

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

# Alexandria

## WINTER 2026 Program Guide

Registration Begins

Residents: December 17

Non-residents: December 19

### EXCLUSIVE FEATURES INSIDE

Subscribe to our Newsletter... pg. 1

Mentoring in Alexandria... pg. 21

RPCA Brain Games... pg. 55

# Mentorship Matters



Photo of RPCA Mentors at Armistead L. Boothe Park







# EXPERIENCE Minnie Howard AQUATICS FACILITY

## DISCOVER THE WARM SIDE OF WELLNESS AT MINNIE HOWARD POOL

Find your balance, soothe your body, and dive into relaxation at Minnie Howard Pool — where wellness and community come together.

Experience the difference of our **90° therapy pool**, perfect for gentle movement, recovery, and our **Aqua Soothe for Arthritis** classes.

Join our pop-up **Floating Sound Baths with Simpson Aquatics**, a one-of-a-kind way to relax your mind and body as sound and water combine for a truly immersive experience.

Located inside the Minnie Howard Campus, our pool **unites ACPS and RPCA in a partnership** that brings **wellness to every age and stage**.



## Letter from the RPCA Director



Hello Alexandria,

As winter settles in, I'm reminded of what makes our City so special: the energy, creativity, and strong sense of community that bring people together year-round. I'm excited to share what's ahead this season and beyond.

RPCA invites you to join us for wonderful winter events that celebrate community and togetherness. From festive lights and creative workshops to family fun at our recreation centers, there's something for everyone to enjoy. Look forward to seasonal favorites like the annual "DASHing Words in Motion" poetry contest, the Teen Winter Pool Jam, Valentine's Day parties, Egg Hunts, and much more!

Our work is guided by our enhanced purpose: to create meaningful experiences that inspire community, foster creativity, and enhance the quality of life for everyone in Alexandria.

We're also looking ahead to summer camps in 2026! Registration opens soon, and our team is hard at work creating exciting, memorable experiences for children across the City.

Thank you for being part of the Alexandria community. Together, we're building a city where everyone can grow, play, and thrive. Join the fun with RPCA!

**Hashim T. Taylor**  
Director, Department of Recreation, Parks & Cultural Activities

## subscribe to the RPCA COMMUNITY CONNECTION

Monthly Newsletter

[alexandriava.gov/rpca/community-connection](https://alexandriava.gov/rpca/community-connection)

SCAN ME



MINNIE HOWARD  
AQUATICS FACILITY



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3795 W. Braddock Rd.



Learn More and Dive In  
[ALEXANDRIAVA.GOV/AQUATICS](https://ALEXANDRIAVA.GOV/AQUATICS)



# JOIN RPCA'S COMMISSION

ACHS Alexandria City High School 3330 King St.  
ABPK Armistead L. Boothe Park 520 Cameron Station Blvd.  
BBPK Ben Brennan Park 4800 Brennan Park Dr.  
CLPK Carlyle Park 450 Andrews Lane.  
DKPK Dora Kelley Nature Park 5750 Sanger Ave.  
DMES Douglas MacArthur Elementary School 1101 Janneys Ln.  
FDES Ferdinand T. Day Elementary School 1701 N. Beauregard St.  
FHMS Francis C. Hammond Middle School 4646 Seminary Rd.  
GWMS George Washington Middle School 1005 Mt. Vernon Ave.  
JAES John Adams Elementary School 5651 Rayburn Ave.  
JHES Jefferson Houston School 1501 Cameron St.  
JHPK Joseph Hensley Park 4200 Eisenhower Ave.  
JPES James K. Polk Elementary School 5000 Polk Ave.  
LMFD Limerick Field 1800 Limerick St.  
MGPK Montgomery Park 901 N. Royal St.  
PYPK Potomac Yard Park 2051 Potomac Ave.  
SJSP Schuyler Jones Skatepark 3540 Wheeler Ave.  
TFAC Torpedo Factory Art Center 105 N. Union St.  
WRFD Witter Recreational Fields 2700 Witter Dr.





## Alexandria Swim Academy

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



### Water Explorers 1 +ADULT

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

336301-01	Sa	9-9:30am	1/10-2/14	6	\$95	MHAF
336301-02	Sa	10:45-11:15am	1/10-2/14	6	\$95	MHAF
336301-03	Su	9:35-10:05am	1/11-2/15	6	\$95	MHAF
336301-04	Su	11:20-11:50am	1/11-2/15	6	\$95	MHAF
336301-05	Sa	9-9:30am	2/21-3/28	6	\$95	MHAF
336301-06	Sa	10:45-11:15am	2/21-3/28	6	\$95	MHAF
336301-07	Su	9:35-10:05am	2/22-3/29	6	\$95	MHAF
336301-08	Su	11:20-11:50am	2/22-3/29	6	\$95	MHAF
334262-09	Su	11:20-11:50am	2/22-3/29	6	\$95	CQRC
334262-10	Sa	11:20-11:50am	1/10-2/14	6	\$95	CQRC
334262-11	Sa	9:35-10:05am	1/10-2/14	6	\$95	CQRC
334262-12	Sa	11:20-11:50am	1/10-2/14	6	\$95	CQRC
334262-13	Su	9:35-10:05am	1/11-2/15	6	\$95	CQRC
334262-14	Su	10:45-11:15am	1/11-2/15	6	\$95	CQRC
334262-15	Su	9:20-9:50am	2/22-3/29	6	\$95	CQRC
334262-16	Sa	9:35-10:05am	2/21-3/28	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.

336302-01	Sa	9:35-10:05am	1/10-2/14	6	\$95	MHAF
336302-02	Sa	11:20-11:50am	1/10-2/14	6	\$95	MHAF
336302-03	Su	10:10-10:40am	1/11-2/15	6	\$95	MHAF
336302-04	Su	11:55am-12:25pm	1/11-2/15	6	\$95	MHAF
336302-05	Sa	9:35-10:05am	2/21-3/28	6	\$95	MHAF
336302-06	Sa	11:20-11:50am	2/21-3/28	6	\$95	MHAF
336302-07	Su	10:10-10:40am	2/22-3/29	6	\$95	MHAF
336302-08	Su	11:55am-12:25pm	2/22-3/29	6	\$95	MHAF
334263-17	Sa	11:20-11:50am	2/21-3/28	6	\$95	CQRC
334263-18	Su	9:35-10:05am	2/22-3/29	6	\$95	CQRC
334263-19	Su	10:45-11:15am	2/22-3/29	6	\$95	CQRC
334263-20	Su	10:30-11am	1/11-2/15	6	\$95	CQRC
334263-21	Sa	10:10-10:40am	1/10-2/14	6	\$95	CQRC

334263-22	Sa	11:55am-12:25pm	1/10-2/14	6	\$95	CQRC
334263-23	Su	9-9:30am	1/11-2/15	6	\$95	CQRC
334263-24	Su	11:55am-12:25pm	1/11-2/15	6	\$95	CQRC

### Alex Swim Preschool & Me +ADULT

**Ages 1.5-3 yrs. with adult.** This class is for preschoolers who are not ready to participate in a class independently. Your child will work with you and the instructor to develop basic swimming skills, such as breath control, water entry and exit, floating and gliding, rolling from front to back, and arm and leg movement.

336303-01	Sa	10:10-10:40	1/10-2/14	6	\$95	MHAF
336303-02	Sa	11:55am-12:25pm	1/10-2/14	6	\$95	MHAF
336303-03	Su	9-9:30am	1/11-2/15	6	\$95	MHAF
336303-04	Su	10:45-11:15am	1/11-2/15	6	\$95	MHAF
336303-05	Sa	10:10-10:40am	2/21-3/28	6	\$95	MHAF
336303-06	Sa	11:55am-12:25pm	2/21-3/28	6	\$95	MHAF
336303-07	Su	9-9:30am	2/22-3/29	6	\$95	MHAF
336303-08	Su	10:45-11:15am	2/22-3/29	6	\$95	MHAF
334240-01	Sa	9-9:30am	1/10-2/14	6	\$95	CQRC
334240-02	Sa	10:45-11:15am	2/21-3/28	6	\$95	CQRC
334240-03	Su	10:10-10:40am	1/11-2/15	6	\$95	CQRC
334240-04	Su	11:20-11:50am	1/11-2/15	6	\$95	CQRC
334240-05	Sa	8:45-9:15am	1/10-2/14	6	\$95	CQRC
334240-06	Sa	9-9:30am	2/21-3/28	6	\$95	CQRC
334240-07	Sa	10:45-11:15am	2/21-3/28	6	\$95	CQRC
334240-08	Su	10:10-10:40am	2/22-3/29	6	\$95	CQRC

### 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.

336304-01	Sa	9-9:30am	1/10-2/14	6	\$95	MHAF
336304-02	Sa	9:40-10:10am	1/10-2/14	6	\$95	MHAF
336304-03	Sa	10:20-10:50am	1/10-2/14	6	\$95	MHAF
336304-04	Sa	11-11:30am	1/10-2/14	6	\$95	MHAF
336304-05	Sa	11:40am-12:10pm	1/10-2/14	6	\$95	MHAF
336304-06	Su	9-9:30am	1/11-2/15	6	\$95	MHAF
336304-07	Su	9:40-10:10am	1/11-2/15	6	\$95	MHAF
336304-08	Su	10:20-10:50am	1/11-2/15	6	\$95	MHAF
336304-09	Su	11-11:30am	1/11-2/15	6	\$95	MHAF
336304-10	Sa	9-9:30am	2/21-3/28	6	\$95	MHAF
336304-11	Sa	9:40-10:10am	2/21-3/28	6	\$95	MHAF
336304-12	Sa	10:20-10:50am	2/21-3/28	6	\$95	MHAF
336304-13	Sa	11-11:30am	2/21-3/28	6	\$95	MHAF
336304-14	Sa	11:40am-12:10pm	2/21-3/28	6	\$95	MHAF
336304-15	Su	9-9:30am	2/22-3/29	6	\$95	MHAF
336304-16	Su	9:40-10:10am	2/22-3/29	6	\$95	MHAF
336304-17	Su	10:20-10:50am	2/22-3/29	6	\$95	MHAF
336304-18	Su	11-11:30am	2/22-3/29	6	\$95	MHAF
336304-19	Tu	6-6:30pm	1/13-2/17	6	\$95	MHAF
336304-20	Tu	6-6:30pm	2/24-3/24	5	\$79	MHAF
334248-01	M	5:05-5:35pm	1/5-2/9	5	\$79	CQRC
334248-02	M	5:45-6:15pm	1/5-2/9	5	\$79	CQRC

334248-03	M	6:25-6:55pm	2/23-3/23	5	\$79	CQRC
334248-04	Tu	3:45-4:15pm	1/6-2/10	6	\$95	CQRC
334248-05	Tu	4:25-4:55pm	1/6-2/10	6	\$95	CQRC
334248-06	Tu	5:45-6:15pm	2/24-3/24	6	\$95	CQRC
334248-07	Tu	6:25-6:55pm	1/6-2/10	6	\$95	CQRC
334248-08	W	4:25-4:55pm	2/25-3/25	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.

336305-01	Sa	9-9:30am	1/10-2/14	6	\$95	MHAF
336305-02	Sa	9:40-10:10am	1/10-2/14	6	\$95	MHAF
336305-03	Sa	11-11:30am	1/10-2/14	6	\$95	MHAF
336305-04	Su	9-9:30am	1/11-2/15	6	\$95	MHAF
336305-05	Su	9:40-10:10am	1/11-2/15	6	\$95	MHAF
336305-06	Su	10:20-10:50am	1/11-2/15	6	\$95	MHAF
336305-07	Tu	6:40-7:10pm	1/13-2/17	6	\$95	MHAF
336305-08	Sa	9-9:30am	2/21-3/28	6	\$95	MHAF
336305-09	Sa	9:40-10:10am	2/21-3/28	6	\$95	MHAF
336305-10	Sa	11-11:30am	2/21-3/28	6	\$95	MHAF
336305-11	Su	9-9:30am	2/22-3/29	6	\$95	MHAF
336305-12	Su	9:40-10:10am	2/22-3/29	6	\$95	MHAF
336305-13	Su	10:20-10:50am	2/22-3/29	6	\$95	MHAF
336305-14	Tu	6:40-7:10pm	2/24-3/24	5	\$79	MHAF
334249-01	M	4:25-4:55pm	1/5-2/9	5	\$79	CQRC
334249-02	M	5:05-5:35pm	1/5-2/9	5	\$79	CQRC
334249-03	M	6:25-6:55pm	2/23-3/23	5	\$79	CQRC
334249-04	Tu	5:05-5:35pm	1/6-2/10	6	\$95	CQRC
334249-05	Tu	5:05-5:35pm	2/24-3/24	6	\$95	CQRC
334249-06	Tu	5:45-6:15pm	1/6-2/10	6	\$95	CQRC
334249-07	W	3:45-4:15pm	1/7-2/11	6	\$95	CQRC
334249-08	W	5:05-5:35pm	2/25-3/25	6	\$95	CQRC

### Alex Swim Preschool 3

**Ages 3-5.** Preschool 3 participants should already be able to swim independently with combined arm and leg actions on front and back for three body lengths. Preschool 3 milestones include: treading or floating for 15 seconds, then swimming on front and/or back for 5 body lengths, then exiting the water, and recovering body position from front to back and back to front, then continuing to swim for several body lengths independently. Students transitioning to Youth Level swim will enroll in Alex Swim Level 2.

336308-01	Sa	10:20-10:50am	1/10-2/14	6	\$95	MHAF
336308-02	Sa	12:20-12:50pm	1/10-2/14	6	\$95	MHAF
336308-03	Su	11-11:30am	1/11-2/15	6	\$95	MHAF
336308-04	Su	12:20-12:50pm	1/11-2/15	6	\$95	MHAF
336308-05	Sa	10:20-10:50am	2/21-3/28	6	\$95	MHAF
336308-06	Sa	12:20-12:50pm	2/21-3/28	6	\$95	MHAF
336308-07	Su	11-11:30am	2/22-3/29	6	\$95	MHAF
336308-08	Su	12:20-12:50pm	2/22-3/29	6	\$95	MHAF
334247-01	M	3:45-4:15pm	1/5-2/9	5	\$79	CQRC



334247-02	M	5:45-6:15pm	1/5-2/9	5	\$79	CQRC
334247-03	Tu	5:05-5:35pm	1/6-2/10	6	\$95	CQRC
334247-04	Tu	6:25-6:55pm	2/24-3/24	6	\$95	CQRC
334247-05	W	4:25-4:55pm	1/7-2/11	6	\$95	CQRC
334247-06	W	6:25-6:55pm	1/7-2/11	6	\$95	CQRC
334247-07	W	7:05-7:35pm	2/25-3/25	6	\$95	CQRC
334247-08	Th	5:05-5:35pm	1/8-2/12	6	\$95	CQRC
334247-09	Th	6:25-6:55pm	1/8-2/12	6	\$95	CQRC
334247-10	Th	7:05-7:35pm	2/26-3/26	6	\$95	CQRC
334247-11	Sa	9:40-10:10am	1/10-2/14	6	\$95	CQRC
334247-12	Sa	11:40am-12:10pm	1/10-2/14	6	\$95	CQRC
334247-13	Su	10:20-10:50am	1/11-2/15	6	\$95	CQRC
334247-14	Su	11:40am-12:10pm	2/22-3/22	6	\$95	CQRC
334247-15	Th	5:15-5:45pm	2/19-3/26	6	\$95	CQRC
334247-16	Sa	10:30-11am	2/21-3/28	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/side, traveling at least 5 yards, bobbing 5 times, opening eyes underwater, retrieving a submerged object; with assistance: gliding on front at least 2 body lengths, rolling to a back float for 5 seconds, recovering to a vertical position, combined arm and leg actions on front and back, and alternating and simultaneous arm and leg actions on front and back.

336307-01	Sa	11:40am-12:10pm	1/10-2/14	6	\$95	MHAF
336307-02	Su	12:20-12:50pm	1/11-2/15	6	\$95	MHAF
336307-03	Tu	7:20-7:50pm	1/13-2/17	6	\$95	MHAF
336307-04	Th	6-6:30pm	1/15-2/19	6	\$95	MHAF
336307-05	Sa	11:40am-12:10pm	2/21-3/28	6	\$95	MHAF
336307-07	Tu	7:20-7:50pm	2/24-3/24	5	\$79	MHAF
336307-08	Th	6-6:30pm	2/26-3/26	5	\$79	MHAF
334241-03	Tu	3:45-4:15pm	1/13-2/17	6	\$95	CQRC
334241-04	W	5:45-6:15pm	1/14-2/18	6	\$95	CQRC
334241-05	Sa	10:20-10:50am	1/10-2/14	6	\$95	CQRC
334241-06	Su	9-9:30am	3/1-29	5	\$79	CQRC
334241-07	Th	7:05-7:35pm	1/8-2/12	6	\$95	CQRC
334241-08	Sa	9-9:30am	1/10-2/14	6	\$95	CQRC
334241-09	Sa	10:20-10:50am	2/28-3/28	5	\$79	CQRC
334241-10	Sa	11:40am-12:10pm	2/28-3/28	5	\$79	CQRC
334241-11	Su	11-11:30am	1/11-2/15	6	\$95	CQRC
334241-12	Su	10:20-10:50am	1/11-2/15	6	\$95	CQRC
334241-13	W	3:45-4:15pm	2/25-3/25	5	\$79	CQRC
334241-14	Th	4:30-5pm	2/26-3/26	5	\$79	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.

336313-01	Sa	12:20-12:50pm	1/10-2/14	6	\$
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336313-04	Sa	12:20-12:50pm	2/21-3/28	6	\$95	MHAF
336313-06	Th	6:40-7:10pm	2/26-3/26	5	\$79	MHAF
334242-01	M	4:25-4:55pm	2/23-3/23	5	\$79	CQRC
334242-02	M	6:25-6:55pm	2/23-3/23	5	\$79	CQRC
334242-03	Tu	4:25-4:55pm	1/6-2/10	6	\$95	CQRC
334242-04	Tu	5:45-6:15pm	1/6-2/10	6	\$95	CQRC
334242-05	W	3:45-4:15pm	1/7-2/11	6	\$95	CQRC
334242-06	W	5:05-5:35pm	1/7-2/11	6	\$95	CQRC
334242-07	W	5:45-6:15pm	2/25-3/25	5	\$79	CQRC
334242-08	Th	3:45-4:15pm	1/8-2/12	6	\$95	CQRC
334242-09	Th	5:05-5:35pm	1/8-2/12	6	\$95	CQRC
334242-10	Th	6:25-6:55pm	2/26-3/26	5	\$79	CQRC
334242-11	Sa	9-9:30am	1/10-2/14	6	\$95	CQRC
334242-12	Sa	9:40-10:10am	1/10-2/14	6	\$95	CQRC
334242-13	Sa	11-11:30am	2/28-3/28	5	\$79	CQRC
334242-14	Su	11-11:30am	1/11-2/15	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.

