

# ENJOY

*Arlington*

## SPRING 2021

Guide to Recreation Classes  
and Programs

NATURE  
EVENTS  
SEE PAGES  
11-15

### ONLINE REGISTRATION BEGINS MARCH 10, 2021

Registration.arlingtonva.us • Classes begin April 12, 2021 unless noted otherwise

ARLINGTON  
VIRGINIA

DEPARTMENT OF PARKS  
AND RECREATION

#### CLASSES

55+ ..... 17  
Adapted Classes ..... 10  
Arts & Crafts ..... 3  
Ceramics ..... 3

#### SERVICES

Fee Reduction ..... 20

#### See What's Inside:

Dance ..... 9  
Drawing/Painting ..... 4  
Fitness ..... 5  
Martial Arts ..... 6

Location/Map ..... 2

Movement ..... 10  
Music ..... 4  
Pickleball ..... 7  
Sports ..... 6

Registration ..... 20-21

Tennis ..... 8  
Therapeutic Recreation ..... 10  
This-N-That ..... 5  
Yoga ..... 5





We welcome folks from all around the DC Metropolitan area to our recreation programs.  
Non-residents of Arlington pay an additional fee of \$20 per class.

### Parks & Rec Registration Office

1 3700 S. Four Mile Run Drive 22206

### Community Centers

- 2 Arlington Mill Community Center  
909 S. Dinwiddie St. 22204
- 3 Aurora Hills Community Center  
735 18th St. S. 22202
- 4 Barcroft Sports + Fitness Center  
4200 S. Four Mile Run 22206
- 5 Carver Community Center  
1415 S. Queen St. 22204
- 6 Charles Drew Community Center  
3500 S. 23rd St. 22206
- 7 Fairlington Community Center  
3308 S. Stafford St. 22206
- 8 Gunston Community Center  
2700 S. Lang St. 22206
- 9 Langston-Brown Community Center  
2121 N. Culpeper St. 22207
- 10 Lubber Run Community Center  
300 N. Park Drive 22203
- 11 Madison Community Center  
3829 N. Stafford St. 22207
- 12 Thomas Jefferson Community Center  
3501 2nd St. S. 22204
- 13 Walter Reed Community Center  
2909 16th St. S. 22204

### Nature Centers

- 15 Gulf Branch Nature Center  
3608 N. Military Rd. 22207
- 16 Long Branch Nature Center  
625 S. Carlin Summers Rd. 22204
- 17 Potomac Overlook Park  
2845 N. Marcey Rd. 22207

### Parks & Playgrounds

- 18 Arlington Heights Park  
S. 9th St. & S. Irving St. 22204
- 19 Barcroft Park  
4200 S. Four Mile Run Dr. 22204
- 20 Bluemont Park  
601 N. Manchester St. 22203
- 21 Bon Air Park  
850 N. Lexington St. 22205
- 22 Doctors Run Park  
1301 S. George Mason Dr. 22204
- 23 Fort Barnard Park  
2101 S. Pollard St. 22204
- 24 Fort C.F. Smith Park  
2411 N. 24th St. 22207
- 25 Fort Scott Park  
2800 S. Fort Scott Dr. 22202
- 26 Glebe Road Park  
4211 N. Old Glebe Rd. 22207
- 27 Glencarlyn Park  
301 S. Harrison St. 22204
- 28 Greenbrier Park  
5201 N. 28th St. 22207
- 29 Gunston Park  
1401 S. 28th St. 22206
- 30 Hayes Park  
1516 N. Lincoln St. 22201
- 31 High View Park  
1945 N. Dinwiddie St. 22207
- 32 Jennie Dean Park  
3630 S. 27th St. 22206

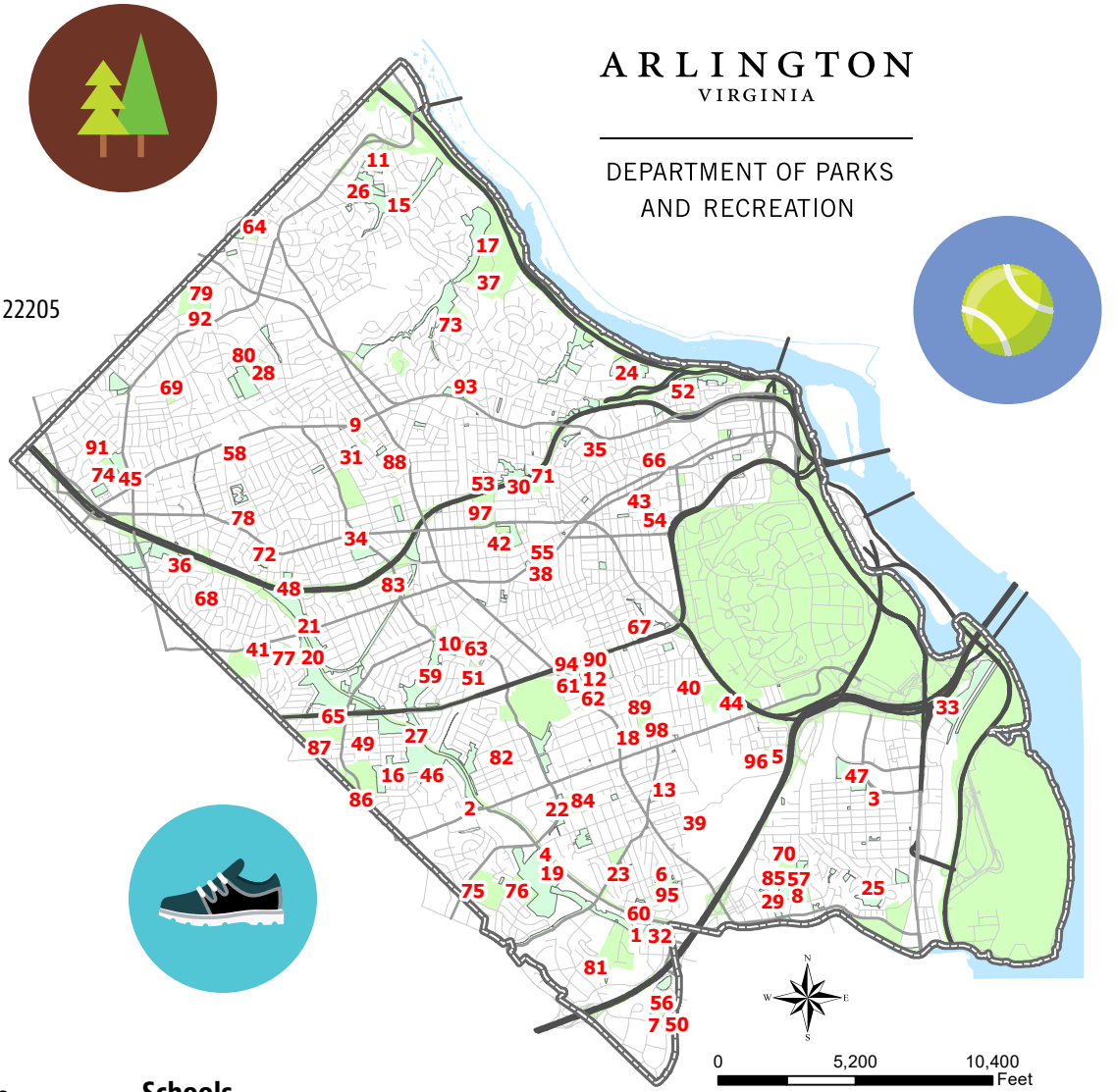
- 33 Long Bridge Park  
475 Long Bridge Dr. 22202
- 34 Lacey Woods Park  
1200 N. George Mason Dr. 22205
- 35 Lyon Village Park  
1800 N. Highland St. 22201
- 36 Madison Manor Park  
6225 N. 12th Rd. 22205
- 37 Marcey Road Park  
2722 N. Marcey Rd. 22207
- 38 Maury Park  
3550 Wilson Blvd. 22201
- 39 Nauck Park  
2600 S. 19th St. 22204
- 40 Penrose Park  
2200 S. 6th St. 22204
- 41 Powhatan Springs Park  
6020 Wilson Blvd. 22205
- 42 Quincy Park  
1021 N. Quincy St. 22201
- 43 Rocky Run Park  
1109 N. Barton St. 22201
- 44 Towers Park  
801 S. Scott St. 22204
- 45 Tuckahoe Park  
2400 N. Sycamore St. 22213
- 46 Tyrol Hill Park  
5101 S. 7th Rd. 22204
- 47 Virginia Highlands Park  
1600 S. Hayes St. 22202
- 48 Westover Park  
1001 N. Kennebec St. 22205

### Community Locations

- 49 Carlin Hall Center  
5711 S. 4th St. 22204
- 50 Cooperative Extension Services  
3308 S. Stafford St. 22206
- 51 Culpepper Garden  
4435 N. Pershing Dr. 22203
- 52 Dawson Terrace  
2133 N. Taft St. 22201
- 53 Quincy Parking Deck  
N. 15th St. & N. Quincy St. 22201
- 54 Woodbury Park  
2335 N. 11th St. 22205

### Art Facilities

- 55 Arlington Arts Center  
3550 Wilson Blvd. 22201
- 56 Fairlington Arts Studio  
3308 S. Stafford St. 22206
- 57 Gunston Arts Center  
2700 S. Lang St. 22206
- 58 Lee Arts Center  
5722 Lee Highway 22207
- 59 Lubber Run Amphitheatre  
N. 2nd & N. Columbus St. 22203
- 60 Theatre on the Run  
3700 S. Four Mile Run Dr. 22206
- 61 Thomas Jefferson Community Theatre  
125 S. Old Glebe Rd. 22204
- 62 Thomas Jefferson Art Studios  
3501 S. 2nd St. 22204



### Schools

- 63 Barrett Elementary School  
4401 N. Henderson Rd. 22203
- 64 Jamestown Elementary School  
3700 N. Delaware St. 22207
- 65 Kenmore Middle School  
200 S. Carlin Summers Rd. 22204
- 66 Key Elementary School  
2300 Key Blvd. 22201
- 67 Long Branch Elementary School  
33 N. Fillmore St. 22201
- 68 McKinley Elementary School  
1030 N. McKinley Rd. 22205
- 69 Nottingham School  
5900 Little Falls Rd. 22207
- 70 Oakridge Elementary School  
1414 S. 24th St. 22202
- 71 Arlington Science Focus School  
1501 N. Lincoln St. 22201
- 72 Swanson Middle School  
5800 N. Wash. Blvd. 22205
- 73 Taylor Elementary School  
2600 N. Stuart St. 22207
- 74 Tuckahoe Elementary School  
6550 N. 26th St. 22213
- 75 Wakefield High School  
4901 S. Chesterfield Rd. 22206
- 76 Claremont Elementary School  
4700 S. Chesterfield Rd. 22205
- 77 Ashlawn Elementary School  
5950 N. 8th Rd. 22205
- 78 Walter Reed Elementary School  
1644 N. McKinley Rd. 22205
- 79 Williamsburg Middle School  
3600 N. Harrison St. 22207
- 80 Yorktown High School  
5201 N. 28th St. 22207
- 81 Abingdon Elementary  
3035 S. Abingdon St. 22206
- 82 Barcroft Elementary School  
625 S. Wakefield St. 22204
- 83 Arlington Traditional School  
855 N Edison St. 22205
- 84 Randolph Elementary School  
1306 S. Quincy St. 22204
- 85 Gunston Middle School  
2700 S. Lang Street 22206
- 86 Campbell Elementary School  
737 S. Carlin Summers Rd. 22204
- 87 Carlin Springs Elementary School  
5995 S. 5th Road 22204
- 88 Glebe Elementary School  
1770 N Glebe Rd. 22207
- 89 Patrick Henry Elementary School  
701 S. Highland St. 22204
- 90 Thomas Jefferson Middle School  
125 S. Old Glebe Rd. 22204
- 91 Bishop O'Connell School  
6600 Little Falls Rd. 22213
- 92 Discovery Elementary School  
5241 36th St N. 22207
- 93 Dorothy Hamm Middle School  
4100 Vacation Lane 22207
- 94 Fleet Elementary School  
115 S. Old Glebe Rd. 22204
- 95 Drew Model Elementary School  
3500 South 23rd St. 22206
- 96 H-B Elementary School  
1415 S. Queen Street 22204
- 97 Washington-Liberty High School  
1300 N. Stafford St. 22201
- 98 Arlington Career Center  
816 S. Walter Reed Dr. 22204





# Hello Arlington! It's Spring!

What a great time to get outside and explore these activities, classes and programs from Arlington's [Department of Parks and Recreation](#). With our snowy winter in the rear-view mirror (we hope!), we are excited to bring back our outdoor programs for those ready to get outside. And for everyone else, we have lots of virtual options too!

While you are looking at our catalog, I encourage you to check out our new offering—Pickleball. It's a fun and fast-growing sport for all ages that combines elements of badminton, table tennis and tennis. We also have art, music, sports, dance and fitness classes to keep you active and engaged.

For those who enjoy learning about the natural world, there's no better time of year to explore nature. We've got indoor and outdoor programs with our natural-ists providing educational programs for all ages. Go for a hike. Learn about birds. Or just have fun in nature.

Along with our programs, we've got 49 miles of trails to explore, 167 parks and 72 playgrounds. And have you seen the new Lubber Run Community Center? It's undergoing quite a transformation and we look forward to re-opening its doors later this year. Take a peek and follow its progress [here](#).

Wishing you good health, Jane Rudolph, Director, Parks and Recreation/Arlington County

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### SERVICES

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## SAFETY PROTOCOLS ARE IN PLACE!

Please wear a mask or appropriate facial covering when out and about as we work to stop the spread of covid-19.

*Photo disclaimer:*  
Some photos in this guide were taken prior to the COVID-19 pandemic. Safety protocols are in place for spring programs.

## ARTS & CRAFTS

### TOT & ADULT

#### Abrakadoodle Twoosy Doodlers

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 where adults get to play too. There is a non-refundable \$40 (10 sessions), \$36 (9 sessions) supply fee included in the cost of the class. Adult participation is required.

<b>Lacey Woods Park Rear Shelter.</b> Inst.: Abrakadoodle	
<b>Ages 20 months-3yrs</b>	<b>10 Sessions</b>
<b>310100A</b> Wed., Apr. 14, 10-10:45am	<b>\$192</b>
<b>Ages 20 months-3yrs</b>	<b>9 Sessions</b>
<b>310100B</b> Mon., Apr. 12, 10-10:45am	<b>\$173</b>
<b>310100C</b> Sat., Apr. 17, 9-9:45am	

### TOT & YOUTH

#### Abrakadoodle Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artist's materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A \$40 (10 sessions), \$36 (9 sessions) non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times.

<b>Lacey Woods Park Rear Shelter.</b> Inst.: Abrakadoodle	
<b>Ages 3-6</b>	<b>10 Sessions</b>
<b>320104A</b> Wed., Apr. 14, 11:15am-12pm	<b>\$192</b>

<b>Ages 3-6</b>	<b>9 Sessions</b>	<b>\$173</b>
<b>320104B</b> Mon., Apr. 12, 11:15am-12pm		
<b>320104C</b> Sat., Apr. 17, 10:15-11am		

<b>Virtual.</b> Inst.: Abrakadoodle		
<b>Ages 3-6</b>	<b>10 Sessions</b>	<b>\$192</b>
<b>320104D</b> Tues., Apr. 13, 11:15am-12pm		
<b>Ages 3-6</b>	<b>9 Sessions</b>	<b>\$173</b>
<b>320104E</b> Sat., Apr. 17, 9:15-10am		

### YOUTH

#### Abrakadoodle Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces new techniques and styles, helping children develop art skills and confidence. A non-refundable \$36 supply fee is included in the cost of the class. Adult required to stay on the premises at all times.

