

ENJOY *Arlington*

WINTER 2023

Guide to Recreation Classes and
Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS DECEMBER 6-8, 2022 @ NOON:

Tues
6

▪ Gymnastics

Wed
7

▪ Aquatics

Thurs
8

▪ Nature / History
▪ General Classes

Fri., Dec. 9
Resident Walk-In
Registration Begins

Wed., Dec. 14
Out-of-County
Registration Begins

[Details on p.42](#)


ARLINGTON
VIRGINIA
Parks & Recreation

Go to registration.arlingtonva.us ▪ Classes begin January 17, 2023 unless noted otherwise





Wishing you good health,

Jane Rudolph
Director,

Department of Parks and Recreation

Registration Updates for Winter Programs

Beginning on Tues., Dec. 6, 2022, registration for ENJOY Arlington's Recreation Classes and Nature & History programs will open to Arlington County Residents on a rolling basis, staggering enrollments by class type:

- Gymnastics: Tues., Dec. 6 @ Noon
- Aquatics: Wed., Dec. 7 @ Noon
- Nature/History: Thurs., Dec. 8 @ Noon
- General Classes: Thurs., Dec. 8 @ Noon

Registration on all days will be available both [online](#) and by phone (703.228.4747). Out-of-County Registration begins on Wed., Dec. 14 at Noon. [See page 42 for details.](#)

Similar to our fall registration, our winter registration will include an online virtual waiting room to help manage the high-volume of customers and to ensure it does not exceed the website's ability to provide a responsive system experience.

On registration day, [login to the site as usual](#)—all users logged in will automatically enter a virtual waiting room where they will receive a spot in line. You will keep your place in the waiting room line even if your phone goes to sleep, you lose your internet connection or you close the virtual waiting room page, provided you log back in on the same device using the same browser. Once it's your turn to register, you will be redirected to the registration site where you can browse the site and complete your transactions at your own speed.

DECEMBER
3

Saturday Hours
9am-4pm

To help you prepare for registration, our offices will be open for special hours on Sat., Dec. 3, 2022 at:

Lubber Run Community Center
300 N. Park Dr. Arlington, VA 22203
Contact us at: 703.228.4747

- Create an account
- Apply for a fee reduction
- Pay balances
- Get login information
- And more!



WHAT'S INSIDE!

CLASSES

| | |
|------------------------------|----|
| 55+ | 39 |
| Aquatics | 18 |
| Arts & Crafts | 3 |
| Ceramics | 3 |
| Cooking | 5 |
| Dance | 16 |
| Dog Obedience | 5 |
| Fitness | 7 |
| Gymnastics | 23 |
| History | 34 |
| Therapeutic Recreation | 26 |
| Jewelry | 4 |
| Language | 6 |
| Martial Arts | 11 |
| Movement | 18 |

| | |
|---------------------------|----|
| Music | 6 |
| Nature | 28 |
| Pickleball | 13 |
| Pilates | 8 |
| Science & Discovery | 6 |
| Sports | 11 |
| Tennis | 14 |
| This-N-That | 7 |
| Wellness | 9 |
| Woodworking | 5 |
| Yoga | 9 |

SERVICES

| | |
|---------------------|-------|
| Fee Reduction | 42 |
| Location/Map | 44 |
| Registration | 42-43 |

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 supply fee included in the cost of the class. Adult participation is required. Inst.: Abrakadoodle.

Long Bridge Aquatics Center

Ages 20 months-3 **10 Sessions** **\$194**
210100A Wed., Jan. 18, 10-10:45am

Arlington Mill Center

Ages 20 months-3 **10 Sessions** **\$194**

210100B Thurs., Jan. 19, 10-10:45am

210100C Sat., Jan. 21, 9-9:45am

Ages 20 months-3 **8 Sessions** **\$155**

210100D Mon., Jan. 23, 10-10:45am

Walter Reed Center

Ages 20 months-3 **10 Sessions** **\$194**

210100E Tues., Jan. 17, 10-10:45am



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 non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Long Bridge Aquatics Center

Ages 3-6 **10 Sessions** **\$194**

220104A Wed., Jan. 18, 11-11:45am

Arlington Mill Center

Ages 3-6 **10 Sessions** **\$194**

220104B Thurs., Jan. 19, 11-11:45am

220104C Sat., Jan. 21, 10-10:45am

Ages 3-6 **8 Sessions** **\$155**

220104D Mon., Jan. 23, 11-11:45am

Walter Reed Center

Ages 3-6 **10 Sessions** **\$194**

220104E Tues., Jan. 17, 11-11:45am

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 \$40 non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Arlington Mill Center

Ages 6-12 **10 Sessions** **\$238**

220107A Sat., Jan. 21, 11am-12pm

Art Adventures

Young artists will discover the world of texture, line, shape and color as they create original artwork. A wide range of basic skills are developed including painting, drawing, collage making and printmaking. All supplies included. Wear smock or clothes that can get messy. A \$25 non-refundable supply fee is included in the cost of the class. Inst.: Patton.

