DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

Alexandria

WINTER 2027
Program Guide

Registration Begins
Residents: December 16
Non-residents: December 18



Learn more about Therapeutic Recreation on pg. 23

Photo of Therapeutic Recreation at Nannie J. Lee Recreation Center.

We're preparing for winter weather!

Are you ready?

Before the snow falls, remember to:

Park off the street. Whenever possible, move your vehicle off the street to help snowplows do their job – and always follow parking restrictions on emergency routes.

Look out for your neighbors. Check in on anyone who may need a helping hand during winter weather.

Check the forecast before heading out of town. Make a plan for someone to clear your sidewalks if you're away – this keeps everyone safe and helps you avoid City fines, snow removal fees, or both.

Stock up on supplies. Make sure you have salt, shovels, ice scrapers, and emergency supplies ready for your home and car.

Keep it clear. Remove ice, snow, and leaves from around fire hydrants and storm drains.

Shovel smart. Keep snow on your property—never shovel it onto sidewalks or streets.

Make a difference in your neighborhood!

Become a Snow Buddy

The **Snow Buddy Program** connects volunteers with Alexandria residents who are unable to clear snow on their own, including adults age 60 and older who are low-income (under $65,000 in annual household income), homebound, or living with disabilities.

To learn more about the program, visit:
volunteeralexandria.org/snow

Sign up for CERT

Alexandria **CERT** (Community Emergency Response Team) is a diverse group of volunteers who work alongside the City government to prepare for, respond to, and recover from emergencies. After completing the free training, CERT volunteers join a team that's ready and able to prepare and protect the community!

If you live, work, go to school, or own a business in Alexandria, you're eligible to apply!

Learn more about the City's winter weather readiness at
alexandriava.gov/Snow



Connect with us on social media for the latest winter updates!

@AlexandriaVATES

@alexandriavates.bsky.social

Message from the RPCA Director



Hello Alexandria,

As we welcome the winter season, I want to take a moment to recognize the people, programs, and experiences that make Alexandria such a special community. At RPCA, our commitment is simple: creating meaningful opportunities for people of all ages and abilities to connect, participate, and thrive.

I'm especially proud of our Therapeutic Recreation team and the important work they do every day to ensure recreation is welcoming, accessible, and inclusive. Their dedication reflects the very best of public service and the impact we strive to make across our community. I encourage you to read the feature on page 23 to learn more about their outstanding work.

As you explore this season's offerings, I encourage you and your family to take advantage of all RPCA has to offer. From seasonal celebrations and creative workshops to expanded swim classes, Valentine's Day activities, Egg Hunts, and National Poetry Month events, there are plenty of opportunities to try something new, build connections, and create lasting memories.

Our work continues to be guided by a clear purpose: to create meaningful experiences that inspire community, foster creativity, and enhance the quality of life for everyone in Alexandria. This commitment drives our team every day and reinforces our responsibility to deliver high-quality programs, welcoming spaces, and exceptional service to the community we serve.

Thank you for your continued support of RPCA and for allowing us to be part of what makes Alexandria a great place to live, work, and play. I look forward to another season of connecting with our community, strengthening partnerships, and creating experiences that make a difference.

We look forward to seeing you this season. Join the fun with RPCA!

Hashim T. Taylor

Hashim T. Taylor

Director, Department of Recreation, Parks & Cultural Activities



Contact Information

| Director's Office 703.746.5501

Hashim Taylor, Director: hashim.taylor@alexandriava.gov

| General Information.....703.746.4343

| 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

| VA Relay.....711

| 24-Hour Hotlines

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

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INCLUSION Programs for all abilities

+ADULT Adult participation required

DROP-IN No registration required, show up

NEW! New this season

55+ Ideal for ages 55 & up. See pg. 41

TR Designed for individuals with disabilities. Assessment required. See pg. 40

Some classes have scheduled skip dates. Skip dates vary by class & will be provided to you when you register. PHRC, CHRC & CQRC: Open 9 a.m.-3 p.m. on certain days. Please contact your program sites for more information.

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

RPCA HIGHLIGHTS

Letter from the Director...pg. 1

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

Super-Abilities in Action...pg. 23

Discover how RPCA's Therapeutic Recreation Program builds confidence, friendships, and a sense of belonging for Alexandrians of all abilities.

Community Events...pg. 38

Explore upcoming community events, seasonal celebrations, and fun activities happening throughout Alexandria this winter!

RPCA Brain Games...pg. 57

Give your brain a workout with fun challenges, including the Explore Alexandria crossword, Sudoku, and a make your own puzzle activity.

ACTIVITY NUMBER	SECTION NUMBER	DAY	CLASS TIME	START & END DATE	NUMBER OF CLASSES	FEE	LOCATION
222610-01		F	11-11:45am	9/28-10/26	12	$169	NLRC

CLASS SIZE
Min 6/ Max 10

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

RECREATION CENTERS/POOLS

BFNC	**Jerome Buddie Ford Nature Center** 5750 Sanger Ave.
CBRC	**Charles Barrett** 1115 Martha Custis Dr.
CHRC	**Charles Houston** 901 Wythe St.
CQRC/CQPK	**Chinquapin Park Recreation & Aquatics Facility** 3210 King St.
LARC	**Leonard "Chick" Armstrong** 25 West Reed Ave.
LEEC/LCCM	**Lee Center Complex** 1108 Jefferson St.
MHAF	**Minnie Howard Aquatics Facility** 3795 W. Braddock Rd.
MVRC	**Mount Vernon** 2701 Commonwealth Ave.
NLRC	**Nannie J. Lee** 1108 Jefferson St.
ODRC	**Oswald Durant** 1605 Cameron St.
PHRC/PHES	**Patrick Henry** 4653 Taney Ave.
WRRC	**William Ramsay** 5650 Sanger Ave.

SCHOOLS/OTHER FACILITIES

ACHS	**Alexandria City High School** 3330 King St.
ABPK	**Armistead L. Boothe Park** 520 Cameron Station Blvd.
BBPK	**Ben Brenman Park** 4800 Brenman 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, adults, and seniors. 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	10:10-10:40am	1/9-2/6	5	$79	MHAF
336301-02	Su	9:35-10:05am	1/10-2/7	5	$79	MHAF
336301-03	Su	11:20-11:50am	1/10-2/7	5	$79	MHAF
336301-04	Sa	10:10-10:40am	2/13-3/13	5	$79	MHAF
336301-05	Su	9:35-10:05am	2/14-3/14	5	$79	MHAF
336301-06	Su	11:20-11:50am	2/14-3/14	5	$79	MHAF

Water Explorers 2 (+ADULT)

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

336302-01	Sa	9-9:30am	1/9-2/6	5	$79	MHAF
336302-02	Sa	10:45-11:15am	1/9-2/6	5	$79	MHAF
336302-03	Su	10:10-10:40am	1/10-2/7	5	$79	MHAF
336302-04	Sa	9-9:30am	2/13-3/13	5	$79	MHAF
336302-05	Sa	10:45-11:15am	2/13-3/13	5	$79	MHAF
336302-06	Su	10:10-10:40am	2/14-3/14	5	$79	MHAF

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	9:35-10:05am	1/9-2/6	5	$79	MHAF
336303-02	Sa	11:20-11:50am	1/9-2/6	5	$79	MHAF
336303-03	Su	9-9:30am	1/10-2/7	5	$79	MHAF
336303-04	Su	10:45-11:15am	1/10-2/7	5	$79	MHAF
336303-05	Sa	9:35-10:05am	2/13-3/13	5	$79	MHAF
336303-06	Sa	11:20-11:50am	2/13-3/13	5	$79	MHAF
336303-07	Su	9-9:30am	2/14-3/14	5	$79	MHAF
336303-08	Su	10:45-11:15am	2/14-3/14	5	$79	MHAF
334240-01	Tu, Th	5:30-6pm	1/12-1/28	6	$95	CQRC
334240-02	W	6:15-6:45pm	1/13-2/24	6	$95	CQRC
334240-03	Sa	10:40-11:10am	1/16-2/13	5	$79	CQRC
334240-04	Tu, Th	5:30-6pm	2/9-2/25	6	$95	CQRC
334240-05	Sa	10:15-10:45am	2/20-3/20	5	$79	CQRC
334240-06	M, W	4:45-5:15pm	3/1-3/17	5	$79	CQRC
334240-07	Tu, Th	4:45-5:15pm	3/2-3/18	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	Tu	4-4:30pm	1/5-2/2	5	$79	MHAF
336304-02	W	4:40-5:10pm	1/6-2/3	5	$79	MHAF
336304-03	W	6-6:30pm	1/6-2/3	5	$79	MHAF
336304-04	Th	4:40-5:10pm	1/7-2/4	5	$79	MHAF
336304-05	Sa	9-9:30am	1/9-2/6	5	$79	MHAF
336304-06	Sa	9:40-10:10am	1/9-2/6	5	$79	MHAF
336304-07	Sa	10:20-10:50am	1/9-2/6	5	$79	MHAF
336304-08	Sa	11-11:30am	1/9-2/6	5	$79	MHAF
336304-09	Su	9-9:30am	1/10-2/7	5	$79	MHAF
336304-10	Su	9:40-10:10am	1/10-2/7	5	$79	MHAF
336304-11	Su	10:20-10:50am	1/10-2/7	5	$79	MHAF
336304-12	Su	11-11:30am	1/10-2/7	5	$79	MHAF
336304-13	Su	11:40am-12:10pm	1/10-2/7	5	$79	MHAF
336304-14	Tu	4-4:30pm	2/9-3/9	5	$79	MHAF
336304-15	Tu	6-6:30pm	2/9-3/9	5	$79	MHAF
336304-16	W	4:40-5:10pm	2/10-3/10	5	$79	MHAF
336304-17	Th	5:20-5:50pm	2/11-3/11	5	$79	MHAF
336304-18	Th	6:40-7:10pm	2/11-3/11	5	$79	MHAF
336304-19	Sa	9-9:30am	2/13-3/13	5	$79	MHAF
336304-20	Sa	9:40-10:10am	2/13-3/13	5	$79	MHAF
336304-21	Sa	10:20-10:50am	2/13-3/13	5	$79	MHAF
336304-22	Sa	11-11:30am	2/13-3/13	5	$79	MHAF
336304-23	Su	9-9:30am	2/14-3/14	5	$79	MHAF
336304-24	Su	9:40-10:10am	2/14-3/14	5	$79	MHAF
336304-25	Su	10:20-10:50am	2/14-3/14	5	$79	MHAF
336304-26	Su	11-11:30am	2/14-3/14	5	$79	MHAF
336304-27	Su	11:40am-12:10pm	2/14-3/14	5	$79	MHAF
334247-01	Tu, Th	4:45-5:15pm	1/12-1/28	6	$95	CQRC
334247-03	Sa	10-10:30am	1/16-2/13	5	$79	CQRC
334247-04	Sa	9:20-9:50am	1/16-2/13	5	$79	CQRC
334247-05	Tu, Th	4:45-5:15pm	2/9-2/25	6	$95	CQRC
334247-06	Sa	9:30-10am	2/20-3/20	5	$79	CQRC
334247-07	M, W	4:45-5:15pm	3/1-3/17	5	$79	CQRC
334247-08	Tu, Th	6:05-6:35pm	3/2-3/18	6	$95	CQRC
334247-09	Tu, Th	5:25-5:55pm	3/2-3/18	6	$95	CQRC

Aquatics
alexandriava.gov/Aquatics

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	Tu	4:40-5:10pm	1/5-2/2	5	$79	MHAF
336305-02	Tu	6-6:30pm	1/5-2/2	5	$79	MHAF
336305-03	W	4-4:30pm	1/6-2/3	5	$79	MHAF
336305-04	W	5:20-5:50pm	1/6-2/3	5	$79	MHAF
336305-05	Th	5:20-5:50pm	1/7-2/4	5	$79	MHAF
336305-06	Sa	9-9:30am	1/9-2/6	5	$79	MHAF
336305-07	Sa	9:40-10:10am	1/9-2/6	5	$79	MHAF
336305-08	Sa	10:20-10:50am	1/9-2/6	5	$79	MHAF
336305-09	Sa	11-11:30am	1/9-2/6	5	$79	MHAF
336305-10	Sa	11:40am-12:10pm	1/9-2/6	5	$79	MHAF
336305-11	Su	9-9:30am	1/10-2/7	5	$79	MHAF
336305-12	Su	9:40-10:10am	1/10-2/7	5	$79	MHAF
336305-13	Su	10:20-10:50am	1/10-2/7	5	$79	MHAF
336305-14	Su	11-11:30am	1/10-2/7	5	$79	MHAF
336305-15	Su	11:40am-12:10pm	1/10-2/7	5	$79	MHAF
336305-16	Tu	4:40-5:10pm	2/9-3/9	5	$79	MHAF
336305-17	Tu	6:40-7:10pm	2/9-3/9	5	$79	MHAF
336305-18	W	4-4:30pm	2/10-3/10	5	$79	MHAF
336305-19	Th	4:40-5:10pm	2/11-3/11	5	$79	MHAF
336305-20	Sa	9-9:30am	2/13-3/13	5	$79	MHAF
336305-21	Sa	9:40-10:10am	2/13-3/13	5	$79	MHAF
336305-22	Sa	10:20-10:50am	2/13-3/13	5	$79	MHAF
336305-23	Sa	11-11:30am	2/13-3/13	5	$79	MHAF
336305-24	Sa	11:40am-12:10pm	2/13-3/13	5	$79	MHAF
336305-25	Su	9-9:30am	2/14-3/14	5	$79	MHAF
336305-26	Su	9:40-10:10am	2/14-3/14	5	$79	MHAF
336305-27	Su	10:20-10:50am	2/14-3/14	5	$79	MHAF
336305-28	Su	11-11:30am	2/14-3/14	5	$79	MHAF
336305-29	Su	11:40am-12:10pm	2/14-3/14	5	$79	MHAF
334248-01	Tu, Th	5:30-6pm	1/12-1/28	6	$95	CQRC
334248-02	Tu, Th	6:15-6:45pm	1/12-1/28	6	$95	CQRC
334248-05	Sa	10:40-11:10am	1/16-2/13	5	$79	CQRC
334248-06	Sa	9:20-9:50am	1/16-2/13	5	$79	CQRC
334248-07	Tu, Th	6:05-6:35pm	3/2-3/18	6	$95	CQRC
334248-08	Tu, Th	6:15-6:45pm	2/9-2/25	6	$95	CQRC
334248-09	Sa	9:30-10am	2/20-3/20	5	$79	CQRC
334248-10	M, W	5:25-5:55pm	3/1-3/17	5	$79	CQRC
334248-11	Sa	11-11:30am	2/20-3/20	5	$79	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	Tu	5:20-5:50pm	1/5-2/2	5	$79	MHAF
336308-02	W	6-6:30pm	1/6-2/3	5	$79	MHAF
336308-03	Th	4-4:30pm	1/7-2/4	5	$79	MHAF
336308-04	Sa	9:40-10:10am	1/9-2/6	5	$79	MHAF
336308-05	Sa	10:20-10:50am	1/9-2/6	5	$79	MHAF
336308-06	Sa	11-11:30am	1/9-2/6	5	$79	MHAF
336308-07	Su	9-9:30am	1/10-2/7	5	$79	MHAF
336308-08	Su	11-11:30am	1/10-2/7	5	$79	MHAF
336308-09	Tu	5:20-5:50pm	2/9-3/9	5	$79	MHAF
336308-10	W	5:20-5:50pm	2/10-3/10	5	$79	MHAF
336308-11	Th	4-4:30pm	2/11-3/11	5	$79	MHAF
336308-12	Th	6-6:30pm	2/11-3/11	5	$95	MHAF
336308-13	Sa	9-9:30am	2/13-3/13	5	$79	MHAF
336308-14	Sa	10:20-10:50am	2/13-3/13	5	$79	MHAF
336308-15	Sa	11-11:30am	2/13-3/13	5	$79	MHAF
336308-16	Su	9-9:30am	2/14-3/14	5	$79	MHAF
336308-17	Su	9:40-10:10am	2/14-3/14	5	$79	MHAF
336308-18	Su	11-11:30am	2/14-3/14	5	$79	MHAF
334249-01	Tu, Th	6:15-6:45pm	1/12-1/28	6	$95	CQRC
334249-03	W	5:30-6pm	1/13-2/24	6	$95	CQRC
334249-04	Sa	10-10:30am	1/16-2/13	5	$79	CQRC
334249-05	Sa	10:40-11:10am	1/16-2/13	5	$79	CQRC
334249-06	Tu, Th	6:15-6:45pm	2/9-2/25	6	$95	CQRC
334249-07	Sa	10:15-10:45am	2/20-3/20	5	$79	CQRC
334249-08	M, W	6-6:30pm	3/1-3/17	5	$79	CQRC
334249-09	Tu, Th	5:25-5:55pm	3/2-3/18	6	$95	CQRC
334249-10	Tu, Th	4:45-5:15pm	3/2-3/18	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	Tu	4-4:30pm	1/5-2/2	5	$79	MHAF
336307-02	W	5:20-5:50pm	1/6-2/3	5	$79	MHAF
336307-03	Th	4:40-5:10pm	1/7-2/4	5	$79	MHAF
336307-04	Sa	12:20-12:50pm	1/9-2/6	5	$79	MHAF
336307-05	Su	9:40-10:10am	1/10-2/7	5	$79	MHAF
336307-06	Su	11:40am-12:10pm	1/10-2/7	5	$79	MHAF
336307-07	Tu	4-4:30pm	2/9-3/9	5	$79	MHAF
336307-08	W	4:40-5:10pm	2/10-3/10	5	$79	MHAF
336307-09	Th	5:20-5:50pm	2/11-3/11	5	$79	MHAF
336307-10	Sa	11:40am-12:10pm	2/13-3/13	5	$79	MHAF
336307-11	Su	12:20-12:50pm	2/14-3/14	5	$79	MHAF
334241-01	Tu, Th	4:45-5:15pm	1/12-1/28	6	$95	CQRC
334241-02	Sa	10-10:30am	1/16-2/13	5	$79	CQRC
334241-03	Tu, Th	4:45-5:15pm	2/9-2/25	6	$95	CQRC
334241-04	Sa	11-11:30am	2/20-3/20	5	$79	CQRC
334241-05	M, W	4:45-5:15pm	3/1-3/17	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	Tu	4:40-5:10pm	1/5-2/2	5	$79	MHAF
336313-02	W	4-4:30pm	1/6-2/3	5	$79	MHAF
336313-03	Th	5:20-5:50pm	1/7-2/4	5	$79	MHAF
336313-04	Th	6-6:30pm	1/7-2/4	5	$79	MHAF
336313-05	Sa	9-9:30am	1/9-2/6	5	$79	MHAF
336313-06	Sa	11:40am-12:10pm	1/9-2/6	5	$79	MHAF
336313-07	Su	12:20-12:50pm	1/10-2/7	5	$79	MHAF
336313-08	Tu	4:40-5:10pm	2/9-3/9	5	$79	MHAF
336313-09	Tu	7:20-7:50pm	2/9-3/9	5	$79	MHAF
336313-10	W	6-6:30pm	2/10-3/10	5	$79	MHAF
336313-11	Th	4-4:30pm	2/11-3/11	5	$79	MHAF
336313-12	Sa	9:40-10:10am	2/13-3/13	5	$79	MHAF
336313-13	Sa	12:20-12:50pm	2/13-3/13	5	$79	MHAF
336313-14	Su	10:20-10:50am	2/14-3/14	5	$79	MHAF
334242-01	Tu, Th	5:30-6pm	1/12-1/28	6	$95	CQRC
334242-02	W	7-7:30pm	1/13-2/24	6	$95	CQRC
334242-04	Sa	9:20-9:50am	1/16-2/13	5	$95	CQRC
334242-05	Tu, Th	5:30-6pm	2/9-2/25	6	$95	CQRC
334242-06	Sa	10:15-10:45am	2/20-3/20	5	$79	CQRC
334242-08	M, W	5:25-5:55pm	3/1-3/17	5	$79	CQRC
334242-09	Tu, Th	6:05-6:35pm	3/2-18	6	$95	CQRC