<b>Lacey Woods Park Rear Shelter.</b> Inst.: Abrakadoodle		
<b>Ages 6-12</b>	<b>9 Sessions</b>	<b>\$206</b>
<b>320107A</b> Sat., Apr. 17, 11:30am-12:30pm		
<b>Virtual.</b> Inst.: Abrakadoodle		
<b>Ages 6-12</b>	<b>9 Sessions</b>	<b>\$206</b>
<b>320107B</b> Sat., Apr. 17, 1-2pm		

## CERAMICS

### YOUTH & ADULT

#### Ceramics: Handbuilding for Families

Saturday mornings haven't been this fun since you were a kid. In this re-time, virtual class, you and your child will learn basic handbuilding techniques as you

both work on weekly ceramic projects together. Supplies and clay will be available to be safely picked up curbside using social distancing guidelines at TJ the week before class starts. At the first class, the instructor will go over safety guidelines, the process for dropping off finished projects to be fired and returning completed work to you. Weekly projects vary, but may include face mugs, trinket boxes, slab vases, fairy houses, windchimes and bobble heads. The great thing about learning at home, is that you have the flexibility to continue working throughout the week if you so desire. This is a parent-child class, but you only need to register each child. A non-refundable \$28 supply fee is included in the cost of the class. Additional clay will be available for purchase if needed.

<b>Virtual</b>		
<b>Ages 6-12</b>	<b>8 Sessions</b>	<b>\$188</b>
<b>320102A</b> Sat., Apr. 17, 9:30-11am		

### YOUTH

#### Kids Crazy for Clay

In this afternoon class, kids have fun learning the basics of handbuilding with clay. Students will work with low-fire ceramic clay and create three-dimensional clay sculptures. This class is for all levels. Returning students are encouraged to retake this class to refine their skills and learn more. Working in clay is a dirty process so, keep that in mind when setting up your child's workspace. Supplies and clay will be available to be safely picked up curbside using social distancing guidelines at TJ the week before class starts. Parents are asked to attend the beginning of the first class when the instructor will go over safety guidelines, the process for dropping off







## We Aim to Please!

Our vision for Arlington is a happy and healthy place to live, learn, work and play. To make this a reality, our Mission is to promote wellness and vitality through dynamic programs and attractive public spaces. Arlington County's Department of Parks and Recreation is one of the 136 Agencies in the U.S. to have received national accreditation from the Commission for Accreditation of Park and Recreation Agencies (Capra) by meeting 144 standards.

## LET'S BE SAFE TOGETHER!

Please wear a mask or appropriate facial covering when out and about as we work to stop the spread of covid-19.

We want to ensure you have **The Best Experience!**

If after the first class you feel that the class is not a good fit for you or your schedule, give us a call at 703.228.4747 within the next 48 business hours and we will refund your money. We are open M-F, 8am-5pm



finished projects to be fired and returning completed work to you. There is a non-refundable \$20 supply fee included in the cost of the class.

**Virtual**  
**Ages 10-12** **8 Sessions** **\$151**  
**320103A** Tues., Apr. 13, 4:30-5:30pm

### TEEN & ADULT

#### Just Clayng Around

This is a fun handbuilding class for adults where students will work with the instructor create weekly projects. During your virtual class the instructor will teach basic skills such as pinch pots and working with slabs to create things like, functional bowls, dishes and pots as well as more sculptural and decorative pieces. This class is a perfect way to escape the craziness of day to day stress while letting your creativity take over for a few hours. Both returning students and new students with no clay experience are welcome. The great thing about learning at home, is the flexibility to continue working throughout the week if you want to. Supplies and clay will be available to be safely picked up curbside using social distancing guidelines at TJ the week before class starts. At the first class the instructor will go over safety guidelines, the process for dropping off finished projects to be fired and returning completed work to you. A \$20 non-refundable supply fee is included in the cost of the class. Additional clay will be available for purchase if needed.

**Virtual**  
**Ages Adults** **8 Sessions** **\$154**  
**340129A** Sat., Apr. 17, 12:30-2pm  
**340129B** Sat., Apr. 17, 2-3:30pm

## DRAWING/PAINTING



### YOUTH

#### Art 101: Intro to Art

Does your child love to draw or paint or is otherwise creative? In this studio class, children will work with a variety of materials and techniques; printmaking, charcoal drawing, painting, design collage, watercolors, sculpture and more. Budding artists start by becoming familiar with art fundamentals including form, tone, the importance of light, creating textures and basic color theory. Supplies will be available to be safely picked up curbside following social distancing guidelines at Fairlington Community Center the week

before class starts. The creative process is sometimes messy, so, please keep that in mind when setting up your workspace at home. There is a non-refundable \$25 supply fee included in the cost of this class.

**Virtual**  
**Ages 8-10** **8 Sessions** **\$151**  
**320128A** Sat., Apr. 17, 10-11:30am

### YOUTH & TEEN

#### Art 101: Drawing

In this foundational class students will develop their drawing skills by working from life as well as their imagination. No experience required, just an interest in drawing. Students will use a range of materials like charcoal, pen and ink, pastel and graphite and a variety of techniques to learn the basics of capturing what they see on paper. The fundamentals such as line, shape, texture, composition, balance, light and shadow will be explored. Children will be excited to expand their horizons with weekly projects that are as fun as they are educational. Supplies will be available to be safely picked up curbside following social distancing guidelines at Fairlington Community Center the week before class starts. Making Art is a messy process, so, please keep that in mind when setting up your workspace at home. A non-refundable \$25 supply fee is included in the cost of this class.

**Virtual**  
**Ages 10-13** **8 Sessions** **\$151**  
**320127A** Wed., Apr. 14, 4-5:30pm

### TEEN & ADULT

#### New! Collagraphy, Printmaking & Collage

Collagraphy is a printmaking process in which you design your own printmaking plate by adding or subtracting items and textures to make different images / prints. This is a simple and fun process that requires no experience. The printing plates are made from materials that you have around the house and does not require a press or any special equipment that you need to provide. Your work can be abstract or representational and often the plates become works of art themselves. The creative process is sometimes messy, so, please keep that in mind when setting up your workspace at home. A non-refundable \$32 supply fee is included in the cost of the class.

**Virtual**  
**Ages 16-Adult** **8 Sessions** **\$189**  
**340190A** Tues., Apr. 13, 6-7:45pm

#### New! Relief & Monotype Home Printmaking

Relief and Monotype Home Printmaking techniques focuses on using fun and easy home techniques to make multiple prints or series. We use linoleum, plexiglass and other surfaces to carve and paint on to make an assortment of projects on different types of printmaking papers. This class demonstrates how to use safe methods in the home for printmaking. We will make cards and other crafty projects with relief and monotype process. Supplies will be available to be safely picked up curbside using social distancing guidelines at Fairlington the week before class starts. The creative process is sometimes messy, so, please keep that in mind when setting up your workspace at home. A non-refundable \$32 supply fee is included in the cost of the class.

**Virtual**  
**Ages 16-Adult** **8 Sessions** **\$188**  
**340139A** Thurs., Apr. 15, 6-7:45pm

### Beginning Drawing

Have you always wanted to draw, but feel intimidated? Let us help you to improve your drawing ability. In this basic drawing class you will learn to develop eye-hand coordination and create representational drawings. You will experiment with a variety of media—pencil, charcoal, conte crayon, ink—to create drawings focusing on line, shape, value and form. Content and projects will range from still life observation drawing to abstraction and compositions emphasizing imagination and fantasy. A non-refundable \$32 supply fee is included in the cost of the class.

**Virtual**  
**Ages 16-Adult** **8 Sessions** **\$189**  
**340131A** Mon., Apr. 12, 4:30-6:15pm

## MUSIC

### TOT & ADULT

#### Learn Now Music Little Fingers

Our youngest musicians will participate in guided musical exploration and age appropriate theory as well as musical games, special extension curriculum-based activities, musical listening excerpts, related projects and more! Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. Adult participation required.

#### Piano

**Lacey Woods Park Rear Shelter.** Inst.: Learn Now Music  
**Ages 2-4** **8 Sessions** **\$158**  
**310321A** Sun., Apr. 18, 4:45-5:15pm  
**310321B** Sun., Apr. 18, 5:30-6pm

#### Guitar

**Lacey Woods Park Rear Shelter.** Inst.: Learn Now Music  
**Ages 4-5** **8 Sessions** **\$158**  
**310324A** Sun., Apr. 18, 6:15-6:45pm



### YOUTH

#### Learn Now Music

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

#### Guitar

**Alcova Heights Park.** Inst.: Learn Now Music  
**Ages 5-12** **8 Sessions** **\$192**  
**320319A** Wed., Apr. 14, 7:30-8:30pm  
**320319B** Sat., Apr. 17, 9:15-10:15am

**Lacey Woods Park Rear Shelter.** Inst.: Learn Now Music  
**Ages 5-12** **8 Sessions** **\$192**  
**320319C** Thurs., Apr. 15, 5-6pm  
**320319D** Sun., Apr. 18, 3:30-4:30pm



## Piano

**Alcova Heights Park.** Inst.: Learn Now Music  
**Ages 5–12** **8 Sessions** **\$192**  
[320320A](#) Wed., Apr. 14, 5–6pm  
[320320B](#) Wed., Apr. 14, 6:15–7:15pm  
[320320C](#) Sat., Apr. 17, 10:30–11:30am  
[320320D](#) Sat., Apr. 17, 11:45am–12:45pm

**Lacey Woods Park Rear Shelter.** Inst.: Learn Now Music  
**Ages 5–12** **8 Sessions** **\$192**  
[320320E](#) Thurs., Apr. 15, 6:15–7:15pm  
[320320F](#) Sun., Apr. 18, 2:15–3:15pm

## Violin

**Alcova Heights Park.** Inst.: Learn Now Music  
**Ages 5–12** **8 Sessions** **\$192**  
[320321A](#) Wed., Apr. 14, 3:45–4:45pm  
[320321B](#) Sat., Apr. 17, 1–2pm

**Lacey Woods Park Rear Shelter.** Inst.: Learn Now Music  
**Ages 5–12** **8 Sessions** **\$192**  
[320321C](#) Sun., Apr. 18, 1–2pm

## THIS-N-THAT

### YOUTH & TEEN

#### Silver Knights Chess Club

Learn chess from a Silver Knights Chess coach! State and national champions have come from our programs, but most of our students are just looking to have fun! Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments. All skill levels welcome.

**Virtual.** Inst.: Silver Knights Enrichment  
**Ages 5–13** **11 Sessions** **\$197**  
[320299A](#) Tues., Apr. 13, 6–7pm

## DOG OBEDIENCE

### TEEN & ADULT

#### Basic Dog Obedience

Dog owners and dogs who have had little or no previous training will learn leash, heeling and sit down, stay and recall commands. Problem solving for house soiling, biting, jumping and chewing will be addressed. Notify the instructor ahead of class if you suspect or know your dog is aggressive so accommodations can be made. Dogs must be over six months of age; documentation of all required vaccinations is required. Female dogs in heat are prohibited from attending. Owners must clean up after their pets at all times. Bring a six-foot leather or nylon leash and proper fitting collar. The first class is a lecture class; please do not bring your dog. Register the person attending, not the dog. Questions? email [khealy@dogsolve.com](mailto:khealy@dogsolve.com).

**Quincy Street Deck.** Inst.: Healy  
**Ages 13-Adult** **7 Sessions** **\$94**  
[340731A](#) Wed., Apr. 14, 7–8pm

#### Dog Obedience Advanced

Advanced Dog Obedience is for adult dogs and their owners who have successfully completed a beginning dog obedience course. Learn about off-lead heeling, distance recalls, extended/distance stays, stay command with distractions, down in motion and



downing your dog from a distance. Unlike beginner's class, there will be no introduction lecture: bring your dog and training equipment to first session. Questions? email [khealy@dogsolve.com](mailto:khealy@dogsolve.com)

**Quincy Street Deck.** Inst.: Healy  
**Ages 13-Adult** **7 Sessions** **\$94**  
[340732A](#) Wed., Apr. 14, 8:15–9:15pm

## FITNESS

### TEEN & ADULT

#### Fighting Fit

The fighting fit, cardio-kickboxing, super weight loss workout is not your average kickboxing workout it is a designed kickboxing program that can safely burn up ten (10) pounds of fat off a month. (The secret is that every workout is designed to burn up to 1000 calories and comes with a supplementary diet and workout plan.) The program works in three stages: the beginning stage is establishing your overall health and wellness needs, the middle stage is your conditioning and on track assessment, the last stage is habit and maintenance. World Kickboxing Champion Rod Batiste used this training workout to get in shape, make weight for fights and maintain conditioning between fights. If you have questions, please email [mbconnect@wcrbkarate.com](mailto:mbconnect@wcrbkarate.com)

**Virtual.** Inst.: WCRB Karate  
**Ages 15-Adult** **20 Sessions** **\$170**  
[340305A](#) Tues./Thurs., Apr. 13, 7:30–8:30pm  
**Ages 15-Adult** **9 Sessions** **\$77**  
[340305B](#) Sat., Apr. 17, 6–7pm

#### New! Virtual 5k/10k

Walk, run or roll in Arlington County's free virtual 5k or 10k. Register and receive training tips from our personal training department and then you can complete your race anywhere in the month of May. We will send you information about how to register your time, or you can complete it for fun and tag us on social media.

**Virtual**  
**Ages 13-Adult** **30 Sessions** **FREE**  
[340332A](#) Mon.-Sun., May 1, 12am–12pm

## Cardio Dance

Choreographed dance routines make up this fun fitness class. If you like your classes with music and dance variety, you will love this workout. Upbeat music including Top 40, Latin, Broadway, Country and more will make this heart pumping hour speed by and promote heart healthy benefits and make you feel like you're "Dancing With the Stars." The class will conclude with upper and lower body toning, floor work and sit ups, so bring a mat and light weights. Classes canceled due to inclement weather will not be made up and class credits will be issued at the end of the session.

**Jamestown Elem. School Outdoor.** Inst.: Aerobix Inc.  
**Ages Adults** **9 Sessions** **\$75**  
[340325A](#) Wed., Apr. 14, 6:30–7:30pm  
**Ages Adults** **8 Sessions** **\$67**  
[340325B](#) Mon., Apr. 12, 6:30–7:30pm

## Cycling

Get your heart pumping with an instructor led cycle class outside Thomas Jefferson Community Center! Each class will help to enhance cardio conditioning in a safe, judgement free zone. Cycling is a great cardiovascular activity that is great for all ages, and ability levels. Students will warm-up, climb, sprint, interval train, and cool-down during these 45-minute sessions. Beginners are welcome to go at your own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class. Burn the calories away while having fun! No TJ membership required.

**Thomas Jefferson Center Outside**  
**Ages Adults** **7 Sessions** **\$35**  
[340331A](#) Thurs., Apr. 29, 7–7:45pm

## YOGA

### TEEN & ADULT

#### Energizing Yoga

Enjoy this mixed level, invigorating and accessible Hatha Yoga class where practice is focused on alignment, safe techniques and variation. This 60-minute class allows a complete Yoga flow practice including warm-ups, traditional Yoga poses, breathing, stress reduction and relaxation techniques. Participants move in a warmer room to safely build strength, flexibility and a sense of peace and physical well-being.

**Virtual.** Inst.: Harper  
**Ages 16-Adult** **11 Sessions** **\$140**  
[340918A](#) Wed., Apr. 14, 7–8pm

#### Restorative Yoga

Restorative practice focuses on a safe, gentle flow to meet you exactly where you are; be it less flexible, stiff or with a wandering mind. Students will learn how to use props such as straps, blocks, chairs and bolsters to make classic poses more accessible. Restorative poses are generally held longer to allow the body and mind to transform slowly. Classes includes a complete yoga practice including stress-reduction techniques. The series is appropriate for beginners new to yoga or those who are renewing their practice after a time off. Students should bring their own props such as a strap or belt, a Yoga block or hardcover book. No props will be provided or shared. No yoga experience required.