Fairlington Center

Ages 5-7 **8 Sessions** **\$125**

220105A Tues., Jan. 17, 4:30-5:15pm

CERAMICS

YOUTH & ADULT

Ceramics: Handbuilding for Families

Saturday mornings haven't been this fun since you were a kid. In this class, you (or another adult) and your child learn basic handbuilding techniques as you both work on weekly ceramic projects together. Clay is messy, so, dress appropriately. In order to ensure that everyone has an enjoyable hands-on experience, each child must be accompanied with one adult. For families with multiple children, two adults must attend each class and the maximum number of children per family is 3. Only need to register each child. All materials included. A non-refundable \$28 supply fee is included in the cost of the class. Inst.: Benedetto.

Walter Reed Center

Ages 6-12 **8 Sessions** **\$193**

220102A Sat., Jan. 21, 9-10:30am

YOUTH & TEEN

Young Potters

A basic introduction to the potter's wheel with a focus on centering, throwing and decorating techniques. Lessons will include throwing bowl and cylinder forms along with finishing and glazing. A great class for beginners and for students who have some knowledge of throwing on a potter's wheel. Return students welcome. Wear smock or clothes that can get messy and bring a towel. A non-refundable \$40 supply fee is included in the cost of the class. Inst.: Patton.

Thomas Jefferson Center

Ages 11-15 **9 Sessions** **\$227**

220115A Thurs., Jan. 19, 3:30-5:30pm

ADULT

Beginning Wheel

If you have ever wanted to know how to make pottery using a potter's wheel, this beginners-only class is what you've been looking for. In this class students will learn the fundamental skills needed to make functional pottery like mugs, bowls and vases. The instructor will demonstrate

and teach wedging, centering and basic shaping methods. Students will be working in stoneware and learn how to use high-fire glazes to finish their pieces. This is a great opportunity to explore working with clay on the potter's wheel in a fun, relaxed and creative atmosphere. All beginners are welcome including repeat students who just need a little more time and guidance to build their confidence and skills before moving on to other wheel throwing classes. Students should bring a towel, notebook and \$12 to purchase tools at the first session. A \$40 non-refundable supply fee is included in the cost of the class. Inst.: Patton.

Thomas Jefferson Center

Ages Adults **9 Sessions** **\$342**

240124A Thurs., Jan. 19, 6-9:30pm

240124B Sat., Jan. 21, 10am-12:30pm

240124C Sun., Jan. 22, 2-4:30pm

Continuing Wheel

Now that you're comfortable with centering, creating bowls and cups, you are probably wanting to continue your practice. In this class you will be surrounded by other students who want to build on their skills and get better at making great pottery. Since everyone will have different experience levels, the instructor will give demonstrations that are relevant to those enrolled in the class. Demos will introduce new forms and techniques that expand throwing proficiency. You must have experience with throwing on the wheel to take this class. Repeat students welcome. Working with clay is a messy process, so, please come dressed appropriately. Students should bring a towel, notebook and \$12 to purchase tools at the first session. A \$40 non-refundable supply fee is included in the cost of this class. Previous wheel experience REQUIRED. This class is NOT FOR BEGINNERS.

Thomas Jefferson Center. Inst.: Deolazo

Ages Adults **9 Sessions** **\$342**

240125A Tues., Jan. 17, 6-8:30pm

240125B Mon., Jan. 23, 6-8:30pm

Thomas Jefferson Center. Inst.: Patton

Ages Adults **9 Sessions** **\$342**

240125C Mon., Jan. 23, 10am-12:30pm

240125D Mon., Jan. 23, 3-5:30pm



Intermediate Wheel

This class was designed for students who have taken other wheel classes and want to improve their skills. With the help of the instructor, students will refine both throwing, trimming and glazing techniques. Each week will be an opportunity to create more complex vessels such as lidded jars, cups with handles and working with altered forms. Students will be encouraged to work in multiples to build their skill set. Working with clay is a messy process, so, please come dressed appropriately. A \$40 non-refundable supply fee is included in the cost of this class. Previous wheel experience REQUIRED. This class is NOT FOR BEGINNERS. Inst.: Deolazo.

Thomas Jefferson Center

Ages Adults **9 Sessions** **\$342**
240126A Tues., Jan. 17, 3–5:30pm

Just Claying Around

This is a fun handbuilding class for adults where students will work with the instructor create weekly projects. 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. A \$28 non-refundable supply fee is included in the cost of the class. Inst.: Benedetto.

Walter Reed Center

Ages Adults **8 Sessions** **\$193**
240129A Sat., Jan. 21, 11:30am–1pm



DRAWING/PAINTING

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 a love of making art and drawing. Students will use a range of materials like charcoal, pen and ink, pastel and graphite and 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. Making art is a messy process, so, please come dressed appropriately. A non-refundable \$25 supply fee is included in the cost of this class. Inst.: Staff.

