



Food Truck • Prizes • DJ



City of Alexandria | RPCA Department of Recreation, Parks & Cultural Activities 703.746.5414 | alexandriava.gov/rpca/RecFest



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Programmed Parks & Facilities......40 Park Capital Project Updates . . . . . . . . . . . . . . . . . 42 Park & Facility Rentals......43 

### **New This Season**

To improve our customer experience, we will now have separate registration dates for spring and summer programs.

**Spring Registration Summer Registration** Residents: March 19 Residents: May 14 Non-Residents: March 21 Non-Residents: May 16

For more information, visit alexandriava.gov/rpca.



(INCLUSION) Programs for all abilities

New this season



(+ADULT)

(DROP-IN)

**NEW!** 

55+

(TR)

\*



Adult participation required

No registration required, show up

Ideal for ages 55 & up. See pg.32

No class on 5/3, 5/17, 5/24, 5/25,

5/26, 5/28, 6/25, 6/30, 7/2, 7/4,

7/5, 7/6, 7/12, 7/19, 8/4, 8/11,

8/12, 8/13 & 8/16. Please contact

your program sites for more information.

Designed for individuals with

disabilities. Assessment

required. See pg.37

**Your Experience Matters** 

City of Alexandria Recreation, Parks & Cultural

• Responsive • Courteous

Your feedback is important to us!

Please tell us about your experience by completing the survey below:

alexandriava.gov/RPCA/Experience-Survey





CTIVITY	SECTION NUMBER	
*	<b>*</b>	
2226	610-01	



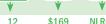




9/28-10/26







**CLASS SIZE** Min 6/ Max 10

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

Su = Sunday

### RECREATION CENTERS / POOLS BFNC

CBRC CHRC/MMPL CQRC/CQPK LARC LEEC/LCCM MHAF MVRC NLRC ODRC

OTPL

PHRC

WRRC

WWPL

LMFD PYPK

SJSP

SSSA

TFAC

WRFD

Jerome Buddie Ford Nature Center 5750 Sanger Ave. Charles Barrett 1115 Martha Custis Dr. Charles Houston/Memorial Pool 901 Wythe St. Chinquapin Park & Aquatics Facility 3210 King St.

Leonard "Chick" Armstrong 25 West Reed Ave. Lee Center Complex 1108 Jefferson St. Minnie Howard Aquatics Facility 3795 W. Braddock Rd.

Mount Vernon 2701 Commonwealth Ave. Nannie J. Lee 1108 Jefferson St. Oswald Durant 1605 Cameron St. Old Town Pool 1609 Cameron St. Patrick Henry 4653 Taney Ave. William Ramsay 5650 Sanger Ave.

Warwick Pool 3301 Landover St.

Limerick Field 1800 Limerick St.

Potomac Yard Park 2051 Potomac Ave.

Schuyler Jones Skatepark 3540 Wheeler Ave.

Torpedo Factory Art Center 105 N. Union St.

Witter Recreational Fields 2700 Witter Dr.

St. Stephen's & St. Agnes 1000 St. Stephens Rd.

### **SCHOOLS/OTHER FACILITIES**

Alexandria City High School 3330 King St. **ACHS ARPK** Armistead L Boothe Park 520 Cameron Station Blvd. **BBPK** Ben Brenman Park 4800 Brenman Park Dr. Carlyle Park 450 Andrews Lane. CLPK Dora Kellev Nature Park 5750 Sanger Ave. DKPK DMES Douglas MacArthur Elementary School 1101 Janneys Ln. **FDES** Ferdinand T. Day Elementary School 1701 N. Beauregard St. Francis C. Hammond Middle School 4646 Seminary Rd. **FHMS** George Washington Middle School 1005 Mt. Vernon Ave. **GWMS JPES** James K. Polk Elementary School 5000 Polk Ave. Jefferson Houston School 1501 Cameron St. **JHES** JAES John Adams Elementary School 5651 Rayburn Ave. JHPK Joseph Hensley Park 4200 Eisenhower Ave.

Professional

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





### **Alexandria Swim Academy**

Learn to swim with confidence. The Alexandria Swim Academy offers American Red Cross swim lessons for infants, youth, teenagers, and adults. With lessons for ages six months and older, you and your entire family can learn to master the skills needed to help you swim safely and enjoyably for life. It is quite common for children to participate in several sessions of a class before they successfully demonstrate all the skills.



### Water Explorers 1 (+ADULT)

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

436301-01	Sa	9-9:30am	4/26-5/31	5	\$79	MHAF
436301-02	Sa	10:45-11:15am	4/26-5/31	5	\$79	MHAF
436301-03	Su	10:10-10:40am	4/27-6/1	5	\$79	MHAF
436301-04	Su	11:20-11:50am	4/27-6/1	5	\$79	MHAF
136301-01	Sa	9-9:30am	6/14-8/9	7	\$109	MHAF
136301-02	Sa	10:45-11:15am	6/14-8/9	7	\$109	MHAF
136301-03	Su	9:35-10:05am	6/15-8/10	7	\$109	MHAF
136301-04	Su	11:20-11:50am	6/15-8/10	7	\$109	MHAF

### Water Explorers 2 (+ADULT)

Ages 6 mos.-3 yrs. with adult. You and your child will participate in activities designed to further develop comfort and basic skills, further huilding the foundation of learning to swim from Water Evplorers 1

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436302-01	Sa	9:35-10:05am	4/26-5/31	5	\$79	MHAF
436302-02	Sa	11:20-11:50am	4/26-5/31	5	\$79	MHAF
436302-03	Su	9-10am	4/27-6/1	5	\$79	MHAF
436302-04	Su	10:45-11:15am	4/27-6/1	5	\$79	MHAF
136302-01	Sa	9:35-10:05am	6/14-8/9	7	\$109	MHAF
136302-02	Sa	11:20-11:50am	6/14-8/9	7	\$109	MHAF
136302-03	Su	10:10-10:40am	6/15-8/10	7	\$109	MHAF
136302-04	Su	11:55am-12:25pm	6/15-8/10	7	\$109	MHAF

### Water Explorers 1 & 2 (+ADULT)

Ages 6 mos.-3 yrs. with adult. Our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate and engaging for infants and young children. As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child in the water and how to prepare and encourage your child to participate fully and try the skills. In addition, you are introduced to several water safety topics. Your child receives an introduction

### to basic skills that lay a foundation for learning to swim.

134240-07	Su	9:45-10:15am	6/19-7/31	6	\$89	CQRC
134340-01	Su	9-9:30am	6/22-7/13	3	\$49	CHRC
134340-02	Sa	9-9:30am	6/21-7/12	4	\$65	WWPL
134340-03	Su	9-9:30am	7/20-8/10	4	\$65	CHRC
134340-04	Sa	9-9:30am	7/19-8/9	4	\$65	WWPL
134340-22	Su	9:30-10am	7/20-8/10	4	\$65	CHRC

### Group Swim Lessons with Simpson Aquatics NEW!

Ages 15 mos.-12 yrs. Building on Red Cross skills, these lessons emphasize safety, individual goals, and conditioning through an outcomes-based approach. Success is measured by each swimmer's confidence, progress, and excitement. Check availability on our website: simpsonaquatics.com or

439705-01	M-Su	7am-6:45pm	4/19-6/13	56	Varies	MHAF
139705-01	M-Su	7am-6:45pm	6/14-8/15	63	Varies	MHAF

### Alex Swim Preschool & Me (+ADULT)

email support@simpsonaquatics.com.

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

436303-01	Sa	10:10-10:40am	4/26-5/31	5	\$79	MHAF
436303-02	Sa	11:55am-12:25pm	4/26-5/31	5	\$79	MHAF
436303-03	Su	9:35-10:05am	4/27-6/1	5	\$79	MHAF
436303-04	Su	11:20-11:50am	4/27-6/1	5	\$79	MHAF
136303-01	Sa	10:10-10:40am	6/14-8/9	7	\$109	MHAF
136303-02	Sa	11:55am-12:25pm	6/14-8/9	7	\$109	MHAF
136303-03	Su	9-9:30am	6/15-8/10	7	\$109	MHAF
136303-04	Su	10:45-11:15am	6/15-8/10	7	\$109	MHAF

### **Alex Swim Preschool 1**

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

434248-01	M	4:25-4:55pm	4/21-5/19	5	\$79	CQRC
434248-02	M	5:05-5:35pm	4/21-5/19	5	\$79	CQRC
434248-03	Tu	4:25-4:55pm	4/22-5/20	5	\$79	CQRC
434248-04	Tu	5:45-6:15pm	4/22-5/20	5	\$79	CQRC
434248-05	W	4:25-4:55pm	4/23-5/21	5	\$79	CQRC
434248-06	W	5:05-5:35pm	4/23-5/21	5	\$79	CQRC
434248-07	W	6:25-6:55pm	4/23-5/21	5	\$79	CQRC
434248-11	Sa	11-11:30am	4/26-5/17	4	\$65	CQRC
436304-01	M	6:25-6:55pm	4/21-6/2	6	\$95	MHAF
436304-02	Tu	7:05-7:35pm	4/22-5/27	6	\$95	MHAF
436304-03	Th	6:25-6:55pm	4/24-5/29	6	\$95	MHAF
436304-04	Sa	9-9:30am	4/26-5/31	5	\$79	MHAF
436304-05	Sa	11-11:30am	4/26-5/31	5	\$79	MHAF
436304-06	Su	9:40-10:10am	4/27-6/1	5	\$79	MHAF
436304-07	Su	11:40-12:10pm	4/27-6/1	5	\$79	MHAF
134248-01	Sa	9-9:30am	6/21-8/2	7	\$109	CQRC
134248-02	Sa	11-11:30am	6/21-8/2	7	\$109	CQRC
134248-03	Su	9:40-10:10am	6/22-8/3	7	\$109	CQRC

### 134248-04 Su 6/22-8/3 \$109 134248-05 Su 11:40am-12:20pm 6/22-8/3 \$109 CORC 134348-01 W-F 4:30-5pm 5/28-30 3 \$49 WWPL 134348-02 4:30-5pm \$65 4 4:30-5pm 134348-03 6/9-13 4 \$65 WWPL 134348-04 4:30-5pm 6/17-27 8 \$125 CHRC 134348-12 5:45-6:15pm 7/29-8/8 8 \$125 136304-01 9-9:30am 6/14-8/9 \$109 7 136304-02 11-11:30am 6/14-8/9 \$109 MHAF 136304-03 Su 10:20-10:50am 6/15-8/10 7 \$109 MHAF

6/15-8/10 7 \$109

9-9:30am

12:20-12:50pm

### **Alex Swim Preschool 2**

136304-04 Su

Ages 3-5. Preschool 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency and independent swimming in preparation for performing strokes. Preschool 2 milestones include: gliding on front at least 2 body lengths independently; rolling to back, floating on back for 15 seconds, then recovering to a vertical position with assistance; gliding on back for at least 2 body lengths; rolling to front, then recovering to a vertical position; swimming using combined arm and leg actions on front for 3 body lengths; and rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for 3 body lengths.

434249-01	M	4:25-4:55pm	4/21-5/19	5	\$79	CQRC
434249-02	M	5:45-6:15pm	4/21-5/19	5	\$79	CQRC
434249-03	M	6:25-6:55pm	4/21-5/19	5	\$79	CQRC
434249-04	Tu	3:45-4:15pm	4/22-5/20	5	\$79	CQRC
434249-05	Tu	5:05-5:35pm	4/22-5/20	5	\$79	CQRC
434249-06	Tu	6:25-6:55pm	4/22-5/20	5	\$79	CQRC
434249-07	W	3:45-4:15pm	4/23-5/21	5	\$79	CQRC
434249-09	W	5:45-6:15pm	4/23-5/21	5	\$79	CQRC
434249-10	Th	3:45-4:15pm	4/24-5/22	5	\$79	CQRC
434249-11	Th	6:25-6:55pm	4/24-5/22	5	\$79	CQRC
434249-17	Su	9:40-10:10am	4/27-5/18	4	\$65	CQRC
436305-01	Tu	6:25-6:55pm	4/22-5/27	6	\$95	MHAF
436305-02	Th	7:05-7:35pm	4/24-5/29	6	\$95	MHAF
436305-03	Sa	9:40-10:10am	4/26-5/31	5	\$79	MHAF
436305-04	Sa	11:40am-12:10pm	4/26-5/31	5	\$79	MHAF
436305-05	Su	10:20-10:50am	4/27-6/1	5	\$79	MHAF
436305-06	Su	12:20-12:50pm	4/27-6/1	5	\$79	MHAF
134249-03	Sa	11:40am-12:10pm	6/21-8/2	7	\$109	CQRC
134249-04	Su	10:20-10:50am	6/22-8/3	7	\$109	CQRC
134249-05	Su	11-11:30am	6/22-8/3	7	\$109	CQRC
136305-01	Sa	9:40-10:10am	6/14-8/9	7	\$109	MHAF
136305-02	Sa	11:40am-12:10pm	6/14-8/9	7	\$109	MHAF
136305-03	Su	9-9:30am	6/15-8/10	7	\$109	MHAF
136305-04	Su	11-11:30am	6/15-8/10	7	\$109	MHAF

### **Alex Swim Preschool 3**

Ages 3-5. Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front and back for three body lengths. Preschool 3 milestones include: treading or floating for 15 seconds, then swimming on front and/or back for 5 body lengths, then exiting the water, and recovering body position from front to back and back

### to front, then continuing to swim for several body lengths independently Students transitioning to Youth Level swim will enroll Alex Swim Level 2.

434247-01	М	3:45-4:15pm	4/21-5/19	5	\$79	CQRO
434247-02	M	5:45-6:15pm	4/21-5/19	5	\$79	CQRO
434247-03	Tu	4:25-4:55pm	4/22-5/20	5	\$79	CQRO
434247-04	Tu	5:45-6:15pm	4/22-5/20	5	\$79	CQRO
434247-05	W	4:25-4:55pm	4/23-5/21	5	\$79	CQRO
434247-06	W	5:45-6:15pm	4/23-5/21	5	\$79	CQRO
434247-07	Th	5:05-5:35pm	4/24-5/22	5	\$79	CQRO
434247-08	Sa	9:40-10:10am	4/26-5/17	4	\$65	CQRO
434247-09	Sa	10:20-10:50am	4/26-5/17	4	\$65	CQRO
434247-10	Sa	11:40am-12:10pm	4/26-5/17	4	\$65	CQRO
434247-11	Su	10:20-10:50am	4/27-5/18	4	\$65	CQRO
436308-01	M	7:05-7:35pm	4/21-6/2	6	\$95	MHAI
436308-02	W	6:25-6:55pm	4/23-5/28	6	\$95	MHAI
436308-03	Sa	10:20-10:50am	4/26-5/31	5	\$79	MHAI
436308-04	Sa	12:20-12:50pm	4/26-5/31	5	\$79	MHAI
436308-05	Su	9-9:30am	4/27-6/1	5	\$79	MHAI
436308-06	Su	11-11:30am	4/27-6/1	5	\$79	MHA
134247-01	Sa	10:20-10:50am	6/21-8/2	7	\$109	CQRO
134247-03	Su	11-11:30am	6/22-8/3	7	\$109	CQRO
134347-01	Tu-F	5:45-6:15pm	6/17-27	8	\$125	CHRO
136308-01	Sa	10:20-10:50am	6/14-8/9	7	\$109	MHAI
136308-02	Sa	12:20-12:50pm	6/14-8/9	7	\$109	MHAI
136308-03	Su	9:40-10:10am	6/15-8/10	7	\$109	MHA
136308-04	Su	11:40am-12:10pm	6/15-8/10	7	\$109	MHA

### **Alex Swim Level 1**

Ages 6-12. Intro to Water Skills. Your child is introduced to basic skills as the foundation for future skills and the development of water competency. Level 1 milestones include: entering the water independently using the ramp, steps/side; traveling at least 5 yards, bobbing 5 times, and then safely exiting the water; opening eyes underwater and retrieving submerged object; gliding on front with assistance at least 2 body lengths; rolling to a back float for 5 seconds with assistance; recovering to a vertical position with assistance; combined arm and leg actions on front and back with assistance; and alternating and simultaneous arm and leg actions on front and back with assistance

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134241-01	M	4:25-4:55pm	4/21-5/19	5	\$79	CQRC
134241-02	W	5:05-5:35pm	4/23-5/21	5	\$79	CQRC
134241-03	Th	4:25-4:55pm	4/24-5/22	5	\$79	CQRC
134241-04	Sa	10:20-10:50am	4/26-5/17	4	\$65	CQRC
134241-05	Sa	11:40am-12:10pm	4/26-5/17	4	\$65	CQRC
134241-06	Su	9-9:30am	4/27-5/18	4	\$65	CQRC
134241-07	Su	11-11:30am	4/27-5/18	4	\$65	CQRC
136307-01	W	7:05-7:35pm	4/23-5/28	5	\$79	MHAF
136307-02	Sa	9:40-10:10am	4/26-5/31	5	\$79	MHAF
136307-03	Su	9-9:30am	4/27-6/1	5	\$79	MHAF
134241-01	Sa	10:20-10:50am	6/21-8/2	7	\$109	CQRC
134241-02	Sa	9-9:30am	6/21-8/2	7	\$109	CQRC
134241-03	Su	10:20-10:50am	6/22-8/3	7	\$109	CQRC
134241-04	Su	11:40am-12:10pm	6/22-8/3	7	\$109	CQRC
134341-03	Tu-F	5:45-6:15pm	7/15-25	8	\$125	CHRC











# **Aquatics** alexandriava.gov/Aquatics

### **Alex Swim Level 2**

Ages 6-12. Fundamental aquatic skills are built on skills learned in Level 1. Your child begins to perform skills at a slightly more advanced level and begins to gain rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

434242-01	M	3:45-4:15pm	4/21-5/19	5	\$79	CQRC
434242-02	M	5:45-6:15pm	4/21-5/19	5	\$79	CQRC
434242-03	M	6:25-6:55pm	4/21-5/19	5	\$79	CQRC
434242-05	Tu	5:05-5:35pm	4/22-5/20	5	\$79	CQRC
434242-07	W	4:25-4:55pm	4/23-5/21	5	\$79	CQRC
434242-08	W	6:25-6:55pm	4/23-5/21	5	\$79	CQRC
434242-09	Th	5:45-6:15pm	4/24-5/22	5	\$79	CQRC
434242-10	Sa	11-11:30am	4/26-5/17	4	\$65	CQRC
436313-01	Th	7:45-8:15pm	4/24-5/29	6	\$95	MHAF
436313-02	Sa	11-11:30am	4/26-5/31	5	\$79	MHAF
436313-03	Su	10:20-10:50am	4/27-6/1	5	\$79	MHAF
134242-01	Sa	9:40-10:10am	6/21-8/2	7	\$109	CQRC
134242-02	Sa	11:40am-12:10pm	6/21-8/2	7	\$109	CQRC
134242-03	Sa	12:20-12:50pm	6/21-8/2	7	\$109	CQRC
134242-05	Su	11-11:30am	6/22-8/3	7	\$109	CQRC
134242-06	Su	12:20-12:50pm	6/22-8/3	7	\$109	CQRC
134342-11	Tu-F	6:25-6:55pm	7/29-8/8	8	\$125	CHRC