Alex Swim Level 3 ✱

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

336309-01	Tu	5:20-5:50pm	1/5-2/2	5	$79	MHAF
336309-02	W	4:40-5:10pm	1/6-2/3	5	$79	MHAF
336309-03	W	6:40-7:10pm	1/6-2/3	5	$79	MHAF
336309-04	Th	4-4:30pm	1/7-2/4	5	$79	MHAF
336309-05	Th	6-6:30pm	1/7-2/4	5	$79	MHAF
336309-06	Sa	12:20-12:50pm	1/9-2/6	5	$79	MHAF
336309-07	Su	10:20-10:50am	1/10-2/7	5	$79	MHAF
336309-08	Su	12:20-12:50pm	1/10-2/7	5	$79	MHAF
336309-09	Tu	5:20-5:50pm	2/9-3/9	5	$79	MHAF
336309-10	W	4-4:30pm	2/10-3/10	5	$79	MHAF
336309-11	W	6-6:30pm	2/10-3/10	5	$79	MHAF
336309-12	Th	4:40-5:10pm	2/11-3/11	5	$79	MHAF
336309-13	Sa	12:20-12:50pm	2/13-3/13	5	$79	MHAF
336309-14	Su	12:20-12:50pm	2/14-3/14	5	$79	MHAF
334243-03	W	6:15-6:45pm	1/13-2/24	6	$95	CQRC
334243-04	Sa	10:40-11:10am	1/16-2/13	5	$79	CQRC
334243-05	Sa	9:20-9:50am	1/16-2/13	5	$79	CQRC
334243-06	Tu, Th	6:15-6:45pm	2/9-2/25	6	$95	CQRC
334243-07	Sa	10:15-10:45am	2/20-3/20	5	$79	CQRC
334243-08	M, W	6-6:30pm	3/1-3/17	5	$79	CQRC
334243-09	Tu, Th	5:25-5:55pm	3/2-3/18	6	$95	CQRC
334243-10	Sa	11:30am-12pm	1/16-2/13	5	$79	CQRC

Alex Swim Level 4 ✱



Ages 6-12. Stroke Improvement. Swimmers work toward the following milestones: swim 25 yards of front crawl and elementary backstroke; swim 15 yards of breaststroke, butterfly, back crawl, and sidestroke; perform a headfirst entry from a stride position in water 9 feet deep or deeper; and demonstrate open turns on the front and back.

336310-01	Tu	6-6:30pm	1/5-2/2	5	$79	MHAF
336310-02	W	7:20-7:50pm	1/6-2/3	5	$79	MHAF
336310-03	Sa	12:20-12:50pm	1/5-2/2	5	$79	MHAF
336310-04	Tu	6-6:30pm	2/9-3/9	5	$79	MHAF
336310-05	W	5:20-5:50pm	2/10-3/10	5	$79	MHAF
336310-06	Th	6-6:30pm	2/11-3/11	5	$79	MHAF
336310-07	Sa	12:20-12:50pm	2/13-3/13	5	$79	MHAF
336310-08	Su	11:40am-12:10pm	2/14-3/14	5	$79	MHAF
334244-01	Tu, Th	4:45-5:15pm	1/12-1/28	6	$95	CQRC
334244-02	W	7-7:30pm	1/13-2/24	6	$95	CQRC
334244-04	Sa	10-10:30am	1/16-2/13	5	$79	CQRC
334244-05	Sa	11:30am-12pm	1/16-2/13	5	$79	CQRC
334244-06	Tu, Th	4:45-5:15pm	2/9-2/25	6	$95	CQRC
334244-07	Sa	9:30-10am	2/20-3/20	5	$79	CQRC
334244-08	Sa	11-11:30am	2/20-3/20	5	$79	CQRC
334244-09	M, W	5:25-5:55pm	3/1-3/17	5	$79	CQRC
334244-10	Tu, Th	4:45-5:15pm	3/2-3/18	6	$95	CQRC

Alex Swim Level 5 ✱

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

334245-01	Tu, Th	6:15-6:45pm	1/12-1/28	6	$95	CQRC
334245-02	W	5:30-6pm	1/13-2/24	6	$95	CQRC
334245-03	Sa	11:30am-12pm	1/16-2/13	5	$79	CQRC
334245-04	Tu, Th	7-7:30pm	2/9-2/25	6	$95	CQRC
334245-05	Sa	9:30-10am	2/20-3/20	5	$79	CQRC
334245-06	M, W	6:45-7:15pm	3/1-3/17	5	$79	CQRC
334245-07	M, W	6-6:30pm	3/1-3/17	5	$79	CQRC
334245-09	Sa	11:30am-12pm	1/16-2/13	5	$79	CQRC
334245-10	Sa	11-11:30am	2/20-3/20	5	$79	CQRC
334245-11	Tu, Th	6:45-7:15pm	3/2-3/18	6	$95	CQRC

Alex Swim Level 6 ✱

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

334246-01	Tu, Th	7-7:45pm	1/12-1/28	6	$139	CQRC
334246-02	Sa	12:15-1pm	1/16-2/13	5	$119	CQRC
334246-03	Tu, Th	7-7:45pm	2/9-2/25	6	$139	CQRC
334246-04	M, W	6:45-7:30pm	3/1-3/17	5	$119	CQRC
334246-05	Tu, Th	6:45-7:30pm	3/2-3/18	6	$139	CQRC
334246-06	Sa	11:45am-12:30pm	2/20-3/20	5	$119	CQRC
334246-07	W	7:45-8:30pm	1/13-2/24	6	$139	CQRC

Adult Beginner Swim ✱

Ages 13 & up. Designed for beginners and those who are uncomfortable in the water. 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.

Ages 13 & Up | Adult Beginner Swim

336312-01	Tu	6:45-7:30pm	1/5-2/2	5	$119	MHAF
336312-02	Th	6:45-7:30pm	1/7-2/4	5	$119	MHAF
336312-03	Sa	12-12:45pm	1/9-2/6	5	$119	MHAF
336312-04	Tu	8-8:45pm	2/9-3/9	5	$119	MHAF
336312-05	W	7:45-8:30pm	2/10-3/10	5	$119	MHAF
336312-06	Sa	12-12:45pm	2/13-3/13	5	$119	MHAF

Ages 18 & Up | Adult Beginner Swimming

334230-01	Tu, Th	8-8:45pm	1/12-1/28	6	$139	CQRC
334230-02	W	7:45-8:30pm	1/13-2/24	6	$139	CQRC
334230-03	Sa	8:30-9:15am	1/16-2/13	5	$119	CQRC
334230-04	Sa	12:15-1pm	1/16-2/13	5	$119	CQRC
334230-05	Tu, Th	7:45-8:30pm	2/9-2/25	6	$139	CQRC
334230-06	Sa	11:45am-12:30pm	2/20-3/20	5	$119	CQRC
334230-07	Sa	8:30-9:15am	2/20-3/20	5	$119	CQRC
334230-08	M, W	6:45-7:30pm	3/1-3/17	5	$119	CQRC
334230-09	Tu, Th	6:45-7:30pm	3/2-3/18	6	$139	CQRC

Adult Advanced Swim ✱

Ages 13 & up. Adult Advanced is designed to increase stroke technique and efficiency while also developing more endurance.

336316-01	Tu	7:45-8:30pm	1/5-2/2	5	$119	MHAF
336316-02	Su	12:15-1pm	1/10-2/7	5	$119	MHAF
336316-03	W	6:45-7:30pm	2/10-3/10	5	$119	MHAF
336316-04	Su	12:15-1pm	2/14-3/14	5	$119	MHAF

Adult Intermediate Swim ✱

Ages 13 & up. Intermediate Swimming is designed for adults who are comfortable in the water and are ready to improve technique and endurance.

336315-01	Th	7:45-8:30pm	1/7-2/4	5	$119	MHAF
336315-02	Su	12-12:45pm	1/10-2/7	5	$119	MHAF
336315-03	Th	8-8:45pm	2/11-3/11	5	$119	MHAF
336315-04	Su	12-12:45pm	2/14-3/14	5	$119	MHAF

Adult Intermediate Swimming ✱

Ages 18 & up. Intermediate Swimming is designed for adults who are comfortable in the water and want to improve their stroke technique and build endurance. Adult Advanced Swimming focuses on refining stroke technique, improving efficiency, and developing greater endurance.

334231-01	Tu, Th	7-7:45pm	1/12-1/28	6	$139	CQRC
334231-03	Sa	12:15-1pm	1/16-2/13	5	$119	CQRC
334231-04	Tu, Th	7-7:45pm	2/9-2/25	6	$139	CQRC
334231-05	Sa	8:30-9:15am	2/20-3/20	5	$119	CQRC
334231-06	M, W	7:45-8:30pm	3/1-3/17	5	$119	CQRC
334231-07	Tu, Th	7-7:45pm	1/12-1/28	6	$139	CQRC

Adult Advanced Swimming ✱



Ages 18 & up. This advanced swim class is designed for adults who are strong, confident swimmers looking to refine technique and build endurance. Participants will focus on stroke efficiency, advanced breathing control, and proper body alignment across multiple strokes. Skills include flip turns, interval training, treading water, and swimming longer distances with speed, control, and improved overall performance.

334232-01	Sa	8:30-9:15am	1/16-2/13	5	$119	CQRC
334232-02	M, W	7:45-8:30pm	3/1-3/17	5	$119	CQRC
334232-03	Sa	11:45am-12:30pm	2/20-3/20	5	$119	CQRC

Adult Beginner Swimming for Seniors ✱ NEW! 55+

Ages 55 & up. Designed for seniors with little or no swimming experience, or those who are uncomfortable in the water. Participants will build confidence while learning water safety, floating, gliding, breathing, and basic swimming skills. Instruction includes safe water entry and exit, front and back swimming, rolling, and rhythmic breathing, all at a comfortable, supportive pace.

334211-01	W	4:30-5:15pm	1/13-2/24	6	$139	CQRC
334211-02	F	9:30-10:15am	1/15-2/12	5	$119	CQRC
334211-03	F	9:30-10:15am	2/19-3/19	5	$119	CQRC

Adult Intermediate Swimming for Seniors NEW! 55+

Ages 55 & up. Keep moving, build endurance, and improve your swimming skills in this instructor-guided class designed for seniors. Participants will work on stroke technique, breathing, body position, and efficient movement through the water.

334212-01	F	10:30-11:15am	1/15-2/12	5	$119	CQRC
334212-02	F	10:30-11:15am	2/19-3/19	5	$119	CQRC

Specialty Aquatics

FISH Parent & Me 1 - Beginner +ADULT NEW! ✱

Ages 1-1.5 yrs. with adult. Introduce your baby to the water in a safe, gentle, and supportive environment. Parents hold their child as they explore floats, bobs, and gentle submersion while learning safe holds and how to recognize their baby's comfort level in the water. No prior experience is needed. To register, visit pvfish.org.

336332-01	Sa	7:30-7:50am	1/9-3/13	10	$279	MHAF
336332-02	Sa	7:30-7:50am	3/20-4/24	6	$169	MHAF

Splash & Play (+ADULT) NEW! *

Ages 1-3 yrs. with adult. Our Water Play Group is an interactive, playful experience where children explore, discover, and learn through engaging water-based activities. Participants build sensory awareness, coordination, confidence, and social skills while enjoying safe, age-appropriate water play in a relaxed and supportive environment.

334283-01	F	9:45-10:30am	1/15	1	$5	CQRC
334283-02	F	10:45-11:30am	1/15	1	$5	CQRC
334283-03	F	9:45-10:30am	1/22	1	$5	CQRC
334283-04	F	10:45-11:30am	1/22	1	$5	CQRC
334283-05	F	9:45-10:30	1/29	1	$5	CQRC
334283-06	F	10:45-11:30am	1/29	1	$5	CQRC
334283-07	F	9:45-10:30am	2/5	1	$5	CQRC
334283-08	F	10:45-11:30am	2/5	1	$5	CQRC
334283-09	F	9:45-10:30am	2/12	1	$5	CQRC
334283-10	F	10:45-11:30am	2/12	1	$5	CQRC
334283-11	F	9:45-10:30am	2/19	1	$5	CQRC
334283-12	F	10:45-11:30am	2/19	1	$5	CQRC
334283-13	F	9:45-10:30am	2/26	1	$5	CQRC
334283-14	F	10:45-11:30am	2/26	1	$5	CQRC
334283-15	F	9:45-10:30am	3/5	1	$5	CQRC
334283-16	F	10:45-11:30am	3/5	1	$5	CQRC
334283-17	F	9:45-10:30am	3/12	1	$5	CQRC
334283-18	F	10:45-11:30am	3/12	1	$5	CQRC
334283-19	F	9:45-10:30am	3/19	1	$5	CQRC
334283-20	F	10:45-11:30am	3/19	1	$5	CQRC

FISH Parent & Me 2 - Intermediate (+ADULT) NEW!

Ages 1.5-2 yrs. with adult. Builds on the beginner class with longer floats, assisted kicking, and short supported glides between parent and instructor. Toddlers practice reaching the wall and climbing out. Best for children already comfortable getting their face and ears wet. To register, visit pvfish.org.

336333-01	Sa	7:30-7:50am	1/9-3/13	10	$279	MHAF
336333-02	Sa	7:30-7:50am	3/20-4/24	6	$169	MHAF

FISH Parent & Me 3 - Advanced (+ADULT) NEW!

Ages 2-3 yrs. with adult. Designed for parents and babies ready to build on their water experience. Parents guide their child through floats, bobs, and gentle submersion while practicing safe hold positions and learning to recognize their child's comfort and readiness for new skills in the water. To register, visit pvfish.org.

336334-01	Sa	7:55-8:15am	1/9-3/13	10	$419	MHAF
336334-02	Sa	7:55-8:15am	3/20-4/24	6	$255	MHAF

Family Water Safety (+ADULT) NEW!

Ages 2 yrs. & up with adult. Build confidence and learn essential water safety skills together as a family! Practice reaching and throwing assists, recognizing hazards, and responding to water emergencies. This interactive class helps children and adults develop the skills, communication, and confidence to stay safer in and around the water.



334220-01	Su	12:30-1:30pm	2/7	1	Free	CQRC
334220-02	Su	12:30-1:30pm	3/7	1	Free	CQRC

FISH Learn-to-Swim 1 NEW! *

Ages 3-4. A child's first swim class without a parent in the water, focused on building comfort and confidence. Children practice putting their face in the water, blowing bubbles, supported front and back floats, and safe water entry and exit. Small groups of four or fewer provide more individualized attention. To register, visit pvfish.org.

336335-02	M	6-6:25pm	1/4-3/8	8	$225	MHAF
336335-03	M	6-6:25pm	3/15-4/26	7	$195	MHAF

Alex Swim Sensory Friendly Swim (+ADULT) NEW! (TR)

Ages 3-8 with adult. A sensory-friendly swim class designed for young children and caregivers to build comfort, confidence, and early water skills together. Through gentle instruction, predictable routines, and play-based learning, families explore the water at their own pace in a supportive, low-stimulation environment.

334264-01	Sa	8:30-9:15am	1/16-2/13	5	$119	CQRC
334264-02	Sa	8:30-9:15am	2/20-3/20	5	$119	CQRC

FISH Learn-to-Swim 2 NEW! *

Ages 4-5. Designed for children who are comfortable floating and putting their face in the water. Swimmers practice unassisted front and back floats, streamline glides off the wall, flutter kicks across short distances, and introductory freestyle arm movements. To register, visit pvfish.org.

336336-03	M	6:30-6:55pm	1/4-3/8	8	$225	MHAF
336336-05	M	6:30-6:55pm	3/15-4/26	7	$195	MHAF
336336-06	Sa	8:20-8:40am	3/20-4/24	6	$169	MHAF

FISH Learn-to-Swim 3 NEW! *

Ages 5-6. Turns floating and gliding into swimming. Swimmers work toward continuous freestyle with side breathing and elementary backstroke, plus treading water and deep-water safety. Completing this level prepares a swimmer for Pre-Team. To register, visit pvfish.org.

336337-02	M	7-7:25pm	1/4-3/8	8	$225	MHAF
336337-05	M	7-7:25pm	3/15-4/26	7	$195	MHAF

FISH Pre Team 1 - Foundations NEW!

Ages 6-7. The entry point to the competitive pathway, taught in the competition pool with no more than three swimmers. Freestyle and backstroke are refined piece by piece, alongside push-offs, streamlining off the wall, and lane etiquette. For swimmers who can already cross the pool unassisted. To register, visit pvfish.org.

336338-01	W	6-6:25pm	1/6-3/10	10	$419	MHAF
336338-02	W	6-6:25pm	3/17-4/28	7	$295	MHAF

FISH Pre Team 2 - Propulsion NEW!

Ages 6-7. Concentrates on power and efficiency: kick sets, the catch and pull in freestyle, backstroke body position, and a consistent breathing pattern. Swimmers begin covering longer distances without stopping. To register, visit pvfish.org.

336339-02	W	6:30-6:55pm	1/6-3/10	10	$279	MHAF
336339-04	W	6:30-6:55pm	3/17-4/28	7	$195	MHAF

FISH Pre Team 3 - Stroke Skills NEW!

Ages 6-8. Adds breaststroke and butterfly to freestyle and backstroke, along with legal turns and starts. Swimmers train in short sets to learn to follow a written practice. To register, visit pvfish.org.

