & up. Boost metabolism with rounds of high-intensity exercises performed in ‘20 seconds on, 10 seconds off’ intervals. The water adds resistance while also making moves safer for all ability and flexibility levels. Instructor Tammy. Min 3/Max 20. No class 10/14.
234222-01 M, W 6:05-11am 9/23-11/20 17 $155 CQRC

Aquatic Exercise for Seniors 55+
DROP-IN
Ages 55 & up. Improve muscular and cardiovascular strength and endurance without jumping, running or swimming. Eliminate joint aches, improve balance and minimize chances of falling. Email candicekaup@yahoo.com or call 703.863.1898. Instructor Candice Kaup. Min 15/Max 30. No class 11/28.
233105-01 Tu, Th 8:15-9am 10/1-12/22 21 $215 CQRC
233105-02 Tu, Th 9:30-10:15am 10/1-12/22 21 $215 CQRC

Individual Swim Lessons
Private swim lessons are available for swimmers ages 3 yrs. & up.
For lesson schedules and enrollment, please visit alexandriava.gov/webtrac.

Swim Around the World
All ages. Swim the distances of some of the world’s most challenging open water swims, and upon completion, receive the corresponding sticker to commemorate on swim challenge water bottle. Registration fee provides participants with a water bottle to start, and access to challenges and sticker prizes. $25. 634202-01

DROP-IN
$12 per Aqua Aerobics class ($15 for nonresidents). Subject to minimums and maximums.
MIND/BODY WELLNESS

Lil' Yogis
Ages 3-5. Designed for a gentle flow to develop a strong yoga foundation, this class offers new or seasoned yogi poses with animal names that are paired with our favorite children's music. Instructor Alejandra O'Connor. Min 3/Max 12. No class 10/17.
212606-01 Th 5:5-5:45pm 9/26-11/21 8 $105 CHRC

Me, Baby, and Yoga
Ages 18 & up. Combine yoga and play to get back in shape while strengthening the bond between you and your infant. Experience flowing and challenging postures and calming restorative time in a playful safe environment for babies. Instructor For Every Body Fitness. Min 8/Max 20. No class 10/8.
213129-01 Sa 9:15-10am 9/28-11/16 8 $125 LEEC

Pre-Natal Yoga
Ages 18 & up. With this combination of strengthening and stretching, learn effective breathing techniques, pelvic floor exercises, fetal positioning for labor, hip openers, as well as postures to release tension in the neck, shoulders, and back. Instructor For Every Body Fitness. Min 8/Max 20.
213134-01 Sa 10:15-11:15am 9/28-11/16 8 $145 LEEC

Yoga in the Morning
Ages 18 & up. Start the day off right and reduce stress. 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 10/Max 30. No class 11/5, 11/28.
213104-01 Tu,Th 9:15-10:15am 9/24-12/12 22 $255 CQRC

To Yoga
Ages 18 & up. Time to relax. Breathe. Roll your shoulders. Stretch your spine. Physical therapy is mixed with yoga and a little humor. Connect not only your mind and body, but also connect with a great group of fellow students. Instructor For Every Body Fitness. Min 8/Max 20. No class 10/14.
213106-01 M 6:45-7:45pm 9/23-12/9 11 $135 CQRC

Vinyasa Yoga
Ages 18 & up. Start the day off right and reduce stress. Practice posture and breathing techniques to reduce tension, improve circulation and learn to relax. Bring a towel or mat. Instructor Reena Sarai. Min 3/Max 15. No class 11/27.
213115-01 W 9:15-10:05am 9/25-12/11 11 $129 CHRC

Gentle Yoga
Ages 18 & up. Practice longer held supine & supported poses that help increase body awareness, pacify the senses and calm the mind. Requires props: blankets, blocks and straps, bolster and chairs are a plus. Instructor Leah. Min 8/Max 20. No class 10/14.
213126-01 M 11am-12pm 9/23-12/9 11 $119 CHRC

Restorative Yoga
Ages 18 & up. Restorative is a form of gentle yoga with passive restorative posture to open the body, quiet the mind, and move into a deep sense of relaxation. In this class, you'll use props such as bolsters, blankets, and blocks to get into deeply nourishing poses. Instructor Alejandra O'Connor. Min 3/Max 15. No class 11/28.
213127-01 Th 7-7:45pm 10/3-12/5 9 $115 CHRC

Flex, Flow, & Strength Yoga
Ages 18 & up. This vigorous flow class with strengthening repetition exercises builds heat with a linked fluid flow interspersed with exercises such as push-ups, abdominal crunches and more. Work the major muscle groups to a mix of pop, dance and classical music. Instructor For Every Body Fitness. Min 6/Max 15. No class 11/5.
213119-01 Tu 6:15-7:15am 9/24-11/12 7 $89 CQRC

Yoga in the Sun
Ages 18 & up. Rise and shine with morning Yoga in the Sun! Connect your mind and body while stretching and strengthening your muscles to the backdrop of beautiful fall mornings. Open to all ability levels, please bring a mat and a water bottle. Inclement weather location will be inside the Durant Center. Instructor Alejandra O'Conner. Min 8/Max 20.
213137-01 Sa 8-9:30am 9/14 1 $9 OTPL
213137-02 Sa 8-9:30am 9/28 1 $9 OTPL
213137-03 Sa 8-9:30am 10/19 1 $9 OTPL
213137-04 Sa 8-9:30am 10/26 1 $9 OTPL

Factory Flow
Ages 18 & up. Find inner peace and creativity in this morning series focused on art, health, and imagination. Please arrive 15 minutes early. Details at torpedofactory.org/yoga. $15 drop-in. Instructor Alejandra O'Conner. Min 1/Max 40.
213300-01 Sa 8:30-9:30am 9/7 1 $10 TFAC
213300-02 Sa 8:30-9:30am 10/5 1 $10 TFAC
213300-03 Sa 8:30-9:30am 11/2 1 $10 TFAC
213300-04 Sa 8:30-9:30am 12/7 1 $10 TFAC

Core Power Yoga
Ages 18 & up. A great workout! Develop deep core strength, flexibility, and alignment. Get toned quickly! This is a fast paced class with a lot of fun movement but limited details in pose explanations. Appropriate for beginners, advancing beginners, and intermediate students. Instructor For Every Body Fitness. Min 3/Max 15. No class 11/13.
213124-01 W 6:30-7:30pm 10/2-11/20 7 $95 PHRC
PIYo Power Core and More

**Ages 18 & up.** 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 are combined with mat exercises to firm muscles and abdominals. Meditations, deep stretches and breathing exercises relax the mind and body. Instructor Team Christie. Min 6/Max 20. No class 11/29.

213102-01  F  7-7:45am  9/27-12/13  11  $115  CQRC

**Pilates**

**Ages 18 & up.** Create long, lean muscles with a blend of strength and flexibility training that improves posture and reduces stress. Instructor Reena Sarai. Min 3/Max 15. No class 10/14.

213112-01  M  5:45-6:30pm  9/23-12/9  11  $129  CHRC

**Tai Chi**

**Ages 18 & up.** Looking for a way to reduce stress? Consider tai chi! Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Instructor For Every Body Fitness. Min 10/Max 25.

213132-01  Th  5:5-5:45pm  10/3-11/14  7  $95  ODRC

**Advanced Tai Chi**

**Ages 18 & up.** Originally developed for self-defense, tai chi has evolved into a graceful exercise for stress reduction and a variety of other health conditions. If you have been attending the basic tai chi course and are ready for more of a challenge this course is for you! Instructor For Every Body Fitness. Min 10/Max 30. No class 10/17, 11/28, 11/29.

213111-01  W  3:15-4:15pm  9/25-12/11  12  $145  CQRC  
213111-02  Th  10:30-11:30am  9/26-12/12  10  $119  CHRC  
213111-03  F  10:30-11:30am  9/27-12/13  11  $129  PHRC

**Stretch it Out-Tone**

**Ages 18 & up.** Low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Instructor Reena Sarai. Min 3/Max 12. No class 11/5.

213108-01  Tu  10:30-11:15am  10/1-11/19  8  $105  PHRC

**Stretch it Out**

**Ages 55 & up.** Stretch it Out is designed to help improve and maintain strength, flexibility, and balance while emphasizing good postural alignment and relaxation. Instructor Reena Sarai. Min 3/Max 15. No class 11/28.

213122-01  Th  10:10-45am  9/26-12/12  11  $125  CKRC

**CARDIO WORKOUT**

**Zumbini-Hili and Dance**

**Ages 0-4.** Combine music, dance and educational tools for 45 minutes of bonding, learning and fun! Instructor KidOvation Stage. Min 6/Max 15. No class 10/14.

213614-01  M  9:45-10:15am  9/9-11/4  8  $155  CHRC  
213614-02  M  10:45-11:15am  9/9-11/4  8  $155  CHRC  
213614-03  M  11:45am-12:15pm  9/9-11/4  8  $155  CHRC

**Jazzercise**

**DROP-IN**

**Ages 16 & up.** Burn up to 600 calories by combining dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga and kickboxing. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) $50, Walk-ins $20. Min 5/Max 40. No class 10/14 11/5, 11/28, 12/24, 12/25.

M,W  5:15-6:15pm  9/1-12/31  34  varies  ODRC 
M,W  6:15-7:15pm  9/1-12/31  34  varies  ODRC 
Tu  5:5-5:50pm  9/1-12/19  15  varies  ODRC 
Th  6-7pm  9/1-12/31  16  varies  ODRC 
Tu,Th  6:30-7:30pm  9/1-12/31  33  varies  CBRC 
Sa  9-10am  9/1-12/31  17  varies  NLRP 
Su  10-11am  9/1-12/31  18  varies  NLRP

**Cardio, Sculpt, and Core**

**Ages 18 & up.** Work your body, burn calories, and get stronger muscles! Cardio movements are blended with balance and controlled muscle movements that may not be fast, but are very powerful! Build muscle power to increase strength, and tone upper and lower body. Instructor Christie. Min 4/Max 15. No class 10/14.

213101-01  M,W  6:05-7am  9/23-12/11  23  $185  CQRC

**Hula Hoop Fusion**

**Ages 18 & up.** Using a 2 lb. weighted hula hoop for assistance, resistance, support and fun, this is a no impact, full body workout that fuses pilates, barre and yoga inspired moves. Tone and sculpt muscles, improve flexibility and balance while burning calories. Bring a yoga mat and water. Hoops are provided during class. Instructor Marilyn Myers. Min 3/Max 12. No class 10/14, 11/11.

213118-01  M  6:30-7:30pm  9/23-12/9  10  $119  PHRC

**Jacki Sorensen Aerobic Dance**


213103-01  M,W  9:30-10:30am  9/23-12/11  22  $255  LEEC
LaBlast Dance Fitness & Tone
Ages 18 & up. Fun and easy-to-follow ballroom dance-based fitness class! Created by world-renowned dancer and fitness expert, Louis van Amstel, this partner-free program is for all levels. Incorporates strength training using weights or resistance bands. Instructor Marilyn Myers. Min 3/Max 10. No class 10/11, 11/27, 11/29.
213110-01 F 9:30-10:30am 9/27-12/13 10 $119 LEED
213110-02 W 6:30-7:30pm 10/2-12/11 10 $119 PHRC

Zumba
Ages 18 & up. Ditch the workout and party! Zumba infuses Latin Dances such as salsa, merengue, bachata, samba, reggaeton and even modern day hip hop. This intense workout helps you lose weight while having fun and learning basic Latin moves. Instructor Diana Mertz. Min 5/Max 16. No class 10/14, 11/25.
213107-01 M 6:05-7:05pm 9/23-12/9 10 $119 CHRC

Zumba® en Español
214001-01 W 6:30-7:30pm 10/16-12/4 8 $89 PHRC

Zumba Gold 55+
Ages 55 & up. This is a fun dance easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Min 6/Max 20.
214003-01 Tu 10-11am 9/17-10 $39 PHRC

CARDIO & STRENGTH

MiKiDO Ruff & Tumble
Ages 3-5. Want your child to develop skills in teamwork, focus and fitness? Build a foundation in these important life skills in a lively, fun martial arts-infused program. The four major components of fitness are emphasized: endurance, flexibility, strength and coordination. Instructor Hess Fitness Inc. Min 7/Max 20. No class 11/30.
212604-01 Sa 9:50-10:50am 9/28-12/7 10 $165 CQRC

WCRC Karate
Ages 6-11. Beginners concentrate on self-discipline and learn the art of sustained concentration, self-restraint, maximum focused attention when educators are talking, following instruction with minimal supervision and more! Instructor WCRC Karate. Min 8/Max 20. No class 11/5.
212613-01 Tu 5-6pm 9/24-12/10 11 $115 CHRC

MiKiDO Kids Self Defense Workshop NEW!
Ages 6-12. CMB Training includes Character development, Manners, and Bullying prevention. The key focus areas of Awareness, Mindfulness, Self-Defense, and Confidence are qualities that remain vibrant with a child as they grow. Instructor Hess Fitness, Inc. Min 7/Max 20.
212612-01 Sa 1:30-1:50pm 11/12 1 $25 CHRC
212612-02 Sa 1:30-1:50pm 11/9 1 $25 CHRC

Hip Hop Fitness
Ages 13-18. This cardiovascular fat burning workout aids in firming and sculpting the body through hip hop dance and timed interval circuit training on a cardio and weight machine circuit. Increase endurance, burn calories, strengthen and tone muscles, and increase flexibility. Instructor Rodney Bates. Min 5/Max 15.
214002-01 Tu 7-8pm 9/3-11/9 12 $109 PHRC

ChinquaCircuit
Ages 18 & up. Accomplish your weekend fitness goal with a 30-minute full-body circuit incorporating functional strength and cardio training plus stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will provide personalized attention from the instructor to ensure proper form. Instructor Jay. Min 3/Max 8.
214208-01 Sa 8:15-8:45am 9/28-11/16 8 $65 CQRC
214208-02 Sa 8:55-9:25am 9/28-11/16 8 $65 CQRC

Dynamic Three: Barre, Pilates, Yoga
Ages 18 & up. Focus on powerful and precise movements using a ball, weights, and bands. Fundamentals of centering, breathing, concentration, and precision are performed with focused muscle contractions. The class is low-impact and each toning section is followed by stretching to create long, lean supple muscles. Instructor Christie. Min 5/Max 15. No class 10/14.
213109-01 M,W 6:30-7:15am 9/23-12/11 23 $185 CQRC

Essentrics: Age Reversal Stretch
Ages 18 & up. Get the benefits of three classes in one: Tai Chi’s flowing movements for health/balance; ballet’s strengthening theories for long, lean, flexible muscles; and the healing powers of physiotherapy to create a pain-free body. Work through the muscle chains to liberate your muscles; relieve tension; lengthen and strengthen muscles; and increase joint mobility. Please bring a mat. Instructor Essentrics Nova. Min 5/Max 20. No class 10/15, 10/16, 10/17, 11/26, 11/27, 11/28.
213113-01 W 10:30-11:30am 9/25-12/11 10 $125 CHRC
213113-02 Th 6-7pm 9/26-12/12 10 $125 CQRC
213113-03 Th 7:15-8:15pm 9/26-12/12 10 $125 CQRC
213113-04 Tu 11am-12pm 9/24-12/10 10 $125 PHRC

Cardio Circuit with Resistance
213114-01 F 6:10-7am 9/27-12/13 11 $135 CQRC
**Cardio & Weight Training**


214008-01  Th  7-8pm  9/5-12/5  12  $109  PHRC

**Balance, Coordination & Aerobics**

**Ages 18 & up.** Get fit while you sit! The combination of aerobic activity, strength building and stretching is suitable for all ages and fitness levels. Instructor Reena Sarai. Min 3/Max 15. No class 11/27.