### **Alex Swim Level 3**

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

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434243-01	M	6:25-6:55pm	4/21-5/19	5	\$79	CQRC
434243-02	Tu	4:25-4:55pm	4/22-5/20	5	\$79	CQRC
434243-03	Tu	5:05-5:35pm	4/22-5/20	5	\$79	CQRC
434243-04	W	3:45-4:15pm	4/23-5/21	5	\$79	CQRC
434243-08	Sa	10:20-10:50am	4/26-5/17	4	\$65	CQRC
436309-01	M	7:45-8:15pm	4/21-6/2	6	\$95	MHAF
436309-02	Sa	9-9:30am	4/26-5/31	5	\$79	MHAF
436309-03	Sa	11:40am-12:10pm	4/26-5/31	5	\$79	MHAF
436309-04	Su	9:40-10:10am	4/27-6/1	5	\$79	MHAF
134243-01	Sa	11-11:30am	6/21-8/2	7	\$109	CQRC
134243-02	Su	9:40-10:10am	6/22-8/3	7	\$109	CQRC
134243-03	Su	11:40am-12:10pm	6/22-8/3	7	\$109	CQRC
134343-05	Tu-F	6:25-6:55pm	6/17-27	7	\$109	CHRC
134343-06	Tu-F	5:45-6:15pm	7/1-11	7	\$109	CHRC
134343-07	Tu-F	4:30-5pm	7/15-25	8	\$125	CHRC
134343-08	Tu-F	6:25-6:55pm	7/15-25	8	\$125	CHRC
134343-09	Tu-F	5:05-5:35pm	7/29-8/8	8	\$125	CHRC
134343-10	Tu-F	6:25-6:55pm	7/29-8/8	8	\$125	CHRC

### **Alex Swim Level 4**

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

434244-01	M	5:05-5:35nm	4/21-5/19	5	\$79	CORC

434244-02	Tu	6:25-6:55pm	4/22-5/20	5	\$79	CQRC
434244-03	Tu	6:25-6:55pm	4/22-5/20	5	\$79	CQRC
434244-04	W	6:25-6:55pm	4/23-5/21	5	\$79	CQRC
434244-05	Sa	9:40-10:10am	4/26-5/17	4	\$65	CQRC
434244-06	Su	9:40-10:10am	4/27-5/18	4	\$65	CQRC
436310-01	Tu	7:45-8:30pm	4/22-5/27	6	\$95	MHAF
436310-02	Sa	10:20-10:50am	4/26-5/31	5	\$79	MHAF
134244-03	Su	9:40-10:10am	6/22-8/3	7	\$109	CQRC
134244-04	Sa	12:20-12:50pm	6/21-8/2	7	\$109	CQRC

### **Alex Swim Level 5**

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

434245-01	M	7:05-7:35pm	4/21-5/19	5	\$79	CQRC
434245-02	Tu	7:05-7:35pm	4/22-5/20	5	\$79	CQRC
434245-03	Th	6:25-6:55pm	4/24-5/22	5	\$79	CQRC
434245-04	Sa	9-9:30am	4/26-5/17	4	\$65	CQRC
434245-05	Sa	12:20-12:50pm	4/26-5/17	4	\$65	CQRC
436311-01	Tu	7:45-8:30pm	4/22-5/27	6	\$95	MHAF
436311-02	Sa	10:20-10:50am	4/26-5/31	5	\$79	MHAF

### **Alex Swim Level 6**

Ages 6-12. Fitness Swimmer. Instructors follow a plan to refine swimming, physical fitness in the water, and water safety skills that were taught throughout the levels. The expectations are high in regard to the distance and quality. Additionally, you learn the principles of training and how to evaluate your own level of fitness. Milestones include swimming 500 yards continuously using any 3 strokes of choice, demonstrating turns while swimming, demonstrating circle swimming, demonstrating various training techniques, and calculate heart rate.

434246-01	W	7:05-7:35pm	4/23-5/21	5	\$79	CQRC
134246-01	Sa	11-11:30am	6/21-8/2	7	\$109	CQRC
134246-02	Su	10:20-10:50am	6/22-8/3	7	\$109	CORC

### **Wahoo Swim Team**

Ages 6-18 (as of May 30, 2025). This program promotes individual growth and team camaraderie through friendly competition with experienced swim coaches. Participants must be able to swim 25 yards. For more information, see alexandriava.gov/WebTrac.

134350-01 M-Sa 4-	-6pm :	5/27-7/19	4/ \$1/9	OIPL
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### **Alex Swim Teen Swim**

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

436306-01	Su	11-11:30am	4/27-6/1	5	\$79	MHAF

### Adult Beginner Swim \*

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

436312-01	Sa	12:15-1pm	4/26-5/31	5	\$119	MHAF
434230-02	Tu	7:45-8:30pm	4/22-5/20	5	\$119	CQRC
434230-03	Th	7:05-7:35pm	4/24-5/22	5	\$119	CQRC
434230-06	Su	11:40am-12:25pm	4/27-5/18	4	\$95	CQRC
434230-08	W	7:45-8:30pm	4/23-5/21	5	\$119	CQRC
436312-02	Su	11:40am-12:25pm	4/27-6/1	5	\$119	MHAF
134330-02	T-F	7-7:45pm	7/1-11	7	\$165	CHRC
134330-03	T-F	7-7:45pm	7/15-25	8	\$185	CHRC
134330-04	T-F	7-7:45pm	7/29-8/8	8	\$185	CHRC

### **Adult Intermediate & Advanced Swim**

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

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	434231-02	Tu	7:45-8:30pm	4/22-5/20	5	\$119	CQRC	
	434231-01	W	7:45-8:30pm	4/23-5/28	6	\$139	MHAF	

### **Alex Swim Adult Advanced**

Ages 18 & up. Do you want to get some laps in, improve your stroke, or learn something new? Or want to learn how to implement a swim workout? Join us for some Adult Advanced Swim. You should be comfortable swimming multiple lengths of the pool in at least one stroke.

434232-01	Tu	12-12:45pm	4/22-6/10	8	\$185	CQRC	
434232-02	Th	12-12:45pm	4/24-6/12	8	\$185	CQRC	
134331-02	Tu-F	7-7:45pm	7/1-11	7	\$165	CHRC	

### **Masters Swimming**

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

434237-01	Tu, Th	6-7am	4/22-6/12	16	\$240	CQRC
134336-01	Tu, Th	6-7am	6/17-7/24	12	\$180	OTPL
134336-02	Tu. Th	6-7am	7/29-8/28	10	\$150	OTPL

### **Private & Semi-Private Swim Lessons**

### **Private Swim Lessons With We Aquatics**

Ages 4 & up. Private swimming lessons are a great way to gain exceptional swimming instruction. Lessons are appropriate for youth and adult learners, and your instruction and schedule will be tailored for you. Whether you or your child are just getting started, or have years of swimming experience, your instructor will help you reach your goals by building on individual strengths and improving weaknesses. \$60 per class. To register, visit weaquatics.com or email info@weaqautics.com.

439701-01	M-Su	10am-7:30pm	4/11-6/13	Varies	CQRC
439701-02	Sa, Su	9am-6pm	4/10-6/8	Varies	MHAF
139701-01	M-Su	10am-7pm	6/12-8/26	Varies	CHRC
139701-02	Sa Su	10am-6:30nm	6/14-8/17	Varies	MHAF

### Learn to Swim with Simpson Aquatics NEW!



Ages 4 & up. Simpson Aquatics private lessons are where transformation begins. Every session is tailored to your goals, embodying The Simpson Standard—elite coaching, unmatched precision, and an unwavering pursuit of excellence. We don't just teach swimming; we shape confidence, skill, and mastery with every stroke Privates are \$55 and semi-private lessons are \$79. To register, visit simpsonaquatics.com or email support@ simpsonaquatics.com.

439704-01	M-Su	7am-8:45pm	4/19-6/13	Varies	MHAF
139704-01	M-Su	7am-8:45pm	6/14-8/15	Varies	MHAF

### **Diving & Specialty Swim**

### **Alex Swim Level 6 Diving**

Ages 6-12. This course introduces essential springboard diving safety practices, fundamental techniques, entries from the poolside, and onemeter dives. A back dive may be introduced.

### **Beginner Dive**

434246-31	Su	10:20-10:50am	4/27-5/18	4	\$65	CQR
434246-32	Su	11:30am-12pm	4/27-5/18	4	\$65	CQR
434246-33	Tu	7:05-7:35pm	4/22-5/20	5	\$79	CQR
Intermedia	te Dive	<b>.</b>				
434246-41	Su	11-11:30am	4/27-5/18	4	\$65	COR

### Diving Classes With Simpson Aquatics NEW

Ages 12 & up. Simpson Aquatics' diving program is designed for all skill levels, focusing on foundational techniques, building confidence, and advancing skills over time. Our expert instruction ensures a supportive environment where divers can progress at their own pace while mastering safety, precision, and performance. We offer three classes: novice, intermediate, and the masters' program. To register, visit simpsonaquatics. com or email support@simpsonaquatics.com.

139708-01 M-Su 7am-6:45pm 6/14-8/15 63 \$95 MHAF

### Swim Like a Mermaid, Merman, or Mer NEW!

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

434284-01	Th	6:30-7:30pm	4/24-6/12	8	\$285	CQRC
134384-01	Th	6:30-7:30pm	6/26-8/14	6	\$215	OTPL

### **Scuba With Blue Octopus**

Ages 18 & up. If you have always wanted to learn how to scuba dive. discover new adventures or simply see the wondrous world beneath the waves, this is where it starts. Confined Water Dives are to learn basic scuba













skills. Once you have completed this course you will be able to do four Open Water Dives with us to be a fully Certified Open Water scuba diver. To register, visit blueoctopusscuba.com or call at 703.461.3483.

439702-01	Sa, Su	11:30am-3:30pm	4/12-6/8	Varies	MHAF
139702-01	Sa, Su	11:30am-3:30pm	6/14-8/17	Varies	MHAF

### **Aqua Aerobics**

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**Ages 16 & up.** Challenge your cardiovascular and muscular strength, improve flexibility and balance, and have fun in the diving well. You will do steady-state cardio, along with high intensity interval training (HIIT), while using noodles and dumbbells during this fast-paced workout. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898. Dropin fee: \$20.

434218-01	M	6:30-7:15pm	4/21-6/9	7	\$105	CQRC
436320-01	Tu	6:30-7:15pm	4/22-6/10	8	\$120	MHAF
136320-01	M	6-6:45pm	6/16	1	\$20	MHAF
136320-02	M	6-6:45pm	6/23	1	\$20	MHAF
136320-03	M	6-6:45pm	7/14-8/11	5	\$75	MHAF

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**Ages 16 & up.** Designed to help those suffering from arthritis and joint pain, this low-impact class will focus on critical pillars of healthy aging: joint mobility, muscle flexibility, posture, and balance. Learn more about Candice at onthemoveforwellness com or call 703.863.1898. Drop-in fee: \$20.

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434218-01	M	6:30-7:15pm	4/21-6/9	7	\$105	CQRC	
436320-01	Tu	6:30-7:15pm	4/22-6/10	8	\$120	MHAF	

### Water Walking (DROP-IN)

**Ages 16 & up.** Water walk your way to fitness with this fun and exciting experience! This non-weight bearing class will condition, build, tone, and strengthen muscles using the water in a lively atmosphere set to popular music of the past and present. Instructor: Chechena Thurston-Furlow, Owner, Coast to Coast Fitness, LLC. Drop-in fee: \$20.

434221-01	Tu, Th	10:55-11:55am	4/29-6/12	14	\$175	CQRC
134221-01	Tu, Th	10:55-11:55am	6/17-8/7	15	\$185	CORC

### Aqua Soothe (DROP-IN)

**Ages 16 & up.** This low-impact class will focus on critical pillars of healthy aging: joint mobility, muscle flexibility, posture, and balance. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898. Dropin fee: \$20.

136321-01	W	6-6:45pm	6/18	1	\$20	MHAF
136321-02	W	6-6:45pm	6/25	1	\$20	MHAF
136321-03	W	6-6:45pm	7/16-8/13	5	\$75	MHAF
136321-04	W	12-12:45pm	6/18	1	\$20	MHAF
136321-05	W	12-12:45pm	6/25	1	\$20	MHAF
136321-06	W	12-12:45pm	7/16-8/13	5	\$75	MHAF

### Deep Water HITT DROP-IN

**Ages 16 & up.** Get ready for a challenge in the deep end! Come join us for an intense workout in which we will incorporate interval training with strengthening exercise exercises. This fast-paced class will get your heart rate up. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898.

136322-01	M	8-8:45am	6/16	1	\$20	MHAF
136322-02	M	8-8:45am	6/23	1	\$20	MHAF
136322-03	M	8-8:45am	7/14-8/11	5	\$75	MHAF

# Aerobics-Warm Water Arthritis Program: Simpson Aquatics (NEW) (DROP-IN)

**Ages 18 & up.** This warm water class is designed for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. Participants may range from those who are sedentary and limited by impaired joint mobility to those with mild joint involvement and/or problems with fatigue. To register, visit simpsonaquatics.com or email support@ simpsonaquatics.com.

439706-01	M-Su	7am-6:45pm	4/19-6/13	Varies	MHAF
139706-01	M-Su	7am-6:45pm	6/14-8/15	Varies	MHAF

### **Safe Place & Bully Free Starts With Me**

**Alexandria National Safe Place - A Safe Haven for Youth** 

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





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

# My Body Don't Bend That Way (Warm Water Yoga Therapy): Simpson Aquatics

**Ages 18 & up.** This warm water class is designed for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions. Participants may range from those who are sedentary and limited by impaired joint mobility to those with mild joint involvement and/or problems with fatigue. To register, visit simpsonaquatics.com or email support@ simpsonaquatics.com.

439707-01	M-Su	7am-8:45pm	4/19-6/13	Varies	MHAF
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### Agua Aerobics (DROP-IN)

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

434222-01	M. W	9-10am	4/21-6/11	15	\$225	CORC
134222-01	M. W	9-10am	6/16-8/6	16	\$245	CORC

### Aqua Zumba DROP-IN

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

434225-01	M	7:15-8:05pm	4/21-6/9	7	\$105	CQRC
434225-02	Su	9-9:50am	4/27-6/8	7	\$105	CQRC
134225-01	Su	9-9:50am	6/22-8/3	7	\$105	CQRC
134325-01	M	6:55-7:45pm	6/16-8/11	9	\$135	OTPL

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

434229-01	Tu, Th	6:30-7:30pm	4/22-6/12	16	\$245	CQRC
434229-02	Sa	9:05-9:55am	4/19-6/14	9	\$135	CQRC
134229-01	Sa	9:05-9:55am	6/21-8/9	8	\$125	CQRC
134329-01	Tu, Th	6:30-7:30pm	6/17-8/14	17	\$255	OTPL

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

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434224-01	M, W	10:10-11:10am	4/21-6/11	15	\$225	CQRC
434224-04	W	7:40-8:40pm	4/23-6/11	8	\$139	CQRC
434224-05	W	6:30-7:30pm	4/23-6/11	8	\$139	CQRC
134224-01	M. W	10:10-11:10am	6/16-8/6	16	\$245	CORC

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**Ages 18 & up.** Get moving in the 90-degree therapy pool. This class is similar to "Aquatics Exercise for Seniors" but it is entirely low-impact – no jumping or intervals, and a greater emphasis on stretching, balance, and functional movement. Learn more about Candice at onthemoveforwellness. com or call 703.863.1898. Drop-In for \$20.

136323-01	M	9-9:45am	6/16	1	\$20	MHAF
136323-02	M	9-9:45am	6/23	1	\$20	MHAF
136323-03	M	9-9:45am	7/14-8/11	5	\$75	MHAF
136323-04	W	11-11:45am	6/18	1	\$20	MHAF
136323-05	W	11-11:45am	6/25	1	\$20	MHAF
136323-06	W	11-11:45am	7/16-8/13	5	\$75	MHAF

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

**Ages 55 & up.** Make new friends, build stronger muscles and get your heart pumping with some interval and steady-state cardio training. We will also focus on functional exercises that help with your daily movement, arthritis, balance, and flexibility. Learn more about Candice at onthemoveforwellness. com or call 703.863.1898. Drop-in fee: \$20.

434217-01	Tu, Th	8:15-9am	4/22-6/12	16	\$225	CQRC
434217-02	Tu, Th	9:30-10:15am	4/22-6/12	16	\$225	CQRC
134228-01	Tu, Th	8:15-9am	6/17-8/7	15	\$215	CQRC
134228-02	Tu, Th	9:30-10:15am	6/17-8/7	15	\$215	CQRC



# **Dog Swims**

### **Memorial Pool**

Saturday, August 16 11-11:45 a.m. 12-12:45 p.m. 1:30-2:15 p.m. 2:30-3:15 p.m.

### **Warwick Pool**

Saturday, September 6 11-11:45 a.m. 12-12:45 p.m. 1:30-2:15 p.m. 2:30-3:15 p.m.

### Old Town Pool

Saturday, September 27 11–11:45 a.m. 12–12:45 p.m. 1:30–2:15 p.m. 2:30–3:15 p.m.

Dogs must have proof of up-to-date rabies vaccination. Save your spot:

alexandriava.gov/aquatics/dog-swims







5:30-6:15pm



### Mind/Body Wellness

### Candlielight Yoga (DROP-IN)

Ages 18 & up. Take a moment from your busy schedule to relax. Reconnect your breath and body with vinyasa flow in a calming candlelit setting, and find your focus for the week ahead. This class is perfect for clearing our cluttered minds and remembering what is important, regardless of whether you are an experienced yogi or a beginner. Wind down healthily so you can be your best self moving forward. The drop-in fee is \$12.