336340-01	W	6:30-6:55pm	1/6-3/10		$279	MHAF
336340-02	W	7-7:25pm	1/6-3/10		$279	MHAF
336340-03	W	6:30-6:55pm	3/17-4/28		$195	MHAF
336340-04	W	7-7:25pm	3/12-4/28		$195	MHAF

Adult Guided Practice NEW!

Ages 13 & up. Make the most of your swim time with a one-hour guided practice session for beginning and intermediate swimmers. Practice skills such as strokes, breathing, and floating while receiving instructor guidance and personalized feedback to build confidence and improve technique.

334235-01	Su	12:15-1:15pm	1/17-2/14	5	$59	CQRC
334235-02	Su	12:15-1:15pm	2/21-3/14	4	$49	CQRC
334235-03	Tu, Th	7:45-8:30pm	3/2-3/18	6	$69	CQRC

Lifeguard Prep

Ages 14 & up. This class is designed for individuals interested in becoming lifeguards, swim instructors, or other aquatic professionals. Participants will build the swimming skills, endurance, and confidence needed to prepare for the American Red Cross Lifeguarding course pre-test and pursue further aquatic training. Lifesaving techniques are not covered in this course.
Note: This is not a lifeguard training course.

334236-01	Su	9-10am	2/7	1	$25	CQRC
334236-02	Su	9-10am	3/7	1	$25	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	6:30-7:30pm	1/14-2/11	5	$175	CQRC

Open Swim Mermaiding NEW!

Ages 16 & up. Dive into a magical swim experience just for mermaids! Enjoy open swim time to practice your mermaid swimming skills, show off your tail, and glide through the water.

334258-01	Th	7:30-8:30pm	2/11-3/11	5	$65	CQRC
334258-02	Th	7:30-8:30pm	1/14-2/11	5	$65	CQRC

Intermediate Mermaiding

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. Dive mask and snorkel encouraged.

334272-01	Th	6:30-7:30pm	2/18-3/18	5	$175	CQRC

Safe Place & Bully Free Starts With Me

Alexandria National Safe Place: A Safe Haven for Youth

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

SAFE PLACE.

BULLY FREE STARTS WITH ME!

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.

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	1/12-1/28	6	$69	CQRC
334237-02	W	6-7am	1/13-2/24	6	$69	CQRC
334237-03	Tu, Th	6-7am	2/9-2/25	6	$69	CQRC
334237-04	M, W	6-7am	3/1-3/17	5	$59	CQRC
334237-05	Tu, Th	6-7am	3/2-3/18	6	$69	CQRC

Aqua Fitness

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

Get in Deep With Candice DROP-IN *



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

336320-01	M	6:30-7:15pm	1/4-3/8	8	$125	MHAF

Aqua Soothe for Arthritis DROP-IN

Ages 16 & up. Candice Kaup will instruct this low impact class which will focus on critical pillars of healthy aging: joint mobility, muscle flexibility, posture and balance in the very warm waters of Minnie Howard's new pool. Learn more about Candice at onthemoveforwellness.com or call 703.863.1898.

336321-01	M	6:30-7:15pm	1/6-3/10	10	$155	MHAF

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	1/19-3/11	15	$185	CQRC

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	1/11-3/10	16	$289	CQRC
334222-02	F	9-10am	1/15-3/12	9	$165	CQRC

BLT (Buns, Legs & Tummy) *

Ages 18 & up. Participants will strengthen and tone their core and lower body while moving to upbeat music in this energizing workout!

334228-01	M	7-8pm	1/11-3/8	7	$129	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	7:15-8pm	1/11-3/8	7	$129	CQRC
334225-02	Su	9-9:50am	1/10-3/7	9	$165	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 onthemoveforwellness.com or call 703.863.1898.

334217-01	Tu, Th	8:15-9am	1/12-3/11	18	$275	CQRC
334217-02	Tu, Th	9:30-10:15am	1/12-3/11	18	$275	CQRC

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	1/12-3/11	18	$325	CQRC

Lessons 2 Laps * NEW!

Ages 18 & up. Take your swimming up a level in this one-hour adult swim class that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

334213-01	Tu, Th	8-8:45pm	1/12-1/28	6	$139	CQRC
334213-02	W	7-8am	1/13-2/24	6	$139	CQRC
334213-03	Sa	8:30-9:15am	1/16-2/13	5	$119	CQRC
334213-04	Tu, Th	7:45-8:30pm	2/9-2/25	6	$139	CQRC
334213-05	Sa	8:30-9:15am	2/20-3/20	5	$119	CQRC
334213-06	M, W	7-8am	3/1-3/17	5	$119	CQRC
334213-07	Tu	7:45-8:30pm	3/2-3/16	3	$69	CQRC

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	W	6-7am	1/13-3/10	9	$165	CQRC
334224-02	W	6:30-7:30pm	1/13-3/10	9	$165	CQRC

Aquatics
alexandriava.gov/Aquatics

Aqua Spin NEW!

Ages 18 & up. Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full-body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Rubber water shoes are required.

334223-01	W	7:15-8am	1/13-3/10	9	$165	CQRC
334223-02	Sa	9-9:50am	1/16-3/13	9	$165	CQRC

Aqua Spin Circuit NEW!

Ages 18 & up. Aqua spin circuit class is a low-impact, high-energy workout that combines stationary underwater cycling with rotating conditioning stations. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Rubber water shoes are required.

334215-01	Sa	10-10:50am	1/16-3/13	9	$145	CQRC

Adult Efficient Freestyle Clinic NEW!

Ages 18 & up. This clinic focuses on swimming efficiently by adjusting positioning and getting the most power out of each stroke. Swimmers should have intermediate swimming skills to participate.

334214-01	W	7:45-8:30pm	1/20	1	$19	CQRC
334214-02	W	7:45-8:30pm	1/27	1	$19	CQRC
334214-03	Su	12-1pm	2/7	1	$19	CQRC
334214-04	W	7:45-8:30pm	2/17	1	$19	CQRC
334214-05	W	7:45-8:30pm	2/24	1	$19	CQRC
334214-06	Su	12-1pm	1/31	1	$19	CQRC
334214-07	Su	12-1pm	1/24	1	$19	CQRC
334214-08	W	7:45-8:30pm	2/10	1	$19	CQRC

Galentine's Swim Clinic NEW!

Ages 18 & up. Celebrate friendship and make a splash! This fun, beginner-friendly swim clinic is designed for adults who are new to swimming or looking to build confidence in the water. Learn and practice basic swimming skills, floating, breathing, and stroke fundamentals in a supportive, relaxed environment.

334286-01	Sa	4:30-5:30pm	2/13	1	$25	CQRC

Date Night Beginner Swim NEW!

Ages 18 & up. A fun, supportive learn-to-swim class for couples to build water confidence and develop foundational swimming skills together in a relaxed, encouraging environment. Great for beginners or those looking to overcome a fear of water. The registration fee is for two participants.

334282-02	Th	7:45-8:30pm	3/4-3/18	3	$139	CQRC

Lessons 2 Laps Senior Edition NEW! 55+

Ages 55 & up. Take your swimming up a level in this adult swim class designed for senior swimmers that combines technique and practice. The first half focuses on instruction to improve stroke, breathing, and overall efficiency. The second half is a guided workout where you apply those skills to build endurance and confidence in the water. Suitable for swimmers with basic swim skills.

334284-01	F	8:30-9:15am	1/15-2/12	5	$119	CQRC
334284-02	F	8:30-9:15am	2/19-3/19	5	$119	CQRC

Get Paid to Make *Waves*.

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.

*RPCA applicants are eligible for waived fees.



SCAN ME

alexandriava.gov/Aquatics
703.746.5435

Mind/Body Wellness

Yoga for Everybody

Ages 18 & up. Explore yoga through poses that build strength, flexibility, and mindfulness while linking breath with movement. Instructors offer modifications to support a safe, accessible practice for all levels. Beginners are welcome and encouraged!

313627-01	Tu	6:30-7:45pm	1/5-1/26	4	$48	CHRC
313627-02	Tu	6:30-7:45pm	2/16-3/9	4	$48	CHRC

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	Sa	6:30-7:30pm	1/9-3/13	10	$79	CHRC
313636-02	M	9:10-10:10am	1/11-3/8	12	$105	CHRC

Intro to Power Yoga



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

313633-01	Sa	10:25-11:30am	1/11-3/8	7	$105	CHRC

Essentrics: Classical Stretch

Ages 18 & up. Enjoy a full-body stretch that will work through all of your joints and unlock tight muscles. Each workout includes deep stretches, balance-focused sequences, and strength-building sequences that are easy to follow and fun to perform. You'll notice improvements in your posture and flexibility and feel energized and refreshed. Effective for injury recovery and prevention, pain relief, stress release, and promoting healing. Please bring a mat for floor work.

313113-01	W	10:30-11:30am	1/13-3/17	10	$115	PHRC

Candlelight Yoga

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

314219-01	W	7-8pm	1/13-3/10	9	$119	CQRC

Beginner Yoga

Ages 18 & up. Designed for brand-new students or anyone wanting to refresh their basics, this class introduces foundational yoga postures and healthy alignment principles in a supportive environment. You will learn how to connect your breathing with gentle movement, build safe mobility and strength, and use props for comfort.

314224-01	Th	11:30am-12:30pm	1/14-3/11	9	$125	CQRC
313633-02	M	4-5pm	1/15-3/4	7	$105	CHRC

Intro to Power Yoga 1

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.

314230-01	Th	5:30-6:30pm	1/14-3/11	9	$125	CQRC

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	2/8-3/22	4	$45	CHRC

Pop-up: Sound Bath Meditation

Ages 21-80. Join Lisa, an experienced yoga therapist (C-IAYT/1,000), for an immersive healing sound bath session featuring Tibetan Healing Bowls, Crystal Singing Bowls, and other sound healing tools. The session will begin with gentle movement, grounding breathing practices, and intention setting. Surrender to deep relaxation and the healing benefits of vibration and sound. You will leave feeling grounded, refocused, and rejuvenated with a deep sense of calm and intuitive direction.

313151-01	M	6:30-7:30pm	1/11	1	$25	ODRC
313151-02	W	5:30-6:30pm	2/10	1	$25	ODRC
313151-03	M	6:30-7:30pm	3/8	1	$25	ODRC



Chair Yoga: Balance, Strength & Posture ✱

Ages 50 & up. Build strength, improve balance, and increase flexibility using a chair for support. This class includes a combination of seated, standing, and optional floor-based movements to help you move with greater ease and confidence. We work at a steady, intentional pace using simple, effective sequences that strengthen the body, while releasing tension. The class is accessible and adaptable, allowing you to work at a level that feels right for you. Options are always provided. Floor work is optional, with chair and wall support available throughout. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.

313154-01	W	9:30-10:30am	1/6-3/24	9	$205	ODRC
313154-02	W	11am-12pm	1/6-3/24	9	$205	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	1/29-3/19	8	$75	PHRC

Essentrics: Gentle Stretching 55+ ✱

Ages 55 & up. This class offers a low-impact, whole-body approach designed to support mobility, posture, and everyday movement. Participants move through controlled stretches and light strengthening sequences that promote flexibility and joint health without strain. The program emphasizes smooth, continuous motion and alignment, making it ideal for those looking to stay active while being kind to their bodies.

314042-01	M	11am-12pm	1/25-3/22	8	$75	PHRC

Cardio Workout

Roller Skating for Kids

Ages 5-17. Learn how to roll! Instruction includes safety guidelines, skating skills, and proper techniques. For beginners to intermediate. Bring protective gear (helmet, elbow and wrist guards, and knee pads). Instructors are National/World Champions. Call Christie with questions at 703.623.7354.

312641-01	Sa	9-9:50am	1/9-1/30	4	$99	ODRC
312641-02	Tu	6:30-7:20pm	2/2-2/16	3	$75	PHES

Roller Skating for Fun & Fitness

Ages 5 & up. Learn to roll with confidence! Classes cover safety guidelines, skating skills, and proper techniques for beginner to intermediate skaters. Bring protective gear, including a helmet, elbow and wrist guards, and knee pads. Instruction provided by National/World Champion skaters. Questions? Call Christie at 703.623.7354.

Level 1

313141-01	Sa	9-9:50am	2/20-3/13	4	$99	ODRC

Level 2

313141-02	Tu	6:30-7:20pm	2/23-3/16	4	$99	PHRC

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. 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	1/4-3/25	Varies		ODRC
319701-02	M,W-Th	6:30-7:15pm	1/4-3/25	Varies		ODRC
319701-03	Su	10-11am	1/10-3/28	Varies		ODRC
319701-04	Sa	9-9:45am	1/9-3/27	Varies		NLRC

Zumba ✱

Ages 16 & up. Join Instructor Diana for a fun, high-energy Zumba workout featuring Latin dances like salsa, merengue, bachata, samba, reggaeton, and hip-hop. Learn basic dance moves while getting a great workout and burning calories!

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

Walk & Fit Fitness 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	1/13-2/17	6	$55	PHRC
314001-02	W	9:30-10:30am	2/24-3/31	6	$55	PHRC

Cardio & Strength

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	1/4-2/10	12	$109	CHRC
313603-02	M, W	6:30-7:30pm	2/22-3/24	10	$89	CHRC

Small Group Training for Women



Ages 18 & up. Build strength, improve stability, and feel stronger in your everyday life. This dynamic, full-body fitness class is designed for women looking to increase muscle strength, improve cardiovascular fitness, and strengthen the core. Each hour combines resistance training, functional movements, and personalized cardio. Finish with guided stretching, breathwork, and relaxation to support recovery and leave you feeling energized.

313145-01	Tu	9:15-10:15am	1/5-3/23	12	$240	PHRC

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.

319708-01	W	9:30-10:30am	1/6-3/31	12	Varies	ODRC
319708-02	M	6:30-7:30pm	1/4-3/29	13	Varies	PHES
319708-03	F	9:30-10:30am	1/8-4/2	12	Varies	ODRC
319708-04	M	9:30-10:30am	1/4-3/29	12	Varies	ODRC
319708-05	Sa	9:05-10:05am	1/9-4/3	13	Varies	PHES

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.

314223-01	Tu	7-8am	1/12-3/9	9	$125	CQRC

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	1/12-3/9	9	$125	CQRC
314208-02	Sa	9-9:45am	1/16-3/13	9	$125	CQRC
314208-03	Tu	6:15-7:15pm	1/12-3/9	9	$125	CQRC

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	1/12-2/18	12	$79	LARC
313702-02	Tu, Th	6:30-7:30pm	3/9-4/15	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	Th	6:30-7:30pm	1/14-2/18	6	$55	PHRC
314008-02	Th	6:30-7:30pm	2/25-4/1	6	$55	PHRC

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.

314039-01	Th	6:30-7:30pm	1/28-3/18	8	$55	PHES

Adult Fitness Class

Ages 18 & up. The program aims to improve participants' overall strength, mobility, cardiovascular endurance, and functional movement patterns in a safe, supportive environment. The program is designed to progressively challenge all fitness levels through structured workouts that build confidence, promote proper technique, and encourage long-term healthy habits.

313720-01	W	6:30-7:30pm	2/3-3/24	8	$70	LARC

TSP Breath Work & Movement

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

313159-01	F	6-7pm	2/19-3/19	5	$129	ODRC

TSP Tai Chi/Breathwork

Ages 18 & up. Qigong serves as the foundation for Tai Chi, both being gentle forms of meditative movement that designed to balance circulation 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	2/20-3/20	5	$129	ODRC

TSP Adult Bootcamp

Ages 18 & up. 30-45 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	2/22-3/22	5	$129	ODRC

Yoga for Strength, Balance & Mobility 45+ *

Ages 45-80. Feeling stiff, low on energy, or not as strong and steady? This all-levels class is designed to help you build strength, improve flexibility, and feel more at home in your body. We move at a slower, intentional pace, using foundational sequences that strengthen muscles while releasing tension. The class is accessible and adaptable, but not purely gentle; you may be challenged at times as you build stability, balance, and confidence. You'll be encouraged to work at your own level in a supportive environment. With regular practice, many students notice meaningful improvements in posture, mobility, and overall ease of movement. Taught by Lisa, an experienced yoga teacher and certified yoga therapist.

313152-01	Tu	9:30-10:30am	1/5-3/23	9	$155	PHRC
313152-02	Tu	11am-12pm	1/5-3/23	9	$155	PHRC

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	1/11-3/1	6	$55	PHRC
314005-02	M	10-11am	3/8-3/29	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	1/13-2/17	6	$55	PHRC
314011-02	W	12-1pm	2/24-3/31	6	$55	PHRC

Yoga to Improve Mobility & Flexibility 55+

Ages 55 & up. This class blends Hatha and Yin Yoga poses to gently align the body and flow through accessible movements with breath to improve the body's functionality. Props and modifications will be used based on individual needs. The practice will foster strength and balance to ease everyday movement while promoting relaxation and body awareness.

314225-01	Th	10-11am	1/14-3/11	9	$125	CQRC

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	1/15-2/19	6	$65	PHRC
314027-02	F	10-11am	2/26-4/2	6	$65	PHRC



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 55 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	1/12-3/25	22	Free	PHRC
314028-02	Tu, Th	11am-12pm	1/12-3/25	22	Free	PHRC
342194-01	Tu, Th	11am-12pm	1/12-3/18	20	Free	CQRC

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	1/21-3/25	10	Free	PHRC

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	1/25-3/22	8	$75	PHRC

fitness pass & personal training

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

Neighborhood Recreation Center Pass

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

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

Aquatics & Fitness Center Pass

(Valid at all aquatics facilities & fitness centers)

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

Personal Training

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

Group Sessions

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

Individual Sessions

$199 for 4 or $59 per session

Become a Mentor

MENTOR ONE CHILD.
CHANGE TWO LIVES.

ALEXANDRIA MENTORING PARTNERSHIP

The Alexandria Mentoring Partnership (AMP) welcomes volunteer mentors ages 21 and older who want to make a difference in a young person's life. Share your time, build meaningful connections, and help Alexandria youth reach their full potential.

Build Your Skills

CARING U
Empowering Adults

Caring University (CaringU) offers free in-person, virtual, and on-demand training to help parents, guardians, teachers, coaches, recreation staff, mentors, and other caring adults better support young people. Explore topics like mental health, mentoring, asset-building, and cultural awareness, with new courses added monthly!

Explore mentorship & CaringU
at alexandriava.gov/mentoring

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

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	2/17-3/17	5	$129	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	1/23-2/13	4	$89	PHRC
322605-02	Sa	9:30-10:15am	2/20-3/20	5	$119	PHRC

Wiggles, Toes & Rolls

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

323613-01	Tu	4:30-5pm	1/12-2/9	5	$119	CHRC
323613-02	Tu	4:30-5pm	2/16-3/16	5	$119	CHRC

Movement & Gymnastics *

Ages 3-7. Learn basic gymnastics skills with dance movement. The class will rotate to alternating events each week. Students will gain strength, flexibility, and coordination.