213120-01  W  10:30-11:15am  9/5-12/11  11  $129  CHRC

**Hips, Hamstrings & Abs**

**Ages 18 & up.** Open and stretch tight or weak hips, hamstrings and abs muscles. A light cardiovascular workout is followed by exercises to set the foundation for abdominal strength and body mechanics to balance abs, hips and hamstrings. This is a great compliment to any yoga or cardiovascular workout. Instructor Alejandria O’Connor. Min 3/Max 20. No class 11/5.

213133-01  Th  6:15-6:45pm  10/3-12/5  9  $75  CHRC

**Cardio Kickboxing**

**Ages 18 & up.** Isolate muscles, placing just the right amount of stress on them to cause the muscles to work hard and burn more fat. Workouts include: rhythmic kickboxing routines, light weightlifting routines, calisthenics, rope jumping, shadow boxing, punching and kicking pads and more! Instructor WCRB Karate. Min 3/Max 15. No class 11/5.

213128-01  Tu  6-7pm  9/24-12/10  11  $75  CHRC

**Boxercise Level I**

**Ages 18 & up.** Learn the basics of boxing through this low impact class. Each workout targets your entire body through strength and conditioning. Join us for a fun and fit aerobic workout. Instructor Washington area Boxing Hall of Famer, Anthony Suggs. Min 5/Max 15. No class 11/28.

213610-01  Tu, Th  6:30-7:30pm  9/23-10/24  10  $69  CHRC

213610-02  Tu, Th  6:30-7:30pm  11/5-12/12  11  $79  CHRC

**Boxercise Level II**

**Ages 18 & up.** This fun and effective form of cross-training incorporates a combination of boxing movements and aerobics while improving rhythm and coordination! Focus on upper body conditioning; cardiovascular fitness; and toning your arms, chest and abs. Box your way through a great workout! Instructor Washington area Boxing Hall of Famer, Anthony Suggs. Min 6/Max 15. No class 10/14.

213603-01  M,W  6:30-7:30pm  9/23-10/30  11  $79  CHRC

213603-02  M,W  6:30-7:30pm  11/4-12/11  12  $85  CHRC

**Gladiator Fitness Boot Camp**

**Ages 18 & up.** Want to feel more energized, confident and stronger? Get off the couch and out of the gym and accomplish more than you thought possible in the Boot Camp of the Discovery Channel. Nutritional counseling and meal planning guidance included. Pricing varies by commitment. Register at gladiatorfitness.net or contact Gunny at gunnysarg@hotmail.com for more information. Min 1/Max 40. No class 11/27, 11/28, 12/24, 12/25.

M-F  5:30-6:30am  9/1-12/31  87  varies  GWMS

**Stroller Strides**

**Ages 18 & up.** Getting in shape after giving birth can be tough, especially with a baby! This total fitness program includes power walking/running and resistance body toning using a stroller. All you need is your baby, a stroller that isn’t prone to tipping, water and a towel or mat for ground exercises. First class is free. Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com. Min 1/Max 35. No class 10/14, 11/5, 11/28, 11/29, 12/24, 12/25.

M,W,F  9:30-10:30am  9/3-11/27  36  varies  BBPK

M-F  9:15-10:30am  11/4-12/31  37  varies  LEEC

Sa  9:30-10:30am  9/7-10/12  6  varies  CQPK

M,W,F  8-9am  9/4-11/27  37  varies  PYPK

Sa  8:30-9:30am  10/19-12/28  11  varies  CQRC

**Fitness Passes & Personal Training**

Neighborhood Recreation Center Pass (Charles Houston, Chick Armstrong, Patrick Henry and William Ramsay)

- **Day:** $5/$10
- **Month:** $40/$80 per 3 mos.
- **6-month:** $75/$150
- **Annual Pass:** $125/$250

Chinquapin Park Recreation Center & Aquatics Facility (includes access to open swim, saunas, and racquetball)

- **Day:** $8/$12
- **Month:** $50/$100 per mo.
- **6-month:** $250/$500
- **Annual Pass:** $450/$885

Prices listed as Resident/Nonresident. City residents 55 & older are eligible for a 20% discount. For all Chinquapin pass options, visit alexandriava.gov/Aquatics.

Certified trainers design a 60-minute customized exercise program and provide guidelines on proper form. To schedule an appointment, register using activity #214203-00.

**INDIVIDUAL SESSIONS:**

- $199 for 4 or $59 per session

**GROUP SESSIONS:**

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

Registration information on page 30.
**Fit4Baby**

**Ages 18 & up.** Fit4Baby® is a prenatal fitness program for women at any stage of pregnancy. The classes are interval based, combining elements of strength training, cardiovascular exercises and stretching and balancing exercises. Fit4Baby® instructors are trained and certified so they are fully equipped to lead pregnant women in exercises that are safe and appropriate for her changing body. **Register at arlington-alexandria.fit4mom.com 571.305.2029 or jlungren@Fit4Mom.com.** Min 1/Max 25.  

**W** 7-8pm 9/18-12/18 14 varies CQRC

**Sergeant’s Fitness Concepts**

**Ages 18 & up.** If you want to get out of the gym and get fit while being outside, then you want our boot camp program! Think physical fitness for adults! Each class includes warm up, calisthenics, strength training and a cool down designed to reduce body fat, increase strength and improve your cardiovascular system! **Register at SargeFitness.com or call 1.888.BOOTCAMP for more details.** Min 5/Max 40. No class 11/26, 10/9.  

**M-F** 5:45-6:45am 9/1-12/31 87 varies CQPK

**FIT4MOM**

**Ages 18 & up.** Fitness Interval Training delivers a total body workout that combines cardio strength and core conditioning. Taking all the elements from our F4M classes and combining them into one class. Designed for moms of all fitness levels! This is a moms only class. **Register at arlington-alexandria.fit4mom.com, 571.305.2029 or jlungren@Fit4Mom.com** Min 1/Max 15. No class 11/5, 11/28.  

**Tu,Th** 9:15-10:15am 9/24-12/12 23 $229 CHRC

**Body Part Aerobics**

**Ages 55 & up.** Low-impact exercises designed for senior health and wellness use a chair aerobics workout with slow everyday movements to tone and sculpt the body. Use of chairs will aid in increasing balance, coordination, and flexibility. Instructor Rodney Bates. Min 4/Max 20. No class 10/14.  

**214000-01 M, F** 10-11am 9/6-12/6 24 $105 PHRC

**Alexandria Boxing Club**

**Afterschool Youth Boxing**

**Ages 8-17.** Learn athletic fundamentals and boxing basics. Year-round training includes building discipline, self-confidence, and work ethic through the sport of boxing. Communal gloves/hand-wraps available at no cost. Residents free, nonresidents $10.  

**Monday – Friday, 5-6:30pm, CHRC**

**Adult Open Gym Boxing**

**Ages 18 & up.** Every day is different in the boxing gym. Jump in on a circuit workout or take out your stress on the heavy bag at your own pace. New members must attend orientations on the first Monday of every month. Each participant is required to register with USA Boxing (usaboxing.org) and pay daily visit fees or use a fitness pass.  

**Monday – Friday, 6:30–8:30pm, CHRC**

**Adult Parkinson’s Fitness**

**Ages 18 & up.** Noncontact boxing focuses on balance, agility, and hand-eye coordination. Exercises aim to help build muscular endurance and overall strength, while engaging cognitive endurance. See instructor for availability. Each participant is required to pay daily visit fees or use a fitness pass.  

**Wednesdays, 6:30–7:30pm, CHRC**

**Racquetball Challenge Ladder**

**All Ages.** Stay fit and meet new people playing the fun and challenging sport of racquetball. New and experienced players are welcome - on-going ladder ranking system will match singles players with similar ability levels while improving skill. Free to join ladder rankings, then $4 per person per match. Equipment available. Welcome email with instructions will be sent upon registration. Min 6/Max 100.  

**Register using Activity #224206-01.**

**Walk & Fit Training**

**Ages 55 & up.** This circuit training class incorporates walking as an aerobic activity, handheld weights and resistance bands for strength training. This cardiovascular fat burning workout aids in firming and sculpting your body. Instructor Rodney Bates. Min 4/Max 20. No class 11/27.  

**214007-01 W** 10-11am 9/4-12/4 12 $109 PHRC

**Functional Fitness For Older Adults**

**Ages 55 & up.** Improve your independence and meet your functional goals. Help improve upper and lower body strength, balance, flexibility and coordination. Safe and effective physical activity improves your physical health and enhances psychological well-being. Instructor Fitness for Older Adults. Min 7/Max 15. No class 11/28.  

**213100-01 Tu,Th** 9:05-10:05am 9/24-12/12 23 $229 CHRC

**Racquetball Challenge Ladder**

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**Register using Activity #224206-01.**
TUMBLING CLASSES

Baby Tumbling + Adult
Ages 18 mos.-2 yrs. with adult. Help stimulate and introduce your child to some basic balancing, tumbling, and agility techniques. Class includes a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15. No class 11/5.
222620-01 Tu 11-11:45am 9/24-11/19 8 $145 CHRC

Mom/Dad Me Tumbling + Adult
Ages 2½-4 with adult. Forward rolls, handstands and bridges are the fundamentals introduced in a fun, playful setting. This class will include a group warm-up and individual drills with parent participation. Instructor TSP Team. Min 10/Max 15. No class 10/12, 11/30.
222605-01 Sa 9:30-10:15am 9/28-12/7 9 $149 CHRC
222605-02 Sa 11:30am-12:15pm 9/28-12/7 9 $149 CHRC

Basic Tumbling
Ages 5-8. Beginner tumblers start learning basic techniques, such as forward rolls, backward rolls, handstands and bridges. A fun warm-up exercise will help athletes attain these skills. Instructor TSP Team. Min 8/Max 15. No class 10/12, 11/30.
222606-01 Sa 10:30-11:15am 9/28-12/7 9 $149 CHRC

Acrobatics I
Ages 5-7. Learn basic acrobatics including cartwheels, round-offs, backbends, handstands, headstands, front/back walkovers, forward/backward rolls. Learn to execute flexibility, strength and balance while improving physical coordination and mental concentration. Instructor Megan Lively. Min 5/Max 10. No class 10/13, 12/1.
222612-01 Su 11-11:50am 9/22-12/8 10 $149 LEEC

Gymnastics
Ages 6-9. Learn gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. The class will rotate to alternating events each week. Students will gain strength, flexibility and coordination. Min 3/Max 10. No class 10/14.
Introduction – Gymnastics I
224203-01 M 4:15-5:15pm 9/23-11/18 8 $159 CQRC
Intermediate – Gymnastics II
224204-01 M 5:15-6:15pm 9/23-11/18 8 $159 CQRC

Acrobatics II
Ages 6-10. Learn leaps, front/back walkovers, vaudez, partnering techniques and combination routines. Execute flexibility, strength and balance while improving physical coordination and mental concentration. Prerequisite: Completion of Acrobatics I or prior equivalent training. Instructor Megan Lively. Min 5/Max 10. No class 10/13, 12/1.
222613-01 Su 12-1pm 9/22-12/8 10 $149 LEEC

Flip First Tumbling **NEW**
Ages 7-12. Come flip with us! Boys and girls of all skill levels will improve balance, agility, and tumble techniques through fun drills, games and interactive demonstrations. Instructor James Franklin. Min 6/Max 20.
214004-01 Sa 10-11am 9/21-11/23 8 $75 PHRC

Cheer Tumbling Clinic
Ages 7-12. Practice arm formation, projecting voice, synchronizing, balance, agility work, jumps, and heavy concentration on tumbling. Intermediate level includes tumbling combinations, while advanced level incorporates difficult tumbling skills and passes. Lunch will be included. Instructor Michelle Hicks. Min 5/Max 25.
224000-01 Sa 10am-2pm 9/21 1 $59 PHRC

Cheer Tumbling **NEW**
Ages 8-13. Want to perfect that roundoff? Still working on that back handspring. This coed class will help you pump up your cheer tumbling and jump skills with the assistance of a trained instructor. We’ll get you ready for winter cheer program! Instructor TSP Team. Min 6/Max 10. No class 10/12.
222622-01 Sa 12-1pm 9/28-11/23 8 $145 LEEC

SOCCER CLASSES

Lil Kickers
Ages 2-5. Introduce younger children and their families to sports programs, while promoting physical fitness. Help develop key social skills like sharing, taking turns and sportsmanship. Instructor Elmer Lazo. Min 3/Max 20.
224001-01 Sa 10-11am 9/7-10/12 6 $75 PHRC

Soccer Tots
Ages 2-6. Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness and create self-confidence. Instructor TSP Team. Min 10/Max 20. No class 10/11, 11/5, 11/29.
Ages 2-3½
222610-01 Su 11-11:45am 9/27-12/6 9 $149 NLRC
222610-02 Tu 4-4:45pm 9/17-11/19 9 $149 CQPK

Excite Soccer
Ages 3-6. Develop mental, physical and social abilities through creative games and activities taught by highly experienced staff, trained to work with young children. Learn individual skills and teamwork and, most importantly, have fun! Master basic coordination and agility with and without a soccer ball in a confidence-building environment. Instructor Excite Soccer. Min 10/Max 20.
222600-01 Sa 4-4:45pm 9/21-11/2 7 $125 CHRC
222600-02 W 10-10:45am 9/28-11/15 7 $125 ODRC
TENNIS CLASSES

Little Shots
Ages 4-6. Fun games and activities build eye-hand coordination and familiarity with the ball and racquet. Instructor FirstServe Tennis. Min 4/Max 5.