336309-01	Sa	12:20-12:50pm	1/10-2/14	6	\$95	MHAF
336309-02	Th	7:20-7:50pm	1/15-2/19	6	\$95	MHAF
336309-04	Th	7:20-7:50pm	2/26-3/26	5	\$79	MHAF
334243-01	M	5:05-5:35pm	2/23-3/23	5	\$79	CQRC
334243-02	M	7:05-7:35pm	2/23-3/23	5	\$79	CQRC
334243-03	Tu	5:05-5:35pm	1/6-2/10	6	\$95	CQRC
334243-04	Tu	6:25-6:55pm	2/24-3/24	5	\$79	CQRC
334243-05	W	4:25-4:55pm	1/7-2/11	6	\$95	CQRC
334243-06	W	6:25-6:55pm	1/7-2/11	6	\$95	CQRC
334243-07	Th	4:25-4:55pm	1/8-2/12	6	\$95	CQRC
334243-08	Th	5:45-6:15pm	1/8-2/12	6	\$95	CQRC
334243-09	Sa	10:20-10:50am	1/10-2/14	6	\$95	CQRC
334243-10	Sa	11-11:30am	1/10-2/14	6	\$95	CQRC
334243-11	Sa	11:40am-12:10pm	2/28-3/28	5	\$79	CQRC
334243-12	Su	10:20-10:50am	1/11-2/15	6	\$95	CQRC
334243-13	Su	11:40am-12:10pm	1/11-2/15	6	\$95	CQRC
334243-14	Sa	9-9:30am	2/28-3/28	5	\$79	CQRC

## Alex Swim Level 4

**Ages 6-12.** Milestones include performing shallow dive/dive from stride position, open turns on front and back using any stroke, throwing assist, swim underwater, tread water, compact jump, feet-first surface dive, front and back crawl, swim on side using scissors-like kick, breaststroke, butterfly, elementary backstroke.

334244-01	M	4:25-4:55pm	1/5-2/9	6	\$95	CQRC
334244-02	Tu	7:05-7:35pm	1/6-2/10	6	\$95	CQRC
334244-03	Th	7:05-7:35pm	1/8-2/12	6	\$95	CQRC
334244-04	Sa	9:40-10:10am	1/10-2/14	6	\$95	CQRC
334244-05	Su	9-9:30am	1/11-2/15	6	\$95	CQRC
334244-06	M	5:05-5:35pm	1/5-2/9	6	\$95	CQRC

334244-07	Th	6:25-6:55pm	2/19-3/26	6	\$95	CQRC
334244-08	W	7:30-8pm	2/18-3/25	6	\$95	CQRC
334244-09	Sa	9:30-10am	2/21-3/28	6	\$95	CQRC
334244-10	Sa	11-11:30am	2/21-3/28	6	\$95	CQRC
334244-11	Tu	7:30-8pm	1/6-2/10	6	\$95	CQRC

## Alex Swim Level 5

**Ages 6-12.** Stroke Refinement. Milestones include learning survival swimming, and performing rescue breathing, standing dive, open turns on front and back, front and back crawl, tuck surface dive, pike surface dive, front- and backstroke flip turn, elementary backstroke, butterfly, breaststroke, and sidestroke.

334245-01	M	7:05-7:35pm	1/5-2/9	5	\$79	CQRC
334245-02	Tu	7:05-7:35pm	1/6-2/10	6	\$95	CQRC
334245-03	W	7:05-7:35pm	1/7-2/11	6	\$95	CQRC
334245-04	Sa	9-9:30am	1/10-2/14	6	\$95	CQRC
334245-05	Su	9:40-10:10pm	1/11-2/15	6	\$95	CQRC
334245-06	Su	8:45-9:15am	1/11-2/15	6	\$95	CQRC
334245-07	Su	12:30-1pm	2/22-3/29	6	\$95	CQRC
334245-08	W	6:45-7:15pm	2/18-3/25	6	\$95	CQRC
334245-09	W	7:30-8pm	2/18-3/25	6	\$95	CQRC
334245-10	Th	6:45-7:15pm	2/19-3/26	6	\$95	CQRC

## Alex Swim Level 6

**Ages 6-12.** Swimming and Skill Proficiency. This class refines strokes for greater ease, efficiency, power, and smoothness over longer distances. Level 6 offers "menu" options to prepare students for advanced courses: Level 6a-Lifeguard Readiness and Level 6b-Fundamentals of Diving.

334246-01	Sa	12:15-1pm	1/10-2/14	6	\$95	CQRC
334246-02	W	7:30-8pm	1/7-2/11	6	\$95	CQRC
334246-03	Sa	10:15-10:45am	1/10-2/14	6	\$95	CQRC
334246-04	Su	1:30-2:15pm	2/22-3/29	6	\$95	CQRC
334246-05	W	7:30-8pm	2/18-3/25	6	\$95	CQRC
334246-06	Su	1:30-2:15pm	2/22-3/29	6	\$95	CQRC
334246-07	Sa	12:30-1pm	2/21-3/28	6	\$95	CQRC

## Adult Beginner Swim

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

336312-01	Tu	8-8:45pm	1/13-2/10	5	\$119	MHAF
336312-02	Tu	8-8:45pm	2/24-3/24	5	\$119	MHAF
334230-01	Tu	12:15-1pm	1/13-2/10	5	\$119	CQRC
334230-02	Su	12:15-1pm	2/22-3/22	5	\$119	CQRC

## Adult Intermediate & Advanced Swim

**Ages 13 & up.** Intermediate Swimming builds on skills learned in Beginner Swim. Advanced swimmers practice rotary breathing, open or flip turns for 100 yards, back crawl for 50 yards, and optional breaststroke for 50 yards.

336315-01	Th	8-8:45pm	1/15-2/19	6	\$139	MHAF
336315-02	Th	8-8:45pm	2/26-3/26	5	\$119	MHAF
334231-01	Tu	7:45-8:30pm	1/13-2/10	5	\$119	CQRC
334231-02	W	7:45-8:30pm	1/14-2/11	5	\$119	CQRC
334231-13	Tu	7:45-8:30pm	2/24-3/24	5	\$119	CQRC
334231-14	Th	7:45-8:30pm	2/26-3/26	5	\$119	CQRC

## Specialty Aquatics

### We Aquatics

**Ages 4 & up.** Private swim lessons offer personalized instruction for youth and adults at any skill level. Your instructor tailors each session to your goals, building on strengths and improving technique. \$60 per class. Register at weaquatics.com or email info@weaquatics.com.

339701-01	M-Su	10am-7:45pm	1/2-4/5	94	\$60	CQRC
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### Lifeguard Training Certification Program

**Ages 15 & up.** Become a certified lifeguard with the City of Alexandria! This blended Red Cross course teaches water rescue, CPR, AED, and first aid. Fee waivers are available for participants who complete swim-tread-swim and timed dive/retrieve prerequisites, successfully finish the course, and are hired. Email Chinquapin@alexandriava.gov for details.

334270-01	Sa,Su,M	8am-7pm	2/14-16	3	\$425	CQRC
334270-02	F-Su	8am-7pm	3/20-22	3	\$425	CQRC
334270-03	W-F	8am-7pm	4/1-3	3	\$425	CQRC

### Swim Like a Mermaid, Merman, or Merson

**Ages 16 & up.** Make a splash and discover the joy of swimming with a mermaid tail! In this playful introduction to mermaiding, you'll learn the dolphin kick, basic tail-swimming techniques, and a few beginner tricks, all while building confidence and having fun. No tail required; loaners provided.

334271-01	Th	7-8pm	1/8-2/5	5	\$175	CQRC
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### Intermediate Mermaiding **NEW!**

**Ages 16 & up.** Already comfortable swimming in a mermaid tail? Take your mer-skills to the next level! This class builds on foundational techniques with new underwater choreography, advanced tricks, and creative movement. Strengthen your core, refine your form, and channel your inner merfolk.

334272-01	Th	7-8pm	2/12-3/19	6	\$175	CQRC
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### Masters Swimming

**Ages 18 & up.** Ready to take your swimming to the next level? Join our coached, low-impact workouts designed for adults of all ages, perfect for improving fitness, refining technique, training for triathlons, or just enjoying the fun of swimming with others.

334237-01	Tu,Th	6-7am	1/6-2/26	16	\$240	CQRC
334237-02	Tu,Th	6-7am	3/3-26	8	\$125	CQRC

### Learn to Swim With Simpson Aquatics **NEW!**

**Age Varies.** For pricing, registration, and class descriptions, please visit simpsonsaquatics.com or email support@simpsonaquatics.com

#### Aqua Babies

339704-01	Varies	MHAF
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#### Aqua Seedlings

339704-02	Varies	MHAF
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#### Water Buds

339704-03	Varies	MHAF
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#### Ripple Masters

339704-04	Varies	MHAF
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#### Adult Swim Lessons

339704-05	Varies	MHAF
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## Aqua Fitness

### **DROP-IN**

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

### Aqua Soothe for Arthritis **DROP-IN**

**Ages 16 & up.** This low impact class will focus on critical pillars of healthy aging: joint mobility, muscle flexibility, posture and balance. Learn more about the instructor Candice Kaup at ontheforwellness.com or call 703.863.1898. Pre-registration preferred, as class will be cancelled with less than 5 sign-ups in advance.

336321-01	W	6:30-7:15pm	1/7-3/25	12	\$185	MHAF
336321-06	M	1:30-2:15pm	1/19	1	\$25	MHAF
336321-07	F	1:30-2:15pm	1/23	1	\$25	MHAF
336321-08	M	1:30-2:15pm	1/26	1	\$25	MHAF
336321-09	M	1:30-2:15pm	2/16	1	\$25	MHAF
336321-10	F	1:30-2:15pm	3/20	1	\$25	MHAF

### Aqua Soothe for Expectant Mothers **DROP-IN NEW!**

**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, you will learn how to strengthen your core and pelvic floor, improve your posture, ease your back pain, and improve your breathing. Learn more about the instructor Candice Kaup at ontheforwellness.com or call 703.863.1898.

336325-01	W	7:20-8:05pm	1/7-3/25	12	\$185	MHAF
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### Water Walking **DROP-IN**

**Ages 16 & up.** Experience the joy of walking on water with Coast to Coast Fitness! Move to your favorite tunes in a fun, waist-deep aquatic workout that's low-impact and high-energy. Led by expert instructors, each class blends endurance training, muscle toning, and deep stretching using water-based equipment. Enjoy a full warm-up, cardio sets, and a relaxing cool-down, all in a vibrant, supportive environment. Dive in and discover a refreshing way to build strength and vitality!

334221-01	Tu & Th	10:55-11:55am	1/13-3/26	22	\$265	CQRC
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### Shallow Water Aerobics **DROP-IN**

**Ages 18 & up.** A fun, low-impact workout held in the shallow end of the pool. This class combines cardio, strength, and flexibility exercises using the natural resistance of water, perfect for all fitness levels and easy on the joints.

334273-01	F	9-10am	1/2-3/27	13	\$237	CQRC
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### 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.

334222-01	M & W	9-10am	1/5-2/4	10	\$175	CQRC
334222-02	M & W	9-10am	2/16-3/25	12	\$209	CQRC





# Aquatics

alexandriava.gov/Aquatics

## Deep Water Aqua Aerobics (DROP-IN)

**Ages 18 & up.** Designed for a complete body workout with zero impact and stress on joints, yet 100% cardio and muscle involvement. Flotation support is provided and no swimming experience necessary.

334224-01	M, W	10:10-11:10am	1/5-2/4	10	\$175	CQRC
334224-02	M, W	10:10-11:10am	2/16-3/25	12	\$209	CQRC

## 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.

334225-01	M	6:30-7:30pm	1/5-3/23	10	\$175	CQRC
334225-02	Su	9-9:50am	1/4-3/22	12	\$209	CQRC

## Get in Deep With Candice (DROP-IN)

**Ages 18 & 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 the instructor Candice Kaup at ontheforwellness.com or call 703.863.1898.



334218-01	M	6:30-7:15pm	1/5-3/23	12	\$185	CQRC
336320-01	Tu	6:30-7:15pm	1/6-3/24	12	\$185	MHAF

## 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.

334229-01	Tu, Th	6:30-7:30pm	1/6-3/26	24	\$409	CQRC
334229-02	Sa	9:05-9:55am	1/10-3/28	12	\$209	CQRC

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

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

334217-01	Tu, Th	8:15-9am	1/6-3/26	24	\$339	CQRC
334217-02	Tu, Th	9:30-10:15am	1/6-3/26	24	\$339	CQRC

## Simpson Aquatics Exercise & Wellness

**Age Varies.** For pricing, registration, and class descriptions, please visit simpsonsaquatics.com or email support@simpsonsaquatics.com

### My Body Don't Bend That Way

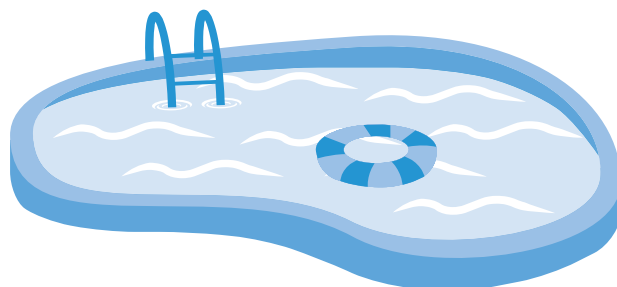
339705-07	Varies	MHAF
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### Warm Water Arthritis Foundation Aquatic Program

339704-08	Varies	MHAF
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### Warm Water Sound Bath

339704-09	Varies	MHAF
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# Aquatics

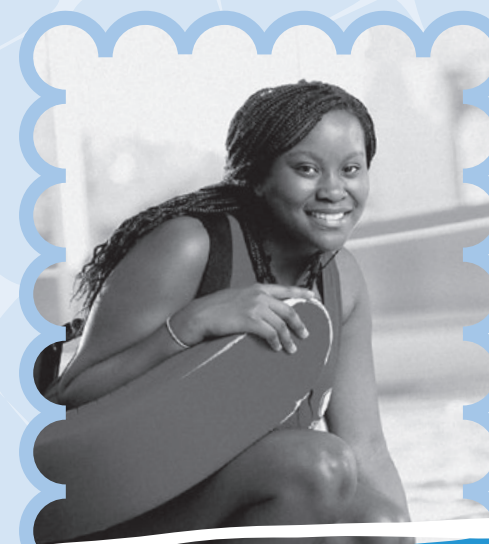
alexandriava.gov/Aquatics

## 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 our training\* class by emailing [Chinquapin@alexandriava.gov](mailto:Chinquapin@alexandriava.gov).

*\*RPCA applicants are eligible for waived fees.*



Join our team today!  
alexandriava.gov/Aquatics  
703.746.5435



## 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.





Mind/Body Wellness

Family Health & Fitness

**All Ages.** Join us for an evening of family fun and fitness! Enjoy interactive stations led by staff and volunteers featuring sports, cardio, nutrition tips, weight training, and more—all designed to help families stay active and healthy together.

313718-01	F	6:30-8:30pm	3/27	1	Free	LARC
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Candlelight Yoga

**Ages 16 & up.** Take a break from your busy schedule to relax and reconnect with your breath through candlelight vinyasa flow. This calming class helps clear the mind and refocus for the week ahead, perfect for all levels, from beginners to experienced yogis.

314219-02	W	7-8am	1/14-3/25	11	\$165	CQRC
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Essentrics: Classical Stretch

**Ages 18 & up.** This workout increases joint movement, flexibility, strength, and energy, while relieving pain. Based on Tai Chi flowing movements for balanced health, ballet theories for long, lean muscles, and healing powers of physiotherapy. Please bring a mat.

313113-01	M	12-1pm	1/5-3/16	8	\$99	ODRC
313113-02	Tu	12-1pm	1/6-3/17	11	\$135	CHRC
313113-03	Th	6-7am	1/8-3/19	10	\$125	CQRC
313113-04	W	10:30-11:30am	1/14-3/18	10	\$125	PHRC

Yoga Workshops

**Ages 18 & up.** This workshop focuses on slow, gentle movements and breathing, designed to help release chronic tension, improve body awareness, and calm the nervous system. Open to anyone seeking to reduce stress, improve mobility, or simply feel more at home in their body. All levels welcome, and no prior yoga experience is needed. Come as you are, and get ready to move, breathe, and feel with compassion and curiosity.

313136-01	Sa	9-10:15am	1/10	1	\$15	LEEC
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Slow Flow With Amy

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

313635-01	M	6:30-7:30pm	1/12-4/6	11	\$115	CHRC
313635-02	Sa	9:10-10:10am	1/17-3/28	11	\$115	CHRC

Pilates Barre

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

313628-01	M	9:30-10:30am	1/12-3/30	10	\$165	CHRC
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Intro to Power Yoga

**Ages 18 & up.** This beginner series covers the history of yoga, fundamental

principles of alignment, and breath work. Students learn foundational poses through guided instruction and demonstration, with a focus on understanding, safety, and stability.

313633-01	Sa	10:20-11:20am	1/17-3/28	11	\$115	CHRC
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Gentle Yoga

**Ages 18 & up.** This class focuses on creating more stability and balance in standing and seated poses, work on improving strength and flexibility, and connect to a quieter space within with restorative and reclined poses.

313126-01	M	10-11am	2/9-3/16	6	\$65	CHRC
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Pop-up: Breathwork & Meditation for Calm & Self-Regulation

**NEW! Ages 25 & up.** Feeling stuck in worry, scattered, or low on energy? Join Lisa, Certified Yoga Therapist (C-IAYT/1,000 E-RYT 500), for an introduction to meditation and intentional breathing practices. These yoga-based tools help regulate the nervous system, calm the mind, and restore balance. Learn and practice techniques to support self-regulation and reconnect with your well-being.