Ages 3-5

324215-03	M	3:45-4:15pm	1/11-2/22	4	$99	CQRC
324215-06	M	3:45-4:15pm	2/22-3/29	5	$125	CQRC

Ages 5-7

324215-01	Su	9:15-9:45am	1/10-2/7	4	$99	CQRC
324215-02	Su	11:15-11:45am	1/10-2/7	4	$99	CQRC
324215-04	Su	9:15-9:45am	2/21-3/21	5	$125	CQRC
324215-05	Su	11:15-11:45am	2/21-3/21	5	$125	CQRC

Basic Tumbling

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

322606-01	Sa	10:30-11:15am	1/23-2/13	4	$89	PHRC
322606-02	Sa	10:30-11:15am	2/20-3/20	5	$119	PHRC

Gymnastics I *

Ages 5-12. 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.

Ages 5-9

324207-01	Su	10-11am	1/10-2/7	4	$105	CQRC
324207-02	M	4:30-5:30pm	1/11-2/22	5	$129	CQRC
324207-04	Su	10-11am	2/21-3/21	5	$129	CQRC
324207-05	M	4:30-5:30pm	2/22-3/29	5	$129	CQRC

Ages 8-12

324207-06	M	5:45-6:45pm	2/22-3/29	5	$129	CQRC

Soccer

Baroody Little Tykes Soccer * (+ADULT)

Ages 2-3 with adult. Welcome to Little Tykes Soccer, where we will introduce the fundamental skills needed to play soccer. Some of these skills include dribbling, shooting, and positioning. At this age, the biggest focus is emphasizing no hands and getting used to controlling the ball with our feet. Children will have the chance to play various soccer-themed games to help them learn the basics and work with their peers to develop teamwork. We can't wait to see you on the field!

322633-01	Sa	10:45-11:30am	1/23-2/27	6	$109	CQRC
322633-02	Sa	11:30am-12:15pm	1/23-2/27	6	$109	CQRC
322633-03	F	10:30-11:15am	1/22-3/5	6	$109	CQRC

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.

324209-01	Su	11:10-11:55am	2/21-3/21	5	$105	CQPK

Soccer Tots *



Ages 2-7 (2-3, 3-7). Specialized for our youngest age group, a variety of fun games are professionally designed to delight and engage kids in physical education. A non-competitive environment and fun are encouraged above all else to develop motor skills, promote physical fitness, and create self-confidence.

322610-01	M	11:30am-12:10pm	1/11-2/15	5	$125	CHRC
322610-03	Sa	11:30am-12:15pm	1/23-2/20	4	$99	ODRC
322610-05	M	11:30am-12:10pm	2/22-3/22	5	$125	CHRC
322610-06	Sa	11:30am-12:15pm	2/27-3/20	4	$99	ODRC

Little Kicks Soccer

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

324210-01	Su	12-12:45pm	2/21-3/21	5	$105	CQPK

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	Th	1-2pm	1/21-3/11	8	$339	WRRC
322617-02	F	9-10am	1/22-3/19	8	$339	WRRC
322617-03	M	1:30-2:30pm	1/25-3/29	8	$339	ODRC
322617-04	W	2:30-3:30pm	1/27-3/17	8	$339	ODRC
322617-05	Sa	10:30-11:30am	2/20-4/3	6	$255	FWPK

Tennis 4 Kids

Ages 3-7. Learn to play like the pros in this exciting and interactive tennis class that consists of not only singles and doubles games and round-robin play, but also a variety of drills and cardio exercises that will keep kids agile and on their feet during gameplay. Kids learn the fundamental rules of the game and techniques that will make them feel like experts in the sport. Students must bring a racquet for the class.

Ages 3-6

324211-01	Su	9:30-10am	1/10-2/7	4	$95	CQRC
324211-02	Su	10:10-10:40am	1/10-2/7	4	$95	CQRC
324211-05	Th	5:15-5:45pm	1/14-2/11	5	$119	CQRC
324211-07	Th	5:15-5:45pm	2/18-3/18	5	$119	CQRC
324211-09	Su	9:30-10am	2/21-3/21	5	$119	CQRC
324211-10	Su	10:10-10:40am	2/21-3/21	5	$119	CQRC

Ages 4-7

324211-03	Su	10:50-11:20am	1/10-2/7	5	$119	CQRC
324211-04	Su	11:30am-12pm	1/10-2/7	5	$119	CQRC
324211-11	Su	10:50-11:20am	2/21-3/21	5	$119	CQRC
324211-12	Su	11:30am-12pm	2/21-3/21	5	$119	CQRC

Ages 5-6

324211-06	Th	5:50-6:20pm	1/14-2/11	5	$119	CQRC
324211-08	Th	5:50-6:20pm	2/18-3/18	5	$119	CQRC

Advantage Tennis: Kids Lessons



Ages 6-15. 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!

Ages 6-8

322630-01	M	4-5pm	1/25-3/29	8	$339	ODRC
322630-02	W	3:30-4:30pm	1/27-3/17	8	$339	ODRC
322630-03	Sa	9:30-10:30am	2/20-4/3	6	$255	FWPK

Ages 8-10

322630-04	Sa	10:30-11:30am	2/20-4/3	6	$255	FWPK

Ages 11-15

322630-05	Sa	11:30am-12:30pm	2/20-4/3	6	$255	FWPK

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	F	3:30-4:30pm	1/22-2/26	6	$145	ODRC

Bounce-Boom Tennis 1 & 2

Ages 7-13. Beginner - advanced beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports programs use innovative teaching techniques and games in a low student to instructor ratio. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1.

Ages 7-9

322616-01	W	5:30-6:20pm	2/24-3/24	5	$145	CQPK
322616-02	Th	4:30-5:20pm	2/25-3/25	5	$145	PYPK

Ages 10-13

322616-03	Th	5:30-6:20pm	2/25-3/25	5	$145	PYPK

Bounce-Boom Pickleball 1

Ages 15 & up. Beginner. Players learn the fundamentals, scoring, and how to boost consistency. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1.

323105-01	Tu	5:30-6:20pm	2/23-3/23	5	$145	MHAF

Bounce-Boom Pickleball 2

Ages 15 & up. Advanced beginner. Prerequisite: 1-2 seasons of Pickleball 1 and/or a coach's recommendation. Players build upon fundamentals to learn important match-play skills. Bounce-Boom Racquet Sports focuses on eye tracking, movement, and ball striking skills. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1.

323106-01	Tu	6:30-7:20pm	2/23-3/23	5	$145	MHPK

Bounce-Boom Pickleball 3

Ages 15 & up. Intermediate. Prerequisite: 2-4 seasons of Pickleball 2 and/or a coach's recommendation. Players increase power and accuracy while learning advanced match-play techniques and tactics to prepare for tournament play. Please wear court shoes. Paddles required. Contact us for class and equipment recommendations at info@bounceboom.com.

323114-01	Tu	7:30-8:20pm	2/23-3/23	5	$145	MHPK

Bounce-Boom Adult Tennis 1

Ages 15 & up. Beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball-striking skills in a fun, friendly, and supportive learning environment with a small class size. The low student-to-instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations.

323102-01	Tu	6:30-7:40pm	2/23-3/23	5	$189	PYPK
323102-02	W	6:30-7:40pm	2/24-3/24	5	$189	CQPK
323102-03	Th	6:30-7:40pm	2/25-3/25	5	$189	PYPK

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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	2/23-3/23	5	$189	PYPK
323103-02	W	7:50-9pm	2/24-3/24	5	$189	CQPK
323103-03	Tu	5:10-6:20pm	2/23-3/23	5	$189	PYPK

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	2/25-3/25	5	$189	PYPK

Advantage Tennis: Adult Tennis Lessons

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

Beginner/Advanced Beginner

323107-01	M	5-6pm	2/22-4/5	6	$225	WRRC

Advanced Beginner/Intermediate

323107-02	M	6-7pm	2/22-4/5	6	$225	WRRC

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	1/15-3/5	8	$119	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	1/15-3/5	8	$119	CHRC

Try Senior Tennis Clinic

Ages 55 & up. New to tennis or looking for a refresher? This introductory clinic is a fun, low-pressure way to get started. Learn some of the basics of tennis. Participants will practice skills through simple drills and games while building confidence and getting active.

324213-01	F	11:30am-12pm	3/12	1	Free	CQPK
324213-02	F	11:30am-12pm	3/19	1	Free	CQPK

Basketball

Hoop Life: 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	1/9-3/13	10	$189	NLRC
322602-02	Sa	11-11:45am	1/9-3/13	10	$189	NLRC

Ages 6-9 | Jump Shots for Kids

322602-03	Sa	12-1pm	1/9-3/13	10	$199	NLRC
322602-04	F	6:30-7:30pm	1/8-3/12	10	$199	NLRC

Young Hoopers Academy

Ages 5 & 6 as of March 31, 2027. 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	2/6-2/27	4	$100	JHES





Future Stars Basketball League

Ages 5 & 6 as of March 31, 2027. 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	1-3pm	3/7-3/28	4	$100	JHES

Run, Shoot, Basketball

Ages 5-8. This basketball program teaches the fundamentals of basketball in a fun and exciting way, introducing and teaching basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill-building in passing, shooting, dribbling, and defense.

324010-01	Sa	12:05-12:50pm	1/23-3/20	9	$189	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	1/9-3/13	10	$199	NLRC
322625-02	F	6:30-7:30pm	1/8-3/12	10	$199	NLRC

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	1/10-1/31	4	$100	PHRC

Track & Field Conditioning

Ages 7-14. 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.

322709-01	Su	1-2pm	1/10-2/21	7	$100	PHRC
322709-02	Su	2:15-3:15pm	1/10-2/21	7	$100	PHRC

Additional Sports Classes

Little Athletes & Me (+ADULT)

Ages 2-3 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	1/23-3/20	9	$189	PHRC

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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	Su	9:30-10:15am	2/21-3/21	5	$105	CQPK

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	3/20-4/10	4	$100	LCCM

Martial Arts 4 Kids

Ages 3-7. Introduce your child to the fundamentals of Taekwondo! Your child will learn the basics including kicking, punching, self-defense, balance, discipline, focus, respect, and group interaction. New exercises are introduced each week to help build your child's self-esteem and physical conditioning. Instruction provided by a World Taekwondo Federation certified instructor. Uniforms are required after the first class and are part of the tuition.

322626-01	Sa	10:30-11am	1/23-2/13	4	$115	ODRC
322626-02	W	10:15-10:45am	2/17-3/17	5	$145	ODRC
322626-03	Sa	10:30-11am	2/20-3/20	5	$145	ODRC

Little Athletes

Ages 4-6. 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	1/23-3/20	9	$189	PHRC

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	Su	10:20-11:05am	2/21-3/21	5	$105	CQPK

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	5-6pm	3/9-3/11	2	$45	LCCM

Hot Topic All Stars - Cheer Clinic

Ages 5-12. Come join us for a fun, high-energy, and engaging cheer clinic designed to help athletes build confidence, improve cheer skills, and learn new routines in a positive, supportive environment. Whether you're new to cheer or looking to sharpen your technique, this clinic is for you!

322622-01	F	5:30-8pm	1/29	1	$25	WRRC

First Down Flag Football

Ages 6-8. Players develop an understanding of the game, rules, and technical skills in a fun-filled, exciting environment.

324216-01	Su	12:55-1:40pm	2/21-3/21	5	$105	CQPK



Sports Classes & Leagues

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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	1/13-2/10	5	$125	CQRC
322609-02	W	4-5pm	2/17-3/17	5	$125	CQRC

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	Tu	5:15-6:15pm	1/19-2/23	6	$105	CQRC
322604-02	Su	5:15-6:15pm	1/24-2/28	6	$105	CQRC

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	Sa	4-5pm	2/20-3/20	5	$119	SJSP
322623-02	Tu	4-5pm	2/16-3/16	5	$119	SJSP

Fencing

Ages 10 & up. Learn the principles of modern sport fencing, including footwork, blade control, and technique. Foils, masks, and jackets are provided (no rental fee). Please wear comfortable athletic clothing. Court shoes or cross trainers are recommended. Non-competitive USA Fencing membership required (details at first class session). Instructor: Olde Town Fencing.

323101-01	W	7-8pm	1/13-3/3	8	$119	PHES

Leagues

Winter Basketball League



Ages 7-18 as of March 31, 2027. Players who are 18 must still be enrolled in high school. Age divisions include 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under. Teams are generally formed by recreation district, so register for your preferred district. Boys' teams in the 14 & Under and 18 & Under divisions are formed through a skills assessment and draft to promote balanced competition. Practices begin the week of December 7 at recreation centers and schools throughout the city. Coaches will share team assignments and practice details in late November or early December. For boys ages 9–12 seeking a higher level of competition, see the American competitive division (Activity 322701-10).

322701-01-12	M-Su	9am-6pm	12/7-3/13	97	$100	Location Varies

Winter Coed Volleyball League



Ages 18 & up. Bump, Set, Spike! Make fitness social with weekly volleyball games in a fun, team-oriented league. League play begins the week of January 5, with each team playing 10 regular-season matches. The top four teams will advance to the playoffs. Teams must submit a roster before their first game. The team registration fee is $555. A $35 nonresident fee applies to each player who lives outside the City of Alexandria. Registration: November 1 to December 19.

323201	Tu	7-10pm	$555	JHES

Winter Men's Basketball League

Ages 18 & up. Each team will play 10 regular-season games, with the top four teams in each division advancing to the league playoffs. The team registration fee is $825. All teams must submit a roster before the season begins. A $35 nonresident fee applies to each player who lives outside the City of Alexandria. Registration: November 1 to December 19.

323200	Th	7-10pm	$825	CHRC

NEW!
- Lighted mini golf
- Scavenger hunt
- Giant maze!

NOVA PARKS

Bright Nights

THE WINTER VILLAGE AT CAMERON RUN

OPEN NIGHTLY THROUGH JAN. 3

- DAZZLING LIGHT DISPLAYS
- SELFIE SCENES
- FIREPITS FOR ROASTING MARSHMALLOWS

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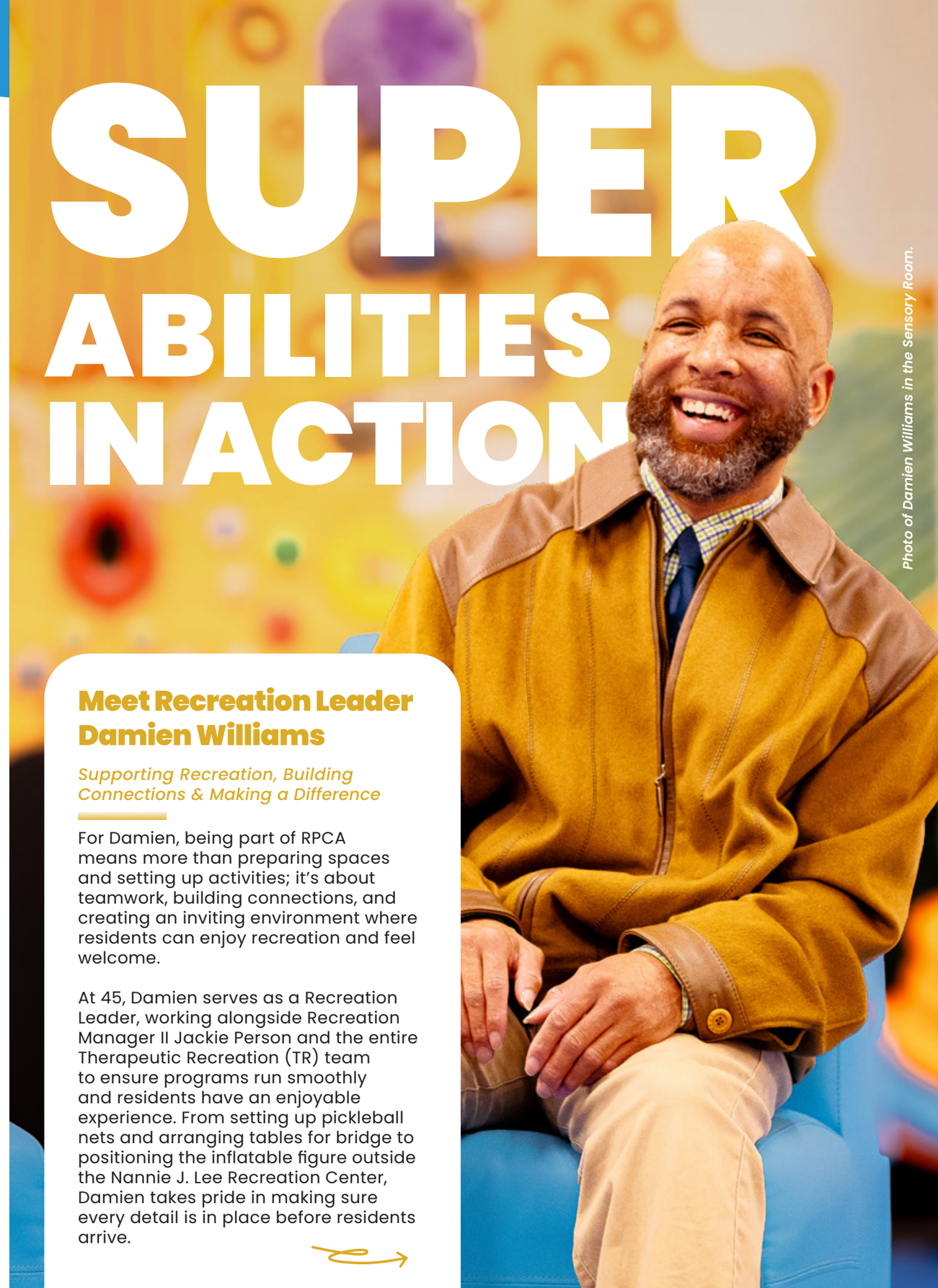


Photo of Damien Williams in the Sensory Room.

Meet Recreation Leader Damien Williams

Supporting Recreation, Building Connections & Making a Difference

For Damien, being part of RPCA means more than preparing spaces and setting up activities; it's about teamwork, building connections, and creating an inviting environment where residents can enjoy recreation and feel welcome.

At 45, Damien serves as a Recreation Leader, working alongside Recreation Manager II Jackie Person and the entire Therapeutic Recreation (TR) team to ensure programs run smoothly and residents have an enjoyable experience. From setting up pickleball nets and arranging tables for bridge to positioning the inflatable figure outside the Nannie J. Lee Recreation Center, Damien takes pride in making sure every detail is in place before residents arrive.