**Virtual.** Inst.: Harper  
**Ages 16-Adult** **11 Sessions** **\$140**  
[340911A](#) Wed., Apr. 14, 5:45–6:45pm

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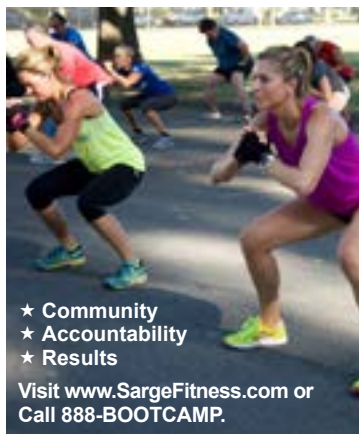
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## MARTIAL ARTS

### TOT

#### Karate Concentration Station

Concentration Station is the point between our Karate Beginner program kid's karate full structure format. Get introduced to discipline, structure and concentration in a fun and challenging way. The curriculum is divided into five progressive mentally challenging parts. Once a student has mastered a station, they can then move on to a more challenging station. Students must have completed Karate Jamboree before registering for this program. If you have questions, please email [mbconnect@wcrbkarate.com](mailto:mbconnect@wcrbkarate.com)

**Virtual.** Inst.: WCRB Karate

**Ages 3-5** **9 Sessions** **\$77**  
**310307A** Sat., Apr. 17, 11am-12pm

### YOUTH/TEEN/ADULT

#### Karate Beginning

At WCRB Karate DAGPAW is the acronym we use to instill the six skills necessary to be a success, it stands for: Discipline, A's & B's, Goal Setting, Perseverance, Attitude, and Work Ethic. During this beginner session we will be concentrating on self-discipline. Here are some of the things your child will take away from the session: An understanding and use of proper classroom etiquette. How to be courteous when others around them are not. How to play safe. How to follow through on instruction unsupervised. How to use self-restraint. How to use maximum focused attention when educators are talking. How to be respectful even when no one is watching. How and when to say NO to peer pressure. How to keep defiance under control plus board breaking, weapons, sparring, and Bully proofing. Uniforms and other safety equipment are necessary for the class and can be purchased from the instructor. Please email [wcrbkarate@aol.com](mailto:wcrbkarate@aol.com). Having discipline is not only important for older kids, studies show that, the younger a child is exposed to it the more receptive they are to apply it. At WCRB we don't just talk about success, we produce it! If you have questions, please email [mbconnect@wcrbkarate.com](mailto:mbconnect@wcrbkarate.com)

**Virtual.** Inst.: WCRB Karate

**Ages 6-Adult** **20 Sessions** **\$170**  
**320308A** Tues./Thurs., Apr. 13, 5-6pm  
**Ages 6-Adult** **9 Sessions** **\$77**  
**320308B** Sat., Apr. 17, 12:30-1:30pm

#### Karate Intermediate/Advanced

Help your child stay involved in karate and continue his or her development in self-confidence, concentration, goal setting, perseverance, self-defense, self-discipline, responsibility, personal management, pride and a strong work ethic! For students wishing to advance to the next belt level, uniform and other equipment is required for an additional fee. If you have questions, please email [mbconnect@wcrbkarate.com](mailto:mbconnect@wcrbkarate.com). Pre-requisite: Prior karate experience.



**Virtual.** Inst.: WCRB Karate

**Ages 6-Adult** **20 Sessions** **\$170**  
**320309A** Tues./Thurs., Apr. 13, 6:15-7:15pm

**Ages 6-Adult** **9 Sessions** **\$77**  
**320309B** Sat., Apr. 17, 1:45-2:45pm

#### Karate Black Belts

This class is for current Brown/Black Belt students only. If you have questions, please email [mbconnect@wcrbkarate.com](mailto:mbconnect@wcrbkarate.com)

**Virtual.** Inst.: WCRB Karate

**Ages 6-Adult** **20 Sessions** **\$170**  
**320315A** Tues./Thurs., Apr. 13, 4-5pm

## SPORTS

### TOT & ADULT

#### Little Athletes and Me

This fun and wacky adult and me sports and fitness class is designed to introduce children to a variety of sports and activities all with the help of mom and dad! TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required.

**Barrett Elem. School.** Inst.: Tip Top Sports  
**Ages 2-3** **10 Sessions** **\$165**  
**310615A** Sat., Apr. 17, 9-9:45am

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 2-3** **11 Sessions** **\$182**  
**310615B** Tues., Apr. 13, 10:30-11:15am  
**Ages 2-3** **10 Sessions** **\$165**  
**310615C** Sun., Apr. 18, 9-9:45am

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 2-3** **11 Sessions** **\$182**  
**310615D** Thurs., Apr. 15, 9:30-10:15am  
**Ages 2-3** **10 Sessions** **\$165**  
**310615E** Mon., Apr. 12, 9:30-10:15am  
**310615F** Sat., Apr. 17, 10:15-11am  
**310615G** Sun., Apr. 18, 10-10:45am

#### Little Kicks Soccer & Me

Little Kicks Soccer and Me focuses on children's fine motor skills by introducing them to fun soccer activities and developmental practice. TipTop Sports will provide individual equipment for each participant. Adult participation is required.

**Barrett Elem. School.** Inst.: Tip Top Sports  
**Ages 2-3** **10 Sessions** **\$165**  
**310605A** Sat., Apr. 17, 12-12:45pm

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 2-3** **11 Sessions** **\$182**  
**310605B** Tues., Apr. 13, 9:30-10:15am  
**Ages 2-3** **10 Sessions** **\$165**  
**310605C** Fri., Apr. 16, 9:30-10:15am  
**310605D** Sun., Apr. 18, 11-11:45am

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 2-3** **10 Sessions** **\$165**  
**310605E** Sun., Apr. 18, 9-9:45am

#### Grand Slam T-ball & Me

The emphasis at this age is to have fun. This class focuses on children's fine motor skills by introducing them to fun T-ball activities and developmental practice. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required.

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 2-3** **11 Sessions** **\$182**  
**310618A** Wed., Apr. 14, 9:30-10:15am

**Barrett Elem. School.** Inst.: Tip Top Sports  
**Ages 2-3** **10 Sessions** **\$165**  
**310618B** Sat., Apr. 17, 10-10:45am

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 2-3** **11 Sessions** **\$182**  
**310618C** Thurs., Apr. 15, 10:30-11:15am  
**Ages 2-3** **10 Sessions** **\$165**  
**310618D** Sun., Apr. 18, 11-11:45am

### TOT & YOUTH

#### Grand Slam T-ball

The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of Tee Ball while learning the fundamentals of the sport. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4-6 years old. Adults required to stay on premises at all times.

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 4-6** **11 Sessions** **\$182**  
**310617A** Wed., Apr. 14, 10:30-11:15am

**Barrett Elem. School.** Inst.: Tip Top Sports  
**Ages 4-6** **10 Sessions** **\$165**  
**310617B** Sat., Apr. 17, 11-11:45am

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 4-6** **10 Sessions** **\$165**  
**310617C** Mon., Apr. 12, 10:30-11:15am  
**310617D** Sun., Apr. 18, 12-12:45pm

#### Little Athletes

This fun and exciting class is a young athlete's dream. It is filled with various sports and lead in activities that will allow kids to develop their true passion for sports. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4-6 years old. Adults required to stay on premises at all times.



**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 4–6** **11 Sessions** **\$182**  
[310616A](#) Tues., Apr. 13, 11:30am-12:15pm  
**Ages 4–6** **10 Sessions** **\$165**  
[310616B](#) Fri., Apr. 16, 11:30am-12:15pm  
[310616C](#) Sun., Apr. 18, 10–10:45am

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 4–6** **10 Sessions** **\$165**  
[310616D](#) Sat., Apr. 17, 11:15am-12pm

**Little Kicks Soccer**

Little Kicks Soccer includes energetic activities that enhance kids’ soccer skills, teamwork, and overall sportsmanship. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4–6 years old. Adults required to stay on premises at all times.

**Barrett Elem. School.** Inst.: Tip Top Sports  
**Ages 4–6** **10 Sessions** **\$165**  
[310610A](#) Sat., Apr. 17, 1–1:45pm

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 4–6** **11 Sessions** **\$182**  
[310610B](#) Wed., Apr. 14, 11:30am-12:15pm  
**Ages 4–6** **10 Sessions** **\$165**  
[310610C](#) Fri., Apr. 16, 10:30–11:15am  
[310610D](#) Sun., Apr. 18, 1:15–2pm

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 4–6** **11 Sessions** **\$182**  
[310610E](#) Thurs., Apr. 15, 11:30am-12:15pm  
**Ages 4–6** **10 Sessions** **\$165**  
[310610F](#) Mon., Apr. 12, 11:30am-12:15pm  
[310610G](#) Sat., Apr. 17, 1:30–2:15pm  
[310610H](#) Sun., Apr. 18, 2–2:45pm

**Kicks for Tots Soccer**

Improve individual ball skills in a fun, energetic environment. The primary method of instruction is based on the US Soccer Federation Youth soccer development program. Coaching methods revolve around developing player’s social, physical and technical skills in an active, positive environment. Sessions accommodate all skill levels. Adults required to stay on premises at all times.

**Fairlington Center Field.** Inst.: Stockton Soccer  
**Ages 2–3** **8 Sessions** **\$139**  
[310612A](#) Thurs., Apr. 15, 3–3:40pm

**Lacey Woods Park.** Inst.: Stockton Soccer  
**Ages 2–3** **8 Sessions** **\$139**  
[310612B](#) Mon., Apr. 12, 10:15–10:55am  
[310612C](#) Thurs., Apr. 15, 10–10:40am  
[310612D](#) Sun., Apr. 18, 3–3:40pm  
**Ages 3–6** **8 Sessions** **\$139**  
[310612E](#) Sun., Apr. 18, 4–4:45pm  
**Ages 5–8** **8 Sessions** **\$139**  
[310612F](#) Sun., Apr. 18, 5–5:50pm

**Madison Manor Park.** Inst.: Stockton Soccer  
**Ages 2–3** **8 Sessions** **\$139**  
[310612G](#) Tues., Apr. 13, 11–11:40am  
**Ages 3–6** **8 Sessions** **\$139**  
[310612H](#) Tues., Apr. 13, 1:15–2pm

**Rocky Run Park.** Inst.: Stockton Soccer  
**Ages 2–3** **8 Sessions** **\$139**  
[310612I](#) Sat., Apr. 17, 8–8:45am  
**Ages 3–6** **8 Sessions** **\$139**  
[310612J](#) Sat., Apr. 17, 9–9:45am

**Pee Wee Lacrosse**

Pee Wee Lacrosse is the ultimate introduction to lacrosse. Our mission is to teach the basic skills of lacrosse in a fun, energizing and engaging environment. All equipment is provided. Adults required to stay on premises at all times.

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 4–6** **10 Sessions** **\$165**  
[310611A](#) Sat., Apr. 17, 2:30–3:15pm

**YOUTH**

**First Down Flag Football**

This class teaches kids basic skills and concepts of flag football That includes fun group games, technique drills, and mini practice scrimmages to introduce young athletes to the sport. While providing a fun and safe environment, First Down Flag Football will help develop players technique, fine motor skills, and overall passion for flag football! Adults required to stay on premises at all times.

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 5–7** **10 Sessions** **\$165**  
[320610A](#) Sun., Apr. 18, 1–1:45pm



**Little Champions Soccer**

Little Champions Soccer helps develop children’s primary soccer skills, agility, and overall passion for the game. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 7–9 years old. Adults required to stay on premises at all times.

**Lacey Woods Park.** Inst.: Tip Top Sports  
**Ages 7–9** **10 Sessions** **\$200**  
[310621A](#) Sun., Apr. 18, 12–1pm

**Rocky Run Park.** Inst.: Tip Top Sports  
**Ages 7–9** **10 Sessions** **\$200**  
[310621B](#) Sat., Apr. 17, 12:15–1:15pm

**Varsity Skills**

Varsity Skills Academy (VSA) sessions offer participants comprehensive basketball instructions. VSA is designed to teach proper fundamentals techniques such as: ball handling, shooting, passing, shooting, defense, rebounding and offensive development.

Sessions are taught in a low student to coach ratio to maximize the quality of instruction. Adults required to stay on premises at all times.

**Drew Center Outdoor B-ball Courts.** Inst.: Momentum3  
**Ages 4–5** **6 Sessions** **\$125**  
[320611A](#) Sat., Apr. 17, 9–9:30am  
**Ages 6–8** **6 Sessions** **\$125**  
[320611B](#) Sat., Apr. 17, 9:45–10:15am  
**Ages 9–11** **6 Sessions** **\$125**  
[320611C](#) Sat., Apr. 17, 10:30–11:30am  
**Ages 12–14** **6 Sessions** **\$125**  
[320611D](#) Sat., Apr. 17, 11:45am-12:45pm

**Jamestown ES B-ball Courts.** Inst.: Momentum3  
**Ages 7–9** **6 Sessions** **\$125**  
[320611E](#) Mon., Apr. 12, 4–5pm  
[320611F](#) Wed., Apr. 14, 4–5pm  
**Ages 10–13** **6 Sessions** **\$125**  
[320611G](#) Mon., Apr. 12, 5:15–6:15pm  
[320611H](#) Wed., Apr. 14, 5:15–6:15pm

**PICKLEBALL**

**YOUTH/TEEN/ADULT**

**Pickleball 1**

Pickleball is a fun, mini-tennis-like game that is fast growing in popularity! This introduction to the game teaches the fundamental strokes: dinks, volleys, forehands, backhands, overheads and the serve. Players learn rules and scorekeeping. Pickleball paddles and balls are provided. Inst.: First Serve Tennis.

**Walter Reed Courts**  
**Ages 7–10** **9 Sessions** **\$184**  
[340614A](#) Mon., Apr. 12, 4:30–5:20pm  
[340614B](#) Wed., Apr. 14, 4:30–5:20pm  
[340614C](#) Thurs., Apr. 15, 4:30–5:20pm  
**Ages 10–14** **9 Sessions** **\$184**  
[340614D](#) Mon., Apr. 12, 5:30–6:20pm  
[340614E](#) Wed., Apr. 14, 5:30–6:20pm  
[340614F](#) Thurs., Apr. 15, 5:30–6:20pm  
**Ages Adults** **9 Sessions** **\$184**  
[340614G](#) Mon., Apr. 12, 6:30–7:30pm  
[340614H](#) Wed., Apr. 14, 6:30–7:30pm  
[340614I](#) Thurs., Apr. 15, 6:30–7:30pm

**Fort Scott Park Courts**  
**Ages Adults** **9 Sessions** **\$184**  
[340614J](#) Tues., Apr. 13, 9:45–10:45am  
[340614K](#) Wed., Apr. 14, 9:45–10:45am  
[340614L](#) Thurs., Apr. 15, 9:45–10:45am

**Pickleball 2**

Build on your skills to take your game to the next level. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio 6:1 Inst.: First Serve Tennis

**Walter Reed Courts**  
**Ages Adults** **9 Sessions** **\$184**  
[340615A](#) Mon., Apr. 12, 7:40–8:40pm  
[340615B](#) Wed., Apr. 14, 7:40–8:40pm  
[340615C](#) Thurs., Apr. 15, 7:40–8:40pm

**Fort Scott Park Courts**  
**Ages Adults** **9 Sessions** **\$184**  
[340615D](#) Tues., Apr. 13, 11am-12pm  
[340615E](#) Wed., Apr. 14, 11am-12pm  
[340615F](#) Thurs., Apr. 15, 11am-12pm

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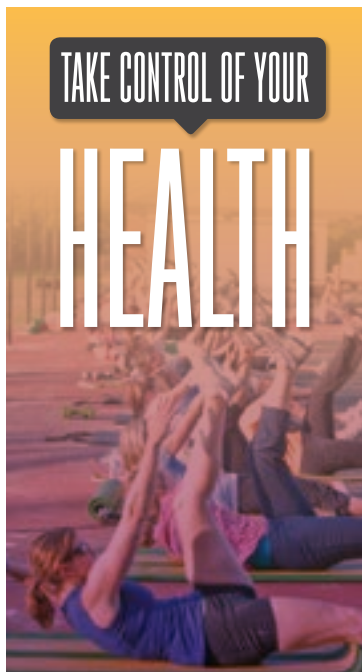
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If you have a question or concern, or have a suggestion as to how we can improve our services, please email us at [registration@arlingtonva.us](mailto:registration@arlingtonva.us).







**Wanted! Great Ideas for new classes.**

Let us know if you'd like to take a recreation class that we don't offer. Email [LReid1@arlingtonva.us](mailto:LReid1@arlingtonva.us) for more information.