313156-01	M	5-6pm	1/5	1	\$19	ODRC
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Stretch & Flow Yoga

**Ages 40 & up.** Feeling depleted and agitated? Interested in reigniting a sense of balance, focus, and strength while simultaneously stretching tight/contracted muscles in the body? Join Lisa, E-RYT 500 and Certified Yoga Therapist (1,000 hours), for a class ideal for all levels. This class supports individuals in reducing muscle tension, improving posture and confidence in the body, and promoting greater release and ease in the body and the mind.

313146-01	Tu	5-6pm	1/6-3/17	9	\$155	ODRC
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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.

313152-01	Tu	9:30-10:30am	1/6-3/17	9	\$155	PHRC
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Pop-up: Chair Yoga: Balance, Strength, Posture

**Ages 50 & up.** Join Lisa, Certified Yoga Therapist (C-IAYT/1,000 E-RYT 500), for a Pop-Up Chair Yoga Class. Try something different—build strength, improve balance, increase flexibility, and ease your mind with the support of a chair and wall. Learn conscious breathing and gentle movements that boost confidence, mobility, and lung health.

313155-01	M	9:30-10:30am	1/5	1	\$15	ODRC
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Chair Yoga: Balance, Strength, Posture

**Ages 50 & up.** Join Lisa, Certified Yoga Therapist (C-IAYT/1,000, E-RYT 500), for a new kind of chair yoga that empowers your body and calms your mind in a safe, sustainable way. Using a chair and wall for support, you'll build strength, confidence, balance, flexibility, and mobility while practicing conscious breathing to boost lung function. Sessions include

guided transitions between chair, standing, and floor movements to support overall health.

313154-01	W	9:30-10:30am	1/7-3/18	9	\$225	ODRC
313154-02	W	11am-12pm	1/7-3/18	9	\$225	ODRC

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

**Ages 55 & up.** Chair Yoga is a gentle, low-impact and accessible yoga class for beginners, 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.

314038-01	F	9:30-10:30am	1/30-3/20	8	\$55	PHRC
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Essentrics **55+**

**Ages 55 & up.** A low-impact full-body workout for all fitness levels that blends stretching and strengthening through flowing movements. Improve flexibility, mobility, posture, and muscle tone, while promoting balance, circulation, and injury prevention with a focus on functional, graceful movement.

314110-01	Th	9:30-10:15am	2/19-3/26	6	\$65	WRRC
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Cardio Workout

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.

319701-01	M-Th	5:15-6:15pm	1/5-3/19	42	Varies	ODRC
319701-02	M,W,Th	6:30-7:15pm	1/5-3/19	31	Varies	ODRC
319701-03	Su	9-10am	1/4-3/15	11	Varies	ODRC
319701-04	Sa	9-9:45am	1/3-3/14	11	Varies	NLRC

Zumba

**Ages 16 & 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.

313107-01	M	5:30-6:15pm	1/12-4/6	11	\$139	CHRC
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Marathon Madness

**Ages 18 & up.** Join the Challenge! Are you ready to run a marathon in 30 days? Your goal is to accumulate 26.2 miles in 30 days. Every day, after you run, drop your tracking tab off to the 'Marathon Madness' box in Charles Houston's lobby. Make sure to include your name & date. Those who complete 'Marathon Madness' will get a prize. You can pick up your tracking tabs at the front desk. Happy Trails!

383634-01	M-Su	12am-12am	1/5-2/5	32	Free	CHRC
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Beatz & Sweat: Hip Hop Cardio

**Ages 18 & 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.

313619-01	W	6-6:45pm	1/14-3/25	11	\$55	CHRC
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Hi/Lo Impact Aerobics **DROP-IN**

**Ages 18 & up.** The class, designed for all levels, includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to music to energize you and to have fun.

313634-01	Th	10:45-11:45am	1/15-3/26	11	\$65	CHRC
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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.

314001-01	W	9:30-10:30am	1/14-2/18	6	\$55	PHRC
314001-02	W	9:30-10:30am	2/25-4/1	6	\$55	PHRC

Western Line Dancing 55+ **55+**

**Ages 55 & up.** Join us for a fun, low-impact Western Line Dancing class! Stay active, improve coordination, and enjoy classic country music in a friendly, social setting. No partner or dance experience needed.

314109-01	Th	10:30-11:15am	1/15-2/12	5	\$55	WRRC
314109-02	Th	10:30-11:15am	2/26-3/26	5	\$55	WRRC

Cardio & Strength

Fitness with Coach Jason

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

313806-01	W	6:15-7:15pm	1/14-2/18	6	\$109	MVRC
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Kids Fitness Bootcamp

**Ages 6-12.** Engage in circuit training and games to build strength, balance, and cardio capacity through enjoyable play.

314214-01	Th	5:15-6pm	2/19-3/12	4	\$99	CQRC
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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!

314033-01	Th	5:30-6:30am	1/15	1	Free	PHRC
314033-02	Th	5:30-6:30am	2/12	1	Free	PHRC
314033-03	Th	5:30-6:30am	3/12	1	Free	PHRC





# Exercise & Fitness

alexandriava.gov/RPCA/Fitness

## TSP Adult Bootcamp

**Ages 18 & up.** 45 minutes of constant movement set to energizing music, followed by low-impact stretching and breathwork. The instructor focuses on natural movements to boost strength, flexibility, and posture while giving you a great cardio workout. Expect dynamic stretches, full-body conditioning, and cardio kickboxing with modifications for all ages and fitness levels.

313157-01	M	4:30-5:30pm	1/5-3/9	8	\$199	ODRC
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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.

342166-01	Tu	6:30-7:30am	1/6-3/24	12	\$135	CQRC
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## ChinquaCircuit

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

314208-01	Tu	9-9:45am	1/6-3/24	12	\$135	CQRC
314208-02	Sa	9-9:45am	1/3-3/28	13	\$145	CQRC

## Small Group Training for Women

**Ages 18 & up.** Our hour-long class combines muscle-building exercises with targeted conditioning to improve overall fitness. Enjoy active recovery with personalized cardio, followed by core-strengthening moves for enhanced

balance and stability. Relax and rejuvenate with guided meditation and breathwork. Register at [lungrenfitnessandwellness.com](http://lungrenfitnessandwellness.com) or email [jennifer@lungrenfitnessandwellness.com](mailto:jennifer@lungrenfitnessandwellness.com)

313145-01	Tu	9:15-10:15am	1/6-3/17	11	Varies	PHRC
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## FIT4MOM Alexandria

**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 to register, visit [alexandria.fit4mom.com](http://alexandria.fit4mom.com).



319708-01	W	9:30-10:30am	1/7-3/18	11	Varies	ODRC
319708-02	M	6:30-7:30am	1/5-3/16	11	Varies	PHES
319708-03	F	9:30-10:30am	1/9-3/20	11	Varies	ODRC
319708-04	M	9:30-10:30am	1/5-3/16	11	Varies	ODRC
319708-05	Sa	9:15-10:15am	1/10-3/21	11	Varies	PHES

## HIIT (High Intensity Interval Training)

**Ages 18 & up.** A 30-minute, full-body workout alternating cardio and strength intervals with short recovery. Builds muscle, burns fat, and boosts metabolism, leaving participants feeling strong and energized.

313121-01	Th	5-5:30pm	1/8-2/5	5	\$119	ODRC
313121-02	Th	5-5:30pm	2/19-3/12	4	\$95	ODRC

# Exercise & Fitness

alexandriava.gov/RPCA/Fitness



## Senior Body Parts Aerobics 55+

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

314005-01	M	10-11am	1/12-3/2	6	\$55	PHRC
314005-02	M	10-11am	3/9-30	4	\$35	PHRC

## Senior Cardio & Weight Training 55+

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

314011-01	W	12-1pm	1/14-2/18	6	\$55	PHRC
314011-02	W	12-1pm	2/25-4/1	6	\$55	PHRC

## Advanced Senior Body Part Aerobics 55+

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

314027-01	F	10-11am	1/16-2/20	6	\$65	PHRC
314027-02	F	10-11am	2/27-4/3	6	\$65	PHRC

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

**Ages 55 & up.** Stay strong and steady with this low-impact fitness class designed to improve balance, strength, and flexibility. Perfect for adults 55 and older looking to maintain independence and enhance overall wellness in a supportive, friendly setting.

314111-01	F	10:30-11:15am	1/16-3/27	10	Free	WRRC
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## Stay Active/Independent for Life-Standing (SAIL) 55+

**Ages 55 & up.** Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

314028-01	Tu, Th	9:30-10:30am	1/13-3/26	22	Free	PHRC
314028-02	Tu, Th	11-12am	1/15-4/2	23	Free	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.

314024-01	Th	9:30-11:30am	1/22-3/26	10	Free	PHRC
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## Tai Chi: Gentle Movement for Balance & Wellness 55+

**Ages 55 & up.** Seniors Tai Chi is a low-impact, meditative exercise program designed for all fitness levels to improve balance, flexibility, and overall wellness, support joint health, and reduce fall risk. Movements are slow, flowing, and easy to follow.

314041-01	M	9:30-10:30am	1/26-3/23	8	\$55	PHRC
314041-02	W	11-12am	1/28-3/4	6	\$45	PHRC

## Tabata

**Ages 18 & up.** 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.

314277-01	Th	7-8am	1/8-3/26	12	\$135	CQRC
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## TSP Tai Chi/Breathwork

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

313258-01	Sa	6-7pm	1/10-2/7	5	\$89	ODRC
313258-02	Sa	6-7pm	2/21-3/14	4	\$75	ODRC

## 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.

313603-01	M, W	6:30-7:30pm	1/12-2/18	10	\$115	CHRC
313603-02	M, W	6:30-7:30pm	3/2-4/1	10	\$115	CHRC

## Shadow Boxercise Level I

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

313702-01	Tu, Th	6:30-7:30pm	1/13-2/19	12	\$79	LARC
313702-02	Tu, Th	6:30-7:30pm	3/10-4/16	12	\$79	LARC

## 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.

314008-01	Tu	6:30-7:30pm	1/13-2/17	6	\$55	PHRC
314008-02	Tu	6:30-7:30pm	2/24-3/31	6	\$55	PHRC

## Wellness Class: Recharge, Reset, Rebalance, Reignite Your Spark

**Ages 18 & up.** This class offers a supportive space to explore self-care practices, prevent burnout, and develop effective coping skills. Through weekly activities and discussions, participants will build resilience, learn stress management techniques, and gain tools to enhance well-being, fostering personal growth and emotional balance in daily life.

313712-01	Tu	11am-12pm	1/13-2/24	7	\$119	LARC
313712-02	W	11am-12pm	1/14-2/25	7	\$119	LARC

## Kangaroo Power Fitness

**Ages 18 & up.** Kangaroo Power Fitness is a fun, high-energy cardio and strength workout using Kangaroo Jumps rebound boots. Low-impact and joint-friendly, it boosts endurance, balance, and core strength while burning calories. Boots provided or bring your own.

314039-02	Th	6:30-7:30pm	1/29-3/19	8	\$124	PHES
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# Fitness Pass & Personal Training

Visit [alexandriava.gov/RPCA/Fitness-Pass](http://alexandriava.gov/RPCA/Fitness-Pass) for more information.

## Neighborhood Recreation Center Pass

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

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

## Aquatics & Fitness Center Pass

(Valid at all aquatics facilities & fitness centers)

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

## Personal Training

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

## Group Sessions

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

## Individual Sessions

\$199 for 4 or \$59 per session







# Exercise & Fitness

[alexandriava.gov/RPCA/Fitness](http://alexandriava.gov/RPCA/Fitness)

## Let's Talk HEALTH

Join us for a fun & engaging learning experience hosted by the Alexandria Health Department. This interactive series is designed to help you build confidence in understanding & navigating your health. Topics include how to make healthy eating choices, understand your medications, manage stress, explore medical directives & more!

Come learn, share  
& grow together!

### Session 1

Healthy Eating

### Session 2

Medicine & Emergencies

### Session 3

Appointments &  
Preventing Disease

### Session 4

It's My Health

### Session 5

Advanced Medical Directives

### Session 6

Mental Health

January 13–March 17  
Tuesdays at 6:30 p.m.  
Patrick Henry  
Recreation Center



Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)

# Sports Classes & Leagues

[alexandriava.gov/RPCA/Sports](http://alexandriava.gov/RPCA/Sports)



## Tumbling

### Baby Tumbling +ADULT

**Ages 18 mo.-3 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.

322620-01	W	9:30-10am	1/7-2/4	5	\$115	CHRC
322620-02	W	9:30-10am	2/18-3/11	4	\$89	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.

322605-01	Sa	9:30-10:15am	1/10-2/7	5	\$105	PHRC
322605-02	Sa	9:30-10:15am	2/21-3/14	4	\$85	PHRC

### 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.

324215-01	M	3:45-4:15pm	1/5-3/9	8	\$179	CQRC
324215-02	Su	9:15-9:45am	1/11-2/1	4	\$89	CQRC
324215-03	Su	11:15-11:45am	1/11-2/1	4	\$89	CQRC
324215-04	Su	9:15-9:45am	2/15-3/8	4	\$89	CQRC
324215-05	Su	11:15-11:45am	2/15-3/8	4	\$89	CQRC

### Wiggles, Toes & Rolls

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

323613-01	Tu	4:30-5pm	1/6-2/3	5	\$105	CHRC
323613-02	Tu	4:30-5pm	2/17-3/10	4	\$85	CHRC

### Basic Tumbling

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

322606-01	Sa	10:30-11:15am	1/10-2/7	5	\$105	PHRC
322606-03	Sa	10:30-11:15am	2/21-3/14	4	\$85	PHRC

### Gymnastics 1

**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.

324207-01	M	4:30-5:30pm	1/5-3/9	8	\$185	CQRC
324207-02	M	5:45-6:45pm	1/5-3/9	8	\$185	CQRC
324207-03	Th	4-5pm	1/8-2/5	5	\$109	CQRC
324207-04	Su	10-11am	1/11-2/1	4	\$85	CQRC
324207-05	Su	10-11am	2/15-3/8	4	\$85	CQRC
324207-06	Th	4-5pm	2/19-3/12	4	\$85	CQRC

### Gymnastics 2

**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.

323612-01	Tu	5:15-6:15pm	1/6-2/3	5	\$99	CHRC
323612-02	Tu	5:15-6:15pm	2/17-3/10	4	\$79	CHRC

## Soccer

### Little Kicks Soccer & Me +ADULT

**Ages 2-3 with adult.** Little Kicks Soccer is a fun parent-and-me class that introduces kids to soccer through energetic games and activities that build skills, teamwork, and sportsmanship.

324004-01	Sa	9:15-10am	1/24-3/21	9	\$175	PHRC
324209-01	Sa	11:10-11:55am	2/21-3/21	5	\$95	CQPK

### Soccer Tots

**Ages 2-6.** 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.

322610-01	W	4-4:45pm	1/7-2/4	5	\$89	CQRC
322610-02	W	4-4:45pm	2/18-3/11	4	\$69	CQRC
322610-03	Tu	10-10:40am	2/17-3/10	4	\$69	NLRC
322610-04	Sa	11:30am-12:15pm	1/10-2/7	5	\$89	ODRC
322610-05	Sa	11:30am-12:15pm	2/21-3/14	4	\$69	ODRC
322610-06	M	11:30am-12:10pm	1/5-3/9	8	\$145	CHRC
322610-07	M	12:20-1:05pm	1/5-3/9	10	\$145	CHRC

### Little Kicks Soccer

**Ages 4-6.** Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship.

324210-01	Sa	12-12:45pm	2/21-3/21	5	\$95	CQPK
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### Little Champions Soccer

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

324212-01	Sa	1-1:45pm	2/21-3/21	5	\$95	CQPK
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## Racquet Sports

### Advantage Tennis Tiny Tennis

**Ages 3-5.** Get your kids started in this lifelong sport that builds coordination, focus, and confidence. This award-winning program blends learning and play, combining academics with tennis to keep young minds and bodies active and having fun!

322617-01	M	1:30-2:30pm	1/12-3/16	8	\$255	ODRC
322617-02	M	6:15-7:15pm	1/12-3/16	8	\$255	WRRC
322617-03	W	6:15-7:15pm	1/14-3/4	8	\$255	WRRC

### Tennis 4 Kids

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

324211-01	M	5-5:30pm	1/5-3/9	8	\$169	CQRC
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Winter 2026







# Sports Classes & Leagues

alexandriava.gov/RPCA/Sports

324211-02	Th	5:15-5:45pm	1/8-2/5	5	\$109	CQRC
324211-03	Th	5:50-6:20pm	1/8-2/5	5	\$109	CQRC
324211-04	Su	9:30-10am	1/11-2/1	4	\$85	CQRC
324211-05	Su	10:10-10:45am	1/11-2/1	4	\$85	CQRC
324211-06	Su	10:50-11:20am	1/11-2/1	4	\$85	CQRC
324211-07	Su	11:30am-12pm	1/11-2/1	4	\$85	CQRC
324211-08	Su	9:30-10am	2/15-3/8	4	\$85	CQRC
324211-09	Su	10:10-10:40am	2/15-3/8	4	\$85	CQRC
324211-10	Su	10:50-11:20am	2/15-3/8	4	\$85	CQRC
324211-11	Su	11:30am-12pm	2/15-3/8	4	\$85	CQRC
324211-12	Tu	9:45-10:15am	2/17-3/10	4	\$85	CQPK
324211-13	Th	5:15-5:45pm	2/19-3/12	4	\$85	CQPK
324211-14	Th	5:50-6:20pm	2/19-3/12	4	\$85	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!



322630-01	M	7:15-8:15pm	1/12-3/16	8	\$255	WRRC
322630-02	W	7:15-8:15pm	1/14-3/4	8	\$255	WRRC
322630-03	Sa	10-11am	2/7-3/21	6	\$205	CLPK
322630-04	Sa	11am-12pm	2/7-3/21	6	\$205	CLPK

## Bounce-Boom Tennis 1 & 2

**Ages 7-10.** Beginner-Advanced Beginner. Players learn the fundamental strokes and develop the ability to rally. Using innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly, and supportive learning environment, and the low student-to-instructor ratio, students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes and bring a racquet. For class details and racquet recommendations, contact info@bounceboom.com.