Damien's journey with RPCA began in 2002, when he joined the department as an Equipment Room Assistant. Since then, he has continued to grow professionally while building lasting relationships with colleagues and community members. His behind-the-scenes contributions play an important role in creating meaningful recreational experiences for residents of all abilities.

RPCA is proud to recognize Damien for his dedication, teamwork, and positive attitude. His willingness to lend a helping hand and commitment to supporting others reflect the spirit of service that makes our recreation centers welcoming places for everyone.



Get to know Damien!

What do you enjoy most about working at RPCA?

I enjoy the friendly environment. I like working alongside my coworkers, helping them setup for Bridge Club and indoor pickleball. I appreciate being a part of a team where everyone works together to make a difference.

Where do you see yourself in five years?

I hope to work at my cousin's restaurant, Mr. Charles Chicken and Fish 2 and explore the next chapter of my journey.



Photos of children participants in the Sensory Room at Nannie J. Lee Recreation Center.

Discover the Benefits of Therapeutic Recreation in Alexandria

Creating inclusive opportunities for connection, confidence, growth, and joy for residents of all abilities.

At the City of Alexandria's Department of Recreation, Parks and Cultural Activities (RPCA), recreation is more than an activity. It is a way to build friendships, develop life skills, discover new interests, and create a sense of belonging. Through its Therapeutic Recreation Program, RPCA provides children and adults of varying abilities with opportunities to participate, grow, and experience the joy of recreation in a supportive environment that celebrates individual strengths.

At the heart of this work is Jackie Person, Recreation Manager II for RPCA's Therapeutic Recreation Program, who has dedicated more than 14 years to serving the Alexandria community at Nannie J. Lee Recreation Center. Throughout her career, Person has helped create an environment where participants feel welcomed, encouraged, and celebrated.

Her philosophy is simple: rather than defining people by disabilities or limitations, she embraces the term "Super-abilities" to recognize the unique strengths, perspectives, and potential each individual brings.

"What some people may view as a challenge, I see as an opportunity," reflects her approach. Every interaction is a chance to learn, grow, and better understand the world through someone else's perspective.

Recreation That Makes a Difference

RPCA's Therapeutic Recreation Program provides meaningful recreational experiences that encourage personal development, social connection, and greater independence. With inclusive activities and individualized support, participants can explore interests, build relationships, and develop skills that carry into everyday life.

The program supports participants in several important ways:

Building Social Connections: Group activities and shared experiences create opportunities to make friends, practice communication and teamwork, and develop a stronger sense of belonging.

Encouraging Confidence and Independence: Learning a new skill, trying an activity, or reaching a personal goal helps participants build confidence, make choices, express themselves, and celebrate progress at their own pace.

Supporting Physical and Emotional Well-Being: Movement, games and creative activities encourage physical wellness, coordination and emotional expression while providing opportunities for laughter, relaxation and stress relief.

Creating Opportunities for Learning: Recreational experiences help participants practice problem-solving, communication, adaptability and daily routines, all in engaging environments tailored to their interests and special abilities.

Supporting Families and Caregivers: Inclusive programming gives families opportunities to connect with community resources, build relationships, and feel supported while their loved ones participate in meaningful activities.

A Commitment to Inclusion, One Participant at a Time

Behind every successful therapeutic recreation experience is a team committed to making participants feel safe, respected, and excited to return. During her more than two decades at Nannie J. Lee Recreation Center, Person has trained and mentored numerous staff members to provide thoughtful, engaging, and supportive experiences for Alexandrians with Super-abilities.

Her leadership emphasizes understanding each participant as an individual, recognizing their strengths and creating opportunities for meaningful participation. By equipping staff to support a range of needs, the program helps build a culture of inclusion that extends beyond the recreation center.

These experiences benefit the entire community. When participants, staff, families, and neighbors interact and learn from one another, they have opportunities to develop empathy, challenge assumptions, and appreciate different abilities and perspectives.

Therapeutic recreation is about more than making activities accessible. It is about creating an environment where everyone feels welcomed, valued, and encouraged to participate.

Looking Ahead: Expanding Opportunities Across Alexandria

As community needs and interest in inclusive recreation continue to grow, RPCA is exploring opportunities to expand therapeutic recreation offerings to additional recreation centers over the next several years.

The goal is to reach more children and adults, give families greater access to recreational resources in their own neighborhoods, and create more opportunities for meaningful participation. This expansion will also help more recreation center staff and community members learn about inclusion and the importance of making recreation welcoming to everyone.

Discover Your Super-Abilities

The RPCA Therapeutic Recreation Program demonstrates how recreation can bring people together, open doors to new experiences, and strengthen the Alexandria community.



Photo of Recreation Manager II, Jackie Person (left), alongside the Therapeutic Recreation staff and participants in the Sensory Room at Nannie J. Lee Recreation Center.

Through the dedication of Jackie Person and the staff who support participants every day, the program reinforces an important message: everyone deserves the opportunity to play, learn, connect, and thrive.

Whether it is making a new friend, discovering a talent, or celebrating a personal milestone, every experience matters. When everyone has the opportunity to participate and shine, the entire community benefits.

At RPCA, inclusion is an invitation to belong, and every Super-ability deserves the opportunity to shine.

Learn More:

Alexandria residents and families interested in therapeutic recreation are encouraged to contact RPCA or visit **alexandriava.gov/RPCA/Therapeutic-Recreation** for information about available programs, eligibility, registration, and future offerings.

Socialize

B.E.A.R. +ADULT ✱

Ages 6 mos.-5 yrs. with adult. Where tiny imaginations come alive! B.E.A.R. is an interactive program designed to spark a lifelong love of reading in our youngest learners. Through joyful sing-alongs, captivating story time, and hands-on arts & crafts, little ones are invited into a world where books become adventures through costumes, and every page holds something magical.

343004-01 Th 10:30am-12pm 1/7-3/18 10 $349 NLRC

Twinkle Sensory Stars

Ages 1-5. Q-Time in Sensory World offers children a chance to explore activities in a calm environment with reduced lighting and sound, while providing parents and caregivers an opportunity to connect.

343012-01 W 10:30am-12pm 1/13-2/17 6 $36 NLRC

Super Sensory Stars

Ages 5-12. An inclusive program designed for home-schooled students will include a combination of sensory-based activities and open gym time, encouraging creativity, exploration, physical activity, and social interaction. The care provider must remain with participants.

343011-01 F 11am-1pm 1/8-2/12 6 Free NLRC

Galaxy Stars

Ages 5-18. Sensory program that provides Group Home Adults with different abilities the opportunity to engage in various sensory activities.

343010-01 Tu 6-7:30pm 1/12-2/16 6 Free NLRC

Silver Knights Chess Club

Ages 6-13. 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 1/12-3/2 8 $179 ODRC

Baroody Digital Art & Illustration

Ages 7-12. Using the innovative Procreate software, our young artists will master digital brush strokes, transitioning smoothly from sketching and painting to fine detailing. Traditional art concepts will be blended with the arsenal of a digital medium! Dive deep into the vibrant world of colors, understanding the intricacies of hue and saturation to make every artwork come alive. Children will become adept at using Procreate's specialized tools, and each class will produce a unique art project that can be proudly displayed at home.

342613-01 F 3:30-4:30pm 1/22-2/26 6 $145 ODRC

Little Scholars: Yogis ✱

Ages 8-14. Our yogis will find their strength and self-expression through yoga poses, visual meditations, and breathing techniques. In each theme-based session with interactive games, students will learn how to take their yoga practice off the mat and into their school classrooms, home, and social interactions. Namaste!

342640-01 M 5-6pm 1/25-3/8 6 $139 ODRC

Baroody Dungeons & Dragons

Ages 9-12. Welcome to the world of tabletop games. In this program, we will create our own Dungeons & Dragons inspired adventures focusing on social, emotional, creative, and storytelling skills. We will dabble in different areas of playing and/or running a campaign to introduce the concepts of story building in a tabletop game setting. Throughout the course we will develop characters, face conflicts and adapt, write stories, and use math concepts such as probability to determine outcomes. Children will collaborate in creating a world for them and other players to participate in and get a chance to lead their very own adventure. Materials are provided so only imagination is needed on this magical journey.

342612-01 Tu 4-5pm 1/12-3/2 8 $145 CQRC

Red Cross Babysitting Training Certification

Ages 11-15. Learn essential skills to safely care for infants and children, including childcare basics, safety, injury prevention, behavior management, feeding, diaper changing, and professional babysitting practices. Participants will receive an American Red Cross Babysitter Training Certificate, CPR and First Aid certification valid for two years, and a deluxe babysitting training kit. CPR and First Aid certification requires completion of an online prerequisite before the in-person class. Registration is required at least one week before class to allow time to complete the prerequisite. Registered participants will receive an email with additional instructions.

342900-01 Sa 8am-4pm 1/23 1 $140 LEEC
342900-02 Sa 8am-4pm 3/13 1 $140 LEEC

I AM HER Circle

Ages 12-18. Youth empowerment and social-development program for young ladies designed to provide a positive, supportive, and safe environment where they can be themselves, build meaningful relationships, develop confidence, and grow into the young women they are becoming.

343625-01 Sa 1-4pm 1/2-3/27 13 Free CHRC

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 703.746.5550.

343000-01 Sa 11:30am-3:30pm 1/9-5/22 20 $75 NLRC

PS Karma DIY Beauty Lab

Ages 18 & up. Join PS Karma for a fun, hands-on, three-week series where creativity meets self-care! Each week, explore a new craft as you create custom soaps, personalized lipsticks and lip balms, and colorful, fragrant bath bombs. Experiment with colors, scents, and ingredients while learning techniques to make your own bath and beauty essentials. Whether you're exploring a new hobby, enjoying a creative escape, or making thoughtful gifts, you'll leave each session with handcrafted creations to take home. No experience necessary; all supplies are provided!

343102-01 Sa 1-3pm 1/16-1/30 3 $225 ODRC

Mahjong Club

Ages 18 & up. Join fellow Mahjong enthusiasts for weekly social play at the Durant Center! This welcoming club provides adults with an opportunity to play Mahjong, meet other players and build community in a relaxed environment. Basic knowledge of the game is encouraged. Mahjong sets will be available, or participants may bring their own.

345201-01 M 6-8:30pm 1/25-3/22 8 $25 ODRC

Pop-Up Sensory Hour

Ages 21 & up. The Inclusive Sensory Pop-Up Hour offers adults ages 21 and older of all abilities an opportunity to explore sensory activities and enjoy open gym time in a welcoming, inclusive environment.

343014-01 Tu 11:30am-12:30pm 1/12-2/9 5 Free NLRC

Dazzling Sensory Stars 55+

Ages 55 & up. Sensory experience designed for adults 55 & older to promote relaxation and social connection.

343013-01 Tu 10:30am-12pm 1/12-2/9 5 Free NLRC

Technology & Science

Baroody LEGO® STEAM Park

Ages 3-5. Created specifically for preschoolers, LEGO® STEAM Park aims to gently introduce children to structured learning environments. Our sessions maintain the spirit of playfulness, ensuring each child's enthusiasm remains ignited! Every lesson is oriented around a STEAM-based vocabulary word, with each project based on amusement parks. From understanding the pull of gravity through roller coasters to exploring the science of flotation with boat rides, our young builders will be challenged to dream and design their unique amusement attractions!

342607-01 Sa 10-11am 1/16-2/20 6 $145 CBRC
342607-02 W 10-10:45am 1/20-2/24 6 $145 ODRC

Little Scholars: Head, Shoulders, Knees & Toes

Ages 3-5. Our little scholars will get their bodies moving with active songs, process art, learning games, and creative play, all designed to strengthen the core muscles and motor planning skills used for fine motor activities. Students will learn correct letter and number formation, pencil grip, and scissor skills as they activate their Heads, Shoulders, Knees, and Toes!

342639-01 W 10-11am 1/27-3/17 8 $175 CQRC

Little Scholars: Backyard Science ✱

Ages 3-5. In this hands-on class, young explorers will investigate the wonders of nature through fun experiments, exciting discoveries, and interactive activities. From observing plants and insects to digging into soil and learning about weather, each session sparks curiosity and encourages students to ask questions about the world around them.

342638-01 M 11am-12pm 2/1-3/15 6 $149 CQRC

Scratch Jr Coding

Ages 5-7. Designed for young learners, Scratch Jr simplifies coding into an interactive, drag-and-drop adventure. Children will create interactive stories, games, and animations by dragging and dropping blocks to specify the actions of their program. They'll also learn to use loops for repeating fun actions and control structures for decision-making in their stories and animations!

342605-01 Sa 11:15am-12:15pm 1/16-2/20 6 $189 CBRC

Robotics & Visual Coding With Lego® ✱

Ages 6-9, 10-14. Powered by the LEGO® Education WeDo Base Set and Software, our Jr. LEGO Robotics class combines the exciting world of LEGO with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

Ages 6-9
342633-01 F 5-6pm 1/22-3/5 6 $169 ODRC
Ages 10-14
342633-02 F 6:15-7:15pm 1/22-3/5 6 $169 ODRC

Coding With Scratch

Ages 6-9, 10-14. 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 Sa 9:30-10:30am 1/23-2/27 6 $169 ODRC
Ages 10-14
342616-02 Sa 10:45-11:45am 1/23-2/27 6 $169 ODRC

Animation Using Minecraft

Ages 6-9, 10-14. *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. 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 Su 1-2pm 1/24-2/28 6 $169 CHRC
Ages 10-14
342629-02 Su 2:15-3:15pm 1/24-2/28 6 $169 CHRC

Baroody LEGO® SPIKE Prime: Robotics

Ages 10-13. Inspire the next generation of engineers and innovators! Students use LEGO® SPIKE™ Prime kits to design, build, and program robots while developing problem-solving, creativity, and critical-thinking skills. Through hands-on challenges, they experiment with motors, sensors, lights, and sounds to create imaginative robots and interactive projects while learning to work with partners.

342602-01 Sa 12:30-1:30pm 1/16-2/20 6 $189 CBRC



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	1/10-2/21	7	$35	CHRC

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	1/16-3/20	10	$159	CHRC
352605-02	Sa	9:15-10am	1/16-3/20	10	$159	PHES

Introduction to Ballet

Ages 5-8. Introduce your little dancer to the beautiful art of ballet! This class will enhance your child's coordination, balance, and flexibility, 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	1/10-2/21	7	$35	CHRC

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	1/16-3/20	10	$159	CHRC
352610-02	Sa	10:15-11am	1/16-3/20	10	$159	PHES

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	1/16-3/20	10	$159	CHRC
352611-02	Sa	11:15am-12pm	1/16-3/20	10	$159	PHES

Youth Ballet

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

353622-01	Su	3:30-4:20pm	1/10-2/21	7	$35	CHRC

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	1/16-3/20	10	$165	CHRC
352612-02	Sa	12:15-1:15pm	1/16-3/20	10	$165	PHES

Dance

Modern Tots

Ages 3-5. Students will express their creative, artistic soul in everyone because of its expressiveness and freedom of individuality. Techniques focus on movement from the inside out, encouraging the 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	1/23-2/13	4	$75	CQRC
354203-02	Sa	10-10:30am	2/20-3/20	5	$95	CQRC

Jazz Hip Hop

Ages 4-6, 7-11. Build confidence as a dancer by learning basic jazz and hip-hop dance principles set to popular music, such as syncopated rhythms, body isolations, coordination, and choreography. Develop musicality and rhythm while learning dance vocabulary and the use of counting. This class will encourage students to dance outside of the box and bring their own personality to each movement.

Ages 4-6

354201-02	Sa	9-9:45am	1/23-2/13	4	$105	CQRC

Ages 7-11

354201-01	F	5-5:50pm	1/15-2/12	5	$129	CQRC
354201-03	F	5-5:50pm	2/19-3/19	5	$129	CQRC

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	1/13-2/10	5	$89	CQRC
354200-02	W	5-5:50pm	2/17-3/17	5	$89	CQRC

Creative & Performing Arts
alexandriava.gov/RPCA/Creative-Arts

Music

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

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

353805-01	M,W	10am-1pm	1/11-2/10	10	$99	MVRC
353805-02	M, W, F	10am-1pm	1/11-2/12	15	$79	MVRC
353805-03	M,W	10am-1pm	2/22-4/7	14	$99	MVRC
353805-04	M, W, F	10am-1pm	2/22-4/9	21	$79	MVRC

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 is included! Different music every session - this Winter is called "Ponies, Piggies, & Pups", all about favorite farm animals, fun with pets, loads of dancing and movement, and much more!

359704-01	Th	10:30-11am	1/14-3/18	10	$229	CHRC
359704-02	Th	11:15-11:45am	1/14-3/18	10	$229	CHRC
359704-03	Th	12-12:45pm	1/14-3/18	10	$229	CHRC

Music & Me! (+ADULT) (*)

Ages 3-5 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	1/30-3/13	6	$139	ODRC
342623-02	W	12:30-1pm	2/3-3/10	6	$139	CQRC

Tiny Tunes Piano (+ADULT) (*)

Ages 4-6 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	10:30-11am	1/30-3/13	6	$139	ODRC
342618-02	W	12-12:30pm	2/3-3/10	6	$139	CQRC

Musical Theatre for Kids

Ages 5-12. Leonard "Chick" Armstrong is presenting musical theatre for kids, featuring a wide range of genres where music plays a major role in moving stories forward and bringing characters to life.

353704-01	Tu, Th	6:15-7:15pm	2/2-2/25	8	$35	LARC

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	Tu	7-8pm	2/2-3/9	6	$155	CHRC

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	1/23-3/13	8	$159	ODRC
352600-02	M	10-10:45am	1/25-3/22	8	$159	ODRC

Abrakadoodle Mini Doodlers (+ADULT)

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

352613-01	Sa	11-11:45am	1/23-3/13	8	$159	ODRC

Artistic Drawing With Young Rembrandts™

Ages 6-10. Young Rembrandts™ Drawing curriculum uses a structured, stepwise format to teach elementary students useful drawing skills while developing creative thinking strategies. Students deconstruct complex objects into familiar shapes, then use problem-solving and imagination to make their own works of art. Our Artistic Drawing curriculum develops academically relevant skills, including spatial-motor planning, mental discipline, and fine motor skills, while providing a fun, enriching experience for our students. New lessons every session!

352626-01	Sa	10-11am	1/23-3/13	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 703.746.5550.

353000-01	W	6-7:30pm	1/13-5/19	19	$75	NLRC



Represent Alexandria.

What Would You Want to See?