Fairlington Center

Ages 11–14 **8 Sessions** **\$175**
220127A Sat., Jan. 21, 11am–12:15pm
Ages 14–17 **8 Sessions** **\$175**
220127B Wed., Jan. 18, 4:45–6pm

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, color, the importance of light, creating textures and basic color theory. The creative process is sometimes messy, so, please dress accordingly. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Staff.

Fairlington Center

Ages 11–14 **8 Sessions** **\$175**
220128A Tues., Jan. 17, 5–6:15pm

TEEN & ADULT

Painting Beginning & Beyond

This class provides a solid foundation in the fundamentals and intermediate aspects of painting. Emphasis is placed on individual development, so all levels are welcome. Instruction will focus on technique, composition, and color. Both oil and acrylic paints are permitted but oils are highly recommended by the instructor. Visit www.jameshalloran.com and view this instructor's work. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Halloran.

Fairlington Center

Ages 16–Adult **8 Sessions** **\$198**
240137A Thurs., Jan. 19, 7–8:45pm

JEWELRY

ADULT

Intro to Jewelry Making: Saw Hammer Torch

In this beginning jewelry making class, students will learn fundamental fabrication techniques, like sawing, forming, soldering and finishing. Beginners will create their own

pieces of jewelry while learning how to use basic jewelry hand tools, a torch, a flex shaft and other equipment. Class projects may include rings, pendants and possibly basic stone setting. More advanced students are welcome and can practice their skills on their personal projects while receiving guidance from the instructor. All students advance at their own pace. All tools and materials, except silver, are provided. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Benedetto.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$288**
240151A Thur., Jan. 19, 6–8:30pm



New! BTS vlog: Make Jimin's Bracelet

Were you inspired when you watched Jimin's jewelry workshop vlog? Do you want to follow in his footsteps and make a simple hammered bracelet like the one he made? In this one-day workshop you can! You will learn how to use a saw (yes, you will break saw blades, lol), file and use a torch to anneal metal so it can be formed and hammered into shape. It will be so much fun to create alongside another Army! Who knows, maybe you'll discover a new hobby. No prior jewelry experience is necessary. There is a non-refundable \$10 supply fee included in the cost of the class. The silver for the bracelet is an additional cost of \$35–\$50, depending on materials used, and can be purchased during class. Inst.: Benedetto.

Thomas Jefferson Center

Ages Adults **1 Session** **\$51**
240150A Tues., Feb. 7, 12–2:30pm
240150B Fri., Feb. 10, 6–8:30pm
240150C Fri., Feb. 24, 6–8:30pm

Studio Time

Build on the skills you already have by continuing to practice and work on projects in this non-structured time in the TJ Jewelry Studio. Use these sessions to work on new projects or to finish up pieces already in progress. Equipment available: torches, rolling mills, hand tools, hydraulic press, flex shafts, buffing machines and access to investing and casting (additional fees apply). This is not an instructional class; studio technician onsite to ensure safety and monitor proper usage of tools and equipment. Prior jewelry experience required. Open to currently enrolled students as well. There is a non-refundable \$10 supply fee included in the cost of the class. Inst.: Staff.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$207**
240153A Tues., Jan. 17, 6–8:30pm

WOODWORKING

ADULT

Intro to Woodshop

Did you know there is a community woodshop in Arlington right around the corner at TJ Art Studios. Join us in our basic introduction course on woodworking! In addition to learning fundamental safety guidelines, the course will introduce students to the core machines in our woodshop (band saw, planer, jointer, cut-off saw, drill press, disc and drum sanders and the ever-important table saw) as well as a brief instruction on the woodworking project concepts of planning, shaping/cutting lumber and sanding/finishing. You will make a cutting board as you become familiar with the equipment. The course cost covers all the materials for your first projects. Small class size of three or four to ensure individual instruction and time on the machines. Because this course is about teaching students proper tool use and safety practices, it is required to attend all classes. There is a non-refundable \$30 supply fee included in the cost of the class. Inst.: Staff.

Thomas Jefferson Center

Ages Adults 4 Sessions \$226

240180A Thurs., Jan. 19, 6–8:30pm

240180B Sat., Jan. 21, 10am–12:30pm

240180C Thurs., Feb. 23, 6–8:30pm

240180D Fri., Feb. 24, 6–8:30pm

New! Intro to Lathe

Introduction to Woodturning. Perfect for students who have little or no woodturning experience the goal of this class is to introduce, develop, and practice woodturning skills with an emphasis on shop safety. Each week, students will turn a small lathe project designed to develop their wood turning skills and techniques. Inst.: Staff.