322616-01	Tu	5:30pm-6:20pm	2/24-3/17	4	\$119	PYPK
322616-02	Tu	4:30pm-5:20pm	2/24-3/17	4	\$119	PYPK
322616-03	Th	4:30pm-5:20pm	2/26-3/19	4	\$119	CQPK
322616-04	Th	5:30pm-6:20pm	2/26-3/19	4	\$119	CQPK

## Baroody Pickleball for Kids

**Ages 7-11.** Pickleball is a fun, fast-paced sport combining tennis, table tennis, and badminton. Kids will learn the rules, practice their skills, and team up for friendly, tournament-style matches. It's a great way to join the fastest-growing sport in America!

322615-01	W	5:30-6:30pm	1/7-2/25	8	\$145	CQRC
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## Advantage Tennis: Middle School Tennis

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

322632-01	W	3:30-4:30pm	2/4-3/11	6	\$205	GWMS
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## Bounce-Boom Pickleball 1

**Ages 15 & up.** Beginner. Players learn the fundamentals, scoring, and how to boost consistency by minimizing errors. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. For class and equipment recommendations, contact info@bounceboom.com.

323105-01	Tu	5:30-6:20pm	2/24-3/17	4	\$119	CQPK
323105-02	Tu	7:30-8:20pm	2/24-3/17	4	\$119	CQPK
323105-03	W	5:30-6:20pm	2/25-3/18	4	\$119	CQPK
323105-04	W	7:30-8:20pm	2/25-3/18	4	\$119	CQPK

## Bounce-Boom Pickleball 2

**Ages 15 & up.** Beginner. Players learn the fundamentals, scoring, and how to boost consistency by minimizing errors. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. For class and equipment recommendations, contact info@bounceboom.com.

323106-01	Tu	6:30-7:20pm	2/24-3/17	4	\$119	CQPK
323106-02	W	6:30-7:20pm	2/25-3/18	4	\$119	CQPK

## Bounce-Boom Adult Tennis 1

**Ages 15 & up.** Beginner. Players learn the fundamental strokes and develop the ability to rally. Using innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly, and supportive learning environment, and the low student-to-instructor ratio, students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes and bring a racquet. For class details and racquet recommendations, contact info@bounceboom.com.

323102-01	Tu	6:30-7:40pm	2/24-3/17	4	\$149	PYPK
323102-02	Th	6:30-7:40pm	2/26-3/19	4	\$149	CQPK

## Bounce-Boom Adult Tennis 2

**Ages 15 & up.** Advanced beginner. Prerequisite: 1-2 seasons of Tennis 1 and/or a coach's recommendation. Players drill strokes, develop rallying skills, and are introduced to situations and positioning for singles/doubles play in a low student-to-instructor ratio. Please wear tennis shoes and bring a racquet. For class details and racquet recommendations, contact info@bounceboom.com.

323103-01	Tu	7:50-9pm	2/24-3/17	4	\$149	PYPK
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## Bounce-Boom Adult Tennis 3

**Ages 15 & up.** Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or a coach's recommendation. Techniques for more reliable strokes, tactics, and strategy-based drilling combine with match play situations. Please wear tennis shoes and bring a racquet. For class details and racquet recommendations, contact info@bounceboom.com.

323113-01	Th	7:50-9pm	2/26-3/19	4	\$149	CQPK
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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!

323111-01	W	5-6pm	2/4-3/11	6	\$205	LCCM
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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.

323107-01	W	6-7pm	2/4-3/11	6	\$205	LCCM
323107-02	M	6-7pm	2/2-3/16	6	\$205	CLPK
323107-03	W	7-8pm	2/4-3/11	6	\$205	LCCM
323107-04	M	7-8pm	2/2-3/23	6	\$205	CLPK

## 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 court shoes. All equipment is provided.

323619-01	F	9:15-10:15am	1/9-2/13	6	\$155	CHRC
323619-02	F	9:15-10:15am	2/20-3/27	6	\$155	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.

323620-01	F	10:45am-12:15pm	1/9-2/13	6	\$155	CHRC
323620-02	F	10:45am-12:15pm	2/20-3/27	6	\$155	CHRC

## Basketball

### Jump Shots

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

### Ages 3-6 | Jump Shots for Tots

322602-01	Sa	10-10:45am	1/10-3/14	10	\$195	NLRC
322602-02	Sa	11-11:45am	1/10-3/14	10	\$195	NLRC

alexandriava.gov/RPCA/Sports



## Ages 6-9 | Jump Shots for Tots

322602-03	Sa	12-1pm	1/10-3/14	10	\$205	NLRC
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## Young Hoopers Academy

**Ages 5 & 6 as of March 31, 2026.** An introduction to the sport of basketball focused on teaching the fundamentals such as dribbling, shooting, passing and rebounding. Open to City of Alexandria residents only.

322703-01	Sa	9-10am	2/7-28	4	\$100	JHES
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## Future Stars Basketball League

**Ages 5 & 6 as of March 31, 2026.** This developmental program will focus on teaching the basic fundamentals in a noncompetitive environment. Games are coached and officiated by staff and no score or standings will be kept. Baskets will be lowered to eight feet. Open to City of Alexandria residents only.

322708-01	Su	12-1pm	3/8-29	4	\$100	JHES
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## Run, Shoot, Basketball

**Ages 6-8.** 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.

323604-01	Su	3:25-4:10pm	1/25-3/8	7	\$135	CHRC
324010-01	Sa	12:05-12:50pm	1/24-3/21	9	\$175	PHRC

## 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.

322625-01	Sa	1-2pm	1/10-3/14	10	\$205	NLRC
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## Running & Track & Field

### Junior Dashers

**Ages 3-5.** Come get your run on! This class promotes physical fitness and develops skills such as running, jumping, and throwing in a fun environment.

322710-01	Su	12-1pm	1/11-2/1	4	\$100	PHRC
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## Track & Field Conditioning

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

### Ages 6-10

322709-01	Su	1-2pm	1/11-2/22	7	\$100	PHRC
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### Ages 11-14

322709-02	Su	2:15-3:15pm	1/11-2/22	7	\$100	PHRC
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# Sports Classes & Leagues

[alexandriava.gov/RPCA/Sports](http://alexandriava.gov/RPCA/Sports)

## 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.

324201-01	Sa	9:30-10:15am	2/21-3/21	5	\$95	CQPK
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### Little Athletes & Me +ADULT

**Ages 3-5 with adult.** Little Athletes is a fun, high-energy sports class with Tip Top Sports! Kids will explore different games and activities designed to spark their love for sports and build athletic skills.

324006-01	Sa	10:15-11am	1/24-3/21	9	\$175	PHRC
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### Lil' Pro Sports

**Ages 3-5.** Have fun and learn the basics of basketball, baseball, tennis and volleyball in a fun and energetic atmosphere.

322716-01	Sa	10:15-11am	3/21-4/11	4	\$100	LCCM
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### Little Athletes

**Ages 3-5.** Little Athletes is a fun, high-energy sports class with TIP Top Sports! Kids will explore different games and activities designed to spark their love for sports and build athletic skills.

324009-01	Sa	11:15am-12pm	1/24-3/21	9	\$175	PHRC
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### Martial Arts 4 Kids

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

322626-01	W	10:10-10:40am	1/7-2/4	5	\$119	ODRC
322626-02	W	10:10-10:40am	2/18-3/11	4	\$95	ODRC
322626-03	Sa	10:30-11am	1/10-2/7	5	\$119	ODRC
322626-04	Sa	10:30-11am	2/21-3/14	4	\$95	ODRC

### 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.

324203-01	Sa	10:20-11:05am	2/21-3/21	5	\$95	CQPK
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### Rookie Baseball Clinic

**Ages 4-8.** Participants will learn 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.

322715-01	Tu, Th	6-7pm	3/24-3/26	2	\$45	LCCM
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### First Down Flag Football

**Ages 5-9.** Players develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

324216-01	Sa	12:55-1:40pm	2/21-3/21	5	\$95	CQPK
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### Tip Top Ninjas

**Ages 5-11.** 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.

323617-01	Su	2:30-3:15pm	1/25-3/8	7	\$135	CHRC
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### Roller Skating I

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

313141-01	Tu	6:30-7:20pm	1/6-27	4	\$99	PHES
313141-02	Sa	9-9:50am	2/7-28	4	\$99	ODRC
313141-03	Tu	6:30-7:20pm	2/24-3/17	4	\$99	PHES

### 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.

322639-01	Sa	1-1:45pm	1/24-3/21	9	\$175	PHRC
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### Biking 4 Kids

**Ages 3-10.** Our Bike for Kids program helps children become confident, safe riders. In small group sessions led by experienced instructors, kids learn to balance, stride, glide, and ride! Each class focuses on skills like speed control, turning, and stopping in a fun, supportive environment with personalized guidance.

#### Ages 3-5, Biking 4 Tots

322638-02	Sa	3-4:45pm	2/21-3/14	4	\$165	JHES
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#### Ages 6-10, Biking 4 Kids

322638-01	Su	4-4:50pm	2/15-3/8	4	\$165	JHES
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### Nerf Fencing

**Ages 6-11.** 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.

322609-01	W	4-5pm	1/7-2/4	5	\$115	ODRC
322609-02	W	4-5pm	2/18-3/11	4	\$89	ODRC

### Baroody Volleyball

**Ages 7-11.** Our volleyball program is a fun, active introduction to one of the area's fastest-growing sports! Players will build skills and confidence through games, drills, and team play while learning fundamentals like rotations and spatial awareness. Open to all levels, the goal is to maximize touches, boost improvement, and end the session ready for competitive play, all while having a blast!

322604-01	Th	5:30-6:30pm	1/8-2/26	8	\$145	CQRC
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Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)

# Sports Classes & Leagues

[alexandriava.gov/RPCA/Sports](http://alexandriava.gov/RPCA/Sports)



### Skateboarding 4 Kids

**Ages 7-14.** This skateboard program is jam-packed with fun, excitement, and safety. Participants will receive instruction on how to safely ride, tack turn, kick turn, approach ramps, rock n roll, rock to fakie, olly, grind, drop in and get air. Instructional moves and skating games will be incorporated daily. Please bring your own skateboard, pads, and helmet.

322623-01	Tu	4-5pm	2/17-3/10	4	\$89	SJSP
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322623-02	Sa	4-5pm	2/21-3/14	4	\$89	SJSP
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### Adult Recess (Non-competitive)

**Ages 18 & up.** Adult Recess blends childhood games with functional fitness to improve agility, coordination, and mood. Each session features activities options like Dodgeball, Kickball, Wiffleball and a basketball game of H-O-R-S-E, all designed for adult bodies and fitness levels.

323621-01	Su	3:30-4:30pm	1/11	1	Free	CHRC
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323621-03	Su	3:30-4:30pm	3/15	1	Free	CHRC
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### Chair Volleyball DROP-IN

**Ages 18 & up.** Chair Volleyball is a fun, fast-paced seated game that promotes physical activity, coordination, and social interaction. Played with a beach ball and a lowered net, this low-impact sport is perfect for older adults or those with limited mobility. No experience needed—just bring your energy and team spirit!

394001-01	F	11:30am-1:30pm	1/30-3/20	8	Free	PHRC
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### Bloomin' Pickleball Tournament

**Ages 18 & up.** The Bloomin' Pickleball Tournament is a thrilling sporting event celebrating the arrival of spring. This competitive tournament brings together pickleball enthusiasts of all skill levels for a fun-filled day of spirited matches. Join us in the blooming season to showcase your pickleball skills and enjoy the vibrant spring atmosphere.

324008-01	Su	10am-8pm	3/22	1	\$45	PHRC
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## Leagues

### Coed Volleyball League

**Ages 18 & up.** Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. The team registration fee is \$555 per team. All teams must submit a team roster and a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. League play begins the 2nd week of January.

323201	Tu, W	6:30-10pm		\$555	JHES
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### Men's Basketball League

**Ages 18 & up.** Each team competes in 10 regular season games. The top four teams in each division will advance to the league playoffs. The team registration fee is \$825 per team. All teams must submit a team roster and a \$35 nonresident fee will be charged for each player that resides outside of the City of Alexandria. League play begins the 2nd week of January.

323200	M-Th	6:30-10pm		\$825	FHMS
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## Adult Sports

### Classes & Leagues



To learn more or to register, visit:  
[alexandriava.gov/Sports/Adult-Sports](http://alexandriava.gov/Sports/Adult-Sports)





# Sports Classes & Leagues

[alexandriava.gov/RPCA/Sports](http://alexandriava.gov/RPCA/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



## Sports Affiliates

**Alexandria Lacrosse Club**  
[alexandrialacrosse.com](http://alexandrialacrosse.com)

The Alexandria Lacrosse Club offers boys and girls a chance to enjoy lacrosse in a fun and 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](http://alexandrialittleleague.org)

Alexandria Little League 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](http://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](http://alexandria-soccer.org)

The Alexandria Soccer Association 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](http://alexandriatitansfootball.org)

Alexandria Titans Football 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.

# Become a Mentor



## Join the Alexandria Mentoring Partnership!



Scan the QR code to start your journey in empowering youth. Your guidance can help foster confidence, ignite growth, and open doors to brighter possibilities.



[alexandriava.gov/Mentoring](http://alexandriava.gov/Mentoring)





# MENTORING IN ALEXANDRIA

*Building Connections That Last*



**Stephanie and her mentor Renuka**

Nearly two decades ago, a series of community meetings in Alexandria uncovered a shared concern: local youth needed more positive adult role models. That same message echoed through citywide discussions and public forums, where adults and youth alike spoke about the difference a trusted mentor can make.

At the time, mentoring programs throughout the city operated independently with little coordination. Recognizing the potential for greater impact, community leaders, City staff, school officials, and non-profit partners came together to form the Alexandria Mentoring Partnership. Their goal was simple but powerful: to strengthen and expand mentoring opportunities for Alexandria's youth.

Today, the City's partnering mentorship programs support more than 700 mentoring relationships each year, connecting young people with caring adults through partnerships with schools, nonprofits, faith-based groups, City agencies, businesses, and local residents. Mentors commit to one or more hours a week for at least one year, but the impact lasts a lifetime.

So why does mentoring matter so much? Research and real-life experience both tell the same story: when a person has a consistent and caring adult in their life, it changes how they see themselves and the world around them. Mentors help youth build confidence, set goals, and stay connected to their communities.



**Alijah and his mentee Kendall**

Mentor Alijah Morris shares, "I chose to become a mentor because I believe in the power of guidance, creating meaningful connections, and being a positive influence within the community. Growing up, I understood how much of a difference it makes to have someone believe in you and help you reach your full potential. That understanding motivated me to give back in the same way and help youth recognize the potential they have."

Through his experience with the Building Your Power program, Alijah has seen that difference firsthand. "What I love most about mentoring is building trust, the constant laughter, and the moment when a student finally opens up or uses something we talked about," he said. "Those small victories remind me why this work is so important." His reflection captures what many mentors describe: the joy and purpose that comes from showing up for someone else.

And for mentees, that presence can mean everything. Stephanie, who's been paired with her mentor Renuka since 2017, remembers their first meeting vividly: "I remember whispering to my mom, not so secretly, that she looked very pretty. I'm sure Renuka took notice because she looked over and smiled at me. I felt that at that moment I knew she had to be my



**Mentors at Armistead L. Boothe Park**





mentor and I had to be her mentee. To describe exactly how the moment felt, it was like a spark that lit up in my heart.”

Eight years later, their connection remains strong. “Renuka would always show up for me and to this day she continues to be there for me. She is very supportive and displays that every time and in every way she possibly can,” Stephanie said. “Not only is Renuka an amazing and inspiring person to have by my side but she has also influenced me to become the best version of myself.”

Stories like Stephanie’s echo across the city. Studies have shown that these relationships can lead to better grades, stronger school attendance, and a greater sense of purpose.

Young people with mentors are also more likely to continue their education and step into leadership roles later in life. Additionally, most say their mentor made them feel accepted and helped them understand who they are—something every young person needs.

That sense of growth and encouragement is what Cynthia, an 11th grader and mentee, wanted to capture through her artwork.

“This art is basically of my mentor, Moira and I, and it shows the bond that we both have together. The flowers represent my growth and dreams blooming to a reality. My mentor was always someone

that helped me to dream big and to move forward in the most positive ways.” She added, “Thanks to her she has given me so many opportunities in life to try my best and she even helped me get the internship I wanted. I am so thankful to her and the many things she has done to change my life.”

And mentoring doesn’t just transform the lives of young people. Many adults who volunteer as mentors say the experience is just as rewarding for them. It gives them a new sense of purpose. In fact, 80% of mentors say they plan to continue mentoring beyond their current role—proof that the relationships they build are genuine and lasting.

The City of Alexandria’s mentoring programs are a reminder of what happens when a community listens and acts. Nearly twenty years after those first public meetings, the city continues to nurture connections that build confidence, belonging, and opportunity. Because mentoring at its heart is about people showing up for each other. And that’s something that our city continues to do remarkably well.



**Mentors at Armistead L. Boothe Park**





## Socialize

### World of Sensory +ADULT INCLUSION

**Ages 1-5 with adult.** Explore sensory magic in an inclusive setting that provide opportunities to engage in various sensory activities.

343009-01 Th 10:30am-12pm 1/15-2/19 6 \$65 NLRC

### Teenie Weenie Achieving Greatness +ADULT INCLUSION

**Ages 1-5 with adult.** The Teenie Weenie Achieving Greatness program is a community based initiative designed to provide inclusive, engaging and meaningful recreational opportunities for participants of all abilities. By integrating adapted sports, arts and crafts, games, themed weekly activities and open jump play, this program seeks to enhance physical, social, and emotional well-being while promoting lifelong wellness.

343007-01 Tu 10:30am-12:30pm 1/13-2/3 4 \$135 NLRC

### 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.

342632-01 Tu 6-7pm 1/13-3/3 8 \$179 ODRC

### ClubREC for Homeschool Students

**Ages 5-12.** Designed to provide homeschool children with opportunities to build friendships, strengthen social skills, and engage in recreational activities within a structured, supportive, and fun environment. Through games, sports, arts and crafts, special events in an afterschool-style enrichment style environment, participants will enjoy a balanced program that fosters socialization, creativity, teamwork, and healthy living.