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## TENNIS

### YOUTH & TEEN Tennis 1 & 2

Through fun, skill-building games beginners and advanced beginners learn and develop fundamental tennis strokes. Students are encouraged to repeat this class until they feel confident with all the fundamental strokes. Ratio 6:1 Adults required to stay on the premises during class at all times. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions. Inst.: First Serve Tennis.

<b>Barcroft Park</b>			
<b>Ages 6–8</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602A</a>	Tues., Apr. 13, 4:30–5:20pm		
<a href="#">320602B</a>	Thurs., Apr. 15, 4:30–5:20pm		
<b>Ages 7–10</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602C</a>	Tues., Apr. 13, 6:30–7:20pm		
<a href="#">320602D</a>	Thurs., Apr. 15, 5:30–6:20pm		
<b>Ages 10–14</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602E</a>	Tues., Apr. 13, 5:30–6:20pm		
<a href="#">320602F</a>	Thurs., Apr. 15, 6:30–7:20pm		
<b>Greenbrier Park</b>			
<b>Ages 6–8</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602G</a>	Sun., Apr. 18, 11:40am–12:30pm		
<a href="#">320602H</a>	Sun., Apr. 18, 12:40–1:30pm		
<b>Ages 7–10</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602I</a>	Sun., Apr. 18, 12:40–1:30pm		
<a href="#">320602J</a>	Sun., Apr. 18, 11:40am–12:30pm		
<b>Ages 10–14</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602K</a>	Sun., Apr. 18, 1:40–2:30pm		
<b>Hayes Park</b>			
<b>Ages 6–8</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602L</a>	Wed., Apr. 14, 4:30–5:20pm		
<b>Ages 6–8</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602M</a>	Mon., Apr. 12, 4:30–5:20pm		
<b>Ages 7–10</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602N</a>	Wed., Apr. 14, 5:30–6:20pm		
<b>Ages 7–10</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602O</a>	Mon., Apr. 12, 5:30–6:20pm		
<b>Ages 10–14</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602P</a>	Wed., Apr. 14, 6:30–7:20pm		
<b>Ages 10–14</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602Q</a>	Mon., Apr. 12, 6:30–7:20pm		
<b>Lyon Village Park</b>			
<b>Ages 6–8</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602R</a>	Thurs., Apr. 15, 4:30–5:20pm		
<a href="#">320602S</a>	Thurs., Apr. 15, 6:30–7:20pm		
<b>Ages 7–10</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602T</a>	Thurs., Apr. 15, 5:30–6:20pm		
<b>Stratford Park</b>			
<b>Ages 6–8</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602U</a>	Mon., Apr. 12, 4:30–5:20pm		
<a href="#">320602V</a>	Mon., Apr. 12, 4:30–5:20pm		
<b>Ages 7–10</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602W</a>	Mon., Apr. 12, 5:30–6:20pm		
<a href="#">320602X</a>	Mon., Apr. 12, 5:30–6:20pm		
<a href="#">320602Y</a>	Mon., Apr. 12, 6:30–7:20pm		
<b>Ages 10–14</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602Z</a>	Mon., Apr. 12, 6:30–7:20pm		
<b>Tuckahoe Park</b>			
<b>Ages 6–8</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602AA</a>	Tues., Apr. 13, 4:30–5:20pm		
<a href="#">320602BB</a>	Tues., Apr. 13, 5:30–6:20pm		

<b>Ages 6–8</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602CC</a>	Mon., Apr. 12, 9:45–10:35am		
<b>Ages 7–10</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602DD</a>	Mon., Apr. 12, 10:45–11:35am		
<b>Ages 7–10</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602EE</a>	Tues., Apr. 13, 6:30–7:20pm		
<a href="#">320602FF</a>	Tues., Apr. 13, 4:30–5:20pm		
<a href="#">320602GG</a>	Tues., Apr. 13, 5:30–6:20pm		
<b>Ages 10–14</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602HH</a>	Tues., Apr. 13, 6:30–7:20pm		
<b>Ages 10–14</b>	<b>10 Sessions</b>	<b>\$205</b>	
<a href="#">320602II</a>	Mon., Apr. 12, 11:45am–12:35pm		
<b>Walter Reed Center</b>			
<b>Ages 6–8</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602JJ</a>	Wed., Apr. 14, 4:30–5:20pm		
<a href="#">320602KK</a>	Wed., Apr. 14, 5:30–6:20pm		
<b>Ages 7–10</b>	<b>11 Sessions</b>	<b>\$225</b>	
<a href="#">320602LL</a>	Wed., Apr. 14, 6:30–7:20pm		

### Tennis 3: Transition to Match Play

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1&2 programs. Ratio 6:1. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions and to receive your coach's recommendation before registering. Inst.: First Serve Tennis.

<b>Greenbrier Park</b>			
<b>Ages 8–10</b>	<b>10 Sessions</b>	<b>\$255</b>	
<a href="#">320603A</a>	Sun., Apr. 18, 9–10:10am		
<a href="#">320603B</a>	Sun., Apr. 18, 9–10:10am		
<b>Ages 10–14</b>	<b>10 Sessions</b>	<b>\$255</b>	
<a href="#">320603C</a>	Sun., Apr. 18, 10:20–11:30am		
<a href="#">320603D</a>	Sun., Apr. 18, 10:20–11:30am		

### Tennis 4: JV Tennis

Prior Level 3 or coach's recommendation required! Coaches prep players for high school competition through drills, tactics, and match play situations. Ideal for players building skills to try out for their high school team. Ratio 6:1 Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions.

<b>Greenbrier Park. Inst.: First Serve Tennis</b>			
<b>Ages 12–16</b>	<b>10 Sessions</b>	<b>\$255</b>	
<a href="#">330601A</a>	Sun., Apr. 18, 1:40–2:50pm		

## ADULT Tennis 1

For players new to tennis or returning to the sport after some time, this program focuses on stroke development and getting the ball into play. Students are encouraged to repeat this class until they feel confident with the fundamental strokes.

<b>Barcroft Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601A</a>	Tues., Apr. 13, 7:30–8:40pm		
<a href="#">340601B</a>	Thurs., Apr. 15, 7:30–8:40pm		
<b>Hayes Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601C</a>	Wed., Apr. 14, 8:50–10pm		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340601D</a>	Mon., Apr. 12, 7:30–8:40pm		

<b>Langston-Brown Center</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601E</a>	Tues., Apr. 13, 9:45–10:55am		
<b>Marcey Road Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601F</a>	Thurs., Apr. 15, 9:45–10:55am		
<b>Maury Park</b>			
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340601G</a>	Sat., Apr. 17, 11:50am–1pm		
<b>Quincy Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601H</a>	Wed., Apr. 14, 11:05am–12:15pm		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340601I</a>	Mon., Apr. 12, 11:05am–12:15pm		
<b>Tuckahoe Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340601J</a>	Tues., Apr. 13, 8:50–10pm		

### Tennis 2

Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. For players who have completed Tennis I or have similar experience. Ratio is 4:1. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions. Inst.: First Serve Tennis.

<b>Barcroft Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340602A</a>	Tues., Apr. 13, 8:50–10pm		
<a href="#">340602B</a>	Thurs., Apr. 15, 8:50–10pm		
<b>Hayes Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340602C</a>	Wed., Apr. 14, 7:30–8:40pm		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340602D</a>	Mon., Apr. 12, 8:50–10pm		

<b>Langston-Brown Center</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340602E</a>	Tues., Apr. 13, 11:05am–12:15pm		
<b>Maury Park</b>			
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340602F</a>	Sat., Apr. 17, 10:30am–11:40pm		

<b>Tuckahoe Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340602G</a>	Tues., Apr. 13, 7:30–8:40pm		

### Tennis 3

For players who have the ability to rally at a slow pace, this program refines stroke production and introduces tactics & techniques needed for competitive match play. Intended for players who have completed Tennis II or have similar experience. Ratio is 4:1. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions. Inst.: First Serve Tennis.

<b>Lyon Village Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340604A</a>	Thurs., Apr. 15, 8:50–10pm		

<b>Marcey Road Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340604B</a>	Thurs., Apr. 15, 11:05am–12:15pm		

<b>Maury Park</b>			
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340604C</a>	Sat., Apr. 17, 9:10–10:20am		

<b>Quincy Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340604D</a>	Wed., Apr. 14, 9:45–10:55am		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340604E</a>	Mon., Apr. 12, 9:45–10:35am		

<b>Stratford Park</b>			
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>	
<a href="#">340604F</a>	Mon., Apr. 12, 8:50–10pm		
<a href="#">340604G</a>	Mon., Apr. 12, 8:50–10pm		

<b>Tuckahoe Park</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340604H</a>	Tues., Apr. 13, 7:30–8:40pm		

<b>Walter Reed Center</b>			
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>	
<a href="#">340604I</a>	Wed., Apr. 14, 8:50–10pm		

### Tennis 4

This program is for intermediate and advanced players. It focuses on increasing stroke dependability, improving directional control, depth and variety, and aggressive net play. NTRP 3½–4.0 Ratio 4:1. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions. Inst.: First Serve Tennis.



<b>Lyon Village Park</b>		
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>
<b>340605A</b>	Thurs., Apr. 15, 7:30–8:40pm	
<b>Stratford Park</b>		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$282</b>
<b>340605B</b>	Mon., Apr. 12, 7:30–8:40pm	
<b>340605C</b>	Mon., Apr. 12, 7:30–8:40pm	
<b>Tuckahoe Park</b>		
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>
<b>340605D</b>	Tues., Apr. 13, 8:50–10pm	
<b>Walter Reed Center</b>		
<b>Ages Adults</b>	<b>11 Sessions</b>	<b>\$310</b>
<b>340605E</b>	Wed., Apr. 14, 7:30–8:40pm	

### Tennis Private Lessons

For players who would like more individual attention, you can book private lessons with coaches. For two or three-person semi-private lessons, please contact Laurie Reid at [lreid1@arlingtonva.us](mailto:lreid1@arlingtonva.us) to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Tennis racquets are not provided please email [stephan.firstservetennis@gmail.com](mailto:stephan.firstservetennis@gmail.com) if you have any further questions. Inst.: First Serve Tennis.

<b>Langston-Brown Center</b>		
<b>Ages 7-Adult</b>	<b>5 Sessions</b>	<b>\$375</b>
<b>340612A</b>	Mon., Apr. 12, 5:30–6:25pm	
<b>340612B</b>	Mon., Apr. 12, 6:30–7:25pm	
<b>340612C</b>	Mon., Apr. 12, 7:30–8:25pm	
<b>340612D</b>	Wed., Apr. 14, 5:30–6:25pm	
<b>340612E</b>	Wed., Apr. 14, 6:30–7:25pm	
<b>340612F</b>	Wed., Apr. 14, 7:30–8:25pm	
<b>340612G</b>	Mon., May 17, 5:30–6:25pm	
<b>340612H</b>	Mon., May 17, 6:30–7:25pm	
<b>340612I</b>	Mon., May 17, 7:30–8:25pm	
<b>340612J</b>	Wed., May 19, 5:30–6:25pm	
<b>340612K</b>	Wed., May 19, 6:30–7:25pm	
<b>340612L</b>	Wed., May 19, 7:30–8:25pm	

<b>Marcey Park</b>		
<b>Ages 7-Adult</b>	<b>5 Sessions</b>	<b>\$375</b>
<b>340612M</b>	Tues., Apr. 13, 5:30–6:25pm	
<b>340612N</b>	Tues., Apr. 13, 6:30–7:25pm	
<b>340612O</b>	Tues., Apr. 13, 7:30–8:25pm	
<b>340612P</b>	Thurs., Apr. 15, 5:30–6:25pm	
<b>340612Q</b>	Thurs., Apr. 15, 6:30–7:25pm	
<b>340612R</b>	Thurs., Apr. 15, 7:30–8:25pm	
<b>340612S</b>	Tues., May 18, 5:30–6:25pm	
<b>340612T</b>	Tues., May 18, 6:30–7:25pm	
<b>340612U</b>	Tues., May 18, 7:30–8:25pm	
<b>340612V</b>	Thurs., May 20, 5:30–6:25pm	
<b>340612W</b>	Thurs., May 20, 6:30–7:25pm	
<b>340612X</b>	Thurs., May 20, 7:30–8:25pm	

<b>Tuckahoe Park</b>		
<b>Ages 7-Adult</b>	<b>5 Sessions</b>	<b>\$375</b>
<b>340612Y</b>	Mon., May 17, 12:45–1:40pm	
<b>340612Z</b>	Mon., May 17, 12:45–1:40pm	
<b>340612AA</b>	Mon., Apr. 12, 12:45–1:40pm	
<b>340612BB</b>	Mon., Apr. 12, 12:45–1:40pm	

## DANCE

### TOT

#### Pre-Ballet & Movement 1

Do you have an aspiring ballet dancer? This class introduces basic ballet positions and explores creative movement with playful music and props. Class can be

repeated, new material is added each session. Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Barcroft Park Tennis Courts</b>		
<b>Ages 3–5</b>	<b>9 Sessions</b>	<b>\$171</b>
<b>310210A</b>	Fri., Apr. 16, 10–10:40am	
<b>Ages 3–5</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310210B</b>	Mon., Apr. 12, 10–10:40am	
<b>Fairlington Ctr. Terrace</b>		
<b>Ages 3–5</b>	<b>9 Sessions</b>	<b>\$171</b>
<b>310210C</b>	Thurs., Apr. 15, 5:05–5:45pm	
<b>Ages 3–5</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310210D</b>	Sat., Apr. 17, 10:20–11am	
<b>310210E</b>	Sat., Apr. 17, 11:15–11:55am	
<b>310210F</b>	Sat., Apr. 17, 3:45–4:25pm	

#### Pre-Ballet & Movement 2

This class is for children who have taken Pre-Ballet and Movement 1 or have comparable experience. Students will enrich their knowledge of ballet while having fun! Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 3½-5</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310211A</b>	Sat., Apr. 17, 4:40–5:20pm	

### TOT & YOUTH

#### Tap n’ Ballet

Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the children’s grace and musicality. Tap and leather Ballet shoes recommended. Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 4–6</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310213A</b>	Mon., Apr. 12, 3:30–4:15pm	

<b>Quincy Street Deck</b>		
<b>Ages 4–6</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310213B</b>	Sun., Apr. 18, 10:15–11am	

#### All that Jazz & Ballet

This high-energy class is perfect for your little dancer! Children will learn a combination of ballet, jazz and creative movement, focusing on coordination, motor skills and basic techniques. Ballet shoes are recommended, but not required. Adult supervision required. If you have questions emails[susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 4½-6</b>	<b>9 Sessions</b>	<b>\$171</b>
<b>310205A</b>	Wed., Apr. 14, 5:30–6:15pm	
<b>Ages 4½-6</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310205B</b>	Mon., Apr. 12, 4:30–5:15pm	

<b>Quincy Street Deck</b>		
<b>Ages 4½-6</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>310205C</b>	Sun., Apr. 18, 3:30–4:15pm	

#### Ballet 1

Love to leap and twirl? This class is for children who have the coordination and discipline to focus on learning simple ballet combinations. Basic ballet technique will be presented in a fun and encouraging



environment, allowing young dancers to express themselves as they explore this classic form of dance. Leather ballet shoes required. Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 5–7</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>320222A</b>	Mon., Apr. 12, 5:30–6:15pm	

<b>Quincy Street Deck</b>		
<b>Ages 5–7</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>320222B</b>	Sun., Apr. 18, 11:15am-12pm	

#### Modern Dance

Inspired by the movements of the wind, water, and earth, this class introduces young dancers to the dance technique of Isadora Duncan, the Mother of Modern Dance. Students study the natural movements of the human body, such as skipping, waltzing, and leaping, through imaginative play and ancient mythologies. Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 6–9</b>	<b>9 Sessions</b>	<b>\$171</b>
<b>320223A</b>	Wed., Apr. 14, 4:30–5:15pm	
<b>Ages 6–9</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>320223B</b>	Sat., Apr. 17, 1:30–2:15pm	

#### Hip Hop & Jazz

Let your child move and groove to the rhythms of today’s hottest music! This exciting class will introduce the latest techniques in Jazz & Hip Hop, a contemporary urban street dance style that kids love. Age-appropriate rap and pop music will be pumping during warmup exercises, body isolations and simple choreographed routines that help enhance flexibility, core strength and self-confidence. Comfortable loose-fitting clothing and flat sole sneakers are recommended. Adult supervision required. If you have questions email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 6–8</b>	<b>9 Sessions</b>	<b>\$171</b>
<b>320200A</b>	Thurs., Apr. 15, 6–6:45pm	

<b>Quincy Street Deck</b>		
<b>Ages 6–8</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>320200B</b>	Sun., Apr. 18, 4:30–5:15pm	

#### Hip Hop

Does your child love Hip Hop? In this high-energy class kids will learn the beginning elements of Locking, House and Freestyle as a basis of exploring Hip Hop styles and choreography. They will focus on rhythm and movement patterns in an encouraging environment that promotes self-expression. It will be a blast! Comfortable loose-fitting clothing and flat sole sneakers are recommended. Inst.: Go Bananas Dancing.