Thomas Jefferson Center

Ages Adults 3 Sessions \$226

240181A Sat., Feb. 25, 9:30am–12:30pm



Intro to Woodcarving: Stylized Duck

This class will be a great first step into woodcarving. You will learn to use the bandsaw to cut the profile and plan views of a standing duck from a piece of basswood to create the initial blank. Then, using carving knives, rasps and sandpaper, carve the blank into the rounded form of a duck. You will learn the three knife cuts used by carvers:

and knife sharpening with a stone and a leather strop. The duck form provides a valuable exercise in understanding the grain of the wood and in carving concave and convex curves, as well as smoothing by rasp and sanding. Our experienced instructor will review safety procedures, different carving styles, various wood characteristics, and tools you will need to expand your new found hobby. There is a non-refundable \$30 supply fee included in the cost of this class. Inst.: Connors.

Thomas Jefferson Center

Ages Adults 2 Sessions \$151

240183A Tues., Mar. 7, 6–8pm

COOKING



YOUTH

Cooking: Around the World

During this program, children will spend each day learning & creating cuisines from different countries & cultures. Children will also learn about that country's geological effects, including their continent location, climate condition and any world-renowned wonders. Throughout the course, children will collaborate while learning about the importance of safety & teamwork in the kitchen. They will master the different skills of cutting, like dicing, coring & slicing, and will also learn more about the customary units of volume, like teaspoons, tablespoons, cups, pints & gallons, all while baking delicious goodies. Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 5–12 8 Sessions \$180

220316A Sat., Jan. 21, 4:30–5:30pm

Cooking: Savory & Sweet

Just like the name suggests! Each day will feature a sweet treat that will go perfectly with dinner and one savory dish that is sure to become a family favorite! We'll work on learning new baking skills like creaming, whisking, and melting. We'll work on learning new baking skills like creaming and whisking, and cooking skills such as stewing and sautéing stewing, stir-frying, and sautéing. Gluten free and dairy free options available upon request. Staff ratio 1:12. Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 5–12 8 Sessions \$180

220317A Sun., Jan. 22, 11:30am–12:30pm

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. Inst.: Healy.

Quincy Street Deck

Ages 13-Adult 7 Sessions \$100

240731A Tues., Jan. 17, 7–8pm

ADULT

New! K-9 Nose Work

K9 Nose work is a great way to bond with you dog, stimulate their minds, hone their search and obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural hunt instincts to search and problem solve as an outlet for their love of hunting. This is a low impact class with no prior obedience or training required. The class is perfect for all dogs of any age, size and personality. Inst.: Healy.

Quincy Street Deck

Ages Adults 7 Sessions \$100

240733A Tues., Jan. 17, 6–7pm

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

LANGUAGE

TOT & YOUTH

Mi Chu Chu Tren: Adventures to Learn Spanish

Mi chu chu tren® is the most enjoyable playtime that your child may have to learn the Spanish language. Immersed in a fantasy world, effortlessly and without forcing situations they are entering the world of a new language, based on teaching through play. Your children and you will have a great time listening and participating in stories, music, and activities that will lead them to understand and speak in short sentences this beautiful language. This is a multilevel class; previous exposure to the language is not required. For more information, please visit www.michuchutren.com. Inst.: Human Advance LLC.

Fairlington Center

Ages 1½-3 **8 Sessions** **\$192**

210219A Sat., Jan. 21, 10-10:45am

Ages 3-5 **8 Sessions** **\$192**

210219B Sat., Jan. 21, 11-11:45am

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. Inst.: Learn Now Music.

Piano

Long Bridge Aquatics Center

Ages 2-4 **11 Sessions** **\$218**

210321A Tues., Jan. 17, 10-10:30am

Arlington Mill Center

Ages 2-4 **10 Sessions** **\$198**

210321B Sun., Jan. 22, 4:40-5:10pm

210321C Sun., Jan. 22, 5:20-5:50pm

Guitar

Long Bridge Aquatics Center

Ages 4-5 **11 Sessions** **\$218**

210324A Tues., Jan. 17, 10:45-11:15am

Arlington Mill Center

Ages 4-5 **10 Sessions** **\$198**

210324B Sun., Jan. 22, 6-6:30pm

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. Inst.: Learn Now Music.