343008-01 Th 11am-1pm 1/15-3/19 10 \$99 NLRC

### 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.

394000-01 Tu 5:30-6:30pm 1/27-3/24 9 \$35 PHRC

### Adult Social Club (ASC) TR

**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.

343000-01 Sa 11:30am-3:30pm 1/10-5/16 15 \$75 NLRC

Discover, learn, and connect at

# ALEXANDRIA LIBRARY



Visit [alexlibraryva.org](http://alexlibraryva.org) for more info.

### Durant Adult Socials - Candle Making Workshop

**Ages 18 & up.** Create your own custom-scented candle in this hands-on workshop! Learn the basics of candle making, from wax types and fragrance blending to safe pouring techniques. Choose your favorite scents and colors to design a candle that's uniquely yours. Perfect for beginners or craft lovers. Come solo or bring a friend for a relaxing, creative experience. All materials provided.

343129-01 F 7:30-9pm 2/27 1 \$29 ODRC

## Technology & Science

### Science Art Mania

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

343810-01 Tu 6:30-7:30pm 1/13-2/17 6 \$115 MVRC

343810-02 Tu 6:30-7:30pm 3/3-4/7 6 \$115 MVRC

### Animation With Minecraft

**Ages 6-14.** *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.

Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)



## Cooking

### Preschool Enrichment - Sweet & Savory Snacks

**Ages 4-6.** Tiny Chefs will take snacking to the next level! From sweet mango salsa with cinnamon-sugar chips to veggie quesadillas, homemade pretzels, and fresh hummus with pita chips, kids will whip up unique, tasty bites. Sweet, savory, and fun, this isn't your average PB&J. No one leaves hungry!

342630-01 Tu 11am-12pm 1/6-3/17 11 \$319 ODRC

### Ready, Set, Cook

**Ages 12-17.** This hands-on cooking class, where teens learn essential life skills in a fun and engaging environment, will explore basic cooking techniques, food safety, and nutrition, while building confidence in the kitchen. The program also encourages creativity, teamwork, and a love for healthy eating through interactive, beginner-friendly recipes.

344107-01 W 6:30-8pm 1/14-2/25 7 \$5 WRRRC

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?

### Ages 6-9

342629-01 Sa 9:30-10:30am 1/10-2/14 6 \$165 ODRC

### Ages 10-14

342629-02 Sa 10:45-11:45am 1/10-2/14 6 \$165 ODRC

### Coding With Scratch

**Ages 6-14.** Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre-made art assets or create your own.

### Ages 6-9

342616-01 Su 2-3pm 1/11-2/15 6 \$165 CHRC

### Ages 10-14

342616-02 Su 3:15-4:15pm 1/11-2/15 6 \$165 CHRC

### Robotics & Visual Coding With Lego®

**Ages 6-14.** *Software: LEGO® Education WeDo.* 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.

### Ages 6-9

342633-01 Sa 9:30-10:30am 2/21-3/28 6 \$165 ODRC

### Ages 10-14

342633-02 Sa 10:45-11:45am 2/21-3/28 6 \$165 ODRC

### 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!

343133-01 Tu 10am-12pm 1/27 1 \$65 LEEC

343133-02 Tu 10am-12pm 2/3 1 \$65 LEEC

343133-03 Tu 10am-12pm 2/17-2/24 2 \$135 LEEC

343133-04 Tu 10am-12pm 2/10 1 \$65 LEEC

343133-05 Tu 1:30-3:30pm 1/27 1 \$135 LEEC

343133-06 Tu 6:30-8:30pm 2/10-2/17 2 \$235 ODRC







## 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.

353620-01	Su	1:30-2:15pm	1/11-3/15	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.

352605-01	Sa	9:15-10am	1/10-3/28	10	\$149	CHRC
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352605-02	Sa	9:15-10am	1/10-3/28	10	\$149	PHES
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### Local Motion Creative Ballet

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

352633-01	Sa	9:45-10:45am	1/10-3/21	11	\$375	ODRC
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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, while learning 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.



353621-01	Su	2:30-3:15pm	1/11-3/15	10	\$45	CHRC
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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.

352610-01	Sa	10:15-11am	1/10-3/28	10	\$149	CHRC
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352610-02	Sa	10:15-11am	1/10-3/28	10	\$149	PHES
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### Ballet II

**Ages 6-10.** Prerequisite: completion of Ballet I or equivalent training. 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. Participants will perform in an end-of-session dance recital.

352611-01	Sa	11:15am-12pm	1/10-3/28	10	\$149	CHRC
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352611-02	Sa	11:15am-12pm	1/10-3/28	10	\$149	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!

353622-01	Su	3:30-4:20pm	1/11-3/15	10	\$45	CHRC
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### Ballet III

**Ages 7-12.** Prerequisite: completion of Ballet II or equivalent training. 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. Participants will perform in an end-of-session dance recital.

352612-01	Sa	12:15-1:15pm	1/10-3/28	10	\$155	CHRC
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352612-02	Sa	12:15-1:15pm	1/10-3/28	10	\$155	PHES
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## Dance

### Line Dance Workshop

**All Ages.** The Line Dance Workshop is a lively, beginner-friendly class where participants learn classic and modern line dances to upbeat music. Great for improving coordination, memory, and cardio fitness, this workshop brings people together for movement and fun.

354002-01	Tu	10:30-11:30am	1/13-3/17	10	Free	PHRC
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### 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.

354205-01	Sa	10:40-11:10am	1/10-2/7	5	\$89	CQRC
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354205-02	Sa	10:40-11:10am	2/21-3/14	4	\$69	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.

354203-01	Sa	10-10:30am	1/10-2/7	5	\$89	CQRC
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354203-02	Sa	10-10:30am	2/21-3/14	4	\$69	CQRC
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### Local Motion 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.

352634-01	Sa	9-9:45am	1/10-3/21	11	\$329	ODRC
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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.

354200-01	W	5-5:50pm	1/7-2/4	5	\$89	CQRC
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354200-02	W	5-5:50pm	2/18-3/11	4	\$69	CQRC
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### Jazz Hip Hop Combo

**Ages 7-11.** Jazz Hip Hop dance class infuses the funky style of hip hop with the technical side of jazz. Students will learn the fundamentals of each style such as isolations and flexibility. This class will encourage students to dance outside of the box and bring their own personality to each movement.

352601-01	F	5:40-6:30pm	1/9-2/6	5	\$115	ODRC
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352601-02	F	6-6:50pm	2/20-3/13	4	\$95	ODRC
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### Local Motion Musical Theater Jazz

**Ages 8-12.** 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.

352635-01	Sa	10:45-11:45am	1/10-3/21	11	\$375	ODRC
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### Local Motion Teen Beginner Ballet

**Ages 12-17.** This class is designed for teens who are new to ballet or returning after time away. The progressive curriculum emphasizes body positivity, student voice, and safe training practices in an age-appropriate way. Students build coordination, strength, and body awareness while developing technical understanding, musicality, and confidence through movement.

352636-01	F	7:30-8:30pm	1/9-3/20	11	\$375	ODRC
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### Introduction to Ballroom Dancing

**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.

353102-01	W	7-8:15pm	1/21-3/11	8	\$85	ODRC
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### Intermediate Ballroom Dancing

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

353104-02	F	7-8:15pm	1/23-3/13	8	\$85	ODRC
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### Soulful Line Dance Class

**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. The beginner class is designed for those new to line dancing or looking to build a solid foundation. The intermediate class builds on the fundamentals with more complex choreography, syncopation, and transitions. Expect



classic soul, R&B, and smooth grooves to get you moving!

353625-01	M	6:30-7:15pm	1/12-3/16	8	\$45	CHRC
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353625-02	M	7:30-8:30pm	1/12-3/16	8	\$45	CHRC
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## Music

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

**Ages 0-4.** It's never too early to help your children learn social skills. This unstructured playgroup encourages development through music, movement and play. Drop-ins welcome on Mondays, Wednesday, and Fridays: \$5 each

353805-01	M,W	10am-12pm	1/12-2/11	9	\$79	MVRC
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353805-02	M,W,F	10am-12pm	1/12-2/13	14	\$105	MVRC
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353805-03	M,W	10am-12pm	2/23-4/8	14	\$105	MVRC
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353805-04	M,W,F	10am-12pm	2/23-4/10	21	\$135	MVRC
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### Little Hands Music +ADULT

**Ages 1.5-3.5 with adult.** Your child's music experience with Little Hands is a joyful, engaging one with hands-on instruments, movement, singing, and stories. Music to use at home included. Different music every session; this winter is called "Sing Me a Story," all about favorite storybook characters, trips to the library, and loads of dancing and movement.

359704-01	Th	10:30-11am	1/8-3/12	10	\$205	CHRC
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359704-02	Th	11:15-11:45am	1/8-3/12	10	\$205	CHRC
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359704-03	Th	12:30-1:15pm	1/8-3/12	10	\$225	CHRC
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### Music & Me! +ADULT

**Ages 2-5 with adult.** Sing, dance, and explore with your little one in this joyful first music class! Each week brings new adventures: on the farm, under the sea, in the kitchen, and beyond, through songs, movement, rhythm games, and stories. Along the way, kids build language, coordination, listening, and social skills all through the magic of music! Rental instrument and music provided. Rental agreement must be signed.

342623-01	Sa	10-10:30am	1/31-3/7	6	\$135	ODRC
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### Tiny Tunes Piano +ADULT

**Ages 3-6 with adult.** Introduce your little one to the joy of music in this fun, hands-on piano class for preschoolers! Through songs, movement, and play, kids build listening skills, coordination, and a love for the keys in a nurturing environment. Rental instrument and music provided, and instruments must be returned at the last class. Rental agreement must be signed.

342618-01	Sa	10:35-11:05am	1/31-3/7	6	\$135	ODRC
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### Bow & Go! Beginner Violin Class

**Ages 5-12.** Let's make strings sing! This energetic class introduces young musicians to the basics of violin through fun games, songs, and bowing magic. Rental instrument and music provided, and instruments must be returned at the last class. Rental agreement must be signed.

342621-01	F	6-7pm	1/16-2/20	6	\$149	WRRC
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342621-02	M	6-7pm	2/2-3/16	6	\$149	ODRC
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# Creative & Performing Arts

alexandriava.gov/RPCA/Creative-Arts



## Frets & Fun! Beginner Guitar Class

**Ages 5-12.** Let the music begin! From the first chord to the final strum, students will learn notes, rhythms, and guitar basics while playing fun, age-appropriate songs in a supportive group setting. Rental instrument and music provided, and instruments must be returned at the last class. Rental agreement must be signed.

342617-01 W 7-8pm 1/21-2/25 6 \$149 CHRC

## Keys to Fun! Beginner Piano Class

**Ages 5-12.** Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment. No experience needed. Rental instrument and music provided, and instruments must be returned at the last class. Rental agreement must be signed.

342624-01 W 6-7pm 1/21-2/25 6 \$149 CHRC

342624-02 Th 6-7pm 1/22-2/26 6 \$149 PHRC

## Mark's Music Prep Private Lessons

**Ages 6 & up.** Sharpen your musical knowledge, or embark on a new musical journey by enrolling in private music lessons. Areas of instruction include: piano, violin, cello, viola, composition, and music theory, open to people of all ages. 30-minute lessons are one-on-one with Mark Evans.

342611-01 F 3-3:30pm 1/16-3/20 9 \$405 ODRC

342611-02 F 3:35-4:05pm 1/16-3/20 9 \$405 ODRC

342611-03 F 4:10-4:40pm 1/16-3/20 9 \$405 ODRC

342611-04 F 4:45-5:15pm 1/16-3/20 9 \$405 ODRC

342611-05 F 5:20-5:50pm 1/16-3/20 9 \$405 ODRC

342611-06 F 5:55-6:25pm 1/16-3/20 9 \$405 ODRC

342611-07 F 6:30-7pm 1/16-3/20 9 \$405 ODRC

342611-08 F 7:05-7:35pm 1/16-3/20 9 \$405 ODRC

342611-09 F 7:40-8:10pm 1/16-3/20 9 \$405 ODRC

342611-10 F 8:15-8:45pm 1/16-3/20 9 \$405 ODRC

## Adult Keys to Fun! Beginner Piano Class

**Ages 16 & up.** Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment. No experience needed. Rental instrument and music provided, and instruments must be returned at the last class. Rental agreement must be signed.

353106-01 W 1-2pm 2/11-3/18 6 \$149 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.

352600-01 Sa 10-10:45am 1/17-3/7 8 \$159 ODRC

352600-02 Tu 10-10:45am 1/13-3/3 8 \$159 WRRC

### 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.

352613-01 Sa 11-11:45am 1/17-3/7 8 \$159 ODRC

352613-03 Tu 11-11:45am 1/13-3/3 8 \$159 WRRC

## 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!

352626-01 Sa 10-11am 1/24-3/14 8 \$179 ODRC

## Artworks **(TR)**

**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.

353000-01 W 6-7:30pm 1/14-5/20 19 \$75 NLRC

## Senior Crafting **55+**

**Ages 55 & up.** Enjoy a creative and relaxing crafting class with a variety of projects, while connecting with others and expressing your creativity in a friendly, welcoming environment. No prior experience needed, just bring your imagination!

354103-01 F 12-1pm 1/9-2/6 5 \$25 WRRC

# 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](https://alexandriava.gov/RPCA/Experience-Survey)



## 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](https://alexandriava.gov/RPCA/Financial-Assistance).



## Individuals with Disabilities

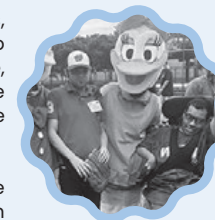
### Therapeutic Recreation

Nannie J. Lee (1108 Jefferson St.) | 703.746.5550 | VA Relay 711

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

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

Please contact the Therapeutic Recreation office at 703.746.5550 for more information, and to determine whether Therapeutic Recreation programs are right for you or a family member. Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval by Therapeutic Recreation staff prior to participation in programs.



## 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](https://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.

374206-01	F	9am-12pm	1/23	1	\$59	CQRC
374206-02	F	9am-12pm	3/20	1	\$59	CQRC
374206-03	M-F	9am-12pm	3/30-4/3	5	\$215	CQRC

### The Science Seed Camps

**Ages 5-8.** In each of our day camps, little scientists will explore a theme with experiments, crafts, and fun! They will also have outdoor recess, story time related to the day's theme, free indoor exploration time, and more. Email thescienceseed@gmail.com for full descriptions of each camp.

#### Rockin' Rock Cycle

372691-01	F	9am-4pm	1/23	1	\$115	ODRC
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#### Explore the Seashore

372691-02	F	9am-4pm	3/20	1	\$115	ODRC
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### Nature Day Camps

**Ages 5-10.** Spend the day discovering something new with our themed camps: experiment like a Junior Scientist, learn Survival Skills for the great outdoors, or get creative in Art & Nature. Each camp includes hands-on activities, snacks, and plenty of fun! Please bring a water bottle and bagged lunch. To view detailed descriptions for each class and register, visit alexandriava.gov/WebTrac and search by activity code.

#### Junior Scientist

369841-01	F	9am-3pm	1/23	1	\$75	BFNC
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#### Survival Skills

369841-02	M	9am-3pm	1/26	1	\$75	BFNC
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#### Art & Nature

369841-03	F	9am-3pm	3/20	1	\$75	BFNC
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### FUNtastic Spring Break Camp INCLUSION

**Ages 5-12 for General Recreation & 6-21 for Therapeutic Recreation participants.** Enjoy a variety of structured activities that include exploring nature, cooperative games, arts and crafts, inflatables and much more. You can enjoy peace of mind knowing that your child is enjoying enrichment activities, building friendships, and experiencing just the right mix of activities your child is sure to enjoy. Please bring a bag lunch and drink.

343005-01	M-F	9am-6pm	3/30-4/3	5	\$325	NLRC
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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.

372668-01	F	9am-3pm	1/23	1	\$105	ODRC
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372668-02	M	9am-3pm	1/26	1	\$105	ODRC
372668-03	F	9am-3pm	3/20	1	\$105	ODRC
372668-04	M-F	9am-3pm	3/30-4/3	5	\$499	ODRC

### Play-Well Camps

**Ages 5-14.** Play-Well TEKnologies provides project-based programs for children. These programs teach engineering principles and methods using LEGO®. Our curriculum, designed by engineers, builds on math and science skills learned in school. Each class uses over 20,000 LEGO® pieces. Students solve real-world engineering challenges and explore concepts in physics, architecture, and engineering.

#### Minecraft Engineering

372604-01	F	9am-4pm	1/23	1	\$75	ODRC
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#### Spring into STEM

372604-02	M,W,F	9am-4pm	3/30-4/3	3	\$225	ODRC
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### Hoop Life Basketball Camp

**Ages 5-14.** 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.

372601-01	F	9am-4pm	1/23	1	\$99	JHES
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372601-02	M	9am-4pm	1/26	1	\$99	JHES
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372601-03	F	9am-4pm	3/20	1	\$99	JHES
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372601-04	M-F	9am-4pm	3/30-4/3	5	\$295	JHES
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### Abrakadoodle Camps

**Ages 5.5-12.** Abrakadoodle Art Camps spark imagination and creativity, inspiring kids to create art that's uniquely their own! Through engaging lessons, games, stories, music, and hands-on activities, campers explore new ideas, express themselves freely, and have tons of fun along the way. Imaginations soar—and smiles abound!

372600-01	M	9am-3pm	1/26	1	\$75	ODRC
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372600-02	M-F	9am-3pm	3/30-4/3	5	\$319	CHRC
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372600-03	F	9am-3pm	3/20	1	\$75	CHRC
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### CyberTeck Camps

**Ages 6-14.** Join CyberTeck during teacher work days and Spring Break to offer your child the amazing experience of camp. Courses focused on design, animation, and modelling in popular game universes like Minecraft, Roblox, or Scratch. We make sure they learn essential tech skills, and you can relax knowing they are having fun.

