

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

Alexandria

FALL 2025
Program Guide

Registration Begins

Residents: August 6

Non-residents: August 8

NEW FEATURES INSIDE

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Break Water at the Waterfront pg. 51

Introducing Color With RPCA pg. 55



Photo taken at the Waterfront Art Installation "Break Water"



Fall 2025

Department of Recreation, Parks & Cultural Activities (RPCA)



Message from the RPCA Director



Hello Alexandria,

My name is Hashim Taylor, and I am honored to serve as the new Director of the Department of Recreation, Parks, and Cultural Activities (RPCA). I began my tenure in April and, now just over 90 days in, I'm energized and excited about the future of RPCA.

I'm proud to lead a dynamic and dedicated team that works hard every day to raise the bar—ensuring that we provide exceptional services, programs, and welcoming spaces for the entire community to enjoy.

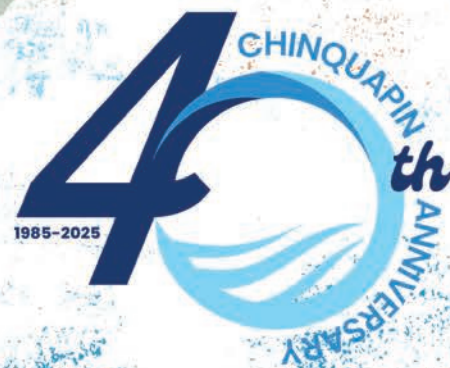
This fall, we're offering a full lineup of engaging activities and events for residents of all ages—from Senior Orientation to Hispanic Heritage Month celebrations and looking ahead to the 40th Anniversary of the Chinquapin Aquatics Facility.

Beyond programming, we're also moving forward with exciting new construction and renovation projects that will enhance your experience and improve accessibility across our recreation centers, parks, and public art spaces.

Thank you for the warm welcome — it's truly great to be back home in this incredible community. I look forward to the opportunities ahead as we continue building a stronger, more inclusive, and connected Alexandria—together.

Hashim T. Taylor

Director, Department of Recreation, Parks & Cultural Activities



save the date
December 6

**Chinquapin Park Recreation
& Aquatics Facility Turns 40!**

Celebrate 40 Years of Fun, Fitness & Community!

Join us this December as we celebrate four decades of splashes, smiles, and strength at Chinquapin! Since 1984, this iconic Alexandria facility has been the heart of community recreation — and now it's time to make waves in honor of 40 amazing years.



Stay tuned on social & at alexandriava.gov/Aquatics for the latest updates. More details coming soon!



SCAN ME



subscribe
to the
**RPCA
COMMUNITY
CONNECTION**

Monthly Newsletter

alexandriava.gov/rpca/community-connection



Recreation Reimagined for Teens

RPCA TEEN CONNECT

Citywide Annual Events

RPCA hosts free annual teen events every year packed with good vibes, new experiences—including food, games, prizes, a DJ, and more. Events return the same month each year—dates may vary. Some field trips may have a small fee.



Block Bash

End-of-summer party
Every August
Outdoor pool, indoor rollerblade



Teen Appreciation

Nationwide celebration
March 21
Variety of activities at every teen center



Park-a-Palooza

Outdoor fun & friendly competition
May 17
Teen rec teams go head-to-head



Winter Pool Jam

Indoor pool party
December
Indoor pool fun

For youth ages 11–17
must be a City of Alexandria resident

FREE

Your City. Your Crew. Your Move.

Level up with free programs, events & exclusive teen-only spaces all over Alexandria.



Scan the QR to fill out the Teen Registration Form to participate.

alexandriava.gov/rpca/teens

Discover our Teen Classes on page 32

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- INCLUSION** Programs for all abilities
- +ADULT** Adult participation required
- DROP-IN** No registration required, show up
- NEW!** New this season
- 55+** Ideal for ages 55 & up. See pg.36
- TR** Designed for individuals with disabilities. Assessment required. See pg.41



No class on 10/13, 11/11, 11/27, 11/28, 12/24 & 12/25. PHRC, CHRC & CQRC: Open 9 a.m.–3 p.m. on 10/13, 11/11 & 11/28. Please contact your program sites for more information.



The City of Alexandria Department of Recreation, Parks & Cultural Activities received national re-accreditation from the Commission for Accreditation of Park & Recreation Agencies (CAPRA) in September 2019. National accreditation requires that park & recreation agencies meet 155 standards representing elements of effective & efficient park & recreation operations.

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NEW FEATURES

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Get inspired with a special letter from our Director! Hear firsthand about what's ahead, our vision for the season, and why this is one you won't want to miss.

Subscribe to the Newsletter...pg. 1

There's always something new to explore—and our newsletter makes sure you're the first to hear about it. Get exclusive previews, registration reminders, and event news, all in one convenient email.

Break Water at the Waterfront...pg. 51

Discover Break Water, the stunning public art installation on view at Alexandria's waterfront! This sculpture pays homage to our City's history, inviting visitors to explore the interconnectedness of natural forces and human activity present at Alexandria's waterfront. Don't miss your chance to experience it this season!

Introducing Color With RPCA...pg.55

Grab your crayons—it's coloring time!

ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
222610-01		F	11-11:45am	9/28-10/26	12	\$169	NLRC
CLASS SIZE Min 6/ Max 10		RECREATION CENTERS/POOLS					
M = Monday		Jerome Buddie Ford Nature Center 5750 Sanger Ave.					
Tu = Tuesday		Charles Barrett 1115 Martha Custis Dr.					
W = Wednesday		Charles Houston 901 Wythe St.					
Th = Thursday		Chinquapin Park Recreation & Aquatics Facility 3210 King St.					
F = Friday		Leonard "Chick" Armstrong 25 West Reed Ave.					
Sa = Saturday		Lee Center Complex 1108 Jefferson St.					
Su = Sunday		Minnie Howard Aquatics Facility 3795 W. Braddock Rd.					
		Mount Vernon 2701 Commonwealth Ave.					
		Nannie J. Lee 1108 Jefferson St.					
		Oswald Durant 1605 Cameron St.					
		Patrick Henry 4653 Taney Ave.					
		William Ramsay 5650 Sanger Ave.					
		SCHOOLS/OTHER FACILITIES					
		Alexandria City High School 3330 King St.					
		Armistead L. Boothe Park 520 Cameron Station Blvd.					
		Ben Brenman Park 4800 Brenman Park Dr.					
		Carlyle Park 450 Andrews Lane.					
		Dora Kelley Nature Park 5750 Sanger Ave.					
		Douglas MacArthur Elementary School 1101 Janneys Ln.					
		Ferdinand T. Day Elementary School 1701 N. Beauregard St.					
		Francis C. Hammond Middle School 4646 Seminary Rd.					
		George Washington Middle School 1005 Mt. Vernon Ave.					
		John Adams Elementary School 5651 Rayburn Ave.					
		Jefferson Houston School 1501 Cameron St.					
		Joseph Hensley Park 4200 Eisenhower Ave.					
		James K. Polk Elementary School 5000 Polk Ave.					
		Limerick Field 1800 Limerick St.					
		Montgomery Park 901 N. Royal 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.					



Alexandria Swim Academy

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



Water Explorers 1 +ADULT

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

236301-01	Sa	9-9:30am	9/6-10/18	7	\$109	MHAF
236301-02	Sa	10:45-11:15am	9/6-10/18	7	\$109	MHAF
236301-03	Su	9:35-10:05am	9/7-10/19	7	\$109	MHAF
236301-04	Su	11:20-11:50am	9/7-10/19	7	\$109	MHAF
236301-05	Sa	9-9:30am	11/1-12/13	6	\$95	MHAF
236301-06	Sa	10:45-11:15am	11/1-12/13	6	\$95	MHAF
236301-07	Su	9:35-10:05am	11/2-12/14	6	\$95	MHAF
236301-08	Su	11:20-11:50am	11/2-12/14	6	\$95	MHAF
234240-01	Sa	9-9:30am	9/27-10/25	5	\$79	CQRC
234240-02	Sa	10:45-11:15am	9/27-10/25	5	\$79	CQRC
234240-03	Su	10:10-10:40am	9/28-11/2	6	\$95	CQRC
234240-04	Su	11:20-11:50am	9/28-11/2	6	\$95	CQRC
234240-05	Sa	9-9:30am	9/27-11/1	6	\$95	CQRC
234240-06	Sa	10:45-11:15am	9/27-11/1	6	\$95	CQRC
234240-07	Su	10:10-10:40am	9/28-11/2	6	\$95	CQRC
234240-08	Su	11:20-11:50am	9/28-11/2	6	\$95	CQRC
234240-11	Sa	9:35-10:05am	9/27-10/25	5	\$79	CQRC
234240-12	Sa	11:20-11:50am	9/27-10/25	5	\$79	CQRC
234240-13	Su	9:35-10:05am	9/28-11/2	6	\$95	CQRC
234240-14	Su	10:45-11:15am	9/28-11/2	6	\$95	CQRC
234240-16	Sa	11:20-11:50am	11/8-12/13	6	\$95	CQRC
234240-17	Su	9:35-10:05am	11/9-12/14	6	\$95	CQRC
234240-18	Su	10:45-11:15am	11/9-12/14	6	\$95	CQRC
234240-21	Sa	10:10-10:40am	9/27-10/25	5	\$79	CQRC
234240-22	Sa	11:55am-12:25pm	9/27-10/25	5	\$79	CQRC
234240-23	Su	9-9:30am	9/28-11/2	6	\$95	CQRC
234240-24	Su	11:55am-12:25pm	9/28-11/2	6	\$95	CQRC
234240-25	Sa	10:10-10:40am	11/8-12/13	6	\$95	CQRC
234240-26	Sa	11:55am-12:25pm	11/8-12/13	6	\$95	CQRC
234240-27	Su	9-9:30am	11/9-12/14	6	\$95	CQRC
234240-28	Su	11:55am-12:25pm	11/9-12/14	6	\$95	CQRC

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 building the foundation of learning to swim from Water Explorers 1.

236302-01	Sa	9:35-10:05am	9/6-10/18	7	\$109	MHAF
236302-02	Sa	11:20-11:50am	9/6-10/18	7	\$109	MHAF
236302-03	Su	10:10-10:40am	9/7-10/19	7	\$109	MHAF
236302-04	Su	11:55am-12:25pm	9/7-10/19	7	\$109	MHAF
236302-05	Sa	9:35-10:05am	11/1-12/13	6	\$95	MHAF
236302-06	Sa	11:20-11:50am	11/1-12/13	6	\$95	MHAF
236302-07	Su	10:10-10:40am	11/2-12/14	6	\$95	MHAF
236302-08	Su	11:55am-12:25pm	11/2-12/14	6	\$95	MHAF

Simpson Aquatics +ADULT

Ages 6 mos. & up (with adult depending on age). Simpson Aquatics sets the ultimate standard in all things aquatics, offering programs in swimming, diving, and fitness. With unmatched expertise and an unwavering commitment to excellence, we invite you into a world where confidence meets skill and every splash is a step toward greatness. To register and see pricing, visit simpsonaquatics.com or email support@simpsonaquatics.com.
239704-01-09 Varies MHAF

Alex Swim Preschool & Me +ADULT

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

236303-01	Sa	10:10-10:40am	9/6-10/18	7	\$109	MHAF
236303-02	Sa	11:55am-12:25pm	9/6-10/18	7	\$109	MHAF
236303-03	Su	9-9:30am	9/7-10/19	7	\$109	MHAF
236303-04	Su	10:45-11:15am	9/7-10/19	7	\$109	MHAF
236303-05	Sa	10:10-10:40am	11/1-12/13	6	\$95	MHAF
236303-06	Sa	11:55am-12:25pm	11/1-12/13	6	\$95	MHAF
236303-07	Su	9-9:30am	11/2-12/14	6	\$95	MHAF
236303-08	Su	10:45-11:15am	11/2-12/14	6	\$95	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.

236304-01	Sa	9-9:30am	9/6-10/18	7	\$109	MHAF
236304-02	Sa	9:40-10:10am	9/6-10/18	7	\$109	MHAF
236304-03	Sa	11-11:30am	9/6-10/18	7	\$109	MHAF
236304-04	Sa	11:40am-12:10pm	9/6-10/18	7	\$109	MHAF
236304-05	Su	9-9:30am	9/7-10/19	7	\$109	MHAF
236304-06	Su	10:20-10:50am	9/7-10/19	7	\$109	MHAF
236304-07	Su	11-11:30am	9/7-10/19	7	\$109	MHAF
236304-08	Su	12:20-12:50pm	9/7-10/19	7	\$109	MHAF
236304-09	Sa	9-9:30am	11/1-12/13	6	\$95	MHAF
236304-10	Sa	9:40-10:10am	11/1-12/13	6	\$95	MHAF
236304-11	Sa	11-11:30am	11/1-12/13	6	\$95	MHAF
236304-12	Sa	11:40am-12:10pm	11/1-12/13	6	\$95	MHAF
236304-13	Su	9-9:30am	11/2-12/14	6	\$95	MHAF
236304-14	Su	10:20-10:50am	11/2-12/14	6	\$95	MHAF
236304-15	Su	11-11:30am	11/2-12/14	6	\$95	MHAF
236304-16	Su	12:20-12:50pm	11/2-12/14	6	\$95	MHAF
234248-01	M	3:45-4:15pm	9/29-10/27	5	\$79	CQRC
234248-02	M	4:25-4:55pm	9/29-10/27	5	\$79	CQRC
234248-03	M	5:05-5:35pm	9/29-10/27	5	\$79	CQRC
234248-04	M	5:45-6:15pm	9/29-10/27	5	\$79	CQRC

234248-05	Tu	4:25-4:55pm	9/30-11/4	6	\$95	CQRC
234248-06	Tu	6:25-6:55pm	9/30-11/4	6	\$95	CQRC
234248-07	W	4:25-4:55pm	10/1-11/5	6	\$95	CQRC
234248-08	W	5:05-5:35pm	10/1-11/5	6	\$95	CQRC
234248-09	W	6:25-6:55pm	10/1-11/5	6	\$95	CQRC
234248-11	Th	4:25-4:55pm	10/2-11/6	6	\$95	CQRC
234248-12	Th	5:45-6:15pm	10/2-11/6	6	\$95	CQRC
234248-13	Sa	9-9:30am	9/27-10/25	5	\$79	CQRC
234248-14	Sa	10:20-10:50am	9/27-10/25	5	\$79	CQRC
234248-15	Sa	11-11:30am	9/27-10/25	5	\$79	CQRC
234248-16	Su	9-9:30am	9/28-11/2	6	\$95	CQRC
234248-17	Su	9:40-10:10am	9/28-11/2	6	\$95	CQRC
234248-18	Su	10:20-10:50am	9/28-11/2	6	\$95	CQRC
234248-19	Su	11-11:30am	9/28-11/2	6	\$95	CQRC
234248-20	M	3:45-4:15pm	9/29-11/10	7	\$109	CQRC
234248-21	M	4:25-4:55pm	9/29-11/10	7	\$109	CQRC
234248-22	M	5:05-5:35pm	9/29-11/10	7	\$109	CQRC
234248-23	M	5:45-6:15pm	9/29-11/10	7	\$109	CQRC
234248-26	W	4:25-4:55pm	10/1-11/12	7	\$109	CQRC
234248-27	W	5:05-5:35pm	10/1-11/12	7	\$109	CQRC
234248-28	W	6:25-6:55pm	10/1-11/12	7	\$109	CQRC
234248-30	Sa	9-9:30am	11/8-12/13	6	\$95	CQRC
234248-31	Sa	10:20-10:50am	11/8-12/13	6	\$95	CQRC
234248-32	Sa	11-11:30am	11/8-12/13	6	\$95	CQRC
234248-33	Su	9-9:30am	11/9-12/14	6	\$95	CQRC
234248-34	Su	9:40-10:10am	11/9-12/14	6	\$95	CQRC
234248-35	Su	10:20-10:50am	11/9-12/14	6	\$95	CQRC
234248-36	Su	11-11:30am	11/9-12/14	6	\$95	CQRC
234248-37	Th	4:25-4:55pm	11/13-12/18	6	\$95	CQRC
234248-38	Th	5:45-6:15pm	11/13-12/18	6	\$95	CQRC

Alex Swim Preschool 2

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

236305-01	Sa	9:40-10:10am	9/6-10/18	7	\$109	MHAF
236305-02	Sa	10:20-10:50am	9/6-10/18	7	\$109	MHAF
236305-03	Sa	11-11:30am	9/6-10/18	7	\$109	MHAF
236305-04	Sa	11:40am-12:10pm	9/6-10/18	7	\$109	MHAF
236305-05	Su	9-9:30am	9/7-10/19	7	\$109	MHAF
236305-06	Su	9:40-10:10am	9/7-10/19	7	\$109	MHAF
236305-07	Su	11-11:30am	9/7-10/19	7	\$109	MHAF
236305-08	Su	11:40am-12:10pm	9/7-10/19	7	\$109	MHAF
236305-09	Sa	9:40-10:10am	11/1-12/13	6	\$95	MHAF
236305-10	Sa	10:20-10:50am	11/1-12/13	6	\$95	MHAF
236305-11	Sa	11:40am-12:10pm	11/1-12/13	6	\$95	MHAF
236305-12	Sa	12:20-12:50pm	11/1-12/13	6	\$95	MHAF
236305-13	Su	9-9:30am	11/2-12/14	6	\$95	MHAF
236305-14	Su	9:40-10:10am	11/2-12/14	6	\$95	MHAF
236305-15	Su	11-11:30am	11/2-12/14	6	\$95	MHAF
236305-16	Su	11:40am-12:10pm	11/2-12/14	6	\$95	MHAF

236305-17	W	4:25-4:55pm	10/30-12/18	7	\$125	MHAF
236305-18	W	5:05-5:35pm	10/30-12/18	7	\$125	MHAF
236305-19	Th	5:05-5:35pm	10/31-12/19	7	\$109	MHAF
236305-20	Su	9:40-10:10am	11/2-12/14	7	\$95	MHAF
236305-21	Sa	11:40am-12:10pm	11/2-12/14	6	\$109	MHAF
236305-22	Su	9:40-10:10am	11/3-12/15	6	\$109	MHAF
236305-23	Su	11-11:30am	11/3-12/15	6	\$109	MHAF
234249-01	M	4:25-4:55pm	9/29-10/27	5	\$79	CQRC
234249-02	M	5:45-6:15pm	9/29-10/27	5	\$79	CQRC
234249-03	M	6:25-6:55pm	9/29-10/27	5	\$79	CQRC
234249-04	Tu	3:45-4:15pm	9/30-11/4	6	\$95	CQRC
234249-05	Tu	5:45-6:15pm	9/30-11/4	6	\$95	CQRC
234249-06	Tu	6:25-6:55pm	9/30-11/4	6	\$95	CQRC
234249-07	W	4:25-4:55pm	10/1-11/5	6	\$95	CQRC
234249-08	W	5:05-5:35pm	10/1-11/5	6	\$95	CQRC
234249-09	Th	3:45-4:15pm	10/2-11/6	6	\$95	CQRC
234249-10	Th	5:05-5:35pm	10/2-11/6	6	\$95	CQRC
234249-11	Sa	9-9:30am	9/27-10/25	5	\$79	CQRC
234249-12	Sa	9:40-10:10am	9/27-10/25	5	\$79	CQRC
234249-13	Sa	10:20-10:50am	9/27-10/25	5	\$79	CQRC
234249-14	Sa	11:40am-12:10pm	9/27-10/25	5	\$79	CQRC
234249-15	Su	9:40-10:10am	9/28-11/2	6	\$95	CQRC
234249-16	Su	11-11:30am	9/28-11/2	6	\$95	CQRC
234249-17	Su	11:40am-12:10pm	9/28-11/2	6	\$95	CQRC
234249-18	M	4:25-4:55pm	9/29-11/10	7	\$109	CQRC
234249-19	M	5:45-6:15pm	9/29-11/10	7	\$109	CQRC
234249-20	M	6:25-6:55pm	9/29-11/10	7	\$109	CQRC
234249-24	W	4:25-4:55pm	10/1-11/12	7	\$109	CQRC
234249-25	W	5:05-5:35pm	10/1-11/12	7	\$109	CQRC
234249-26	Sa	9-9:30am	11/8-12/13	6	\$95	CQRC
234249-27	Sa	9:40-10:10am	11/8-12/13	6	\$95	CQRC
234249-28	Sa	10:20-10:50am	11/8-12/13	6	\$95	CQRC
234249-29	Sa	11:40am-12:10pm	11/8-12/13	6	\$95	CQRC
234249-30	Su	9:40-10:10am	11/9-12/14	6	\$95	CQRC
234249-31	Su	11-11:30am	11/9-12/14	6	\$95	CQRC
234249-32	Su	11:40am-12:10pm	11/9-12/14	6	\$95	CQRC
234249-83	Tu,Th	4:25-4:55pm	10/7-30	8	\$109	CQRC