<b>Fairlington Ctr. Terrace</b>		
<b>Ages 9–12</b>	<b>8 Sessions</b>	<b>\$152</b>
<b>320212A</b>	Sat., Apr. 17, 12:30–1:15pm	



**CORDARO FIT® is a unique exercise program run like a boot camp but with music! Offering personal and group fitness training, COR FIT incorporates core strength training, resistance training, cardio MMA, yoga, and sports conditioning to keep it fun and make you sweat.**

#### Why Choose COR FIT?

- No membership fee
- HIIT and Low Impact Total body workouts (resistance training, strength training, COR conditioning, cardio & yoga)
- Certified fitness instructors
- Personal Training
- All levels of fitness welcome!
- AWESOME playlists
- See website for class schedule.

**WWW.CORDAROFIT.COM**  
**sheila@cordarofit.com**  
**202/549-7084**

## Did you know?

Registration staff is available the first day of registration starting at 8am. Give us a call at 703.228.4747 if you need online registration assistance. For registration services, press 1; for scheduling, press 2; para espanol presione 9.

## SAFETY PROTOCOLS ARE IN PLACE!

Please wear a mask or appropriate facial covering when out and about as we work to stop the spread of covid-19.

*Photo disclaimer:*

Some photos in this guide were taken prior to the COVID-19 pandemic. Safety protocols are in place for spring programs.





## Did you know?

You may qualify for fee reductions based on your income. Call 703.228.4747 to find out more.

## your one-stop-shop

For registration and facilities scheduling needs call

**703.228.4747**

The new system informs you of your place in the queue during high volume times, provides more agents during peak times, and gives Spanish speakers direct access to assistance. For registration services, press 1; for scheduling, press 2; para español presione 9.

## Individuals with Disabilities

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Advance notice is appreciated. Call 703.228.4740 or email [TRinfo@arlingtonva.us](mailto:TRinfo@arlingtonva.us)



### MOVEMENT

#### TOT & ADULT

##### Sign and Learn: ASL

Communicate with your child before they can talk. Babies can respond to sign language before they develop speech. Learn helpful strategies to increase visual attention and real signs from American Sign Language (ASL). Communicating using ASL can reduce frustration, help build language foundations, and give you insight into your child's thoughts. Instructor earned a master's degree in Deaf Education from Gallaudet University

and has extensive experience teaching children. This is a play-based class with songs and interactive props to keep young children engaged. The history of signs, sign associations, and Deaf culture are also included. If you have questions, please email [laura@signand-learn.com](mailto:laura@signand-learn.com)

**Virtual.** Inst.: Daub

**Birth-3** **6 Sessions** **\$114**

**310200A** Tues., Apr. 27, 5:30-6:15pm

**310200B** Sat., Apr. 24, 9-9:45am

##### Music Together®

Music Together® is an internationally recognized mixed-age music and movement class. The Music Together approach develops every child's birthright

of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at [www.littlestepsmusic.com](http://www.littlestepsmusic.com). A \$50 non-refundable materials fee is included in the cost of the class. Adult participation required.

**Lubber Run Park Amphitheater.** Inst.: Scott

**Birth-5** **8 Sessions** **\$207**

**310208A** Tues., Apr. 13, 4:30-5:15pm

**310208B** Tues., Apr. 13, 5:30-6:15pm

**310208C** Wed., Apr. 14, 10-10:45am

**310208D** Wed., Apr. 14, 11-11:45am

**Birth-5** **7 Sessions** **\$188**

**310208E** Sat., Apr. 17, 10-10:45am

**310208F** Sat., Apr. 17, 11-11:45am

##### Rhythm Kids by Music Together®

You asked, and we listened! It's true-there's finally a Music Together class just for older children. Rhythm Kids by Music Together is specially designed for kids aged 4-5 and grades K-2. Join us for drumming, music games, rhythm stories, and lots of fun! Your child will drum, sing, move and play to rhythms inspired by musical traditions around the world, led by early childhood music specialist Ashley Scott. Rhythm Kids by Music Together lets your child play, think and create like a musician. Tuition includes a special cd, songbook and digital download code of the semester's songs, mailed to your home. There is a non-refundable \$40 material fee included. If you have questions, please email [littlestepsmusic@gmail.com](mailto:littlestepsmusic@gmail.com)

**Virtual.** Inst.: Scott

**Ages 4-5** **8 Sessions** **\$197**

**320211A** Wed., Apr. 14, 4:30-5:15pm

**Ages 5-8** **8 Sessions** **\$197**

**320211B** Wed., Apr. 14, 5:30-6:15pm

## RECREATION PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

### ART

#### TR: Virtual Adapted Art

Individuals with disabilities are invited to join the Monday Makers for some virtual creative art making. Using supplies, you already have at home, Community Arts instructors will show you how to make some easy crafts to make in celebration of the season! Supplies list and Microsoft TEAMS meeting links will be sent to participants in advance.

**Virtual**

**Ages Adults** **1 Session** **Free**

**922020H** Mon., Apr. 26, 6:30-7:30pm

### FITNESS

#### TR: Virtual Adapted Health and Fitness

Teens and adults with disabilities are invited to join us for a virtual health and fitness class! This class will meet through Microsoft Teams and will bring together a mix of fitness, wellness, and overall health. Each month we will be discussing new topics to improve your health, learn new recipes, and engage in a fitness activity online. Also be sure to check out our monthly calendar to sign up for our in-person offerings outdoors such as adapted nature hikes, morning stretches, and park walks!

**Virtual**

**Ages 13-Adult** **1 Session** **Free**

**922030Q** Mon., Apr. 5, 9-10am

**922030S** Mon., Apr. 19, 9-10am

**922030T** Mon., May 3, 9-10am

**922030V** Mon., May 17, 9-10am

### THERAPEUTIC RECREATION

#### TR-Virtual Social Clubs

Tweens and adults with developmental disabilities are invited to join one of our virtual clubs. Each virtual club will have online meetings that will include socializing, games, scavenger hunts, guest speakers, current events, dance parties or learning something new. Members will be given weekly challenges, and will be able to upload pictures, websites, articles and videos to our very own Microsoft Teams page monitored by the TR staff. Come join us for a new and fun social club experience! Call or email our office directly if you have questions or to discuss any accessibility needs or requirements for the club.

**Virtual**

**Ages 10-12** **1 Session** **Free**

**922104A** Tues., Apr. 6, 4:30-5:30pm

**922104B** Tues., Apr. 20, 4:30-5:30pm

**922104C** Tues., May 4, 4:30-5:30pm

**922104D** Tues., May 18, 4:30-5:30pm

**Virtual**

**Ages Adults** **1 Session** **Free**

**922104E** Wed., Apr. 7, 11am-12pm

**922104F** Wed., Apr. 21, 11am-12pm

**922104G** Wed., May 5, 11am-12pm

**922104H** Wed., May 19, 11am-12pm

#### In Person Adapted Campfire

Join us for campfire fun and outdoor activities! Designed for individuals with disabilities to socialize, learn about nature, hear some stories and relax by the fire in the great outdoors. Space is very limited. Please note: Due to public health guidelines if your name is not on the confirmed registration list including companions, chaperones, guardians, or family members from same household, we will be unable to accommodate your participation. All who plan on attending must register. Mask coverings and use when within 6 feet of distance is required. A confirmation email with more details will be provided after registration.

**Lubber Run Park**

**Family**

**Ages 3-Adult** **1 Session** **Free**

**922040D** Fri., Apr. 9, 6-8pm

**Adults**

**Ages Adults** **1 Session** **Free**

**922040E** Sat., Apr. 24, 6:30-8:30pm

#### In-Person Adapted Park Walks

Teens and adults with disabilities are invited to join us for an in-person outdoor fitness class. This class will bring together a mix of fitness, wellness, and overall health. It can complement our virtual offerings or be stand alone. This class will consist of a park walk at Thomas Jefferson Community Center and Fairlington Community Center. Also be sure to check out our monthly calendar to sign up for our virtual health and fitness discussions through Microsoft Teams! Please note: Due to public health guidelines if your name is not on the confirmed registration list including companions, chaperones, guardians, or family members from same household, we will be unable to accommodate your participation. All who plan

on attending must register. Mask coverings and use when within 6 feet of distance is required. A confirmation email with more details will be provided after registration.

**Thomas Jefferson Center**

**Ages 13-Adult** **1 Session** **Free**

**922030R** Fri., Apr. 16, 10-11am

**Fairlington Center**

**Ages 13-Adult** **1 Session** **Free**

**922030U** Fri., May 14, 10-11am

#### SPARC in Arlington

SPARC Solutions (SPecially Adapted Resource Club) empowers adults with disabilities to live as engaged citizens by giving back to their community through service projects, acquiring new vocational skills through entrepreneurial projects, and practicing life skills through leisure-learning guided lessons. SPARC enriches the lives of these young adults by enabling them to pursue hobbies and pastimes they may not otherwise be able to enjoy. SPARC also offers a variety of virtual program options to include, social clubs, film club, BINGO and fitness sessions. Check website for details and contact info [www.sparcsolutions.org](http://www.sparcsolutions.org).

**Age range: 18+**

**Cost: <https://sparcsolutions.org/>**

**More details at: <https://sparcsolutions.org/>**





# Engage in History

Outdoor & Virtual Programs. Free!

## History Kids

### CIVIL WAR DISCOVERIES:

#### Artillery Drills

Work as a team practicing the steps to load and aim a replica Civil War cannon. We'll talk about different types of artillery and put our skills to the test. Ages 7 to 11.

##### Fort C.F. Smith Park

Sat., Apr. 3, 1–2pm

[#632721-A](#)

Sun., May 16, 12–1pm

[#632721-D](#)

#### Infantry Drills

We'll drill like Union soldiers by practicing our marches and turns, as well as how to "load in nine times" with replica wood rifles. Ages 7 to 11.

##### Fort C.F. Smith Park

Sun., Apr. 18, 12–1pm

[#632721-B](#)

Sat., June 5, 12–1pm

[#632721-E](#)

#### Build a Fort

We'll investigate how and why forts were built in Arlington during the Civil War. Then we'll work as a team to design forts to defend the city. Ages 7 to 11.

##### Fort C.F. Smith Park

Sat., May 1, 12–1pm

[#632721-C](#)

Sun., June 20, 12–1pm

[#632721-S](#)



### The Union Army in Arlington

Join a Union soldier virtually at the Fort C.F. Smith Park Visitor Center to learn about how Union soldiers lived in our county during the Civil War, as well as what brought them there. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program. Ages 7 to 11.

##### Virtual

Mon., Apr. 5, 11am–Noon

[#632721-F](#)

Mon., Apr. 19, 11am–Noon

[#632721-G](#)

Mon., May 3, 11am–Noon

[#632721-H](#)

Mon., May 17, 11am–Noon

[#632721-I](#)

Mon., May 31, 11am–Noon

[#632721-J](#)

Mon., June 14, 11am–Noon

[#632721-K](#)

Mon., June 28, 11am–Noon

[#632721-L](#)

### Camp-side Coloring

Join a Union soldier at Fort C.F. Smith Park's virtual camp site and coloring station for this pop-in program. Each week, we will be coloring pictures that show different parts of Union soldier life in Arlington. When you register, you will receive a scan of that week's coloring sheet. Feel free to print and color by hand or open the file in a paint application. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program. Ages 4 to 7.

##### Virtual

Mon., Apr. 12, 10–11am

[#632721-M](#)

Mon., Apr. 26, 10–11am

[#632721-N](#)

Mon., May 10, 10–11am

[#632721-O](#)

Mon., May 24, 10–11am

[#632721-P](#)

Mon., June 7, 10–11am

[#632721-Q](#)

Mon., June 21, 10–11am

[#632721-R](#)



## History Families

### Highlights: The Lost City of Jackson

Long ago, a new federal city was planned just opposite of Washington. The story of "Jackson City" and the neighborhoods that followed has long been a local subject of interest. Join park staff for an introduction to one of Arlington's most enigmatic stories. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

##### Virtual

Fri., Apr. 23, 7–7:45pm

[#632751-K](#)

### Fort Scott Park Walking Tour

Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built.

##### Fort Scott Park

Sun., May 16, 2–2:45pm

[#632751-F](#)

### History Hikes: In Search of Civil War Arlington

During the American Civil War, Arlington's western border was the site of many important Union camps and outposts. We'll learn about the historic features of the area, as well as how to identify Civil War earthworks.

##### Bluemont Park

Sat., May 22, 10am–Noon

[#632751-I](#)

Sat., May 22, 2–4pm

[#632751-J](#)

### History Highlights: Arlington's War

Families. On May 23rd, 1861, the people of Virginia ratified the Ordinance of Secession. Within hours of the vote, thousands of Union soldiers in Washington prepared to protect the city by retaking its southern neighbor: Arlington. Learn the details of Arlington's war at this online lecture. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

##### Virtual

Sun., May 23, 7–7:45pm

[#632751-L](#)



## History Adults

### Roaches Run: Nature & History in the Field

We will begin at Long Bridge Park and then drive to Roaches Run. In each location, we will explore the cultural history of the area, from the intrigue of the Roach family in the 1800s to the later constructions of the GW Parkway and National Airport. Nature abounds in both locations, where we will keep an eye out for osprey, eagles, and migratory songbirds. We'll also look at the impacts that these human activities have had on the ecology of the region.

##### Long Bridge Park

Sun., May 2, 10am–Noon

[#632841-I](#)

### History & Nature in Glencarlyn

Glencarlyn Park and the neighboring community of Glencarlyn have rich human and natural histories. Join us for a nature and history walking tour to visit some key sites in the area. Mostly on paved surfaces with a steep hill or two.

##### Long Branch Nature Center

Sun., May 2, 2–4pm

[#632941-H](#)





# Explore Nature Outdoor & Virtual Programs. Free!



## Fun for Tots & Preschool Kids



### Tiny Tot

Tiny Tot programs provide opportunities to interact one-on-one with your child while discovering the wonders of nature. Each program may include a variety of activities like dramatic play, songs, and mini hikes. Tiny Tot programs are offered throughout the year at our Nature Centers. Themes repeat so please register for only one program at each center per month. Ages 18 to 35 months with adult.

#### Gulf Branch Nature Center Tiny Tot

##### Eggs

Wed., April 7, 10–10:30am [#632811-M](#)  
Sun., April 18, 10–10:30am [#632811-N](#)  
Tues., April 20, 10–10:30am (Virtual) [#632811-O](#)

##### Seeds & Sprouts

Tues., May 4, 10–10:30am [#632811-P](#)  
Sun., May 16, 10–10:30am [#632811-Q](#)  
Fri., May 21, 10–10:30am (Virtual) [#632811-R](#)

##### Bees & Butterflies

Mon., June 7, 10–10:30am [#632811-S](#)  
Tues., June 15, 10–10:30am [#632811-T](#)  
Fri., June 18, 10–10:30am (Virtual) [#632811-U](#)

#### Long Branch Nature Center Tiny Tot

##### Bubbles

Sun., April 11, 1:30–2pm [#632911-M](#)  
Mon., April 12, 10–10:30am [#632911-N](#)  
Mon., April 26, 10–10:30am (Virtual) [#632911-O](#)

##### Rocks & Crystals

Thurs., May 13, 4–4:30pm [#632911-P](#)  
Fri., May 14, 4–4:30pm [#632911-Q](#)  
Sat., May 15, 4–4:30pm (Virtual) [#632911-R](#)

##### Sounds Of Nature

Sun., June 13, 1–1:30pm [#632911-S](#)  
Tues., June 15, 10–10:30am [#632911-T](#)  
Tues., June 29, 2–2:30pm (Virtual) [#632911-U](#)

### Preschool

Preschool programs are offered throughout the year at both Gulf Branch and Long Branch Nature Centers. The theme for preschool programs is repeated during the month, so please register for only one session at each nature center per month. Caretakers must register and stay with their child during the program. Ages 3–5.