Guitar

Arlington Mill Center

Ages 5-12 **11 Sessions** **\$264**

220319A Tues., Jan. 17, 6:30-7:30pm

220319B Wed., Jan. 18, 6:30-7:30pm

Ages 5-12 **10 Sessions** **\$240**

220319C Sat., Jan. 21, 8:30-9:30am

220319D Sun., Jan. 22, 2:20-3:20pm

Madison Center

Ages 5-12 **11 Sessions** **\$264**

220319E Thurs., Jan. 19, 6:15-7:15pm

Long Bridge Aquatics Center

Ages 5-12 **9 Sessions** **\$216**

220319F Mon., Jan. 23, 6:15-7:15pm

Piano

Arlington Mill Center

Ages 5-12 **11 Sessions** **\$264**

220320A Tues., Jan. 17, 5:15-6:15pm

220320B Wed., Jan. 18, 5:15-6:15pm

Ages 5-12 **10 Sessions** **\$240**

220320C Sat., Jan. 21, 9:45-10:45am

220320D Sat., Jan. 21, 11am-12pm

220320E Sun., Jan. 22, 3:30-4:30pm

Madison Center

Ages 5-12 **11 Sessions** **\$264**

220320F Thurs., Jan. 19, 5-6pm

Long Bridge Aquatics Center

Ages 5-12 **9 Sessions** **\$216**

220320G Mon., Jan. 23, 5-6pm

Violin

Arlington Mill Center

Ages 5-12 **11 Sessions** **\$264**

220321A Tues., Jan. 17, 4-5pm

220321B Wed., Jan. 18, 4-5pm

Ages 5-12 **10 Sessions** **\$240**

220321C Sat., Jan. 21, 1:30-2:30pm

220321D Sun., Jan. 22, 1:15-2:15pm



Drumming

Arlington Mill Center

Ages 5-12 **11 Sessions** **\$264**

220323A Wed., Jan. 18, 7:45-8:45pm

Ages 5-12 **10 Sessions** **\$240**

220323B Sat., Jan. 21, 12:15-1:15pm

SCIENCE & DISCOVERY

TOT & YOUTH

The Science Seed™

Check out this series of classes that introduces children to science! This includes topics in geology, chemistry, biology, physics and nature. Classes are taught in fun, interactive and age-appropriate ways to ensure that your child not only has fun but builds a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how you can continue the lesson at home. Each session will have a new series of topics allowing for this class to be taken multiple times. For more information, please visit thescienceseed.com. Inst.: The Science Seed.

Ages 3-6 **6 Sessions** **\$120**

Lubber Run Center

220279A Mon., Jan. 23, 3-3:45pm

220279B Sat., Jan. 21, 9-9:45am

220279C Sat., Jan. 21, 10-10:45am

Ages 5-8 **6 Sessions** **\$120**

220279D Mon., Jan. 23, 4-4:45pm

220279E Sat., Jan. 21, 11-11:45am



YOUTH

New! LEGO® SPIKE Essential Robotics: Crazy Carnival Game

In this program, children will develop an understanding of energy, energy transfer, and collision. They'll explore ways of using observation skills as they anticipate the outcomes of changes in energy during a collision, describe the relationship between energy and speed, and predict how energy moves from place to place. They'll also broaden their understanding of energy conversion (potential and kinetic) by investigating a solution that converts energy from one form to another, testing the solution to improve and refine its function. Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 5-7 8 Sessions \$176
[220303A](#) Wed., Jan. 18, 5-6pm



New! Science: Potions & Explosions

Let's have fun with Chemistry! In this program, we will create "magic" potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal, blast a rocket into the air, and more. We will learn about the states of matter and how things change with mixtures, solutions and chemical reactions. Join us to channel your inner Professor Snape. Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 5-7 8 Sessions \$176
[220318A](#) Sat., Jan. 21, 3-4pm

LEGO® STEAM Park

Welcome to LEGO STEAM Park! This is a LEGO introduction to investigate the world of early science, technology, engineering, art, and math. Children will work to construct parts of a STEAM theme park full of moving rides and fun games. As kids return to the STEAM park, they will grow their understanding of gears, motion, measurement, and solving problems together in a fun and engaging way. We can't wait to jump into the wonderful world of LEGO education with you. Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 3-5 8 Sessions \$176
[220331A](#) Sat., Jan. 21, 9:45-10:45am
[220331B](#) Sat., Jan. 21, 11am-12pm

Spy Science

How do detectives and investigators use science to solve a mystery? We will spend this program understanding forensic science and learning the tricks of the spy trade. We'll investigate fingerprints, spying techniques (surveillance), secret codes, invisible ink, evidence under a black light, and other sneaky science. Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 7-11 8 Sessions \$176
[220314A](#) Sun., Jan. 22, 10-11am

New! LEGO® SPIKE: Essential Robotics: Happy Traveler

In this program, children will develop an understanding of computer science as they create sequences and loops, decompose problems, and improve programs to meet specific needs. They'll investigate ways of accurately describing the decisions they've made when creating a program, carry out fair tests, and develop their ability to generate and debug multiple solutions. Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 8-11 8 Sessions \$176
[220332A](#) Wed., Jan. 18, 6:30-7:30pm

THIS-N-THAT

YOUTH & TEEN

Chess Club with Magnus Academy

Learn chess with Magnus Academy (formerly Silver Knights), the world champion's academy! We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome. Inst.: Magnus Chess Academy.

Madison Center
Ages 5-13 10 Sessions \$199
[220299A](#) Thurs., Jan. 19, 6-7pm

FITNESS

TOT & ADULT

Zumba Adult/Tot

Experience the joy of dancing together! This class will focus on the bonding experience between kids & parents / caregivers with the help of dance music and movement. During the class, everyone will enjoy dancing with different props. If you have any questions, email tanya.dancefitness@gmail.com. Masks optional. Inst.: Sharma.