442192-01 W 4/23-6/4 7 \$99 CORC 7-8nm

### Yin Yoga (DROP-IN

Ages 18 & up. Experience deep relaxation through Yin Yoga, designed to enhance flexibility and promote mindfulness. This slow-paced practice focuses on holding poses for extended periods, targeting connective tissues, and fostering a meditative state, Ideal for all levels, participants will leave feeling rejuvenated and centered. The drop-in fee is \$12.

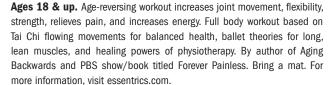
414293-01 M 4/21-6/2 7 \$99 CORC 7-8nm

### **Pilates Barre**

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

413628-01 9:30-10:30am 4/21-6/9 8 \$195 CHRC 113628-01 F 12-1pm 6/20-8/8 8 \$169 CHRC

### Essentrics: Classical Stretch \*



413113-01	M	12-1pm	4/21-6/2	6	\$85	ODRC
413113-02	Tu	12-1pm	4/22-5/27	6	\$85	CHRC
413113-03	Th	6-7pm	4/24-5/29	6	\$85	CQRC
413113-04	W	10:30-11:30am	4/23-6/11	8	\$109	PHRC
113113-01	M	12-1pm	6/16-8/25	11	\$159	ODRC
113113-02	Tu	12-1pm	6/17-8/26	10	\$139	CHRC
113113-03	W	10:30-11:30am	6/18-8/27	8	\$115	PHRC

### **Slow Flow With Amy**

Ages 18 & up. The beginner class series introduces the history of yoga, fundamental principles of alignment, and breath work. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose.

413635-01 M 4/21-6/9 8 \$99 CHRC 6:30-7:45pm 113635-01 M 6:30-7:45pm 6/23-8/4 7 \$99

### Mindful Yoga

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

413164-01 F 9-10am 5/2-6/13 7 \$69 ODRC

### **Yoga Beginner Series Part I**

Ages 18 & up. The beginner class series introduces the history of yoga, fundamental principles of alignment, and breath work. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on student understanding, safety, and stability within each pose.

413632-01 Tu 6:30-7:45pm 5/13-6/10 5 \$99 CHRC

### **Yoga Flow Series**

Ages 18 & up. This all-levels flow yoga class links breath with movement through creative sequences. We'll explore foundational poses and flowing transitions, building strength, flexibility, and balance. Modifications are offered to suit every body, making it perfect for beginners and experienced yogis alike.

413106-02 Th 6:30pm-7:30pm 5/22-6/12 4 \$69 ODRC

### **Yoga Core & Back Workshop**

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

113105-01 Sa 10-11:15am 8/23

### **Yoga for Healthy Aging**

Ages 40 & up. A series designed and guided by a C-IAYT (1,000) yoga therapist promoting increased stability, strength, flexibility, and improved posture and balance. Participants will practice therapeutic tools including breathing practices and short meditations to reduce stress and to improve the overall health of our lungs and nervous system, and sleep. Suggestions for home practice included. Props provided

413152-01 Tu 9:30-10:30am 4/29-6/10 7 \$125 PHRC 113152-01 Tu 9:30-10:30am 6/17-7/22 6 \$105 PHRC

### Stretch & Flow Yoga

Ages 40 & up. Feeling depleted and agitated? Interested in reigniting a sense of balance, focus, and strength while simultaneously stretching tight/ contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist (1,000 hours), for a class ideal for all levels. This class supports individuals in reducing muscle tension, improving posture and confidence in the body, and promoting greater release and ease in the body and the mind. 413146-01 Tu 4/29-6/10 7 \$125 ODRC 5-6nm 113146-01 Tu 5-6nm 6/17-7/22 6 \$105 ODRC

### **Chair Yoga: Balance, Strength, Posture**

Ages 50 & up. Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500) for a new kind of chair yoga. The use of a chair, in therapeutic yoga, can support individuals in building strength, improving balance, increasing flexibility and mobility, and supporting individuals with conscious breathing practices that improve lung function and activate the relaxation response for more restful sleep.

413154-01	Tu	12-1pm	4/29-6/10	7	\$155	MVRC
413154-02	W	9:30-10:30am	4/30-6/11	7	\$155	ODRC
113154-01	Tu	12-1pm	6/17-7/22	6	\$135	MVRC
113154-02	W	9:30-10:30am	6/18-7/23	6	\$135	ODRC

### Senior Stretching 55+

Ages 55 & up. This low-impact stretching class is designed for seniors to improve their range of motion, increase circulation, decrease potential injury, and improve rest.

414007-01	M	11:30am-12:30pm 4/21-6/2	6	\$59	PHR
114012-01	M	11:30am-12:30pm 6/9-7/21	6	\$59	PHR

### Stick & Stretch Fitness 55+

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

414034-01	Tu	9:30-10:30am	4/22-5/27	6	\$55	PHRC
414034-02	To	9·30-10·30am	6/17-7/29	6	\$49	PHRC

### **Cardio Workout**

### **Fitness With Coach J**

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

6 \$109 MVRC 413811-01 W 6:15-7:15pm 4/9-5/14

### Jazzercise DROP-IN \*

Ages 18 & up. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, yoga, and kickboxing to sculpt, tone, and lengthen muscles for maximum fat burn. Call Cameron Hall at 703.395.7766 or email hall cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$85, Walk-ins \$25.

419701-01	M-Th	5:15-6:15pm	4/7-6/12	Varies	ODRC
419701-02	M,W,Th	6:30-7:15pm	4/7-6/5	Varies	ODRC
419701-03	Sa	9-9:45am	4/5-6/7	Varies	NLRC
419701-04	Su	10-11am	4/6-6/8	Varies	ODRC
119701-01	M-Th	5:15-6:15pm	6/16-8/28	Varies	ODRC
119701-02	M,W,Th	6:30-7:15pm	6/16-8/28	Varies	ODRC
119701-03	Sa	10-11am	6/21-8/30	Varies	NLRC
119701-04	Su	10-11am	6/22-8/31	Varies	ODRC

Ages 18 & up. Zumba infuses Latin dances such as salsa, meringue, bachata, samba, reggaeton, and modern-day hip hop. This intense workout helps you lose weight, while having fun and learning basic Latin moves.

### 413107-01 M 5:30-6:15pm \$89

6/16-8/25

Q \$99

### Tabata (DROP-IN)

113107-01 M

Ages 18 & up. Get ready to push your limits in our Tabata class! This highintensity interval training program features quick, intense bursts of exercise followed by short rest periods. Designed for all fitness levels, participants will improve strength, endurance, and cardiovascular health while enjoying a fast-paced, motivating atmosphere. Join us for an energizing workout that maximizes results in minimal time! The drop-in fee is \$12.

442477-01	Th	7-8am	4/24-6/12	8	\$99	CQRC
142477-01	Th	7-8am	6/26-7/31	6	\$99	CQRC

### **Hi/Lo Impact Aerobics**

Ages 18 & up. This one-hour class, designed for all levels, includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to music for energy and fun.

0,						
413634-01	Th	10:45-11:45am	4/24-6/12	8	\$55	CHRC
113634-01	Th	10:45-11:45am	6/26-8/7	7	\$65	CHRC

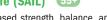
### Senior Body Part Aerobics 55+



that incorporates an aerobics workout and everyday movements to tone and sculpt the body, while using a chair for stability.

414013-01	M	10-11am	4/21-6/2	6	\$55	PHRC
114013-01	M	10-11am	6/9-7/21	6	\$55	PHRO

### Stay Active & Independent for Life (SAIL) 55+



Ages 55 & up. SAIL is an evidence-based strength, balance, and fitness program that improves strength, balance, and fitness, which help adults stay active and reduce their chances of falling.

414028-01 Tu.Th 11am-12pm 4/22-7/17 26 Free PHRC

### Senior Trailblazers 55+

**Ages 55 & up.** Calling all active seniors! Join our Senior Trailblazers program, where we enjoy the great outdoors together, as we embark on invigorating walks, weather permitting. Stay fit, connect with fellow seniors, and discover the beauty of nature. Lace up your shoes and become a Senior Trailblazer today!

414026-01 Th 9:30-11:30am 4/24-7/10 11 Free PHRC

### Advanced Senior Body Part Aerobics 55+

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

414027-01	F	10-11am	4/25-5/30	6	\$75	PHRC
114027-02	F	10-11am	6/6-7/25	6	\$75	PHRC











### **Cardio & Strength**

### Maternity Fit DROP-IN

Ages 16 & up. Learn how you can ease the body's physical stressors during pregnancy. In this multi-faceted class Candice Kaup will teach you how to strengthen your core and pelvic floor, improve your posture, ease your back pain, improve your breathing, and build your cardiovascular capacity. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898. Drop-in fee: \$20.

414222-1 Tu 10:45-11:30am 4/22-6/10 8 \$125 CQRC

### **Fitness Room Orientation**

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

414033-01	Th	5:30-6:30pm	4/24	1	Free	PHRC
414033-02	Th	5:30-6:30pm	5/15	1	Free	PHRC
414033-03	Th	5:30-6:30pm	6/12	1	Free	PHRC

### ChinquaCircuit DROP-IN

Ages 18 & up. Accomplish your weekend fitness goal with a 45-minute full-body circuit incorporating functional strength, cardio training, and stretching. High-energy music and fresh exercises will keep you motivated, and the small group setting will give you more personalized attention from the instructor to ensure proper form. Drop-in fee: \$12.

		- p p				
414208-01	Sa	9-9:45am	4/19-6/7	8	\$99	CQRC
414208-04	Tu	6:15-7:15pm	4/22-6/10	8	\$99	CQRC
114208-01	Sa	9-9:45am	6/21-8/9	8	\$99	CQRC
114208-02	Tu	6:15-7:15pm	6/24-8/5	7	\$99	CQPK

### **Advance Boxercise**

Ages 18 & up. This fun and effective form of cross-training incorporates a combination of boxing movements and aerobics, while improving rhythm and coordination. Focus on upper body conditioning, cardiovascular fitness, and toning your arms, chest, and abs. Box your way through a great workout! 413603-01 M,W 6:30-7:30pm 4/21-6/11 16 \$115 CHRC 113603-01 M, W 6:30-7:30pm 6/30-7/30 10 \$115 CHRC

### BoxFit DROP-IN

Ages 18 & up. BoxFit is a dynamic, full-body workout that blends boxing drills with strength training exercises. It emphasizes power, agility, and mental focus, providing a challenging yet rewarding experience. This class helps build stamina, improve balance, and increase muscle tone, all while enhancing your boxing skills and fitness levels. The drop-in fee is \$12.

442166-01	Tu	6:30-7:30am	4/22-6/10	8	\$95	CQRC
142166-01	Tu	6:30-7:30am	6/24-8/5	7	\$95	CQRC

### Total Body Conditioning \*



Ages 18 & up. Our supportive community of women offers tailored workouts designed to boost strength, energy, and overall well-being. The class combines muscle building exercises with targeted conditioning to improve overall fitness. Register at lungrenfitnessandwellness.com or contact Jennifer at jennifer@lungrenfitnessandwellness.com.

413150-01	Tu	9:15-10:15am	4/22-6/10	8	Varies	PHES
113150-01	Tu	9:15-10:15am	6/17-8/26	10	Varies	PHRC

### **Hip Hop Fitness & Circuit Training**

Ages 18 & up. This is a cardiovascular fat-burning workout for teens and adults that will aid in firming and sculpting their 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.

414002-01	Tu	6:30-7:30pm	4/22-5/27	6	\$55	PHES
114002-01	Tu	6:30-7:30pm	6/3-7/15	6	\$55	PHES

### Adult Cardio & Weight Training \*\*



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

414000-01	Th	6:30-7:30pm	4/24-5/29	6	\$55	PHRC
114000-01	Th	6:30-7:30pm	6/5-7/24	7	\$55	PHRC

### Shadow Boxercise \*\*



Ages 18 & up. Learn basic self-defense tactics, while getting in shape. This beginner-level class is a fun and low-impact boxercise class that will help with muscle toning, weight loss, strength, and conditioning, while building and enhancing your self-esteem. Participants must purchase boxing gloves for the class. Instructor: Washington's own Hall of Famer, Anthony Suggs.

413705-01	Tu, Th	6:30-7:30pm	5/20-6/19	10	\$69	LARC
113717-01	Tu, Th	6:30-7:30pm	7/8-8/7	10	\$69	LARC

### Walk & Fit Training 55+



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

414001-01	W	9-10am	4/23-5/28	6	\$55	PHRC
114001-01	W	9-10am	6/4-7/16	6	\$55	PHRC

### Senior Cardio & Weight Training 55+



Ages 55 & up. This class incorporates weight and cardio fitness machines in a timed interval system to increase endurance, burn calories, strengthen, and tone muscles and improve flexibility.

414003-01	W	12-1pm	4/23-5/28	6	\$55	PHRC
114003-01	W	12-1pm	6/4-7/16	6	\$55	PHRC

### **Fall Prevention Class**

Ages 60 & up. Matter of Balance fall prevention is an 8-week discussionbased group intervention that emphasizes practical strategies to reduce a fear of falling. Participants learn to view falls and fear of falls as controllable, set goals to increase their activity, and make their environments

413703-01	Tu Th	10am-12nm	5/20-6/12	R	Free	CORC



# **SUBSCRIBE**



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### **Neighborhood Recreation Center Pass**

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

### **Chinquapin Park Recreation Center & Aquatics Facility**

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

### **Personal Training**

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

### **Group Sessions**

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

**Fitness Pass & Personal Training** 

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

**Individual Sessions** 

\$199 for 4 or \$59 per session









# Jump into (/OUTDOOR POOL

### **ALEXANDRIAVA.GOV/AQUATICS**

SEASON PASSES

Youth (5-12): \$53 Teen (13-17): \$39 Adult (18+): \$105 Senior (60+): \$84 Family (up to 4): \$288 Non-residents: Child/Youth/Teen: \$154

Adult/Senior, \$205

**ADMISSION** DAILY

Child (0-4) w/ paid adult: Free Youth/Teen (5-17): \$3 Adult (18+): \$4 Senior (60+): \$3 Non-residents: Child/Youth: \$6

Adult/Senior, \$8

### POOL PASS SALE: May 1-June 15: 15% off resident outdoor passes

### **Memorial Pool**

901 Wythe St.

Small pool with beach entry. Ideal with families with small children or adults seeking therapeutic benefits. Free parking lot onsite & DASH bus stop one block away. Wristbands purchased inside rec center.

**May 24-25:** Sat-Sun 10am-4:45pm **Jun 13-Aug 8:** Tue-Fri 10am-5:45pm **Jun 14-Aug 10:** Sat-Sun 10am-4:45pm CLOSED Mondays (except Memorial Day) Holiday Hours: 10am-4:45pm (May 26, June 19, July 4)

### **Warwick Pool**

3301 Landover St.

This complex includes a six-lane, 25-yard lap pool with accessible ramp entry. Water depth is 0-5 ft. Landover St. Playground adjacent, limited free street parking & DASH bus stop two blocks away.

### **Old Town Pool**

1609 Cameron St.

This complex includes a large pool with eight 25-yard lap lanes, diving well, separate 1-3 ft. deep training pool with ramp for children. Adjacent picnic area, playground, free parking lot onsite & DASH bus stop one block away.

May 24-Aug 31: Sat-Sun 11am-5:45pm May 27-Jun 12: Mon, Wed-Fri 4:30-7:45pm Jun 13-Aug 15: Mon, Wed-Fri 11am-6:45pm **Aug 15-29:** Mon, Wed-Fri 4:30-7:45pm CLOSED Tuesdays & May 28 Holiday Hours: 10am-4:45pm (May 26, June 19, July 4, Sept 1)

May 24-Aug 3: Sat-Sun 12-6:45pm

May 27-Jun 12: Mon, Tue, Thu, Fri 4:30-7:45pm Jun 13-Aug 8: Mon, Tue, Thu, Fri 12-7:45pm

**Aug 11-Sep 19:** Mon-Fri 7am-6:45pm **Aug 9-Sep 21:** Sat-Sun 8am-6:45pm

**CLOSED Wednesdays** 

Holidays Hours: 10am-4:45pm (May 26, June 19, July 4, Sep 1)

# **Sports Classes & Leagues**

alexandriava.gov/RPCA/Sports



### **Tumbling**

Baby Tumbling (+ADULT) (\*)

422620-01 Tu

Ages 1.5-2 with adult. This class is designed to help stimulate and introduce some basic balancing, tumbling, agility techniques to your child. This class will include a group warm-up and individual drills that will consist of parent participation.



7 \$135 CHRC

### Mom/Dad & Me Tumbling (+ADULT) (\*)

Ages 2.5-4 with adult. This class is designed to help introduce some

10-10:30am

basic tumbling techniques to your child, such as forward rolls, handstands and bridges. This class will include a group warm-up and individual drills that will consist of parent participation.

422605-01	Sa	9:30-10:15am	4/26-5/31	5	\$125	PHRO
122605-01	Sa	9:30-10:15am	6/14-8/23	11	\$209	PHRO

### Wiggles, Toes & Rolls

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

4:30-5pm 4/22-6/3 7 \$125 CHRC 423613-01 Tu

### Movement & Gymnastics \*



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

424215-01	Su	9:15-9:45am	4/27-6/8	7	\$149	CQRC
424215-02	Su	11:15-11:45am	4/27-6/8	7	\$149	CQRC
114238-01	Su	9:15-9:45am	6/15-8/3	8	\$175	CQRC
114238-02	Su	11:15-11:45am	6/15-8/3	8	\$175	CQRC

### Basic Tumbling \*\*



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

422606-01	Sa	10:30-11:15am	4/26-5/31	5	\$125	PHRC
422606-02	Sa	11:30am-12:15pr	n 4/26-5/31	5	\$125	PHRC
122606-01	Sa	10:30-11:15am	6/14-8/23	10	\$209	PHRC
122606-02	Sa	11:30-12:15pm	6/14-8/23	10	\$209	PHRC

### **Gymnastics**

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

424206-01	Su	10-11am	4/27-6/8	7	\$149	CQRC
114239-01	Su	10:15-11:15am	6/15-8/3	8	\$189	CQRC

### Soccer

Little Kicks Soccer & Me (+ADULT) \*

Ages 2-5 with adult. Fun parent and me soccer class is designed to introduce children to soccer through games and activities. Age varies.