#### Animation Using Minecraft

372616-01	M	9am-12pm	1/26	1	\$69	ODRC
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372616-02	M	1-4pm	1/26	1	\$69	ODRC
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#### Minecraft Coding

372616-03	F	9am-12pm	3/20	1	\$69	ODRC
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372616-04	F	1-4pm	3/20	1	\$69	ODRC
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#### Coding in Minecraft

372616-05	M-F	9am-12pm	3/30-4/3	5	\$299	ODRC
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372616-06	M-F	1-4pm	3/30-4/3	5	\$299	ODRC
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### Tiny Chefs Camps

**Ages 6-10.** Spend your day off cooking! Each camp session features a unique theme with hands-on lessons to create delicious dishes. All supplies are provided. Allergy Notice: Tiny Chefs reviews ingredient labels for allergens, but is not liable for undisclosed or environmental allergens. Common ingredients include dairy, eggs, wheat/gluten, soy, coconut, and sesame.

#### Cupcake Wars

372677-01	F	9am-4pm	1/23	1	\$155	ODRC
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#### Heroic Kitchens

372677-02	M	9am-4pm	1/26	1	\$155	ODRC
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#### Breakfast for Dinner

372677-03	F	9am-4pm	3/20	1	\$155	ODRC
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#### Cupcake Wars 2.0

372677-04	M-F	9am-4pm	3/30-4/3	5	\$469	ODRC
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### Nerf Fencing Camp

**Ages 6-13.** Campers will learn the basic stance, lunge, parries, and attacks, as well as the basic concepts of fencing. All ages will use Nerf foam sabers with the option to wear fencing equipment.

372659-01	M-F	9am-4pm	3/30-4/3	5	\$325	JHES
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### Silver Knights Chess Camp

**Ages 6-13.** Play and learn chess with Magnus Academy! We've taught 100,000+ children of all levels from absolute beginners to national champions! Chess lessons and practice games will be done throughout the day, along with breaks for fresh air. All equipment provided.

272675-01	Tu	9am-4pm	9/23	1	\$85	ODRC
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372675-01	F	9am-4pm	3/20	1	\$89	ODRC
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372675-03	M-F	9am-4pm	3/30-4/3	5	\$435	ODRC
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### Soccer Pros Soccer Camp

**Ages 6-13.** 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!

372632-01	F	9am-4pm	3/20	1	\$75	JHES
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372632-02	M-F	9am-4pm	3/30-4/3	5	\$265	JHES
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### TSP Flag Football Camp

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

372684-01	F	9am-4pm	3/20	1	\$75	JHES
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372684-02	M-F	9am-4pm	3/30-4/3	5	\$245	JHES
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### 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.

374201-01	F	9am-4pm	1/23	1	\$85	CQRC
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374201-02	M	9am-4pm	1/26	1	\$85	CQRC
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374201-03	F	9am-4pm	3/20	1	\$85	CQRC
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374201-04	M-F	9am-4pm	3/30-4/3	5	\$325	CQRC
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### TSP Lacrosse Camp

**Ages 6-14.** Players develop lacrosse fundamentals in a safe and fun environment. With an emphasis on hand/eye coordination, speed, agility, and stick skills, this clinic is perfect for students brand new to lacrosse as well as intermediate players wanting to take their game to the next level. All players will warm up together, then groups will work separately. Players will need a lacrosse stick.

372607-01	M-F	9am-4pm	3/30-4/3	5	\$299	JHES
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### PS Karma Camps

**Ages 8-12.** Unleash your creativity! Our one-of-a-kind day camps inspire self-expression and confidence through fun, hands-on arts and crafts led by passionate, professional instructors.

#### Magical Art Camp

372635-01	M	9am-4pm	1/26	1	\$145	CQRC
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#### Mini Makers: Magical Clay Lab

372635-02	F	9am-4pm	1/23	1	\$185	CQRC
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372635-03	M-F	9am-4pm	3/30-4/3	5	\$345	ODRC
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### Spark Business Camp

**Ages 10-13.** SPARK's innovative camps on financial literacy and entrepreneurship will empower your camper with essential 21st-century skills!

#### Aspiring Fashionistas

372654-01	F	9am-4pm	1/23	1	\$99	CQRC
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#### My First Lemonade Stand

372654-02	F	9am-4pm	2/20	1	\$99	CQRC
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#### Art Innovators

372654-03	M-F	9am-4pm	3/30-4/3	5	\$475	CQRC
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# Afterschool Programs

alexandriava.gov/RPCA/OSTP

## Kids Day Out INCLUSION

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

## Youth Achieving Greatness (YAG) INCLUSION

**Ages 5-12.** Participants engage in structured enrichment activities to increase independence, learning, socialization, and leadership in a small group (1:15 staff to participants ratio). Have FUN with a PURPOSE, with

tutoring, fitness, cooking, chess, music, performing arts, games, and more! The program meets on days when ACPS schools are open. Please contact the Nannie J. Lee Recreation Center at 703.746.5550 for more information.

## TR Achieving Greatness (TAG) TR

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

## 2026 SUMMER POWER-ON/POWER-UP GENERAL REGISTRATION BEGINS FEBRUARY 18. REGISTRATION PROCESS DETAILS WILL BE AVAILABLE AT ALEXANDRIAVA.GOV/RECREATION.

## Summer Power-On/Power-Up Financial Assistance Pre-Registration

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

Pre-registration opens February 1 and closes February 6. Families will be notified of their eligibility via email and by phone beginning February 11. General online only registration opens February 18 at 9 a.m. In-person registration opens February 19 at 9 a.m. Both in-person and online registration will remain open until all slots are filled. Pre-registration forms can be completed online or onsite at one of the neighborhood recreation centers, or any OSTP afterschool location during regular program hours. *In accordance with the City of Alexandria's Social Equity Initiative, pre-registration in the Power-On/Power-Up Out of School Time Program (OSTP) is available for families who qualify for federal assistance programs.*

### Financial Assistance Procedures:

To be considered for financial assistance, the Financial Assistance Application form must be completed and submitted, along with supporting documentation, at the time of registration. Applicants must provide at least one of the following documents: official free/reduced school meal eligibility letter, official SNAP documentation, official TANF documentation, or official Department of Community and Human Services (DCHS) documentation. 2025-26 documentation is accepted.

Any request for financial assistance without the stated documentation or at a level above and beyond the established discount must include an explanation and be approved by a Recreation Services Division Chief. This process takes additional time, and registration will be delayed until approval has been secured. For more information, please call 703.746.5414.

Program Fees are subject to increase beginning July 1.

### SUMMER POWER-ON/POWER-UP FEES

Full Program Fee	\$459
Free/Reduced School Meals	\$225
SNAP	FREE
TANF	FREE

# Nature & Environment

alexandriava.gov/NatureCenter



## Nature & Environmental Education

### First Friday Bird Count

**All Ages.** Join an environmental educator on the first Friday of each month for a morning bird count at Dora Kelly Nature Park. All experience levels are welcome to spot seasonal species and support conservation efforts. Binoculars available to borrow.

369848-01	F	9-11am	1/2	1	Free	BFNC
369848-02	F	9-11am	2/6	1	Free	BFNC
369848-03	F	9-11am	3/6	1	Free	BFNC
369848-04	F	9-11am	4/3	1	Free	BFNC

### Groundhog's Day

**All Ages.** Can groundhogs really predict the weather? Will it be six more weeks of winter or an early spring? Join us virtually as we investigate the secret life of the one some consider nature's weatherman, the groundhog!

369839-01	M	5:30-6:30pm	2/2	1	\$5	BFNC
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### World Water Day

**All Ages.** Join us to celebrate World Water Day! We will learn all about the water cycle, watersheds, and the importance of our own Chesapeake Bay Watershed through interactive activities, a watershed walk, and a craft.

369864-01	Sa	10am-12pm	3/21	1	\$5	BFNC
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### Nature Play +ADULT DROP-IN

**Ages 2-5 with adult.** Join our educator-led nature playdates! Kids will explore nature through hands-on indoor and outdoor activities (weather permitting). Each month offers new adventures with both guided and free play. Sign up for each session. Drop-ins welcome.

369845-01	Sa	10:30-11:30am	1/10	1	\$5	BFNC
369845-02	Sa	10:30-11:30am	2/14	1	\$5	BFNC

369845-03	Sa	10:30-11:30am	3/14	1	\$5	BFNC
369845-04	Sa	10:30-11:30am	4/11	1	\$5	BFNC

### Owls—Predator vs. Prey

**Ages 5-9.** Think owls are a hoot? Join us and learn all about owls and get a hands-on lesson on how predator and prey interact in nature by dissecting an owl pellet.

369866-01	Sa	10:30-11:30am	1/17	1	\$5	BFNC
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### International Day of Girls in Science

**Ages 7-14.** Celebrate International Day of Women and Girls in Science with us! Girls will explore fun experiments with colors, flowers, and balloons, while discovering exciting science careers.

369862-01	Sa	1-2:30pm	2/7	1	Free	BFNC
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### Climate Change and Solutions

**Ages 10 & up.** Want to learn how to talk about climate change in a way everyone can understand? Join our family-friendly class to explore climate topics and hands-on sustainable actions and activities each day.

369865-01	M	6-7pm	1/12	1	Free	BFNC
369865-02	M	6-7pm	2/9	1	Free	BFNC
369865-03	M	6-7pm	3/9	1	Free	BFNC

### Climate Collages

**Ages 10 & up.** Help spread awareness on environmental issues like pollution, litter, and climate change! Join us for an afternoon of creativity and collages, recycling old newspapers and magazines to create vision boards or posters to help educate our community.

369863-01	Sa	1-2:30pm	1/24	1	Free	BFNC
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## 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

- 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.







# RPCA Teen Programs

[alexandriava.gov/RPCA/Teens](http://alexandriava.gov/RPCA/Teens)

## It's Showtime! Tweens and Teens Movie Fun!

**Ages 10-15.** Spend a few hours with friends, enjoy an evening of fun activities, games, movie trivia, food and a movie. All

staff and youth will follow the guidelines for social distancing and face mask covering for the event.

383713-01	F	6:15-8:15pm	2/6	1	Free	LARC
383713-02	F	6-8:30pm	3/6	1	Free	LARC

## The Anime Society

**Ages 11-17.** Join Anime Society and immerse yourself in the captivating world of Japanese animation. Connect with fellow fans, discuss your favorite series, watch screenings of popular shows, participate in cosplay events, and embrace the excitement of all things anime.

384011-01	W	6-7:30pm	1/14-3/25	11	Free	PHRC
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## Green Teen Club

**Ages 11-18.** The ultimate gathering for nature enthusiasts! Teens will enjoy a variety of outdoor activities and discussions on sustainability, environmental justice, and green careers. There will also be opportunities to connect with the community, network with guest speakers, and make an impact through citizen science. Field trip fees may be required. Meets third Wednesday of each month.

369840-01	W	6-7pm	1/21-4/15	4	Free	BFNC
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## Durant Teen Socials

**Ages 12-16.** Bring your crew for an evening packed with video games, board games, and group challenges that'll keep the energy high. From Mario Kart to Uno, and everything in between, there's something for every kind of gamer. Chill, play, snack, and vibe. Refreshments provided.

385210-01	F	6-8pm	3/6	1	\$9	ODRC
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## Rack & Roll (Teen Pool Hall)

**Ages 12-17.** Teens will meet weekly for friendly yet competitive pool games that test both mind and body. Pool builds strategy, precision, and coordination, all in a fun, supportive setting that promotes focus, sportsmanship, and camaraderie.

324101-01	Th	6:30-8:30pm	1/8-3/26	12	Free	WRRC
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## Teen Power Hour (Teen Fit)

**Ages 12-17.** Teen Power Hour is a strength and conditioning class designed to help teens build athleticism, endurance, and flexibility in a safe, supportive environment. Participants will learn proper equipment use and training techniques while gaining coordination, confidence, and healthy stress relief through guided workouts and group motivation.

314108-01	M	5:30-6:30pm	1/12-3/23	8	Free	WRRC
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## Teen First Friday

**Ages 12-17.** Enjoy First Fridays - designed for teens to kick back, hang out and have fun with friends. Each Friday will have a different theme with games, music, food, and fun!

383629-01	F	6-10pm	2/6	1	Free	CHRC
383629-02	F	6-10pm	3/6	1	Free	CHRC

## Teen Weight Training

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

314016-01	M	5:30-6:30pm	1/12-3/2	6	\$60	PHRC
314016-02	M	5:30-6:30pm	3/9-30	4	\$45	PHRC

## Teen All-Star Night

**Ages 12-17.** Teen All-Star Night is your chance to shine. Show off your aerial skills in the dunk contest, display your shooting prowess in the 3-point competition, and represent your side in the East vs. West game. Join us for an epic night of hoops and be part of the action!

324007-01	F	7:30-10:30pm	2/20	1	Free	PHRC
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## Circle of Girls

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

384010-01	Tu	6-7:30pm	1/13-3/24	11	\$0	PHRC
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TEEN

WINTER

pool jam

FREE

Jump in & jam this winter!

SATURDAY, DECEMBER 20

6-8:30 p.m. | Middle & high school students

Minnie Howard Aquatics Facility

3795 W. Braddock Rd.

Raffles

Prizes

Food

DJ

Come warm up at the coolest party with friends, festive vibes & non-stop fun. It's not just any pool party - it's the First Annual Winter Pool Jam!

register here

SCAN ME

Register through [alexandriava.gov/WebTrac](http://alexandriava.gov/WebTrac)

## Teen Centers

### Charles Houston

#### Recreation Center

901 Wythe St. | 703.746.5552

### Leonard "Chick" Armstrong

#### Recreation Center

25 West Reed Ave. | 703.746.5554

### Patrick Henry

#### Recreation Center

4653 Taney Ave. | 703.746.5557

### William Ramsay

#### Recreation Center

5650 Sanger Ave. | 703.746.5558

To discover Teen Center hours and get the scoop on awesome events, programs, and trips for teens, visit [alexandriava.gov/RPCA/Teens](http://alexandriava.gov/RPCA/Teens)



# Alexandria Camps

Exciting adventures await!  
Alexandria Summer Camp  
registration begins **February 18.**

Stay tuned and visit  
[alexandriava.gov/RPCA](http://alexandriava.gov/RPCA)  
for the latest updates.







# 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](http://alexandriava.gov/RPCA/Events).

## 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!

383606-01	F	7:30-9:30pm	1/2	1	Free	CHRC
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## Bingocize 55+

**Ages 55 & up.** Combines the fun of bingo with gentle exercise to improve strength, balance, and flexibility. This evidence-based program is perfect for older adults looking to stay active and social in a relaxed setting. Win prizes, move your body, and enjoy healthy competitions in one engaging class!

314032-01	W,F	10-11am	1/14-3/18	19	Free	PHES
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## No Bake Bonanza DIY Cooking

**Ages 6-12.** Discover the joy of cooking without the stove! In this fun and interactive class, young chefs will explore no-bake recipes for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies, desserts, and more. Participants will practice culinary techniques, learn presentation skills, and take-home simple recipes they can easily recreate with family and friends.

343811-01	Th	6:15-7:15pm	1/15-2/19	6	\$109	MVRC
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343811-02	Th	6:15-7:15pm	3/5-4/9	6	\$109	MVRC
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## 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.

384008-01	F	6:30-8:30pm	1/16	1	\$19	PHRC
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384008-02	F	6:30-8:30pm	2/20	1	\$19	PHRC
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384008-03	F	6:30-8:30pm	3/13	1	\$19	PHRC
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## Dodgeball Fanatics

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

384004-01	F	6:30-8:30pm	1/23	1	\$19	PHES
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384004-02	F	6:30-8:30pm	3/6	1	\$19	PHES
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## Parents Night Out

**Ages 5-12.** Come in for an evening of fun and games, so the parents can enjoy a night on the town. The program includes dinner, table games, gym games, and more.

383819-01	F	6:30-8:45pm	2/6	1	\$25	MVRC
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383819-02	F	6:30-8:45pm	4/10	1	\$25	MVRC
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## Teddy Bear Breakfast & Story +ADULT

**Ages 2-5 with adult.** Prepare for a party full of cuddles and creativity, where every guest becomes a "bear builder" and creates a new best friend

to take home. Under the guidance of our expert party leader, you and your friends will embark on a one-of-a-kind, hands-on adventure.

383637-01	Sa	9:30-11:30am	2/7	1	\$39	CHRC
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## Family Lego® Building Workshop

**Ages 4 & up.** This workshop is all about sparking your family's creativity through imaginative, open-ended building. With prompts based on themes like 'dream creations' or 'building your hometown,' families will construct their own unique models, sharing ideas, and inspire each other. This workshop celebrates creativity without boundaries and is perfect for building lasting memories.

383638-01	Sa	10am-12pm	2/7	1	Free	CHRC
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383638-02	Sa	10am-12pm	2/21	1	Free	CHRC
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383638-03	Sa	10am-12pm	3/28	1	Free	CHRC
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## PatCon 2026: Patrick Henry Anime Convention

**All Ages.** Celebrate anime culture with a fun, social day of cosplay contests, screenings, gaming, and workshops. Connect with fellow fans, make new friends, and immerse yourself in the vibrant world of anime. Free for Alexandria residents.

384014-01	Sa	11am-3pm	2/7	1	Free	PHRC
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## Charles Houston Line Dance Social

**Ages 18 and up.** 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!

383633-01	T	6:30-8:30pm	2/10	1	Free	CHRC
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383633-02	T	6:30-8:30pm	3/10	1	Free	CHRC
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## Senior Valentine's Day Tea Party 55+

**Ages 55 & up.** Join us for an afternoon of delightful tea, delectable treats, and heartwarming conversations. Share stories, enjoy live music, and create cherished memories with fellow seniors in a charming, heart-themed setting. A perfect way to celebrate the season of love!

384013-02	F	11am-1pm	2/13	1	Free	PHRC
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## Senior Valentine's Day Luncheon 55+

**Ages 55 & up.** Celebrate Valentine's Day with good food, fun entertainment, and great company! Join us for a special luncheon to enjoy delicious treats, lively music, and the chance to connect with friends. A perfect way to share the love and brighten the day.

384101-01	F	12-1pm	2/13	1	Free	WRRC
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## Preteen Valentine's Day Dance

**Ages 8-12.** Celebrate friendship and fun at the Preteen Valentine's Dance!

383718-01	F	6:30-8pm	2/13	1	\$5	LARC
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## Galentine's Day Social

**Ages 12 & up.** In the words of Leslie Knope- "What's Galentine's Day? Oh, it's only the best day of the year!" Come celebrate your gal pals, sisters and daughters, with self-care, crafts, snacks, and mocktails.