236308-08	Su	12:20-12:50pm	9/7-10/19	7	\$109	MHAF
236308-09	Sa	9-9:30am	11/1-12/13	6	\$95	MHAF
236308-10	Sa	10:20-10:50am	11/1-12/13	6	\$95	MHAF
236308-11	Sa	11-11:30am	11/1-12/13	6	\$95	MHAF
236308-12	Sa	12:20-12:50pm	11/1-12/13	6	\$95	MHAF
236308-13	Su	9:40-10:10am	11/2-12/14	6	\$95	MHAF
236308-14	Su	10:20-10:50am	11/2-12/14	6	\$95	MHAF
236308-15	Su	11:40am-12:10pm	11/2-12/14	6	\$95	MHAF
236308-16	Su	12:20-12:50pm	11/2-12/14	6	\$95	MHAF
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234247-03	Tu	3:45-4:15pm	9/30-11/4	6	\$95	CQRC
234247-04	Tu	5:45-6:15pm	9/30-11/4	6	\$95	CQRC
234247-05	W	3:45-4:15pm	10/1-11/5	6	\$95	CQRC
234247-06	W	5:45-6:15pm	10/1-11/5	6	\$95	CQRC
234247-07	Th	5:05-5:35pm	10/2-11/6	6	\$95	CQRC
234247-08	Th	6:25-6:55pm	10/2-11/6	6	\$95	CQRC
234247-09	Sa	9:40-10:10am	9/27-10/25	5	\$79	CQRC
234247-10	Sa	11:40am-12:10pm	9/27-10/25	5	\$79	CQRC
234247-11	Su	10:20-10:50am	9/28-11/2	6	\$95	CQRC
234247-12	Su	11:40am-12:10pm	9/28-11/2	6	\$95	CQRC
234247-13	M	3:45-4:15pm	9/29-11/10	7	\$109	CQRC
234247-14	M	5:05-5:35pm	9/29-11/10	7	\$109	CQRC
234247-17	W	3:45-4:15pm	10/1-11/12	7	\$109	CQRC
234247-18	W	5:45-6:15pm	10/1-11/12	7	\$109	CQRC
234247-19	Sa	9:40-10:10am	11/8-12/13	6	\$95	CQRC
234247-20	Sa	11:40am-12:10pm	11/8-12/13	6	\$95	CQRC
234247-21	Su	10:20-10:50am	11/9-12/14	6	\$95	CQRC
234247-22	Su	11:40am-12:10pm	11/9-12/14	6	\$95	CQRC

Alex Swim Level 1

Ages 6-12. Intro to Water Skills. Your child is introduced to basic skills as the foundation for future skills and the development of water competency. Level 1 milestones include: entering the water independently using the ramp, steps or side; traveling at least 5 yards, bobbing 5 times, and then safely exiting the water; opening eyes underwater and retrieving a 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.

234241-01	M	5:05-5:35pm	9/29-10/27	5	\$79	CQRC
234241-02	Tu	5:05-5:35pm	9/30-11/4	6	\$95	CQRC
234241-03	W	5:05-5:35pm	10/1-11/5	6	\$95	CQRC
234241-04	W	6:25-6:55pm	10/1-11/5	6	\$95	CQRC
234241-05	Th	4:25-4:55pm	10/2-11/6	6	\$95	CQRC
234241-06	Sa	10:20-10:50am	9/27-10/25	5	\$79	CQRC
234241-07	Su	9-9:30am	9/28-11/2	6	\$95	CQRC
234241-08	Su	11:40am-12:10pm	9/28-11/2	6	\$95	CQRC
234241-09	M	5:05-5:35pm	9/29-11/10	7	\$109	CQRC
234241-11	W	5:05-5:35pm	10/1-11/12	7	\$109	CQRC
234241-12	W	6:25-6:55pm	10/1-11/12	7	\$109	CQRC

234241-13	Sa	10:20-10:50am	11/8-12/13	6	\$95	CQRC
234241-14	Su	9-9:30am	11/9-12/14	6	\$95	CQRC
234241-15	Su	11:40am-12:10pm	11/9-12/14	6	\$95	CQRC
234241-16	Th	4:25-4:55pm	11/13-12/18	6	\$95	CQRC

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.

234242-01	M	6:25-6:55pm	9/29-10/27	5	\$79	CQRC
234242-02	M	7:05-7:35pm	9/29-10/27	5	\$79	CQRC
234242-03	Tu	5:05-5:35pm	9/30-11/4	6	\$95	CQRC
234242-04	W	3:45-4:15pm	10/1-11/5	6	\$95	CQRC
234242-05	W	5:45-6:15pm	10/1-11/5	6	\$95	CQRC
234242-06	Th	3:45-4:15pm	10/2-11/6	6	\$95	CQRC
234242-07	Th	6:25-6:55pm	10/2-11/6	6	\$95	CQRC
234242-08	Sa	9-9:30am	9/27-10/25	5	\$79	CQRC
234242-09	Sa	9:40-10:10am	9/27-10/25	5	\$79	CQRC
234242-10	Sa	11-11:30am	9/27-10/25	5	\$79	CQRC
234242-11	Su	11-11:3am	9/28-11/2	6	\$95	CQRC
234242-12	M	6:25-6:55pm	9/29-11/10	7	\$109	CQRC
234242-13	M	7:05-7:35pm	9/29-11/10	7	\$109	CQRC
234242-15	W	3:45-4:15pm	10/1-11/12	7	\$109	CQRC
234242-16	W	5:45-6:15pm	10/1-11/12	7	\$109	CQRC
234242-17	Sa	9-9:30am	11/8-12/13	6	\$95	CQRC
234242-18	Sa	9:40-10:10am	11/8-12/13	6	\$95	CQRC
234242-19	Sa	11-11:30am	11/8-12/13	6	\$95	CQRC
234242-20	Su	9:40-10:10am	11/9-12/14	6	\$95	CQRC
234242-21	Th	3:45-4:15pm	11/13-12/18	6	\$95	CQRC
234242-22	Th	6:25-6:55pm	11/13-12/18	6	\$95	CQRC

Alex Swim Level 3

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

234243-01	M	4:25-4:55pm	9/29-10/27	5	\$79	CQRC
234243-02	M	6:25-6:55pm	9/29-10/27	5	\$79	CQRC
234243-03	Tu	4:25-4:55pm	9/30-11/4	6	\$95	CQRC
234243-04	W	4:25-4:55pm	10/1-11/5	6	\$95	CQRC
234243-05	W	5:45-6:15pm	10/1-11/5	6	\$95	CQRC
234243-06	Th	5:45-6:15pm	10/2-11/6	6	\$95	CQRC
234243-07	Th	7:05-7:35pm	10/2-11/6	6	\$95	CQRC
234243-08	Sa	10:20-10:50am	9/27-10/25	5	\$79	CQRC
234243-09	Sa	11-11:30am	9/27-10/25	5	\$79	CQRC
234243-10	Sa	11:40am-12:10pm	9/27-10/25	5	\$79	CQRC
234243-11	Su	10:20-10:50am	9/28-11/2	6	\$95	CQRC
234243-12	M	4:25-4:55pm	9/29-11/10	7	\$109	CQRC
234243-13	M	6:25-6:55pm	9/29-11/10	7	\$109	CQRC
234243-15	W	4:25-4:55pm	10/1-11/12	7	\$109	CQRC
234243-16	W	5:45-6:15pm	10/1-11/12	7	\$109	CQRC
234243-17	Sa	10:20-10:50am	11/8-12/13	6	\$95	CQRC
234243-18	Sa	11-11:30am	11/8-12/13	6	\$95	CQRC
234243-19	Sa	11:40am-12:10pm	11/8-12/13	6	\$95	CQRC

Register through alexandriava.gov/WebTrac



234243-20	Su	10:20-10:50am	11/9-12/14	6	\$95	CQRC
234243-21	Th	5:45-6:15pm	11/13-12/18	6	\$95	CQRC
234243-22	Th	7:05-7:35pm	11/13-12/18	6	\$95	CQRC

Alex Swim Level 4

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

234244-01	M	5:45-6:15pm	9/29-10/27	5	\$79	CQRC
234244-02	W	6:25-6:55pm	10/1-11/5	6	\$95	CQRC
234244-03	Th	7:05-7:35pm	10/2-11/6	6	\$95	CQRC
234244-04	Sa	9:40-10:10am	9/27-10/25	5	\$79	CQRC
234244-05	Su	9-9:30am	9/28-11/2	6	\$95	CQRC
234244-06	M	5:45-6:15pm	9/29-11/10	7	\$109	CQRC
234244-07	W	6:25-7:55pm	10/1-11/12	7	\$109	CQRC
234244-10	Th	7:05-7:35pm	11/13-12/18	6	\$95	CQRC
234244-8	Sa	9:40-10:10am	11/8-12/13	6	\$95	CQRC
234244-9	Su	9-9:30am	11/9-12/14	6	\$95	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.

234245-01	M	7:05-7:35pm	9/29-10/27	5	\$79	CQRC
234245-02	Tu	7:05-7:35pm	9/30-11/4	6	\$95	CQRC
234245-03	W	7:05-7:35pm	10/1-11/5	6	\$95	CQRC
234245-04	Sa	9-9:30am	9/27-10/25	5	\$79	CQRC
234245-05	Su	9:40-10:10am	9/28-11/2	6	\$95	CQRC
234245-06	M	7:05-7:35pm	9/29-11/10	7	\$109	CQRC
234245-08	W	7:05-7:35pm	10/1-11/12	7	\$109	CQRC
234245-09	Sa	9-9:30am	11/8-12/13	6	\$95	CQRC
234245-10	Su	9:40-10:10am	11/9-12/14	6	\$95	CQRC

Alex Swim Level 6

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

234246-01	W	7:05-7:35pm	10/1-11/5	6	\$95	CQRC
234246-02	Sa	12:30-1:15pm	9/27-10/25	5	\$79	CQRC

Wahoos Sunday Stroke Clinic

Ages 6-18. The clinic aims to help swimmers enhance their stroke technique and learn drills for ongoing stroke improvement. Participants must swim 25m freestyle with proper breathing techniques. Swimmers should bring fins, swimsuits, and goggles.

234213-01	Su	10-11am	9/28-5/17	34	\$275	CQRC
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Float and Get Fit with BogaFit DROP-IN

Ages 16 & up. Are you searching for a challenging and innovative workout? Join us for a unique fitness experience on floating boga boards, where you can stand and sit during your entire workout! This program is designed to enhance your strength, flexibility, balance, and coordination by utilizing the natural benefits of air and water, providing high-intensity, low-impact workouts like never before. For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20.

236326-01	Tu	7:30-8:15pm	9/9-12/16	15	\$245	MHAF
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Aqua Soothe for Expectant Mothers DROP-IN

Ages 16 & up. Come to the 90-degree therapy pool and learn how you can ease the body's physical stressors during pregnancy. In this multi-faceted class, Aquatics Instructor Candice Kaup will teach you how to strengthen your core and pelvic floor, improve your posture, ease your back pain, and improve your breathing. For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20.

236325-01	W	7:20-8:05pm	9/10-12/17	15	\$245	MHAF
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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.

234237-01	Tu, Th	6-7am	9/23-10/30	12	\$165	CQRC
234237-02	Tu, Th	6-7am	11/4-12/18	13	\$175	CQRC

Blue Octopus Scuba

Ages 18 & up. Learn how to scuba dive and see the wondrous world beneath the waves. Confined water dives teach basic scuba skills. When complete, you can do four open water dives with us or somewhere warm and tropical to become a certified open water scuba diver. To register, visit blueoctopusscuba.com or call 703.461.3483.

Aqua Aerobics

Aqua Soothe for Arthritis DROP-IN

Ages 16 & up. Aquatics Instructor Candice will lead a low-impact class that emphasizes key aspects of healthy aging, including joint mobility, muscle flexibility, posture, and balance, all in the warm waters of Minnie Howard's new pool. For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20.

236321-01	W	6:30-7:15pm	9/10-12/17	15	\$245	MHAF
236321-02	Tu	12:30-1:15pm	9/23	1	\$20	MHAF
236321-03	Th	12:30-1:15pm	10/2	1	\$20	MHAF
236321-04	M	1-1:45pm	10/20	1	\$20	MHAF
236321-05	T	12:30-1:15pm	11/4	1	\$20	MHAF
236321-06	M	1-1:45pm	11/10	1	\$20	MHAF
236321-07	W	12:30-1:15pm	11/26	1	\$20	MHAF
234281-01	W	12-12:45pm	9/24-12/17	13	\$195	MHAF



Aquatics

alexandriava.gov/Aquatics

Water Walking (DROP-IN)

Ages 16 & up. Groove to beloved tunes in this unique class offering a non-weight-bearing, low-impact workout in waist-deep water. Led by expert instructors, sessions use water instruments to enhance endurance, refine muscle control, and sculpt your body while indulging in deep stretches. It's a vibrant atmosphere designed to invigorate body and spirit.

234221-01	Tu, Th	10:55-11:55am	9/23-12/18	23	\$285	CQRC
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Deep Water Boot Camp (DROP-IN)

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 ontheforwellness.com or call 703.863.1898. Drop-In for \$20.

236324-01	Tu	11:30am-12:15pm	9/23	1	\$20	MHAF
236324-02	Th	11:30am-12:15pm	10/2	1	\$20	MHAF
236324-03	M	12-12:45pm	10/20	1	\$20	MHAF
236324-04	Tu	11:30am-12:15pm	11/4	1	\$20	MHAF
236324-05	M	12-12:45pm	11/10	1	\$20	MHAF
236324-06	W	11:30am-12:15pm	11/26	1	\$20	MHAF

Aqua Aerobics (DROP-IN)

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

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

Deep Water Aqua Aerobics (DROP-IN)

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

234224-01	M, W	10:10-11:10am	9/22-10/29	11	\$199	CQRC
234224-02	M, W	10:10-11:10am	11/12-12/17	10	\$199	CQRC

Get in Deep With Candice (DROP-IN)

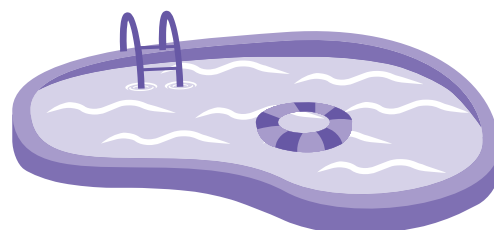
Ages 18 & up. Come enjoy an invigorating workout in the diving well. This workout will challenge your cardiovascular and muscular strength while helping to improve flexibility and balance. You will do steady-state cardio, along with high-intensity interval training (HIIT). You will wear a flotation belt, and we will use equipment such as noodles and dumbbells to make your workout even more FUN! For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20. No class on 10/14 or 11/11.

234218-01	M	6:30-7:15pm	9/22-12/15	12	\$185	CQRC
236320-01	Tu	6:30-7:15pm	9/9-12/16	14	\$235	MHAF

Aqua Zumba (DROP-IN)

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

234225-01	M	7:15-8:05pm	9/22-10/27	6	\$169	CQRC
234225-02	Su	9-9:50am	9/8-12/15	14	\$195	CQRC
234225-03	M	7:15-8:05pm	11/8-12/20	6	\$105	CQRC
234225-04	Su	9-9:50am	11/7-12/19	6	\$105	CQRC



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

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



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

Hi/Lo Water Aerobics (DROP-IN)

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

234229-01	Tu, Th	6:30-7:30pm	9/23-10/30	12	\$195	CQRC
234229-02	Tu, Th	6:30-7:30pm	11/4-12/18	14	\$169	CQRC
234229-03	Sa	9:05-9:55am	9/27-12/13	12	\$169	CQRC

Aquatic Exercise for Seniors 55+ (DROP-IN)

Ages 55 & up. The pool provides a safe and effective modality for seniors to improve all aspects of their health and fitness. This class is inclusive of all levels of fitness and it is FUN! You will make new friends as you work to improve your cardiovascular health and build your strength. Functional exercises will help with your daily movement, arthritis, and other joint-related aches and pains, and minimizing your risk of falling. For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20. No class on 11/28.

234217-01	Tu, Th	8:15-9am	9/23-12/18	24	\$339	CQRC
234217-02	Tu, Th	9:30-10:15am	9/23-12/18	24	\$339	CQRC

Low Impact Aquatic Exercise for Seniors 55+ (DROP-IN)

Ages 55 & up. Get moving in the 90-degree therapy pool! Enjoy a low-impact class focused on stretching, balance, and functional movement—no jumping or intervals. Similar to "Aquatics Exercise for Seniors," but entirely gentle and joint-friendly. For any questions, please contact Candice at 703.863.1898. Drop-in class for \$20.

236323-01	M	9-9:45am	TBD	1	\$20	MHAF
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Dog Swims

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.

alexandriava.gov/aquatics/dog-swims

Aquatics

alexandriava.gov/Aquatics



Make Waves With Us!

Join Our Aquatics Team Today

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

**RPCA applicants are eligible for waived fees.*



Join our team today!
alexandriava.gov/Aquatics
703.746.5435





Mind/Body Wellness

Gentle Yoga

Ages 16 & up. Practice supported standing, seated, and supine poses that help increase body awareness, improve balance, stamina, flexibility, and strength. Props provided.

213126-01	M	10-11am	9/8-12/29	15	\$195	CHRC
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Essentrics: Classical Stretch

Ages 18 & up. This workout creates a pain-free body by increasing joint movement, flexibility, strength, and energy. Based on Tai Chi flowing movements for balanced health, ballet theories for long, lean muscles, and healing powers of physiotherapy. Please bring a mat.

213113-01	M	12-1pm	9/8-12/15	13	\$189	ODRC
213113-02	Tu	12-1pm	9/9-12/16	13	\$189	CHRC
213113-03	W	10:30-11:30am	9/10-12/10	13	\$189	PHRC
213113-04	Th	6-7pm	9/25-12/18	12	\$175	CHRC

Beginner Flow Yoga Series

Ages 18 & up. Join us for an introduction to vinyasa, or “flow,” yoga—a style that harmonizes breath with movement to enhance strength, flexibility, and mindfulness. This class will cover essential poses for beginners, including supine, standing, and balancing postures, while offering modifications to ensure a safe and enjoyable practice for every body. Whether you’re new to yoga or looking to deepen your experience, all levels are welcome!