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Super Shots
Ages 5-6. Practice forehands, backhands, and volleys with an increased emphasis on movement and stroke combinations. Prerequisite: One or more seasons of tennis instruction and/or making consistent contact with the forehand and backhand. Instructor FirstServe Tennis. Min 4/Max 5.

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Fun & Fundamentals Tennis 1 & 2

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Adult Tennis 1
Ages 18 & up. New players learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Build consistency in groundstrokes and develop an ability to rally. Students are encouraged to repeat this class until they consistently put the ball in play. Instructor FirstServe Tennis. Min 3/Max 4.

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Adult Tennis 2
Ages 18 & up. Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles play. Prerequisite: Completion of Tennis 1 or similar experience. Instructor FirstServe Tennis. Min 3/Max 4.

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<td>10:30-11:30am</td>
<td>9/10/29</td>
<td>10/29</td>
<td>8</td>
<td>$219</td>
</tr>
</tbody>
</table>

ADDITIONAL SPORTS CLASSES

Lil’ Pro Sports
Ages 3-4. Learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. Come have fun and meet new friends. Min 5/Max 10.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>222706-01</td>
<td>W</td>
<td>10:10-11:05am</td>
<td>9/4/11</td>
<td>11/6</td>
<td>10</td>
<td>$149</td>
</tr>
</tbody>
</table>

Lil’ Lacrosse
Ages 3-5. Learn basic lacrosse skills in a fun and friendly environment. Equipment is provided. Instructor TSP Team. Min 10/Max 20. No class 10/12.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>222618-01</td>
<td>Sa</td>
<td>11:00-11:45am</td>
<td>9/14/11</td>
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<td>$165</td>
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</table>

Jump Shots for Tots

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>222616-01</td>
<td>Tu</td>
<td>5:30-6:30pm</td>
<td>9/24</td>
<td>12/10</td>
<td>11</td>
<td>$205</td>
</tr>
</tbody>
</table>

Punt, Pass & Kick Contest
NEW!
Ages 5-14. Show off your skills in the City-wide competition. Show us how far you can punt, pass and kick a football. Min 25/Max 60.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>222715-01</td>
<td>Sa</td>
<td>10:00-11:00am</td>
<td>9/25</td>
<td>10/25</td>
<td>10</td>
<td>$9</td>
</tr>
</tbody>
</table>

Lil’ Sticks Girls Field Hockey
Ages 6-8. This developmental program focuses on teaching the fundamentals of field hockey in a non-competitive environment. Min 10/Max 30.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
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</thead>
<tbody>
<tr>
<td>222711-01</td>
<td>Sa</td>
<td>12-2pm</td>
<td>10/6/30</td>
<td>10/27</td>
<td>6</td>
<td>$85</td>
</tr>
</tbody>
</table>

Preseason Basketball Fundamentals
Ages 7-12. Basketball season is around the corner. Get ready by learning the fundamentals of the game, such as passing, shooting, dribbling and more. Open to City of Alexandria residents only. Min 10/Max 25.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
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</thead>
<tbody>
<tr>
<td>222713-01</td>
<td>Sa</td>
<td>9-10am</td>
<td>10/12/29</td>
<td>11/9</td>
<td>5</td>
<td>$85</td>
</tr>
</tbody>
</table>

Teen Basketball Clinic
Ages 13-16. Whether learning the basics or a more experienced player looking to advance skills and confidence, these coed clinics are for you! All aspects of the game are covered through on-court fundamental instruction, jam packed into a day of serious fun! Instructor Hoop Life. Min 8/Max 20.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>222611-01</td>
<td>Sa</td>
<td>9-10am</td>
<td>10/12/29</td>
<td>11/9</td>
<td>5</td>
<td>$85</td>
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</table>

Pickleball
Ages 18 & up. Want to learn the fundamentals of Pickleball? Played on a court, pickleball combines elements of badminton, ping pong and tennis. Have fun, meet new people and get some exercise! Please wear tennis or court shoes. All equipment is provided. Min 6/Max 8. No class 11/29.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Capacity</th>
<th>Fee</th>
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<tr>
<td>223615-01</td>
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<td>9:30-10:25am</td>
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<td>11/6</td>
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alexandriava.gov/Recreation
YOUTH LEAGUES

Lil’ Titans Flag Football
Ages 5-6 as of October 1, 2019. This developmental program introduces participants to 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 by recreation districts. City of Alexandria residents only. Min 30/Max 75.
222704-01 Sa 1:45pm 9/14-10/26 $85 TBD

Youth Cheerleading
Ages 5-16 as of April 30, 2020. Learn the basic cheerleading skills and techniques. Teams are formed and practices are held at neighborhood recreation centers. Online registrations are assigned to their local center. Three divisions include: Pee Wee (ages 8 & under); Youth (ages 12 & under) and Junior (ages 16 & under). Practice schedules vary by center and are TBD. Teams begin week of 12/2. Practice times and locations vary by team. Games begin week of 1/11. Open to City of Alexandria residents only. Max 100.
222701-00 TBD TBD 12/2-3/14 $85 TBD

Winter Basketball League
Boys and girls ages 7-17 as of March 31, 2020. Teams are formed in the 8, 10, 12, 14 and 17 & under leagues. Teams are formed by recreation districts except for boys ages 14-17, which are formed by skill assessment and draft system. Important dates: Registration 8/14 to 11/15. Practices begin week of 12/2. Practice times and locations vary by team. Games begin week of 1/11. Open to City of Alexandria residents only. Max 1100.
222703-01 Th,F,Su 6-9pm 9/15-12/15 $85 TBD

Girls’ Volleyball League
Ages 9-14 as of Dec. 31, 2019. Teams are formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include TCMH, JPES, and JHES. Open to City of Alexandria residents only. Max 200.
222701-00 TBD TBD 12/2-3/14 $85 TBD

Miracle League of Alexandria Adaptive Sports
Ages 5 & up. A non-competitive environment allows children and adults with cognitive, developmental and physical challenges to play sports at their own pace. Buddies assist each player as much or little as they require. No program 10/12, 11/27. Min 10/Max 100.
222705-01 W 4:30-6pm 9/18-12/11 12 $65 LCCM
222705-02 Sa 1:25-3:30pm 9/21-10/19 4 $65 LCCM

SPORTS AFFILIATES

Alexandria Soccer Association Tots Soccer
Ages 2-4. Tots soccer classes introduce young players to the very basics of soccer through fun activities in a group environment. The classes focus on developing both motor and listening skills. No previous soccer experience is needed. Classes held on Saturday & Sunday mornings and weekday afternoons year round. Register at alexandria-soccer.org or call 703.684.5425.

Alexandria Rugby Club Tag League
Grades PK-5. Play the fastest growing youth team sport in the country in a low-stress and fun environment. This is an opportunity for girls and boys to learn the basics of Tag Rugby, a two-hand touch version of Rugby 7’s. Teams are divided by grade level. Register at alexandriarugby.com.
Su 3:4-6pm 9/22-12/15 8 $40 GWMS

Alexandria Soccer Association Ball Mastery
Grades PK-6. Ball Mastery is a supplemental training program that consists of technical training sessions and small sided soccer games with an individual and team focus. Players are encouraged to also participate in the ASA recreational league and use this program to gain more confidence. The six week program is offered each Fall and Spring. Register at alexandria-soccer.org or call 703.684.5425.

Alexandria Soccer Association Recreation Soccer League
Grades 4-19. This volunteer-based, inclusive soccer league for kids of all abilities and experience levels is all about fun, fitness and friendships! Teams are coed until first grade when they are divided by gender. Teams are organized by school or neighborhood to make practices convenient. Seasons consists of seven Saturday games with one or two practices a week at a neighborhood field. Register at alexandria-soccer.org or call 703.684.5425.
Sa 9/7-10/5 $130 MHPK

Alexandria Soccer Association Junior Academy
Grades K-2 (Ages 6-8). This early introduction to skill development is led by ASA coaches with a focus on both individual techniques and teamwork. Players are recommended and invited to participate from open “ID days” and participate in a league on Saturday afternoons and are encouraged to continue to play with their recreational team when possible. For more information email Coach Grigor at grigor.boychev@alexandria-soccer.org or call 703.684.5425.
Tu,Th 4:30pm 9/7-4/30 $150 - 450 TBD

Alexandria Lacrosse Club Fall Clinic Series
Grades K-8. Alexandria Lacrosse Club hosts a series of five 90-minute clinics to provide instruction for players of all skill levels. Each session will be coached by a group of professional coaches and players will be grouped by gender/age/skill level. Financial aid and equipment loan available. Register at alexandrialacrosse.com.
Sa TBD 9/7-10/5 $130 MHPK

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
Alexandria Titans Tackle Football
Ages 7-16 as of October 1, 2019. The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL), a full contact tackle football league. Teams are formed based on ability/age/weight. Practices begin in August with league play beginning in September. Each participant is required to have their own current Department of Motor Vehicle Identification Card to play and receive equipment. Register at alexandriatitansfootball.org.

Ages 7-16 as of October 1, 2019. The Alexandria Titans are a member of the Fairfax County Youth Football League (FCYFL), a full contact tackle football league. Teams are formed based on ability/age/weight. Practices begin in August with league play beginning in September. Each participant is required to have their own current Department of Motor Vehicle Identification Card to play and receive equipment. Register at alexandriatitansfootball.org.

Alexandria Little League Fall Baseball
Ages 8-18. Develop the qualities of citizenship, discipline, teamwork, and physical well-being. By exposing the virtues of character, courage and loyalty, Alexandria Little League is designed to develop superior citizens while building fundamental baseball knowledge and skills. Practice and game days vary by team. Register at alexandriabaseball.com.

Alexandria Rugby Club Tackle “FUN”damental Sessions
Grades 3-8. Want to learn more about tackle rugby and how to play the fastest growing youth team sport in the country? Alexandria Rugby’s Fall “FUN”damental Tackle Sessions focus on rugby basics and developing skills. Take part in skills sessions and fun games. Register at alexandriarugby.com.

Alexandria Soccer Association Academy Soccer
Ages 8-19. This high level of soccer requires players to be evaluated (tryout) each year. Practices take place two or three times per week with a weekend game and multiple tournaments throughout the year. Tryouts take place in June and teams may hold supplemental tryouts upon request. Contact Ryan Rich for information at ryan.rich@alexandria-soccer.org. Register for tryouts at alexandria-soccer.org or call 703.684.5425.

Alexandria Soccer Association Adult Soccer
Ages 19 & up. Alexandria Soccer Association Adult Soccer programs offer both outdoor and indoor soccer. Enroll this Fall in either the men’s or coed division for outdoor soccer. Individual “free agent” or team registration is available. The Adult Leagues offer an outlet to exercise, meet new friends and compete in a friendly, social environment. Register at alexandria-soccer.org or call 703.684.5425.

ADULT LEAGUES

Winter Mens Basketball*
Ages 18 & up. Each team will play 10 regular season games. The top four teams in each division advance to the playoffs.
323200 M-Th 6:30-10pm $755 FHMS

Winter Coed Volleyball*
Ages 18 & up. Each team plays 10 regular season games. The top four teams in each division (Recreation and Competitive) advance to the playoffs.
323201-02 Tu,W 6:30-10pm $525 TCMH

Winter Coed Basketball*
Ages 18 & up. Each team will play six games and advance to the playoffs.
323205 W 6:30-10pm $525 JHES

Winter Late Night Basketball*
Ages 18 & up. Each team will play six games and advance to the playoffs.
323200 Th 7-11pm $525 JHES

ADULT TOURNAMENTS

Fall Coed 7 on 7 Flag Football Tournament
Ages 18 & up. Each team plays at least three games. Games are played on Sat. and Sun. mornings. Each team must have three females on the field.
223209 Sa,Su 9/7-9/8 $255 WRFD

Women’s Field Hockey Tournament
Ages 18 & up. Get your high school college teammates together again for a recreation level field hockey tournament.
223222 Sa,Su 9/7-9/8 $325 LMFD

Dodgeball Tournament
Ages 18 & up. Dodge, dip, duck, dive your way to a good time with friends. Come out for fast paced 8 vs 8 round robin tournament action, sign up as a team or be placed on a team. Each team is guaranteed at least 3 matches, with matches played in the best of 5 format. Min 32/Max 64.
224004-01 W 6:30-9pm 11/13 $45 PHRC

FREE PICKLEBALL Combine badminton, tennis and ping-pong for this popular and quickly growing sport ideal for active adults.
M, Tu 10:45am-12:45pm NLRC
W 11:30am-2pm & 6-8:30pm PHRC
Th, F 9am-12pm CHRC
Su 3-4:30pm CHRC

Visit alexandriavaw.gov/Recreation for more play sports info.