From hats to t-shirts and more, share your ideas! Take our quick survey and help shape future City of Alexandria merchandise.

alexandriava.gov/rpca/merch-survey



Nature & Environment

alexandriava.gov/NatureCenter

Nature & Environmental Education

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	1/9	1	$5	BFNC
369845-02	Sa	10:30-11:30am	2/13	1	$5	BFNC
369845-03	Sa	10:30-11:30am	3/13	1	$5	BFNC
369845-04	Sa	10:30-11:30am	4/10	1	$5	BFNC

Let It Snow

Ages 5-8. Have you ever wondered how snowflakes get their one-of-a-kind shapes? Explore the journey of a snowflake from the clouds to the ground, then create your own snowflake craft inspired by nature.

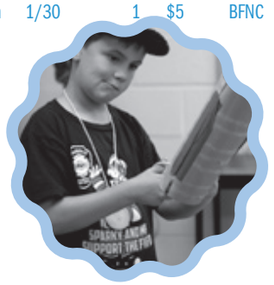
369860-01	Sa	2-3pm	1/23	1	$5	BFNC

Groundhog's Day

Ages 6-9. Can groundhogs really predict the weather? Will it be six more weeks of winter or an early spring? Through games and fun activities, we'll investigate the secret life of who some consider nature's weatherman, the groundhog. Weather permitting, a walk through Dora Kelley Nature Park will occur, followed by refreshments.

369839-01	Sa	10:30-11:30am	1/30	1	$5	BFNC

Recycled Valentines



Ages 6 & up. Join us at the Nature Center to make that special someone, or one of our animal ambassadors, a lovely Valentine by reusing bits of lace, scraps of ribbon, and even old magazines to make beautiful new valentines. Bring materials you'd like to share, too!

369804-01	Sa	1-2pm	2/13	1	$5	BFNC

Seasonal Hikes

All Ages. Explore Dora Kelley Nature Park with an Environmental Educator or guest presenter. Observe changes as plants and animals awaken for spring. Hikes will have a different theme each month.

369848-01	F	4-5pm	1/8	1	Free	BFNC
369848-02	F	4-5pm	2/5	1	Free	BFNC
369848-03	F	4-5pm	3/5	1	Free	BFNC
369848-04	F	4-5pm	4/2	1	Free	BFNC

Star Party

All Ages. Celebrate International Dark Sky Week by looking at stars! Learn what light pollution is and why people and animals need the night to stay dark. Head outside to discover the stories of the constellations and enjoy crafts, activities, and refreshments.

369867-01	F	7:30-9pm	4/9	1	$5	BFNC

Winter 2027

Discover Nature at

JEROME "BUDDIE" FORD NATURE CENTER

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

5750 Sanger Ave.

Open W-Sa 10 a.m.-4 p.m. year-round excl. holidays

Weekday Activities at 11 a.m. | Open to the public

- *Wednesdays:* Storytime in Our Library
- *Thursdays:* Animal Brunch: Watch Feedings
- *Fridays:* Animal Meet & Greet



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

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





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

Questions?

Call 703.746.5559

Visit us online to learn more:

alexandriava.gov/NatureCenter

Camps

Tennis 4 Kids Camp

Ages 5-7. Learn to play like the pros in this exciting and interactive tennis class featuring 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. Students need a racquet for this camp.

374206-01	W	9am-12pm	3/10	1	$79	CQPK
374206-02	M-F	9am-12pm	3/22-3/26	5	$279	CQPK

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.

Explore the Solar System

372691-01	M	9am-4pm	1/25	1	$119	ODRC

Fantastic Fossils

372691-02	M-F	9am-4pm	3/22-3/26	5	$309	ODRC

Nature Day Camps

Ages 5-10. Explore the great outdoors at Buddie Ford Nature Center! Through hands-on activities, creative projects, and outdoor adventures, campers will discover nature, practice survival skills, explore Virginia's native wildlife, and develop a greater appreciation for the natural world. Please bring a water bottle, snack, and a bagged lunch.

Junior Scientist

369841-01	M	9am-3pm	1/25	1	$75	BFNC

Survival Skills

369841-02	F	9am-3pm	2/26	1	$75	BFNC

Art & Nature

369841-03	W	9am-3pm	3/10	1	$75	BFNC

Native Virginia

369841-04	M	9am-3pm	4/12	1	$75	BFNC

Ultimate Music Experience Camp

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

372668-01	M	9am-3pm	1/25	1	$109	ODRC
372668-02	W	9am-3pm	3/10	1	$109	CHRC

Hoop Life Basketball Camp

Ages 5-14. Don't miss this structured fundamentals camp! All coaches have experience playing/coaching at higher levels of basketball, from high school to the NBA. Your child will improve their skills, gain greater knowledge, and develop a heightened passion for the game.

372601-01	M	9am-4pm	1/25	1	$99	JHES
372601-02	F	9am-4pm	2/26	1	$99	JHES
372601-03	W	9am-4pm	3/10	1	$99	JHES
372601-04	M-F	9am-4pm	3/22-3/26	5	$299	JHES

Abrakadoodle Camps

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

Wild 'N Wacky Art Camp

372600-01	F	9am-4pm	2/26	1	$79	CHRC

Fairy Tale Art Camp

372600-02	W	9am-4pm	3/10	1	$79	ODRC

Art Box Camps

Ages 5.75-10. Dive into a day of creativity and excitement! Kids will paint, build. Bake and play through visual arts, STEM, LEGOS and cooperative group games. The day will burst with hands-on fun, imagination and laughter - where creativity meets non-stop action throughout the day.

372686-01	M	9am-4pm	1/25	1	$205	LEEC
372686-02	F	9am-4pm	2/26	1	$205	LEEC
372686-03	W	9am-4pm	3/10	1	$205	LEEC
372686-04	M-F	9am-4pm	3/22-3/26	5	$375	LEEC

Gymnastics 4 Kids Camp

Ages 6-10. 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	M	9am-4pm	1/25	1	$99	CQRC

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: Winter Bake-Off

372677-01	M	9am-4pm	1/25	1	$155	ODRC

Breakfast for Dinner

372677-02	F	9am-4pm	2/26	1	$155	ODRC

Tropical Fusion

372677-03	W	9am-4pm	3/10	1	$155	ODRC

All American Diner Road Trip

372677-04	M-F	9am-4pm	3/22-3/26	5	$475	ODRC

Spring Into STEM With LEGO® Camp

Ages 6-10. Celebrate the coming of Spring with Play-Well and tens of thousands of LEGO® parts! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. Design and build as never before and explore your craziest ideas. This camp meets Monday, Wednesday, and Friday.

372604-01	M-F	9am-3pm	3/22-3/26	5	$249	ODRC

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	F	9am-4pm	2/26	1	$99	CHRC

Camps
alexandriava.gov/RPCA/Camps

Spark Business Camp

Ages 6-13. Turn ideas into action at Spark Business Camp! Young entrepreneurs will explore the fundamentals of starting and running a business through hands-on activities, creative challenges, and team projects. Campers will develop business concepts, create products and marketing plans, learn about budgeting and customer service, and build confidence in leadership, communication, and problem-solving.

Ages 6-9 | Little Inventors

372654-02	W	9am-4pm	3/10	1	$105	ODRC

Ages 10-13 | Aspiring Fashionistas

372654-01	M	9am-4pm	1/25	1	$105	LEEC

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.

372675-01	M-F	9am-4pm	3/22-3/26	5	$439	LEEC

Soccer Pros Soccer Camp

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

372632-01	W	9am-4pm	3/10	1	$99	JHES
372632-02	M-F	9am-4pm	3/22-3/26	5	$315	JHES

TSP Flag Football Camp

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

372684-01	W	9am-4pm	3/10	1	$99	JHES
372684-02	M-F	9am-4pm	3/22-3/26	5	$315	JHES

Animation Using Minecraft

Ages 6-9, 10-14. Give your child an exciting out-of-school camp experience with CyberTeck! Campers will explore game design, animation, coding, and 3D modeling through popular platforms such as Minecraft, Roblox, and Scratch. Our engaging, hands-on programs help build valuable technology skills while ensuring campers stay active, creative, and have fun.

Ages 6-9

372616-01	M-F	9am-12pm	3/22-3/26	5	$299	ODRC

Ages 10-14

372616-02	M-F	1-4pm	3/22-3/26	5	$299	ODRC

Hot Topic All Stars - Flippin Cheer Camp

Ages 7-11. When schools flip out, the fun flips in! Is your calendar spinning with all those school closure days? Well, flip the script on your kiddo's day off with our high-energy Hot Topic All Stars Flippin' Cheer Camp! We're flipping with excitement to offer a day packed with tumbling, cheer, and other fun activities.

372622-01	F	9am-4pm	2/26	1	$89	ODRC

Baroody Dance Camp

Ages 7-11. Campers are going to love this full-day dance camp where instructors will be teaching choreography and movement using some of the most popular songs out today.

372610-01	M-F	9am-3pm	3/22-3/26	5	$349	CQRC

Teacher Workday Mermaid Experience

Ages 8-12. Teacher Workday Mermaid Experience: Use your day off to dive into the magical world of mermaiding with professional Mermaid Chè Monique. We'll spend the day learning about mermaid folklore from across the globe, making crafts, playing games, and, of course, swimming in mermaid tails and learning underwater tricks. This experience is suitable for strong swimmers. Bring your swimsuit, lunch, snacks, towel, dive mask, snorkel, and a change of clothes.

374234-01	M	8:30am-4:30pm	1/25	1	$215	CQRC

PS Karma Camps

Ages 8-12. PS Karma Camps offers a creative, hands-on experience where campers explore art, design, and DIY projects while expressing their imagination. Through engaging activities that blend creativity, experimentation, and fun, participants create unique take-home projects, build confidence, and develop new skills in a supportive and inspiring environment. Perfect for young makers, artists, and creators looking to learn, explore, and have fun.

Mini Makers: The Soap Sorcery Lab

372635-01	M	9am-4pm	1/25	1	$185	CHRC

Mini Makers: Magical Art Camp

372635-02	F	9am-4pm	2/26	1	$185	ODRC
372635-03	M-F	9am-4pm	3/22-3/26	5	$325	CHRC

Schools Out Splash Day

Ages 8-12. No School. No Homework. Just SPLASH! Celebrate a day off from school with an action-packed day at the pool! School's Out Splash Day is filled with pool games, silly challenges, and plenty of opportunities to make a splash. Participants should bring a swimsuit, towel, lunch/drink, and lots of energy!

374205-01	W	9am-4pm	3/10	1	$99	CQRC

Alex Swim Spring Break Half Day Camp

Ages 8-12. No School. No Homework. Just FUN and strokes! Campers will enjoy games, arts and crafts, and free swim throughout the week. Camp information forms are required to confirm registration. Campers are required to bring their own snacks, water bottle, swimsuit, and towel.

374233-01	M-F	9am-12pm	3/22-3/26	5	$235	CQRC

Bounce-Boom Tennis Camp

Ages 9-13. Bounce-Boom Racquet Sports programs use innovative teaching techniques and games to create a fun learning environment. The low student-to-instructor ratio helps campers learn quickly. Ideal for those familiar with our Tennis 1 & 2 classes offered throughout the year. Tennis racquets are required. Visit bounceboom.com for more information.

372602-01	M-F	9am-12pm	3/22-3/26	5	$375	CQPK

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. Please contact the Nannie J. Lee office at 703.746.5550 for more information or to sign up.

303001-01	M	9am-6pm	1/25	1	$65	NLRC
303001-02	F	9am-6pm	2/26	1	$65	NLRC
303001-03	W	9am-6pm	3/10	1	$65	NLRC
303001-04	M-F	9am-6pm	3/22-4/26	26	$325	NLRC
303001-05	M	9am-6pm	4/12	1	$65	NLRC



2027 SUMMER POWER-ON/POWER-UP **GENERAL REGISTRATION BEGINS FEBRUARY 17.** 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 Friday, January 22 and ends Friday, January 29. Families will be notified of their eligibility via email or by phone beginning February 10. General online only registration opens February 17 at 9 a.m. In-person registration opens February 18 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 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. 2026-27 ACPS Nutrition Office documentation is accepted.

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

Program Fees 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

RPCA Teen Programs

alexandriava.gov/RPCA/Teens

Teen Power Hour (Teen Fit)

Ages 11-15. Teen Power Hour brings nonstop energy, creativity, and friendly competition. Take on a scavenger hunt, get messy with squirt gun painting, cool off at an ice cream social, show off your skills in a drawing contest, and jump into games, challenges, and more. Bring your friends, bring your energy, and get ready to make every hour a POWER hour!

314108-01	M	6-7pm	1/11-3/15	10	$20	WRRC

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.

569813-01	W	6-7pm	1/20-5/19	5	Free	BFNC

Teen Game Night

Ages 12-16. Level up your Friday night! 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	6-7:30pm	3/26	1	$9	ODRC

Teen First Friday

Ages 12-17. Come enjoy First Friday at Charles Houston and Patrick Henry Recreation Centers! Fridays are designed for teens to relax, hang out, and have fun with friends. Each week features a different theme with games, music, food, and plenty of excitement!

383629-01	F	6-10pm	1/8	1	Free	CHRC
383629-02	F	6-10pm	2/5	1	Free	CHRC
383629-03	F	6-10pm	3/5	1	Free	CHRC

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	2/19	1	Free	PHRC

Armstrong Teen March Madness Experience

Ages 12-18. Leonard Armstrong will conduct a month-long teen recreation series celebrating March Madness through basketball, gaming, trivia, and social activities. Events will include a bracket selection date, a 3-on-3 basketball tournament, a video game tournament, a trivia contest, and a Final Four Watch Party with refreshments and prizes.

383719-01	M, Sa	1-6pm	3/15-4/3	6	$6	LARC

Teens Indoor Soccer

Ages 13-18. The Leonard Armstrong Indoor Pickup futsal soccer program is open to all Teens ages 13-18 with prior or no prior experience, starting January 6, 2027, from 6-8 p.m. every Wednesday. All participating players will be divided into teams for casual pickup games.

313719-01	W	6-8pm	1/6-3/24	12	Free	LARC

Teen Beginning Swimming NEW! *

Ages 13-18. In this group class designed for teens, participants will build swimming skills at a comfortable pace. The course focuses on developing water confidence, basic swimming ability, and essential safety skills. Swimmers will learn how to safely enter and exit the water, float on their front and back, glide, practice proper breathing techniques, and roll between front and back positions.

334234-01	Sa	12:15-1pm	1/16-2/13	5	$119	CQRC
334234-02	Sa	11:45am-12:30pm	2/20-3/20	5	$119	CQRC
334234-03	M, W	7:45-8:30pm	3/1-3/17	5	$119	CQRC

Teen Swim NEW!

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

336306-01	Sa	11:40am-12:10pm	1/9-2/6	5	$79	MHAF
336306-02	Th	7:20-7:50pm	2/11-3/11	5	$79	MHAF
336306-03	Sa	11:40am-12:10pm	2/13-3/13	5	$79	MHAF



RPCA Events

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***.

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	F	6:30-8:30pm	1/15	1	Free	CHRC
383633-02	F	6:30-8:30pm	2/12	1	Free	CHRC
383633-03	F	6:30-8:30pm	3/12	1	Free	CHRC

Read & Swim - Swim Along +ADULT NEW!

Ages 2-6 yrs. w/ adult. Join us for a splash-tastic hour of fun at our Deep in the Deep Blue Sea Parent & Child Read & Swim event! Families will enjoy a special interactive reading of the book Way Down Deep in the Deep Blue Sea, along with fun pool activities for parents and children to enjoy together. As the story is read, children will become the sea animals from the book, acting out ocean adventures and moving through the water like their favorite underwater creatures.

334260-01	Su	1:30-2:30pm	1/24	1	$9	CQRC
334260-02	Su	1:30-2:30pm	2/21	1	$9	CQRC
334260-03	Su	1:30-2:30pm	3/14	1	$9	CQRC

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	2/5	1	$25	MVRC
383819-02	F	6:30-8:45pm	4/9	1	$25	MVRC



PatCon 2027: 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-6pm	2/6	1	Free	PHRC

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	2/12	1	Free	PHRC

Preteen Valentine's Day Dance

Ages 8-12. Join us at the Leonard Armstrong Recreation Center for a fun-filled Youth Valentine's Day Dance at the Leonard Armstrong Gymnasium! Admission is $5 per child.

383718-01	F	6:30-8pm	2/12	1	$5	LARC

Family Love Lab

Ages 5 & up. Put your family's creativity to the test! Families will work together through hands-on Valentine-themed STEM challenges involving building, engineering, problem-solving, and experimentation. Registration covers one family of up to five participants.

385212-01	Sa	2-4pm	2/13	1	$25	ODRC

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	2/14	1	$25	ODRC
385202-02	Su	10am-2pm	3/14	1	$25	ODRC

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	2/19	1	$5	LARC

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.

384008-02	F	6:30-8:30pm	2/19	1	$15	PHRC
384008-03	F	6:30-8:30pm	3/12	1	$15	PHRC

Black History Poetry & Open Mic

All Ages. 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	2/20	1	$5	CHRC



PS Karma Soap Making

Ages 18 & up. Discover the art of soapmaking in this fun, hands-on workshop designed for adults! Explore a variety of colors, fragrances, and molds as you create your own customized soaps. Learn basic soapmaking techniques while experimenting with unique combinations to reflect your personal style. Whether you're looking for a creative escape, a new hobby, or a chance to unwind, you'll leave with handcrafted soaps to enjoy at home or share as thoughtful gifts. No experience necessary.

383101-01	Su	1-3pm	2/21	1	$75	CQRC

Annual Kids Book Swap

Ages 1 & up. Bring your gently used books to swap for new reads at this fun, family-friendly event! Participants will receive one book for every book they bring, making it a great way to share favorite stories, discover new ones, and encourage a love of reading at home. Families can also enjoy crafts, storytelling, and other exciting activities. Co-sponsored by Leonard "Chick" Armstrong Recreation Center and Duncan Library.

383711-01	F	6:30-8:30pm	3/5	1	Free	LARC

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.

384004-03	F	6:30-8:30pm	3/5	1	$15	PHES

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	7-9pm	3/12	1	$39	ODRC

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	3/13	1	$6	CHRC

"Drive-In" Movie

Ages 5-12. Celebrate Oscar season with a creative twist on the classic drive-in movie experience! Bring a large cardboard box and transform it into your dream car using our colorful art supplies and decorations. Once your custom ride is ready, park your creation and enjoy an Oscar-winning, family-friendly movie in true drive-in fashion! Each participant will receive a snack and freshly popped popcorn to enjoy during the show. Get ready for an afternoon of creativity, movie magic, and fun!