385213-01	F	6:30-8:30pm	2/13	1	\$25	ODRC
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## Durant Brunch Bunch

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

385202-01	Su	10am-2pm	2/15	1	\$25	ODRC
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385202-02	Su	10am-2pm	3/15	1	\$25	ODRC
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## Black History Poetry Slam & Open Mic

**Ages 18 & up.** Calling all poets, rappers, singers, and artists! Step up and share your voice as we celebrate Black History Month through powerful words, music, and expression. All performances must be clean and respectful. Let's honor the legacy, uplift the culture, and inspire the future one mic at a time.

383639-01	Sa	6-9pm	2/21	1	\$5	CHRC
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## Family Movie Night

**All Ages.** Families in the community will scream and laugh as they enjoy family-friendly movies and trivia throughout the evening. Bring your own blankets and chairs for a comfortable and enjoyable evening of family fun. Free drinks and popcorn provided. \$5/person or \$15/family of four.

383716-01	F	6:30-8:30pm	2/27	1	\$5	LARC
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## Annual Kids Book Swap

**Ages 4-14.** Bring your gently used books and swap them for new reads! This family-friendly event celebrates literacy and encourages a love of reading at home. For every book you bring, you'll receive one in return. Enjoy a day filled with stories, crafts, and fun activities for all ages. Co-sponsored by Leonard Armstrong Recreation Center and Duncan Library.

383711-01	F	6:30-8:30pm	3/6	1	Free	LARC
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## Charles Houston Kiddie Cabaret

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

383625-01	Sa	10am-12pm	3/14	1	\$6	CHRC
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## Winter 2026

## Urban Gardening Series

**Ages 18 & up.** Turn your small space into a green sanctuary! This interactive 4-part series teaches practical gardening techniques tailored to balconies, windowsills, patios, and tight urban corners. Each session focuses on a theme: Planter Gardening Basics – soil, drainage, and plant selection, and more.

363601-01	Su	10-11am	3/15-4/5	4	Free	CHRC
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## T & T Friendship Bracelet and Party

**Ages 9-15.** Dance Party Through the Eras! Join us for a delightful evening of music, fun activities, and opportunities to connect with friends. We will have a friendship bracelet trading station and a designated area for creating your very own bracelets. Capture some memorable moments at our various photo drop setups. Delicious snacks and refreshments will be provided. Get ready to groove to the beat with lively music!

383636-01	Sa	5-7:30pm	3/21	1	\$5	CHRC
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## Egg Hunt

**Ages 3-10.** The bunny is making a stop at Mt. Vernon for a morning of crafts and an egg hunt. Children under 5 must be with an adult.

383820-01	Sa	10am-12pm	3/28	1	\$25	MVRC
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## Egg Hunt Egg-Stravaganza

**All Ages.** Enjoy Easter egg hunts at Charles Houston. Hunts will be sectioned off into four age groups: 1-3, 4-6, 7-9, 10 and up. All hunts will be timed. After hunting for eggs, walk down the Easter Trail to meet Whiskers, the Easter Bunny for pictures, games, crafts, face painting, music, and fun.

383624-01	Sa	10am-12pm	4/4	1	Free	CHRC
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## Underwater Egg Hunt

**All Ages.** Come to the pool and participate in an egg hunt unlike any other! Jump in and explore the water to find as many eggs as possible. Play on the inflatable obstacle course. There are treats and some special eggs with prizes. Enjoy a special visit from Alex the Bunny. Chaperones are free.

384200-01	Sa	1-1:45pm	4/4	1	\$15	CQRC
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384200-02	Sa	2-2:45pm	4/4	1	\$15	CQRC
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384200-03	Sa	3-3:45pm	4/4	1	\$15	CQRC
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384200-04	Sa	4-4:45pm	4/4	1	\$15	CQRC
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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-Su. 10am-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, F. 9am-11pm,  
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-6:30pm (Aug 18-May 15)



Each City of Alexandria Community Center listed on this page 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: December 17 & Non-Residents: December 19

## 3 WAYS TO REGISTER



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



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



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

**Accommodations:** City of Alexandria programs, services, and facilities are available to all. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity, or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5550 or VA Relay 711. The City of Alexandria Department of Recreation, Parks, and Cultural Activities shall endeavor to meet requests for written material in alternative formats, including braille, within 10 days of the request.

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

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

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

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

**Fee Assistance:** To view the policy and access the Financial Assistance request form, visit [alexandriava.gov/12288](http://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](mailto:registerarpc@alexandriava.gov) based on the following criteria:

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

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

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

**Inclement Weather:** To view inclement weather and closure information, visit [alexandriava.gov/rpca/recreation-closures](http://alexandriava.gov/rpca/recreation-closures).

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

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

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](http://alexandriava.gov/12288) for details about the fee assistance policy.

**Therapeutic Recreation:** Participants are required to have an Individualized Education Plan (IEP) or 504 Plan. All programs require an initial assessment and eligibility approval prior to participation in programs. To register, call 703.746.5550.

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

**Waiver:** Fees, programs, and hours subject to change. Visit [alexandriava.gov/Recreation](http://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](mailto:registerarpca@alexandriava.gov)

Winter Registration: Residents: December 17 & Non-Residents: December 19

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/Non-binary? (Circle) Email Address \_\_\_\_\_

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

Total Listed Fees

Deduct Account Credits/Discounts-

Non-resident Fee (\$35 each/per activity) +

Donation +

TOTAL (Pay this Amount)

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

Make checks payable to “City of Alexandria”

3

PLEASE READ AND SIGN BELOW:

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

**Signature required of adult participant, parent or guardian of child** \_\_\_\_\_ 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](http://alexandriava.gov/Recreation)

**Questions?**  
Call 703.746.5414  
Email [registerARPCA@alexandriava.gov](mailto:registerARPCA@alexandriava.gov)

For Office Use Only:

Check #: \_\_\_\_\_ Amt: \_\_\_\_\_

Date Received: \_\_\_\_\_ Staff: \_\_\_\_\_

Winter 2026

## Ages 55 & Up

See the Recreation Roundup on pages 44-47 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](http://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](http://seniorservicesalex.org).

# Recreation Roundup

## Algo Para Cada Quien

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

**Programas y actividades** están disponibles para todas las edades, incluyendo clases de natación, campamentos, ejercicios y buena forma, ligas deportivas, creatividad y desempeño artístico, eventos especiales, educación ambiental, clases de enriquecimiento, programas de tareas dirigidas, recreación terapéutica, actividades comunitarias y eventos, programas para mayores de 55 y más.



**La Ciudad de Alexandria opera 12 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](http://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](http://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](http://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](http://alexandriava.gov/Recreation) para más información.



Recreation Roundup

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

		AGE																			
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-55+		
Aquatics																					
Alexandria Swim Academy																					PAGE
Water Explorers 1-2*		●	●	●																4	
Alex Swim Preschool & Me*			●	●																4	
Alex Swim Preschool 1-3				●	●	●														4-5	
Alex Swim Level 1-6							●	●	●	●	●	●	●							5-6	
Adult Beginner Swim															●	●	●	●	●	6	
Adult Intermediate & Advanced Swim															●	●	●	●	●	6	
Specialty Aquatics																					
We Aquatics					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	7	
Lifeguard Training Certification Program																●	●	●	●	7	
Swim Like a Mermaid, Merman, or Merson																	●	●	●	7	
Intermediate Mermaiding																	●	●	●	7	
Masters Swimming																		●	●	7	
Learn to Swim With Simpson Aquatics			●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	7	
Aqua Fitness																					
Aqua Soothe for Arthritis																	●	●	●	7	
Aqua Soothe for Expectant Mothers																	●	●	●	7	
Water Walking																	●	●	●	7	
Shallow Water Aerobics																		●	●	7	
Aqua Aerobics																		●	●	7	
Deep Water Aqua Aerobics																		●	●	8	
Aqua Zumba																		●	●	8	
Get in Deep With Candice																		●	●	8	
Hi/Lo Water Aerobics																		●	●	8	
Aquatic Exercise for Seniors																		●	●	8	
Simpson Aquatics Exercise & Wellness																		●	●	8	
Exercise & Fitness																					
Mind Body/Wellness																					
Family Health & Fitness		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	10	
Candlelight Yoga																	●	●	●	10	
Essentrics: Classical Stretch																		●	●	10	
Yoga Workshops																		●	●	10	
Slow Flow With Amy																		●	●	10	
Pilates Barre																		●	●	10	
Intro to Power Yoga																		●	●	10	
Gentle Yoga																		●	●	10	
Pop-up: Breathwork & Meditation for Calm & Self-Regulation																		●	●	10	
Stretch & Flow Yoga																		●	●	10	
Yoga for Healthy Aging																		●	●	10	
Pop-up: Chair Yoga: Balance, Strength, Posture																		●	●	10	
Chair Yoga: Balance, Strength, Posture																		●	●	10-11	
Chair Yoga: Gentle Movement for Body & Mind																		●	●	11	
Essentrics																			●	11	

AGE		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+	
Exercise & Fitness																					
Cardio Workout																					PAGE
Jazzercise																		●	●	●	11
Zumba																		●	●	●	11
Marathon Madness																			●	●	11
Beatz & Sweat: Hip Hop Cardio																			●	●	11
Hi/Lo Impact Aerobics																			●	●	11
Walk & Fit Training																			●		11
Western Line Dancing 55+																			●		11
Cardio & Strength																					
Fitness with Coach Jason						●	●	●	●	●	●	●									11
Kids Fitness Bootcamp						●	●	●	●	●	●	●									11
Fitness Room Orientation																		●	●	●	11
TSP Adult Bootcamp																			●	●	12
BoxFit																			●	●	12
ChinquaCircuit																			●	●	12
Small Group Training for Women																			●	●	12
FIT4MOM Alexandria																			●	●	12
HIIT (High Intensity Interval Training)																			●	●	12
Tabata																			●	●	13
TSP Tai Chi/Breathwork																			●	●	13
Boxercise																			●	●	13
Shadow Boxercise Level I																			●	●	13
Adult Cardio & Weight Training																			●	●	13
Wellness Class: Recharge, Reset, Rebalance, Reignite Your Spark																			●	●	13
Kangaroo Power Fitness																			●	●	13
Senior Body Parts Aerobics																			●		13
Senior Cardio & Weight Training																			●		13
Advanced Senior Body Part Aerobics																			●		13
Stay Active & Independent for Life (SAIL)																			●		13
Stay Active/Independent for Life-Standing (SAILS)																			●		13
Senior Trailblazers																			●		13
Tai Chi: Gentle Movement for Balance & Wellness																			●		13
Sports Classes & Leagues																					
Tumbling																					
Baby Tumbling*	●	●	●																		15
Mom/Dad & Me Tumbling*	●	●	●																		15
Movement & Gymnastics			●	●	●																15
Wiggles, Toes & Rolls			●	●	●																15
Basic Tumbling					●	●	●	●													15
Gymnastics 1					●	●	●	●	●												15
Gymnastics 2						●	●	●	●												15

\*Requires guardian and child participation

Register through alexandriava.gov/WebTrac

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

		AGE																				
		0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	55+		
Sports Classes & Leagues																						
Soccer																						
Little Kicks Soccer & Me*		●	●																	15		
Soccer Tots		●	●	●	●	●														15		
Little Kicks Soccer					●	●	●													15		
Little Champions Soccer						●	●	●	●	●	●									15		
Racquet Sports																						
Advantage Tennis Tiny Tennis				●	●	●														15		
Tennis 4 Kids				●	●	●	●	●												15-16		
Advantage Tennis: Kids 6-8s							●	●	●	●										16		
Bounce-Boom Tennis 1 & 2								●	●	●	●	●								16		
Baroody Pickleball for Kids								●	●	●	●	●	●							16		
Advantage Tennis: Middle School Tennis													●	●	●	●	●			16		
Bounce-Boom Pickleball 1																●	●	●	●	●	16	
Bounce-Boom Pickleball 2																●	●	●	●	●	16	
Bounce-Boom Adult Tennis 1																●	●	●	●	●	16	
Bounce-Boom Adult Tennis 2																●	●	●	●	●	16	
Bounce-Boom Adult Tennis 3																●	●	●	●	●	17	
Advantage Tennis: Adult Red Ball Tennis																	●	●	●	●	17	
Advantage Tennis: Adult Tennis Lessons																	●	●	●	●	17	
Intro to Pickleball																			●	●	17	
Intermediate Pickleball																			●	●	17	
Basketball																						
Jump Shots			●	●	●	●	●	●	●	●											17	
Young Hoopers Academy					●	●															17	
Future Stars Basketball League					●	●															17	
Run, Shoot, Basketball						●	●	●	●												17	
Hoop Life Skills Academy									●	●	●	●	●	●	●	●	●				17	
Running & Track & Field																						
Junior Dashers			●	●	●																17	
Track & Field Conditioning						●	●	●	●	●	●	●	●	●	●	●	●				17	
Additional Sports Classes																						
Grand Slam T-Ball & Me*		●	●																		18	
Little Athletes & Me			●	●	●																18	
Lil' Pro Sports			●	●	●																18	
Little Athletes			●	●	●																18	
Martial Arts 4 Kids			●	●	●	●															18	
Grand Slam T-Ball				●	●	●															18	
Rookie Baseball Clinic				●	●	●	●	●	●												18	
First Down Flag Football					●	●	●	●	●	●											18	
Tip Top Ninjas					●	●	●	●	●	●	●	●	●								18	
Roller Skating I						●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	18	
Tip Top All Ball						●	●	●	●												18	
Biking 4 Kids			●	●	●	●	●	●	●	●	●										18	
Nerf Fencing						●	●	●	●	●	●	●									18	
Baroody Volleyball							●	●	●	●	●	●									18	



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																	
Dance																	
Local Motion Musical Theater Jazz																	
Local Motion Teen																	
Beginner Ballet																	
Introduction to Ballroom Dancing																	
Intermediate Ballroom Dancing																	
Soulful Line Dance Class																	
Music																	
Kid Rock Social Hour*																	
Little Hands Music*																	
Music & Me!*																	
Tiny Tunes Piano*																	
Bow & Go! Beginner Violin Class																	
Frets & Fun! Beginner Guitar Class																	
Keys to Fun! Beginner Piano Class																	
Mark's Music Prep Private Music Lessons																	
Adult Keys to Fun! Beginner Piano Class																	
Visual Arts																	
Abrakadoodle Twoosy Doodlers*																	
Abrakadoodle Mini Doodlers*																	
Artistic Drawing With Young Rembrandts																	
Artworks																	
Senior Crafting																	
Camps																	
Camps																	
Tennis 4 Kids Camp																	
The Science Seed Camps																	
Nature Day Camps																	
FUNtastic Spring Break Camp																	
Ultimate Music Experience Camp																	
Play-Well Camps																	
Hoop Life Basketball Camp																	
Abrakadoodle Camps																	
Cyberteck Camps																	
Tiny Chefs Camps																	
Nerf Fencing Camp																	
Silver Knights Chess Camp																	
Soccer Pros Soccer Camp																	
TSP Flag Football Camp																	
Gymnastics 4 Kids Camp																	
TSP Lacrosse Camp																	
PS Karma Camps																	
Spark Business Camp																	

AGE 0-1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18-55+																	
Afterschool Programs																	
Afterschool Programs																	
Kids Day Out																	
Youth Achieving Greatness																	
TR Achieving Greatness																	
Nature & Environment																	
Nature & Environmental Education																	
First Friday Bird Count																	
Groundhog's Day																	
World Water Day																	
Nature Play*																	
Owls-Predator vs. Prey																	
International Day of Girls in Science																	
Climate Change & Solutions																	
Climate Collages																	
RPCA Teen Classes																	
Teen Classes																	
It's Showtime! Tweens & Teens Movie Fun!																	
The Anime Society																	
Green Teen Club																	
Durant Teen Socials																	
Rack & Roll (Teen Pool Hall)																	
Teen Power Hour (Teen Fit)																	
Teen First Friday																	
Teen Weight Training																	
Teen All-Star Night																	
Circle of Girls																	
RPCA Events																	
RPCA Community Events																	
Charles Houston's 3rd Annual Sneaker Ball																	
Bingocize																	
No Bake Bonanza																	
DIY Cooking																	
Nerf the Turf																	
Dodgeball Fanatics																	
Parents Night Out																	
Teddy Bear Breakfast & Story*																	
Family Lego® Building Workshop																	
PatCon 2026: Patrick Henry Anime Convention																	
Charles Houston Line Dance Social																	
Senior Valentine's Day Tea Party																	
Senior Valentine's Day Luncheon																	
Preteen Valentine's Day Dance																	

\*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.

AGE 0-1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18-55+																	
RPCA Events																	
RPCA Community Events																	
Galentine's Day Social																	
Durant Brunch Bunch																	
Black History Poetry Slam & Open Mic																	
Family Movie Night																	
Annual Kids Book Swap																	
Charles Houston Kiddie Cabaret																	
Urban Gardening Series																	
T & T Friendship Bracelet and Party																	
Egg Hunt																	
Egg Hunt Egg-Stravaganza																	
Underwater Egg Hunt																	



Join The fun and  
WORK FOR RPCA

The City of Alexandria's  
Department of Recreation, Parks  
& Cultural Activities  
is hosting spring hiring events for seasonal  
positions such as lifeguards, recreation  
leaders, and more!