*All teams must submit a team roster. Registration 10/1-12/13.
TEACHER WORK DAY CAMPS

Adventures in STEM using LEGO®

Ages 6-11. Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before and explore your craziest ideas in a supportive environment. Supervised lunch-hour included; please pack your own lunch. Instructor Play-well Teknologies. Min 8/Max 16.

272603-01 Tu 9am-4pm 11/5 1 $69 CHRC

Autumnal Cupcake Wars

Ages 6-11. If pumpkin, cinnamon, apple cider and spices bring you warm, cozy feelings, then this is the camp for you! Tiny Chefs will make some of our favorite Fall season cupcake recipes, including Maple Bacon French Toast and Snickerdoodle. Who knows, maybe your Tiny Chef will have dessert covered this Thanksgiving! Min 8/Max 20.

272607-01 Tu-F 9am-4pm 11/5 1 $95 ODRC

Hoop Life Winter Basketball Camp

Ages 4-14. If your child has a love for the game of basketball, they won’t want to miss this structured, fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball from high school to NBA. Your child will finish camp with improved skills, knowledge, and passion. Instructor Hoop Life. Min 10/Max 45. No class 12/24, 12/25, 1/1.

272601-01 Tu 9am-4pm 11/5 1 $75 JHES

WINTER BREAK CAMPS

Winter Wonderland Camp

Ages 3-8. Set out on a daring quest over Winter Break! Transform into super-heroes while sharing, learning teamwork, and building bonds. Strengthen your little one’s social skills through engaging and memorable activities. Instructor KidOvation Stage. Min 10/Max 20. No class 12/24, 12/25.

273601-01 M-F 8:30am-5pm 12/23-12/30 4 $275 CHRC

273601-02 M-F 8:30am-1pm 12/23-12/30 4 $139 CHRC

Hoop Life Winter Basketball Camp

Ages 4-14. If your child has a love for the game of basketball, they won’t want to miss this structured, fundamentals camp. All coaches have playing and/or coaching experience in higher levels of basketball from high school to NBA. Your child will finish camp with improved skills, knowledge, and passion. Instructor Hoop Life. Min 10/Max 45. No class 12/24, 12/25, 1/1.

272601-02 M-F 9am-4pm 12/23-12/27 3 $165 JHES

272601-03 M-F 9am-4pm 12/30-1/3 4 $225 JHES

272601-04 M-F 9am-4pm 12/23 1 $59 JHES

272601-05 M-F 9am-4pm 12/26 1 $59 JHES

272601-06 M-F 9am-4pm 12/27 1 $59 JHES

Indoor Soccer Camp

Ages 6-10. Younger campers learn fundamental dribbling, passing and shooting skills, while older age groups develop skills and techniques through soccer games, challenges, and team-building competitions. Enjoy visits from professional players to sign autographs and answer questions about becoming a real soccer pro! Instructor TSP Team. Min 10/Max 25. No class 12/24, 12/25.

272604-01 M-F 9am-4pm 12/23-12/27 3 $99 ODRC

272604-02 M-F 9am-4pm 12/23 1 $35 ODRC

272604-03 M-F 9am-4pm 12/26 1 $35 ODRC

272604-04 M-F 9am-4pm 12/27 1 $35 ODRC

Engineering with Little Bits

Ages 6-10. Kids learn basic electronics through hands-on learning and projects that combine everyday supplies and color-coded modules with LED lights, fans, sliders, pressure sensors, and more! Students work in small teams to create projects like custom flashlights, touch sensors, and alarm clocks. Instructor C3 Cyber Club Inc. Min 6/Max 18. No class 12/24, 12/25.

272606-01 M-F 9am-4pm 12/23-12/27 3 $225 ODRC

272606-02 M-F 9am-4pm 12/23-12/27 3 $155 ODRC

272606-03 M-F 1-4pm 12/23-12/27 3 $155 ODRC

Holiday Dips and Donuts

Ages 6-11. Keep the holiday spirit and winter break fun going with a fun, festive, and delicious camp! Make holiday themed dips and donuts, like Gingerbread Cheesecake Dip and Grinch Fruit Kebabs with Yogurt Dipping Sauce. Your budding chefs will be happy learning how to make homemade baked donuts, while still keeping up the holiday spirit! Min 8/Max 20.

272602-01 Th-F 9am-4pm 1/2-1/3 2 $155 ODRC

Alex Fun Winter After Care

Ages 6-12. Need a little extra time after work to pick up your child? This supervised program will allow you a little more time in the afternoons. Activities include arts and crafts, movies and games. Min 10/Max 25. No class 12/24, 12/25.

272605-01 M-F 4-6pm 12/23-12/27 3 $35 ODRC

272605-02 M-F 4-6pm 12/23 1 $15 ODRC

272605-03 M-F 4-6pm 12/26 1 $15 ODRC

272605-04 M-F 4-6pm 12/27 1 $15 ODRC
EDUCATION

Sing and Sign  +ADULT
Ages 6 mos.-3 yrs. with adult. Communicate with your child before they can talk. Learn helpful strategies to increase visual attention and real signs from American Sign Language. Reduce frustration, help build language foundations, and give insight into your child's thoughts. This is a play-based class with songs and interactive props to keep young children engaged. Instructor Laura Daub. Min 6/Max 12.
242608-01 Tu 10-10:45am 9/24-10/29 6 $129 LEEC

B.E.A.R.  +ADULT  INCLUSION
Ages 1-5, with adult. Be Enchanted About Reading is a story time with a twist of enchantment. Listen to your favorite stories and fairy tales come to life as the reader acts out stories in full costume. Join the fun and wear your own costume. Min 8/Max 25.
243004-01 Th 10:30am-12pm 9/5-9/26 4 $55 NLRC
243004-02 Th 10:30am-12pm 10/3-10/24 4 $55 NLRC
243004-03 Th 10:30am-12pm 10/31-11/21 4 $55 NLRC
243004-04 Th 10:30am-12pm 12/5-12/19 3 $39 NLRC

Colors, Shapes and Numbers
Ages 2½-5. Explore color, shapes, and numbers in a gently structured environment where we have hands on play, engaging arts and craft activities and make a colors, shapes, and numbers book. We review counting, number and shape recognition, charting, geometry, and more. Instructor Kai Seay. Min 3/Max 8. No class 10/24.
243602-01 Th 11-11:45am 9/26-11/7 6 $75 ODRC
243602-02 Th 11-11:45am 11/14-12/12 4 $59 ODRC

Play with Clay
Ages 3-5. Let’s play with clay! Preschoolers will explore their inner artist using playdough, air dry clay, and age-appropriate materials. Make room on the mantle for your child’s playful artwork. Instructor Kai Seay. Min 3/Max 10. No class 10/17.
242610-01 Th 9:45-10:30am 9/26-11/7 6 $75 ODRC

Pre-K for Young Rembrandts
Ages 3½-5. Preschoolers learn drawing skills and develop kindergarten readiness, using structured stepwise instruction. As they learn to recognize and build on the simple shapes that underlie familiar images, preschoolers develop visual-motor processing and motor skills while creating fun and colorful artwork. New lessons every week! Instructor Young Rembrandts. Min 5/Max 15.
242609-01 W 11:11:45am 9/25-10/30 6 $125 ODRC
242609-02 W 11:11:45am 11/6-12/11 6 $125 ODRC

Learn To Bike
Ages 6-12. Learn to bike in a safe and fun environment! Instructors will teach to each child's level, no previous experience needed. Must provide own bike without training wheels and helmet. Instructor WABA. Min 4/Max 10.
222621-01 Sa 11am-12pm 9/14-10/5 4 $149 NLRC

Kid Adventure Club  NEW!
Ages 8-11. Gather your kids and bring them to the new Kids Adventure Club! Through a variety of activities such as boxercise, treasure hunts, creative art, and music, clubbers will develop social and emotional skills. Culinary art and group activities will also provide life skills training. Join us on Saturdays for exclusive fun and activities! Instructor Kid Ovation Stage. Min 5/Max 16.
243611-01 Sa 12-4pm 9/7-9/28 4 $25 CHRC
243611-02 Sa 12-4pm 10/5-10/26 4 $25 CHRC
243611-03 Sa 12-4pm 11/2-11/23 4 $25 CHRC
243611-04 Sa 12-4pm 12/7-12/28 4 $25 CHRC

Conversational Spanish
244003-01 Tu 6:30-7:30pm 10/22-12/10 8 $55 PHRC

SOCIALIZE

Tummy Time  +ADULT
242405-01 F 10-10:45am 9/27-10/25 5 $45 CQRC
242405-02 F 10-10:45am 11/8-12/13 5 $45 CQRC

Art for Preschoolers  NEW!
Ages 2-5. Calling all “Preschool-Art-ers”! Children explore and create table art creations like Sponge Painted Trains, Ice Painting, Cookie Cutter Painting, Rainbow in a Bag, Cotton Candy Puffy Paint, Rolling Pin Painting, Painting with Bubbles and more. Min 5/Max 20.
243716-01 Tu 10am-12pm 10/15 1 $5 CKRC

Lil Gymmies  DROP-IN
Ages 2-5 with adult. Youth will run, jump and play in a safe, clean environment that promotes fun and excitement. Toys, balls and hula hoops, moon bounce inflatables and much more are a part of the Lil Gymmies set. Children learn foundational skills, movement and gain confidence to play in a wide range of fun activities. Parents and chaperones are free and required to attend with child. Nonresidents $10.
643606-01 M,Tu,W,Sa 9am-12pm  $5 CHRC
**Soft Players**

**Ages 0-5 with adult.** Run, jump, tumble and have fun! This drop-in playgroup encourages social and motor skill development. Call ahead to confirm availability. See pg. 40. Nonresidents $10 per 30 min.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<td>½ hr.</td>
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<tr>
<td>F</td>
<td>9am-6pm</td>
<td>½ hr.</td>
<td>$5 ea.</td>
</tr>
<tr>
<td>Sa,Su</td>
<td>8-11am</td>
<td>½ hr.</td>
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<tr>
<td>M-Th</td>
<td>9:30am-1pm</td>
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<tr>
<td>M-F</td>
<td>9am-9pm</td>
<td>½ hr.</td>
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<tr>
<td>Sa</td>
<td>9am-6pm</td>
<td>½ hr.</td>
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<tr>
<td>Su</td>
<td>1-5pm</td>
<td>½ hr.</td>
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</tr>
<tr>
<td>M-Sa</td>
<td>9am-9pm</td>
<td>½ hr.</td>
<td>$5 ea.</td>
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**Kid Rock Social Hour**  
**Ages 0-4 with adult.** It’s never too early to help your children learn social skills. This unstructured playgroup encourages through music, movement and play. Drop-ins welcome on Fridays, $5 each. Min 10/Max 35. No class 10/14, 11/29.

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<tr>
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<td>243801-03</td>
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<tr>
<td>243801-04</td>
<td>M,W,F</td>
<td>10am-12pm</td>
<td>$9</td>
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**Playtime Express**  
**Ages 0-5 with adult.** Does your child need to play and burn off some energy? In this self-directed play environment, your child will engage in activities to develop social skills, self-discovery and imagination. Engage through inflatables, building blocks, LEGO®s, balls, tricycles and interactive toys that will increase their learning. Min 5/Max 20. No class 11/27.

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<td>243800-01</td>
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**Teen Social Club**  
**Inclusion**  
**NEW!**

**Ages 12-17.** Inclusion program for teens with disabilities and typical peers. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. Trips are an additional fee. All new Therapeutic Recreation participants are required to do an initial assessment prior to starting. Min 10/Max 20.

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**Adult Social Club**  
**TR**

**Ages 18 & up.** For Therapeutic Recreation participants only. Develop leisure and recreational interests, awareness and life skills through activities, special events and outings in the Metropolitan area. All new participants are required to do an initial assessment prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office at 703.746.5535. Min 10/Max 40. No class 10/12, 11/2.

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<tr>
<td>243800-02</td>
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<td>10:30am-12:30pm</td>
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**Science Art Mania**


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<td>243800-01</td>
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<tr>
<td>243800-02</td>
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<td>9:15-10am</td>
<td>$119</td>
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</table>

**Technology & Science**

**Preschool LEGO Duplo STEAM**  
**NEW!**

**Ages 3-5.** Get the grasp of how life works through all the excitement and wonder of learning! Create many unique and silly projects, read hilarious yet informative books, and cooperate to accomplish many scientific tasks. Instructor C3 Cyber Club Inc. Min 5/Max 12.

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<tbody>
<tr>
<td>242605-01</td>
<td>Th</td>
<td>10:30-11:30am</td>
<td>$139</td>
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**The Science Seed™: Lil Scientist**

**Ages 3-5.** Science is everywhere! Each session includes geology, biology, chemistry, physics and nature, exposing kids to a variety of fun and age-appropriate experiences. Each class builds a love of science and learning and includes a note for the parents about what was taught and how you can continue the lesson at home. Instructor The Science Seed. Min 6/Max 12.