424209-01	Th	4-4:45pm	4/24-5/29	6	\$115	CQPK
424001-02	Sa	9:15-10am	4/26-6/7	5	\$95	PHRC
124002-01	Sa	9:15-10am	6/21-8/30	9	\$169	PHRC
114296-01	Th	10:20-11:05am	6/26-8/28	10	\$189	COPK

### Soccer Tots (\*3)



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

Ages 2-3						
422610-01	M	11:30am-12:10pm	4/21-6/2	6	\$109	CHRC
422610-02	M	12:20-1:05pm	4/21-6/2	6	\$109	CHRC
422610-03	Sa	11-11:45am	4/19-5/31	7	\$125	ODRC
Ages 3-6						
122610-01	Su	11-11:45am	6/15-8/24	11	\$199	ODRC
122610-02	Su	6:30-7:20pm	6/15-8/24	11	\$199	ODRC
122610-04	Sa	5-5:50pm	6/14-8/23	10	\$179	PHRC

### **Excite Soccer**

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

422600-01	Sa	4-4:45pm	4/19-5/31	7	\$155	JHES

### Little Kicks Soccer \*



Ages 4-6. Soccer class designed to introduce children to soccer through games and activities.

424000-01	Sa	10:15-11am	4/26-6/7	5	\$95	PHES
414256-01	W	4:15-5pm	4/23-5/28	6	\$115	CQPK
124003-01	Sa	10:15-11am	6/21-8/30	9	\$169	PHRC
114256-01	W	4:15-5pm	6/25-8/27	10	\$189	CQPK
124003-01	Sa	10:15-11am	6/21-8/30	9	\$169	PHRC

### Little Champions Soccer (\*)



Ages 5-9. Little Champions Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

424212-01	Sa	2:15-3pm	4/26-6/7	6	\$115	CQPK
424212-02	Th	6-6:45pm	4/24-5/29	6	\$115	CQPK
114246-01	Sa	2:15-3pm	6/21-8/30	10	\$189	CQPK
114246-02	Th	6-6:45pm	6/26-8/28	10	\$189	CQPK













### **Racquet Sports**

### **Tennis 4 Kids**

Ages 3-6. Learn the fundamentals and techniques to play like the pros in this exciting and interactive tennis class that consists of singles and doubles games, round-robin play, and a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Participants must bring their own racquet. Ages 3-6

alexandriava.gov/RPCA/Sports

Algoo C C							
424211-01	Su	10:10-10:40am	4/27-6/8	7	\$149	CQPK	
424211-02	Su	10:50-11:20am	4/27-6/8	7	\$149	CQPK	
424211-03	Su	11:30am-12pm	4/27-6/8	7	\$149	CQPK	
Ages 3-7							
424211-12	Su	9:30-10am	6/2-30	5	\$69	CQPK	
424211-01	Su	10:10-10:40am	4/27-6/8	7	\$149	CQPK	
424211-02	Su	10:50-11:20am	4/27-6/8	7	\$149	CQPK	
424211-03	Su	11:30am-12pm	4/27-6/8	7	\$149	CQPK	
124211-01	Su	9:30-10am	6/15-8/3	8	\$175	CQPK	
124211-02	Su	10:10-10:40am	6/15-8/3	8	\$175	CQPK	
124211-03	Su	10:50-11:20am	6/15-8/3	8	\$175	CQPK	
124211-04	Su	11:30am-12pm	6/15-8/3	8	\$175	CQPK	

### Bounce-Boom Tennis 1 & 2

Ages 7-14. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Participants must bring their own racquet.

### Ages 10-14

400040 04		4.00 5.00	4 104 0 10	7	<b>400</b> F	DVDI
422616-01	M	4:30-5:20pm	4/21-6/9	1	\$205	PYPK
422616-03	W	4:30-5:20pm	4/23-6/11	8	\$235	CQPK
122616-02	W	6:30-7:20pm	7/9-8/13	6	\$175	CQPK
Ages 7-10						
422616-04	W	5:30-6:20pm	4/23-6/11	8	\$235	CQPK
422616-05	Th	4:30-5:20pm	4/24-6/12	8	\$235	PYPK
422616-06	Th	5:30-6:20pm	4/24-6/12	8	\$235	PYPK
122616-01	W	5:30-6:20pm	7/9-8/13	6	\$175	CQPK

### Adult Tennis 1 \*

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Participants must bring their own racquet.

423102-01	M	6:30-7:40pm	4/21-6/9	7	\$265	PYPK
423102-02	Th	6:30-7:40pm	4/24-6/12	8	\$299	PYPK
123102-01	M	6:10-7:20pm	7/7-8/11	6	\$225	PYPK
123102-02	W	7:30-8:40pm	7/9-8/13	6	\$225	CQPK

### Adult Tennis 2 \*

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eve tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 2

players learn important match-play skills that will improve results in open play and tournaments. Participants must bring their own racquet.

423103-01	M	7:50-9pm	4/21-6/9	7	\$265	PYPK
423103-02	W	6:30-7:40pm	4/23-6/11	8	\$299	CQPK
123103-01	M	7:30-8:40pm	7/7-8/11	6	\$225	PYPK

### **Bounce-Boom Pickleball Level 1**

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Participants must bring their own paddle.

423105-01	Tu	5:30-6:20pm	4/22-6/10	8	\$235	CQPK
423105-02	W	5:30-6:20pm	4/23-6/11	8	\$235	CQPK
123105-01	Tu	5:30-6:20pm	7/8-8/12	6	\$175	CQPK
123105-02	W	6:30-7:20pm	7/9-8/13	6	\$175	CQPK

### **Bounce-Boom Pickleball Level 2**

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 3 players will increase power and accuracy while learning advanced matchplay techniques and tactics. Participants must bring their own paddle.

423106-01	Tu	7:30-8:20pm	4/22-6/10	8	\$235	CQPK
423106-02	W	6:30-7:20pm	4/23-6/11	8	\$235	CQPK
123106-01	Tu	6:30-7:20pm	7/8-8/12	6	\$175	CQPK
123106-02	W	5:30-6:20pm	7/9-8/13	6	\$175	CQPK
123106-03	W	7:30-8:20pm	7/9-8/13	6	\$175	CQPK

### **Bounce-Boom Pickleball Level 3**

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Level 2 players learn important match-play skills that will improve results in open play and tournaments. Participants must bring their own paddle.

423114-01	Tu	6:30-7:20pm	4/22-6/10	8	\$235	CQPK
423114-02	W	7:30-8:20pm	4/23-6/11	8	\$235	CQPK
123114-01	Tu	7:30-8:20pm	7/8-8/12	6	\$175	CQPK

### **Adult Tennis 3**

Ages 15 & up. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio Level 3 players work on developing cleaner, more reliable strokes through match-based drills. Participants must bring their own racquet.



		-1				
423113-01	W	7:50-9pm	4/23-6/11	8	\$299	CQPK
423113-02	Th	7:50-9pm	4/24-6/12	8	\$299	PYPK
123113-01	M	8:50-10pm	7/7-8/11	6	\$225	PYPK
123113-02	W	8:50-10pm	7/9-8/13	6	\$225	CQPK

### Intro to Pickleball

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

423619-01	F	9:15-10:15am	4/25-6/13	8	\$155	CHRC	
123619-01	F	9:15-10:15am	6/27-8/8	7	\$119	CHRC	

### Intermediate Pickleball

Ages 18 & up. Classes will focus on competitive play and teaches gamesmanship. Drills will include footwork, weight transfer, and spin serve. Please wear tennis or court shoes. Students must take intro to pickleball prior to registering for this advanced level class. All equipment provided.

423620-01	F	10:45am-12:15pm 4/25-6/13	8	\$155	CHRC
123620-01	F	10:45am-12:15pm 6/27-8/8	7	\$119	CHRC
123620-01	F	10:45am-12:15pm 6/27-8/8	7	\$119	CHRC

### **Advantage Tennis: Adult Lessons**

Ages 18 & up. The sport for your longer, healthier life is high-skill fun! Get playing immediately and learn the healthy, performant, modern play in simple steps. You will learn all the fundamental strokes and shots, as well as etiquette and the rules.

123107-01	M	6-7pm	6/16-7/21	6	\$229	CLPK
123107-02	M	7-8pm	6/16-7/21	6	\$229	CLPK

### **Advantage Tennis: Triples Adult Socials**

Ages 18 & up. Compete and Play. Mini Tennis matches. A play-based hour of fun for all levels, let the games begin! Come out and play with us! Registration fee is priced per person.

123111 01	0 7.50pm	0/13	-	ΨΟ	ADI

### **Advantage Tennis: Green Ball Lightning Tennis Social**

Ages 18 & up. Compete and Play, Mini Tennis matches, A play-based hour of fun for all levels, let the games begin! Come out and play with us! Registration fee is priced per person.

123111-01	F	6-7:30pm	8/15	1 \$	S5 ABPK
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### **Basketball**

### **Jump Shots for Tots**

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

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422602-01	Sa	10-10:45am	4/26-6/7	7	\$135	NLRC
422602-02	Sa	11am-12pm	4/26-6/7	7	\$145	NLRC
122602-01	Sa	10-10:45am	7/12-8/30	8	\$155	NLRC
122602-02	Sa	11am-12pm	7/12-8/30	8	\$165	NLRC
422602-02	Sa	11am-12am	4/26-6/7	7	\$145	NLRC
122602-02	Sa	11am-12am	7/12-8/30	8	\$155	NLRC

### Run. Shoot. Basketball \*

Ages 4-9. This basketball program teaches the fundamentals of basketball in a fun and exciting way, introducing and teaching basketball techniques that will help build a foundation and everlasting appreciation for the sport.

Each class is filled with fun mini games and specific skill-building in passing, shooting, dribbling, and defense.

124004-01	Sa	12:15-1pm	6/21-8/30	9	\$169	PHRC
123604-01 <b>Ages 4-9</b>	Su	3:30-4:15pm	6/22-8/24	8	\$189	CHRC
424004-01	Sa	12:15-1pm	4/26-6/7	5	\$95	PHES
423604-01	Su	3:30-4:15pm	4/27-6/8	6	\$115	CHRC

### **Basketball Skills & Drills**

Ages 7-14. Participants will learn the basics of passing, shooting dribbling, offense, and defense. Open to City of Alexandria residents only.

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122716-01	W	6-7pm	7/23-8/13	4	\$95	NLRC
122716-02	W	7-8pm	7/23-8/13	4	\$95	NLRC

### **Hoop Life Skills Academy**

Ages 9-15. Participants will enjoy learning the rules of basketball, fundamental skills, and basic game concepts on regulation hoops in accordance to our certified Jr. NBA youth development curriculum. Participants will get to compete in fun skill-building games and scrimmages for prizes.

422625-01	Sa	12-1pm	4/26-6/7	7	\$145	NLRC
122625-01	Sa	12-1nm	7/12-8/30	8	\$165	NIRC

### **Running & Track & Field**

### **Lil' Sprinters Track**

Ages 3-5. Come get your run on! This class promotes physical fitness and develops skills such as running, jumping, and throwing in a fun environment. 422725-01 Su 12-1pm 4/27-5/18 4 \$95 PHRC

### **Alexandria Titans Indoor Track**

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

422719-01	Su	1-2pm	4/27-5/18	4	\$95	PHRC
422719-02	Su	2:15-3:15pm	4/27-5/18	4	\$95	PHRC

### **Alexandria Titans Track Club (Outdoors)**

Ages 6-14 as of July 31, 2025. Club members will receive the basic skills and techniques of track and field with an emphasis on teamwork, sportsmanship, commitment, and healthy competition. Open to City of Alexandria residents only.

122705-01 Tu, Th 6-7:30pm	6/26-8/7	13 \$95	ACHS
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### **Additional Sports Classes**

### Grand Slam T-Ball & Me (+ADULT)



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

414286-01	Sa	10:15-11am	4/26-6/7	6	\$115	CQPK
114286-01	Sa	10:15-11am	6/21-8/30	11	\$209	CQPK

### Little Athletes & Me (+ADULT)

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

424006-01	Sa	11:15am-12pm	4/26-6/7	5	\$95	PHRC
124006-01	Sa	11:15am-12pm	6/21-8/30	9	\$169	PHRC

### **Biking 4 Tots/Kids**

Ages 3-5. This is a six-session learn-to-ride class that moves at a slower pace than a regular class. It incorporates more balance, play, and games for younger and less experienced riders. In our mini class, riders will be introduced to pedals, but most of the class will be geared to balance bikebased. Participants must bring a balance bike and helmet to class.

422638-01	Sa	3-3:45pm	4/26-5/31	6	\$249	JHES
422638-02	Su	4-4:50pm	4/27-6/1	6	\$249	IHES

### Tip Top Fit Together \* +ADULT



Ages 3-5 with adult. A fun class to get active with your young one. Friendly environment that develops coordination, motor skills, communication, speed and agility. A great class for children that like to run, jump, laugh where we invite light competition. A fun way to make friends, prepare for

other sports and spend quality time with your little athlete. We focus on stamina and endurance by introducing various relays, obstacle course and

	124007-01	Sa	2:15-3pm	6/21-8/30	9	\$169	PHRC
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### Lil' Pro Sports

Ages 3-5. Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports. All sessions will take place outdoors

122708-01	Sa	10:15-11am	7/12-8/2	4	\$95	LCCM
122708-02	Sa	11:15am-12pm	7/12-8/2	4	\$95	LCCM

### Lil' Lacrosse

Ages 3-6. Kids will develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this class is perfect for participant's brand new to lacrosse. Participants must bring their own lacrosse stick.

422618-01	Su	9-9:45am	4/27-6/8	7	\$135	ODRC
122618-01	Su	2:30-3:15pm	6/15-8/17	10	\$189	PHRC
122618-02	Sa	2:30-3:15pm	6/14-8/23	10	\$189	ODRC



### **Sports Affiliates**

### Alexandria Lacrosse Club (alexandrialacrosse.com)

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

### Alexandria Little League (alexandrialittleleague.org)

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

### Alexandria Rugby Club (alexandriarugby.com)

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

### Alexandria Soccer Association (alexandria-soccer.org)

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

### Alexandria Titans Football (alexandriatitansfootball.org)

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

### Martial Arts 4 Kids \*\*



Ages 3-6. Introduce your child to the fundamentals of Taekwondo! Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build your child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Uniforms are required after the first class and are part of the tuition. Optional belt testing will be available at the end of the session for an additional fee.

422626-01	W	1-1:30pm	4/23-6/4	6	\$145	ODRC	
422626-02	Sa	10:30-11am	4/26-5/31	6	\$145	ODRC	
122626-01	Sa	11:45am-12:15pm	6/14-8/23	11	\$145	ODRC	

### **Touchdown for Tots**

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

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422603-01	F	6:15-7pm	4/25-6/6	7	\$135	JHES	
122603-01	F	6:15-7pm	7/11-8/29	8	\$155	JHES	

### **Tip Top Stick Handling**

**Ages 4-6.** Tip Top Sticks offer exposure to two different stick sports all in one session. Kids will begin learning hockey first, then lacrosse. Students will learn the fundamentals of each sport while developing stickhandling, passing and scoring through scrimmage games and learning about sportsmanship. Excellent opportunity to learn multiple sports in a safe and dynamic environment.

424214-01	W	5:10-5:55pm	4/23-5/28	6	\$115	CQPK
424214-02	Sa	9:15-10am	4/26-6/7	6	\$115	CQPK
124214-01	W	5:10-5:55pm	6/25-8/27	10	\$189	CQPK
124214-02	Sa	5:10-5:55pm	6/21-8/30	10	\$189	CQPK

### Grand Slam T-Ball \*



Ages 4-6. This co-ed class is geared toward helping establish the true passion and excitement of Tu-ball while learning the fundamentals of the sport.

414285-01	Sa	11:15am-12pm	4/26-6/7	6	\$115	CQPK
114285-01	Sa	11:15am-12pm	6/21-8/30	10	\$189	CQPK

### **Tip Top Ninjas**

Ages 4-9. Learn the fun and fundamentals of Karate! Children will learn the basics including kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, but casual, comfortable clothes preferred. This is a no combat, no contact zone/no sparring, where Ninjas are born.

123617-01 Su 2:3	30-3:15pm 6/	/22-8/24 8	\$189 CHRC
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### **Little Athletes**

Ages 5-7. Little Athletes is a fun and exciting collaboration coed sports class. The program is an athlete's dream. It is filled with various Sports, games and lead in activities that will allow kids to develop their true passion

124008-01 Sa 1:15-2pm

### First Down Flag Football \*



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

### **Ages 5-8**

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424216-01	W	6-6:45pm	4/23-5/28	6	\$115	CQP
424216-02	Sa	1:15-2pm	4/26-6/7	6	\$115	CQP
Ages 5-9						
124216-02	Sa	11:30am-12:15pm	6/21-8/30	11	\$189	CQP
124216-01	W	6-6:45pm	6/25-8/27	10	\$189	CQP

### Tip Top Ninjas \*



Ages 5-11. Learn the fun and fundamentals of Taekwondo! Children will learn the basics including kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred. This is a no combat, no contact zone/no sparring, where dragons are born.

400617.01	C.,	0.20 2.15	1/07 6/0	C	<b>011</b> E	CLIDC
423617-01	211	2:30-3:15pm	4/27-6/8	n	2112	CHRC

### Nerf Fencing

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

722000 01 10	422609-01	Tu	4-5pm	4/22-6/3	7	\$159	CQRC
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### Roller Skating for Fitness & Fun \*



Ages 6 & up. Learn how to roll! Just for fitness or the beginning of a competitive career. Instruction includes guidelines for safety, basic skating skills, and proper techniques. For beginner to intermediate. Skate rentals provided upon request. Bring protective gear (helmet, elbow, wrist guards, and knee pads). Instructors: National/World Champions United Skates Roller Sports and Skate Inline Associated Certified. Call Christie for questions 703.623.7354.

413141-01	Tu	6:30-7:25pm	4/22-5/13	4	\$99	PHES
413141-02	Sa	9-9:50am	4/26-5/17	4	\$99	PHES
413141-03	Sa	9-9:50am	5/24-6/14	4	\$99	ODRC

### **Tip Top Fun & Run Tag**

Ages 7-9. A fun class to get active in a friendly environment that develops coordination, motor skills, communication, speed, and agility. A great class for children that like to run, jump, laugh where we invite light competition. A fun way to make friends and prepare for other sports. We focus on stamina and endurance by introducing various relays, obstacle course, and flexibility.