385206-01	Sa	1-4pm	3/13	1	$15	ODRC

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	3/20	1	$9	MVRC

Family Cupcake Challenge

Ages 5 & up. Cupcakes are in bloom at Durant! Gather the family for a sweet afternoon of frosting, sprinkles, and springtime fun. Create colorful cupcake designs inspired by flowers, gardens, and all things spring. We'll provide the cupcakes and decorating supplies; you bring the imagination! Registration covers one family of up to five participants.

385211-01	Sa	1-1:30pm	3/20	1	$25	ODRC

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	3/27	1	Free	CHRC



Underwater Egg Hunt

Ages 6 mon.-5 yrs. Make a splash at our Underwater Egg Hunt! Dive into the pool to search for colorful eggs hidden beneath the surface and collect as many as you can before time runs out. Some eggs may even contain special prizes and surprises! This exciting twist on a traditional egg hunt is perfect for swimmers ready for an underwater adventure. Bring your goggles and get ready for a pool full of fun and hidden treasures! Chaperones are free!

384200-01	Sa	1-1:45pm	3/27	1	$15	CQRC
384200-02	Sa	2-2:45pm	3/27	1	$15	CQRC
384200-03	Sa	3-3:45pm	3/27	1	$15	CQRC
384200-04	Sa	4-4:45pm	3/27	1	$15	CQRC

Family Bingo Night

Ages 5 & up. Join us for an exciting and fun-filled evening of Family Bingo Night at the Leonard Armstrong Recreation Center. This is the perfect family event to enjoy on a Friday Night. Every participant will have the opportunity to win fantastic prizes and bond with family and friends. Light refreshments will be served.

383717-01	F	6:30-8:30pm	4/2	1	Free	LARC

RPCA Resources

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

SCAN ME

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**.

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.

Register through alexandriava.gov/WebTrac

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.

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



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

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

Visite alexandriava.gov/Recreation para más información.

Ages 55 & Up

Looking for programs for ages 55 and up? See the Recreation Roundup on pages 44–47, look for the 55+ icon throughout this guide, or check out the Senior Program Guide for more options.



POWER PLUS PARTNERS

Successful Aging Committee is a collaborative group providing several City-wide activities for older adults of Alexandria, such as Robust Walkathons, Dance for All Ages, and the Senior Health & Fitness Fair. For details, 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 details, call 703.836.4414 x110, or visit seniorservicesalex.org.



Recreation Center Information



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



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



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



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



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



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



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



Minnie Howard Aquatics Facility
3795 W. Braddock Rd., 22314
703.746.5479
**Please view the website alexandriava.gov/Aquatics for the most up-to-date schedule.*

SAFE PLACE

Each City of Alexandria Community Center listed on this page is a designated SAFE PLACE.



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



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



Patrick Henry
4653 Taney Ave., 22304
703.746.5557
**M-Th: 9am-9pm, F: 9am-11pm,*
Sa: 9am-6pm

*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.

SCAN ME



Torpedo Factory Art Center
105 N. Union St., 22314
703.746.4570
**M-Su: 10am-6pm*



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

- 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.*

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





Registration Information

Registration Residents: December 16
Non-Residents: December 18

3 WAYS TO REGISTER

Web

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

Walk-In

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

Mail-In

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

Accommodations: City of Alexandria programs, services, and facilities are available to all. The City of Alexandria complies with the Americans with Disabilities Act for qualified individuals. To make an ADA accommodation request, please call 703.746.4343 or VA Relay 711 two weeks prior to an event, activity, or registration deadline. If you need assistance with making your request or have questions about types of accommodations, please call the Therapeutic Recreation Office at 703.746.5550 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.

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

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

- Full credits are processed for activities cancelled by the department. If a refund is preferred, please let us know.
- Registrants dissatisfied with a class/program are encouraged to contact RPCA as soon as possible, so that we can make it right. If we are unable to correct the issue, a credit or refund may be issued.
- Registrants unable to attend a program due to relocation 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.

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

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

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

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

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

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

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 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

Winter Registration: Residents: December 16 & Non-Residents: December 18

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_____ Cell 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*

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

Make checks payable to "City of Alexandria"

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

3 PLEASE READ AND SIGN BELOW:

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

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

UNSIGNED REGISTRATION FORMS ARE RETURNED AND MAY AFFECT REGISTRATION IN CLASS

FEE ASSISTANCE PROGRAM FOR CITY RESIDENTS

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

4 REGISTRATION METHOD

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

Web:
alexandriava.gov/Recreation

Questions?
Call 703.746.5414
Email registerARPCA@alexandriava.gov

For Office Use Only:
Check #:_____ Amt: _____
Date Received:_____ Staff: _____

Recreation Roundup

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

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Aquatics

Alexandria Swim Academy

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Water Explorers 1-2*	4
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Alex Swim Preschool 1-3	4-5
Alex Swim Level 1-6	5-7
Adult Beginner Swim	7
Adult Advanced Swim	7
Adult Intermediate Swim	7
Adult Intermediate Swimming	7
Adult Advanced Swimming	7
Adult Beginner Swimming for Seniors	7
Adult Intermediate Swimming for Seniors	7

Specialty Aquatics

FISH Parent & Me 1-Beginner*	7
Splash & Play*	8
FISH Parent & Me 2-Intermediate*	8
FISH Parent & Me 3-Advanced*	8
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FISH Learn-to-Swim 1	8-9
Alex Swim Sensory Friendly Swim*	9
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Aqua Fitness

Get in Deep With Candice	10
Aqua Soothe for Arthritis	10
Water Walking	10
Aqua Aerobics	10
BLT (Buns, Legs & Tummy)	10
Aqua Zumba	10
Aquatic Exercise for Seniors	10
Hi/Lo Water Aerobics	10
Lessons 2 Laps	10
Deep Water Aqua Aerobics	10
Aqua Spin	11
Aqua Spin Circuit	11

AGE 0-1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 55+

Aquatics

Aqua Fitness

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Exercise & Fitness

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Yoga for Everybody	12
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Essentrics: Classical Stretch	12
Candlelight Yoga	12
Beginner Yoga	12
Intro to Power Yoga 1	12
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ChinquaCircuit	14
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1) Refer to the grid below to determine the programs available by age. (✱ **Requires guardian and child participation**)
2) Turn to the specified page for a description & registration information for each program.

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Exercise & Fitness

Cardio & Strength

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Sports Classes & Leagues

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Movement & Gymnastics	17
Basic Tumbling	17
Gymnastics I	17

Soccer

Baroody Little Tykes Soccer*	17
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Soccer Tots	17
Little Kicks Soccer	17

Racquet Sports

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Tennis 4 Kids	18
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Young Hoopers Academy	19
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Run, Shoot, Basketball	20
Hoop Life Skills Academy	20

Sports Classes & Leagues

Running & Track & Field

Junior Dashers	20
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Sports Classes & Leagues

Additional Sports Classes

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Rookie Baseball Clinic	21
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Socialize

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Recreation Roundup

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

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Enrichment																				
Technology & Science																				
Baroody LEGO® SPIKE Prime: Robotics										●	●	●	●							29
Creative & Performing Arts																				
Ballet																				
Movement & Ballet			●	●	●	●														30
Pre-Ballet & Movement				●	●	●														30
Introduction to Ballet						●	●	●	●											30
Ballet I						●	●	●	●											30
Ballet II							●	●	●	●	●									30
Youth Ballet							●	●	●	●	●	●								30
Ballet III								●	●	●	●	●	●							30
Dance																				
Modern Tots				●	●	●														30
Jazz Hip Hop					●	●	●	●	●	●	●	●								30
Modern Dance 4 Kids						●	●	●	●	●	●									30
Music																				
Kid Rock Social Hour*		●	●	●	●															31
Little Hands Music*		●	●	●																31
Music & Me!*				●	●	●														31
Tiny Tunes Piano*					●	●	●													31
Musical Theatre for Kids						●	●	●	●	●	●	●	●							31
Keys to Fun! Beginner Piano Class						●	●	●	●	●	●	●	●							31
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Abrakadoodle Twoosy Doodlers*		●	●	●																31
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Artistic Drawing With Young Rembrandts							●	●	●	●	●									31
Artworks																		●	●	31
Nature & Environment																				
Nature & Environmental Education																				
Nature Play*			●	●	●	●														33
Let It Snow						●	●	●	●											33
Groundhog's Day							●	●	●	●										33
Recycled Valentines							●	●	●	●	●	●	●	●	●	●	●	●	●	33
Seasonal Hikes		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	33
Star Party		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	33
Camps																				
Camps																				
Tennis 4 Kids Camp							●	●	●											34
The Science Seed Camps							●	●	●	●										34
Nature Day Camps							●	●	●	●	●	●								34
Ultimate Music Experience Camp							●	●	●	●	●	●	●							34
Hoop Life Basketball Camp							●	●	●	●	●	●	●	●	●					34
Abrakadoodle Camps							●	●	●	●	●	●	●							34
Art Box Camps							●	●	●	●	●	●								34

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	55+	PAGE
Camps																				
Camps																				
Gymnastics 4 Kids Camp							●	●	●	●	●									34
Tiny Chefs Camps							●	●	●	●	●									34
Spring Into STEM With LEGO® Camp							●	●	●	●	●									34
Nerf Fencing Camp							●	●	●	●	●	●	●	●						34
Spark Business Camp							●	●	●	●	●	●	●	●						35
Silver Knights Chess Camp							●	●	●	●	●	●	●	●						35
Soccer Pros Soccer Camp							●	●	●	●	●	●	●	●	●					35
TSP Flag Football Camp							●	●	●	●	●	●	●	●	●					35
Animation Using Minecraft							●	●	●	●	●	●	●	●	●					35
Hot Topic All Stars - Flippin Cheer Camp								●	●	●	●	●								35
Baroody Dance Camp								●	●	●	●	●								35
Teacher Workday Mermaid Experience									●	●	●	●	●							35
PS Karma Camps									●	●	●	●	●							35
Schools Out Splash Day									●	●	●	●	●							35
Alex Swim Spring Break Half Day Camp									●	●	●	●	●							35
Bounce-Boom Tennis Camp										●	●	●	●	●						35
Afterschool Programs																				
Afterschool Programs																				
Kids Day Out						●	●	●	●	●	●	●	●							36
RPCA Teen Programs																				
Teen Classes																				
Teen Power Hour (Teen Fit)												●	●	●	●	●				37
Green Teen Club												●	●	●	●	●	●	●		37
Teen Game Night													●	●	●	●	●			37
Teen First Friday													●	●	●	●	●	●		37
Teen All-Star Night													●	●	●	●	●	●		37
Armstrong Teen March Madness Experience													●	●	●	●	●	●		37
Teens Indoor Soccer														●	●	●	●	●		37
Teen Beginning Swimming														●	●	●	●	●		37
Teen Swim														●	●	●	●	●		37
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RPCA Community Events																				
Charles Houston Line Dance Social																		●	●	38
Read & Swim - Swim Along*			●	●	●	●	●													38
Parents Night Out						●	●	●	●	●	●	●	●							38
PatCon 2027: Patrick Henry Anime Convention		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	38
Senior Valentine's Day Tea Party																		●		38
Preteen Valentine's Day Dance										●	●	●	●	●						38
Family Love Lab						●	●	●	●	●	●	●	●	●	●	●	●	●	●	38
Durant Brunch Bunch							●	●	●	●	●	●	●							38
Family Movie Night		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	38

AGE	0-1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	55+	PAGE
RPCA Events																				
RPCA Community Events																				
Nerf the Turf							●	●	●	●	●	●								38
Black History Poetry & Open Mic		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	38
PS Karma Soap Making							●	●	●	●	●	●								39
Annual Kids Book Swap		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	39
Dodgeball Fanatics							●	●	●	●	●	●								39
Durant Adult Socials - Candle Making Workshop																		●	●	39
Charles Houston Kiddie Cabaret		●	●	●	●	●														39
"Drive-In" Movie					●	●	●	●	●	●	●	●								39
Egg Hunt			●	●	●	●	●	●	●	●										39
Family Cupcake Challenge					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	39
Egg Hunt Egg-Stravaganza		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	39
Underwater Egg Hunt		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	39
Family Bingo Night					●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	39



Alexandria Camps

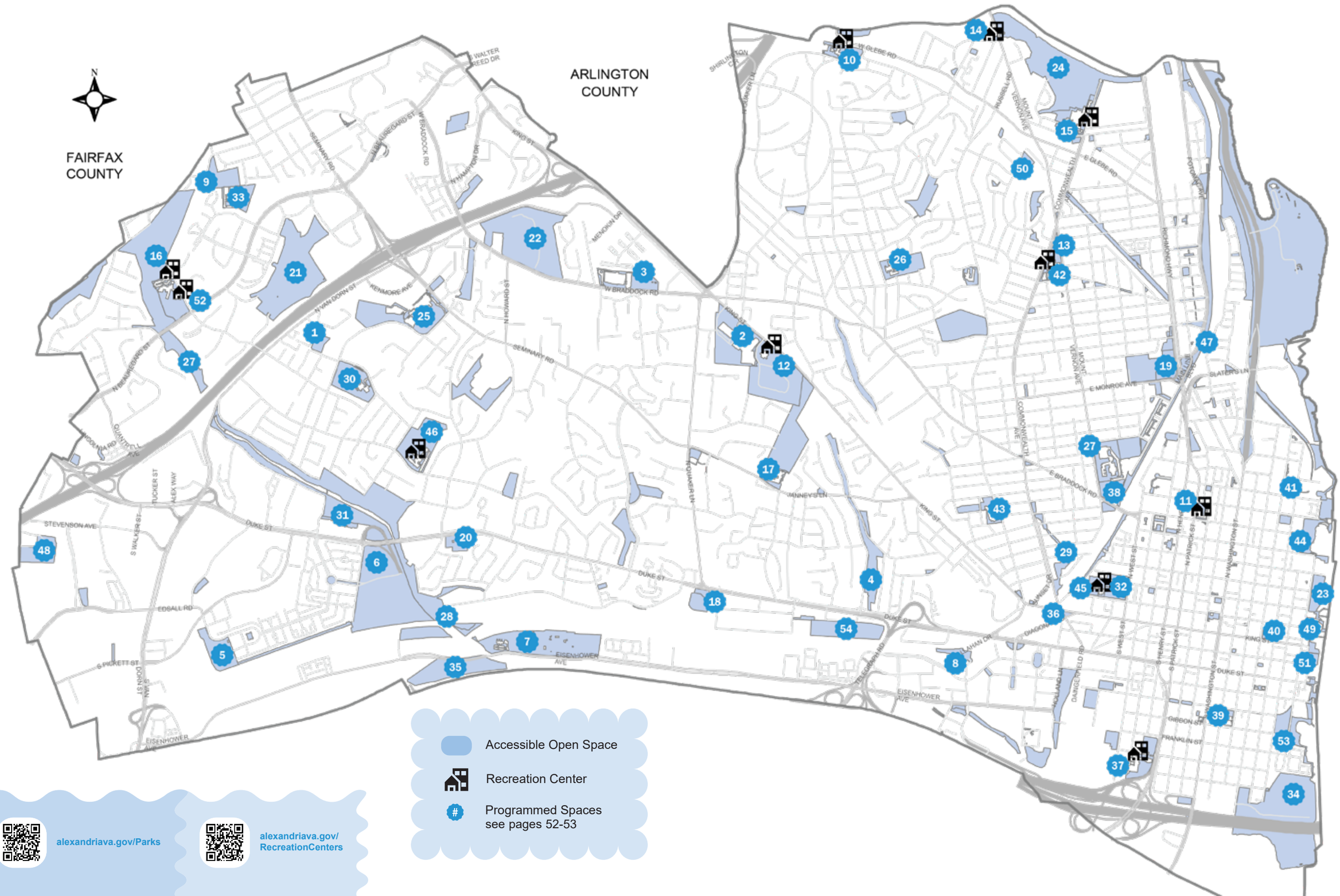
Exciting adventures await! Alexandria Summer Camp registration begins **February 18**.

Stay tuned and visit **alexandriava.gov/RPCA** for the latest updates.





Parks & Facilities



Accessible Open Space

Recreation Center

Programmed Spaces
see pages 52-53

alexandriava.gov/Parks

alexandriava.gov/RecreationCenters

Parks & Facilities

Visit alexandriava.gov/Parks/Find-a-Park to see all City of Alexandria parks and amenities. See page 55 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. **ACHS/Minnie Howard Campus** 3801 W. Braddock Rd. **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. **Carlyle Dog Park & Tennis Courts** 450 Andrews Ln.
9. **Chambliss Park** 2505 N. Chambliss St.
10. **Charles Barrett School & Recreation Center** 1115 Martha Custis Dr.
11. **Charles Houston Recreation Center** 901 Wythe St. *Pool Seasonal*
12. **Chinquapin Park Recreation Center & Aquatics Facility/Forest Park** 3210 King St.
13. **Colasanto Center** 2704 Mt. Vernon Ave.
14. **Conservatory Center at Four Mile Run Park** 4109 Mt. Vernon Ave.
15. **Cora Kelly School & Leonard "Chick" Armstrong Recreation Center** 25 W. Reed Ave.
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. — This site is under construction until 2027.
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. — This site is under construction until 2027.
27. **George Washington School & Park** 1005 Mt. Vernon Ave.
28. **Holmes Run Park System** Holmes Run Pkwy. **Brookvalley Park** 5599 Holmes Run Pkwy. **Holmes Run Scenic Easement** 1201 N. Beauregard St. **Tarleton Park** 4420A Vermont Ave.
29. **Hooff's Run Park & Greenway** 18 A E. Linden St.
30. **James K. Polk School** 5000 Polk Ave.
31. **James Marx All Veterans Park** 4725 Duke St.
32. **Jefferson Houston Elementary School** 1501 Cameron St.
33. **John Adams Elementary School** 5651 Rayburn Ave.
34. **Jones Point Park (National Park Service)** 100 Jones Point Dr.
35. **Joseph Hensley Park** 4200 Eisenhower Ave.
36. **King Street Gardens Park** 1806 King St.
37. **Lee Center & Nannie J. Lee Recreation Center** 1108 Jefferson St.
38. **Lenny Harris Memorial Fields at Braddock Park** 1005 Mt. Vernon Ave.
39. **Lyles Crouch Elementary School** 530 S. Saint Asaph St.
40. **Market Square** 301 King St. — This site is under construction until 2028.
41. **Montgomery Park** 901 N. Royal St.
42. **Mt. Vernon Elementary School & Recreation Center** 2701 Commonwealth Ave.
43. **Naomi L. Brooks School** 600 Russell Rd.
44. **Oronoco Bay Park** 100 Madison St.
45. **Oswald Durant Center** 1605 Cameron St. **Old Town Pool** *Seasonal* 1609 Cameron St.
46. **Patrick Henry Recreation Center** 4653 Taney Ave.
47. **Potomac Yard Park** 2051 Potomac Ave.
48. **Stevenson Park** 300 Stultz Rd.
49. **Torpedo Factory Art Center** 105 N. Union St. **City Marina** 0 Cameron St.
50. **Warwick Pool** *Seasonal* 3301 Landover St.
51. **Waterfront Park** 1A Prince St.
52. **William Ramsay Elementary School & Recreation Center** 5700 & 5650 Sanger Ave.
53. **Windmill Hill Park** 501 S. Union St.
54. **Witter Recreational Fields** 2700 Witter Dr.