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<td>242620-01</td>
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**LEGO® Mechanics & Engineering**

**Ages 5-9.** Combine the world of LEGO with the basics of visual programming by creating commands with a drag-and-drop interface that is simple to use, but capable of complex instructions. Learn the importance of teamwork on each day’s build assignment. Instructor C3 Cyber Club Inc. Min 6/Max 12.

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<tr>
<td>242600-01</td>
<td>Th</td>
<td>5:30-6:30pm</td>
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**STEM DIY**  
**NEW!**

**Ages 5-12.** Children will complete STEM challenges, activities, projects, crafts. Using age-appropriate social and emotional skills kids and a creative STEM curriculum, children will create new projects each week to take home. Instructor Jayda Tuit. Min 6/Max 12. No class 10/14.

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<td>243820-01</td>
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<td>6:15-7:15pm</td>
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**Coding and Design Games with Scratch**

**Ages 6-14.** Use your imagination for creative thinking, while learning to create and program simple games using Scratch 2. Use premade art assets or create your own, and learn how to program them to walk, talk, and interact with objects. Instructor C3 Cyber Club Inc. Min 5/Max 12.

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<td>242601-02</td>
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</table>
IT’S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!

**BALLET**

IT’S SHOW TIME. Get your creative juices flowing and impress your family and friends with your new skills!

Mommy & Me: Let’s Play Ballet

**AGES 2-3** with **ADULT**. Let your little one experience the joy of being a ballerina! Playful exercises in pre-ballet and creative movement will include dancing with magic wands, flowers, ribbons and more! Dads are welcome too! One adult per child attends class. Instructor Go Bananas Dancing. Min 6/Max 12. No class 11/29.

252605-03 **Su** 10-10:50am 9/22-12/8 10 $169 LEEC

Pre-Ballet with Go Bananas Dancing

**AGES 3-5**. Explore creative movement with playful music and props. Parents and caregivers remain outside the classroom. New material is added each session so class can be taken again and again. Instructor Go Bananas Dancing. Min 5/Max 12. No class 11/5.

252624-01 **Tu** 10:30-11:15am 9/24-12/3 10 $185 CHRC
252624-02 **Tu** 4-4:45pm 9/24-12/3 10 $185 CHRC

Pre-Ballet & Movement II*

**AGES 3-5**. Do you have an aspiring ballerina? Explore creative movement while learning the five ballet positions and the disciplines of dance. Have fun and learn physical and mental coordination. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 11/30, 12/1.

252605-01 **Sa** 9:05-9:55am 9/21-12/7 10 $169 CHRC
252605-02 **Su** 10:10-10:50am 9/22-12/8 10 $169 LEEC
252605-03 **Sa** 10:10-11am 9/21-12/7 10 $169 PHRC

Pre-Ballet & Movement III*

**AGES 4-5**. Have a little ballerina ready for more? Practice the five positions, explore creative movement and disciplines of dance. Learn techniques, basic routines, barre and center floor and develop physical coordination and mental concentration. Prerequisite: Completion of Pre-Ballet & Movement I or equivalent. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 11/30.

252606-01 **Sa** 10:10-10:50am 9/21-12/7 10 $169 CHRC
252606-02 **Sa** 11:05-11:55am 9/21-12/7 10 $169 PHRC

Mlyna Kinder Ballet

**AGES 4-5**. Designed to encourage a relationship to music using creative movements and elementary ballet steps and vocabulary, fun tools are used to stimulate the imagination. Classes conclude with basic children’s yoga. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14.

253829-01 **M** 5-6pm 9/9-12/16 14 $179 MVRC

*Ballet I*

**AGES 5-7**. Learn the basic ballet techniques, including adagio, basic routines, barre and center floor. Your child will learn the disciplines of dance while having fun and improving physical coordination and mental concentration. Instructor Megan Lively, Kirstan Fuller. Min 5/Max 12. No class 10/12, 11/30.

252610-01 **Sa** 12-12:50pm 9/21-12/7 10 $165 CHRC
252610-02 **Sa** 9:15-10:05am 9/21-12/7 10 $165 PHRC

Mlyna Ballet I

**AGES 6-7**. Ballet barre, Center Adagio and floor Adage will be executed in class, improving technique and strengthening skills. Introduction to Petit Allegro, Pirouettes and linking movements. Enhance self-confidence and advance to higher levels of skill. Pre-requisite: 1 year of experience. Instructor Ms. Lynne. Min 6/Max 12.

253817-01 **Tu** 5-6pm 9/10-12/10 14 $179 MVRC

*Ballet II*

**AGES 7-11**. Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Learn the disciplines of dance while having fun and improving physical/mental concentration, balance and strength. Prerequisite: completion of Ballet I or equivalent. Instructor Megan Lively. Min 5/Max 12. No class 10/12, 11/30.

252611-01 **Sa** 1-2pm 9/21-12/7 10 $169 CHRC

Mlyna Ballet II

**AGES 8-12**. Ready to look and feel like a ballerina? Learn barre, Center Adagio and floor Adage while improving technique and skills. Enhance self-confidence while mastering Petit Allegro, Pirouettes and linking movements. No experience needed. Instructor Ms. Lynne. No class 11/28. Min 6/Max 12.

253813-01 **Th** 5:00-6:00pm 9/12-12/12 13 $179 MVRC

Advanced Mlyna Ballet II

**AGES 8-14**. Learn a higher level of technique and comprehension, focusing on strengthening and developing skills into steps, sequences, combinations and placements. Continued focus will be placed on posture, poise, grace and challenging perfection. Pre-requisite: 3 years of experience. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14, 11/28.

253827-01 **M, Th** 6:15-7:15pm 9/9-10/24 13 $179 MVRC
253827-02 **M, Th** 6:15-7:15pm 10/28-12/12 10 $179 MVRC

Adult Ballet

**AGES 18 & up**. Discover the strength, beauty, elegance and grace of ballet, while improving coordination, flexibility, breathing and posture. Use all the muscle groups and challenge the body and mind to create a flow of movement that enhances the quality of learning ballet. Instructor Ms. Lynne. Min 6/Max 12. No class 10/14, 11/28.

253810-01 **M, Th** 9:15-10:15am 9/9-10/24 13 $165 MVRC
253810-02 **M, Th** 9:15-10:15am 10/28-12/19 15 $165 MVRC
253810-03 **M** 9:15-10:15am 9/9-10/21 6 $89 MVRC
253810-04 **M** 9:15-10:15am 10/28-12/16 8 $89 MVRC

alexandriava.gov/Recreation 17
**DANCE**

**Tap n’ Ballet**
Ages 4-6. Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the child’s grace and musicality. Tap or noisy shoes and leather Ballet shoes recommended. Instructor Go Bananas Dancing. Min 6/Max 12. No class 11/27.

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<td>W</td>
<td>3:45-4:30pm</td>
<td>9/25-12/4</td>
<td>$185 CHRC</td>
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**Contemporary Dance**
Ages 5-8. Blend freedom of expression, interpretation of music, principles of fall and recovery, control, breathing, balance and contraction/release. This dance form allows students to explore their individual dance styles outside of the structure of traditional ballet and jazz classes. Instructor Kirstan Fuller. Min 6/Max 12. No class 10/12, 11/30.

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<td>252631-01</td>
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<td>12:15-12:50pm</td>
<td>9/21-12/7</td>
<td>$169 PHRC</td>
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**Waltz/Rumba Dance Class**
Ages 18 & up. The classic slow, romantic dances of Europe and Latin America, both waltz and rumba are comprised of soft, round, flowing movements. Learn to lead and follow as well as the steps and styling to be able to step on the dance floor with confidence. Instructor Kathy. Min 4/Max 24.

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<td>9/24-12/10</td>
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**Social Dance**
Ages 18 & up. No more sitting at the next wedding or New Year’s party! Master the basic steps of social-style footwork, cha cha and swing, and add a few fun steps to your slow dance. Learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence. Instructor Kathy. Min 4/Max 20. No class 11/27.

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<th>Start Date</th>
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<td>11/6-12/18</td>
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**Cha Cha/Triple Swing Dance Class**
Ages 18 & up. Cha Cha and swing are the most modern of the ballroom dances. Danced with a distinctive cha-cha-cha (4-and-1) and trip-le-step (1-and-2) chasses, these two dances are fast, playful and flirtatious. Learn to lead and follow as well as the steps and styling to be able to step out on the dance floor with confidence. Instructor Kathy. Min 4/Max 20.

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<td>7:30-8:30pm</td>
<td>9/25-10/30</td>
<td>$95 CHRC</td>
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**Senior Line Dance**
Ages 55 & up. This class is designed for seniors to improve endurance, balance, circulation, memory, and socialization through easy and fun line dance. Participants will be led by an experienced and qualified instructor. Instructor Rodney Bates. Min 4/Max 20.

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**MUSIC**

**Little Hands Music**
Ages 0-7. Shake, rattle and roll with bells, shakers, sticks, drums, and more! Move with scarves, parachute, and hoops to fully experience the joy of movement and music of this session’s theme. All classes are taught by experienced music educators and trained music therapists. Register at littlehands.com or call 703.631.2046. Instructor Little Hands Music. Min 6/Max 12. No class 10/14, 11/5.

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<td>10:30-11:15am</td>
<td>9/27-11/22</td>
<td>$185 CHRC</td>
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**Little Fingers Piano**
Ages 2-5. Our youngest musicians will participate in age-appropriate guided musical exploration. Rental instruments and music included. Students will take instruments and music home between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Instructor Learn Now Music Inc. Min 6/Max 12.

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<td>253171-01</td>
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<td>10/1-11/19</td>
<td>$195 ODRC</td>
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**Groovy Guitar**
Ages 6 & up. Learn a new artistic skill or continue developing! Enjoy one-on-one 30-minute lessons in piano, violin, cello or double bass. Piano provided, other instruments must be brought by students. Please call 703.746.5570 to schedule a lesson or inquire about lesson times, must be scheduled minimum 5 days before first lesson. Instructor Mark Evans. Min 1/Max 8.

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<td>252611-01</td>
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<td>3:30-4:30pm</td>
<td>9/27-12/13</td>
<td>$145 CHRC</td>
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**Private Music Lessons**
Ages 6 & up. Learn a new artistic skill or continue developing! Enjoy one-on-one 30-minute lessons in piano, violin, cello or double bass. Piano provided, other instruments must be brought by students. Please call 703.746.5570 to schedule a lesson or inquire about lesson times, must be scheduled minimum 5 days before first lesson. Instructor Mark Evans. Min 1/Max 8.

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<td>252611-02</td>
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<td>1-2pm</td>
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**PERFORMING ARTS**

**Family Improv!**
Ages 4 & up. Bring the entire family out for an hour of silliness with theater games! This activity taps into emotions in a positive way, teaches problem solving and team building. Please wear comfortable clothes and come ready to play and laugh with us! Each family member must be registered to participate. Instructor CARE Actor. Min 5/Max 10.

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<td>10/4</td>
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**Creative & Performing Arts**

Registration information on page 30. Fall 2019.
VISUAL ARTS

ART BOX: Preschoolers Paint +ADULT NEW!
253821-01 Th 10:10:45am 9/12-10/17 6 $129 MVRC
253821-02 Th 10:10:45am 10/31-12/12 6 $129 MVRC

ART BOX: Art on Overload +ADULT NEW!
253824-01 Sa 9:30am-12pm 9/14-10/19 6 $99 MVRC

Ooey Gooey Art
Ages 18 mos.-3 yrs. Smash, mush, smoosh, and mash! Experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, edible art, and more as we celebrate creativity! Weekly themes will have parents and children working together by having a fun and creative time. Instructor Kai Seay. Min 3/Max 8. No class 11/26.
252628-01 Tu 10-10:30am 9/24-10/22 5 $65 NLRC
252628-02 Tu 10-10:30am 11/5-12/10 5 $65 NLRC

Abrakadoodle Twoosy Doodlers +ADULT
Ages 20 mos.-3 yrs. with adult. Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is a fun “I can do it” class. Each session has new activities, and moms and helpers get to play too. Instructor Abrakadoodle. Min 4/Max 12. No class 11/5/11/28.
252600-01 Tu 10:15-10:55am 9/24-12/3 10 $195 MVRC
252600-02 Th 10:15-10:55am 9/26-12/5 10 $195 CHRC

Stop, Drop & Art +ADULT DROP-IN
Ages 2-5 with adult. Create a fun take-home project. Participants will enjoy hands-on instruction in a variety of mediums, with a different project every week. Instructor Abby. Nonresidents $7. Max 10.
254204-01 Tu 9am-9:45pm 10/8 1 $5 CQRC
254204-02 Tu 9am-9:45pm 11/12 1 $5 CQRC
254204-03 Tu 9am-9:45pm 12/10 1 $5 CQRC

Masterpiece for Kids
Ages 2½-5. Your little artist can explore the wonders of fine art while learning about a few famous painters such as Van Gogh, Frida Khalo, Georgia O’Keeffe and more. We will learn fine motor skills through music, stories, and hands on experience. Instructor Kai Seay. Min 3/Max 10.
252629-01 Tu 6:30-7:15pm 9/24-10/22 5 $75 ODRC

Friday Art Blast (INCLUSION) +ADULT
Ages 3-5 with adult. Have you ever drawn a picture to show how you are feeling? Art Blast is a powerful way to express creativity and emotions in a fun way. Children will have the enjoyment of painting, visualize through collages, and express through clay and drawing. Children will be grouped by age. There is a $15 non-refundable supply fee included in the cost of the class. Min 4/Max 8.
253001-01 F 10-11am 9/6/9/27 4 $85 NLRC
253001-02 F 10-11am 10/4-10/25 4 $85 NLRC
253001-03 F 10-11am 11/1-11/22 4 $85 NLRC