213106-01	M	6:30-7:30pm	9/8-10/6	4	\$69	ODRC
213106-02	M	6:30-7:30pm	10/20-11/10	4	\$69	ODRC

Breath Work & Movement for Adults **NEW!**

Ages 18 & up. This class integrates breathwork practices with mindful movement to enhance physical and emotional well-being. Participants will learn techniques to regulate their nervous system, reduce stress, and build a deeper connection between breath and body. Ideal for relaxation and self-awareness.

213159-01	F	6-7pm	9/12-10/24	7	\$165	ODRC
213159-01	F	6-7pm	11/7-12/19	7	\$165	ODRC

Intro to Power Yoga

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

213633-01	Sa	10:20-11:20am	9/13-12/13	13	\$105	CHRC
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Slow Flow With Amy **DROP-IN**

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

213635-01	M	6:30-7:30pm	9/15-12/15	13	\$99	CHRC
213635-02	Sa	9:10-10:10am	9/13-12/13	13	\$99	CHRC

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.

213632-01	Tu	6:30-7:45pm	9/16-10/21	6	\$99	CHRC
213632-02	Tu	6:30-7:45pm	10/28-12/16	8	\$99	CHRC

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.

213628-01	M	9:30-10:30am	9/15-12/15	13	\$195	CHRC
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Hip Opening Workshop

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

213636-01	Sa	9:30-10:45am	10/18	1	\$15	CHRC
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Yoga Workshops

Ages 18 & up. Build strength and flexibility in the core, back, hips, and legs through traditional and modified yoga poses. To view detailed descriptions for each class and register, visit alexandriava.gov/WebTrac and search by activity code.

Hip Opening Yoga Workshop

213136-01	Sa	10-11:15am	10/25	1	\$19	NLRC
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Core & Back Yoga Workshop

213136-02	Sa	10-11:15am	12/6	1	\$19	NLRC
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Stretch & Flow Yoga

Ages 40 & up. Interested in releasing and stretching tight/contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist (1,000 hr.), for a class ideal for all levels. From fitness warriors to individuals seated at a desk all day, this class supports individuals in reducing tension in the muscles, improving posture and stability, and promoting greater release and ease in body and mind.

213146-01	Tu	5-6pm	9/9-10/28	7	\$105	ODRC
213146-02	Tu	5-6pm	11/4-12/16	6	\$105	ODRC

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.

213152-01	Tu	9:30-10:30am	9/9-10/28	7	\$105	PHRC
213152-02	Tu	9:30-10:30am	11/4-12/16	6	\$139	PHRC

Chair Yoga: Balance & Strength

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

213154-01	W	9:30-10:30am	9/10-10/29	7	\$145	ODRC
213154-02	W	11am-12pm	9/10-10/29	7	\$145	ODRC
213154-03	W	9:30-10:30am	11/5-12/17	6	\$145	ODRC
213154-04	W	11am-12pm	11/5-12/17	6	\$145	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.

214012-01	M	11:30am-12:30pm	9/8-10/27	6	\$59	PHRC
214012-02	M	11:30am-12:30pm	11/3-12/15	6	\$59	PHRC

Chair Yoga: Gentle Movement for Body & Mind **55+**

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

214038-01	F	9:30-10:30am	9/19-10/24	6	\$55	PHRC
214038-02	F	9:30-10:30am	10/31-12/12	7	\$55	PHRC

Stick & Stretch Fitness **55+ NEW!**

Ages 55 & up. Embrace vitality with Smooth Movement Fitness for Seniors! Tailored for older adults, this program offers gentle exercises promoting flexibility, strength, and balance. Led by experienced instructors, each session focuses on enhancing mobility and overall wellness.

214037-01	Tu	9:30-10:30am	9/23-10/28	6	\$55	PHRC
214037-02	Tu	9:30-10:30am	11/4-12/16	7	\$55	PHRC

Cardio Workout

Beatz & Sweat: Hip Hop Cardio **NEW!**

Ages 12 & up. Beatz & Sweat fuses a heart-pumping cardio workout with a fun dance class that will leave you feeling energized, stronger, and excited for the next class. This is a high intensity hip-hop class.

213613-01	W	6-6:45pm	9/17-12/17	13	\$55	CHRC
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Zumba

Ages 15 & up. Zumba infuses Latin dances such as salsa, merengue, bachata, samba, reggaeton, and modern-day hip hop. This intense workout helps you lose weight, while having fun and learning basic Latin moves.

213107-01	M	5:30-6:15pm	9/8-12/15	12	\$129	CHRC
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Jazzercise **DROP-IN**

Ages 16 & up. Burn up to 600 calories in one fun and effective total body workout. Combine dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dancing, aerobic exercise, resistance training, Pilates, and yoga. Call Cameron Hall at 703.395.7766 or email hall_cameron@hotmail.com for more information. Monthly (Easy Fitness Ticket) \$85, Walk-ins \$25.

219701-01	M-Th	5:15-6:15pm	9/8-12/31	61	Varies	ODRC
219701-02	M,W,Th	6:30-7:30pm	9/8-12/31	45	Varies	ODRC
219701-03	Sa	9-9:45am	9/13-12/27	16	Varies	ODRC
219701-04	Su	10-11am	9/14-12/28	16	Varies	ODRC

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

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

213634-01	Th	10-11am	9/8-12/18	14	\$65	CHRC
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Evergreen: Line Dancing Waltz 101

Ages 18 & up. This class welcomes everyone to learn the graceful art of line dancing (no partner is required). This beginner-friendly program introduces participants to waltz-inspired steps set to timeless tunes. Join us for a delightful journey.

254004-01	Th	9:30-10:30am	9/25-10/30	6	\$65	PHRC
254004-02	Th	9:30-10:30am	11/6-12/11	6	\$65	PHRC

Line Dancing 55+ **55+**

Ages 55 & up. Join us for a fun, low-impact, and energizing line dancing class designed specifically for adults aged 55 and older. Whether you are new to dancing or have some experience, this class offers a welcoming and supportive environment to help you move to the beat, improve your coordination, and boost your overall fitness. No partner or previous dance experience is required!

214119-01	Tu	10-11am	9/2-10/7	6	\$65	WRRC
214119-02	F	7-8pm	9/5-10/10	6	\$65	WRRC

Walk & Fit Training **55+**

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

214007-01	W	9:15-10:15am	9/10-10/15	6	\$55	PHRC
214007-02	W	9:15-10:15am	10/29-12/10	6	\$55	PHRC



Exercise & Fitness

alexandriava.gov/RPCA/Fitness

Tai Chi: Gentle Movement for Balance & Wellness 55+

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

214041-01	M	9:30-10:30am	9/22-11/3	7	\$55	PHRC
214041-02	M	9:30-10:30am	11/10-12/15	5	\$45	PHRC

Sugar Feet: Line Dancing 101 55+

Ages 55 & up. Come join our Intermediate Line Dance Class! Discover new dance moves with fun music and friendly support. Improve your dancing skills, footwork, and rhythm in a welcoming group. It's an exciting program where you can learn and have a great time on the dance floor!

214033-01	M	10:30-11:30am	9/22-11/3	7	\$65	PHRC
214033-02	M	10:30-11:30am	11/10-12/15	6	\$65	PHRC

Sugar Feet: Line Dancing 102 55+

Ages 55 & up. Join our Intermediate Line Dance Class! Discover new dance moves while enjoying fun music and friendly support. Improve your dancing skills, footwork, and rhythm in a welcoming environment. It's an exciting program where you can learn and have a great time on the dance floor!

214032-01	M	11:30am-12:30pm	9/22-11/3	7	\$65	PHRC
214032-02	M	11:30am-12:30pm	11/10-12/15	6	\$65	PHRC



Cardio & Strength

Next Level Athlete

Ages 5-9. This program focuses on general fitness, teaching proper running techniques and maximizing speed through the use of ladders, hurdles, and resistance belts. Cardio and core exercises include dynamic warm-ups, plyometric workouts, and coordination drills.

212602-01	Th	6:30-7:15pm	9/11-10/30	8	\$139	CHRC
212602-02	Th	6:30-7:15pm	11/13-12/18	5	\$89	CHRC

Kids Fitness Bootcamp

Ages 6-10. Engage in circuit training and games to build strength, balance, and cardio capacity through enjoyable play.

214214-01	Th	5:15-6pm	9/11-10/23	7	\$165	CQPK
214214-02	Th	5:15-6pm	11/6-12/11	5	\$139	CQRC

Fitness with Coach Jason

Ages 6-12. Youth will enjoy sports in a fun, safe, and non-competitive environment with coach Jason. While encouraging them to learn basic fundamental skills for basketball, track & field, and more. No class on 11/26.

213802-01	W	6:15-7:15pm	9/17-10/22	6	\$109	MVRC
213802-02	W	6:15-7:15pm	11/5-12/17	7	\$109	MVRC

Junior Eagle Boot Camp

Ages 7-12. Dynamic 4-day sessions blending indoor and outdoor activities. Tailored for young sports enthusiasts, our program focuses on skill development, teamwork, and fitness in a fun-filled environment. From court drills to field games, participants hone their abilities while forging lifelong friendships. Unleash your potential at Junior Athletes Training Camp!

214030-01	Th	5:30-6:30pm	9/25-10/30	6	\$35	PHRC
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Exercise & Fitness

alexandriava.gov/RPCA/Fitness



Fitness Room Orientation

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

214035-01	Th	5:30-6:30pm	9/18	1	Free	PHRC
214035-02	Th	5:30-6:30pm	10/16	1	Free	PHRC
214035-03	Th	5:30-6:30pm	11/13	1	Free	PHRC
214035-04	Th	5:30-6:30pm	12/11	1	Free	PHRC

FIT4MOM

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

219706-01	Tu	9:15-10:15am	9/6-12/13	14	Varies	PHRC
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Alexandria Barre

219708-01	W	9:30-10:30am	9/10-12/17	15	Varies	ODRC
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Alexandria Body Ignite

219708-02	M	6:30-7:30pm	9/8-12/15	15	Varies	PHRC
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Alexandria Strides 360

219708-03	F	9:30-10:30am	9/12-12/19	15	Varies	ODRC
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FIT4MOM Stroller Strides

Ages 18 & up. Stroller Strides® is a 60-minute total-body workout with strength, cardio, and core training, all while engaging the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood.

219703-01	M	9:30-10:30am	9/8-12/15	14	Varies	ODRC
219703-02	Tu	9:30-10:30am	9/9-12/16	15	Varies	BBPK
219703-03	Sa	9:15am-10:15am	9/13-12/20	15	Varies	PHRC

Adult Fitness Class with Coach Brian

Ages 18 & up. 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.

213711-01	M,W	6:30-7:30pm	9/8-10/1	8	\$70	LARC
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TSP Adult Bootcamp NEW! DROP-IN

Ages 18 & up. Tailored for all fitness levels with modifications for your level, this class focuses on cardio, strength, and balance. Exercises will include, dynamic movements and stretches, full body strengthening and conditioning, and cardio kickboxing (punching, kicking, blocking, etc). Drop-in fee \$12 per class.

213157-01	M	4:30-5:30pm	9/8-10/27	7	\$175	ODRC
213157-02	M	4:30-5:30pm	11/10-12/22	7	\$175	ODRC

Local Motion Floor + Barre

Ages 18 & up. This class combines floor-based movement with a ballet barre to support strength, alignment, and fluidity. Beginning with floor work inspired by Pilates, floor barre, and somatic practices, dancers build awareness and core connection before transitioning to a ballet barre that

emphasizes musicality, coordination, and dynamic alignment. Foundational ballet knowledge is recommended.

213108-01	Tu	10:30am-11:30pm	9/9-12/16	15	\$255	ODRC
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Wellness Class: Recharge, Reset, Rebalance, Reignite Your Spark

Ages 18 & up. This class provides a supportive and empowering environment to explore self-care practices, prevent burnout, and develop healthy coping strategies. Through weekly activities and guided discussions, participants will build resilience, learn practical stress-management techniques, and acquire tools to enhance their overall well-being. This experience fosters lasting personal growth, emotional balance, and increased confidence in handling everyday challenges.

213712-01	Tu	11am-12pm	9/9-10/28	8	\$115	LARC
213712-02	W	6:10-7:10pm	9/10-10/29	8	\$115	LARC
213712-03	Tu	11am-12pm	11/11-12/16	6	\$115	LARC
213712-04	W	6:10-7:10pm	11/12-12/17	6	\$115	LARC

Local Motion Chair Class - Movement for All

Ages 18 & up. This class is designed to strengthen your connection with your body. Engaging in movement—and focusing on its quality—can improve your strength, mobility, balance, flexibility, and overall joy! The classes draw inspiration from elements of fitness and dance. No prior experience is required; everyone is welcome! While it's recommended that you can stand for short periods, we will incorporate seated movement into every class, with a complete seated option available for those who prefer or need it.

213120-01	Tu	11:30am-12:15pm	9/9-12/16	14	\$209	ODRC
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Local Motion Midday Moves!

Ages 18 & up. This class explores a variety of movements that support mobility, balance, coordination, and awareness—with curiosity and play at the center. Most or all of the movement will be performed standing and will pull from elements of dance, fitness, and somatic practices. Open level- no experience or fitness level required!

213103-01	Tu	12:15-1pm	9/9-12/16	14	\$209	ODRC
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Hip Hop Fitness & Circuit Training

Ages 18 & up. This is a cardiovascular fat burning workout for 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.

214002-01	Tu	6:30-7:30pm	9/9-10/7	5	\$45	PHES
214002-02	Tu	6:30-7:30pm	10/28-12/9	5	\$45	PHES

Shadow Boxercise Level I

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

213705-01	Tu,Th	6:30-7:30pm	9/9-10/16	12	\$79	LARC
213705-02	Tu,Th	6:30-7:30pm	11/4-12/16	13	\$79	LARC

Fitness Pass & Personal Training

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

Neighborhood Recreation Center Pass

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

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

Aquatics & Fitness Center Pass

(Valid at Chinquapin, Minnie Howard & the Outdoor Pools. Includes access to open swim (all pools), saunas, racquetball & fitness room (Chinquapin only)).

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

Personal Training

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

Group Sessions

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

Individual Sessions

\$199 for 4 or \$59 per session

Fall 2025





Exercise & Fitness

alexandriava.gov/RPCA/Fitness

TSP Tai Chi/Breathwork

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

213158-01	Sa	6-7pm	9/13-10/25	7	\$159	ODRC
213158-02	Sa	6-7pm	11/8-12/20	7	\$159	ODRC

Advanced 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!

213610-01	M,W	6:30-7:30pm	9/15-10/29	13	\$135	CHRC
213610-02	M,W	6:30-7:30pm	11/3-12/17	12	\$135	CHRC

Adult Cardio & Weight Training

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

214000-01	Th	6:30-7:30pm	9/11-10/16	6	\$55	PHRC
214000-02	Th	6:30-7:30pm	10/30-12/11	6	\$55	PHRC

Kangaroo Power Fitness

Ages 18 & up. Kangaroo Power Fitness offers a high-energy cardio and strength workout using Kangoo Jumps rebound boots. This low-impact, joint-friendly class improves endurance, balance, and core strength while burning calories. It's fun, safe, and ideal for adults looking for a dynamic and unique fitness experience. Boots are provided, or you can bring your own.

214039-01	Th	6:30-7:30pm	9/18-10/23	6	\$75	PHRC
214039-02	Th	6:30-7:30pm	10/30-12/18	8	\$75	PHRC
214040-01	Sat	9:30-10:30am	9/20-10/25	6	\$75	PHRC
214040-02	Sat	9:30-10:30am	11/01-12/20	6	\$75	PHRC

Eagle Boot Camp

Ages 18 & up. Adult Eagle Boot Camp is a six-week fitness program for adults 18 and older that combines high-intensity interval training (HIIT), strength conditioning, and mobility work. Classes are held outdoors when weather permits, offering a challenging and energizing workout experience for all fitness levels. Build strength, endurance, and confidence in a team environment.

214044-01	M	6:30-7:30pm	9/22-11/3	7	\$75	PHRC
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BoxFit

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

242166-01	Tu	6:30-7:30am	9/23-12/9	12	\$160	CQRC
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ChinquaCircuit

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

214208-01	Tu	6:15-7:15pm	9/23-11/25	10	\$135	CQRC
214208-02	Tu	9-9:45am	9/23-11/18	9	\$120	CQRC
214208-03	Sa	9-9:45am	9/27-12/20	13	\$175	CQRC
214208-04	Sa	9-9:45am	11/6-12/18	6	\$80	CQRC

Tabata

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

242477-01	Th	7-8am	9/25-11/20	9	\$120	CQRC
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Senior Body Parts Aerobics

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

214000-01	M	10-11am	9/8-10/27	6	\$55	PHRC
214000-02	M	10-11am	11/03-12/15	6	\$55	PHRC

Senior Cardio & Weight Training

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

214011-01	W	12-1pm	9/10-10/15	6	\$55	PHRC
214011-02	W	12-1pm	10/29-12/10	6	\$55	PHRC

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. Pre-registration is required at Patrick Henry.

214028-01	Tu,Th	9:30-10:30am	9/16-12/11	26	Free	PHRC
214028-02	Tu,Th	11am-12pm	9/16-12/11	26	Free	PHRC

Advanced Senior Body Part Aerobics 55+

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

214027-01	F	10-11am	9/12-10/17	6	\$75	PHRC
214027-02	F	10-11am	10/31-12/12	6	\$75	PHRC

Senior Trailblazers 55+

Ages 55 & up. Calling all active seniors! Enjoy the great outdoors as we embark on invigorating walks together, weather permitting. Stay fit, connect with fellow seniors, and discover the beauty of nature.

214026-01	Th	9:30-11:30am	9/18-11/27	Varies	Free	PHRC
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Register through alexandriava.gov/WebTrac

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Tumbling

Baby Tumbling +ADULT

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

222620-01	W	9:30-10am	9/10-10/29	8	\$179	CHRC
222620-02	W	9:30-10am	11/12-12/10	5	\$115	CHRC

Mom/Dad & Me Tumbling +ADULT

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

222605-01	Sa	9:30-10:15am	9/13-10/25	7	\$145	PHRC
222605-02	Sa	9:30-10:15am	11/8-12/20	7	\$145	PHRC

Wiggles, Toes & Rolls

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

223613-01	Tu	4:30-5pm	9/9-10/28	8	\$145	CHRC
223613-02	Tu	4:30-5pm	11/18-12/23	6	\$109	CHRC

Movement & Gymnastics

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

224215-01	M	3:45-4:15pm	9/22-10/27	5	\$115	CQRC
224215-02	Su	9:15-9:45am	9/28-10/26	5	\$115	CQRC
224215-03	Su	11:15-11:45am	9/28-10/26	5	\$115	CQRC
224215-04	M	3:45-4:15pm	11/10-12/22	7	\$159	CQRC
224215-05	Su	9:15-9:45am	11/9-12/21	7	\$159	CQRC
224215-06	Su	11:15-11:45am	11/9-12/21	7	\$159	CQRC

Basic Tumbling I

Ages 5-9. Beginner tumblers will start learning basic techniques, such as forward rolls, backward rolls, handstands, and bridges. A fun warm-up exercise will help athletes attain these skills.