422640-01	Th	5-5:45pm	4/24-5/29	6	\$115	CQPK
422640-02	Sa	12:15-1pm	4/26-6/7	6	\$115	CQPK
122640-01	Th	5-5:45pm	6/26-8/28	10	\$189	CQPK
122641-01	Sa	5-5:45pm	6/21-8/30	10	\$189	CQPK







**Sports Classes & Leagues** 

alexandriava.gov/RPCA/Sports

### **Tip Top All Ball**

Ages 7-9. Get ready for an action-packed adventure with our Speedball Sports Program! Combining the excitement of soccer, basketball, and ultimate frisbee, speedball is the ultimate team sport that keeps kids on their toes and engaged. Young athletes will develop agility, coordination, and teamwork skills while having a blast with friends. Each session is filled with high-energy drills, fun games, and competitive scrimmages that foster sportsmanship and confidence. This is the perfect opportunity for your child to make new friends, stay active, and discover their love for sports in a fun and supportive environment.

alexandriava.gov/RPCA/Sports

422639-01 Sa 1:15-2pm 4/26-6/7 5 \$95 PHRC

### **Skateboarding 4 Kids**

Ages 7-14. This skateboard camp is packed with fun, excitement and safety. Campers will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n' roll, rock to fakie, olly, grind, drop in and get air. Instructional moves and skating games wil be incorporated into each camp day. Participants must bring their own skateboards, helmets,

422623-01 4:15-5:15pm 4/23-6/4 6 \$115 SJSP

### **Fencing**

Ages 10 & up. Learn the principles of modern sport fencing including footwork, blade control, and technique. Foils, masks, and jackets are provided. Please wear comfortable athletic clothing. Court shoes or cross trainers recommended. \$30 non-competitive USA Fencing membership required (details at first class session). Instructor: Olde Town Fencing.

4/23-6/11 8 \$119 PHES 423100-01 7-8pm 123100-01 7-8pm 8 \$119 PHES

### Leagues

### Miracle Baseball League of Alexandria

Ages 6 & up. Play baseball regardless of ability or mental/physical challenges in this non-competitive environment. A buddy assists each player as much as they require in hitting, fielding, and running the bases. In this fun-filled, positive atmosphere, players develop self-esteem, while learning new skills, exercising, and making new friends - turning miracles into reality! \$30 discount for current Alexandria Therapeutic Recreation participants. Youth games will be played on Wednesdays from 4:30-5:30pm and adult games will be played on Saturdays from 1-2:30 p.m.

422704-02 Sa 1-2:30pm LCCM 422704-01 W 4:30-5:30pm 4/23-5/28 6 \$65 LCCM

### **Girls Field Hockey League**

Ages 8-14 as of July 31, 2025. Join us for a fun introduction to the rapidly growing sport of field hockey. Players are required to provide their own field hockey sticks, shin guards, goggles, and mouthpieces.

422720-01 Tu, Th 6-7:30pm ACHS

### Johnson & Siebert Teen Basketball League \*\*

Ages 12-18 as of June 30, 2025. Boys' and girls' teams will be formed in two divisions (ages 12-14 and ages 15-18). Boys' teams are formed by skills assessment and draft. Girls' teams are formed by recreation districts. All team practices and league games will be played during the week. Open to City of Alexandria residents only.

122702-01 M.W 6-9pm 6/11-8/6 6 \$95 JHES

### **Coed Soccer**

Ages 18 & up. Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of nine and a minimum of six of either gender. Registration: 2/19-3/29.League Play: April-July 2024. Register by team.

M-Th Varies 4/14-7/21 10 \$895 LMFD

### **Coed Softball**

Ages 18 & up. Grab some friends for fun recreational play, where each player bats every inning. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of nine and a minimum of six of either gender. Registration: 2/19-3/29.League Play: April-July 2024. Register by team.

423205-07 M-Th Varies 4/14-7/21 10 \$555 JHPK

### **Coed Volleyball**

Ages 18 & up. Bump, set, spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of six and a minimum of four of either gender. Registration: 2/19-3/29.League Play: April-July 2024. Register by team.

423201-02 Tu. W Varies 4/14-7/21 10 \$555 JHES



### **Sports Events**

### **Rookie Baseball Clinic**

Ages 4-8 as of July 31, 2025. Participants will work with instructors on the basics of throwing, catching, fielding, and hitting. The goal is to teach the game of baseball in a fun and safe environment. Open to City of Alexandria residents only.

122714-01 Tu. Th 5-6pm 2 \$45 122714-02 Tu, Th 6:15-7:15pm 7/15-17 2 \$45

### **Advantage Red Ball Social**

Ages 6 & up. New to tennis? Old to tennis? Doesn't matter! If you've never played with Red balls, get ready! They make a good thwok when you hit them, and anyone with basic hitting ability can play. We'll provide everything but you and your water bottles. You can bring your kids, or not. Beginner, intermediate, advanced players, come out and play! Registration fee: \$10/ family.



### **Alexandria City Track & Field Meet**

Ages 7-14 as of May 31, 2025. Come show how fast you are! Participants can compete in the 50, 100, 200, 400 meter dash and the 800 and 1600 meter run or get your friends together and form a relay team. Field events include softball throw, standing long jump, and javelin throw. Open to City of Alexandria residents only.

1 \$10

422703-01 Sa 9am-12pm 1 \$5

# **Patrick Henry Recreation Center**

Discover a vibrant space designed for all ages, featuring a variety of activities & amenities to keep you active and engaged!

Arts & crafts • Basketball • Black Box Theatre Flex Court • Fitness Room • Gym • Indoor Walking & Running Lanes • Multi-purpose Rooms • Soft Playroom • Volleyball & Pickleball Courts • Teen & Senior Events • & More!

alexandriava.gov/rpca/patrick-henry







March 21 & Teen Centers

For middle & high school students

Charles Houston, 901 Wythe St. | 6:30-8:30 p.m.

Glow tag, saran wrap ball game, raffle, karaoke contest, prize, food + drinks

Patrick Henry, 4653 Taney Ave. | 6-8:30 p.m.

Teens wear denim blue

Dodgeball, tournament, 3v3 basketball, knock-out, winners photo booth, sip 'n paint, game room tournaments, movie/karaoke + chillaxin'/raffles

William Ramsay & Buddie Ford, 5650 Sanger Ave.

Nature Center activities, game truck, ping pong tournament, 5v5 basketball, prizes, raffles, board games, Tik Tok Dance Challenge

March Madness Game Day, group discussion (15 mins.), raffles + prizes, Tik Tok Dance Challenge, table + video games + tournaments, sports picture wall, music + food



Register herel

alexandriava.gov/rpca/teens









### **Education**

### **Little Hands Books & Beyond** +ADULT Ages 3-5 with adult.

Early literacy group designed with your preschooler's need for movement and telling stories. Springboard from a book into a world of learning and fun with props, puppets, music, and sounds - an engaging way to begin the reading journey, taught by licensed



register, visit littlehands.com or call 703.631.2046.

413703-01 Tu.Th 10am-12pm 5/20-6/12 8 Varies CHRC

### **Nutrition & Healthy Eating**

Ages 18 & up. The instructor will combine modern science and technology with ancient wisdom and practices to teach each participant how to make the right choices to understand and feel more comfortable in their body while also increasing energy levels throughout the day! Participants will learn what properties foods, spices, and herbs contain and how they can help improve bodily functions, from breathing to digestion to sleep, everything will be covered! Basic knowledge of how to improve health through diet, herbs, essential oils, aromatherapy, binaural beats/sound therapy, and other natural/holistic methods will be taught and discussed each day! Think of eastern medicine and ancient knowledge meets western science and medicine, the best from both worlds!

443132-01 Su 6:30-7:30pm 4/27-6/8 7 \$179 ODRC

### **Socialize**

### Playtime Express (+ADULT)

Ages 0-4 with adult. Does your child need to play and burn off some energy? In this self directed play environment, your child will engage in activities to develop their social skills, self discovery, and build their imagination. Engage through inflatables, building blocks, balls and interactive toys that will increase their learning.

493901-01	W, Th	10:30am-1:30pm	4/2-24	6	\$59	NLRC
493901-02	W, Th	10:30am-1:30pm	5/7-22	6	\$59	NLRC

### Kid Rock Social Hour (+ADULT) (DROP-IN)

Ages 0-4 with adult. It's never too early to help your child learn social skills. This unstructured playgroup encourages development though music, movement, and play. Drop-ins welcome on Fridays: \$5/child.

453805-01	M, W	10am-12pm	4/7-5/14	12	\$79	MVRC
453805-02	M,W,F	10am-12pm	4/7-5/16	18	\$99	MVRC
153805-01	M, W	10am-12pm	6/2-7/9	12	\$79	MVRC
153805-02	M.W.F	10am-12pm	6/2-7/11	18	\$99	MVRC

### **Silver Knights Chess Club**

Ages 5-12. Learn chess with Silver Knights (formerly Magnus Chess Academy)! They have taught 100,000 children to play, including state and

national champions, but most students are beginners looking to learn a new skill and have fun. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome

442632-01	W	6-7pm	4/23-6/11	8	\$159	ODRO
142632-01	W	6-7pm	6/18-7/23	6	\$119	ODRO

### Lego® Lab

Ages 6-12. Lego® Builders Unite! This is the perfect challenge for the creative builder. Participants can build LEGO® models to their heart's content or go off the grid and explore their creative side. So, come with friends or pick up some pointers from new LEGO® Masters like you. 5:30-6:30pm 4/22-5/27 6 Free PHRC

### Let's Lego®

Ages 7-10. Let's Lego® by connecting with new friends and exploring our imaginations working together or individually to build various creations using Legos®.

445101-01 F 6-7pm 4/12-5/3 4 \$25 WRRC

### Seniors-In-Sync 55+ NEWL





Ages 55 & up. Explore your creativity with Music Stimulation! Seniors sing, dance, and make friends in this lively program. Discover new songs and revisit old favorites with expert guidance. Feel the joy of music, karaoke, and visual arts. Join us for a fun journey of self-expression and friendship! 454006-01 Tu 10-11am 4/9-8/6

### Senior Recreation Orientation 55+ NEW!





Ages 55 & up. Join our Senior Wellness Orientation Program for an insightful tour of our recreation center tailored just for you! From fitness classes to social gatherings, discover a range of services, programs, and events designed for your well-being. The orientation includes assistance with financial aid, program registration, and an opportunity to meet staff and instructors. Embrace a healthier and more connected lifestyle with us! 10am-12pm

# **Connect With Us!** for latest news, events, pop-up programs, Information & more! alexandriava.gov/RPCA/Social

### **Technology & Science**

### **Science Art Mania**

Ages 5-12. Little scientists are introduced to awesome activities that foster curiosity, "what if" questions, and messy fun! Activities include learning how volcanoes evolve and erupt, the use of safe household products for blowing up balloons, making lava lamps, building interactive lung models,

6:15-7:15pm 4/22-5/27 6 \$105 MVRC 443801-01

### **Cyberteck Lego® Robotics**

Ages 5-14. Software: Lego® Education WeDo Skill Level: Beg. Powered by the LEGO® Education WeDo Base Set and Software, our Jr. Lego® Robotics class combines the exciting world of Lego® with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

Ages 5	-9

442633-01	Su	2-3pm	4/27-6/8	6	\$165	CHRC
Ages 10-1	4					
442633-02	Su	3:15-4:15pm	4/27-6/8	6	\$165	CHRC

### **Cyberteck Animation Using Minecraft**

Ages 6-9. Software: Mine-imator Skill Level: Beg. In this class, younger students will learn how characters move and look alive in movies and video games. They will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling by studying motion in reality, then applying it to animation. Students will learn how animators work by completing a variety of short animation exercises and projects. They will apply acting theories and animation principles to scenes they create.

### Ages 6-9

442629-01	Sa	9:30-10:30am	4/26-6/7	6	\$165	ODRC
Ages 10-14						
442629-02	Sa	10:45-11:45am	4/26-6/7	6	\$165	ODRC

### Game Design With Scratch \*\*



Ages 6-14. Software: Roblox Studio Skill Level: Beg. Description: In this course, students will learn how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. Roblox, Imaginative Game Design provides students with hands-on experiences in innovation and the underlying mechanics of 3D gaming. This is the perfect course for any student looking to advance their skills in science, technology, engineering, art, and mathematics (STEAM). Do not miss your chance to publish, share, and play games with your friends.

### Ages 6-9

142631-0	1 Sa	9:30-10:30am	6/14-7/26	6	\$159	ODRC
Ages 10-	-14					
142631-02	2 Sa	10:45-11:45am	6/14-7/26	6	\$159	ODRC

### Minecraft Modding \*\*



Ages 6-9. Software: MCreator Skill Level: Beg.-Int. In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, weapons, food, biomes and more! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience, and create your own custom mods to take home today!

### Ages 6-9

142601-01	Su	2-3pm	6/15-7/27	6	\$165	ODRC
Ages 10-1	4					
142601-02	Su	3:15-4:15pm	6/15-7/27	6	\$165	ODRC



Our department wants everyone to have access to safe and equitable recreation opportunities for all ages, levels and abilities. If you are in need of financial assistance to participate in any of our programs, apply now!

For more information on requirements and how to apply, visit alexandriava.gov/rpca/financial-assistance.











# **Creative & Performing Arts**

alexandriava.gov/RPCA/Creative-Arts



### **Ballet**

### Pre-Ballet & Movement \*



Ages 3-5. Do you have an aspiring ballet dancer? This class teaches children the five ballet positions and explores creative movement. Students learn the disciplines of dance while having fun and promoting physical coordination and mental concentration.

452605-01	Sa	9:15-10am	4/26-6/7	5	\$55	PHES
152605-01	Sa	9:15-10am	6/28-8/9	6	\$59	PHES

### **Movement & Ballet**

Ages 3-5. Does your little one love to move and dance? This class will give your little dancer a basic introduction to ballet steps and positions, while enhancing their motor skills and coordination with fun exercises in music qualities and rhythms, story-telling with movement, and free dance with various props.

153620-01	Su	1:30-2:15pm	6/29-8/3	6	\$35	CHRC

### **Ballet Technique**

Ages 4-14. Focus on barre, center floor, across the floor, stretching, adagio and routines with an introduction to leaps, turns and jumps. Your child will learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: Completion of Ballet I or equivalent training.

152614-01	Sa	11:15am-12:05pm 6/28	3-8/9	6 \$!	59 PHES
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### Ballet II

Ages 4-14. Focus on barre, center floor, across the floor, stretching, adagio, and routines with an introduction to leaps, turns, and jumps. Your child will learn the disciplines of dance, while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet I or equivalent training.

152611-01 Sa 12:15-1:15	ipm 6/28-8,	/9 6 \$59	PHES
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### **Ballet II/Ballet III**

Ages 4-14. Focus on barre, center floor, across the floor, stretching, adagio, and routines with an introduction to leaps, turns, and jumps. Your child will learn the disciplines of dance, while having fun and promoting physical and mental concentration, balance, and strength. Prerequisite: completion of Ballet I or equivalent training.

132011-01 30 12.13-1.130111 0/20-0/3 0 433 11	152611-01	Sa	12:15-1:15pm	6/28-8/9	6	\$59	PHES
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### **Local Motion Project Creative Ballet**

Ages 5-8. These classes are designed to introduce ballet concepts and vocabulary to young dancers. Dancers will increase understanding of their bodies in space, how to express ideas through movement, and how to work with others in their class during exercises and dance-making activities.

453836-01	Th	5-6pm	4/24-6/12	8	\$225	MVRC

### Ballet I \*



Ages 5-8. Learn the basic ballet techniques, including adagio, barre and center floor. Children will learn the disciplines of dance while having fun and

promoting pr	ıysıcaı	coordination and me	entai concent	ration.		
452610-01	Sa	10:15-11:05am	4/26-6/7	5	\$59	PHES

### **Introduction to Ballet**

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

153621-01	Su	2:30pm-3:15pm	6/29-8/3	6	\$35	CHRC
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### Ballet I/Ballet II

Ages 5-10. Learn basic ballet techniques, including adagio, basic routines, barre and center floor. Children will learn the disciplines of dance while having fun and promoting physical coordination and mental concentration. 152610-01 Sa 10:15-11:05am 6/28-8/9 6 \$59 PHES

### Ballet II 🔹

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

452611-01 Sa	11:15am-12:05pm 4/26-6/7	5	\$59	PHES
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### **Youth Ballet**

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

153622-01	Su	3:30-4:20pm	6/29-8/3	6	\$35	CHRC
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### Ballet III (\*)

Ages 7-12. Focus on barre, center floor, across the floor, stretching, adagio and routine with an introduction to leaps, turns and jumps. learn the disciplines of dance while having fun and promoting physical and mental concentration, balance and strength. Prerequisite: completion of Ballet II or equivalent training.

452012-01 3a 12.15-1.15piii 4/20-0/1 5 \$05 Fii	452612-01	Sa	12:15-1:15pm	4/26-6/7	5	\$65	PHES
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### Introduction to Pointe \*\*



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

452643-01	Sa	1:25-2:25pm	4/26-6/7	5	\$65	PHES
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### **Dance**

### Move With Me (+ADULT)

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

454205-01	Sa	11-11:30am	4/26-5/31	6	\$89	CQRC
114237-01	Sa	11-11:30am	6/14-8/2	8	\$89	CQRC

### Rhythm Time With Parent (+ADULT)

Ages 2-5. Have fun with the little one. This class offers a chance for the parent or guardian to spend quality time with their little one while helping them to learn rhythm and dance. This will be a fun time for you and your tot! 10-10:30am 6/26-8/7 7 \$79 CHRC

### **Modern Tots**

Ages 3-5. Students will express themselves creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop jazz and more

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454203-01	Sa	10-10:30am	4/26-5/31	6	\$89	CQRC	
114236-01	Sa	10-10:30am	6/14-8/2	8	\$409	CORC	

### **Jazz Hip Hop Combo**

Ages 4-6. Build confidence as a dancer by learning basic jazz and hiphop dance principles set to popular music such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

4	454201-01	Sa	9-9:45am	4/26-5/31	6	\$139	CQRC
4	454201-02	F	5-5:50pm	4/25-6/6	7	\$165	ODRC

### **Jazz Hip Hop**

**Ages 4-6.** Jazz Hip Hop dance class infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement. 6/14-8/2 8 \$185 CQRC 114215-01 Sa 9-9:45am

### **Modern Dance 4 Kids**

**Ages 5-9.** Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy, and connection. Students will learn a variety of dance styles including hip hop, jazz, and more.

454200-01 W 5-5:50	pm 4/23-6/	4 6 \$105 CQR
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### **Local Motion Project Hip Hop**

Ages 6-11. These classes introduce students to Hip Hop dance, which originated in the Bronx during the 1970s, and is one part of Hip Hop culture. Students will learn elements of street dance, breaking, popping, and locking with improvisation and personal style.