Abrakadoodle Mini Doodlers
Ages 3-6. Develop creativity through lessons designed to ignite imagination and develop skills. Using real artists’ materials including watercolors, tempera paints, oil pastels, creative tools and more, children create unique masterpieces. All materials are included. Instructor Abrakadoodle. Min 4/Max 12. No class 11/27.
252613-01 W 3-3:45pm 9/25-12/4 10 $195 PHRC

Artistic Drawing with Young Rembrandts (NEW)
Ages 6-12. Encourage your child’s enthusiasm for art while they develop their skills. Students deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. Innovative reasoning skills are developed through creativity, collaborative communication, and critical thinking. Instructor Young Rembrandts. Min 5/Max 15.
252626-01 Tu 5-6pm 9/24-10/29 6 $189 CHRC

First Friday: Family Art Night +ADULT
Ages 6 & up with adult. Love to create art? Professional artists will guide you through creating your own masterpiece in a unique memorable family art evening. Art supplies and light refreshments provided. Min 10/Max 30.
Mosaic
255201-12 F 6-10pm 10/4 $9 ODRC
Painting
255201-13 F 6-10pm 10/4 $9 ODRC
Clay
255201-14 F 6-10pm 10/4 $9 ODRC

Young Potters
Ages 7-12. Students of all levels will learn to create hand-built pottery using slab construction and make coil pots. Min 6/Max 12. No class 11/30.
253819-01 Sa 9:30-10:30am 9/14-10/19 6 $49 MVRC
253819-02 Sa 9:30-10:30am 11/2-12/14 6 $49 MVRC

Mosaic
255201-12 F 6-10pm 10/4 $9 ODRC
Painting
255201-13 F 6-10pm 10/4 $9 ODRC
Clay
255201-14 F 6-10pm 10/4 $9 ODRC

Young Potters
Ages 7-12. Students of all levels will learn to create hand-built pottery using slab construction and make coil pots. Min 6/Max 12. No class 11/30.
253819-01 Sa 9:30-10:30am 9/14-10/19 6 $49 MVRC
253819-02 Sa 9:30-10:30am 11/2-12/14 6 $49 MVRC
Learn to Make Jewelry
Ages 18 & up. Learn about jewelry making through terminology, tools, and materials. Achieve a professional finished look using a bead board for design, while working with memory wire for structure and proper finishing. Supplies are required for this class. Min 6/Max 12. No class 11/30.
253828-01 Sa 11am-12pm 9/21-10/26 6 $49 MVRC
253828-02 Sa 11am-12pm 11/9-12/21 6 $49 MVRC

Artworks
TR
Ages 18 & up. Let your creative side shine while using a variety of art mediums and learning new skills! This program is geared towards individuals with intellectual and developmental disabilities. An initial assessment is required for new participants prior to starting programs. Online registration is not available. Please contact the Therapeutic Recreation office for more information at 703.746.5535. Min 6/Max 12. No class 10/14.
253000-01 M 3:30-5pm 10/7-10/28 3 $19 NLRC
253000-02 M 3:30-5pm 11/4-11/18 3 $19 NLRC
253000-03 M 3:30-5pm 12/2-12/16 3 $19 NLRC

Family Art Splash!
NEW!
All Ages. Art Splash offers a tempting palette of art workshops exploring various mediums from painting to sculpting and much more. It doesn’t matter if you don’t have previous art training, our trained art teachers will guide you through the process step by step. So bring your creativity and willingness to try for a relaxing experience. Instructor Abrakadoodle. Min 5/Max 10.
253110-01 F 6:30-8:30pm 10/25 1 $35 PHRC
253110-02 Sa 1-3pm 11/16 1 $35 CHRC

COOKING

Breakfast for Dinner
NEW!
Ages 5-12. Turn your favorite breakfast dishes into the main event. How about a cheddar-chive frittata with fresh salsa? Brunch pasta with bacon and eggs? Or a more traditional French toast, dressed up with bananas and blueberries? Any way you slice it, your little chef will love tucking into these comforting breakfast classics. Instructor Tiny Chefs. Min 8/Max 20.
242619-01 W 5-6pm 9/25-11/13 8 $209 ODRC

Dejar Cocinar, Let’s Cook!
NEW!
Ages 9-12. Learn fun and easy to make traditional Latin American recipes, create a mini cookbook, and learn Spanish vocabulary too! Recipes include: Arroz con Pollo, Empanadas, Fried Plantains and Churros. Min 5/Max 10.
243500-01 Sa 10am-12:30pm 9/21-10/12 4 $35 CBRC

Adult Cooking Series
NEW!
Ages 18 & up. Learn fundamental skills, concepts and techniques that become increasingly more complex as the program progresses. Participants will demonstrate skills learned before moving on to more challenging techniques. Leave the workshop with the skills to prepare a complete meal using a variety of cooking techniques. Instructor Tiny Chefs. Min 4/Max 10.
243101-01 F 6:30-8:30pm 10/11 1 $69 CHRC
243101-02 F 6:30-8:30pm 11/22 1 $69 CHRC
MAKE THE WORLD A BETTER PLACE. Investigate Alexandria’s natural resources and its inhabitants and learn how to care for the environment. Don’t wait, quench your curiosity today.

**NATURE**

**Fledglings** ◆ ADULT

**Ages 2-3 with adult.** Toddlers and their parents or caregivers are invited to join us for story time at the nature center. Each month will feature a new story and activity! Fee covers cost of all three sessions. Min 5/Max 12.

269801-01 F 10:30-11:15am 10/11,11/15,12/13 $19 BFNC

**Nature Play** ◆ ADULT ◆ DROP-IN

**Ages 2-4 with adult.** You’re invited to join our nature play dates! Facilitated by a Naturalist, children will explore nature based indoor or outdoor activities. Activities will vary each month and will include both structured and unstructured play. Min 5/Max 10.

269811-01 Sa 10:30-11:30am 9/28 1 $5 BFNC

269811-02 Sa 10:30-11:30am 10/26 1 $5 BFNC

**Little Adventures** ◆ ADULT

**Ages 3-5 with adult.** Explore the world of nature through a series of programs developed just for you and your child! We’ll play games, make crafts, hike through the forest, and much more! Siblings welcome. Fee covers cost of all three sessions. Min 6/Max 12.

269800-01 F 10:30am-12pm 10/4,11/8,12/6 $29 BFNC

**Nature Craft**

**Ages 4-5.** Find, touch and transform nature into fun take-home projects. Learn about the local environment as we find pinecones to make bird feeders, go under the sea as we make aquatic dioramas, and explore the North Pole and the critters who live there with games, stories and more. Min 6/Max 12.

263613-01 Th 10-10:45am 9/12-10/17 6 $75 CHRC

**Tracks and Traces**

**Ages 4-8.** Whose tracks are those? Learn how to identify animal tracks and signs in Dora Kelley Nature Park. Program includes a short presentation, a craft, and a walk through the woods! Min 5/Max 12.

269818-01 Sa 10:30-11:30am 12/7 1 $5 BFNC

**Holiday Ornament Workshop**

**Ages 6-11.** Children can brighten up their holidays by making their own ornaments in this workshop! All materials provided. Min 5/Max 10.

269831-01 Sa 1:30-3pm 12/14 1 $9 BFNC

**Decorate a Tree for Birds**

**Ages 5-11.** Birds need a holiday too! Make birdseed ornaments and garlands to decorate a backyard tree for our feathered friends. All materials included. Min 5/Max 12.

269816-01 Sa 10:30-11:30am 12/21 1 $5 BFNC

**School’s out, Nature’s in!**

**Ages 5-11.** On days ACPS schools are closed, participants will enjoy nature-themed games and crafts, hike in Dora Kelley Nature Park, meet live animals, and more! Lunch and snacks included. Min 5/Max 10.

569802-10 Tu 9:30am-3pm 11/5 1 $65 BFNC

**Nature Buddies Afterschool Program**

**Ages 5-10.** Your child can expect endless afterschool fun through hikes, outdoor exploration, science experiments, animal care, and other fun activities! Transportation is available through ACPS. For full program description and packet visit alexandriava.gov/NatureCenter. $350 per child, per month. Sibling discount and financial aid is available for qualifying families. Min 10/Max 20.

569806-01 M-F 2:30-6pm school year $350/month BFNC

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**Jerome “Buddie” Ford Nature Center** alexandriava.gov/NatureCenter

5750 Sanger Ave. • 703.746.5559 • Hours: W-Sa 10 am-5 pm year-round; Su 1-5 pm April-October

**Dora Kelley Nature Park**

- 50-acre wildlife sanctuary
- 1-mile paved trail along streams, wooded hills and marshland

**Year-Round Exhibits**

- Mary Anne Warner’s 16’ x 7’ oil mural, “Wildlife of the Dora Kelley Nature Park”
- Mounted black bear, red fox, turkey & bobcat
- Exhibits on local geology, culture, insects, birds of prey and aerial maps
- Live turtles, snakes, toads, salamanders and more
- Greenhouse with a variety of fruit trees, herbs and flowers
- MicroEye interactive exhibit; view specimens up to 40x zoom

**And Much More!** Interpretive and outreach programs are available for birthday parties, school field trips and Boy/Girl Scout badge projects. Email nature.center@alexandriava.gov to request the free quarterly Nature News Digital Newsletter.
SCHOOL IS OUT... LET THE FUN CONTINUE! Afterschool programs offer activities incorporating play, learning, cultural enrichment and positive social interaction.

2019-20 School Year Power-On!
Ages 5-12 in Kindergarten through Grade 6 as of Sept. 30, 2019. Join us for an Epic Adventure this school year! Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework type. Youth are encouraged to develop a sense of camaraderie, sportsmanship, and an understanding of teamwork!

Important Dates:
August 23 at 7 pm: Online registration closes until September 6.
August 26-September 6: Walk-in registrations accepted only at the Registration & Reservation Office, 1108 Jefferson St.

Program registration forms are required to complete registration and are available at host sites, the Lee Center or at alexandriava.gov/Recreation. All participants must be residents of the City of Alexandria. Space is limited, holiday hours and maximums vary by location. Program meets on days when ACPS schools are open.

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2019-20 Power-Full Fun Days
Ages 5-12 in Kindergarten through Grade 6 as of Sept. 30, 2019. Designated locations provide safe, supervised play activities on days ACPS schools are closed. Youth enrolled in any Power-On program may attend at no extra cost, all other City youth attend for a fee. Before Care is provided 8-9am for an extra $5 fee for all participants. All youth must bring a lunch; an afternoon snack is provided.

<table>
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Dates and times subject to change based on ACPS calendar.
*Available only at Out of School Time sites located at Recreation Centers, including CBRC, CHRC, CKRC, MVRC, PHRC, WRRC

Afterschool Teen Club
Grades 6-9. The supervised teen lounge is the perfect place to hang with friends, play table and video games, and do homework. Call 703.746.5554 for information. Min 20/Max 70. No class 10/9, 1/1, 1/15, 2/19, 5/28.

<table>
<thead>
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TR Achieving Greatness (TR)
Ages 6-7. Therapeutic Recreation participants only. Are you looking for a program that will help your child develop important life skills, increase confidence, build social skills and lasting friendships? Participants will engage in structured enrichment activities in a safe and welcoming environment. Because an assessment is needed, in-person registration is required. Please contact the Therapeutic Recreation office to get more information at 703.746.5553. Min 12/Max 24. No class 10/14, 11/5, 11/27, 11/28, 11/29.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Time</th>
<th>Dates</th>
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<td>12/2-12/20</td>
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</table>

Kids Day Out
Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts & crafts, field trips and more. Before Care services are available. Min 12/Max 70.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Time</th>
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Power-On Mainstream at Patrick Henry
Ages 5-11. Does your child need extra support to be successful in the Power-On Afterschool Program? Participants with disabilities have the opportunity to engage in recreation activities with their typical peers. Therapeutic Recreation Leaders adapt activities and provide support to those used to a mainstream classroom and requiring minimal support to follow directions and participate in a large group setting of 25 or more. Min 2/Max 6.

<table>
<thead>
<tr>
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Youth Achieving Greatness
Ages 5-15. Participants engage in structured enrichment activities to increase independence, learning, socialization and leadership in a small group (1:15 ratio to child ratio).

<table>
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Registration information on page 30.
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.

<table>
<thead>
<tr>
<th>Aquatics</th>
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</table>
1) Refer to the grid below to determine the programs available by age.
2) Turn to the specified page for a description and registration information for each program.