222606-01	Sa	10:30-11:15am	9/13-10/25	7	\$145	PHRC
222606-02	Sa	10:30-11:15am	11/8-12/20	7	\$145	PHRC

Gymnastics I

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

224203-01	M	4:30-5:30pm	9/22-10/27	5	\$115	CQRC
224203-02	M	5:45-6:45pm	9/22-10/27	5	\$115	CQRC
224203-03	Th	4-5pm	9/25-10/23	5	\$115	CQRC
224203-04	Su	10-11am	9/28-10/26	5	\$115	CQRC
224203-05	M	4:30-5:30pm	11/10-12/22	7	\$165	CQRC
224203-06	M	5:45-6:45pm	11/10-12/22	7	\$165	CQRC
224203-07	Th	4-5pm	11/6-12/11	6	\$139	CQRC
224203-08	Su	10-11am	11/9-12/21	7	\$165	CQRC

Gymnastics II

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

223612-01	Tu	5:15-6:15pm	9/9-10/28	8	\$159	CHRC
223612-02	Tu	5:15-6:15pm	11/18-12/23	6	\$119	CHRC

Soccer

Little Kicks Soccer & Me +ADULT

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

224207-01	Th	4-4:45pm	9/11-11/20	11	\$189	CQPK
224004-01	Sa	9:15-10am	9/13-11/22	11	\$189	PHRC

Soccer Tots

Ages 2-3. Specialized for our youngest age group, a variety of games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged to develop motor skills, promote physical fitness, and create self-confidence.

222610-01	M	11:30am-12:10pm	9/8-10/27	7	\$125	CHRC
222610-02	Tu	9-9:40am	9/9-10/28	8	\$145	LEEC
222610-03	M	11:30am-12:10pm	11/10-12/22	7	\$125	CHRC
222610-04	Tu	9-9:40am	11/18-12/23	6	\$109	LEEC
222610-05	M	12:20-1:05pm	9/8-10/27	7	\$125	CHRC
222610-06	W	4-4:45pm	9/10-10/29	8	\$139	LEEC
222610-07	Sa	11:30am-12:15pm	9/13-10/25	7	\$115	ODRC
222610-08	M	12:20-1:05pm	11/10-12/22	7	\$125	CHRC
222610-09	W	12:20-1:05pm	11/12-12/10	5	\$95	LEEC

Excite Soccer

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

222600-01	Sa	4-4:45pm	9/20-11/1	7	\$155	JHES
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Little Kicks Soccer

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

224208-01	W	4:30-5:15pm	9/10-11/19	11	\$189	CQPK
224003-01	Sa	10:15-11am	9/13-11/22	11	\$189	PHRC

Little Champions Soccer

Ages 7-9. This co-ed program includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship. No program on 9/21.

224212-01	Th	5-5:45pm	9/11-11/20	11	\$209	CQPK
224212-02	Sa	1:30-2:15pm	9/13-11/22	10	\$189	CQPK



Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Racquet Sports

Advantage Tennis Tiny Tennis

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

222617-01	Tu	3-4pm	9/9-10/28	8	\$279	CLPK
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Tennis 4 Kids

Ages 3-7. Learn the fundamentals and techniques to play like the pros in this exciting and interactive tennis class that consists of singles and doubles games, round-robin play, and a variety of drills and cardio exercises that will keep kids agile and on their feet during game play. Participants must bring their own racquet for the class.

224211-01	M	10-10:30am	9/8-10/27	7	\$149	CQPK
224211-02	M	5-5:30pm	9/8-10/27	7	\$149	CQPK
224211-03	Th	5:15-5:45pm	9/11-10/23	7	\$149	CQPK
224211-04	Th	5:50-6:20pm	9/11-10/23	7	\$149	CQPK
224211-05	Su	9:30-10am	9/14-10/26	7	\$149	CQPK
224211-06	Su	10:10-10:40am	9/14-10/26	7	\$149	CQPK
224211-07	Su	10:50-11:20am	9/14-10/26	7	\$149	CQPK
224211-08	Su	11:30am-1pm	9/14-10/26	7	\$149	CQPK
224211-09	M	10-10:30am	11/10-12/22	7	\$149	CQPK
224211-10	M	5-5:30pm	11/10-12/22	7	\$149	CQPK
224211-11	Th	5:15-5:45pm	11/6-12/11	6	\$129	CQPK
224211-12	Th	5:50-6:20pm	11/6-12/11	6	\$129	CQPK
224211-13	Su	9:30-10am	11/9-12/21	7	\$149	CQPK
224211-14	Su	10:10-10:40am	11/9-12/21	7	\$149	CQPK
224211-15	Su	10:50-11:20am	11/9-12/21	7	\$149	CQPK
224211-16	Su	11:30am-12pm	11/9-12/21	7	\$149	CQPK

Advantage Tennis: Kids 6-8s

Ages 6-8. Kids have fun acquiring athleticism and skills and developing their growth mindset. Enjoy sport for a longer, healthier lifetime. Tennis is fun! With age-appropriate activities and scaled equipment, kids improve faster. Kids will have fun and social experiences while learning tennis, the honorable sport. Come out and play!

222619-01	Tu	4-5pm	9/9-10/28	8	\$279	CLPK
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Bounce-Boom Tennis 1 & 2

Ages 7-10. Bounce-Boom Racquet Sports offers programs for both beginners and advanced beginners. Our innovative teaching techniques and engaging games create a fun, friendly, and supportive learning environment. With a low student-to-instructor ratio of 6:1, students can quickly grasp the

fundamentals and develop a lifelong passion for the game. Please note that racquets are required. For more information, visit bounceboom.com.

222616-01	W	5:30-6:20pm	9/10-11/19	11	\$319	CQPK
222616-02	Th	4:30-5:20pm	9/11-11/20	11	\$319	PYPK
222616-03	Th	5:30-6:20pm	9/11-11/20	11	\$319	CQPK

Advantage Tennis: Middle School Tennis

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

222632-01	W	3:30-4:30pm	9/10-10/29	8	\$279	GWMS
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Bounce-Boom Tennis 1

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

223102-01	M	5:10-6:20pm	9/8-11/24	11	\$415	PYPK
223102-02	M	6:30-7:40pm	9/8-11/24	11	\$415	PYPK
223102-03	W	6:30-7:40pm	9/10-11/19	11	\$415	CQPK
223102-04	Th	6:30-7:40pm	9/11-11/20	11	\$415	PYPK

Bounce-Boom Tennis 2

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

223103-01	M	7:50-9pm	9/8-11/24	11	\$415	PYPK
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Bounce-Boom Tennis 3

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

223113-01	Th	7:50-9pm	9/11-11/20	11	\$415	PYPK
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Bounce-Boom Pickleball 1

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

223105-01	Tu	5:30-6:20pm	9/9-11/25	11	\$319	CQPK
223105-02	W	5:30-6:20pm	9/10-11/19	11	\$319	CQPK
223105-03	W	7:30-8:20pm	9/10-11/19	11	\$31	CQPK

Bounce-Boom Pickleball 2

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

223106-01	Tu	6:30-7:20pm	9/9-11/25	11	\$319	CQPK
223106-02	W	6:30-7:20pm	9/10-11/19	11	\$319	CQPK

Bounce-Boom Pickleball 3

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

223114-01	Tu	7:30-8:20pm	9/9-11/25	11	\$319	CQPK
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Advantage Tennis: Adult Tennis Lessons

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

Beginner

223107-01	M	6-7pm	9/8-11/3	8	\$279	ABPK
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Advanced Beginner

223107-02	M	7-8pm	9/8-11/3	9	\$279	ABPK
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Advantage Tennis: Adult Red Ball Tennis

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

223111-01	Tu	2-3pm	9/9-10/28	8	\$279	CLPK
223111-02	Su	2:30-3:30pm	9/14-11/9	8	\$279	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.

223619-01	F	9:15-10:15am	9/12-10/17	6	\$115	CHRC
223619-02	F	9:15-10:15am	10/24-12/5	6	\$115	CHRC

Intermediate Pickleball

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

223620-01	F	10:45am-12:15pm	9/12-10/17	6	\$115	CHRC
223620-02	F	10:45am-12:15pm	10/24-12/5	6	\$115	CHRC

Fall 2025

Sports Classes & Leagues

alexandriava.gov/RPCA/Sports



Basketball

Jump Shots for Tots

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

Ages 3-6

222602-01	Sa	10-10:45am	9/20-11/22	10	\$100	NLRC
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Ages 6-9

222602-02	Sa	11am-12pm	9/20-11/22	10	\$100	NLRC
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Run, Shoot, Basketball

Ages 5-8. 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.

Ages 5-7

224010-01	Sa	12:15-1pm	9/13-11/22	11	\$189	PHRC
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Ages 6-8

223604-01	Su	3:25-4:10pm	9/14-11/9	9	\$175	CHRC
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Hoop It Up (Youth Basketball)

Ages 7-12. Join us for a high-energy, fundamentals-focused basketball class for beginners. Whether your child is picking up a basketball for the first time or looking to sharpen their fundamental skills, this class provides a supportive and fun environment to learn, grow, and build confidence on the court.

224108-01	Sa	10-10:45am	9/6-10/11	5	\$115	WRRC
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Preseason Basketball Fundamentals Class

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

222713-01	Sa	9-10am	10/4-11/8	6	\$100	GWMS
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222713-02	Sa	10:15-11:15am	10/4-11/8	6	\$100	GWMS
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Hoop Life Skills Academy

Ages 9-15. Participants will learn the fundamentals of shooting from professional basketball skill trainers with proven techniques that they have used to develop the skills of countless high school, college, and professional basketball players for over 20 years.

222625-01	Sa	12-1pm	9/20-11/22	10	\$199	NLRC
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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.

222722-01	Su	12-1pm	9/14-10/5	4	\$100	PHRC
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Sports Classes & Leagues

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Track & Field Conditioning

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

222721-01	Su	1:15-2:15pm	9/14-10/5	4	\$100	PHRC
222721-02	Su	2:30-3:30pm	9/14-10/5	4	\$100	PHRC

Additional Sports Classes

Grand Slam T-Ball & Me +ADULT

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

224201-01	Sa	10:30-11:15am	9/13-11/22	10	\$209	CQPK
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Lil' Pro Sports

Ages 3-5. Learn the basics of basketball, baseball, tennis, and volleyball in a fun and energetic atmosphere. Participants will be introduced to the fundamentals of sports.

222706-01	Sa	10:15-11am	9/6-27	4	\$100	LCCM
222706-02	Sa	11:15am-12pm	9/6-27	4	\$100	LCCM

Little Athletes

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

224007-01	Sa	11:15am-12pm	9/13-11/22	11	\$189	PHRC
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TSP Biking NEW!

Ages 3-5. This is a 7-session Learn to Ride class. This class 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 toward balance bike-based. Participants must bring a balance bike and helmet to class.

222638-01	Su	3-3:45pm	9/14-10/26	7	\$289	JHES
222638-02	Su	4-4:45pm	9/14-10/26	7	\$289	JHES
222638-03	Su	3-3:45pm	11/9-12/21	7	\$289	JHES
222638-04	Su	4-4:45pm	11/9-12/21	7	\$289	JHES

Touchdown for Tots

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

222603-01	F	6:15-7pm	9/12-11/14	10	\$189	JHES
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Martial Arts 4 Kids

Ages 3-7. 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.

222626-01	Sa	10:30-11am	9/13-10/25	7	\$169	ODRC
222626-02	Sa	10:10-10:40am	11/8-12/20	5	\$125	ODRC

Tip Top Stick Handling

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

224214-01	W	6:30-7:15pm	9/10-11/19	11	\$189	CQPK
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Grand Slam T-Ball

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

214285-01	Sa	11:30am-12:15pm	9/13-11/22	10	\$209	CQPK
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Rookie Baseball Clinic

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

Ages 4-5

222716-01	Tu & Th	5-6pm	9/2-9/4	2	\$45	LEEC
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Ages 6-8

222716-02	Tu & Th	6:15-7:15pm	9/2-9/4	2	\$45	LEEC
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Tip Top Ninjas Taekwondo

Ages 4-11. Learn the fun and fundamentals of Taekwondo! Children will learn the basics of kicking, punching, self-defense, core strength, 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 are preferred. This is a no combat, no contact zone/no sparring, where dragons are born.

223617-01	Su	2:45-3:15pm	9/14-11/9	9	\$199	CHRC
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Coed Flag Football

Ages 5-7. Join your friends for an exciting introduction to coed non-contact flag football! This league, designed for children, teaches the fundamentals of football—throwing, catching, and teamwork—in a fun environment.

222732-01	Sa	10-11:30am	9/13-10/4	4	\$100	GWMS
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Tip Top Sticks Hockey & Lacrosse

Ages 5-8. Tip Top Sticks provides a unique opportunity to experience two different stick sports in a single session. Participants will start by learning the basics of hockey, followed by lacrosse. They will develop essential skills such as stickhandling, passing, and scoring through scrimmage games, all while gaining an understanding of sportsmanship.

Ages 4-6

224021-01	Sa	1:15-2pm	9/13-11/22	11	\$189	PHRC
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Ages 5-8

224222-01	Sa	9:30-10:15am	9/13-11/22	10	\$189	CQPK
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Sports Classes & Leagues

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First Down Flag Football

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

224216-01	W	5:20-6:05pm	9/10-11/19	11	\$189	CQPK
224216-02	Sa	12:30-1:15pm	9/13-11/22	10	\$209	CQPK

Yoga 4 Kids

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

214218-01	W	6-6:45pm	9/24-10/29	6	\$119	CQRC
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214218-02	W	6-6:45pm	11/12-12/10	5	\$99	CQRC
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Cheerleading

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

222701-00	Varies	6-8pm	9/22-4/30	Free		Varies
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Lil' Sticks Girls Field Hockey

Ages 6-8. This developmental program focuses on teaching the fundamentals of field hockey in a non-competitive environment.

222711-01	Su	12-1pm	10/5-10/26	4	\$100	NLRC
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Tip Top All Ball

Ages 6-9. Join our Speedball Sports Program for kids! This fun team sport combines soccer, basketball, and ultimate frisbee, promoting agility, coordination, and teamwork. Each session features energetic drills, games, and scrimmages that foster sportsmanship and confidence. It's the perfect way for your child to stay active, make friends, and enjoy sports. Sign up today!

222639-01	Sa	2:30-3:15pm	9/13-11/22	10	\$209	CQPK
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Nerf Fencing

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

222609-01	W	4-5pm	9/10-10/29	8	\$179	ODRC
222609-02	W	4-5pm	11/12-12/10	5	\$115	ODRC

Roller Skating for Fitness/Fun

Ages 6 & up. Roller Skating for Fun and Fitness. Learn how to roll! Instruction includes safety guidelines, skating skills, and proper techniques. For beginners to intermediate. Bring protective gear (helmet, elbow, wrist guards, and knee pads). Instructors National/World Champions. Rentals provided upon request. Call Christie for questions at 703.623.7354.

213141-01	Tu	6-6:50pm	9/9-9/30	4	\$99	PHES
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213141-02	Sa	9-9:50am	10/4-10/25	4	\$99	PHES
213141-03	Sa	9-9:50am	11/1-11/15	3	\$75	ODRC
213141-04	Tu	6-6:50pm	12/2-12/16	3	\$75	PHES

Tip Top Fun & Run

Ages 7-9. Join us for a fun class that encourages kids to get active in a friendly environment while developing coordination, motor skills, communication, speed, and agility. Perfect for those who love running and jumping, the class features light competition and helps kids make friends while building stamina through relays and obstacle courses.

222640-01	Th	6-6:45pm	9/11-11/20	11	\$189	CQPK
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Friday Night Lights Flag Football

Ages 7-10. Would you like your child to have fun and learn to play flag football? Participants will have a blast learning flag football fundamentals based on the official NFL Flag Football curriculum while under bright Friday night lights. They will participate in exciting scrimmages and skill competitions. Spaces limited. Enroll now!

222642-01	F	7-8pm	9/12-11/14	10	\$199	JHES
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Skateboarding 4 Kids

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

222623-01	Tu	4-5pm	9/9-10/28	8	\$155	SJSP
222623-02	Sa	4-5pm	9/13-10/25	7	\$135	SJSP

Girls Preseason Volleyball Clinic

Ages 9-14 as of December 31, 2025. Prepare for the volleyball season by mastering the fundamentals. This program is available only to residents of the City of Alexandria.

Ages 9-11

222723-01	Su	1-2pm	9/7-14	2	\$45	JHES
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Ages 12-14

222723-02	Su	2:15-3:15pm	9/7-14	2	\$45	JHES
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Fencing

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

223101-01	W	7-8pm	9/24-11/12	8	\$119	PHES
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Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

Sports Affiliates

Alexandria Lacrosse Club alexandrialacrosse.com

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

Alexandria Little League alexandrialittleleague.org

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

Alexandria Rugby Club alexandriarugby.com

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

Alexandria Soccer Association alexandria-soccer.org

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

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.

Leagues

Miracle Baseball League of Alexandria

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

Youth Games (Ages 5-17)

222705-01	W	4:30-5:30pm	9/10-10/15	6	\$65	LEEC
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Adult Games (Ages 18+)

222705-02	Sa	1-2:30pm	9/6-10/18	7	\$65	LEEC
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Miracle League Adaptive Sports

Ages 5 & up. This program provides a non-competitive environment for children with cognitive, developmental, and physical challenges to play sports at their own pace. No class on 11/26.

222725-01	W	4:30-6pm	11/5-12/17	6	\$65	NLRC
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Winter Basketball League

Ages 7-18 as of March 31, 2026. Online registration for the Winter Basketball League opens on September 15 for boys and girls ages 7 to 18 (must be in high school if aged 18). Teams will be formed in the 8, 10, 12, 14, and 18 & under leagues, with boys in the 14 & 18 divisions organized via skills assessment and draft. Practices start the week of December 8 at local recreation centers and schools, with coaches providing details in late November or early December. League games begin on weekends starting January 10. Registration is limited to City of Alexandria residents. For more information, contact the Reservation & Registration Office at 703.746.5414 or the Sports Office at 703.746.5402.

322701-01	M-Su	9am-6pm	12/8-3/14	97	\$100	Location Varies
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Girls' Volleyball League

Ages 9-14 as of Dec. 31, 2025. Teams will be formed by recreation districts in two divisions: National (ages 9-11) and American (ages 12-14). Practices take place on Sunday afternoons with games on Thursdays and Fridays. Practice and game locations include Minnie Howard and Jefferson Houston. Open to City of Alexandria residents only.

222703-01	Th,F,Su	6-9pm	9/22-12/15	36	\$95	Location Varies
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Alexandria Select Basketball

Grades 5-8. The Alexandria Department of Recreation, Parks, and Cultural Activities will participate in the Fairfax County Youth Basketball League (FCYBL) as Alexandria Select. This program is for advanced players, allowing them to compete in a higher-level basketball environment. Eligible participants must be residents of the City of Alexandria, with specific age requirements: fifth-grade players must be younger than 12 by September 1, 2025; sixth-grade players must be younger than 13; seventh-grade players must be younger than 14; and eighth-grade players must be younger than 15.

Grade 5 (Girls)

322702-01	Sa & Su	12-1pm	10/11-10/12	2	\$135	MVRC
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Grade 6 (Girls)

322702-02	Sa & Su	1:15-2:15pm	10/11-10/12	2	\$135	MVRC
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Grades 7-8 (Girls)

322702-03	Sa & Su	2:30-3:30pm	10/11-10/12	2	\$135	MVRC
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Grade 5 (Boys)

322702-04	Sa & Su	12-1pm	10/18-10/19	2	\$135	MVRC
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Grade 6 (Boys)

322702-05	Sa & Su	1:15-2:15pm	10/18-10/19	2	\$135	MVRC
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Grades 7-8 (Boys)

322702-06	Sa & Su	2:30-3:30pm	10/18-10/19	2	\$135	MVRC
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Coed Softball

Ages 18 & up. Lights on! Grab some friends for some fun recreational play where each player bats every inning. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 9 and a minimum of 6 of either gender. Registration: 8/1- 8/29 League Play: September-November 2025. Register by team.