453835-01	F	5-6pm	4/25-6/13	8	\$225	MVRC
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### **Wedding Dance**

Ages 16 & up. Learn how to use a basic box step in three popular dances waltz, foxtrot, and rumba and some special steps to move around the floor and show off the dress. In this four-week, eight session series, you'll not only learn three dances, you'll get wedding dance song suggestions, some special wedding dance styling and a fun entrance and end for your very special dance.

4J31U4-U1 IU & III /-0,1JJJIII 4/22-J/1J 0 40J IVIV	453104-01	Tu & Th	7-8:15pm	4/22-5/15	8	\$85	MVRC
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### **Introduction to Ballroom Dance**

Ages 16 & up. Learn to lead or follow and gain confidence on the dance floor. Learn basic step patterns in Foxtrot, Waltz, Rumba, Tango, Merengue, Cha Cha, and Swing. No prior dance experience necessary. While singles are welcome, couples are preferred.

453102-01	W, F	7-8:15pm	4/23-5/16	8	\$85	ODRC

### **Social Dance**

Ages 16 & up. Join the fun at the next wedding or on your cruise! Master the basic steps of social-style foxtrot, cha cha, and swing. You'll learn to lead and follow as well as the steps and styling to help you step out on the dance floor with confidence. Special styling and music tips for wedding couples and their parents. While singles are welcome, couples are preferred

153103-02	Tu	7-8:15pm	6/17-7/22	6	\$69	MVRC
153103-01	F	7-8:15pm	6/20-7/25	6	\$69	ODRC

### **Sugar Foot: Line Dancing 101**

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

414035-01 M	10:30-11:30am	5/12-6/23	6 \$65	PHRC
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### **Sugar Foot: Line Dancing 102**

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

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414036-01 M 11:30am-12:30pm 5/12-6/23 6 $65 PHRC
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### **Rockin' Maracas: Line Dancing Master Class**

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

454011-01	Th	11am-12pm	5/15-6/26	6	\$69	PHRC
154011-01	Th	11am-12pm	6/5-7/24	6	\$69	PHRC

### **Evergreen: Line Dancing Waltz 101**

Ages 18 & up. No partner required. In this beginner-friendly program dancers discover the elegance of the Waltz set to timeless music. Join us for a joyful journey into movement, rhythm, and community. This class welcomes all levels, fostering camaraderie and rhythm. Let's waltz together!

### 154010-01 Th 6/26-8/7 6 \$39 PHRC 10-11am

### Music

### Little Hands Music (+ADULT)

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 sessions theme. All classes are taught by experienced music educators and trained music therapists. To register, visit littlehands.com or call 703.631.2046.

459704-01	ın	10:30-11:15am	4/10-6/12	10	\$205	CHRC
459704-02	Th	11:15am-12pm	4/10-6/12	10	\$205	CHRC







# **Creative & Performing Arts**

alexandriava.gov/RPCA/Creative-Arts

# **Creative & Performing Arts**

alexandriava.gov/RPCA/Creative-Arts



### Learn Now Music: My First Music Class +ADULT

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

442623-01	Sa	10-10:30am	4/26-5/31	6	\$159	ODRC
142623-01	Sa	10-10:30am	6/28-8/30	10	\$225	ODRC

### Learn Now Music: Little Fingers Piano (+ADULT)

Ages 2-5 with adult. Our youngest musicians will participate in guided musical exploration and age appropriate theory as well as musical games, special extension curriculum based activities, musical listening excerpts, and more! Keyboard provided.

442618-01	Sa	10:30-11am	4/26-5/31	6	\$159	ODRC
142618-01	Sa	10:30-11am	6/28-8/30	10	\$255	ODRC

### Learn Now Music: Group Violin \*\*



**Ages 5-12.** Students will participate in an ensemble music group. Students will learn about violin and use the rental violin and music to practice both in class and at home. A rental agreement must be signed and instruments must be returned in the same condition at the last scheduled class.

442621-01	M	5-6pm	4/21-6/2	6	\$169	ODRC
142621-01	M	5-6pm	6/23-8/25	10	\$269	ODRC

### **Learn Now Music: Group Guitar**

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a musical group. Rental instruments and music included (no shared equipment). A rental agreement must be signed and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

442617-02	M	7-8pm	4/21-6/2	6	\$169	ODRC
442617-01	Th	7-8pm	4/24-6/12	8	\$215	PHRC
142617-01	W	7-8pm	6/25-8/27	9	\$245	CHRC
142617-02	Th	7-8pm	6/26-8/28	9	\$245	PHRC
142617-03	M	7-8pm	6/23-8/25	10	\$269	ODRC

### **Musical Theatre for Kids**

Ages 5-12. Leonard Armstrong is presenting musical theatre with a wide array of genre of theatre where music plays a major role in moving stories through music for kids.

133704-01 IU.III 0.13-7.13BIII 770-31 O 933 LA	153704-01	Tu. Th	6:15-7:15pm	7/8-31	8	\$35	LAR
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### Mark's Music Prep \*\*



Ages 6 & up. Learn a new artistic skill or continue developing! 30 minute lessons are one-on-one with Mark Evans. Instructor can teach piano, violin, cello and double bass. Piano provided but all other instruments must be

### brought by student.

142611-1-6 F	5-8:25pm	6/27-8/29	9	\$405	ODRC
442611-01-12	F 1-8:50pm	4/25-6/13	8	\$365	ODRC

### Learn Now Music: Group Piano \*\*



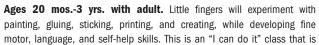
Ages 5-12. Learn the basics of piano in a group lesson setting. Rental Instrument and music Curriculum Provided. Instruments to be used in class and brought home for at home practice in between. Instruments will be collected at the last class.

442624-01	Th	6-7pm	4/24-6/12	8	\$215	PHRC
442624-02	M	6-7pm	4/21-6/2	6	\$169	ODRC
142624-01	W	6-7pm	6/25-8/27	9	\$245	CHRC
142624-02	Th	6-7pm	6/26-8/28	9	\$245	PHRC
142624-03	M	6-7pm	6/23-8/25	10	\$269	ODRC

### **Visual Arts**

### Abrakadoodle Twoosy Doodlers +ADULT \*





fun and creative. Each session has new activities, and parents and helpers

get to play to	00.						
452600-01	M	10-10:45am	4/21-6/9	7	\$139	ODRC	
452600-02	Tu	10-10:45am	4/22-6/10	8	\$159	MVRC	
152600-01	M	10:15-11am	6/23-8/11	8	\$159	ODRC	
152600-02	Tu	10:15-11am	6/24-8/12	8	\$159	MVRC	
152600-03	Sa	10:15-11am	7/12-8/16	6	\$119	ODRC	

### Abrakadoodle Mini Doodlers



Ages 3-6. Develop creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included in the registration fee.

452613-01	Sa	10-10:45am	4/26-6/7	6	\$119	ODRC
152613-01	Sa	11-11:45am	7/12-8/16	6	\$119	ODRC

### **Artistic Drawing With Young Rembrandts**

Ages 6-10. Develop creativity through carefully designed lessons that ignite imagination and develop skills. Using real artists materials including watercolors, tempera paints, oil pastels, creative tools and more, children create masterpieces that are truly unique. All materials are included in the registration fee.

452626-01	Sa	10-11am	4/12-5/31	8	\$179	ODRC
152626-01	Sa	10-11am	6/21-8/9	8	\$175	ODRC

### Cooking

### **Culinary Art - Cooking With Children**

Ages 5-12. Register your child for this class and they might become the top chef of your kitchen! Kids will build confidence and put their creativity to use in the kitchen while making friends with other kid chefs.

### 443703-01 Tu, Th 6:15-7:15pm 4/22-5/15 8 \$45 LARC

### **Free Professional Development Workshops**

### Free | Register at alexandriava.gov/arts

The Northern Virginia Local Arts Agencies (NVLAA) is a collaboration of Alexandria's Office of the Arts, Arlington Cultural Affairs Office, and ArtsFairfax to support artists and arts organizations throughout the Northern Virginia region and provide networking opportunities.

### Marketing Tools of the Trade | Thursday, April 10 at

12-1:30 p.m. Learn tips on the marketing trade, prioritizing social media and analytics. Presented by the NVLAA and facilitated by Sub Arts. Co-founders Rachelle Etienne-Robinson and Stan "Substantial" Robinson of Substantial Art & Music will lead a workshop on marketing. Topics include prioritizing social media networks and management tools, leveraging analytics to grow your audience and engagement, and how to build both passive income and monetization for both visual and performing arts.

### **Torpedo Factory Art Center**

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

America's largest collection of publicly accessible working-artist studios under one roof. Explore three floors of artists. Watch them at their craft, ask about their creative processes, and purchase original artwork. \*Periodic 5 p.m. closure for private events. See dates on our website.



# Celebrate national month in the City of Alexandria

### **Appreciation Event for Zeina Azzam**

(Alexandria Poet Laureate Term Ends-April 2025)

Date: April 12 from 2 p.m.-4 p.m. Location: Charles E. Beatley, Jr. Central Library, 5005 Duke Street.

Free Event | Reservations are required, email poet@alexandriava.gov.

### **Poem in Your Pocket Celebration**

### POEM IN YOUR POCKET

The new Poet Laureate for the City of Alexandria will lead the "Poem in Your Pocket Celebration," on Thursday, April 24, at 6:30 p.m. at the Athenaeum, (201 Prince Street). The formal program begins at 7 p.m. The Poet

Laureate will be joined by winning poets of the 2025 DASHing Words in Motion poetry contest, who will have their poems displayed inside the DASH buses and trolleys in April. Limited seating will be available, so reservations are encouraged. If you wish to read a poem or to make a reservation email poet@alexandriava.gov.

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













### **Camps**

### **Ultimate Music Experience**

Ages 5-12. Learn Now Music introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects, and more! Free instrument rentals are provided to borrow for in camp use and at-home exploration (camp agreement must be signed). Instruments must be returned at the end of the week (Instruments in am session piano, drum. Instruments in pm session guitar and violin). Campers in both morning and afternoon sessions will be supervised during a lunch break. All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch.

472668-01 W 9am-3pm 5/28 1 \$105 ODRC

### **Minecraft Modding**

**Ages 6-10.** In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors. Design your own custom blocks, tools, swords, bows, food, biomes and more! Does your child spend hours at a time playing Minecraft? Have them learn how to improve their gameplay experience, and create your own custom mods to take home today!

472616-01 W 9am-4pm 5/28 1 \$129 ODRC

### **Abrakadoodle Art Camps**

**Ages 6-12.** Let's get crafty! Join us for this DIY Camp where students explore cool, interesting crafts from around the world, develop new craft skills and get creative juices flowing! You will have a jam-packed day with FUN activities like bowl making, weaving, and more! This make-it and take-it camp is a big "WOW" in the world of crafts.

472600-01 W 9am-3pm 5/28 1 \$69 ODRC

### **TSP Flag Football Camp**

**Ages 6-13.** Learn to pass, catch, run routes and punt like the Pros! Well practice these skills while playing Button Hook and Down & Out, Pitch & Run, and First & Ten. Scrimmages will test your skills, promote teamwork, and sportsmanship.

472684-01 W 9am-4pm 5/28 1 \$65 JHES

### **Gymnastics Camps**

**Ages 6-14.** Learn basic gymnastics skills on four events (vault, bars, beam, and floor) using proper body position and correct form with training equipment. Campers will gain strength, flexibility and coordination.

474215-01 W 9am-12pm 5/28 1 \$65 CQRC

### **Hoop Life Camps**

**Ages 6-14.** The Hoop Life Basketball Camps are some of the most well-structured, basketball fundamental centered, and exciting camps in the area. If your child has a love for the game of basketball they don't want to miss this camp. All of The Hoop Life coaches have playing and/or coaching experience on higher levels of basketball ranging from high school to the NBA. Your child will walk away from this camp with improved skills, greater knowledge, and a heightened passion for the game of basketball.

472601-01 W 9am-4pm 5/28 1 \$99 JHES

### **Soccer Pros Soccer Camp**

**Ages 6-14.** Specializing in soccer instruction and games, Soccer Pros is a physical development program for boys and girls. Younger campers learn fundamental skills through dribbling, shooting and passing games in a warm and friendly environment. Older age groups focus on developing skills and techniques through soccer games, challenges, and team-building competitions.

472632-01 W 9am-4pm 5/28 1 \$65 JHES

# Plan your summer with our

Summer of Smiles 2025





Start planning your summer fun with the Summer of Smiles 2025 guide! Explore exciting programs & activities—open to both Alexandria residents and non-residents.

View the guide now and make this summer unforgettable!
alexandriava.gov/RPCA



### **Teen Programs**

### **Basics of Manga Drawing**

**Ages 9-16.** Come join the fun of drawing awesome manga stories! Our program will teach you how to draw cool characters and detailed scenes including shadows and lighting. Learn to create interesting story settings and improve your writing style.

454003-01 M 5:30-6:30pm 4/25-6/13 9 \$69 PHRC

### **Advantage Tennis: Middle School Tennis**

**Ages 11-14.** Fun, modern, and healthy classes to build tennis abilities and skills. Make friends and learn how to play better and faster.

422632-01 W 3:30-4:30pm 4/17-6/12 9 \$269 GWMS

### **The Anime Society**

**Ages 11-17.** Join Anime Society, the ultimate gathering for anime enthusiasts! Immerse yourself in the captivating world of Japanese animation. Connect with fellow fans, discuss your favorite series, watch screenings of popular shows, participate in cosplay events, and embrace the excitement of all things anime. Let's celebrate the artistry of anime together! 484011-01 W 6-7:30pm 4/23-5/28 6 \$0 PHRC

### Green Teen Club NEW! \*

**Ages 11-18.** The ultimate gathering for nature enthusiasts! Teens will enjoy a variety of outdoor activities and discussions on sustainability, environmental justice, and green careers. There will also be opportunities to connect with the community, network with guest speakers, and make an impact through citizen science. This club will take place on the 1st and 3rd Wednesday of the month.

469813-01 W 6-7pm 4/3-6/5 5 Free BFNC 169813-01 W 6-7pm 7/3-8/21 5 Free BFNC

### **Teen Weight Training**

**Ages 12-17.** This teen weight training class will focus on learning the basics of strength-training and getting acclimated to the fitness area. This class will offer six weeks of instructional weight training with a total body strength workout, learning proper form and good gym etiquette, while meeting your fitness goals, and personalized body composition testing.

414016-01 M 5:30-6:30pm 4/21-6/18 8 \$30 PHRC

### **Teen Fitness Boot Camp**

**Ages 12-15.** Get ready to kick your fitness into gear! This is an intense full body strength and conditioning fitness training program. Your target is great health. Defeat is not an option. Get moving! You've got this!

413702-01 W, F 6:30-7:30pm 4/2-4/25 8 \$30 I

### **Teen Weight Training**

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

414016-01 M 5:30-6:30pm 4/21-6/2 6 \$45 PHR



### **Teen Focus Group**

**Ages 12-17.** Join our monthly Teen Focus Group at Patrick Henry Recreation Center! We're seeking teens aged 12-17 to help shape programs and events designed specifically for you. Your valuable input will make a difference, and we'll even provide dinner as a token of appreciation. Help us help you!

484012-01	Th	6:30-7:30pm	5/1	1	Free	PHRC
484012-02	Th	6:30-7:30nm	6/5	1	Free	PHRC

### **Teen First Friday**

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

483629-01	F	6-10pm	5/2	1	Free	CHRC
483629-02	F	6-10pm	6/6	1	Free	CHRC
183629-01	F	6-10pm	6/6	1	Free	CHRC
183629-02	F	6-10pm	7/11	1	Free	CHRC

### **Circle of Girls**

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

484010-01 Th 6-7:30pm 4/24-6/12 8 Free PHRC











### 2024-25 School Year Power-On

Ages 5-12. Meet friends, play, build, learn, and grow through a variety of recreation, enrichment, and leisure activities. Afterschool fun includes arts and crafts, sports, cooperative games, performing arts, music and movement, enrichment, cooking, STEAM, physical fitness, and health & wellness. Participants will engage in theme-based activities and special events that promote self-awareness and confidence, as well as self-expression and creativity, while having fun and making new friends. Holiday and registration maximum and minimum vary by location. Program meets 2:30-6pm when ACPS schools are open, at the following locations: JAES, DMES, CBRC, CHRC, LARC, FDES, MVRC, PHRC, and WRRC.

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

### Kids Day Out (INCLUSION)

Ages 5-12 for General Recreation & ages 6-21 for Therapeutic Recreation. Get out and have fun with your friends on days when ACPS schools are closed! Engage in activities, including games, sports, arts and crafts, field trips, and more. Please contact the Nannie J. Lee office at 703.746.5535 for more information or to sign up.

403001-01	M	9am-6pm	4/1	1	\$55	NLRC
403001-02	W	9am-6pm	4/10	1	\$55	NLRC
403001-03	Th	9am-6pm	6/13	1	\$55	NLRC

### TR Achieving Greatness TR

**Ages 6-21.** 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. Online registration is not available. Please contact the Therapeutic Recreation office to get more information at 703.746.5535. No program on: 4/1, 4/10, and 5/27.

403000-01 M-F 2:30-6pm 4/2-6/12 \$445 NLRC

# 2025-26 School Year Power-On **Registration Begins June 25.**Registration process details will be available at **alexandriava.gov/Recreation**

### **School Year Power-On Financial Assistance Pre-Registration**

### Available to families who qualify for federal assistance programs (free/reduced school meals, SNAP, and TANF).

Pre-registration opens June 8 and ends June 13. Families will be notified of their eligibility via email or by phone beginning June 18. General online only registration opens June 25 at 9am. In-person registration opens June 26 at 9am. Both in person and online registration will remain open until all openings are filled. Pre-registration forms can be completed online or onsite at one of the neighborhood recreation centers, or any OSTP afterschool location during regular program hours. In accordance with the City of Alexandria's Social Equity Initiative, pre-registration in the Power-On Out of School Time Program (OSTP) is available for families who qualify for federal assistance programs.

### **Financial Assistance Procedures:**

To be considered for financial assistance, the Financial Assistance Application form must be completed and submitted with supporting documentation within one (1) week of registration. Applicants must provide at least one of the following documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2024-25 documentation is accepted.

Any request for fee assistance without the stated documentation or at a level above and beyond the established discount must include an explanation and be approved by a Recreation Services Division Chief. This process takes additional time and registration will be delayed until approval has been secured.

For more information, please call 703.746.5414.

Program Fees subject to increase beginning July 1.