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<tr>
<th>Sports Classes &amp; Leagues</th>
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| Tumbling Classes         | 10<br>Acrobatics I <br>Acrobatics II <br>Baby Tumbling*<br>Basic Tumbling<br>Cheer Tumbling<br>Cheer Tumbling Clinic<br>Flip First Tumbling<br>Gymnastics I<br>Gymnastics II<br>Mom/Dad & Me Tumbling* | 0-1<br>10<br>10<br>10<br>10<br>10<br>10<br>10<br>10
| Soccer Classes           | 10<br>Excite Soccer<br>Lil Kickers<br>Soccer Tots | 10<br>10<br>10<br>10
| Tennis Classes           | 11<br>Adult Tennis 1<br>Adult Tennis 2<br>Fun & Fundamentals Tennis 1 & 2<br>Little Shots<br>Super Shots | 11<br>11<br>11<br>11<br>11<br>11
| Additional Sports Classes| 11<br>Jump Shots for Tots<br>Lil’ Pro Sports<br>Lil Lacrosse<br>Lil’ Sticks Girls Field Hockey<br>Pickleball<br>Preseason Basketball Fundamentals<br>Punt, Pass & Kick Contest<br>Teen Basketball Clinic<br>Girls Volleyball League<br>Lil’ Titans Flag Football<br>Miracle League of Alexandria Baseball<br>Winter Basketball League<br>Youth Cheerleading<br>Sports Affiliates | 11<br>11<br>11<br>11<br>11<br>11<br>11<br>11<br>11<br>12<br>12<br>12<br>12<br>12<br>12<br>12
| Alexandria Rugby Club    | 12<br>Alexandria Rugby Club Tackle Sessions<br>Alexandria Titans Tackle Football<br>ASA Academy Soccer<br>ASA Adult Soccer<br>ASA Ball Mastery<br>ASA Junior Academy<br>ASA Recreation Soccer League<br>ASA Tots Soccer<br>Power Plus Sports 3 vs 3 Basketball League<br>Winter Coed Basketball<br>Winter Coed Volleyball<br>Winter Late Night Basketball<br>Winter Mens Basketball<br>Dodgeball Tournament<br>Enrichment | 12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>12<br>13<br>13<br>13<br>13<br>13<br>13
| B.E.A.R*                  | 15<br>Colors, Shapes & Numbers<br>Conversational Spanish<br>Kid Adventure Club<br>Learn To Bike<br>Play with Clay<br>Pre-K for Young Rembrandts<br>Sing and Sign | 15<br>15<br>15<br>15<br>15<br>15<br>15<br>15
| Youth Leagues            | 12<br>Lil’ Titans Flag Football<br>Miracle League of Alexandria Baseball<br>Winter Basketball League<br>Youth Cheerleading<br>Alexandria Lacrosse Club Fall Clinic Series<br>Alexandria Little League Fall Baseball | 12<br>12<br>12<br>12<br>12<br>12
| Adult Leagues            | 13<br>Fall Coed 7 on 7 Flag Football Tournament<br>Power Plus Corn Hole Tournament<br>Women’s Field Hockey Tournament | 13<br>13<br>13
| Enrichment               | 15<br>Education<br>B.E.A.R*<br>Colors, Shapes & Numbers<br>Conversational Spanish<br>Kid Adventure Club<br>Learn To Bike<br>Play with Clay<br>Pre-K for Young Rembrandts<br>Sing and Sign | 15<br>15<br>15<br>15<br>15<br>15<br>15<br>15
| Socialize                | 16<br>Adult Social Club<br>Art for Preschoolers<br>Kid Rock Social Hour*<br>Playtime Express*<br>Soft Players*<br>Teen Social Club<br>Tummy Time* | 16<br>16<br>16<br>16<br>16<br>16<br>16

*Requires guardian and child participation
1) Refer to the grid below to determine the programs available by age.
2) Turn to the specified page for a description and registration information for each program.

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<td>Mommy &amp; Me: Let's Play Ballet*</td>
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*Requires guardian and child participation
COMMUNITY ACTIVITIES

Tutus and Bowties Art Party
Ages 2-8. Join a themed pARTy created for Princes and Princesses! Kids make their own personal Tutus and Bow Ties to wear. Grab props at the pARTy selfie station, visit cookie decorating and ice cream stations and explore edible paint creations while enjoying refreshments and Kids Bop Tunes! Min 5/Max 25.
   283822-01 F 6:30-8:30pm 11/15 1 $25 MVRC
   284104-01 Sa 1-3pm 12/7 1 $25 WRRC

Let’s Project Together  NEW!
Ages 4-7 and up. Refreshments, “Juicy-Sip & Paint” and Abstract Spray Painting to the latest music beats from Kids Bop create a unique experience for families to spend time together. Conventional and unconventional painting materials create an afternoon of art interpretation and fun! Min 5/Max 25.
   284109-01 Sa 10am-12pm 10/19 1 $15 WRRC

Family Adventure Night  NEW!
Ages 4-17 and their families. Themed activities build additional support systems with other families while enjoying group activities. Min 10/Max 30.
   283000-01-04 F 7-8:30pm 9/27,10/25,11/22,12/20 $9ea. NLRC

Festival of Lights  NEW!
Ages 5-12. Travel to Watkins Regional Park in Largo, MD and enjoy millions of festive lights and displays that twinkle and light the sky. Min.10/Max 20.
   282900-01 F 5:30-9:30pm 12/13 1     $9      LEEC

Nerf The Turf
Ages 7-12. More than a battle with foam darts, kids develop teamwork, problem solving and sportsmanship skills. Bring gear and equipment and we will supply the ammo. Each day is a different theme. Min 10/Max 40.
   283503-01-04 F 6:30-8:30pm 10/4,10/18,11/8,11/22 $15ea. CBRC

Nerf Rivals  NEW!
Ages 11-14. Grab your friends and rivals to explore fun battle scenarios. Exclusively using Nerf Rival gear, ammo and equipment, your team will strategize to build forts, avoid ambushes, and lead your team to victory. Min 6/Max 30.
   284001-01 F 6:30-8:30pm 11/1 1 $19 PHRC
   284001-02 F 6:30-8:30pm 11/15 1 $19 PHRC

Middle School Skate Night
Ages 11-14. Grab some friends and come out to Patrick Henry Rec to enjoy teen skate night. Participants will have the opportunity to meet new people jam to great music, play games, win prizes all on skates. Min 12/Max 50.
   284005-01 F 6:30-9pm 10/18 1 $9 PHRC

What’s Happening? Stay in the know with our new selection of trips and activities. There’s fun for the whole family!

Ticketed Events

First Fridays
Dances Around the World
Friday, November 1 • 6-9 p.m.
Season of Celebrations
Friday, December 6 • 6-9 p.m.
$9 each, under 5 free
Take a spin around the world in an evening of dance and music.

Bagels and Bach
Sunday, October 6 • 11 a.m.-1:30 p.m.
Sunday, December 1 • 11 a.m.-1:30 p.m.
$9 each, under 5 free
Enjoy a light brunch to classical music performed by local musicians, including quartets, quintets and sextets.

Puppet Shows
Saturday, September 21 • 10 a.m. • 11:15 a.m.
Saturday, October 19 • 10 a.m. • 11:15 a.m.
Saturday, November 16 • 10 a.m. • 11:15 a.m.
All tickets; $6 each
Children of all ages will enjoy a one-hour puppet show presented in collaboration with the Office of the Arts.

Harp and Flute, American Youth Philharmonic Concert
Saturday, December 14 • 2 p.m.
$9 each, under 5 free
Enjoy the afternoon of classical harp and flute music performed by members of the American Youth Philharmonic Orchestra.

Silly Goose and Val Holiday Extravaganza
Saturday, December 21 • 10 a.m.
$9 each
Silly Goose and Val will help you get into the holiday spirit with their Holiday Extravaganza show.

For information about upcoming events or to purchase tickets, follow these simple steps:
1) Visit www.alexandriava.gov/WebTrac
2) Select ‘Ticket’ from the Search menu
3) View all ticketed events or filter results by date or keyword
4) Use the shopping cart icon to purchase tickets with the option to continue as a guest.

Please note that all advanced ticket sales must be performed online using credit card or eCheck and all ticket sales are considered final. Tickets may be purchased at the door. Call 703.746.5565 for details.
Family Cosmic Skate Night
**All Ages.** Flashing lights! Blasting tunes! Put on your skates and zoom zoom zoom! Families can use skates from the center or bring their own skates to enjoy an exciting evening of family friendly activities. $5 per person and $15 for a family of 4. Min 30/Max 70.

283709-01  F  6:30-9:30pm  9/20  1  $5  CKRC
283709-02  F  6:30-9:30pm  11/8  1  $5  CKRC

**COMMUNITY EVENTS**

Breakfast with Santa
**Ages 2-10.** Santa and his elves are stopping by for a morning of holiday cheer and breakfast! Enjoy fun for the whole family and join us as we spread holiday cheer! Children under 5 must be with an adult. Min 25/Max 50.

283823-01  Sa  10am-1pm  12/14  1  $15  MVRC

Santa’s FUN-derland
**Ages 2-12.** Encounter the magic of the holiday season at Santa’s FUNderland! Our festively decorated gym is sure to warm your heart and delight your child. Create holiday-themed crafts, decorate edible snacks, and more. Max 40.

283603-01  Th  10am-12pm  12/19  1  $9  CHRC
283603-02  Th  5-7pm  12/19  1  $9  CHRC

Family Sock Hop
**Ages 5 & up.** Hey Daddy-o, get out your 50's gear and come out to the hop at Mt. Vernon. This will be a fun evening for the whole family, so be there or be square. Enjoy dancing, photo opportunities, a best dressed contest and refreshments. Min 50/Max 400.

253823-01  F  6-9pm  9/27  1  $9  MVRC

Hand Dance & Line Dance Social
**Ages 18 & up.** Come out for an evening of hand dance and line dance. Light refreshments will be served. Min 50/Max 300.

283825-01  F  7-11pm  12/13  1  $9  MVRC

Senior Harvest Tea
**50 & up.** Join us for this special tea celebrating the harvest season and create a fall harvest craft. Guests will dine on sandwiches, assorted sweets, scones, and hot tea! Min 12/Max 30.

283805-01  W  11am-12pm  11/13  1  $15  MVRC

Grandparent’s Day Tea
**All Ages.** It’s National Grandparent’s Day, so let’s celebrate! Bring your special grandparent to an afternoon of appreciation, tea and light refreshments. Each child will design and present a keepsake to their grandparent to create a memorable experience. Min 8/Max 25.

283612-01  Su  2:30-4:30pm  9/8  1  $25/pair  CHRC

Halloween Spirit Weeks

**Celebrate a safe Halloween with friends in your neighborhood.**

**Friday, Oct.18**
**Floating Pumpkin Patch** 6-8pm, All Ages, $5/person, CQRC – Dive in to pick your very own real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, and Halloween treats.

**Friday, Oct.25**
**Boo-Fest** 6-8pm, All Ages, Free, CHRC – Enjoy costume parade, carnival games, moon bounce, arts & crafts, stories, and more.

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

**Family October Fest 2019** 4:30-8:30pm, All Ages, $5, PHRC – Haunted House, Arts & Crafts, Spooky Musical Chairs, Face Painting, Scary Movies, Spooky Dance and more.

**Saturday, Oct.26**
**Halloween Strobe Light Painting** 7-11pm, Ages 8 & up, $5, WRRC – Wear a plastic poncho and gloves while painting with conventional and unconventional materials for spooky fun!

**Fall Halloween Fest** 12-4pm, All Ages, Free, CKRC – Kick off to FALL season with family fun activities by participating in outside activities including games Halloween themed crafts face painting vendors music and costume contests

**Skate N Scare Glo Party** 6-9pm, All Ages, $9, CBRC – Enjoy family fun with Glo-skating, goolish games, creepy crafts and more! A costume contest and light refreshments will be served.

**Sunday, Oct.27**
**Halloweiner Fest** 2:30-4:30pm, All Ages, $9, CHRC – Furry friends compete for Best Costume, Largest Dog, Smallest Dog, Most Adorable and Coolest Trick. Proof of vaccination required. Dogs must remain on leashes. Refreshments available for sale.

**Trunk or Treat Block Party** 6:30-8:30pm, Ages 12 & under, Free, NLRC – Treat the whole family to a ghostly time with activities and treats while jamming with a live DJ!
special events

WHAT’S HAPPENING in your neighborhood?
For a complete list of City events taking place throughout Alexandria, visit alexandriava.gov/Calendar.
View the Calendar of Events by upcoming events or search by date, department, location or category tag.

SEPTEMBER

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<thead>
<tr>
<th>Date</th>
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<th>Presented by</th>
<th>Details</th>
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| 7    | Africa FEST | City of Alexandria | with the African Union Representational Mission to the USA and the Smithsonian National Museum of African Art  
12-5pm  · Patrick Henry Recreation Center, 4653 Taney Ave.  
Cheryl Anne Colton: 703.746.5565 |
| 10   | Citizenship Day | City of Alexandria | 5-7pm  · Market Square, 301 King Street  
Jean Kelleher: 703.746.3140 |
| 21-22 | King Street Festival of the Arts | Howard Alan Events & American Craft Endeavors | presented by  
Sat: 10am-7pm; Sun: 10am-5pm  · Old Town, Washington St. to the Waterfront  
561.746.6615  · artfestival.com |

OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Presented by</th>
<th>Details</th>
</tr>
</thead>
</table>
| 5    | 24th Annual Art on the Avenue | Art on the Avenue | presented by  
10am-6pm  · Bellefonte/Hume Ave.  
Pat Miller: 703.256.4516 or pmiller1806@comcast.net  · artontheavenue.org |
|      | Civil War Artillery Day | City of Alexandria | presented by  
10am-4pm  · Ft. Ward Museum and Historic Site, 4301 W. Braddock Rd.  
Susan Cumbey: 703.746.4848 |
| 12   | Family Fall Festival | City of Alexandria | presented by  
11am-3pm  · Armistead L. Boothe Park  
Events Hotline: 703.746.5592 or alexandriava.gov/Recreation |

NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Presented by</th>
<th>Details</th>
</tr>
</thead>
</table>
| 23   | City Tree Lighting | City of Alexandria | presented by  
6-8pm  · Od Town  
Events Hotline: 703.746.5592 |
DECEMBER

7

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

49th Annual Scottish Christmas Walk
presented by City of Alexandria, The Campagna Center, and the St. Andrew’s Society
10:30am-1pm • Historic Old Town Alexandria • Ann Dorman: 703.549.0111

18

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

31

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

**MIRROR MIRROR** PERFORMANCE SERIES

Enjoy a series of site-specific performances for the sound-responsive, interactive installation, *Mirror Mirror*, in Waterfront Park (1 King St.). Performances are free and feature lawn seating. Please leave pets at home.

**MOVEMENT: Orange Grove Dance**

- Friday, September 6, 8 p.m.
- Saturday, September 7, 6 and 8 p.m.
- Friday, September 13, 8 p.m.
- Saturday, September 14, 6 and 8 p.m.