223205-07	M-Th	Varies	9/8-11/27	\$555	JHPK
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Coed Soccer

Ages 18 & up. Kick and Score! Make your workout social by exercising with a team at weekly soccer games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 9 and a minimum of 6 of either gender. Registration: 8/1- 8/29 League Play: September-November 2025. Register by team.

223200	M-Th	Varies	9/8-11/27	\$795	LMFD
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Coed Volleyball

Ages 18 & up. Bump Set Spike! Make your workout social by exercising with a team at weekly volleyball games. To register, complete the roster form found online at alexandriava.gov/Recreation for a maximum of 6 and a minimum of 4 of either gender. Registration: 8/1-8/29 League Play: September-November 2025. Register by team.

223202	Tu	Varies	9/9-11/27	\$555	JHES
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Open Play

Madden Teen Tournament

Ages 12-18. Join us and get ready to hit the virtual gridiron in our Madden Teen Tournament. This event is a fast-paced, high-energy PlayStation tournament for teen gamers and football fans alike! Whether you're a seasoned Madden pro or just love the game, this tournament is your chance to show off your skills, compete for bragging rights, and maybe even take home some prizes.

294106-01	Sa	2-6pm	9/6	1	Free	WRRC
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alexandriava.gov/RPCA/Sports



NBA2K Teen Tournament

Ages 12-18. Join us and get ready to hit the virtual hardwood in our NBA 2k tournament. This event is a fast-paced, high energy Playstation tournament for teen gamers and basketball fans alike! Whether you're a seasoned 2k pro or just love the game, this tournament is your chance to show off your skills, compete for bragging rights and maybe even take home some prizes.

294108-01	Sa	2-6pm	10/25	1	Free	WRRC
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Adult Volleyball (Open Gym)

Ages 18 & up. Come spike, set, and bump with us for a game of volleyball! Whether you're a seasoned player or a newcomer to the sport, this activity offers a welcoming and enjoyable environment for everyone. Join us for friendly matches, and the chance to meet fellow volleyball enthusiasts of all levels.

294105-01	Th	6:15-8:45pm	8/21-12/18	17	Free	WRRC
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Adult Basketball (Open Gym)

Ages 18 & up. The gym is open so let's see, who is the King of the Court by shooting some hoops, playing a game of pick-up basketball, or working on your skills! This activity is player-driven for pure play, exercise, social interaction, and fun!

294110-01	Sa	12:45-2:45pm	8/23-12/27	19	Free	WRRC
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Adult Sports Classes & Leagues

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



Sports Hotlines

For weather & field closure updates

Youth | 703.746.5597

Adult Men's | 703.746.5596

Adult Coed & Women's | 703.746.5595

Register through alexandriava.gov/WebTrac

Fall 2025





Socialize

MINI Milestones +ADULT

Ages 0-4 with adult. This free-play and guided activity program offers infants, toddlers, and preschoolers the chance to engage in completing any big milestones, age-appropriate games, crafts music, and movement while socializing with peers in a welcoming and safe environment. Parents and caregivers are encourage to participate and connect with one another as well. Come meet other families and let your little one grow through play!

243712-01	F	11-11:45am	9/12-10/17	6	\$6	LARC
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Kid Rock Social Hour +ADULT

Ages 0-4 with adult. It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement, and play.

243801-01	M,W	10am-12pm	9/15-10/22	11	\$79	MVRC
243801-02	M,W,F	10am-12pm	9/15-10/24	17	\$99	MVRC
243801-03	M,W	10am-12pm	11/3-12/10	12	\$79	MVRC
243801-04	M,W,F	10am-12pm	11/3-12/12	18	\$99	MVRC

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.

242623-01	Sa	10-10:30am	9/20-10/25	6	\$129	ODRC
242623-02	Sa	10-10:30am	11/1-12/13	5	\$105	ODRC

Little Fingers Piano +ADULT

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

242618-01	Sa	10:35-11:05am	9/20-10/25	6	\$129	ODRC
242618-02	Sa	10:40-11:10am	11/1-12/13	5	\$105	ODRC

Spanish 4 Kids

Ages 2-5. Young students will learn basic Spanish vocabulary, greetings, popular songs, and common phrases. In a 30-minute original program, children absorb their target language by keeping lecture style instruction to a minimum. Children learn through movement, games, visual aids, tactile materials, singing, hearing stories and more! The goal is to make each child's first foreign language experience positive, engaging, and fun. As well as, awaken in them a curiosity and desire to learn about other lands, cultures, and people. Students will be divided according to their ages.

242610-01	Th	6:15-7pm	9/25-10/23	5	\$119	CQRC
242610-02	Th	6:15-7pm	11/6-12/11	5	\$119	CQRC

Paint, Paste & Play Fun

Ages 3-5. Preschoolers will explore, play, and learn about crafts as they create delightful creative arts and crafts using various materials. As they share quality time experiencing the fun of creating and playing with friends. Weekly themes will keep them engaged and building confidence with lots of socialization and kid-friendly fun.

243713-01	Tu	11-11:45am	10/28-12/2	6	\$39	LARC
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Dynamic Drumming

Ages 5-12. Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Rental instruments and music provided. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

242622-01	M	6-7pm	9/22-11/3	6	\$145	ODRC
242622-02	M	6-7pm	11/10-12/15	6	\$145	ODRC

Poppin Piano

Ages 5-12. Students will participate in an ensemble music group. Students will learn about the instruments as well as how to play in a music group. Rental instruments and music included. Students will take instruments and music home in between classes to enjoy. Students will be introduced to an instrument and participate in an ensemble group. Students will learn basic playing skills and basic music reading and music theory.

242624-01	W	6-7pm	9/24-10/29	6	\$145	CHRC
242624-02	W	6-7pm	11/5-12/17	6	\$145	CHRC
242624-03	Th	6-7pm	9/18-10/23	6	\$145	PHRC
242624-04	Th	6-7pm	10/30-12/11	6	\$145	PHRC

Groovy Guitar

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

242617-01	W	7-8pm	9/24-10/29	6	\$145	CHRC
242617-02	W	7-8pm	11/5-12/17	6	\$145	CHRC

Silver Knights Chess Club

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

242632-01	Tu	6-7pm	9/30-12/16	10	\$159	ODRC
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Lego® Lab

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

294000-01	Tu	6-7:30pm	9/16-10/21	6	Free	PHRC
294000-02	Tu	6-7:30pm	10/28-12/9	7	Free	PHRC

Adult Social Club (ASC)

Ages 18 & up. This club is for adults with special needs and disabilities. Participants will develop leisure and recreational interests, awareness, and life skills through activities, special events, and outings in the Metropolitan area. All new participants are required to do an initial assessment before starting programs. To register, please contact the Therapeutic Recreation office at 703.746.5535.

243000-01	Sa	11:30am-3:30pm	9/6-12/20	16	\$75	NLRC
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Spanish 4 Adults

Ages 18 & up. Class goal is to promote visual and language literacy in Spanish and give students the basic language skills they will need to start speaking Spanish in their home or neighborhood. We also aim to foster an appreciation for the Spanish language and culture in our fun and casual setting. Each class incorporates grammatical instruction, vocabulary enhancing projects, Spanish books, traditional Spanish folk songs, kinesthetic activities, games, interactive books, poetry, art, and music.

243110-01	Th	6-7pm	9/25-10/23	5	\$119	CQRC
243110-02	Th	6-7pm	11/6-12/11	5	\$119	CQRC

Technology & Science

Art Box Science Art Mania

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

243800-01	Tu	6:15-7:15pm	9/9-10/14	6	\$115	MVRC
243800-02	Tu	6:15-7:15pm	10/28-12/9	6	\$115	MVRC

Roblox & Game Design

Ages 6-9. *Software: Roblox Studio. Skill Level: Beg.* In this course students advance their skills in science, technology, engineering, art, and mathematics (STEAM) by learning how to use coding fundamentals to strategically engineer an immersive, imaginative cosmos for one of the fastest-growing gaming platforms in the world. Students receive hands-on experience in innovation and the underlying mechanics of 3D gaming.

222631-01	Sa	9:30-10:30am	9/13-10/18	6	\$165	ODRC
222631-02	Sa	10:45-11:45am	9/13-10/18	6	\$165	ODRC

C3 Animation Using Minecraft

Ages 6-9. *Software: Mine-imator. Skill Level: Beg.* In this class, 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. Does your child aspire to become an animator for games and movies? Sign up for this class today!

242629-01	Su	1-2pm	9/14-10/19	6	\$165	CHRC
242629-02	Su	2:15-3:15pm	9/14-10/19	6	\$165	CHRC

Robotics & Visual Coding With Lego®

Ages 6-9. *Software: LEGO® Education WeDo. Skill Level: Beg.* This class combines the exciting world of LEGO® with programming to manipulate and program your own personal robots. 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.

242633-01	Sa	9:30-10:30am	10/25-12/13	6	\$165	ODRC
242633-02	Sa	10:45-11:45am	10/25-12/13	6	\$165	ODRC

Coding in Minecraft with Lua

Ages 6-14. *Skill Level: Beg.-Int. Software: Minecraft.* Using a custom mod called "Computer craft," students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love!

242630-01	Su	1-2pm	10/26-12/7	7	\$195	CHRC
242630-02	Su	2:15-3:15pm	10/26-12/7	7	\$195	CHRC

LAD Communications Adult Tech Classes

Ages 35 & up. LAD Communications has been in business since 2010, specializing in helping Baby Boomers and Beyond in their everyday life, saving money, maintaining care and use of their equipment, and helping to connect them better with their family, friends, and community!

243133-01	Tu	10am-12pm	9/9	1	\$65	LEEC
243133-02	Tu	10am-12pm	9/16	1	\$65	LEEC
243133-03	Tu	10am-12pm	9/23-9/30	2	\$135	LEEC
243133-04	Tu	10am-12pm	10/7	1	\$65	LEEC
243133-05	Tu	1:30-3:30pm	9/23-9/30	2	\$135	LEEC
243133-06	Tu	6:30-8:30pm	10/14-10/21	2	\$235	ODRC

Senior Ugly Sweater Party 55+

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

284009-01	F	11am-1pm	12/19	TBD	PHRC
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Ballet

Movement & Ballet

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

253620-01	Su	1:30-2:15pm	9/21-11/23	10	\$45	CHRC
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Pre-Ballet & Movement

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

252605-01	Sa	9:15-10am	9/13-12/6	10	\$189	CHRC
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252605-02	Sa	9:15-10am	9/13-12/6	10	\$189	PHES
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Local Motion Creative Ballet

Ages 5-7. 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.

252632-01	Sa	9:45-10:45am	9/13-12/13	12	\$365	ODRC
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Ballet I

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

252610-01	Sa	10:15-11:05am	9/13-12/6	10	\$189	CHRC
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252610-02	Sa	10:15-11:05am	9/13-12/6	10	\$189	PHES
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Introduction to Ballet

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

253621-01	Su	2:30-3:15pm	9/21-11/23	10	\$45	CHRC
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Ballet II

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

completion of Ballet I or equivalent training. Participants will perform in an end-of-session dance recital. More details closer to date.

252611-01	Sa	11:15am-12:05pm	9/13-12/6	10	\$189	CHRC
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252611-02	Sa	11:15am-12:05pm	9/13-12/6	10	\$189	PHES
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Youth Ballet I

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

253622-01	Su	3:30-4:20pm	9/21-11/23	10	\$45	CHRC
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Ballet III

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

252612-01	Sa	12:15-1:15pm	9/13-12/6	10	\$195	CHRC
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252612-02	Sa	12:15-1:15pm	9/13-12/6	10	\$195	PHES
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Local Motion Ballet

Ages 8-11. These classes are designed with a progressive curriculum that instills body positivity, the importance of student voice, and understanding of safe training practices in an age-appropriate way. As students move through the program, there is an increasing focus on technical understanding, performance quality, and safe movement practices.

252615-01	Sa	10:45-11:45am	9/13-12/13	12	\$365	ODRC
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Introduction to Pointe

Ages 8-14. 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 floor. Participants will perform in an end-of-session dance recital. More details closer to date.

252643-01	Sa	1:25-2:25pm	9/13-12/6	10	\$195	PHES
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Dance

Move With Me (+ADULT)

Ages 1.5-3 with adult. This class provides an introduction for young students and one accompanying adult to movement and dance. Using singing, nursery rhymes, activities, props, and the help of their adults, students develop their basic motor skills, coordination, and self-expression. No program on 9/21.

254205-01	Sa	11-11:30am	9/27-10/25	5	\$75	CQRC
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254205-02	Sa	11-11:30am	11/8-12/20	7	\$105	CQRC
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Modern Tots

Ages 3-5. Modern Dance appeals to the creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques and focus on movement from the inside out, encouraging use of breath, energy,

and connection. Students will learn a variety of dance styles including hip hop, jazz, and more.

254203-01	Sa	10-10:30am	10/4-11/1	5	\$75	CQRC
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254203-02	Sa	10-10:30am	11/8-12/20	7	\$105	CQRC
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Creative Dance

Ages 4-5. These classes are designed for our preschool and kindergarten dancers. Through playful movement explorations, young dancers will learn about their bodies, while also having time to express and develop their creativity.

253831-01	Sa	9-9:45am	9/13-12/13	12	\$325	ODRC
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Zumba 4 Kids

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

254206-01	Tu	5:15-5:45pm	9/23-10/28	6	\$129	CQRC
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254206-02	Tu	5:15-5:45pm	11/18-12/23	6	\$129	CQRC
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Modern Dance 4 Kids

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

254200-01	W	5-5:50pm	9/24-10/29	6	\$79	CQRC
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254200-02	W	5-5:50pm	11/12-12/10	5	\$65	CQRC
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Local Motion Kids Dance Day Out!

Ages 5-12. School's out—let's dance! In this fun-filled 2-hour workshop, kids will take an exciting journey into movement, choreography, and creative expression. Through playful dance games, guided improvisation, and collaborative art-making, students will explore how movement tells stories and sparks imagination. Perfect for young movers of all experience levels.

252622-01	M	10am-12pm	10/20	1	\$35	ODRC
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252622-02	Tu	2-4pm	9/23	1	\$35	ODRC
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Jazz Hip Hop Combo

Ages 7-11. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music such as syncopated rhythms, body isolations, coordination and choreography. Develop musicality and rhythm, while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

254201-01	F	5-5:50pm	9/12-10/24	7	\$165	ODRC
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254201-02	F	9-9:45am	11/7-12/19	6	\$145	ODRC
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Local Motion Youth Jazz

Ages 9-12. Energetic, expressive, and full of style—our jazz dance classes bring the rhythm and joy of movement to life! With upbeat music, dynamic choreography, and a celebration of individuality, this class offers a fun and engaging way to connect with the rich history and vibrant spirit of jazz.

252616-01	Th	4:30-5:30pm	9/18-12/18	13	\$365	ODRC
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Introduction to Ballroom Dance

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

253102-01	W	7-8:15pm	9/10-10/29	8	\$85	MVRC
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Intermediate Ballroom

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

253104-01	F	7-8:15pm	9/12-11/7	8	\$85	ODRC
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Soulful Line Dance Class-Beginner

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

253612-01	M	6:30-7:15pm	9/15-11/3	8	\$45	CHRC
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253612-02	M	7:30-8:30pm	9/15-11/3	8	\$45	CHRC
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Rockin' Maracas: Line Dancing (55+)

Ages 55 & Up. Get ready for an exciting challenge with our Advanced Line Dance Class! You will learn fancy dance moves, smooth footwork, and exciting rhythms. Join our group of amazing dancers to improve your skills and have a blast on the dance floor. Let's take our dancing to the next level together!

254007-01	Th	10:30-11:30am	9/25-10/30	6	\$55	PHRC
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254007-02	Th	10:30-11:30am	11/6-12/11	6	\$55	PHRC
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Music

Little Hands Music (+ADULT)

Ages 0-5 with adult. Join us for fun, engaging music and movement classes with your child! Sing, dance, and play LOTS of child-friendly instruments like drums, shakers, bells, and sticks! Move with colorful props like hoops, scarves, parachutes, and streamers. New music and activities – "Time to Cook!" all about growing food and playing in the kitchen! To register, visit littlehands.com or call 703.631.2046.

Ages 1-3

259704-01	Th	10:30-11am	9/18-11/20	10	\$205	CHRC
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Ages 0-2

259704-02	Th	11:15-11:45am	9/18-11/20	10	\$205	CHRC
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Ages 3-5

259704-03	Th	12:30-1:15pm	9/18-11/20	10	\$205	CHRC
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Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts

Mark's Music Prep-Private Music Lessons

Ages 5 & up. Embark on new musical journey with a new instrument, or sharpen your knowledge with your current at Mark's Music Prep! Areas of instruction include violin, viola, cello, piano, composition, and music reading. A performance at the highly anticipated end of the semester recital is expected, but not required by all students.

242611-01	F	3-3:30pm	9/12-12/12	13	\$585	ODRC
242611-02	F	3:40-4:10pm	9/12-12/12	13	\$585	ODRC
242611-03	F	4:20-4:50pm	9/12-12/12	13	\$585	ODRC
242611-04	F	5-5:30pm	9/12-12/12	13	\$585	ODRC
242611-05	F	5:40-6:10pm	9/12-12/12	13	\$585	ODRC
242611-06	F	6:20-6:50pm	9/12-12/12	13	\$585	ODRC
242611-07	F	7-7:30pm	9/12-12/12	13	\$585	ODRC
242611-08	F	7:40-8:10pm	9/12-12/12	13	\$585	ODRC

Visual Arts

Abrakadoodle Twoosy Doodlers **+ADULT**

Ages 20 mos.-3 yrs. with adult. Little fingers will experiment with painting, gluing, sticking, printing, and creating, while developing fine motor, language, and self-help skills. This is an "I can do it" class that is fun and creative. Each session has new activities, and parents and helpers get to play too.

252600-01	Tu	10-10:45am	9/9-10/14	6	\$119	MVRC
252600-02	Sa	11-11:45am	9/13-11/1	8	\$155	ODRC
252600-03	Tu	11-11:45am	10/28-12/9	6	\$119	MVRC
252600-04	Sa	11-11:45am	11/15-12/20	4	\$79	ODRC

Abrakadoodle Mini Doodlers **+ADULT**

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

252613-01	Sa	10-10:45am	9/13-11/1	8	\$125	ODRC
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Artistic Drawing With Young Rembrandts

Ages 5-10. Using a structured stepwise format to teach useful drawing skills while developing creative thinking strategies, students develop academically relevant skills such as spatial-motor planning, mental discipline, and fine motor skills. Students deconstruct complex objects into familiar shapes, then use problem-solving and imagination to make their own works of art. New lessons every session!

252626-01	Sa	10-11am	9/20-11/8	8	\$179	ODRC
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Art Box Lego® Mania

Ages 5-10. "Let's Build a City!" Join creative, fun and exciting LEGO® classes where creativity meets construction. Young designers unleash their imaginations and bring city and urban ideas to life with LEGO® bricks and other building materials. The project encourages problem-solving, collaboration and teamwork. Battery-operated modes of transportation are also part of the experience.