#### Gulf Branch Nature Center Preschool

##### Pre-K: Migrating Marvels

Tues., April 6, 10–10:30am [#632811-A](#)  
Thurs., April 8, 10–10:30am [#632811-B](#)  
Wed., April 21, 4–4:30pm [#632811-C](#)  
Thurs., April 22, 10–10:30am (Virtual) [#632811-D](#)

##### Pre-K: Superb Serpents

Tues., May 4, 11–11:30am [#632811-E](#)  
Thurs., May 6, 10–10:30am [#632811-F](#)  
Wed., May 19, 4–4:30pm [#632811-G](#)  
Sat., May 22, 10–10:30am (Virtual) [#632811-H](#)

##### Pre-K: Calling Cicadas

Tues., June 1, 10–10:30am [#632811-I](#)  
Thurs., June 3, 10–10:30am [#632811-J](#)  
Wed., June 16, 4–4:30pm [#632811-K](#)  
Sat., June 19, 10–10:30am (Virtual) [#632811-L](#)

#### Long Branch Nature Center Preschool

##### Pre-K: Rainy Days

Wed., April 14, 10–10:30am [#632911-A](#)  
Sun., April 25, 2–2:30pm [#632911-B](#)  
Tues., April 27, 2–2:30pm [#632911-C](#)  
Thurs., April 29, 10–10:30am (Virtual) [#632911-D](#)

##### Pre-K: May Flowers

Wed., May 26, 4–4:30pm [#632911-E](#)  
Thurs., May 27, 4–4:30pm [#632911-F](#)  
Fri., May 28, 4–4:30pm [#632911-G](#)  
Sat., May 29, 1–1:30pm (Virtual) [#632911-H](#)

##### Pre-K: Going Buggy

Mon., June 14, 10–10:30am [#632911-I](#)  
Thurs., June 17, 11–11:30am [#632911-J](#)  
Sun., June 27, 1–1:30pm [#632911-K](#)  
Wed., June 30, 10–10:30am (Virtual) [#632911-L](#)



## Nature Kids

### Feeding Time!

Find out what's on the menu for our animals and what they would eat in the wild. We'll learn about the adaptations that help them find, capture and swallow their meals. Then we'll feed our snakes, turtles and frogs. Ages 5 to 12.

Gulf Branch Nature Center  
Sat., April 3, 12–1pm

[#632821-H](#)

### Amazing Amphibians

Frog, toads, and salamanders OH MY! Join a naturalist as we go over what makes an amphibian an amphibian and how these slimy creatures are very important to the environment. Ages 6 to 10.

#### Long Branch Nature Center

Wed., April 7, 1–1:30pm [#632921-A](#)  
Sun., April 18, 10–10:30am [#632921-B](#)

### Let's Play! Virtual Pictionary

Join a naturalist to play a nature-themed version of Pictionary with other nature-loving kids! Be sure to register for more information and a link to play. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program. Ages 8 to 11.

#### Virtual

Mon., April 5, 3:30–4:30pm

[#632821-C](#)

### Nature Storytime

Register children and adults; children must be accompanied by a registered adult. Come enjoy a story with one of our naturalists along with the chance to meet a live animal! Ages 2 to 10.

#### Long Branch Nature Center

Tues., April 6, 10–10:30am [#632911-V](#)  
Thur., April 22, 2–2:30pm [#632911-W](#)  
Tues., June 1, 2–2:30pm [#632911-X](#)

### Caring for Critters: Tadpoles

Interested in learning how to temporarily keep and care for creatures at home? We'll kick off this series with tadpoles and learn about the importance of keeping wild things wild. Supplies for at-home tadpole care will be provided. All materials, including tadpoles, MUST be returned to Gulf Branch. **Materials fee \$5.** Ages 8 to 11. Children must be accompanied by a registered adult. Register children and adults. For information: 703.228.3403.

#### Gulf Branch Nature Center

Mon., April 12, 4–5pm

[#632821-E](#)

### Marvelous Mayapples

Umbrella-leaved Mayapples can be found in almost every Arlington forested park. How do they spread? Who does and doesn't eat them, and why? We'll find out the answers as we hike, measure some colonies, and try to find their flowers! Ages 5 to 12.

#### Gulf Branch Nature Center

Sat., April 17, 2–3pm

[#632821-I](#)



## Campfires

The whole family is invited to join us for lots of old-fashioned fun. This engaging program will be filled with entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores! Please bring your own s'mores supplies.

#### Gulf Branch Nature Center Campfires

##### Extraordinary Eggs

Sun., April 11, 6:30–7:30pm

[#632851-A](#)

##### Night Life in the Trees

Fri., April 23, 7–8pm

[#632851-B](#)

##### Baby Animals

Sun., May 9, 7–8pm

[#632851-C](#)

##### Cacophonous Cicadas

Fri., May 21, 7–8pm

[#632851-D](#)

##### Cicadas

Sun., June 13, 7:30–8:30pm

[#632851-E](#)

##### Pleasing Pollinators

Fri., June 25, 7–8pm

[#632851-F](#)

#### Long Branch Nature Center Campfires

##### Early Bird Gets the Worm

Sun., April 4, 9:30–10:30am

[#632951-A](#)

##### Predators

Sun., April 25, 7–8pm

[#632951-B](#)

##### Scaly & Slimy

Sat., May 15, 7–8pm

[#632951-C](#)

##### Nature's Night Sounds

Sat., June 5, 7:30–8:30pm

[#632951-D](#)

##### Crystals

Sat., June 12, 7–8pm

[#632951-E](#)



### Animal Tracks

Have you ever seen animal tracks mud, but would you like to take your own footprints home? We'll make plaster animal feet and while they set, we'll hike the forest looking for tracks and traces. Ages 6 to 10.

**Long Branch Nature Center**  
Fri., April 30, 1–2:30pm

[#632921-C](#)

### Salamander Search

Spring is the best season for salamanders! We'll learn what makes salamanders so special, which species we can find in Arlington; then we'll go searching for them in the woods! Ages 9 to 12.

**Ages 9–12**  
**Long Branch Nature Center**  
Sun., May 2, 11–11:30am

[#632921-D](#)

**Ages 5–8**  
**Gulf Branch Nature Center**  
Tues., May 18, 4–5pm

[#632821-K](#)



### Let's Play! Virtual Charades

Join a naturalist to play a nature-themed version of Charades with other nature-loving kids! Be sure to register for more information and a link to play. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program. Ages 8 to 11.

**Virtual**  
Mon., May 3, 3:30–4:30pm

[#632821-B](#)

### Lunch For Turtles

Help us make lunch for our turtles. Kids can prepare the food for our turtles and get to watch them eat, then give them worms for dessert! Caretakers must register and attend. Ages 3 to 6.

**Long Branch Nature Center**  
Sat., May 8, 2–3pm

[#632911-Y](#)

### Curious Cicadas

What's with all the cicadas? We'll learn what makes these cicadas unique and why their occurrence is so curious and special; we'll also create a cicada craft to take home! Ages 5 to 11.

**Gulf Branch Nature Center**  
Tues., June 1, 4–5pm

[#632821-G](#)

### Pond Life

The pond is bursting with life in spring! We'll explore things with wings, things that slither, and things that swim in this busy habitat. All while learning how they survive in their pond. Ages 6 to 11.

**Long Branch Nature Center**  
Wed., May 12, 12–12:30pm  
Mon., June 7, 12–12:30pm

[#632921-F](#)

[#632921-G](#)

### Bug Hunt for Bug Hunters

Search the woods, meadows and gardens for many-legged critters—that are themselves searching for other many-legged critters—to eat! Ages 5 to 12.

**Gulf Branch Nature Center**  
Sat., May 15, 10–11am

[#632821-D](#)

### Escape Trail: The Banshee of Barcroft Sunday, May 23, 2021

Families. A mysterious creature is roaming the forests of Barcroft! We need your help to locate a missing researcher and prove the existence of the Banshee of Barcroft—before it's too late! We need your best and brightest group of 2–7 sleuths, ages 11 and older. Can you crack the case and discover the Banshee's true identity? Groups will have 60 minutes to find all evidence of the Banshee. At the close, a reporter will interview you for all the harrowing details—if you solve the mystery in time. Kids ages 11 to 17 must be accompanied by a registered adult. Register all participants: family, friends, other cryptozoological experts. Only 7 spaces available per session, please register early. For information: 703.228.6535. Meet at Long Branch Nature Center. **Free.**

**Long Branch Nature Center**

10:30–11:30am

12:15–1:15pm

2–3pm

3:45–4:45pm

[#632951-GG](#)

[#632951-HH](#)

[#632951-II](#)

[#632951-JJ](#)

### Cool Creek Critters

Dress to get wet as we spend some time exploring waterfalls, trying to catch water striders and fish, and taking a closer look at some creek critters. Must wear closed-toe shoes in water. Ages 5 to 12.

**Lubber Run Park**  
Sat., May 29, 10–11:30am

[#632821-F](#)

### Pollinator Patrol

Get ready for National Pollinator Week, which starts June 21. The gardens, fields and forest of the nature center are teeming with pollinators and other insects. We will provide nets and bug boxes to capture and view our native pollinators at work. Ages 5 to 12.

**Gulf Branch Nature Center**  
Sat., June 12, 1–2pm

[#632821-J](#)

### Rock Art

We'll collect rocks and crystals from the creek to turn into works of art. Using markers, we'll draw designs, shapes and even faces to turn your rock into a masterpiece or a new pet! Ages 6 to 10.

**Long Branch Nature Center**  
Sat., June 12, 4–5pm

[#632921-H](#)

### Let's Play! Virtual BINGO

Join a naturalist to play a nature-themed version of BINGO with other nature-loving kids! We will email you a link to Microsoft Teams and a BINGO card before the program start time. Please have your device ready to go prior to the start of the program. Ages 8 to 11.

**Virtual**  
Mon., June 7, 3:30–4:30pm

[#632821-A](#)

## Tweens & Teens

### Salamander Search

Spring is the best season for salamanders! We'll learn what makes salamanders so special, which species we can find in Arlington; then we'll go searching for them in the woods! Teens ages 13 to 17.

**Long Branch Nature Center**  
Sun., April 11, 12–1pm

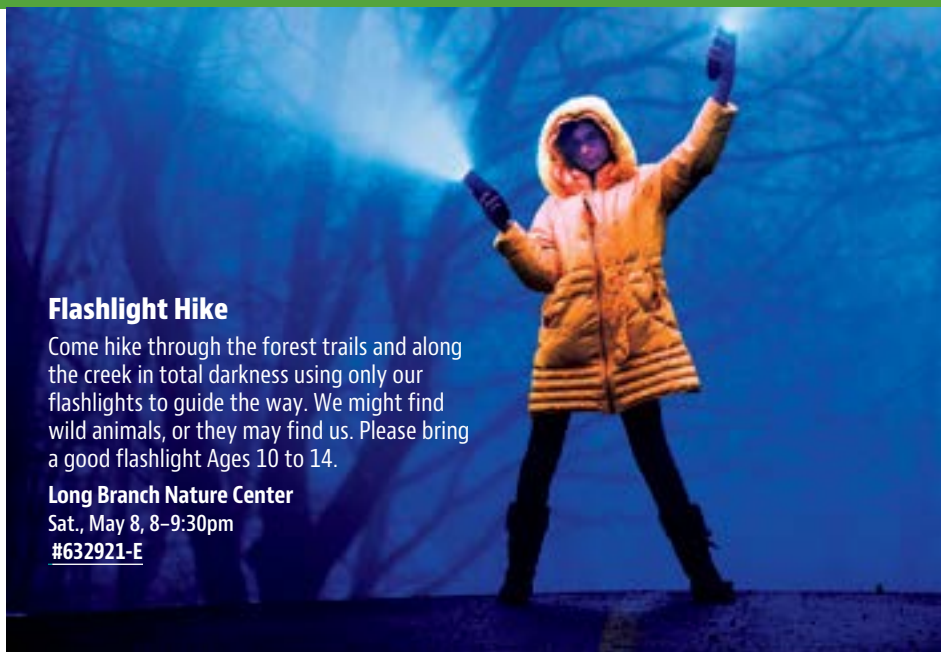
[#632931-A](#)

### Fear Factor

Are you willing to face your fears? Join a naturalist as we enjoy a challenging and fun nature program filled with creepy crawlies, slimy specimens and many other things that create horrors and fright for some, but happiness and fun for others. Teens ages 12 to 17.

**Long Branch Nature Center**  
Sun., May 16, 2–2:45pm

[#632931-B](#)



### Flashlight Hike

Come hike through the forest trails and along the creek in total darkness using only our flashlights to guide the way. We might find wild animals, or they may find us. Please bring a good flashlight Ages 10 to 14.

**Long Branch Nature Center**  
Sat., May 8, 8–9:30pm

[#632921-E](#)

### Papermaking Basics

Join other teens to learn how to make your own personalized paper from recycled materials. This paper can be used for letters, notes, drawings, and more! We'll take a short walk to gather materials from the park, then incorporate those materials into our projects. Teens ages 12 to 17.

**Gulf Branch Nature Center**  
Thur., May 20, 4:30–6pm

[#632831-A](#)

### Nature Careers

Join the Arlington Nature Center Naturalists on a hike to learn about careers in nature. Participants can meet some live animals, practice sharing their knowledge, and ask staff about how to the path to working in nature. Ages 12 to 17.

**Long Branch Nature Center**  
Sat., June 5, 1:30–3pm

[#632931-C](#)



## Nature for Families

### Art & Nature Hike

Nature Center and Community Arts staff have teamed up to create a mural at Gulf Branch, and we need your help! During our hike around the park, we'll collect materials and take photos that will serve as inspiration for the mural. We'll finish up with some artwork of our own to take home!

**Gulf Branch Nature Center**  
Thur., April 1, 2–4pm  
Sun., April 11, 1–3pm

[#632851-G](#)

[#632851-H](#)

### Birding in The Field for Beginners

Join a naturalist as we go into the field to learn how to identify birds using sight and sound while we observe them in their natural habitat as well as how to use the app called Merlin.

**Long Branch Nature Center**  
Sun., April 4, 12–1pm  
Sun., April 18, 1:30–2:30pm  
Sun., May 2, 12–1:30pm  
Sun., May 16, 12–1:30pm  
Sun., June 6, 10–11am

[#632951-I](#)

[#632951-J](#)

[#632951-K](#)

[#632951-L](#)

[#632951-M](#)

### Adapted Nature Hikes

All are welcome to join us on a leisurely-paced hike through a park. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Restrooms inside accessible building, and paved trails mostly in shade, but not flat (there are inclines/hills), benches for rest along the way.

**Long Branch Nature Center**  
Sun., April 4, 1:30–3pm

[#632951-F](#)

**Barcroft Park**  
Sun., May 2, 1:30–3pm

[#632951-G](#)

**Bluemont Park**  
Sun., June 6, 1:30–3pm

[#632951-H](#)

### Spring Peeper Prowl

Hop on over and join the fun as we learn about and search for these tiny tree frogs and other amphibians during this sunset walk.

**Long Branch Nature Center**  
Sat., April 10, 7–8pm

[#632951-V](#)

### Beginner Birding Club

Join a naturalist as we learn a little more about our feathered friends. In this club we will learn the life histories of birds, how to identify them based on sound and appearance, and create a bird journal for future use. This is a virtual class that will meet 9–10am on the Sundays\* listed. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

**Virtual**

\*Sundays, 9–10am:

4/11, 4/25, 5/9, 5/23, 6/13, 6/27

[#632951-W](#)

### Early Migrant Bird Walk

Discover what spring migrants have already arrived with a morning of birding at Gulf Branch. We'll begin with birding basics: using binoculars and field guides, finding, and identifying birds. Then head out on the trails of Gulf Branch to practice our skills. Beginners and experts welcomed. Loaner binoculars are available.