LEGEND

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

**Unfenced Sites Are Marked with Bollards*

Parks & Facilities

Park Planning & Capital Projects

From park planning initiatives to playgrounds, athletic fields, trails, and open space improvements, the City continually works to enhance Alexandria's parks and recreational opportunities.



Projects in Progress

Explore current park planning initiatives and capital improvement projects underway throughout Alexandria.

Holmes Run Trail Repairs Historic flooding and severe erosion damaged four major sections of the Holmes Run trail in 2018, including a boardwalk and three bridges, causing prolonged trail closures for public safety. The City has replaced two bridges and is working to address the remaining section of damaged trail located in Dora Kelley Park. The trail in Dora Kelley Park will have a new bridge and boardwalk and is anticipated to reopen in 2027. For the latest detour and closure information, please visit **alexandriava.gov/go/2934**.

Eugene Simpson Stadium Park Renovation, *426 East Monroe Avenue* Construction of improvements to the Eugene Simpson Stadium Park are ongoing and anticipated to be complete summer 2027. 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.

Old Town Pool Replacement, *1609 Cameron Street*
The Old Town Pool Replacement Project will replace the existing pool and bathhouse with a new 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 was completed in 2026. The pool will be closed in 2027 for construction.

Completed Projects

Discover recently completed projects that enhance Alexandria's parks and recreational opportunities.

Joseph Hensley Park Renovation, *4200 Eisenhower Avenue* Joseph Hensley Park reopened following a comprehensive renovation delivering the first phase of park improvements. The renovation includes a new synthetic turf upper diamond field, a full-size natural turf softball field on the lower level, a replacement picnic pavilion and bathhouse, and a brand-new playground for children. Athletic amenities have also been enhanced with LED field lighting, new scoreboards, safety netting, dugouts, spectator seating, and batting cages. A flexible court and event space provides additional opportunities for recreation, neighborhood events, and community programming.

> *Joseph Hensley Park represents our commitment to creating welcoming, inclusive spaces that bring people together.*
> -Hashim Taylor, Director of the Department of Recreation, Parks & Cultural Activities.

Other Completed Projects

- Ben Brenman Park Outdoor Fitness Area
  4800 Ben Brenman Park Drive
- Colasanto Spray Park
  2700 Mount Vernon Avenue
- Fort Ward Park Playground Renovation
  4301 West Braddock Road
- Kelley Cares Miracle Field Renovation
  1008 Jefferson Street
- Witter Recreational Fields Synthetic Turf Renovation, *2700 Witter Drive*



Find a Park

alexandriava.gov/Parks/Find-a-Park

Connecting you to active & open spaces in your neighborhood.

Picnic, Facility & Event Reservations

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

To start planning an event, follow these simple steps:

1 Find a space
Indoors: See page 42 for indoor rental amenities
Outdoors: See pages 52-53 for outdoor rental amenities

2 Contact a specialist
Indoors: To reserve, call 703.746.4343.
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 for 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 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:

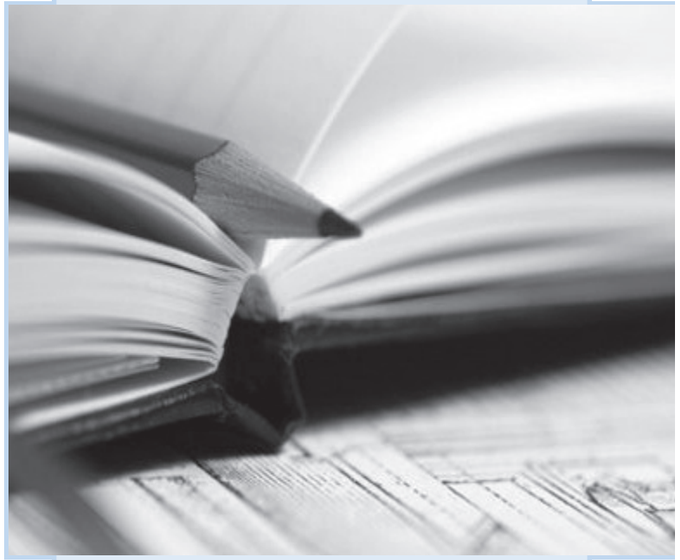
- Applying for Special Event permits
- Weddings on the Waterfront
- Waterfront Park rentals for events
- Event and concert sponsorship opportunities

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



Cultural Activities

alexandriava.gov/Arts



Artist & Arts Organization Professional Development Webinars

Free | Register at 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 $275,000 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 2028 Annual Arts Program information, alexandriava.gov/Arts.

POEM IN YOUR POCKET

Poem in Your Pocket Celebration

Thursday, April 29, 2027 | 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.

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. To get involved in local poetry activities, email **poet@alexandriava.gov**, or call Cheryl Anne Colton, Regional Program Director at 703.746.5565, or visit **alexandriava.gov/Arts**.

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

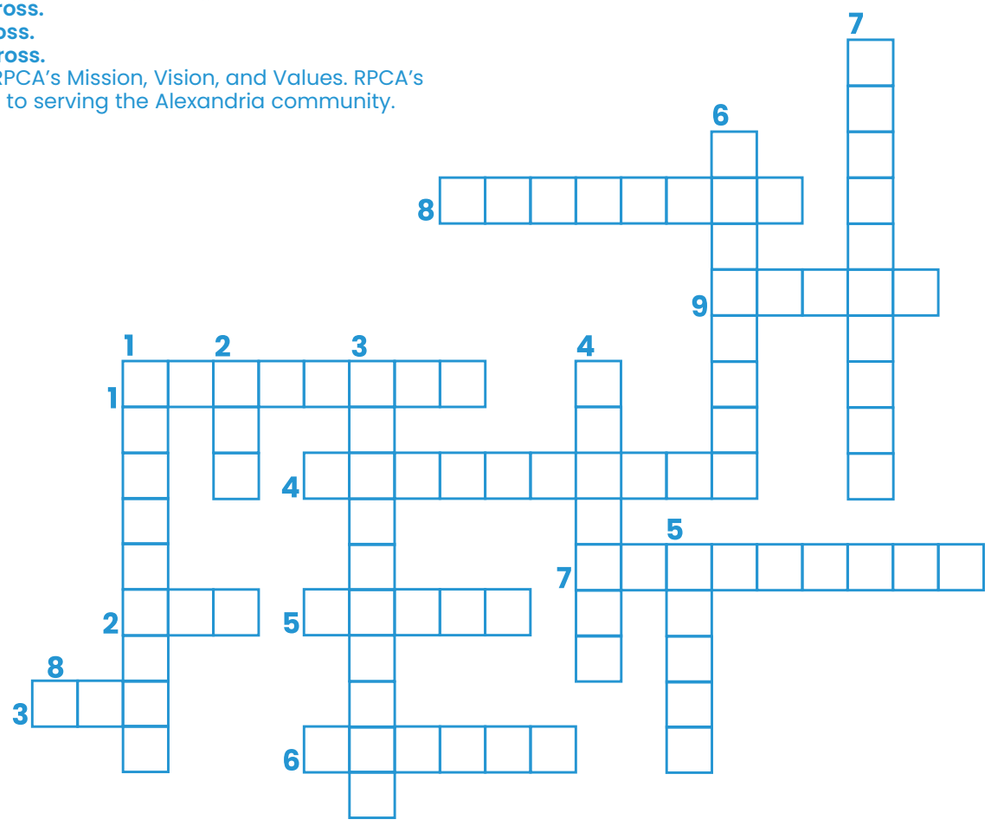
1 **With 4-Across.** One of the three divisions of RPCA.
2 A network of local mentoring programs available for Alexandria's youth and young adults in need - abbr.
3 **With 6-Across and 2-Down.** Name of the dynamic arts vehicle that engages artists and residents.
4 **See 1-Across.**
5 Green spaces that make our City a great place to live, play, and enjoy.
6 **With 3-Across and 2-Down.**
7 **With 4-Down.** City-managed lands, parks, and natural areas that are protected and cared for by RPCA.
8 **With 6-Down.** City programs celebrating poetry and literature.
9 **With 5-Down.** Kudzu munchers at All Veterans Park.

Down

1 Brand new spray park in the Del Ray neighborhood.
2 **With 3-Across and 6-Across.**
3 What RPCA offers through programs and activities.
4 **With 7-Across.**
5 **See 9-Across.**
6 **With 8-Across.**
7 Based on RPCA's Mission, Vision, and Values. RPCA's dedication to serving the Alexandria community.

	4		3	5			1	8
	2		7	4				
							4	
		3		6				1
5	6			3			7	
1			4					
	3		2				6	
		7						9
			6	8				

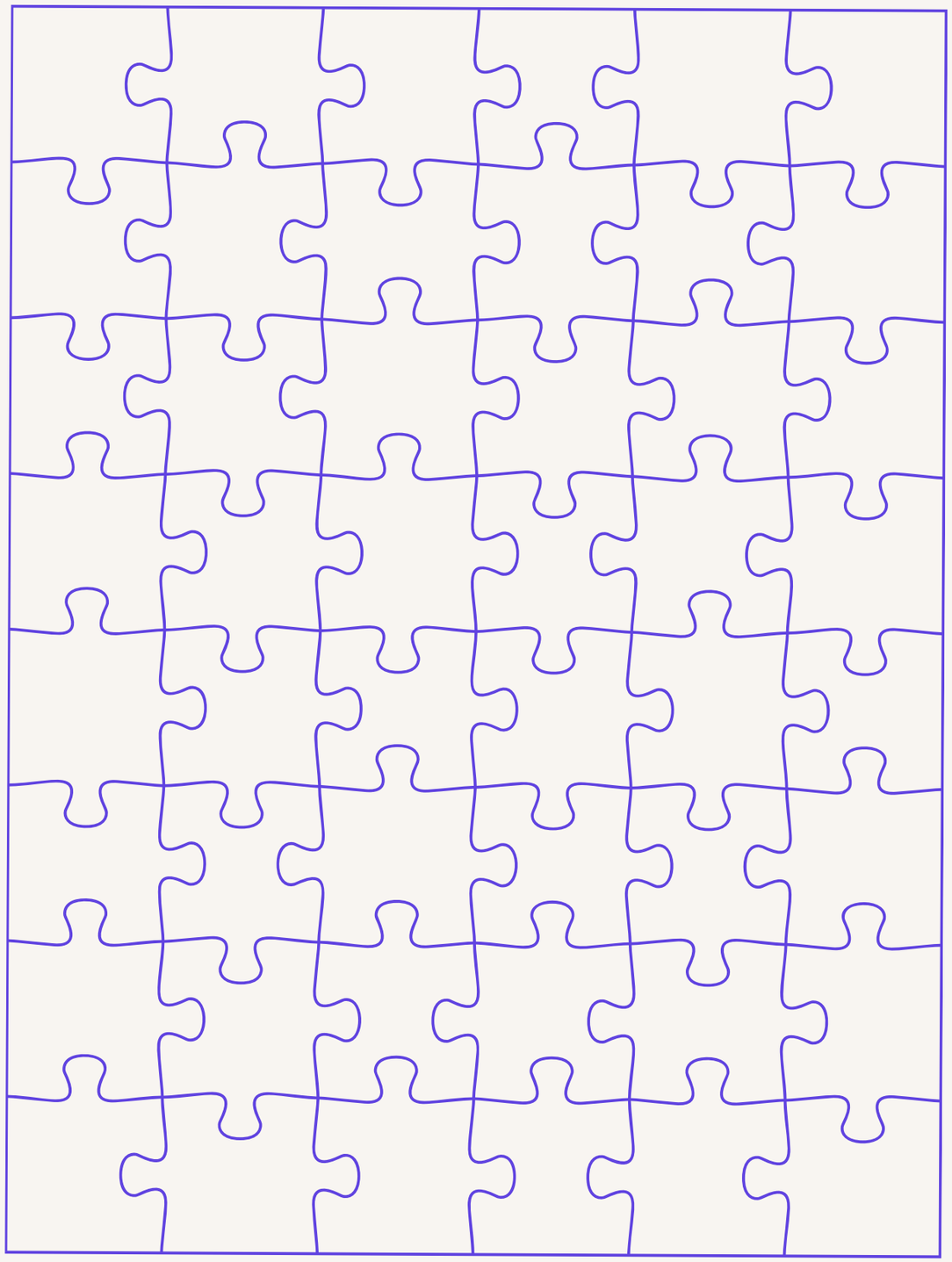

ANSWER KEY
Across 1 Cultural **2** AMP **3** Art **4** Activities **5** parks **6** Mobile **7** Resources **8** Literary **9** goats **Down 1** Colasanto **2** Lab **3** recreation **4** Natural **5** sheep **6** Programs **7** commitment



Draw your superpower and cut out the pieces to

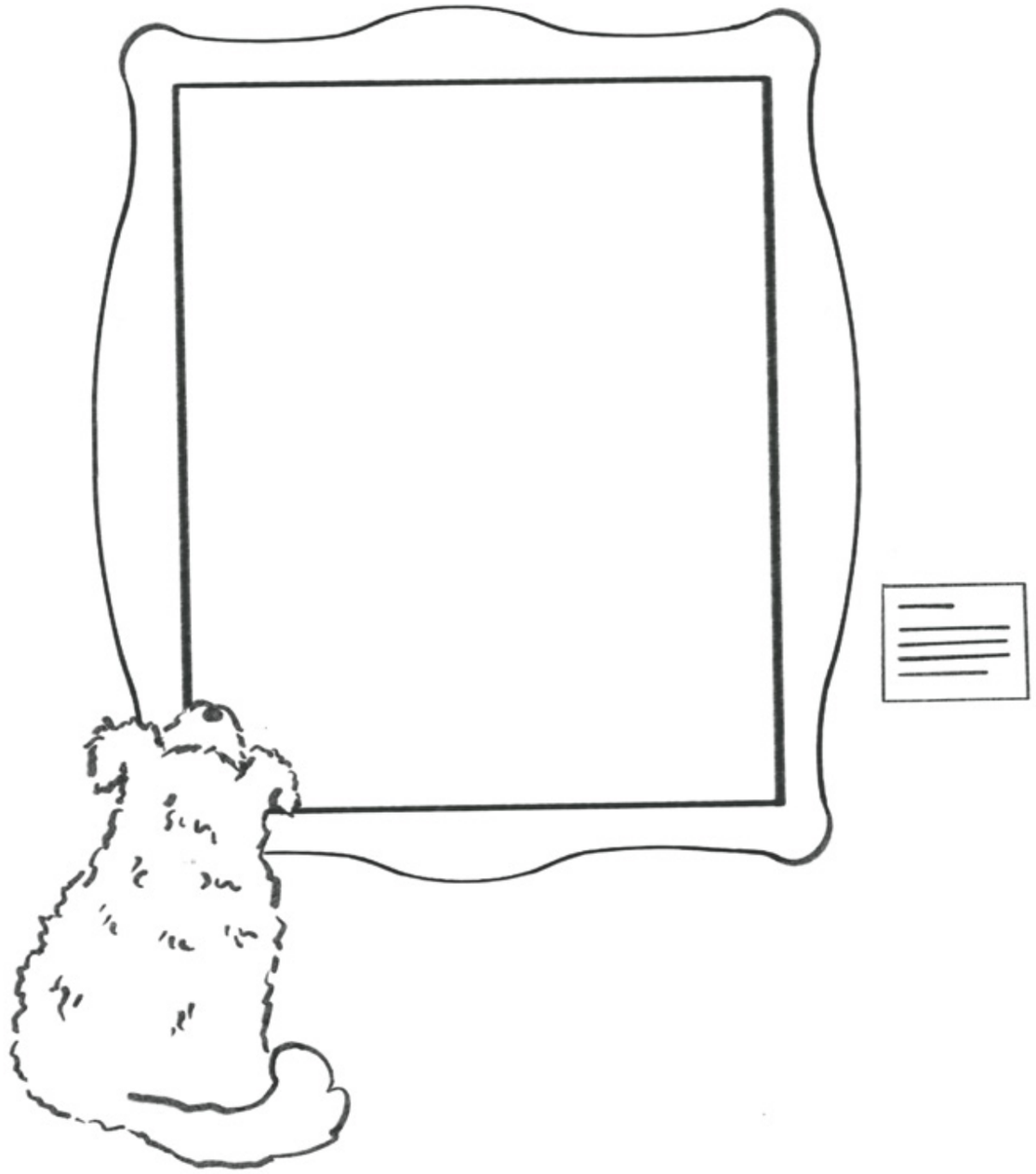
MAKE YOUR OWN PUZZLE





A MASTERPIECE IN THE MAKING

Make this one yours!



YOUR CANVAS, YOUR CREATION.

Your imagination sets the scene.



TORPEDOFACTORY.ORG @TORPEDOFACTORY

TORPEDO FACTORY ART CENTER

ART CENTER



OPEN EVERYDAY

10 A.M. -6 P.M.*

TORPEDO FACTORY ART CENTER

105 N UNION ST, OLD TOWN ALEXANDRIA | 80+ OPEN ARTIST STUDIOS | FREE TO EXPLORE

* Periodic 5 p.m. closure for private events & holidays

GIVE THE GIFT OF ART

at Torpedo Factory Art Center

TORPEDO FACTORY ART CENTER

Annual Gift Guide available now

torpedofactory.org @torpedofactory



Free Support for New and Expecting Parents

Get one-on-one help from a nurse at home through Alexandria's BabyCare program. BabyCare helps families from pregnancy until a child turns 2 years old.

- ✓ Answers to your questions
- ✓ Tips for caring for your baby
- ✓ Help finding local services
- ✓ Free home visits

Apply for BabyCare

If you live in the City of Alexandria and have Medicaid, you may qualify for this free program.

Applying takes 5 mins. Scan the QR code or call 703-746-4988 to learn more.

If BabyCare is not the right fit, we can help you find other services.

BabyCare

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

1108 Jefferson St.
Alexandria, VA 22314

Apply to Bring Alexandria's Mobile Art Lab To Your Event

Applications for the 2027 year close on Monday, February 1, 2027. A virtual information session will be held Thursday, January 7, 2027, and selected applicants will be notified by Friday, February 19, 2027.



Learn more and Apply Here: alexandriava.gov/arts/artlab

For questions, call 703.746.5407 or email artlab@alexandriava.gov.