School Year Power-O	ı Fees
Full Program Fee	\$892
Free/Reduced School Meals	\$305
SNAP	\$255
TANF	\$149

# Nature & Environmental Education

Nature Play (+ADULT) (DROP-IN)

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

469860-01	Sa	10:30-11:30am	5/10	1	\$5	BFNC
169803-01	Sa	10:30-11:30am	6/14	1	\$5	BFNC
169803-02	Sa	10:30-11:30am	7/12	1	\$5	BFNC
169803-03	Sa	10:30-11:30am	8/9	1	\$5	BFNC

### **Nature Discoveries**

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

	_				_	
469859-01	F	10:30am-12pm	5/9	1	\$12	BFNC
169858-01	F	10:30am-12pm	6/13	1	\$12	BFNC

### **Tracking the Forces of Nature**

**Ages 14 & up.** Participants will learn about the development, forecasting, and impact of intense weather, namely hurricanes and tornadoes. Program includes video clips of simulations and weather caught on film, and a storm tracking activity to help you learn how to track a hurricane using maps.

469880-01 F 10am-11am 5/30 1 \$5 BFNC

### **Invasive Plant Hike**

**All Ages.** Join us for a walk in Dora Kelley Nature Park and practice spotting the difference between native and invasive plants. Learn why invasive plants hurt native species and how they can be controlled. We will practice removing invasive plants so please wear long pants and sleeves to protect yourself from thorns. Bring gardening gloves and clippers if you have them as we have a limited number to loan out. Adults and families welcome.

469861-01	Su	8:30-10:30am	5/18	1	\$5	BFNC
469861-02	Su	8:30-10:30am	6/8	1	\$5	BFNC
169804-01	Su	8:30-10:30am	7/13	1	\$5	BFNC
169804-02	Su	8:30-10:30am	8/10	1	\$5	BFNC



Spring/Summer 2025



From wildlife encounters to peaceful trails, there's something for everyone.

### 5750 Sanger Ave.

Open W-Sa 10 a.m.-4 p.m. year-round excl. holidays
Weekday Activities at 11 a.m. | Open to the public

- Wednesdays: Storytime in Our Library
- Thursdays: Animal Brunch-watch animal feedings
- Fridays: Animal Meet & Greet



Interactive Exhibits:
Get up close with
live animals & learn
about our region's
ecosystems.

Scenic Trails:
Wander through the
beauty of Dora Kelley
Nature Park & embrace
the tranquility
of the outdoors.





Programs & Events:
Explore workshops,
birdwatching &
engaging activities
perfect for all ages!

Questions?

Call 703.746.5559

Visit us online to learn more:

alexandriava.gov/NatureCenter







# **Registration Information**

Spring Registration: Residents: March 19 & Non-Residents: March 21 **Summer Registration:** Residents: May 14 & Non-Residents: May 16

### **3 WAYS TO REGISTER**



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

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

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

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

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

**Drop-off Registrations:** Registration forms left in the drop box at the Lee Center require up to five 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.

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



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

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

**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

- Registrants unable to attend a program due to relocation from the City of Alexandria may request
- · 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
- Adult league fees are non-refundable.

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

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

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

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

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

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

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

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

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

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

# Form egistration

pm), am-7 Call 703.746.5414 (M-F 9

included in

PLEASE PRINT

HOUSEHOLD INFORMATION-

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

\*Home Phone

Work Phone

March

Non-Residents: Non-Residents: N

& &

19 14

**Spring Registration:** Residents: March **Summer Registration:** Residents: May

Date

Effective

□Email -

□Phone

Check if change of Maddress

\*City, State, Zip

1/18/18 Start Date 322610-01 **Activity Title** \*Male/Female? (Circle) Email Address al sheet if ne 1/2/12 Z ACTIVITY REGISTRATION (Please fill \*Head of Household Birthday

before the sta se allow 3-4 v mately one v requested. e cancelled approximately refund or transfer is request are a re r of enrollees a credit unless a number given a c email and e not met the r by phone or e **REGISTRATION DEADLINE** - Classes that have Participants are notified of cancelled classes t Participants a for refund. for

Total Listed F

start date.

**TOTAL** (Pay

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# Make checks payable to "City of Alexandria"

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READ AND SIGN BELOW:

Signature required of adult participant, parent or guardian of child. UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAYAFFECT REGISTRATION II	
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REGISTRATION METHOD

For Office Use Only: Check #:\_ Date Received:\_\_\_\_

**Questions?** Call 703.746.5414 Email registerARPCA@alexandriava.

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like to

City

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

Ages 55 & Up

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



### **POWER PLUS PARTNERS**

### **Northern Virginia Senior Olympics**

The 2024 Olympics will be held in September at 28 venues sponsored by Alexandria, Arlington, Fairfax, Falls Church, Fauquier, Loudoun, and Prince William. Over 800 adults, ages 50-100, competed in more than 50 events including track, swimming, golf, bowling, line dancing, cycling, pickleball, bridge, Scrabble, table tennis, and many more. For more information, visit the NVSO website at nvso.us.

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

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

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

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

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

Adult Day Services Center, 703.746.5676

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

# Algo Para Cada Quien

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

**Programas y actividades** están disponibles para todas las edades, incluyendo Clases de Natación,

Campamentos, Ejercicios & Buena Forma, Ligas Deportivas, Creatividad & Desempeño Artístico, Eventos Especiales, Educación Ambiental, Clases de Enriquecimiento, Programas de Tareas Dirigidas, Recreación Terapéutica, Actividades Comunitarias & Eventos,

Comunitarias & Eventos, Programas para mayores de 55 y más.

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

La Ciudad posee y maneja 500 acres of parques, incluyendo espacios abiertos, parques para perros, campos deportivos, canchas externas, patios de recreo, vías para caminar y andar en bicicleta, la Marina de la Cuidad y el hermoso waterfront. 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 Galerias de la Ciudad.

Para registrarse para programas o hacer

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

Visite alexandriava.gov/Recreation para mas información.

- 1) Refer to the grid below to determine the programs available by age.
- 2) Turn to the specified page for a description & registration information for each program.

Aquatics																				_
Swimming																			_{	PAGI
Water Explorers 1-2*	•	•	•																L '	2
Group Swim Lessons		•	•	•	•	•	•	•	•	•	•	•								2
Alex Preschool & Me*		•	•																	2
Alex Swim Preschool 1-3			•	•	•															2-3
Alex Swim Level 1-6						•	•	•	•	•	•	•								3-4
Wahoo Swim Team						•	•	•	•	•	•	•	•	•	•	•	•	•		4
Alex Swim Teen Swim													•	•	•	•	•	•		4
Adult Beginner Swim													•	•	•	•	•	•	•	5
Adult Intermediate													•	•	•	•	•	•	•	5
& Advanced Swim  Alex Swim Adult Advanced																				-
																		_	_	5
Masters Swimming	Ļ											_						•	•	5
Private & Semi-Private	e L	.es	SO																	
Private Swim We Aquatics				•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	5
Learn to Swim w/ SA				•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	5
Diving & Specialty Sw	/im																			
Alex Swim Level 6 Diving						•	•	•	•	•	•	•								5
Swim Like a Mermaid																•	•	•	•	5
Diving Classes w/ SA												•	•	•	•	•	•	•	•	5
Blue Octopus Scuba																		•	•	5-6
Aqua Aerobics																				
Get in Deep With Candice																•	•	•	•	6
Aqua Soothe for Arthritis																•	•	•	•	6
Water Walking																•	•	•	•	6
Aqua Soothe																•	•	•	•	6
Deep Water HITT																•	•	•	•	6
Aerobics-Warm Water																		•	•	6
Warm Water Yoga Therapy																		•	•	7
Aqua Aerobics																		•	•	7
Aqua Zumba																		•	•	7
Hi/Lo Water Aerobics																		•	•	7
Deep Water Aqua Aerobics																		•	•	7
Low Impact Aquatics																		•	•	7
Aquatic Exercise for Seniors																			•	7
<b>Exercise &amp; Fitnes</b>	S																			
Mind Body/Wellness																				
Candlelight Yoga																		•	•	8
Yin Yoga																		-	•	8
Pilates Barre												П							•	8
Essentrics: Classical Stretch																			•	8
Slow Flow With Amy																		H	•	8
Mindful Yoga												П							•	8
Yoga Beginner Series Part I		H																	•	8
Yoga Flow Series																		-	•	8
Yoga Core & Back																			•	8
Yoga for Healthy Aging		H											Н					Ė	•	8
Stretch & Flow Yoga																		-	•	8

Exercise & Fitnes Mind Body/Wellness	_	nt	١																6	PAC
Chair Yoga	(66	,,,,,	,															_		9
Senior Stretching																		_	•	9
Stick & Stretch Fitness				_		_													_	9
Cardio Workout																				3
Fitness With Coach J							•			•	•	•								9
Jazzercise						_	_	_	_	_		_						_	_	9
Zumba																		_	•	9
Tabata																		_	•	9
Hi/Lo Impact Aerobics																		_	•	9
Senior Body Part Aerobics																		_	•	9
Stay Active & Independent																			_	_
for Life (SAIL)																			•	9
Senior Trailblazers																			•	9
Advanced Senior Body Part Aerobics																			•	9
Cardio & Strength																				
Maternity Fit																•	•	•	•	10
Fitness Room Orientation																•	•	•	•	10
ChinquaCircuit																		•	•	10
Advance Boxercise																		•	•	10
BoxFit																		•	•	10
Total Body Conditioning																		•	•	10
Hip Hop Fitness																		•	•	10-1
Adult Cardio & Weight																		•	•	11
Shadow Boxercise																		•	•	11
Walk & Fit Training																		Ť	•	11
Senior Cardio &																			_	
Weight Training																			_	11
Fall Prevention Class																			•	11
Sports Classes &	L	eas	gu	es	5															
Tumbling			9-																	
Baby Tumbling*		•																		13
Mom/Dad & Me Tumbling*		•	•	•																13
Wiggles, Toes & Rolls			_	•	•	_												_		13
Movement & Gymnastics			_	•	-															13
Basic Tumbling			_	_		•		•												13
Gymnastics			_	_		_	-	•	-									_		13
Soccer						_														1,
Little Kicks Soccer & Me*		•																		13
Soccer Tots		•	_	_		_														13
		_	Ť	ŭ	Ť	Ť														13
Excite Soccer			_	-	•	_														_
Little Kicks Soccer				•	•	_													_	13
Little Champions Soccer					•			•												13
Racquet Sports					_															
Tennis 4 Kids			•	•	•	•														14
Bounce-Boom Tennis 1-2							•	•	•	•	•	•	•	•						14
Adult Tennis 1-3															•	•	•	•	•	14











# **Recreation Roundup**

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

			_	_	_	_	_	_	_	_	_	_	_	_	_	_			_
Racquet Sports (cont.	)																	1	PA
Bounce-Boom Pickleball Levels 1-3														•	•	•	•	•	14
Intro to Pickleball																	•	•	15
Intermediate Pickleball																	•	•	15
Advantage Tennis: Adult Lessons		T	Γ														•	•	15
Advantage Tennis: Triple Adult Socials																	•	•	15
Advantage Tennis: Green Ball Lightning																	•	•	15
Basketball																			
Jump Shots for Tots	T	•	•	•	•														15
Run, Shoot, Basketball	+	Ť	•	•	•	•	•	•										Н	15
Basketball Skills & Drills		t	Ť	Ť	Ť	•	•	•	•	•	•	•	•					Н	15
Hoop Life Skills Academy	+	+				Ť	_	•	•	•	•	•	•	•				Н	15
Running & Track & Fig	ld							_		_	_	_		_					
Lil' Sprinters Track	nu -			•															15
Alexandria Titans	+				_	•	_	_	•	_	_	_	_					H	15
Indoor Track Alexandria Titans Track	-	+			_	_	_	_	_	_	_	_	_					Ш	1;
Club (Outdoors)					•	•	•	•	•	•	•	•	•						15
Additional Sports Clas	ses																		
Grand Slam T-Ball & Me*	•	•																	16
Little Athletes & Me*		•	•	•															16
Biking 4 Tots/Kids		•	•	•															16
Tip Top Fit Together		•	•	•															16
Lil' Pro Sports		•	•	•															16
Lil' Lacrosse		•	•	•	•														16
Martial Arts 4 Kids		•	•	•	•												П		17
Touchdown for Tots		•	•	•	•														17
Tip Top Stick Handling		T	•	•	•											Г	Т		17
Grand Slam T-Ball		T	•	•	•												Т	П	17
Tip Top Ninjas		T	•	•	•	•	•	•										П	17
Little Athletes	T			•	•	•										Г			17
First Down Flag Football				•	•	•	•								Т	Г			17
Tip Top Ninjas				•	•	•	•	•	•	•							Г		17
Nerf Fencing	T	T			•	•	•	•	•	•								П	17
Roller Skating for Fitness	Ť	T			•	•	•	•	•	•	•	•	•	•	•	•	•	•	17
Tip Top Fun & Run Tag						•	•	•											18
Tip Top All Ball	T	T				•	•	•										П	18
Skateboarding 4 Kids	T	T				•	•	•	•	•	•	•	•					П	18
Fencing	T	T							•	•	•	•	•	•	•	•	•	•	18
Leagues																			
Miracle Baseball League of Alexandria					•	•	•	•	•	•	•	•	•	•	•	•	•	•	18
Girls Field Hockey League							•	•	•	•	•	•	•				Ī		18
Johnson & Siebert Teen Basketball League											•	•	•	•	•	•	•		18
Coed Soccer																	•	•	18
Coed Softball																	•	•	18
Coed Volleyball																		-	

AGE 01 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 55-									
AGE 01 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18-55-									
	240								
Rookie Baseball Clinic	PAG 19								
Advantage Red Ball Social	19								
Alexandria City Track & Field Meet	19								
Enrichment									
Education									
Little Hands Books   ● ●	20								
Nutrition & Healthy Eating	20								
Socialize									
Playtime Express*   ● ● ●	20								
Kid Rock Social Hour*   ● ● ●	20								
Silver Knights Chess Club	20								
Lego® Lab ● ● ● ● ●	20								
Let's Lego® ● ● ●	20								
Seniors-In-Sync •	20								
Senior Recreation Orientation	20								
Technology & Science									
Science Art Mania	21								
Cyberteck Lego® Robotics	21								
Cyberteck Animation	21								
Using Minecraft									
Game Design w/ Scratch   ● ● ● ● ● ● ●	21								
Minecraft Modding   ● ● ●	21								
Creative & Performing Arts									
Ballet									
Pre-Ballet & Movement	22								
Movement & Ballet   ● ●	22								
Ballet Technique • • • • • • • • •	22								
Ballet II	22								
Ballet II/III	22								
Local Motion Project Creative Ballet	22								
Ballet I	22								
Introduction to Ballet   ● ● ●	22								
Ballet I/Ballet II	22								
Ballet II	22								
Youth Ballet   ● ● ● ● ●	22								
Ballet III	22								
Introduction to Pointe	22								
Dance									
Move with Me*	22								
Rhythm Time with Parent*	23								
Modern Tots	23								
Jazz Hip Hop Combo   ● ● ●	23								
Jazz Hip Hop	23								

<sup>\*</sup>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.

Dance (cont.)																			-	AG
Local Motion Project Hip Hop						•	•	•	•	•	•									23
Wedding Dance																•	•	•	•	23
Introduction to Ballroom Dance																•	•	•	•	23
Social Dance			Г	Т												•	•	•	•	23
Sugar Foot: Line Dancing 101																		•	•	23
Sugar Foot: Line Dancing 102																		•	•	23
Rockin' Maracas: Line Dancing																		•	•	23
Evergreen: Line																		•	•	23
Dancing Waltz 101 Music								_												
Little Hands Music*	•	•	•	•	•	•	•													23
Learn Now Music:		•	•	•	•	_	_													24
My First Music Class* Learn Now Music:		•	•	•	•															24
Little Fingers Piano* Learn Now Music:					•	•	•	•	•	•	•	•								24
Group Violin Learn Now Music:					•	•	•	•	•	•	•	•								24
Group Guitar  Musical Theatre for Kids					•	•	•	•	•	•	•	•								24
Mark's Music Prep						•	•	•	•	•	•	•	•	•	•	•	•	•	•	24
Learn Now Music:						_	_	_	_	_	_	_	_	Ť	Ť	_	Ť			24
Group Piano					•	•	•	•	•	•	•	•								24
Visual Arts																				
Abrakadoodle Twoosy Doodlers*		•	•																	24
Abrakadoodle Mini Doodlers			•	•	•	•														24
Artistic Drawing w/ Young Rembrandts						•	•	•	•	•										24
Cooking																				
Culinary Art - Cooking w/ Children					•	•	•	•	•	•	•	•								24
Camps																				
Camps																				
Ultimate Music Experience				Г	•	•	•	•	•	•	•	•								26
Minecraft Modding				Н	_	•	•	•	•	•										26
Abrakadoodle Art Camps						•	•	•	•	•	•	•							Н	26
TSP Flag Football Camp						•	•	•	•	•	•	•	•						П	20
Gymnastics Camps						•	•	•	•	•	•	•	•	•						20
Hoop Life Camps						•	•	•	•	•	•	•	•	•					П	26
Soccer Pros Soccer Camp						•	•	•	•	•	•	•	•	•						26
Teens																				
Teen Programs																				
Basics of Manga Drawing									•	•	•	•	•	•	•	•				27
Advantage Tennis: Middle School Tennis											•	•	•	•						27
The Anime Society											•	•	•	•	•	•	•		П	27
Green Teen Club		Н	H					Н			•	•	•	•	•	_	•	•	Н	27
											_	_	_							

	V-1		J		3	О		8	9	10	11	12	13	14	15	10	17	18+	95*	
Teens (cont.)																				
Teen Programs (cont.)	)																		_	PAC
Teen Fitness Boot Camp												•	•	•	•					27
Teen Weight Training												•	•	•	•	•	•			2
Teen Focus Group												•	•	•	•	•	•			2
Teen First Friday												•	•	•	•	•	•			2
Circle of Girls												•	•	•	•	•	•	•		27
Afterschool Progr	raı	ms	3																	
0004.05.0ahaa1.Vaan																				
2024-25 School Year Power-On					•	•	•	•	•	•	•	•								2
Kids Day Out					•	•	•	•	•	•	•	•	•	•	•	•	•	•		2
TR Achieving Greatness						•	•	•	•	•	•	•	•	•	•	•	•	•		2
Nature & Environ	me	en	t																	
Nature & Environment	tal	Fo	uc	ati	on															
Nature Play*	e en r	_	_	•																2
Nature Discoveries			-	•	-						Н				_					2
Tracking the Forces			_		_	_								_	_		_		_	
of Nature														•	•	•	•	•	•	2
Invasive Plant Hike	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	2
Community Activi	tie	es																		
Community Activities																				
Armstrong Spring Tech Refresh Event	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Friday Night at the Pool	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Parents Night Out	_				•	•	•	•	•	Ť	Ť	_	_		_				_	3
Adults Throwback to					_	_	_	_	_	_										Ť
the Decades Dance																		•	•	3
Continental Breakfast & Photo w/ the Bunny	•	•	•	•	•															3
Parents Bounce Out					•	•	•	•	•	•	•	•								3
Nerf the Turf							•	•	•	•	•	•								3
Fitness & Wellness Expo	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
RecFest	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Mother's Day Spa					•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Bingocize																			•	3
Dodgeball Fanatics							•	•	•	•	•	•								3
Reading & Rolling	•	•	•	•	•															3
Mother's Day Sip & Splash																		•	•	3
Charles Houston Line Dance Social																		•	•	3
Charles Houston Kiddie Cabaret	•	•	•	•	•															3
47th Annual ALX Jazz Fest	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Juneteenth at Houston	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Wheely Tykes Race		•	•	•	•															3
Community Family Picnic	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	3
Alexandria & USA										_										

Requires guardian and child participation









### **Community Activities**

### Armstrong Spring Tech Refresh Event NEWL

**All Ages.** Need to declutter those unwanted electronics for free? Then spring into action by dropping off those unwanted, unused pieces of hardware at the Leonard Armstrong electronics recycling event. We are also expanding the mind on today's digital age issues and problems relating to cyber bullying, missing and exploited children, and other related issues facing our children. (Certain items might be limited to a certain amount per person based on recycling requirements).