Long Bridge Aquatics Center
Ages 3-5 8 Sessions \$160
[210300A](#) Tues., Jan. 17, 5-5:45pm

YOUTH

Zumba® Kids

Welcome to the dance party. It is a high-energy dance party packed with kid friendly dance routines. During the session, the students will work on improving their flexibility, strength, and confidence. This class will encourage students to dance "outside the box" & bring their own personality to each movement. If you have any questions, email tanya.dancefitness@gmail.com Masks optional. Inst.: Sharma.

Long Bridge Aquatics Center
Ages 5-8 8 Sessions \$160
[210301A](#) Tues., Jan. 17, 6-6:45pm

Barcroft Sports & Fitness Center
Ages 8-12 8 Sessions \$160
[210301B](#) Sat., Jan. 21, 9:15-10am

TEEN & ADULT

Zumba®

This dance inspired class is great for beginners. These easy-to-follow routines encourage aerobic fitness, using a combination of fast and slow Latin rhythms that include basic Salsa, Merengue, Bachata, and Cumbia. Come on in and enjoy the fun.

Lubber Run Center Inst.: RitaRox
Ages 16-Adult 10 Sessions \$126
[240344A](#) Wed., Jan. 18, 7-8pm



Barcroft Sports & Fitness Center. Inst.: BodyMoves Fitness LLC

Ages Adults **11 Sessions** **\$138**
240344B Thurs., Jan. 19, 10:30–11:30am

Long Bridge Aquatics Center. Inst.: RitaRox

Ages 16-Adult **8 Sessions** **\$100**
240344C Mon., Jan. 23, 7–8pm

ADULT

Barre

Want to feel like a dancer and get a dancer's lean and long body? This total body workout serves to strengthen, lengthen, and stretch your body to help you accomplish your fitness goals. It integrates fat-burning of interval training with muscle-shaping exercises to reshape the entire body quickly and safely. This one-hour workout targets all major muscle groups and improves posture. Bring an exercise mat. Inst.: Lanzillotta.

Langston-Brown Center

Ages Adults **9 Sessions** **\$133**
240319A Tues., Jan. 17, 6–7pm
240319B Thurs., Jan. 19, 6–7pm

Body Sculpting

Start your workout with a low-impact warm up, followed by 50 minutes of light weights and resistance band work to sculpt and tone your entire body. Cool down relaxation and yoga stretches follow. Wear comfortable clothing, bring a mat and hand weights. Inst.: Lanzillotta.

Madison Center

Ages Adults **9 Sessions** **\$75**
240334A Wed., Jan. 18, 6–7pm
Ages Adults **8 Sessions** **\$67**
240334B Mon., Jan. 23, 6–7pm

Cardio Body Sculpting

This fitness class combines cardio exercises and muscle sculpting moves. During the 60-minute workout, you will work all the major muscle groups and get a cardio kick. This class is designed for all levels of fitness with modifications



given. Please bring a mat, water and 2 sets of hand weights. Inst.: Melnick.

Madison Center

Ages Adults **10 Sessions** **\$83**
240306A Wed., Jan. 18, 7:15–8:15pm

Langston-Brown Center

Ages Adults **8 Sessions** **\$67**
240306B Mon., Jan. 23, 7–8pm

Cardio Strength & Balance

A custom blend of cardio conditioning suitable for all levels. Apply strength training techniques, using body weight and free weights, and balance work to improve coordination, stability and spatial awareness. You will need aerobic shoes, light weights and a yoga mat. Inst.: BodyMoves Fitness LLC.

Barcroft Sports & Fitness Center

Ages Adults **11 Sessions** **\$138**
240328A Thurs., Jan. 19, 11:30am–12:30pm

Core Conditioning

Target your body's core musculature, the basis of fitness and injury prevention. Use body weight, balance and strength training exercises to focus on abdominals and back, improving posture and movement confidence. As this class is virtual,

participants cannot be closely supervised and are responsible for securing a safe practice environment. You will need hand weights and a mat. Inst.: BodyMoves Fitness LLC.

Virtual

Ages Adults **11 Sessions** **\$138**
240309A Tues., Jan. 17, 7–8pm

Essentrics

Enjoy a full body stretch that will work through all of your joints and unlock tight muscles. Each workout includes deep stretch, balance focused and strength building sequences that are easy to follow and fun to perform. You'll notice improvements in your posture and flexibility and feel energized and refreshed. Effective for injury recovery and prevention, pain relief, stress release, and promoting healing. This class is suitable for all levels of fitness. Please bring a mat. Inst.: Zuniga.

Lubber Run Center

Ages Adults **11 Sessions** **\$140**
240303A Wed., Jan. 18, 8–9am

Barcroft Sports & Fitness Center

Ages Adults **11 Sessions** **\$140**
240303B Thurs., Jan. 19, 7:15–8:15pm

PILATES

ADULT

Pilates 1

Experience new levels of core strength and flexibility. Utilize exercises and techniques that strengthen the mid-section and back, lengthen the spine and relieve back pain. Bring your own mat.