**Gulf Branch Nature Center**  
Sat., April 17, 8–9:30am

[#632851-P](#)







### Cicada-Mania!

Millions of periodical cicadas will be emerging in our region in late spring, an event we see only once every 17 years. Join us to learn about these amazing insects and experience the spectacle as we hike the trails.

**Long Branch Nature Center**  
Sat., June 5, 10–11am  
[#632951-Y](#)

### Afternoon at the Pond

Who's singing and swimming at the Gulf Branch pond in early spring? Join us for the chance to explore with nets and more. Bring your boots and be prepared to get wet!

**Gulf Branch Nature Center**  
Sun., April 18, 2–3pm  
[#632851-Q](#)



### Wild Virginia:

Get ready to go wild! Each program will focus on specific groups of wildlife that live right here in Virginia. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

- Virtual**
- Mountain Animals**  
Thur., April 22, 7–8pm  
[#632951-N](#)
- Venomous Animals**  
Thur., May 20, 7–8pm  
[#632951-P](#)
- Night Flyers**  
Thur., June 17, 7–8pm  
[#632951-O](#)

### Birding Fort C.F. Smith

Fort C.F. Smith is a special spot for birding, with forest and field habitats, and the nearby river. Late spring provides opportunities to see many exciting species, including migrants like warblers and thrushes. We'll have a quick refresher on using binoculars and field guides, then practice our new skills on the trail at Fort C.F. Smith. Beginners and experts welcomed. Loaner binoculars are available.

**Fort C.F. Smith Park**  
Sat., May 1, 8–9:30am  
[#632851-R](#)

### Nature Hike

Join us for this nature hike led by a naturalist who will identify trees, plants, and different types of wildlife all while making a connection to the beauty that is in our environment.

**Long Branch Nature Center**  
Sun., May 9, 11am–12pm  
[#632951-X](#)

### Three Sisters Planting Day

Join us to plant our "Three Sisters" garden! We'll learn the history behind the traditional grouping of beans, corn, and squash in the garden, and get our little seeds started in the ground. We'll even take seeds home with us!

**Gulf Branch Nature Center**  
Sun., May 9, 1–2pm  
[#632851-T](#)

### Waggin' Walk

Join us for a nature walk through the park with your canine companion—let's give all four legs a little stretch! Dogs must always be well-mannered and remain on a leash.

**Gulf Branch Nature Center**  
Sun., May 16, 2–3pm  
[#632851-U](#)

### Creek Hike

Join a naturalist as we hike and explore one of our many creeks to see the diverse types of things living in them and why creeks are so important.

**Long Branch Nature Center**  
Wed., June 9, 1–1:45pm  
[#632951-T](#)  
Sun., June 27, 12–12:45pm  
[#632951-U](#)

### Microbes Hike

Register children and adults; children must be accompanied by a registered adult. Microbes are too small to see with the naked eye, yet they have a HUGE impact on our lives. If we look closely, we can see signs that they are all around us. Hike in search of signs of microbes and discover just how important they are to the ecosystem and to us!

**Gulf Branch Nature Center**  
Sat., June 12, 10–11am  
[#632851-V](#)

### Life Under a Log

Who lives under a log, and what important jobs do they have? We'll take a hike in the woods to search for beetles, worms, arthropods, and more!

**Long Branch Nature Center**  
Sun., June 13, 11am–12pm  
[#632951-Z](#)



### Amazing Arthropods

Explore the world of arthropods! Discover what arthropods are, how many different kinds there are, and where you can find them on your own. Meet a live arthropod virtually. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

**Virtual**  
Wed., June 23, 7–8pm  
[#632851-W](#)

## Nature Adults

### Q & A Hike

Nature Inquiry doesn't have to be just for kids. Join a naturalist on a casual hike to ask your nature questions, with the focus being on YOU for a change.

**Long Branch Nature Center**  
Sun., April 4, 4–5pm  
[#632941-D](#)

**Barcroft Park**  
Sun., May 2, 4–5pm  
[#632941-E](#)

**Bluemont Park**  
Sun., June 6, 4–5pm  
[#632941-F](#)

### Spring Ephemerals Hike

Join us for a hike from Windy Run Park down to the Potomac Heritage Trail and back. We'll learn about and search for the most elusive wildflowers of early spring—before they are gone for the season! Participants will be sent a Google Maps link to the exact meeting location.

**Windy Run Park**  
Sun., April 11, 10–11:30am  
[#632841-J](#)

### Northern Virginia Bird Club Walk

Join members of the Northern Virginia Bird Club for informal walks through Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them.

**Long Branch Nature Center**  
Wed., April 7, 8:30–11am  
[#632941-A](#)  
Wed., May 5, 8:30–11am  
[#632941-B](#)  
Wed., June 2, 8:30–11am  
[#632941-C](#)

### Sip & Craft: Salamander Sand Art

Join a naturalist as they provide step-by-step instructions on how to create a wonderful salamander sand portrait as well as provide information on the subject that is being created. You will also have the luxury of enjoying freshly made mocktails.

**Long Branch Nature Center**  
Sun., April 18, 12–1pm  
[#632941-G](#)

### What Color is a Stream?

Have you ever noticed one of our streams looking a little...off? Or even bright green? Join Arlington County Stormwater Specialist Diana Handy to learn about stream conditions in Arlington County. Explore real examples of stream pollution in Arlington and learn how the County responds. Learn how to spot these incidents, how to report them, and what you can do to prevent stream pollution. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

**Virtual**  
Wed., May 5, 7–8pm  
[#632841-K](#)



### Warblers for Beginners Walk & Online Class

Many of Arlington's parks host migrating warblers in the spring and fall, but these can be a challenge to identify. Learn warbler ID basics through an evening on-line lecture (May 13, 7–8:30 pm) and a morning walk. A link for the lecture will be sent to participants near the presentation date. Teens ages 14 and up are welcome but must be accompanied by a registered adult.

**Long Branch Nature Center**  
Sat., May 15, 8–10:30am  
[#632941-I](#)

### Mountain Laurel Trail Hike

Mountain Laurel is one of our few local broadleaf evergreen shrubs. Its beautiful clusters of white flowers peak in mid-late May and pack a surprise for pollinators. Join us as we hike to the laurel thicket above Four Mile Run.

**Long Branch Nature Center**  
Sun., May 16, 10–11:30am  
[#632941-J](#)

### Natural Resource Protection Areas Virtual Tour

Join us virtual tour of Arlington's Natural Resource Conservation Areas and highest quality natural lands. Out of 250 acres of natural land in our parks, seven areas (totaling 126 acres, just .8% of Arlington) were designated Natural Resource Conservation Areas. Learn how and why these areas were given special protection and get a brief tour of the highlights of all seven. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

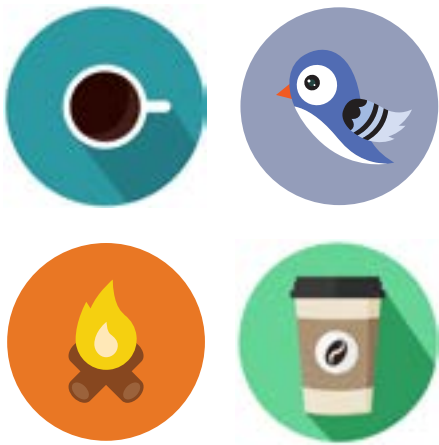
**Virtual**  
Tues., May 18, 7–8pm  
[#632741-A](#)

### Coffee & Creatures Campfire

The grownups are invited to join us at Long Branch Nature Center for an early morning coffee and creature meet and greet as we sit by the fire and discuss things nature. No campfire is complete without S'mores (bring your own supplies, please!)

**Long Branch Nature Center**  
Sun., May 30, 9–10am  
[#632941-K](#)





### Coffee, Coloring, & Conversation

Join us for a virtual gathering from the comfort of your home. We'll de-stress with some fun, easy coloring pages taken from Audubon's journals and discuss a short, seasonally appropriate nature-themed poem. Be sure to register in advance to receive a copy of a coloring page and the poem we'll be discussing! Don't forget to bring your coffee and coloring materials to the computer! We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

**Virtual**  
Thur., June 3, 10-10:30am [#632841-H](#)

### Fear Factor

Are you willing to face your fears? Join a naturalist as we enjoy a challenging and fun nature program filled with creepy crawlies, slimy specimens and many other things that create horrors and fright for some but happiness and fun for others.

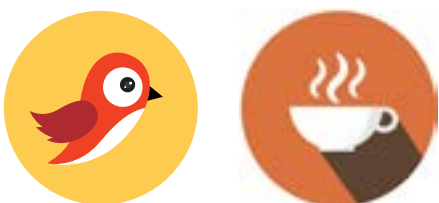
**Long Branch Nature Center**  
Sun., June 6, 1-1:45pm [#632941-L](#)



### Brunch with a Bird

Bring your friends and a warm breakfast beverage! We'll be gathering on the Gulf Branch patio to meet our resident barred owl, learn more about amazing owl adaptations, and discover which owls share our neighborhoods at night!

**Gulf Branch Nature Center**  
Sun., June 13, 11am-12pm [#632841-G](#)



## VIRTUAL DEEP DIVE

**Take a Deep Dive into a natural history topic that scratches more than just the surface.**

Registration required. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

### Deep Dive: Bird Colors

Feather colors serve important functions for birds, from survival to communication. Explore the many ways birds use their color, their significance, and how these beautiful colors are produced.

**Virtual**  
Wed., April 21, 7-8pm [#632841-C](#)

### Deep Dive: American Shad

Join us to learn about the annual migration of the American shad, it's important role in the history of our region, and what's being done currently to restore the population. The whole family is welcome, but the program is developed for an adult audience.

**Virtual**  
Thur., April 29, 7-8pm [#632841-A](#)

### Deep Dive: Return of the Cicadas

Brood X is back! The Periodical Cicadas are returning to our region after 16 years in the ground. Explore this rare and fascinating natural spectacle where they went, why they are back, and how this unique life cycle is an advantage to these long-lived insects.

**Virtual**  
Wed., May 12, 7-8pm [#632841-E](#)

### Deep Dive: Beginner's Wildflower Identification

Adults. Join us to learn the basics of wildflower identification and explore some of the wildflowers that you are likely to encounter in Arlington. The whole family is welcome, but the program is developed for an adult audience.

**Virtual**  
Thur., May 13, 7-8pm [#632841-B](#)

### Deep Dive: Pollinators 101

Celebrate National Pollinators Month with the naturalists at Gulf Branch! Learn about local pollinators, their importance world-wide, and what you can do at home to help support pollinating species. The whole family is welcome, but the program is being developed with an adult audience in mind.

**Virtual**  
Wed., June 9, 7-8pm [#632841-D](#)

### Deep Dive: Salamander Double Feature

Get introduced to salamanders through two of our more common sallies-the Spotted Salamander and Eastern Red-backed Salamander. Discover their role in forest ecosystems, and how they can be heroes fighting climate change.

**Virtual**  
Wed., June 16, 7-8pm [#632841-F](#)



## Firefly Prowl

Join us for a new version of Firefly Festival! This year we will prowl the meadow of Fort C.F. Smith in a circuit visiting presentation tables, then take a night hike through the forest in search of fireflies. Register for a time slot and please arrive early. Cancelled if raining. For information: 703.228.6535.

**Fort C.F. Smith Park**  
Sun., June 20, 7:30-8:10pm [#632951-AA](#)  
Sun., June 20, 7:50-8:30pm [#632951-BB](#)  
Sun., June 20, 8:10-8:50pm [#632951-CC](#)  
Sun., June 20, 8:30-9:10pm [#632951-DD](#)  
Sun., June 20, 8:50-9:30pm [#632951-EE](#)  
Sun., June 20, 9:10-9:50pm [#632951-FF](#)

## Nature Events

### Park Pop-Ups!

Join us at the park! You can meet a naturalist or historian at one of our neighborhood parks to discover the nature and history of Arlington. The staff person may bring hands-on learning items, artifacts or activities. Cancelled if raining.

**Tuckahoe Park**  
Sat., April 3, 2-3pm [#632851-O](#)

**Bluemont Park**  
Fri., April 30, 4:30-5:30pm [#632951-Q](#)

**Tyrol Hill Park**  
Fri., May 7, 4:30-5:30pm [#632951-R](#)

**Chestnut Hills Park**  
Fri., May 14, 10-11am [#632851-K](#)

**Hayes Park**  
Sat., May 15, 1-2pm [#632851-N](#)

**Alcova Heights Park**  
Fri., June 4, 4:30-5:30pm [#632951-S](#)

**Cicadas at Lacey Woods Park**  
Sat., June 5, 3-4pm [#632851-L](#)

**Donaldson Run**  
Fri., June 11, 10-11am [#632851-M](#)

### R.I.P. Remove Invasive Plants

Adults, teens and families ages 8 and up. Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month. We are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Help make it happen! Must register children & adults by emailing:

[NaturalResources@arlingtonva.us](mailto:NaturalResources@arlingtonva.us).

**Gulf Branch Nature Center**  
Sat., April 10, 9:30-11:30am  
Sat., May 8, 9:30-11:30am  
Sat., June 20, 9:30-11:30am

**Long Branch Nature Center**  
Sun., April 18, 2-4pm  
Sun., May 16, 2-4pm  
Sun., June 20, 2-4pm

### Spring Native Plant Sale Pre-order Pick-up, Saturday, April 24, 1-4pm

Want to beautify your yard? Then it is time to go Native! We are offering a great selection of plants that are accustomed to local climate and wildlife. We have gorgeous natives for sun to shade, and even deer resistant plants. This spring we are offering all sorts of perennials in our pre-order sale! See our order form for information and to pre-order your plants online at: [registration.arlingtonva.us](http://registration.arlingtonva.us)

Payment can be made by, e-check or credit card. Orders must be placed by April 13, 2021. Pick-up Day is Saturday, April 24th from 1-4pm, you will be contacted to schedule a pick-up time between 1-4 pm before the 24th. Orders not picked up will not be refunded. No plants will be available for purchase on the pick-up day. For information: 703.228.6535. Meet at Kenmore Middle School, 200 S. Carlin Springs Road, Arlington, in the bus loop, follow the signs.

### iNaturalist for Families

Be prepared for the 2021 City Nature Challenge! The iNaturalist app and community can help you identify that mystery plant, insect, spider, reptile, bird or other organism that has you stumped. We'll start with a quick introduction to iNaturalist on your smart device, then head outside! Your observations and photos can contribute to a much larger scientific snapshot of the natural world.

**Gulf Branch Nature Center**  
Sat., April 17, 10-11:30am [#632851-J](#)

### iNaturalist for Everyone!

Be prepared for the 2021 City Nature Challenge! The iNaturalist app and community can help you identify that mystery plant, insect, spider, reptile, bird or other organism that has you stumped. We'll start with a quick introduction to iNaturalist on your smart device, and then explore tips and tricks to help you get that ID you want! Your observations and photos can contribute to a much larger scientific snapshot of the natural world. We will email you a link to Microsoft Teams before the program start time. Please have your device ready to go prior to the start of the program.

**Virtual**  
Wed., April 28, 7-8pm [#632851-I](#)



### City Nature Challenge 2021!

The City Nature Challenge 2021 includes more than 200 cities on six continents, in a contest to see who can document the most nature with the most citizen scientists. Learn the basics of using iNaturalist, the app for this challenge. Then go out into Fort C.F. Smith Park in search of nature observations to contribute. This is the second day of a four-day challenge, so you can use what you learn today to contribute over the rest of the weekend!

**Fort C.F. Smith Park**  
Sat., May 1, 10-11:30am [#632851-S](#)





# Adopt-A-Park!

Be an environmental hero and help us make Arlington a great place to live, work and play

Any group, business, or individual 18 years or older can adopt a park, playground, trail, sports field, stream or other area in our parks and recreation facilities. Your help is greatly appreciated.

[Learn more here](#)



# Benefits of Parks

Thanks to 49 miles of safe paths, Arlington households make three times more trips by foot, bike or transit than other households in the D.C. region, according to a report from the county's transportation and development department.