483712-01 Sa 11am-2pm 4/5 1 Free LARC

### Friday Night at the Pool

All Ages. Make it a night to remember at our Friday Family Fun Night! Bring the whole family for an hour of swimming followed by a cozy movie screening and delicious snacks. Whether you're splashing in the pool or enjoying quality time together, this event is the perfect way to kick off your weekend. Join us on Fridays and create lasting memories with your loved ones!



with your lov	eu on	C3:				
484203-01	F	5-8:30pm	4/18	1	\$27	CQRC
484203-02	F	5-8:30pm	5/16	1	\$27	CQRC
484203-03	F	5-8:30pm	6/13	1	\$27	CQRC
484203-04	F	5-8:30pm	7/18	1	\$27	CQRC

### **Parents Night Out**

**Grades K-5.** Mom and Dad, have a fun night with friends, while we entertain your kids! The kids will enjoy gym games, and movies. Pizza, drink, and a snack will be provided.

483816-01	F	6:30-8:45pm	4/18	1	\$25	MVRC
183819-01	F	6:30-9pm	6/13	1	\$25	MVRC

### **Adults Throwback to the Decades Dance**

**Ages 21 & up.** Leonard Armstrong is turning back the clock into the past to celebrate different eras with Music, fashion, entertainment, trivia contest, and scramble those words contest representing the 60s, 70s, 80s, or any chosen decade. So wear your coolest, funkiest outfit from the past, and dance the night away.

483713-01 F 8pm-10:30pm 4/18 1 \$15 LARC

### **Continental Breakfast & Photo with the Bunny**

**Ages 1-5.** Join us for a continental breakfast and photo with the Easter Bunny, and lots of fun and games. Breakfast will be from 9-10am, with photos and fun to follow...

483604-01 Sa 9am-11am 4/19 1 \$15 CHRC

### **Parents Bounce Out**

Ages 5-12. Have fun with friends while we entertain your kids. Games, activities, crafts, and skating will keep your kids active the whole night.

Pizza, drinks, and snacks will be provided.

483000-01	F	6-9pm	4/25	1	\$35	NLRC
483000-02	F	6-9pm	5/16	1	\$35	NLRC

### **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.

484002-01	F	6:30-8:30pm	4/25	1	\$15	PHES
484002-02	F	6:30-8:30pm	5/16	1	\$15	PHES
484002-03	F	6:30-8:30pm	5/30	1	\$15	PHES

### **Fitness & Wellness Expo**

**All Ages.** Not your average fitness and wellness expo. Charles Houston's Expo boasts of new innovative ways to get fit! There will be demonstrations of Capoeira, an Afro-Brazilian martial art and game that includes elements of dance, acrobatics, and music. There will also be informational sessions and demonstrations, music, and fun! Come and join us!

413608-01 Sa 11am-4pm 4/26 1 Free CHRC

### RecFest

**All Ages.** The City of Alexandria presents RecFest! This free event is full of family fun with activities representing the City's fitness, sports, enrichment, arts, nature, out-of-school time, and summer camp programs. Enjoy demos, meet instructors and staff, and register for programs and camps on-site.

487600-01 Sa 10am-2pm 5/3 1 Free PHRC

### **Mother's Day Spa**

**Ages 5 & up.** Make Mother's Day memorable. Grab your favorite little girl and come out for an afternoon of spa treatments. Moms and daughters will enjoy great food, facials, massages, and manicures.

483819-01 Sa 11am-1pm 5/3 1 \$15 MVRC

### Bingocize 55+

**Ages 55 & up.** Join us for a monthly gathering of fun and excitement tailored for seniors. Enjoy classic bingo rounds with a twist, prizes, and camaraderie in a welcoming atmosphere. Bring your lucky charm and socialize with fellow seniors in our Silver Bingo community. Let the games begin!

414032-01 W, F 9:30am-10:30am 5/7-8/1 26 Free PHRC

### **Dodgeball Fanatics**

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

484004-01	F	6:30-8:30pm	5/9	1	\$15	PHES
484004-02	F	6:30-8:30pm	5/23	1	\$15	PHES
484004-03	F	6:30-8:30pm	6/6	1	\$15	PHES

### Reading & Rolling +ADULT

**Ages 1-5.** Come and experience Reading and Rolling with Charles Houston! Get your wagons, ride-on toys, skates, and listening ears ready

for an interactive reading of Go, Dog. Go! Children will get to listen to an exciting reading of the book and then take to the racetrack to show what they brought to the event that will go!

493601-01 Sa 10-11:30am 5/10 1 \$5 CHRC

### **Mother's Day Sip & Splash**

Ages 18 & up. If you are looking for a place to take mom for Mother's Day festivities, here is your spot! Join us for a day of art and mocktails. We will have an artist guide you on your masterpiece while enjoying the ambiance and quality time you spend with mom. This will be a day that she will enjoy and remember for a long time!

453602-01 Su 1-5pm 5/11 1 \$25 CHRC

### **Charles Houston Line Dance Social**

Ages 18 & up. Join us on two Tuesdays this winter for Line Dance Socials! Get your boots ready and come join us for an evening of toe-tapping fun and socializing. No experience necessary – just bring your enthusiasm and get ready to groove to some of your favorite tunes. See you on the dance floor! 483633-01 Tu 6:30-8:30pm 5/13 1 \$0 CHRC 183633-01 Tu 6:30-8:30pm 7/8 1 \$0 CHRC

### **Charles Houston Kiddie Cabaret**

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

483602-01 Sa 10am-12pm 6/7 1 \$6 CHRC

### **47th Annual ALX Jazz Fest**

**All Ages.** Celebrate jazz music, America's original beloved art form, at the Alexandria Waterfront! Enjoy live performances by some of the region's top jazz performers, along with inspiring words by renowned poets. Plus: experience hands-on art projects, lawn games, food vendors, and drinks all afternoon. Located at Waterfront Park (1A Prince St.).

Sa 3-9pm 6/14 1 Free WFPK

### **Juneteenth at Houston**

**All Ages.** The Charles Houston Recreation Center will Host its 2nd Annual Juneteenth Festival. The event will feature live entertainment, food, vendors, arts and history activities for all ages. The community is encouraged to bring their blankets and lawn chairs to this joyous day of celebration of African American history and culture.

183600-01 Sa 12-6pm 6/21 1 Free CHR

### Wheely Tykes Race

**Ages 2-5.** Tykes and toddlers race to the finish in their big wheels, tricycles, and battery-operated vehicles. This is a real race, complete with a commentator, heats by ages and type of vehicle, and tailgating (if that's your thing). Light refreshments will be available. Parents must accompany their tykes at all times at this event.

183601-01 Sa 10am-12pm 6/28 1 \$10 CHRC

### **Community Family Pic**

**All Ages.** What's more fun than gathering with friends, family, and fellow Alexandrians to enjoy an evening of activities and entertainment in the park while forging new relationships.

183705-01 F 6:30-8pm 7/11 1 Free LARG

### **Alexandria & USA Birthday Celebration**

**All Ages.** The City will celebrate its 276th and the USA's 249th birthday on Saturday, July 12, at Oronoco Bay Park (100 Madison St.). Experience this one-of-a-kind Alexandria event with your family. The evening includes live music, food and drink vendors, and ends with the grand finale, a fireworks display on the Potomac River at 9:30 p.m.

Sa 6-9:45pm 7/12 1 Free OBPK

### **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**

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

- Advisory Councils
- Patrick Henry Recreation Center
- Charles Houston Recreation Center
- Chinquapin Park Recreation Center
- Leonard "Chick" Armstrong Recreation Center

& Aquatics Facility

- Mount Vernon Recreation Center
- William Ramsay Recreation Center
- Youth Sports
- Therapeutic Recreation
- Youth Sports CoachesTherapeutic Rec Aide
- Program Support
- Greeter
- Administrative Support
- Park Clean-up & Planting
- Special Event Support

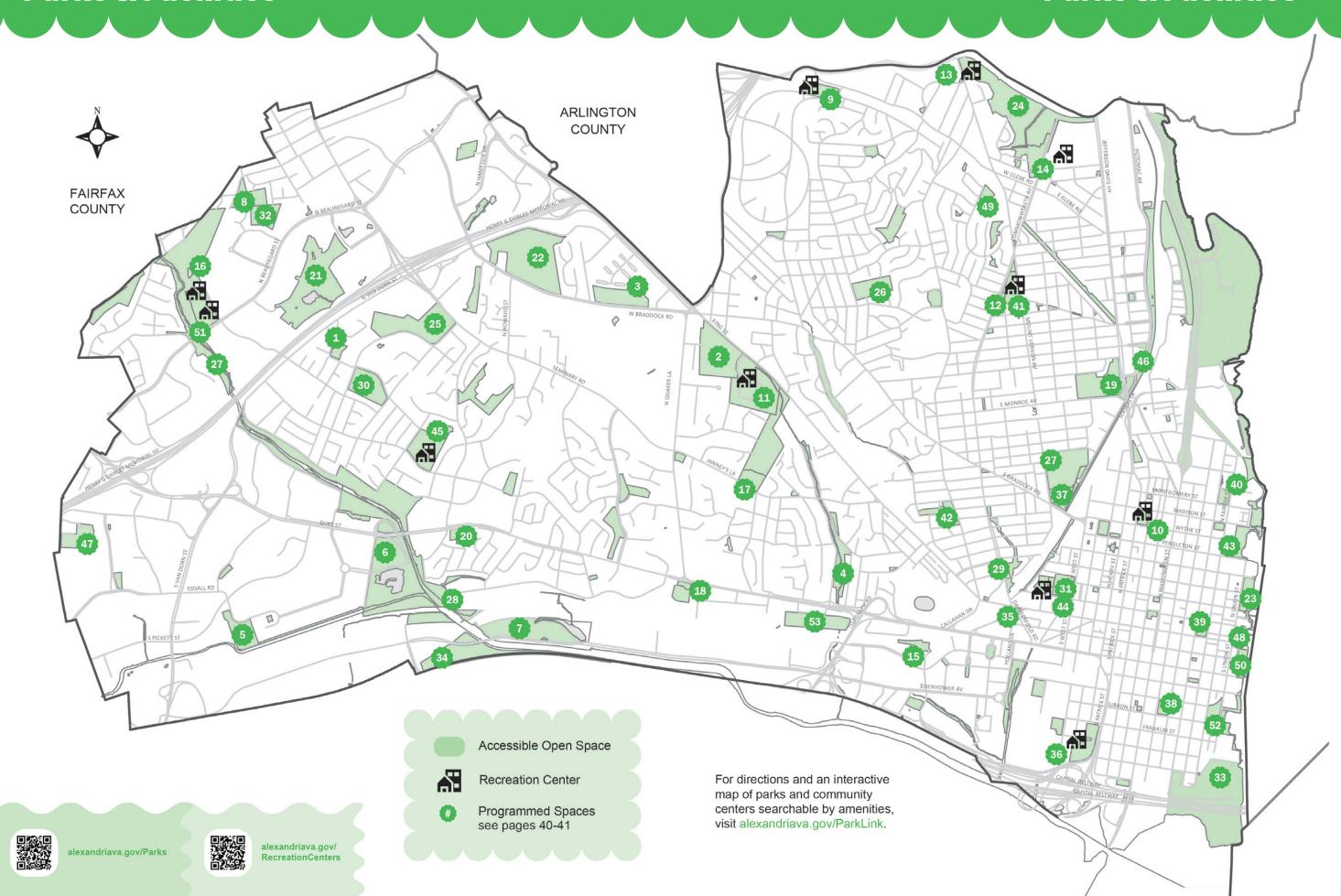
For available opportunities, visit alexandriava.gov/Volunteer.











# **Parks & Facilities**

alexandriava.gov/parks/find-a-park to see all City of Allexandria parks and amenities. See page 43 for event sites and information about hosting special events.

# **Parks & Facilities**

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

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

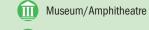
### **LEGEND**



Center

Community Garden

Farmer's Market Location



Performance Space

Parking

Pickleball



Public Art

Picnic Area











Swimming

Rennis Courts

# Park Capital Project Updates

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

### Joseph Hensley Park Renovation

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



### **Eugene Simpson Stadium Park Renovation**

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

### **John Ewald Park Renovation**

The City is planning improvements to John Ewald Park based on the community planning process in 2015. Visit the project webpage to get additional information and participate in the design process: alexandriava.gov/parks/project/john-ewald-park-improvements.

### **Schuyler Hamilton Jones Skateboard Park Planning**

The Schuyler Hamilton Jones Skateboard Park Improvement Plan aims to enhance the park's facilities and features

by engaging the community and implementing strategic upgrades. Visit the project webpage to view recent survey results, get additional information, and participate in the park planning process.



### **Contact Information**

Jack Browand, Interim Director: jack.browand@alexandriava.gov
I General Information
l Programs & Services
Aquatics
City Arborist/Trees
City Marina703.746.5487
Nature & Environmental Education Programs 703.746.5559
Out of School Time Programs703.746.5575
Office of the Arts703.746.5588
Park Maintenance
Park Planning & Design703.746.5488
Picnic Reservations & Facility Rentals

Recreation Classes & Camps
Senior & Teen Programs
Special Events & Major Park Rentals703.746.541
Therapeutic Recreation
Youth & Adult Sports703.746.540
I VA Relay71
I 24-Hour Hotlines
Alexandria Safe Place703.746.540
Special Events
Classes & Camps703.746.559
Coed & Women Sports
Men Sports703.746.559
Youth Sports703.746.559
Facility & Fields

# 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:

find a space

**Indoors:** Page 44 indicates the indoor amenities available for rental. **Outdoors:** Pages 40-41 indicate parks with space available for rental.

### Contact a specialist

Indoors: To reserve, call the location listed on page 44.

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 Henslev Park
- Lee Center
- Old Town Pool

### **Waterfront Parks**

Call 703.746.5420 for hourly rate information regarding: Waterfront Park

- Oronoco Bav Park
- Windmill Hill Park
- Montgomery Park
- King Street Gardens Park
- n Pool
- \*If your event may include any of the following, please contact Special Events at 703.746.5420 for application and permit information:
  - $\cdot$  use of moon bounce, amplified sound, propane, and/or tent
  - · admission charge
  - · reserved parking and/or road closures

### **3** Finalize reservation

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



# Make your next event special

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

### Let us help you with:

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

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



# Find a **Park**

Connecting you to active and open spaces in your neighborhood.



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









# **Recreation Center Information**



1115 Martha Custis Dr., 22305 703.746.5551

Open only for pre-scheduled proarammina







Oswald Durant 1605 Cameron St., 22314 703 746 5560 Open only for scheduled











**Mount Vernon** 2701 Commonwealth Ave., 703.746.5556













105 N. Union St., 22314 703.746.4570 \*M-F: 9am-9pm, Sa: 9am-6pm





**Charles Houston** 901 Wythe St., 22314 703.746.5552

\*M-Th: 9am-9pm, F-Sa. 9am-10pm, Su. 1-5pm





Jerome "Buddie" Ford Nature Center 5750 Sanger Ave., 22311 703.746.5559





1108 Jefferson St., 22314 703.746.5550









Open only for pre-scheduled







Patrick Henry

703 746 5557

4653 Taney Ave., 22304

\*M-Th: 9am-9pm, Sa: 9am-6pm

**Chinquapin Park Recreation** 

\*M-F: 6am-6pm (Summer Hours)

Center & Aquatics Facility

3210 King St., 22314

Sa-Su: 8am-6pm

1108 Jefferson St., 22314

Registration & Reservation Office

703.746.5414

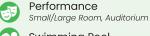
\*M-F: 9am-7pm

703.746.5553

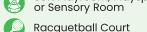




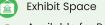
Multi-Purpose Room Small/Large Room















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







Minnie Howard **Aquatics Facility** 3795 W. Braddock Rd., 22314

\*M-F: 7am-7pm (Summer Hours) Sa-Su. 7am-7pm





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

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







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







Small/Large Room

Computer Lab

Boxing Ring













# On view at Waterfront Park, Old Town Alexandria through November 2025

BREAK WATER

Nekisha Durrett creates the seventh installation in the Site See: New Views in Old Town, an annual public art series commissioned by the City of Alexandria. The sculpture draws inspiration from Alexandria's waterfront: a place where natural forces and human activity intersect, often with profound consequences.





# JOIN OUR TEAM

Hourly Rates of \$18.11-\$28.53, \$300 bonus for seasonal employees!



### **SUMMER POSITIONS AVAILABLE:**

- Lifequards
- Head Lifequards
- Camp Leaders
- Pool Operators
- Front Desk Attendants
- Water Safety Instructors
- Swim Team Coaches
- Managers on Duty



Scan to learn more & apply



alexandriava.gov/rpca/work-for-rpco 703.746.5414