Langston-Brown Center. Inst.: Ibrahim

Ages Adults **10 Sessions** **\$148**
240860A Tues., Jan. 17, 10–11am

Lubber Run Center. Inst.: Ibrahim

Ages Adults **10 Sessions** **\$148**
240860B Thurs., Jan. 19, 10–11am

Get Your Heart Pumping!

An instructor led cycle class to help 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. 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!

Participants must have a valid fitness membership or must purchase a daily pass. Drop-in classes cost \$5 (\$4 for age 55 and older). Payment must be made on the day of the class. You may also purchase a 10-pass or a 3-month unlimited class pass.

Ages Adults. \$5 per session at class

Long Bridge Aquatics Center

790100 Mondays 6:30–7:15am
790100 Wednesdays 7–7:45pm
790100 Fridays 12:15–1pm

Thomas Jefferson Center

790120 Tuesdays 9:15–9:50am
790120 Thursdays 7–7:45pm
790120 Fridays 7:15–8am



Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **8 Sessions** **\$119**
240860C Mon., Jan. 23, 9:30–10:30am

Madison Center. Inst.: Lanzillotta
Ages Adults **8 Sessions** **\$119**
240860D Mon., Jan. 23, 7:10–8:10pm

WELLNESS

TEEN & ADULT

Intro to Feldenkrais

Here's a one-time workshop to introduce you to the basics of Feldenkrais, an educational system centered on movement, aiming to expand and refine the use of the self through awareness. For more information on Feldenkrais go to www.wellnessinmotion.com. Inst.: McHugh.

Barcroft Sports & Fitness Center
Ages 15-Adult **1 Session** **\$14**
240851A Tues., Jan. 10, 7–8pm



Feldenkrais

If you are interested in introspective movement, you will like this class. The Feldenkrais Method is an educational system centered on movement. It aims to expand and refine the use of the self through awareness. You will often be lying down yet sometimes sitting, kneeling or standing. You will be outwardly moving the whole time, while simultaneously exploring a given inward focus. You will also learn more about anatomy. Feldenkrais increases your awareness of yourself. Over the sessions you are likely to find that you are more relaxed, nagging pains are diminishing, you are feeling more limber and energetic and new options are opening up for you. Bring a bath towel to cover the County-supplied mats and, if you desire, a small pillow. For more information go to www.wellnessinmotion.com. Inst.: McHugh.

Barcroft Sports & Fitness Center
Ages 15-Adult **10 Sessions** **\$154**
240845A Tues., Jan. 17, 7–8pm

Lubber Run Center
Ages 15-Adult **10 Sessions** **\$154**
240845B Thurs., Jan. 19, 1:30–2:30pm

for Arlington residents
55 and older get a 30% discount
off the price for Enjoy classes



ADULT

New! Wellness Wednesdays with Jackie

There's no time like the present to choose to live more intentionally and seek pockets of joy in the everyday moments. Have you been promising yourself that you're going to begin: journaling for personal reflection; keeping a gratitude jar or journal; developing a regular meditation or breathing practice; incorporating more mindfulness in your daily life? Let's ditch our devices, meet to explore what it means to live with more intention and authenticity, and have fun while establishing habits that promote and replenish our well-being. Please bring: Open-mind, sense of humor, positive vibes, notebook and something to write with. Inst.: Marks.

Fairlington Center
Ages Adults **6 Sessions** **\$78**
240813A Wed., Jan. 18, 7–8pm

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 90-minute class allows a complete Yoga flow practice including warm-ups, traditional Yoga poses, breathing, stress reduction and relaxation techniques. Inst.: Harper.

Barcroft Sports & Fitness Center
Ages 16-Adult **11 Sessions** **\$214**
240918A Wed., Jan. 18, 7–8:30pm

Mixed Level Yoga

Join this virtual Yoga class to focus on centering, relaxation, and strengthening techniques while practicing classic yoga poses. Virtual class offers a well-rounded yoga experience in the comfort of your own space. You will practice well-loved Yoga poses, breathing, and meditation techniques while flowing from one pose to the next. Virtual Yoga is great for those new to Yoga or those returning to practice after a

break or students skilled in practice. Finding the challenge but staying safe is the focus of this modern Yoga experience. Inst.: Harper.

Virtual
Ages 16-Adult **11 Sessions** **\$143**
240912A Tues., Jan. 17, 5:30–6:30pm

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. Props are available however, students may bring their own props such as a strap or belt, a Yoga block or hardcover book. No yoga experience required. Inst.: Harper.

Barcroft Sports & Fitness Center
Ages 16-Adult **11 Sessions** **\$143**
240911A Wed., Jan. 18, 5:45–6:45pm

Yoga for Every Body on the Lawn: Winter Edition

Join us outdoors on the lawn (weather permitting) for this single session light-hearted hatha style yoga class. Students are encouraged to look inward, be present, and "go with the flow." Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are definitely not "one-size-fits-all." Let's approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment! Perhaps we'll have a Snow Yoga class!! Please dress appropriately in layers and warm shoes, bring a yoga mat, towel, water or warm beverage. In case of rain, hail, or a nasty wind-chill, class will move indoors. I'm game if you are! Inst.: Marks.