MARCH 12  
&  
APRIL 9  
at the  
Lee Center

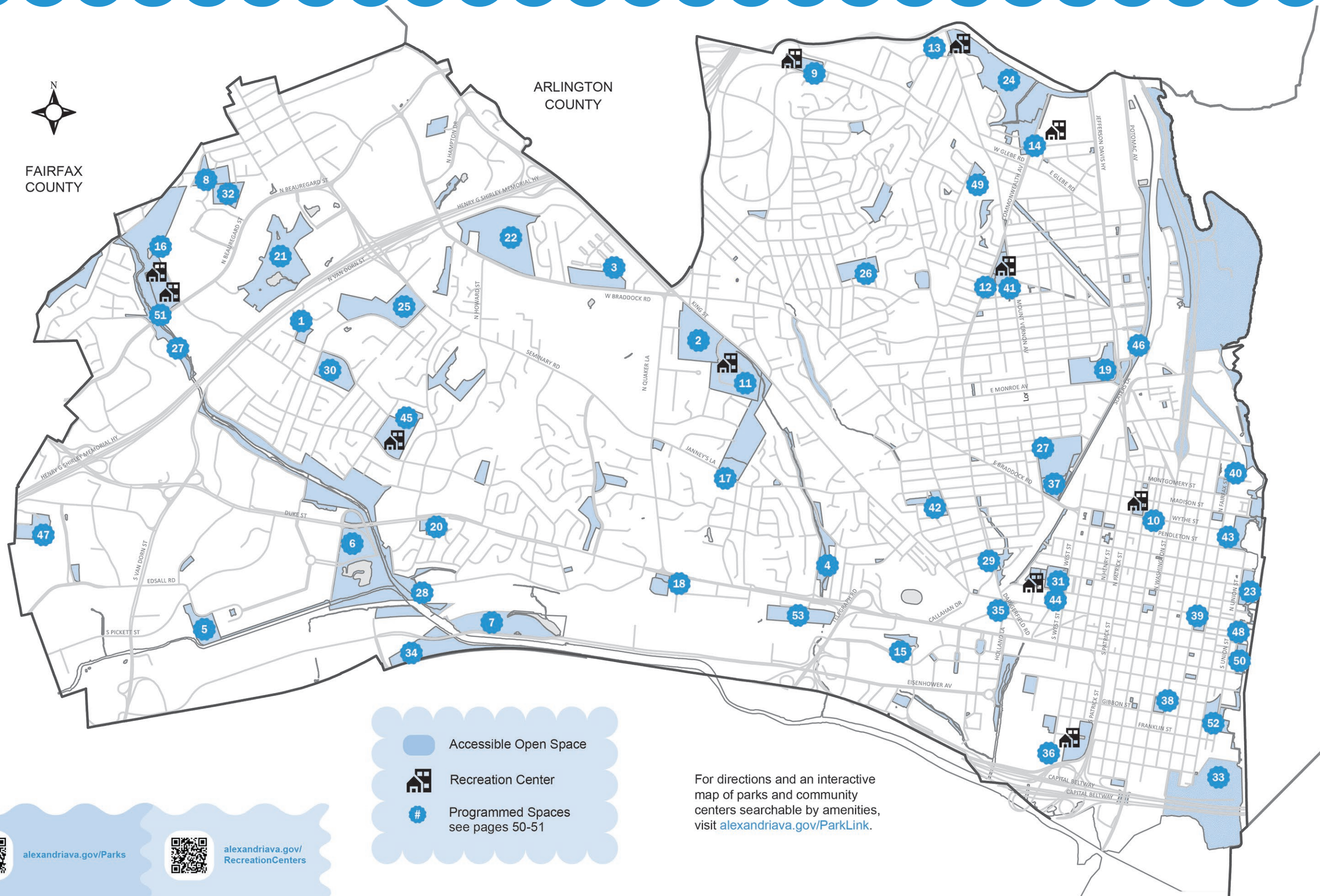
Free Parking  
On-the-spot Interviews  
Bring Your Resume  
Ask Our Team Questions About RPCA



alexandriava.gov/RPCA/Work-for-RPCA



## Parks & Facilities

















































































































































































[alexandriava.gov/  
RecreationCenters](http://alexandriava.gov/RecreationCenters)

















































































































Parks & Facilities

Visit alexandriava.gov/Parks/Find-a-Park to see all City of Alexandria parks and amenities. See page 53 for event sites and information about hosting special events.

Parks & Facilities

1	5325 Polk Avenue Park	 
2	Alexandria City High School (ACHS) - King St. Campus 3330 King St.	    
3	3a) ACHS/Minnie Howard Campus 3801 W. Braddock Rd. 3b) Minnie Howard Pool 3795 W. Braddock Rd.	    
4	Angel Park 201 West Taylor Run Parkway	    
5	Armistead L. Boothe Park 520 Cameron Station Blvd.	       
6	Ben Brenman Park 4800 Brenman Park Dr.	         
7	Cameron Run Regional Park/Lake Cook (NOVA Parks) 3699 Eisenhower Ave.	       
8	Chambliss Park 2505 N. Chambliss St.	      
9	Charles Barrett School & Recreation Center 1115 Martha Custis Dr.	     
10	Charles Houston Recreation Center 901 Wythe St. Pool Seasonal	     
11	Chinquapin Park Recreation Center & Aquatics Facility/Forest Park 3210 King St.	            
12	Colasanto Center 2704 Mt. Vernon Ave.	  
13	Conservatory Center at Four Mile Run Park 4109 Mt. Vernon Ave.	   
14	Cora Kelly School & Leonard “Chick” Armstrong Recreation Center 25 W. Reed Ave.	    
15	Dog Park at Carlyle 450 Andrews Ln.	 
16	Dora Kelley Nature Park & Jerome “Buddie” Ford Nature Center 5750 Sanger Ave.	   
17	Douglas MacArthur Elementary School 1101 Janneys Ln.	    
18	Luckett Field & Schuyler Hamilton Jones Skateboard Park 3540 Wheeler Ave.	   
19	Eugene Simpson Stadium Park 426 E. Monroe Ave.	          <div>This park is under construction through Summer 2026.</div>
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.	       <div>This site is under construction in 2026.</div>
27	George Washington School & Park 1005 Mt. Vernon Ave.	     
28	Holmes Run Park System Holmes Run Pkwy. Tarleton Park S. Jensen St.	    
29	Hooff's Run Park & Greenway 18 A E. Linden St.	      
30	James K. Polk School 5000 Polk Ave.	    

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

LEGEND

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



Park Capital  
Project Updates

Visit [alexandriava.gov/Parks](http://alexandriava.gov/Parks) for more information about these projects.

Holmes Run Trail Repairs

The City opened Sites 2 and 3 of the Holmes Run Trail in September 2025, providing trail users with a continuous off-street route from Beauregard Street to Eisenhower Avenue. Construction has now begun at Site 1, which includes the new Dora Kelley Bridge. Construction is expected to be completed by Fall 2026. For the latest detour and closure information, please visit [alexandriava.gov/Parks/Holmes-Run-Trail-Repairs](http://alexandriava.gov/Parks/Holmes-Run-Trail-Repairs).



Eugene Simpson Stadium Park Renovation

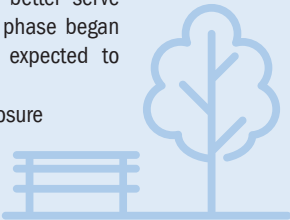
Construction of improvements to the Citywide Park Plan at Eugene Simpson Stadium Park began in July 2025. The project will enhance the two diamond fields, basketball court, parking areas, and picnic spots. Additionally, it will increase canopy coverage to meet urban forestry goals, improve park circulation and accessibility for all abilities, and implement stormwater management solutions. Please note that access to Kettle Park will be limited during construction. However, the playground, multi-use courts, dog park, and rectangular fields will remain open for use, although entrance locations may change. For more information, visit [alexandriava.gov/Parks/Eugene-Simpson-Renovation-Plan](http://alexandriava.gov/Parks/Eugene-Simpson-Renovation-Plan).

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 Summer 2026. For more information, visit [alexandriava.gov/Parks/Fort-Ward-Implementation-Projects](http://alexandriava.gov/Parks/Fort-Ward-Implementation-Projects).

Old Town Pool Replacement

The Old Town Pool Replacement Project will replace the existing pool and bathhouse with a new, fully updated aquatic facility. Following recommendations from the City's Aquatic Facilities Study, the project aims to update and enhance the aging infrastructure to better serve the community. The design phase began in Summer 2025 and is expected to continue through Fall 2026. For the latest detour and closure information, please visit [alexandriava.gov/Parks/Old-Town-Pool-Replacement-Project](http://alexandriava.gov/Parks/Old-Town-Pool-Replacement-Project).



Contact Information

I Director's Office	703.746.5501
Hashim Taylor, Director: <a href="mailto:hashim.taylor@alexandriava.gov">hashim.taylor@alexandriava.gov</a>	
I General Information	703.746.4343
I Programs & Services	
Aquatics	703.746.5553
City Arborist/Trees	703.746.5496
City Marina	703.746.5487
Nature & Environmental Education Programs	703.746.5559
Out of School Time Programs	703.746.5411
Cultural Activities	703.746.5588
Park Maintenance	703.746.5484
Park Planning & Design	703.746.5488
Picnic Reservations & Facility Rentals	703.746.5414

Recreation Classes & Camps	703.746.5414
Senior & Teen Programs	703.746.5414
Special Events & Major Park Rentals	703.746.5421
Therapeutic Recreation	703.746.5550
Youth & Adult Sports	703.746.5402
I VA Relay	711
I 24-Hour Hotlines	
Alexandria Safe Place	703.746.5400
Special Events	703.746.5592
Classes & Camps	703.746.5594
Coed & Women Sports	703.746.5595
Men Sports	703.746.5596
Youth Sports	703.746.5597

Picnic, Facility &  
Event Reservations

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

To start planning an event, follow these simple steps:

1 Find a space

**Indoors:** Page 40 indicates the indoor amenities available for rental.  
**Outdoors:** Pages 50-51 indicate parks with space available for rental.

2 Contact a specialist

**Indoors:** To reserve, call the location listed on page 40.  
**Outdoors:** To reserve a field, contact the Sports Office at 703.746.5402.

To reserve a park, see below:

Picnic Area Reservations

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

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

Waterfront Parks

Call 703.746.5421 for hourly rate information regarding: Waterfront Park

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

\*If your event may include any of the following, please contact Special Events at 703.746.5421 for application and permit information:

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

3 Finalize reservation

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



Make your next  
event special

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

Let us help you with:

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

Contact Events & Public Space Activation at 703.746.5421 for more information.

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](http://alexandriava.gov/Parks/Find-a-Park) to find nearby parks, community centers, playgrounds, trails, and more.





## Cultural Activities

[alexandriava.gov/Arts](http://alexandriava.gov/Arts)

### Artist & Arts Organization Professional Development Webinars

Free | Register at [alexandriava.gov/Arts](http://alexandriava.gov/Arts)

Webinars discuss numerous relevant topics for artists and arts organizations, such as marketing, funding, and business development presented by experts in the field, facilitated by the New York Foundation for the Arts. These FREE webinars are presented virtually. The Northern Virginia Local Arts Agencies is a collaborative initiative with the Alexandria Office of the Arts, ArtsFairfax & Arlington Cultural Affairs Office.

### 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 \$249,000 in City funds are awarded on the basis of a competitive grant evaluation process and require a 1:1 cash match from the applicant. For Fiscal Year 2027 Annual Arts Program information, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

## DASHing

words in motion

### Alexandria Poetry Contest

The "DASHing Words in Motion" poetry contest is an annual celebration of local talent and the literary arts, turning Alexandria's DASH buses and trolleys into moments of reflection, emotion, and connection. Designed to encourage and engage creative writing, this is an opportunity for writers 16 years or older who live, work, or study in Alexandria to share their voice and perspective with thousands of DASH riders across the city. The contest promotes poetry as an accessible and meaningful art form, offering daily inspiration to DASH riders.

**The online submission deadline is  
Friday, January 16, 2026 at 5 p.m.**

Winning poems will be published and placed on DASH buses and trolleys for the 2026 National Poetry Month (April). To enter or for more information, visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts). For questions, call 703.746.5565 or email [poet@alexandriava.gov](mailto:poet@alexandriava.gov).

### Art Break: A Creative Workshop for Parents & Caregivers

Free | Sunday, January 25, 2-3:30 p.m. | Charles E. Beatley, Jr.  
Central Library, 5005 Duke St.

Parents and caregivers enjoy an afternoon of making art as a way to rest, recharge, and share the complexities of caregiving with others. Caregiving is important work that can be joyful, daunting, exhausting, and fulfilling. Often, the work of caregiving, whether for children or other family or friends, can feel invisible to others. In this guided workshop, we'll take time to recharge by exploring art and poetry as avenues for self-expression, rest, and connection with others. All materials will be provided. Limited Seating: To reserve your seat, email [arts@alexandriava.gov](mailto:arts@alexandriava.gov).

## Celebrate national poetry month with the City of Alexandria

City Poet Laureate Cristi Donoso invites all Alexandrians to participate in National Poetry Month activities throughout the month of April. Schools, local businesses, libraries, and recreation centers will promote poetry writing and reading, and encourage broad participation in the month-long celebration. The Academy of American Poets designated April as National Poetry Month to celebrate poetry and its ability to enrich everyday life.

To learn more about National Poetry Month and the activities celebrated throughout the country, visit [Poets.org](http://Poets.org). To get involved in local poetry activities, email [poet@alexandriava.gov](mailto:poet@alexandriava.gov), or call Cheryl Anne Colton, Regional Program Director at 703.746.5565, or visit [alexandriava.gov/Arts](http://alexandriava.gov/Arts).

### Poem in Your Pocket Celebration

Thursday, April 23, 2026 | The Athenaeum, 201 Prince St.

Doors will open at 6:30 p.m. The formal event will begin at 7 p.m. If poets wish to read at the event, email: [poet@alexandriava.gov](mailto:poet@alexandriava.gov).

# Spot 10 Differences

## Mentorship Edition





# EXPLORE Alexandria

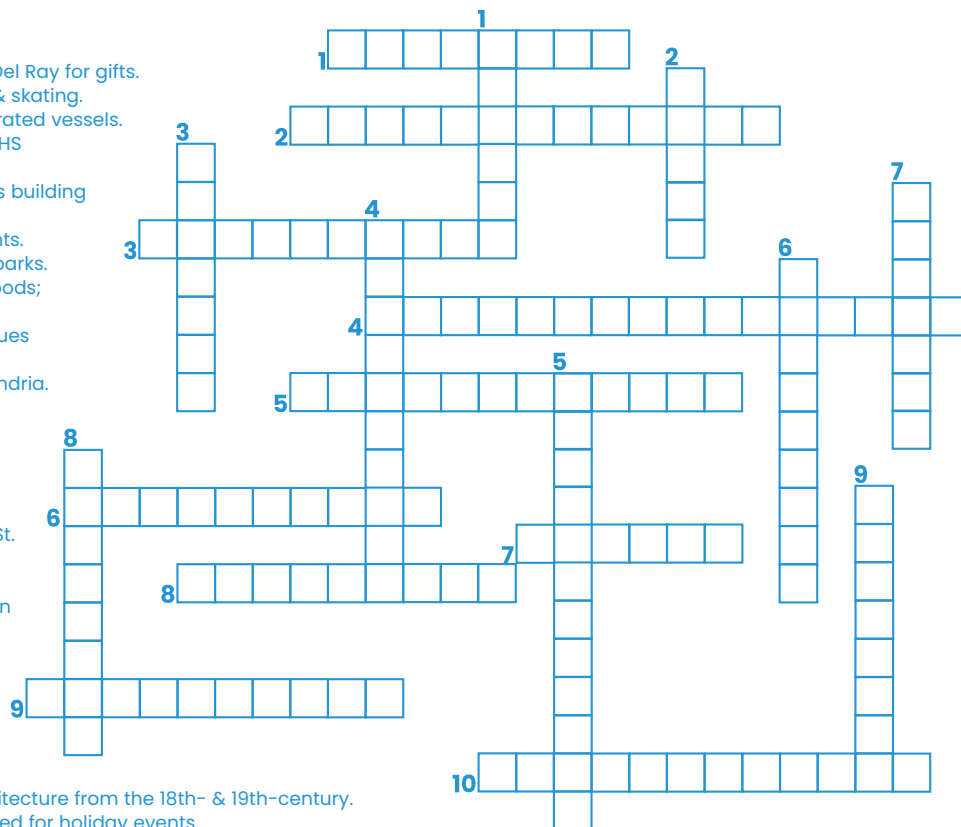
**Directions:** Use the clues to fill in the crossword with places, facts & fun things about the City of Alexandria.  
Need help? Think local landmarks, parks & history!

## Across

- 1 What many people do on King Street & Del Ray for gifts.
- 2 "\_\_\_" at Cameron Run" featuring lights & skating.
- 3 Parade on the Potomac River with decorated vessels.
- 4 Loud & spirited contest often held at ACHS & hosted by RPCA.
- 5 The large evergreen event in front of this building downtown.
- 6 Act of gliding on ice during holiday events.
- 7 Seasonal display illuminating streets & parks.
- 8 Event where artisans sell homemade goods; held at John Carlyle, etc.
- 9 Famous street in Old Town full of boutiques & restaurants.
- 10 Annual \_\_\_ Christmas Parade in Alexandria.

## Down

- 1 A procession or march through the streets as part of the holidays.
- 2 He rides in the parade & is at tree lighting; delivers gifts.
- 3 The free seasonal transport along King St.
- 4 Community programs hosted by the Department of Recreation, Parks & Cultural Activities that can be found on alexandriava.gov/rpca/events.
- 5 Director of Alexandria's Department of Recreation, Parks & Cultural Activities
- 6 After dark spectacle often ending in a bang over the river.
- 7 Festive multi-branched candelabrum for Hanukkah
- 8 Alexandria site with museums and architecture from the 18th- & 19th-century.
- 9 Where City government meets; often used for holiday events.



# TORPEDO FACTORY ART CENTER

80+ Artist Studios Three Floors To Explore Free Entry Since 1974



TorpedoFactory.org f @ TorpedoFactory

## OFFICE OF Historic Alexandria

### Spot 10 Differences

Answer Guide



Alexandria residents receive **free admission** to all City-owned museums!  
For a complete list and hours, visit [alexandriava.gov/Museums](http://alexandriava.gov/Museums).



TORPEDO FACTORY ART CENTER





DEPARTMENT OF RECREATION,  
PARKS & CULTURAL ACTIVITIES

1108 Jefferson St.  
Alexandria, VA 22314

**DASH**ing  
*words in motion*



Learn More

# CALL FOR POETS

Writers are encouraged to reflect on the sense of community, shared spaces, and the human connections we form as we travel from one place to another.

Submission deadline is 5 p.m., Friday, January 16, 2026. Visit [alexandriava.gov/arts](http://alexandriava.gov/arts) for more information