## Who You Gonna Call?

### General Information

Closures & Cancellations Hotline	703.228.4715
Parks & Recreation Main	703.228.PLAY
Parks Maintenance &Downed Trees	703.228.4747, press 4
Police/Fire Non-Emergency	703.558.2222
Classes & Camps Registration	703.228.4747
Facility Rentals	703.228.4747, press 2
Volunteer Office	703.228.4730
Sports	703.228.4747, press 1
Community Canine Areas	703.228.6523
Parks	703.228.4747, press 1
Request Camp & Class Catalog	703.228.4747, press 1
Registration	703.228.4747
Teen Hotline	703.228.4747
Senior Programs	703.228.4747, press 3
Therapeutic Recreation	703.228.4747
TTY Service	711

### Pools

Wakefield Pool	703.228.2395
Washington-Liberty Pool	703.228.6262
Yorktown Pool	703.228.8754

### Sports

Sports General Information	703.228.4747, press 1
Gymnastics Team	703.228.0708

### Parks & Natural Resources

Parks &Trail Maintenance	703.228.4747, press 4
Park Rangers	703.228.4747
Community Gardens	703.228.6426
Graffiti Removal	703.228.4747, press 4
Horticultural Information	703.228.6414
Invasive Plant Control	703.228.4747, press 4
Leaf Collection	703.228.4747, press 4
Master Gardeners	703.228.6414
Mulch	703.228.6570

### Community Centers

Arlington Mill	703.228.7790
Aurora Hills	703.228.5722
Barcroft	703.228.0701
Carver	703.228.5706
Dawson Terrace	703.228.4712
Drew	703.228.5725
Fairlington	703.228.6588
Gunston	703.228.6980
Langston-Brown	703.228.5210
Lee	703.228.0550
Madison	703.228.5310
Thomas Jefferson	703.228.5920
Walter Reed	703.228.0935

### 55+ Programs & Centers

55+ Programs Info	703.228.4747, press 3
Arlington Mill	703.228.7369
Aurora Hills	703.228.5722
Langston-Brown	703.228.6300
Lee	703.228.0555
Walter Reed	703.228.0955

### Rental Facilities

Rooms, Fields, Courts & Picnic Shelters	703.228.4747, press 2
Fort C. F. Smith	703.243.7329

### Nature Centers

Gulf Branch	703.228.3403
Long Branch	703.228.6535

### Art Centers

Thomas Jefferson	703.228.5925
Lee Arts Center	703.228.0560

### Virginia Cooperative Extension

General Information	703.228.6400
Community Gardens	703.228.6426
Family & Consumer Education	703.228.6417



# ARLINGTON OFFERS A VARIETY OF FARMERS MARKETS TO SHOP FOR FRESH, LOCAL PRODUCE.



Each market has safety protocols in place.  
Please click the links below for the most  
up to date information.

[Arlington Farmers Market](#)

[Ballston Farmers Market](#)

[Crystal City Farmers Market](#)

[Pike Park Farmers Market](#)

[Fairlington Farmers Market](#)

[Lubber Run Farmers Market](#)

[Rosslyn Farmers Market](#)

[Westover Farmers Market](#)

## Join the 55+ Club!

You now have two options for enjoying discounted  
access to engaging programs, classes, trips PLUS  
access to Arlington County's fitness facilities.

### **This is an Annual Pass**

**55+ Pass** provides you bimonthly issues of the  
55+ GUIDE, access to fun and engaging programs,  
classes and trips.

#### **55+ Pass**

Arlington County resident	\$20
Arlington County household	\$30
Non-Arlington County resident	\$45
Non-Arlington County household	\$65

**55+ Gold Pass** gives you all the benefits of the regular  
pass *plus* access to *all* of the County's fitness centers any  
time during fitness center community hours.

#### **55+ Gold Pass**

Arlington County resident	\$60
Arlington County household	\$90
Non-Arlington County resident	\$90
Non-Arlington County household	\$135

Visit [parks.arlingtonva.us](http://parks.arlingtonva.us) and search  
**55+ Pass** to learn more.





# WE LOVE TREES!

## ARLINGTON TREES MAKE A DIFFERENCE

Arlington has about 755,400 trees worth about \$1.41 billion.  
Did you know that our trees:



### REDUCE

10,730,168 cubic feet/year of storm and floodwater runoff, equal to 122 Olympic-sized pools.

### REMOVE

about 1,235 tons/year of air pollution a year, making us healthier, preventing disease and hospital visits



### STORE

about 30,900 cars' worth of carbon emissions, and store 1,500 more cars worth every year



### PRESERVE

over \$1 million annually in avoided energy costs.

Our trees can do so much for us!  
Help our community's health and wooded character by protecting trees and planting native trees!





# take care of trees

Beautiful sunny days  
make trees thirsty.  
Don't forget to give  
them drink.

Learn more at:  
[environment.arlingtonva.us/  
trees/care-for-trees/watering/](https://environment.arlingtonva.us/trees/care-for-trees/watering/)



## ***Get Engaged with Arlington's Natural Environment!***

Arlington County's Forestry and Natural Resources Plan (FNRP) a sub-element of the Public Spaces Master Plan (PSMP), is a master plan that will serve as the guiding document for Arlington County's management practices related to trees, plants, wildlife and more. To learn more or sign up for updates, [click here](#).



# When and How to Register! Registration Info for Classes



Online registration for residents begins at 8am for all classes on 3/10/2021

Go to: [registration.arlingtonva.us](https://registration.arlingtonva.us)

Pay by e-check or credit card:



**No Carry-In**  
Carry-Ins will NOT be accepted

## Non-Resident Registration

Begins 3/12/2021 at 8am

Non-Residents pay \$20 more than the listed fee.

### INTERNATIONAL REGISTRATIONS

For security reasons, our registration system does not allow for connections outside the United States. If you know you will be traveling internationally during our registration period and would like to register for a class or two, please contact the Department of Parks and Recreation (703.228.4747) in advance, or mail in a registration form for processing.



**Mail-In**  
Processing begins 3/10/2021 at 8am

Complete Registration Form and mail anytime to 3700 S. Four Mile Run Dr., Arlington, VA 22206

If the course is scheduled to meet within seven days, call or carry in the registration.

Forms must be received by 5pm on 3/9/2021 in order to be processed in the random draw beginning at 8am next day. Forms received after deadline will be processed in the order received, after all random-draw forms have been processed. Please do not mail in a form if you plan to register online. Our staff cannot process registrations in your account while you are logged in, and your registration will not be processed and they will move on to the next registration.



**Phone-In**  
3/10/2021 at Noon

Credit cards only (Visa, Discover and MasterCard)

Have class numbers ready before calling 703.228.4747 (voice) option 1 or 711 (TTY), Monday-Friday, 8am-5pm

We no longer accept American Express or process faxed registrations.

**ONLINE REGISTRATION PROCESS** • You must have an account to register online. New customers: visit [registration.arlingtonva.us](https://registration.arlingtonva.us) to establish an account. Confirmations are sent via email or mail, the day they are processed.

If you already have an account: You will need your ID & password. If you know your household ID, you can use the automated ID/password reminder function on the online registration system. If you have forgotten your user ID and password, contact the main registration office (703.228.4747 option 1 or [registration.arlingtonva.us](https://registration.arlingtonva.us)). Please ensure that your contact information is correct—we use it to communicate important program announcements (if a spot becomes available in a waitlisted class, if a class gets cancelled/added, etc.)

**TECHNICAL PROBLEMS** • Idle web sessions time out after 5 minutes. If your session times out or, you logout, ALL pending registrations in your households are removed. Please have only one computer logged into your household account when you are registering. If you experience a technical problem, please send us a detailed email including name of participant, desired class, and best contact information at [registration.arlingtonva.us](https://registration.arlingtonva.us) within 3 days of the registration day. All emails will be compiled and resolved within 5 business days.

**WAITLIST** • Once a class has reached maximum capacity, you may enroll in a waitlist. We do use waitlists to expand capacity in current or future programs. Once a spot becomes available, you will be contacted via email or phone (the information that we have on your household account) and will be given up to 24 hours to respond before the next person on the wait list is offered the available spot. Wait listed participants can be contacted starting a week after first day of registration and up to the start of the second class. After the second class, all waitlists are voided. If the first class has already started, fees will not be prorated for past classes (you will be charged the full price) and there is no opportunity to cancel or transfer after the first scheduled class. Being on the wait list does not guarantee enrollment.

**HOLD HARMLESS AGREEMENT** • All participants need to sign one at the time of registration or the first day of class. Adults must sign for children. Refusal to sign this agreement will prohibit participation in the program.

**FEES** • Payment is required at the time of registration. Checks or money orders are payable to Treasurer, Arlington County. The registrant's name, address and phone number must appear on each check. Pursuant to Arlington County Code, an assessment fee of \$50 is charged for a returned check, this includes returned eCheck payments made online. Acceptable charge payments are VISA, MasterCard or Discover. Arlington residents 55 and over receive a 30% discount on the fee shown in the Enjoy Arlington catalog unless otherwise stated.

**PLEASE NOTE:** If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or [registration.arlingtonva.us](https://registration.arlingtonva.us) prior to the next registration.

**REDUCED FEES** • Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747 option 1 or go online—[parks.arlingtonva.us/fee-reductions](https://parks.arlingtonva.us/fee-reductions)—to apply. Fee reductions are not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

**REFUNDS** • No refund fees are charged for cancellations the first 5 days (Wed.-Sun.) after the start of online registration; after this date, all refunds will be assessed a \$20 administrative fee per participant, per service interaction. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

**REQUESTING MODIFICATIONS** • Arlington County is committed to providing accessible programs to all of our participants. If you require a modification for a disability, please call 703.228.4740 or email [TRinfo@arlingtonva.us](mailto:TRinfo@arlingtonva.us). Advanced notice is welcome.

**CHANGES, CANCELLATIONS AND CLOSINGS** Classes may be cancelled for a variety of reasons: low enrollment, on County holidays, in case of storms or other dangerous conditions, or at the discretion of the instructor. County-wide cancellations will be broadcast online at [parks.arlingtonva.us](https://parks.arlingtonva.us), Facebook, Twitter, eNews, Channel 74 (Comcast Cable) and at 703.228.4715. You may also be notified by email. Please keep your household contact information up to date as we use this information to contact you directly if classes are cancelled. We will contact you one-week prior to the start date if a class is canceled due to low enrollment. Due to the early publication deadline, instructors may be changed before classes begin.

**AGE EXEMPTIONS** • At this time, no age exemptions will be approved.

## Find Out if You Qualify for a Fee Reduction

### Processing Locations and Hours:

#### Department of Parks and Recreation

3700 S. Four Mile Run Dr., 22206 / 703.228.4747, M-F 8am-5pm

### Satellite Fee Processing Locations:

Fee reductions can be processed at these locations, but not registrations.

#### Arlington Mill Community Center

909 S. Dinwiddie St., 22204

*Not currently open as a satellite center*

#### Barcroft Sports and Fitness Center

4200 S Four Mile Run Dr., 22206

*Not currently open as a satellite center*

#### Fairlington Community Center

3308 S Stafford St., 22206

*Closed on Tuesdays*

#### Gunston Community Center

2700 S. Lang Street., 22206

*Not currently open as a satellite center*

#### Langston-Brown Community Center

2121 N Culpeper St., 22207

*Closed on Thursdays*

#### Madison Community Center

3829 N. Stafford St. 22207

*Closed on Fridays*

#### Thomas Jefferson Community Center

3501 2nd St. S., 22204

#### Walter Reed Community Center

2909 16th St S., 22204

*Not currently open as a satellite center*

**The Arlington Parks and Recreation Call Center (703.228.4747) is your one-stop-shop for registration and facilities scheduling needs.**

The new system informs you of your place in the queue during high volume times, provides more agents available during peak times, and gives Spanish speakers direct access to assistance. For registration services press 1.



# Registration Form

## Mail-In Registration

You need an account number to use the mail-in option. Processing dates are first come, first served, following eligibility criteria for registration dates. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or [registration@arlingtonva.us](mailto:registration@arlingtonva.us) prior to the next registration.

### 1. Account Information

Parent/Guardian Name \_\_\_\_\_

Account Number \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone Number \_\_\_\_\_

### 2. Participant(s) Registration

<p>Name: _____</p> <p>Date of Birth: _____</p> <p>Gender: _____</p> <p>Need modification for disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>1st choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>2nd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>3rd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p>	<p>Name: _____</p> <p>Date of Birth: _____</p> <p>Gender: _____</p> <p>Need modification for disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>1st choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>2nd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>3rd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p>	<p>Name: _____</p> <p>Date of Birth: _____</p> <p>Gender: _____</p> <p>Need modification for disability? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>1st choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>2nd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p> <p><b>3rd choice</b></p> <p>Class Name _____</p> <p>Activity #: _____</p> <p>Days: _____</p> <p>Time: _____</p> <p>Location: _____</p> <p>Fee: _____</p>
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### 3. Payment

Send this form with payment to:

**Department of Parks and Recreation**  
**3700 S. Four Mile Run Drive**  
**Arlington, VA 22206**

NOTE: Payment for these classes are due by 5pm, the day of this enrollment. If staff are not able to reach you for payment, or you do not pay your balance due online directly, your enrollment will be cancelled.

**Check here if you wish to pay by check or money order**  
You can pay by e-check online or include a check or money order with your registration form. Checks and Money Orders should be made payable to Treasurer, Arlington County. For security purposes, check and money orders will be **processed upon receipt**, for the amount of your enrollment and the amount added as a credit on your account until your registration is processed. If you are waitlisted for a class and would like a refund, please call the Registration Office at 703.228.4747

**Check here if you wish to pay with a credit card online**  
Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

**Check here if you would like a member of our staff to contact you for payment**



REGISTRATION.ARLINGTONVA.US  
CLASSES BEGIN APRIL 12, 2021  
UNLESS NOTED OTHERWISE.

Resident online registration begins March 10, 2021 at 8am.  
Non-resident registration begins March 12, 2021 at 8am.



**ALL CLASSES**  
All class registrations  
open at 8am

**We welcome folks from all around the DC Metropolitan area to our recreation programs.**  
Non-residents of Arlington pay an additional fee of \$20 per class.

## Explore Nature!

Check out our free  
Spring Nature & History  
programs!

See pages 11-15 for details



## REDUCED FEES ARE AVAILABLE!

Arlington has resources to help keep residents of all incomes and abilities participating in our programs and classes. For more information, call 703.228.4747.

### Disability Modifications

Arlington County can provide, upon request, reasonable modifications for people with disabilities. Advance notice is appreciated. Call 703.228.4740 or email [TRinfo@arlingtonva.us](mailto:TRinfo@arlingtonva.us)

### Fee Reductions

Arlington County residents may request a fee reduction for classes! Apply for a fee reduction before you register for a class—discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information, visit [here](#).

## DO YOU SPEAK ANOTHER LANGUAGE?

Free language assistance services are available to you. Call 703.228.4747 or visit [parks.arlingtonva.us](https://parks.arlingtonva.us)

**SPANISH:** Si habla español, tiene a su disposición servicios de asistencia lingüística gratuitos. Llame al 703.228.4747 o visite [parks.arlingtonva.us](https://parks.arlingtonva.us)

**MONGOLIAN:** хэрэв та монгол хэлээр ярьдаг бол хэлний тусламжийн үйлчилгээ үнэ төлбөргүй үйлчлэх боломжтой. 703.228.4747 руу залгах буюу [parks.arlingtonva.us](https://parks.arlingtonva.us) руу зочилно уу

**BENGALI:** আপন যদি বাংলা কথা বলেন, বিনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা [parks.arlingtonva.us](https://parks.arlingtonva.us) দেখুন

**AMHARIC:** አማርኛ የሚናገሩ ከሆነ ፡ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ እርስዎ ይገኛሉ ። በ 703. 228.4747 ይደውሉ ወይም ፓርክ.አርሊንግተን va ን ይጎብኙ

**ARABIC:** إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية parks.arlingtonva.us مجانًا. اتصل بالرقم 703.228.4747 أو قم بزيارة

**Arlington's goal** is for all its residents to benefit from our programs. There are resources available so that neither age, income, nor ability is a barrier to participation. For info call 703.228.4747.