243821-02	Sa	10-11:30am	11/1-12/6	6	\$175	MVRC
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Basics of Manga Drawing

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

254002-01	M	5:30-7pm	9/15-10/27	6	\$55	PHRC
254002-02	M	5:30-7pm	11/3-12/15	7	\$55	PHRC

Art Box Adult Canvas Art

Ages 16 & up. Unleash your creativity in this dynamic adult art class, where you'll design stunning wall art on 12x16, 24x36, and 36x48 canvases. Guided by expert instruction, explore bold techniques, vibrant colors, and personalized styles to create statement pieces perfect for any space. No experience needed—just bring your imagination!

253117-01	Th	7-8:50pm	9/11-10/16	6	\$425	MVRC
253117-02	Th	7-8:50pm	9/11	1	\$75	MVRC
253117-03	Th	7-8:50pm	9/18	1	\$75	MVRC
253117-04	Th	7-8:50pm	9/25	1	\$75	MVRC
253117-05	Th	7-8:50pm	10/2	1	\$75	MVRC
253117-06	Th	7-8:50pm	10/9	1	\$75	MVRC
253117-07	Th	7-8:50pm	10/16	1	\$75	MVRC

Resin Jewelry Workshop

Ages 16 & up. In this 2.5-hour workshop, explore the art of resin jewelry using fast-curing UV resin, dried flowers, vibrant dyes, and fun accents. Choose from a variety of molds to design colorful, one-of-a-kind pieces. All tools, materials, and guidance are provided—just bring your creativity! Material costs are included.

253118-01	Th	6-8:30pm	9/18	1	\$85	ODRC
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Wire Wrapped Jewelry Workshop

Ages 16 & up. Discover the art of wire wrapping and create your stunning jewelry—no flames or heavy tools required! In this hands-on workshop, you'll design and create unique earrings using metal and natural gemstones. Perfect for beginners and creatives alike, this class offers a fun and relaxing way to learn a new skill, leaving you with beautiful, handmade pieces. All tools and materials are included in the workshop fee.

253119-01	Sa	2-4:15pm	10/11	1	\$85	ODRC
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Create Jewelry with Metal Stamps!

Ages 16 & up. Design your meaningful jewelry in this hands-on workshop! Learn to use metal stamps to create personalized pendants with metal and natural gemstones. We'll guide you step-by-step as you craft one-of-a-kind pieces that reflect your style. No experience needed—just bring your creativity! All materials are included.

253120-01	M	4:30-6:45pm	11/17	1	\$86	ODRC
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Artworks

Ages 18 & Up. Let your creative side shine through while using a variety of art mediums and learning new skills. This program is geared toward individuals with intellectual and developmental disabilities. All new participants are required to do an initial assessment before starting programs. Please contact the Therapeutic Recreation office for more information at 703.746.5535.

253000-01	W	6-7:30pm	10/8-12/17	10	\$75	NLRC
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RPCA Resources



WE'RE LISTENING-

Your Experience Matters!

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

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

alexandriava.gov/RPCA/Experience-Survey



Individuals with Disabilities

Therapeutic Recreation

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.



Financial Assistance

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

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



Get Involved

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

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

For available opportunities, visit alexandriava.gov/Volunteer.



Camps

Tennis 4 Kids Camp

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

274210-01	Tu	9am-12pm	9/23	1	\$59	CQPK
274210-02	Th	9am-12pm	10/2	1	\$59	CQPK
274210-03	F	9am-12pm	10/3	1	\$59	CQPK
274210-04	M	9am-12pm	10/20	1	\$59	CQPK

Hoop Life Basketball Camp

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

272601-01	Tu	9am-4pm	9/23	1	\$99	JHES
272601-02	Th, F	9am-4pm	10/2-10/3	2	\$189	JHES
272601-03	M	9am-4pm	10/20	1	\$99	JHES
272601-04	Tu	9am-4pm	11/4	1	\$99	JHES
272601-05	M	9am-4pm	11/10	1	\$99	JHES
272601-06	M,Tu,F	9am-4pm	12/22-12/26	3	\$249	JHES
272601-07	M,Tu,F	9am-4pm	12/29-1/2	3	\$249	JHES
272601-08	M,Tu,F	9am-4pm	12/22-1/2	6	\$399	JHES



Play-Well Camps

Ages 5-7. At Play-Well TEKologies, students are encouraged to unleash their inner engineer as they design and build with tens of thousands of LEGO® pieces under the guidance of our passionate instructors. They explore fundamental STEM concepts while learning to collaborate and create without fear of making mistakes. The experience is joyful, and the impact is long-lasting.

272604-01	M	9am-12pm	10/20	1	\$45	ODRC
272604-02	M	9am-4pm	11/10	1	\$75	ODRC
272604-03	M, Tu	9am-4pm	12/29-12/30	2	\$149	ODRC

The Science Seed Camp

Ages 5-8. Explore the world of volcanoes! We'll learn how volcanoes form, the signs of an eruption and the tools scientists use to monitor volcanoes. They will also make and erupt their own volcanoes and more! Free play, playground time, story time, and more fills out this fun camp day.

272691-01	M	9am-4pm	11/10	1	\$115	ODRC
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Nature Day Camps

Ages 5-10. Join us for a fun day exploring nature, art, science, and wildlife through hands-on activities, experiments, and live animal encounters. To view detailed descriptions for each class and register, visit alexandriava.gov/WebTrac and search by activity code.

Art & Nature

269862-01	Tu	9am-3pm	9/23	1	\$75	BFNC
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Nature Virginia

269862-02	Th	9am-3pm	10/2	1	\$75	BFNC
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Junior Scientist

269862-03	M	9am-3pm	10/20	1	\$75	BFNC
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Art Box Lego® Mania Camp

Ages 5-10. "Let's Build a City!" Join creative, fun and exciting LEGO® Classes where creativity meets construction. Young designers unleash their imaginations and bring city and urban ideas to life with LEGO® bricks and other building materials. The project encourages problem-solving, collaboration and teamwork. Battery-operated modes of transportation are also part of the experience.

269862-01	Tu	9am-3pm	9/23	1	\$75	BFNC
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Ultimate Music Experience Camp

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

272668-01	Th, F	9am-3pm	10/2-10/3	2	\$199	ODRC
272668-02	Tu	9am-5pm	11/4	1	\$105	ODRC
272668-03	M, Tu, F	9am-3pm	12/22-12/26	3	\$299	CHRC

AbraKadoodle Art Camps

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

272600-01	Tu	9am-3pm	9/23	1	\$69	ODRC
272600-02	M	9am-3pm	10/20	1	\$69	ODRC
272600-03	Tu	9am-3pm	11/4	1	\$69	CHRC
272600-04	M	9am-3pm	11/10	1	\$69	ODRC

Cyberteck Camps

Ages 6-9. In this class, students will be introduced to basic animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation

principles to scenes they create. Does your child aspire to become an animator? Sign up for this class today!

272603-01	Th, F	9am-12pm	10/2-10/3	2	\$129	ODRC
272603-02	M, Tu, F	9am-12pm	12/22-12/26	3	\$179	ODRC

Tiny Chefs Camps

Ages 6-10. Join us for a deliciously fun adventure where creativity meets the kitchen! At Tiny Chefs, campers explore exciting new recipes, cooking techniques, and culinary topics each week—no two days are the same! With hands-on lessons designed by our experienced culinary team, kids of all skill levels will sharpen their kitchen know-how through fun challenges, skill-building, and imaginative activities. From classic techniques to the latest culinary trends, Tiny Chefs encourages creative expression and culinary discovery in every class. Whether your child is a beginner or a budding pro, they'll find inspiration, confidence, and plenty of tasty fun along the way!

272677-01	Tu	9am-4pm	9/23	1	\$155	ODRC
272677-02	Th, F	9am-4pm	10/2-3	2	\$255	ODRC
272677-03	M	9am-4pm	10/20	1	\$155	ODRC
272677-05	M, Tu	9am-4pm	12/22-23	2	\$255	ODRC
272677-06	M, Tu	9am-4pm	12/29-30	2	\$255	ODRC

Silver Knights Chess Camp

Ages 6-12. In Chess Camp, campers play and learn chess with Silver Knights! They've taught 100,000 children, including national champions, but most students are beginners looking to learn and have fun! Campers are broken up by skill level. Activities include learning the rules, openings, tactics, endgames, studying master games. Campers will take breaks for snacks, lunch, and fresh air.

272675-01	Tu	9am-4pm	9/23	1	\$85	ODRC
272675-02	Tu	9am-4pm	11/4	1	\$85	ODRC
272675-03	M, Tu, F	9am-4pm	12/22-12/26	3	\$255	ODRC

DISCOVER THE CREATIVE PLAYSPACE

AT OSWALD DURANT CENTER

Build • Explore • Create • Imagine



For ages 18 mos.-5 years

To learn more, visit:

alexandriava.gov/rpca/
creative-playspace



TSP Flag Football Camp

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

272684-01	Tu	9am-4pm	9/23	1	\$75	JHES
272684-02	Th	9am-4pm	10/2	1	\$75	JHES
272684-03	F	9am-4pm	10/3	1	\$75	JHES
272684-04	M	9am-4pm	10/20	1	\$75	JHES
272684-05	Tu	9am-4pm	11/4	1	\$75	JHES

The Soccer Pros Camp

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

272632-01	Tu	9am-4pm	9/23	1	\$75	JHES
272632-02	Th	9am-4pm	10/2	1	\$75	JHES
272632-03	F	9am-4pm	10/3	1	\$75	JHES
272632-04	M	9am-4pm	10/20	1	\$75	JHES
272632-05	Tu	9am-4pm	11/4	1	\$75	JHES

Gymnastics 4 Kids Camp

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

274202-02	F	9am-4pm	10/3	1	\$85	CQRC
274202-07	F	9am-4pm	12/26	1	\$85	CQRC
274202-08	M, Tu	9am-4pm	12/29-12/30	2	\$139	CQRC

PS Karma Camps

Ages 8-12. Welcome to The Soap Sorcery Lab—where young wizards craft magical soaps using enchanted colors, mystical molds, and shimmering scents! Kids mix, pour, and create spellbinding suds while learning fun science and art. Each apprentice leaves with their own magical soap creations and a sprinkle of soapy sorcerer pride!

272635-01	M	9am-4pm	10/20	1	\$185	CQRC
272635-02	M	9am-4pm	11/10	1	\$185	CQRC

Spark Business Camp

Ages 10-13. For the sports lover, future team General Manager, sports team owner or ESPN analyst, this unique program helps campers view the world of sports from a business perspective. Campers participate in fun mock drafts for various sports and analyze different sports topics, including player contracts, college sports, NIL, endorsements, the Nike vs Under Armour competition, sports agents, the Super Bowl, e-sports and more!

272654-01	Tu	9am-4pm	9/23	1	\$99	CQRC
272654-02	Tu	9am-4pm	11/4	1	\$99	ODRC
272654-03	M, Tu, F	9am-4pm	12/29-1/2	3	\$289	ODRC



Afterschool Programs

alexandriava.gov/RPCA/OSTP

2025-26 School Year Power-On

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

Meet friends play, build, learn, and grow through a variety of recreation, enrichment, and leisure activities. Afterschool fun includes creative and performing arts, music, crafts, sports, physical fitness, health and wellness, and special events. Participants will engage in theme based activities and special events that promote self-awareness and

confidence, as well as self-expression and creativity, while having fun and making new friends in the Power-On afterschool program. Holiday and registration maximums and minimums vary by location. Program meets 2:30-6 p.m. when ACPS schools are open, at the following locations: CBRC, CHRC, DMES, FDES, JAES, LARC, MVRC, PHRC, and WRRC.



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

Afterschool Program Dates:

August 18, 2025-June 12, 2026 ■ Monday-Friday

Afterschool Operation Hours:

School Dismissal through 6 p.m.

Registration Fees:

Full Registration \$892

Free/Reduced School Meals \$305

SNAP \$255

TANF \$149

**Fees are subject to increase beginning July 1*

Learn more at
alexandriava.gov/rpca/ostp



Kids Day Out **(INCLUSION)**

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

Youth Achieving Greatness (YAG) **(INCLUSION)**

Ages 5-12. Participants engage in structured enrichment activities to increase independence, learning, socialization, and leadership in a small group (1:15 staff to participants ratio). Have FUN with a PURPOSE, with tutoring, fitness, cooking, chess, music, performing arts, games, and more! The program meets on days when ACPS schools are open. Please contact the Nannie J. Lee Recreation Center at 703.746.5535 for more information.

TR Achieving Greatness (TAG) **(TR)**

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



Register through alexandriava.gov/WebTrac

Nature & Environment

alexandriava.gov/NatureCenter



Nature & Environmental Education

Fall Butterflies **(+ADULT)**

Ages 2-4 with adult. Enjoy butterfly themed crafts, identifying tips, and a chance to get up close with pollinators visiting the center's garden.

269830-01	Sa	12-1pm	9/20	1	\$5	BFNC
269830-02	Sa	12-1pm	9/27	1	\$5	BFNC

Nature Play **(+ADULT)**

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

269825-01	Sa	10:30-11:30am	9/13	1	\$5	BFNC
269825-02	Sa	10:30-11:30am	10/11	1	\$5	BFNC
269825-03	Sa	10:30-11:30am	11/8	1	\$5	BFNC
269825-04	Sa	10:30-11:30am	12/13	1	\$5	BFNC

Decorate a Tree for Birds

Ages 5-11. Birds need a holiday too! Make biodegradable bird feeders and garlands to decorate a backyard tree for our feathered friends. All materials included.

269816-01	Sa	10-11am	11/22	1	\$5	BFNC
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Nature Journaling 101 **(NEW!)**

Ages 13 & up. Learn to start a nature journal and get to know the plants and animals in your backyard. We will start your personal nature journal and, if the weather is nice, go outside to begin making observations. Supplies provided.

269863-01	Sa	10-11am	10/25	1	\$10	BFNC
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Forces of Nature - Clouds **(NEW!)**

Ages 13 & up. Learn to identify the various types of clouds and how they form. We will also develop our own "cloud identification" poster using watercolors. If the weather is nice, we will work outside. Supplies provided.

269880-01	Sa	10-11am	11/15	1	\$5	BFNC
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First Friday Bird Count

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

269848-01	F	9-11am	9/5	1	Free	BFNC
269848-02	F	9-11am	10/3	1	Free	BFNC
269848-03	F	9-11am	11/7	1	Free	BFNC
269848-04	F	9-11am	12/5	1	Free	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.

269854-01	Su	8:30-10:30am	9/14	1	\$5	BFNC
269854-02	Su	8:30-10:30am	10/12	1	\$5	BFNC
269854-03	Su	8:30-10:30am	11/9	1	\$5	BFNC
269854-04	Su	8:30-10:30am	12/14	1	\$5	BFNC

Jerome "Buddie" Ford Nature Center

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

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



FREE
ADMISSION

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

WEEKDAYS

At the Nature Center

11 a.m. | Open to the public

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

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

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



RPCAEvents

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

ALX Jazz Fest Pop Up

All Ages. Join us for a pop-up concert in a neighborhood near you. Featuring free art activations, live jazz, and spoken word artists celebrating America's original art form.

Su	12-2pm	9/7	Free	4901 Seminary Rd.
Su	12-2pm	10/5	Free	901 N. Royal St.
Su	12-2pm	11/2	Free	4109 Mount Vernon Ave.

Charles Houston's Line Dance Social

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

283633-01	Tu	6:30-8:30pm	9/9	1	Free	CHRC
283633-02	Tu	6:30-8:30pm	10/14	1	Free	CHRC
283633-03	Tu	6:30-8:30pm	11/11	1	Free	CHRC
283633-04	Tu	6:30-8:30pm	12/9	1	Free	CHRC

Unplugged Family Adventures

All Ages. Join us for two consecutive Saturdays filled with exciting activities designed to bring families closer together, explore the wonders of the neighborhood, and unplug from the digital world. To include family bike ride and neighborhood walk.

Saturday, 9/13: Outdoor Adventure Extravaganza Bike Ride (individuals are required to bring their own bike for this outing)

Saturday, 9/20: Outdoor Adventure Extravaganza Gear up for an exhilarating outdoor nature walk as we explore our parks.

283726-01	Sa	9:30am-1pm	9/13	1	Free	LARC
283726-02	Sa	6:30-9:30pm	9/20	1	Free	LARC

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!

214043-01	W, F	10-11am	9/18-11/21	20	Free	PHES
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No Bake Bonanza DIY Cooking

Ages 6-12. In this session, the kids will get to learn in a no-bake no-stove cooking class designed for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies, desserts, and more! The young chefs will get their hands moving and taste buds singing as we dive into different culinary techniques, presentation, and easy to repeat at home recipes. No class on 11/27.

243825-01	Th	6:15-7:15pm	9/18-10/23	6	\$109	MVRC
243825-02	Th	6:15-7:15pm	11/6-12/18	6	\$109	MVRC

LARC Family Back to REC Night

All Ages. Gather up the family, and dust off the family board games and

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

283723-01	F	6:30-8:30pm	9/19	1	Free	LARC
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Pickleball Tournament

Ages 18 & up. Come and enjoy a chance to have fun and socialize at Charles Houston's First Annual Pickleball Tournament! The tournament will consist of 24 teams with single game elimination with one winner. The cost is per team and only one team member needs to register at registration.

283615-01	Sa	9:30am-12:30pm	9/20	1	\$25	CHRC
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Adult Social Night

Ages 18 & up. Looking for a fun and relaxed way to unwind at the end of the week? Adult Social Night is the perfect way to connect with friends, meet new people, and enjoy a variety of exciting theme activities.

283727-01	F	6:30-8:30pm	9/26	1	\$9	LARC
283727-02	F	6:30-8:30pm	10/17	1	\$9	LARC
283727-03	F	6:30-8:30pm	11/21	1	\$9	LARC

Parents Night Out

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

283816-01	F	6:30-8:30pm	9/26	1	\$25	MVRC
283816-02	F	6:30-8:30pm	11/14	1	\$25	MVRC

Nerf the Turf

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

284007-01	F	6:30-8:30pm	10/3	1	\$19	PHRC
284007-02	F	6:30-8:30pm	11/7	1	\$19	PHRC
284007-03	F	6:30-8:30pm	11/21	1	\$19	PHRC
284007-04	F	6:30-8:30pm	12/5	1	\$19	PHRC

Breast Cancer Awareness 5K Run/Walk NEW!

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

213201-01	Sa	9am-12pm	10/4	1	\$25	BBPK
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The Bouncy Box

Come and enjoy Charles Houston's gym is turned into a inflatable fun land! Jump, play, and have an good bouncy time. Sessions are split into age groups, so everyone's safe. At least one adult caregiver is required to accompany children.

283635-01	Sa	10am-12pm	10/4	1	Free	CHRC
283635-02	Sa	12:30pm-2:30pm	10/4	1	Free	CHRC

Dodgeball Fanatics

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

284006-01	F	6:30-8:30pm	10/10	1	\$19	PHES
284006-02	F	6:30-8:30pm	10/24	1	\$19	PHES
284006-03	F	6:30-8:30pm	11/14	1	\$19	PHES
284006-04	F	6:30-8:30pm	12/12	1	\$19	PHES

Charles Houston Kiddie Cabaret

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

283623-01	Sa	10am-12pm	10/11	1	\$6	CHRC
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Boo-Fest

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

283601-01	F	6:30-8:30pm	10/24	1	Free	CHRC
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Family Masquerade Ball

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

283801-01	F	6:30-9pm	10/24	1	\$9	MVRC
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Family October Fest

All Ages. Enjoy an array of exciting games, explore our spooky haunted house, get creative with arts and crafts, indulge in delicious snacks, and stand a chance to win fantastic prizes. A fun-filled event for the whole family!