**MUSIC: David Schulman**

- Saturday, October 5, 8 p.m.
- Sunday, October 6, 8 p.m.

Rain date: Saturday, October 19, 8 p.m.

More information at alexandriava.gov/PublicArt

Connect With Us

alexandriava.gov/Recreation
facebook.com/RPCAAlexandriaVA
alexandriava.gov/eNews

Follow us on Twitter
twitter.com/RPCA_AlexVA

Like us on Facebook

Sign up for eNews
3 EASY WAYS TO REGISTER!

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

**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.

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**Registration Information**

**Registration for Alexandria residents begins** Wednesday, August 14 at 9 am
**Nonresident registration begins** Friday, August 16 at 9 am

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

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

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

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

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

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

**Refund/Credit Policy:**
Registrants may request a refund or household credit for programs in writing to the Lee Center, 1108 Jefferson St., Alexandria, VA 22314 or by emailing registerARPCA@alexandriava.gov based on the following criteria:
- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as possible so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.
- Registrants unable to attend a program due to relocation, schedule conflict, sickness or injury may request a credit or refund.
- Credits will remain on a household account for no more than 90 days. Credits older than 90 days will be processed as a refund back to the customer.
- Adult league fees are non-refundable.

**Fee Assistance:** To view the newly adopted fee assistance policy, and access the Financial Assistance request form, visit alexandriava.gov/12288. All residents may apply for financial assistance based on need.

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

**Nonresident Fee:** A fee of $35 per person, in addition to the class fee, is required for all class sections. This fee is non-refundable except when class/activity is canceled by the Department and 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:
- Current VA driver's license with current utility bill;
- Current picture ID along with a current lease, City issued document or utility bill; or
- Current Alexandria School ID (students) and verification of parent’s residency. Parents residency may be verified as stated above.

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

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

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

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

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

**HOUSEHOLD INFORMATION - PLEASE PRINT**

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

- **Name of Head of Household (First/Last)** _____________________________________________
- **Address** _____________________________________________
- **City, State, Zip** ________________________________
- **Home Phone** ________________________________________
- **Work Phone** ________________________________________
- **Cell Phone** ________________________________________
- **Head of Household Birthday ____/____/____
- **Male/Female?** (Circle)

**Activity Registration (Please fill out completely. Attach an additional sheet if necessary)**

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

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

*Make checks payable to “City of Alexandria”*

### 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 offices, 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 _____________________________________________ Date____________________

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

### FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

The Department of Recreation, Parks and Cultural Activities encourages participation in City programs from all City residents. If you, a member of your family or a friend would like to participate in programs or activities sponsored by this department and are in need of fee assistance in order to participate, please contact the sponsoring program office for more detailed information at least two weeks in advance. For general information, please call 703.746.4043 or use VA Relay 711.

### Registration Method

<table>
<thead>
<tr>
<th>Mail-In or Drop-Off:</th>
<th>Web:</th>
<th>Questions?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration &amp; Reservations/Lee Center</td>
<td>alexandriava.gov/Recreation</td>
<td>Call 703.746.5414</td>
</tr>
<tr>
<td>1108 Jefferson St., Alexandria, VA 22314</td>
<td>Email <a href="mailto:registerARP@alexandriava.gov">registerARP@alexandriava.gov</a></td>
<td></td>
</tr>
</tbody>
</table>

For Office Use Only:

- Check #: ____________
- Amt: ______
- Date Received: ____________
- Staff: ______
AGES 55 & UP

See the Fun Finder Index on pages 23-25 for a listing of recreation opportunities for ages 55 and up or look for the 55+ icon throughout this program guide. To subscribe to receive the Power Plus Brochure of all programs and services for ages 55 and up, call 703.746.5431.

POWER PLUS PARTNERS

Northern Virginia Senior Olympics
The 2019 Olympics will be held Sept. 14-28 at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun and Prince William. Over 800 adults ages 50-100 are anticipated to take part in more than 50 events including Badminton, Basketball Field Goals, Bocce, Bowling-Ten Pin, Wii, Bridge-Duplicate, Bunco, Cornhole, Cribbage, 10K & 20K Cycling, Diving, Dominoes-Mexican Train, 5-K Run, Football Throw, Frisbee, Golf, Horse-shoes, Mah Jongg, Miniature Golf, Pickleball, Pool-Eight-Nine Ball, Rowing ERG, Scrabble, Softball Hit & Throw, Swimming, Table Tennis, Tennis, Track & Field, Yo-Yo, Orienteering, Beach Ball Wallyball, Line Dancing, Jigsaw Puzzle. For information visit www.nvso.us.

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

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

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

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

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

- Adult Day Services Center, 703.746.5676

Senior Services of Alexandria (SSA) is a non-profit organization that has as its mission, “to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.” SSA operates the Meals on Wheels delivery program and DOT transportation reservations for the City, presents educational programs through various events, a speaker series, and a monthly cable television production, Senior Living in Alexandria. SSA and the Animal Welfare League of Alexandria operate the AniMeals on Wheels program, providing food for pets of low-income seniors. SSA’s Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at admin@seniorservicesalex.org by calling Executive Director Mary Lee Anderson at 703.836.4414 or visit www.SeniorServicesAlex.org.

Safe Place & Bully Free Starts With Me!

Alexandria National Safe Place - A Safe Haven For Youth

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

Bully Free Starts With Me

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

Therapeutic Recreation  1108 Jefferson St. 703.746.5422 VA Relay 711

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

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

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

GET INVOLVED

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

- Advisory Councils:
  - Charles Barrett Recreation Center
  - Charles Houston Recreation Center
  - Chinquapin Park Recreation Center & Aquatics Facility
  - Leonard “Chick” Armstrong Recreation Center
  - Mount Vernon Recreation Center
  - William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation

For available opportunities, select the link at alexandriava.gov/Volunteer.

Virginia Cooperative Extension puts university knowledge into the hands of people.

With the research and leadership of Virginia Tech and Virginia State University, and support from outstanding citizen volunteers, we provide information, education and tools you can use every day to improve your life. Services are offered in: 4-H Youth Development, Agricultural & Natural Resources and Family & Consumer Sciences. Educational and volunteer opportunities are always available.

Please contact the Alexandria Cooperative Extension Office at 703.746.5546 for more information.

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

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

La Ciudad de Alexandria opera 11 centros comunitarios incluyendo un centro de arte, instalaciones acuáticas y un centro natural. Los Centros Recreativos Vecinales contienen una variedad de comodidades que incluyen salones de gimnasio para adultos, áreas de juego para niños, canchas de racquetball, salón de arte & manualidades y salones de juegos. Espacios están disponibles para renta y una variedad de paquetes de fiestas están disponibles. Para más información sobre centros comunitarios, comodidades y horas de operaciones, ver página 36.

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Cuidad y el hermoso waterfront. Ver en página 30 el mapa de parques y centros comunitarios. Visite alexandriava.gov/ParkLink para orientación y un interactivo mapa de parques e instalaciones.

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

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

Visite alexandriava.gov/Recreation para mas información.
### Programmed Parks & Facilities

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

Visit [alexandriava.gov/ParkLink](http://alexandriava.gov/ParkLink) to see all City of Alexandria parks and amenities. See page 39 for event sites and information about hosting special events.
<table>
<thead>
<tr>
<th>Number</th>
<th>Park Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>Jones Point Park (National Park Service)</td>
<td>100 Jones Point Dr.</td>
</tr>
<tr>
<td>30</td>
<td>Joseph Hensley Park</td>
<td>4200 Eisenhower Ave.</td>
</tr>
<tr>
<td>31</td>
<td>King Street Gardens Park</td>
<td>1806 King St.</td>
</tr>
<tr>
<td>32</td>
<td>Lee Center &amp; Nannie J. Lee Recreation Center</td>
<td>1108 Jefferson St.</td>
</tr>
<tr>
<td>33</td>
<td>Lonny Harris Memorial Fields at Braddock Park</td>
<td>1005 Mt. Vernon Ave.</td>
</tr>
<tr>
<td>34</td>
<td>Lyles Crouch Elementary School</td>
<td>530 S. Saint Asaph St.</td>
</tr>
<tr>
<td>35</td>
<td>Market Square</td>
<td>301 King St.</td>
</tr>
<tr>
<td>36</td>
<td>Maury School</td>
<td>600 Russell Rd.</td>
</tr>
<tr>
<td>37</td>
<td>Minnie Howard Field &amp; School</td>
<td>3701 W. Braddock Rd.</td>
</tr>
<tr>
<td>38</td>
<td>Montgomery Park</td>
<td>901 N. Royal St.</td>
</tr>
<tr>
<td>39</td>
<td>Mt. Vernon Elementary School &amp; Recreation Center</td>
<td>2701 Commonwealth Ave.</td>
</tr>
<tr>
<td>40</td>
<td>Oronoco Bay Park</td>
<td>100 Madison St.</td>
</tr>
<tr>
<td>41</td>
<td>Oswald Durant Center 1605 Cameron St</td>
<td>Old Town Pool 1609 Cameron St.</td>
</tr>
<tr>
<td>42</td>
<td>Patrick Henry Recreation Center</td>
<td>4653 Taney Ave.</td>
</tr>
<tr>
<td>43</td>
<td>Potomac Yard Park</td>
<td>2051 Potomac Ave.</td>
</tr>
<tr>
<td>44</td>
<td>Stevenson Park</td>
<td>300 Stultz Rd.</td>
</tr>
<tr>
<td>45</td>
<td>T.C. Williams High School</td>
<td>3330 King St.</td>
</tr>
<tr>
<td>46</td>
<td>Torpedo Factory Plaza, 105 N. Union St.</td>
<td>City Marina, 0 Cameron St.</td>
</tr>
<tr>
<td>47</td>
<td>Warwick Pool Seasonal</td>
<td>3301 Landover St.</td>
</tr>
<tr>
<td>48</td>
<td>Waterfront Park</td>
<td>1A Prince St.</td>
</tr>
<tr>
<td>49</td>
<td>William Ramsay Elementary School &amp; Recreation Center</td>
<td>5700 &amp; 5650 Sanger Ave.</td>
</tr>
<tr>
<td>50</td>
<td>Windmill Hill Park</td>
<td>501 S. Union St.</td>
</tr>
<tr>
<td>51</td>
<td>Witter Recreational Fields</td>
<td>2700 Witter Dr.</td>
</tr>
</tbody>
</table>

**LEGEND**

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

*Unfenced sites are marked with bollards
City Marina

Dockmaster Office 703.746.5487
0 Cameron Street, 22314
alexandriava.gov/Marina
city.marina@alexandriava.gov

Hours of Operation:
November – March April – October
M – Su: 9am-5pm M – Su: 9am-9pm

Closed some City holidays.

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

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

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

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

Open Space

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

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

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

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

CONTACT INFORMATION

- DIRECTOR’S OFFICE .......................... 703.746.5500
  James B. Spengler, Director: james.spengler@alexandriava.gov
- GENERAL INFORMATION ..................... 703.746.4343
- PROGRAMS & SERVICES
  Aquatics ....................................... 703.746.5435
  City Arborist/Trees ........................... 703.746.5496
  City Marina ................................... 703.746.5487
  Nature & Environmental Education Programs .... 703.746.5559
  Out of School Time Programs ................... 703.746.5575
  Office of the Arts .............................. 703.746.5588
  Park Maintenance ................................ 703.746.5484
  Park Planning & Design ......................... 703.746.5488
  Picnic Reservations & Facility Rentals ........... 703.746.5414
- Recreation Classes & Camps .................... 703.746.5414
- 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
- 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
Celebrate with us!

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

🌟 Pool Party
1 hr. pool and 2 hr. party room for children ages 6 and up, adults free. Max 19. $149. Optional add-ons: Balloon package $25; Giant pool inflatable $75.
Chinquapin Park Recreation Center & Aquatics Facility

🌟 Soft Play Party
1 hr. soft play room and 2 hr. party room for children ages 0-5, adults free. Max 16. $149.
Charles Houston Recreation Center

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

🌟 Wow! What A Party!
Throw a party to remember without all the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35. $370
Charles Houston Recreation Center

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

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Picnic, Facility & Event Reservations

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

To start planning an event, follow these simple steps:

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

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

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

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

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

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

Make your next event special.

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

We can help you with:
   - Applying for Special Event Permits
   - Weddings on the Waterfront
   - Waterfront Park Rentals for events
   - Event and Concert Sponsorship Opportunities

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

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ParkLink

Connecting you to active and open spaces in your neighborhood

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

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

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

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

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

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

Nature Friends Party
2 hr. party featuring live animals, a nature-oriented activity, outdoor hike and party room. $225 for 14 children ages 4-12, additional $10 per child up to 20 total (resident rate).
Jerome “Buddie” Ford Nature Center, 703.746.5559

Wow! What A Party!
Throw a party to remember without the work! Select from a list of themes and a Party Coordinator will take care of the decorations, activities and day-of coordination. Max 35, $370.
Charles Houston Recreation Center, 703.746.5552

Celebrate with us!
Make planning your next celebration easy with a variety of convenient party packages. Contact the hosting facility for availability and reservation information.
Prices shown are resident rates. 4 weeks notice and receipt of payment are required to confirm reservation.
Out of School Time

Afterschool fun for Kindergarten through 6th Grade.

Play, build, learn and grow with friends!

Homework Time

Time with Friends

Free Time

Fun Time

Time to Shine

Have the Best Time!

Meet friends, play, build, learn and grow through a variety of recreation, enrichment and leisure activities. Afterschool fun includes creative and performing arts, music, history, sports, fitness, health, family events, field trips and homework time. See page 22 for details. Join us for an Epic Adventure this school year!