284002-01	F	6:30-8:30pm	10/24	1	\$15	PHRC
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Floating Pumpkin Patch

All Ages. Dive in to pick your very own real pumpkin from the pool, then decorate it! Other themed fun will include swimming, a floating obstacle course, an underwater obstacle course and Halloween treats.

284202-01	Sa	2-2:45pm	10/25	1	\$9	CQRC
284202-02	Sa	3-3:45pm	10/25	1	\$9	CQRC
284202-03	Sa	4-4:45pm	10/25	1	\$9	CQRC
284202-04	Sa	5-5:45pm	10/25	1	\$9	CQRC

Charles Houston's 3rd Annual Sneaker Ball

Ages 12 & up. A place for teens to come and show off their swag! The event boasts of a DJ playing the latest tunes, games, food, and fun! This event is free for all teens.

283606-01	F	7:30-9:30pm	11/14	1	\$0	CHRC
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Recycled Royal Rumble: Outdoor Cardboard Challenge

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

284022-01	Su	1-4pm	11/16	1	\$25	PHES
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Fall 2025

2025 Holiday Tree Lighting

All Ages. The City invites the community to join the mayor and a host of holiday friends at the annual Tree Lighting Ceremony. The event will occur rain or shine. Tree Lighting is expected to occur between 6:40-6:55 p.m. following the arrival of Santa by way of the King Street Trolley. Then, after 7 p.m., enjoy the start of the holiday season with music and merriment while Santa and Mrs. Claus walk the Square and visit with families until 8 p.m.

	Sa	6-8pm	11/22	Free	Market Square
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Gratitude Yoga

Ages 16 & up. Come and focus on cultivating gratitude, release tension, and having positive outlook during the busy holiday season!

283614-01	F	10-11am	11/28	1	\$12	CHRC
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Grinchmas

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

283622-01	Sa	9:30-11am	12/6	1	\$5	CHRC
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Family Winter Holiday FUN!

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

283724-01	Sa	11:30am-1pm	12/6	1	\$7	LARC
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Very Merry ALX Jazz Fest at the Masonic Memorial

All Ages. Get ready to celebrate the holidays at A Very Merry ALX Jazz Fest - a festive gathering of music, art, and poetry!

	F	5-8pm	12/12	Free	101 Callahan Dr.
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Breakfast with Santa

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

283823-01	Sa	10am-12pm	12/13	1	\$25	MVRC
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Recreation Center Information



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



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



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



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



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



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



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



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



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



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



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



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



Minnie Howard Aquatics Facility
3795 W. Braddock Rd., 22314
703.746.5479
*M-Th: 4-9pm (Aug 18-Nov 11)
*M-Th: 6-9pm (Nov 12-May 15)
*Sa-Su: 7am-8:30pm (Aug 18-May 15)

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

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



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

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

Registration Information

Registration: Residents: August 6 & Non-Residents: August 8

3 WAYS TO REGISTER

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Registration Form

Questions? Call 703.746.5414 (M-F 9 a.m.-7 p.m.),
VA Relay 711 or email registerarpca@alexandriava.gov

Fall Registration: Residents: August 6 & Non-Residents: August 8

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

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

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

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

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

Make checks payable to “City of Alexandria”

Total Listed Fees
Deduct Account Credits/Discounts–
Non-resident Fee (\$35 each/per activity) +
Donation +
TOTAL (Pay this Amount)

3 PLEASE READ AND SIGN BELOW:

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

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

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

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

Web:
alexandriava.gov/Recreation

Questions?
Call 703.746.5414
Email registerARPCA@alexandriava.gov

For Office Use Only:

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

Recreation Roundup

Algo Para Cada Quien

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

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



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

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



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

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

Visite alexandriava.gov/Recreation para más información.

Ages 55 & Up

See the Recreation Roundup on pages 40-43 for a listing of recreation opportunities for ages 55 and up, or look for the **55+** icon throughout this program guide.



POWER PLUS PARTNERS

Northern Virginia Senior Olympics

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

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

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

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

The Senior Center at Charles Houston, 703.746.5456

St. Martin de Porres Senior Center, 703.751.2766

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

Adult Day Services Center, 703.746.5676

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

Fall 2025

Recreation Roundup

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

		AGE																				
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	55+		
Aquatics																						
Swimming																						
Water Explorers 1-2*		●	●	●																4		
Simpson Aquatics*		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	4		
Alex Swim Preschool & Me*			●	●																4		
Alex Swim Preschool 1-3				●	●	●														4-6		
Alex Swim Level 1-6							●	●	●	●	●	●	●							6-7		
Wahoos Sunday Stroke Clinic							●	●	●	●	●	●	●	●	●	●	●	●	●	7		
Float & Get Fit w/ BogaFit																	●	●	●	7		
Aqua Soothe for Expectant Mothers																	●	●	●	7		
Masters Swimming																		●	●	7		
Blue Octopus Scuba																		●	●	7		
Aqua Aerobics																						
Aqua Soothe for Arthritis																		●	●	●	7	
Water Walking																		●	●	●	8	
Deep Water Boot Camp																		●	●	●	8	
Aqua Aerobics																			●	●	8	
Deep Water Aqua Aerobics																			●	●	8	
Get in Deep With Candice																			●	●	8	
Aqua Zumba																			●	●	8	
Hi/Lo Water Aerobics																			●	●	9	
Aquatic Exercise for Seniors																			●	9		
Low Impact Aquatic Exercise for Seniors																			●	9		
Exercise & Fitness																						
Mind Body/Wellness																						
Gentle Yoga																			●	●	●	10
Essentrics: Classical Stretch																			●	●	10	
Beginner Flow Yoga Series																			●	●	10	
Breathwork & Movement for Adults																			●	●	10	
Intro to Power Yoga																			●	●	10	
Slow Flow With Amy																			●	●	10	
Yoga Beginner Series Part I																			●	●	10	
Pilates Barre																			●	●	10	
Hip Opening Workshop																			●	●	10	
Core & Back Yoga Workshop																			●	●	10	
Stretch & Flow Yoga																			●	●	10	
Yoga for Healthy Aging																			●	●	10	
Chair Yoga: Balance & Strength																			●	●	11	
Senior Stretching																			●	11		
Chair Yoga: Gentle Movement for Body & Mind																			●	11		
Stick & Stretch Fitness																			●	11		
Cardio Workout																						
Beatz & Sweatzz: Hip Hop												●	●	●	●	●	●	●	●	11		
Zumba																			●	●	11	

Exercise & Fitness (cont.)

AGE		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-55+			
Exercise & Fitness (cont.)																						
Cardio Workout (cont.)																				PAGE		
Jazzercise																		●	●	●	●	11
Hi/Lo Impact Aerobics																			●	●		11
Evergreen Line Dancing Waltz 101																			●	●		11
Line Dancing 55+																				●		11
Walk & Fit Training																				●		11
Tai Chi: Gentle Movement for Balance & Wellness																				●		12
Sugar Feet: Line Dancing 101-102																				●		12
Cardio & Strength																						
Next Level Athlete						●	●	●	●	●	●											12
Kids Fitness Bootcamp							●	●	●	●	●	●										12
Fitness With Coach Jason							●	●	●	●	●	●	●	●								12
Junior Eagle Boot Camp								●	●	●	●	●	●	●								12
Fitness Room Orientation																		●	●	●	●	13
FIT4MOM																			●	●		13
Stroller Strides																			●	●		13
Adult Fitness Class With Coach Brian																			●	●		13
TSP Adult Bootcamp																			●	●		13
Local Motion Floor + Barre																			●	●		13
Wellness Class: Recharge, Reset, Rebalance, Reignite Your Spark																			●	●		13
Local Motion Chair Class - Movement for All																			●	●		13
Local Motion Midday Moves																			●	●		13
Hip Hop Fitness & Circuit Training																			●	●		13
Shadow Boxercise Level I																			●	●		13
TSP Tai Chi/Breathwork																			●	●		14
Advanced Boxercise																			●	●		14
Adult Cardio & Weight Training																			●	●		14
Kangaroo Power Fitness																			●	●		14
Eagle Boot Camp																			●	●		14
BoxFit																			●	●		14
ChinquaCircuit																			●	●		14
Tabata																			●	●		14
Senior Body Parts Aerobics																				●		14
Senior Cardio & Weight Training																				●		14
Stay Active & Independent for Life (SAIL)																				●		14
Advanced Senior Body Parts Aerobics																				●		14
Senior Trailblazers																				●		14
Sports Classes & Leagues																						
Tumbling																						
Baby Tumbling*			●	●																		15
Mom/Dad & Me Tumbling*			●	●	●																	15

**Requires guardian and child participation*

Register through alexandriava.gov/WebTrac

Recreation Roundup

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

[illegible]

AGE		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+	
Sports Classes & Leagues (cont.)																						
Additional Sports Classes (cont.)																						
Coed Flag Football								●	●	●											18	
Tip Top Sticks Hockey & Lacrosse								●	●	●	●										18	
First Down Flag Football								●	●	●	●										19	
Yoga 4 Kids								●	●	●	●	●									19	
Cheerleading								●	●	●	●	●	●	●	●	●	●	●	●		19	
Lil' Sticks Girls Field Hockey								●	●	●											19	
Tip Top All Ball								●	●	●	●										19	
Nerf Fencing								●	●	●	●	●	●								19	
Roller Skating for Fitness/Fun								●	●	●	●	●	●	●	●	●	●	●	●	●	19	
Tip Top Fun & Run									●	●	●										19	
Friday Night Lights Flag Football									●	●	●	●									19	
Skateboarding 4 Kids									●	●	●	●	●	●	●	●	●				19	
Girls Preseason Volleyball Clinic											●	●	●	●	●	●					19	
Fencing													●	●	●	●	●	●	●	●	19	
Leagues																						
Miracle Baseball League of Alexandria								●	●	●	●	●	●	●	●	●	●	●	●	●	20	
Miracle League Adaptive Sports								●	●	●	●	●	●	●	●	●	●	●	●	●	20	
Winter Basketball League									●	●	●	●	●	●	●	●	●	●	●	●	20	
Girls' Volleyball League										●	●	●	●	●	●						20	
Alexandria Select Basketball												●	●	●	●						21	
Coed Softball																			●	●	21	
Coed Soccer																			●	●	21	
Coed Volleyball																			●	●	21	
Open Play																						
Madden Teen Tournament														●	●	●	●	●	●		21	
NBA2K Teen Tournament														●	●	●	●	●	●		21	
Adult Volleyball																			●	●	21	
Adult Basketball																			●	●	21	
Enrichment																						
Socialize																						
MINI Milestones*			●	●	●	●															22	
Kid Rock Social Hour*			●	●	●	●															22	
My First Music Class*				●	●	●	●														22	
Little Fingers Piano*				●	●	●	●														22	
Spanish 4 Kids				●	●	●	●														22	
Paint, Paste & Play Fun					●	●	●														22	
Dynamic Drumming						●	●	●	●	●	●	●	●	●							22	
Poppin Piano						●	●	●	●	●	●	●	●	●							22	
Groovy Guitar						●	●	●	●	●	●	●	●	●							22	
Silver Knights Chess Club						●	●	●	●	●	●	●	●	●							22	
Lego® Lab							●	●	●	●	●	●	●	●							23	
Adult Social Club																			●	●	23	
Spanish 4 Adults																			●	●	23	

*Requires guardian and child participation

Recreation Roundup

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

		AGE																					
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+			
Creative & Performing Arts																							
Technology & Science																					PAGE		
Art Box Science Art Mania						●	●	●	●	●	●										23		
Roblox & Game Design							●	●	●	●											23		
C3 Animation Using Minecraft							●	●	●	●											23		
Robotics & Visual Coding With Lego®							●	●	●	●											23		
Coding in Minecraft W/ Lua							●	●	●	●	●	●	●	●	●	●					23		
IAD Communications Adult Tech Classes																			●	●	23		
Senior Ugly Sweater Party																				●	23		
Ballet																							
Movement & Ballet			●	●	●	●															24		
Pre-Ballet & Movement				●	●	●															24		
Local Motion Creative Ballet						●	●	●													24		
Ballet I						●	●	●	●												24		
Introduction to Ballet						●	●	●	●												24		
Ballet II							●	●	●	●	●	●									24		
Youth Ballet I							●	●	●	●	●	●	●								24		
Ballet III								●	●	●	●	●	●	●							24		
Local Motion Ballet									●	●	●	●									24		
Introduction to Pointe									●	●	●	●	●	●	●						24		
Dance																							
Move With Me*		●	●	●																	24		
Modern Tots				●	●	●	●														24-25		
Creative Dance					●	●															25		
Zumba 4 Kids						●	●	●	●	●	●										25		
Modern Dance 4 Kids						●	●	●	●	●	●										25		
Local Motion Kids Dance Day Out						●	●	●	●	●	●	●	●	●	●						25		
Jazz Hip Hop Combo								●	●	●	●	●	●								25		
Local Motion Youth Jazz											●	●	●	●							25		
Introduction to Ballroom Dance																		●	●	●	●	25	
Intermediate Ballroom																		●	●	●	●	25	
Soulful Line Dance Class - Beginner																			●	●	25		
Rockin' Maracas: Line Dancing																			●		25		
Music																							
Little Hands Music*		●	●	●	●	●	●														25		
Mark's Music Prep-Private Music Lessons							●	●	●	●	●	●	●	●	●	●	●	●	●	●	26		
Visual Arts																							
Abrakadoodle Twoosy Doodlers*		●	●	●																	26		
Abrakadoodle Mini Doodlers*				●	●	●	●														26		
Artistic Drawing With Young Rembrandts						●	●	●	●	●	●	●									26		
Art Box Lego® Mania						●	●	●	●	●	●										26		
Basics of Manga Drawing											●	●	●	●	●	●	●	●			26		
Art Box Adult Canvas Art																			●	●	●	●	26
Resin Jewelry Workshop																			●	●	●	●	26

[illegible]

*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.

[illegible]

MENTOR ONE CHILD.
CHANGE TWO LIVES.

ALEXANDRIA MENTORING PARTNERSHIP

Interested in changing lives?

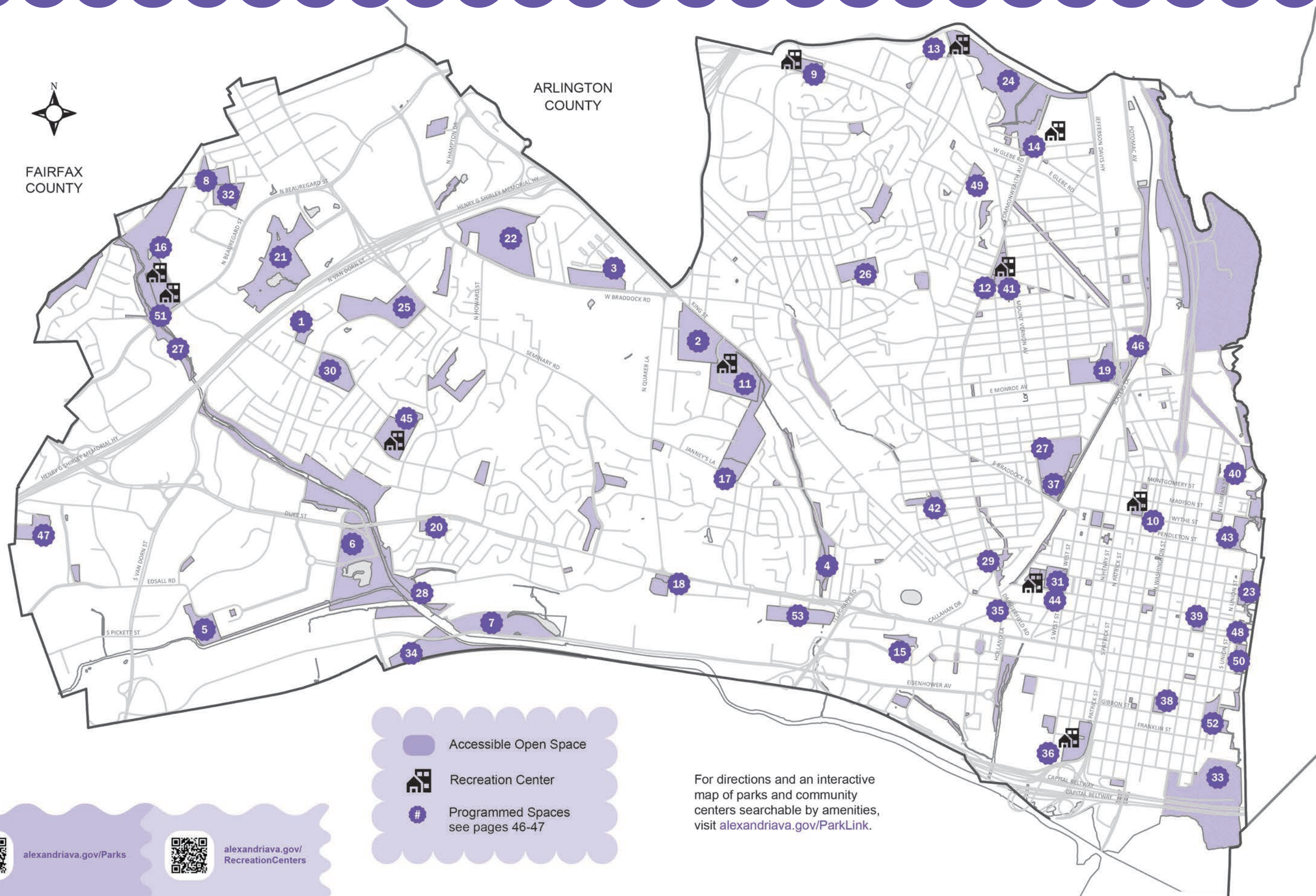
Become a volunteer mentor in Alexandria & make a difference in the lives of youth around the City!

No prior experience is required. AMP provides extensive training on how to be an effective mentor.

Learn more about our programs & start on the journey to changing lives through mentorship.

alexandriava.gov/Mentoring





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



alexandriava.gov/Parks


































































































































































































































































alexandriava.gov/RecreationCenters

Parks & Facilities

Visit alexandriava.gov/parks/find-a-park to see all City of Alexandria parks and amenities. See page 49 for event sites and information about hosting special events.

Parks & Facilities

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

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

LEGEND

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

Park Capital
Project Updates

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

Joseph Hensley Park Renovation

The lower portion of the Joseph Hensley Park renovation project is now open for community use! This project delivers community-based recommendations from the Citywide Park Plan for the diamond fields and related park facilities. The lower field, batting cages and flexible court space are now available. The new playground, park shelter, upper diamond field and restrooms will be anticipated later this summer.

Eugene Simpson Stadium Park Renovation

Construction of improvements to the Citywide Park Plan at Eugene Simpson Stadium Park began 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



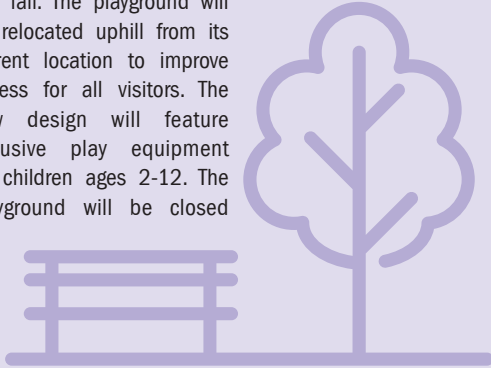
Contact Information

I Director’s Office	703.746.5501
Hashim Taylor, Director: hashim.taylor@alexandriava.gov	
I General Information	703.746.4343
I Programs & Services	
Aquatics	703.746.5441
City Arborist/Trees	703.746.5496
City Marina	703.746.5487
Nature & Environmental Education Programs	703.746.5559
Out of School Time Programs	703.746.5575
Office of the Arts	703.746.5588
Park Maintenance	703.746.5484
Park Planning & Design	703.746.5488
Picnic Reservations & Facility Rentals	703.746.5414

playground, multi-use courts, dog park, and rectangular fields will remain open for use, although entrance locations may change.

Fort Ward Park Playground Improvements

Playground upgrades at Fort Ward Park are scheduled to begin this fall. The playground will be relocated uphill from its current location to improve access for all visitors. The new design will feature inclusive play equipment for children ages 2-12. The playground will be closed



during construction and is estimated to reopen in spring 2026. For more information, visit alexandriava.gov/parks/fort-ward-implementation-projects.

Powhatan Park Renovation

Design is currently underway to address three key recommendations from the 2015 Neighborhood Park Plan, with construction anticipated fall 2026. Recommendation #3 proposes a new formal, ADA-compliant entrance at Douglas Street, featuring updated site furniture and landscaping. Recommendation #6 calls for the repaving of existing pathways to improve accessibility. Recommendation #7 includes the installation of a shade structure and game tables. Additionally, the playground area will also be redesigned as part of this project with construction planned for a future phase. For more information visit: alexandriava.gov/parks/project/powhatan-park-improvements-project.

Recreation Classes & Camps	703.746.5414
Senior & Teen Programs	703.746.5464
Special Events & Major Park Rentals	703.746.5418
Therapeutic Recreation	703.746.5422
Youth & Adult Sports	703.746.5402

I VA Relay 711

I 24-Hour Hotlines

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

Picnic, Facility &
Event Reservations

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

To start planning an event, follow these simple steps:

1 Find a space

Indoors: Page 36 indicates the indoor amenities available for rental.
Outdoors: Pages 46-47 indicate parks with space available for rental.

2 Contact a specialist

Indoors: To reserve, call the location listed on page 36.
Outdoors: To reserve a field, contact the Sports Office at 703.746.5408.

To reserve a park, see below:

Picnic Area Reservations

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

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

Waterfront Parks

Call 703.746.5420 for hourly rate information regarding: Waterfront Park

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

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

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

3 Finalize reservation

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



Make your next
event special

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

Let us help you with:

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

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

Find a Park

Connecting you to active and open spaces in your neighborhood.

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



DASHing Words in Motion Poetry Contest

“DASHing Words in Motion” is an annual poetry contest hosted by the City of Alexandria and the Alexandria Transit Company (DASH). Now a beloved tradition in the community, the contest invites writers ages 16 and older, who live, work, and/or study in the City of Alexandria, to submit original poetry that reflects their voice, creativity, and connection to the city.

Going into its 12th year, this program celebrates local voices, promotes poetry as an art form, and offers a creative platform that turns daily commutes into moments of inspiration. Participation is voluntary, and while selected poets will be recognized and have their poetry placed on DASH’s buses and trolleys, there is no financial compensation for submissions or inclusion.

The online submission deadline for “DASHing Words in Motion” is January 16, 2026. Apply at the Office of the Arts website at alexandriava.gov/Arts.

Arts Grant Program (Online)

The City of Alexandria’s Annual Arts Program is designed to support artistic excellence in the city by assisting arts and nonprofit organizations to provide affordable local artists with opportunities to create, perform, and present their works. Each year, approximately \$245,000 in City and State funds are awarded based on a competitive grant evaluation process and require a 1:1 cash match from the applicant. For Fiscal Year 2027 Annual Arts Program information, email arts@alexandriava.gov or visit alexandriava.gov/Arts.

October is National Arts & Humanities Month (NAHM), a collective recognition



national arts & humanities month

of the importance of culture in America. NAHM was launched by Americans for the Arts more than 30 years ago as National Arts Week in honor of the twentieth anniversary of the National Endowment for the Arts and National Endowment for the Humanities. NAHM is an opportunity for everyone to help change public perception and promote the crucial role of the arts and humanities in promoting individual wellbeing, addressing trauma, connecting cultures, highlighting inequities, and making our communities healthier and stronger. To learn more about NAHM, visit americansforthearts.org/events/national-arts-and-humanities-month.

Profesional Development Workshop Series

For three years, the Office of the Arts has been collaborating with ArtsFairfax, Arlington Cultural Affairs, and the New York Foundation for the Arts to offer a series of free, virtual professional development and capacity building workshops for artists and arts organizations. The 2025/2026 workshops will be posted in late summer/early fall 2025 on the Office of the Arts website at alexandriava.gov/Arts.

Congratulations to the Fiscal Year 2026 Annual Arts Program Grantees

The Alexandria Commission for the Arts and the Office of the Arts joins everyone in Alexandria in congratulating the Fiscal Year 2026 Annual Arts Program grantees. Throughout the year, Alexandrians are enriched by the works of these groups and many other arts groups in the city.

Alexandria Choral Society
alexandriachoralsociety.org

Helping Hearts Through the Arts
helpingheartsthroughthearts.com

Alexandria Citizens Band
alexandriacitizensband.org

Momentum Collective, Inc
momentumcinc.org

Alexandria Film Festival
alexandriafilm.com

Monumental Theatre Company
monumentaltheatre.org

Alexandria Harmonizers
harmonizers.org

Northern Virginia Fine Arts Association
nvfaa.org

Alexandria Singers
alexandriasingers.com

Quintango
quintango.com

Alexandria Symphony Orchestra
alexsym.org

Sound Impact
soundimpact.org

**American Showcase Theatre/
MetroStage**
metrostage.org

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

Armed Services Arts Partnership
asapasap.org

The Art League
theartleague.org

Chamber Dance Project
chamberdance.org

The Campagna Center
campagnacenter.org

Del Ray Artisans
delrayartisans.org

The Thirteen Choir
thethirteenchoir.org

Eclipse Chamber Orchestra
eclipseco.org

UpCycle Creative Reuse Center
upcyclecrc.org

Encore Creativity for Older Adults
encorecreativity.org

**Washington Metropolitan
Gamer Symphony Orchestra**
wmgsso.org

Encore Stage and Studio
encorestage.org

Young Playwrights Theater
youngplaywrightstheater.org

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

Arts in Alexandria

Alexandria’s Department of Recreation, Parks, and Cultural Activities



Artist Nekisha Durrett poses with “Break Water” during the opening reception in March 2025. Photo by Laura Hatcher

SEE ALEXANDRIA’S PUBLIC ART PROJECT “BREAK WATER” BEFORE IT CLOSSES

“Whatever runs off us, a certain offense runs through us.” Fred Moten, *In the Break: The Aesthetics of the Black Radication Tradition* (2003)

At the historic Alexandria waterfront—a site where the past is steeped in the currents of the Potomac River and the legacy of enslaved labor—American scholar, poet, and cultural theorist Fred Moten’s words resonate with haunting clarity. The persistent flooding that plagues this area serves as a reminder of nature’s unyielding power, as well as the unresolved offenses that continue to ripple through history.

To confront these things, D.C.-based mixed media artist Nekisha Durrett brings history forward through modern visual language with *Break Water*, a public art piece installed at Waterfront Park.

Break Water is both a site of remembrance and a celebration. It stands at the intersection of these forces, where water and memory, grief and resilience converge. The art installation is on display at Alexandria’s Waterfront Park until November 2025 as part of the *Site See: New Views in Old Town* public art series. This temporary installation draws inspiration from Alexandria’s waterfront being a place where natural forces and human activity intersect, often with profound consequences.

The sculpture’s centerpiece, crafted from blackened wood, evokes the sidewheel of the steamboat *River Queen*—a vessel symbolizing Black ownership and opportunity from 1898

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“The sandbags are meant to shroud and protect the piece—kind of like breakwaters on the ocean.

–Nekisha Durrett

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The sculpture’s centerpiece, crafted from blackened wood, evokes the sidewheel of the steamboat *River Queen*—a vessel symbolizing Black ownership and opportunity from 1898 until its mysterious destruction by fire in 1911, shortly after its purchase by Lewis Jefferson, a Black entrepreneur.

Encircled by black sandbags, the piece honors the strength of Black communities, referencing



“Break Water” at Night. Photo by Laura Hatcher

protection, creativity, and endurance during crises. Beneath the sculpture, a ground mural of tangled, taut ropes—called “Life Lines”—appears to tether the artwork to the park’s architectural elements, anchoring it against a symbolic undercurrent.

The painted lines symbolize the collective struggle to preserve these legacies, and ensuring they are not swept away. Together, the sculpture, sandbags, and mural create a

powerful tribute to the resilience, creativity, and enduring spirit of Alexandria’s Black community.

About the Artist

Nekisha Durrett is a Washington D.C. based mixed-media artist who uses the visual language of mass media to highlight histories that are not often celebrated.

Her expansive practice includes public art,

social practice, installation, painting, sculpture and design. Through deep research and material investigation, Durrett finds historical traces in the present that are filled with stories easily overlooked.

Her work contemplates the unreliability of memory and how biases filter information over time. Durrett illuminates individual and collective histories of Black life and imagination, addressing her own younger self and the stories she wished she had learned.

Time & Place Continues with Sandy Williams IV

Artist Sandy Williams IV has been selected for *Time and Place* 2026, a temporary public art project reflecting on the 250th anniversary of the Declaration of Independence and what its ideas mean today and for the future.



Williams is an interdisciplinary artist, filmmaker and professor.

Their art practice studies the vernacular of time as it exists across cultural landscapes, personal experiences, and as a unit of measurement. Williams is ultimately concerned with cultivating love and empathy, and they hope it can conjure moments of reflection for people.

They state, “I want to inspire a sense of catharsis that is communal and opens viewers up to perspectives they may not have otherwise considered.”

Time and Place is periodic, curated exhibitions of temporary public art projects that examine aspects of the

city’s history. The focus of each exhibition is determined by a curator through conversation with the Office of the Arts, Office of Historic Alexandria, and relevant task forces and commissions.

Learn more about Public Art Programs in Alexandria



Alicia Eggert Selected as 2026 Site See Artist

While the current *Site See* exhibition is still on view, the Office of the Arts is already planning next year’s installation. The Public Art Program taskforce selected Alicia Eggert as the next artist to an original, site-specific work inspired by Alexandria. This new work will be installed at Waterfront Park in early March 2026.



Alicia Eggert is an interdisciplinary artist whose practice gives form to language & time across a variety of mediums. Her flashing neon signs that illuminate the way light travels, revealing the relationship between reality and possibility. Her sculptures have been

installed on rooftops in Russia, on bridges in Amsterdam, and on uninhabited islands in Maine, beckoning people to ponder their place in the world and the role they play in it.

Maria Cristina Donoso Named as Alexandria’s Next Poet Laureate

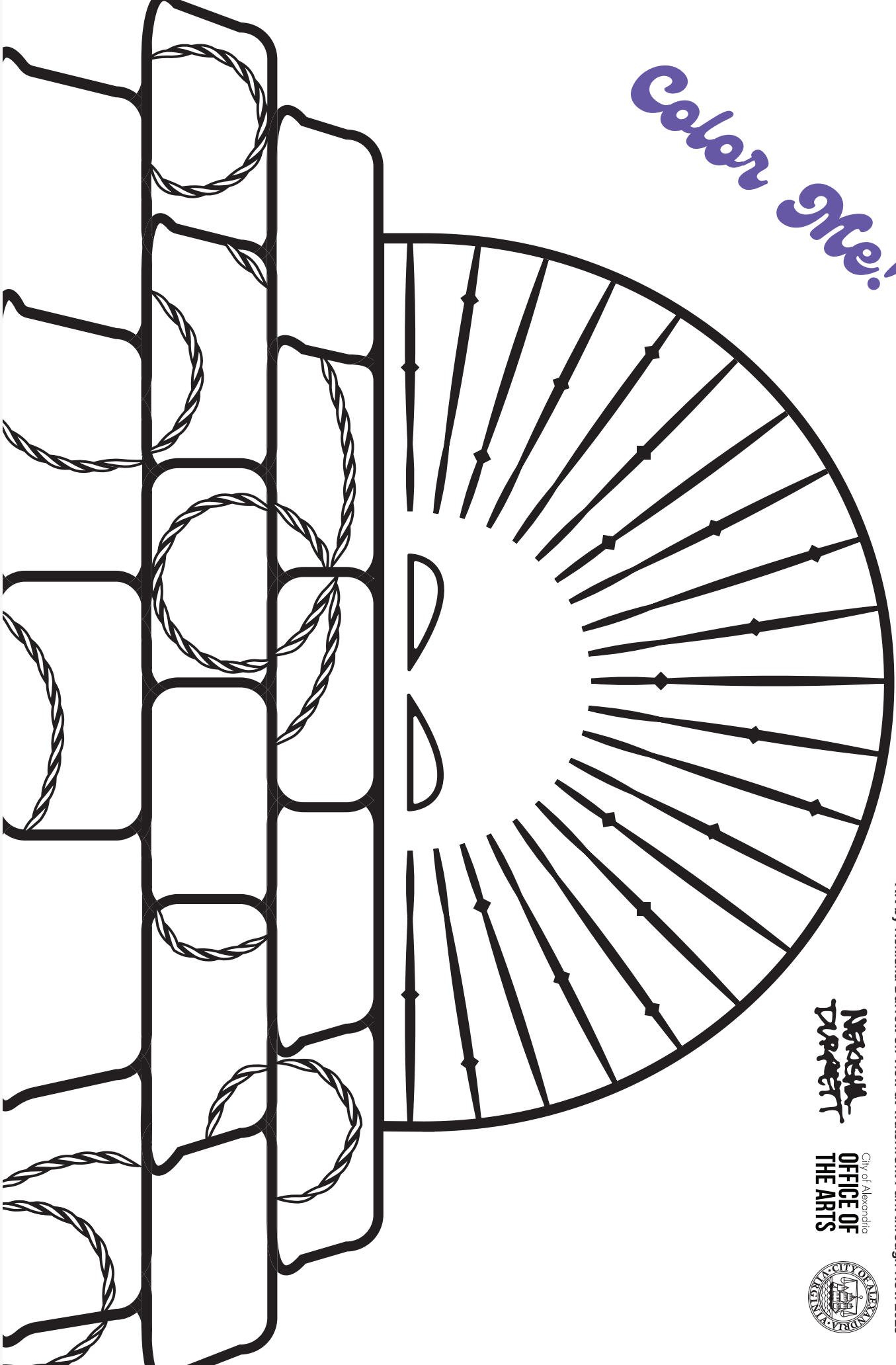
The City of Alexandria has appointed Maria Cristina Donoso as its next Poet Laureate. She will serve a three-year term, continuing the City’s tradition of celebrating poetry and creative expression.

Born in Quito and now residing in Alexandria, Donoso’s poetry often explores themes of migration, girlhood, grief, and motherhood.

As an Ecuadorian American poet, writer, editor, and translator, she is passionate about the role of art in both personal and public life and actively advocates for accessibility in literary, educational, and creative spaces.

Donoso’s work has appeared in *Pleiades*, *Waxwing*, *The Journal*, *The Cincinnati Review*, *The Threepenny Review*, *Best Small Fictions* 2024, and more. She is a former PEN/Faulkner Writer in Residence, a past editor of *Folio Literary Journal* and a finalist for both the 2024 Akron Poetry Prize and the 2024 Gatewood Prize.

Learn more about Literary Programs in Alexandria

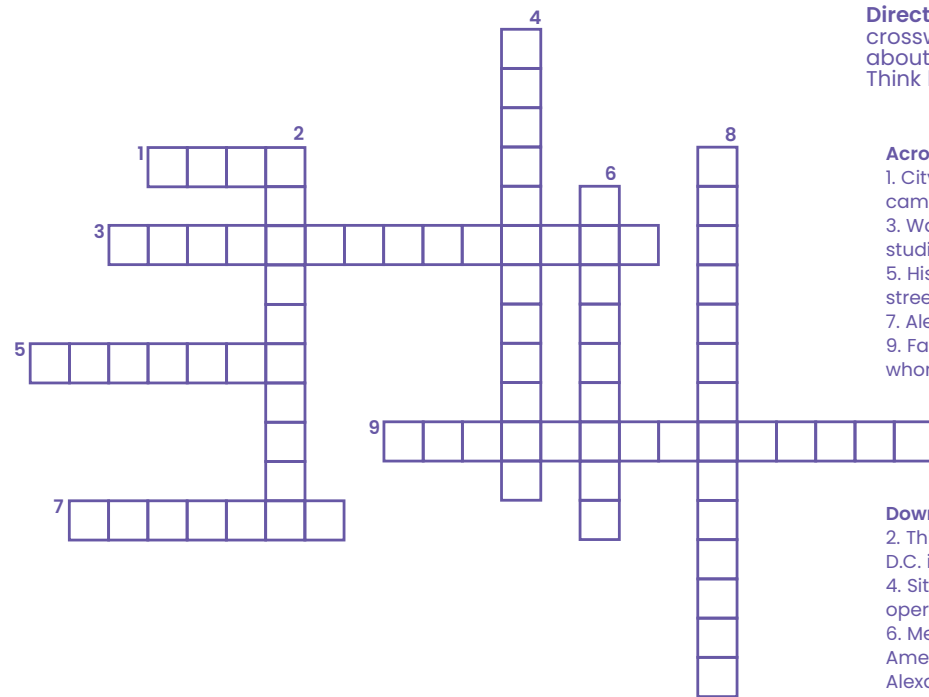


NEKISHA DURRETT
City of Alexandria
OFFICE OF THE ARTS



BREAK WATER
Art by Nekisha Durrett on view at Waterfront Park through Nov. 2025

EXPLORE *Alexandria*



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

Across

1. City department that provides classes, camps & community fun (abbr.)
3. Waterfront landmark known for its art studios & galleries
5. Historic neighborhood with cobblestone streets & boutiques
7. Alexandria is located along this river
9. Famous African American lawyer after whom a recreation center is named

Down

2. This historic shipyard town became part of D.C. in 1791, then returned in 1846
4. Site of a beloved Saturday farmers market, operating since 1753
6. Memorial dedicated to honoring the African Americans who fled to Union-occupied Alexandria during the Civil War
8. Popular outdoor space with waterfront views and a marina

Office of Historic Alexandria



Alexandria residents receive **free admission** to all City-owned museums! For a complete list and hours, visit alexandriava.gov/museums.

Answer Key Across: 1. RFCA, 3. Torpedo Factory, 5. Old Town, 7. Potomac, 9. Charles/Houston Down: 2. Alexandria, 4. Market Square, 6. Freedom, 8. Waterfront Park

TORPEDO FACTORY ART CENTER



Free and open to the public since 1974, with each artist in the building is an independent business.

Explore all three floors of the Art Center at your own pace—walk into any studio with an open door and observe the artists at work!



TorpedoFactory.org [TorpedoFactory](https://www.instagram.com/TorpedoFactory)





**DEPARTMENT OF RECREATION,
PARKS & CULTURAL ACTIVITIES**

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RPCA DOGS

*Your pup's next favorite spot
is just around the corner!*



Ben Brenman Park
Carlyle Dog Park
Duke Street Dog Park
Eugene Simpson
Stadium Park
Monroe Ave. Dog Park
Montgomery Park
Mount Jefferson
Park & Greenway



Braddock Road &
Commonwealth Avenue
Chambliss Park
Chinquapin Park
Fort Williams Park
Founders Park
Four Mile Run Park
Hooff's Run Park
& Greenway
Monticello Park
Tarleton Park
Timberbranch Parkway
Windmill Hill Park

SCAN ME



Visit alexandriava.gov/Dogs

Scan the QR code to download the Dog Parks in Your Neighborhood guide, complete with park rules, a map, and tips for making the most of your visit.