Lubber Run Center
Ages 14-Adult **1 Session** **\$15**
240910A Sat., Jan. 28, 9–10am
240910B Sat., Feb. 25, 9–10am
240910C Sat., Mar. 25, 9–10am

Yoga for Flexibility, Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We will work on poses, balance and mental focus. Traditional warm up exercises are done with very light weight (one or two lbs.). Using weights is completely optional. No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Class ends with a yoga nidra relaxation exercise. Inst.: Interdonato.

Fairlington Center

Ages 14-Adult 11 Sessions \$214

240919A Wed., Jan. 18, 6:45–8:15pm

240919B Fri., Jan. 20, 5–6:30pm

Walter Reed Center

Ages 14-Adult 9 Sessions \$175

240919C Mon., Jan. 23, 5–6:30pm

240919D Mon., Jan. 23, 6:30–8pm

ADULT

New! Postpartum Yoga with Baby

Have fun with your baby as you work to bring back your pre-baby body with targeted toning and relaxing yoga poses. Class is geared toward mom but incorporates baby as well. Inst.: BodyMoves Fitness LLC.

Lubber Run Center

Ages Adults 8 Sessions \$104

210302A Mon., Jan. 23, 10:30–11:30am

Gentle Yoga

If you are interested in restoring flexibility and strength while easing tensions, join this class and work at your own pace in a non-competitive yoga class. This multi-level class is designed to fit participants needs at all levels. The instructor can give special attention to senior adults or participants with physical limitations.

Madison Center. Inst.: Caffi

Ages Adults 10 Sessions \$130

240902A Wed., Jan. 18, 10:15–11:15am

Lubber Run Center. Inst.: Eubank

Ages Adults 10 Sessions \$130

240902B Sun., Jan. 22, 5–6pm



Yoga Level 1

This class teaches yoga fundamentals and progressively incorporates new postures into the practice. This class is open to true beginners as well as those who want to deepen their ongoing yoga practice. Participants must bring their own mat.

Madison Center. Inst.: Melnick

Ages Adults 10 Sessions \$130

240904A Tues., Jan. 17, 7:15–8:15pm

Madison Center. Inst.: Johnson

Ages Adults 10 Sessions \$130

240904B Fri., Jan. 20, 8:15–9:15am

Fairlington Center. Inst.: Eubank

Ages Adults 10 Sessions \$130

240904C Wed., Jan. 25, 10:30–11:30am

Yoga Level 2

This intermediate yoga class advances participants from Yoga: Level I so they can use what they have already learned to build on their current practice. Modifications and alternative poses are always taught so that the class can be tailored to the students' individual needs.

Lubber Run Center. Inst.: Eubank

Ages Adults 11 Sessions \$143

240913A Tues., Jan. 17, 7–8pm

Lubber Run Center. Inst.: Johnson

Ages Adults 10 Sessions \$130

240913B Thurs., Jan. 19, 5:45–6:45pm

240913C Thurs., Jan. 19, 7–8pm

Barcroft Sports & Fitness Center. Inst.: Johnson

Ages Adults 8 Sessions \$104

240913D Mon., Jan. 23, 6:30–7:30pm

Yoga for Balance

This class uses yoga poses, mindful breathing techniques and current exercise theory to enhance your balance—both physical and mental! Whether you are a beginner or more experienced yoga student, balance is always a rich area of exploration and practice. Pose modifications and alternatives will be offered, so that each session suits your needs. Bring your yoga mat and discover this invigorating, interesting and fun way to work toward balanced, whole-body health. Inst.: Clardy.

Madison Center

Ages Adults 9 Sessions \$117

240905A Tues., Jan. 17, 9:30–10:30am

240905B Fri., Jan. 20, 9:30–10:30am

Yoga for Every Body

A light-hearted hatha style yoga class designed to align postures with breath. Students are encouraged to look inward, be present, and “go with the flow.” Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are definitely not “one-size-fits-all.” Let’s approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment! Please bring a yoga mat, water bottle and towel. Inst.: Marks.

Barcroft Sports & Fitness Center

Ages Adults 10 Sessions \$130

240907A Tues., Jan. 17, 10–11am

Walter Reed Center

Ages Adults 10 Sessions \$130

240907B Tues., Jan. 17, 7:15–8:15pm

Virtual

Ages Adults 10 Sessions \$130

240907C Thurs., Jan. 19, 10–11am

Yoga for Fitness

Fundamentals of yoga practice are presented, including asanas (poses), breathing techniques, and body awareness, in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely to restore/increase flexibility and range of motion, build stamina, and improve coordination and balance. All levels welcome. You will need a yoga mat. Inst.: BodyMoves Fitness LLC.

Barcroft Sports & Fitness Center

Ages Adults 9 Sessions \$117

240914A Mon., Jan. 23, 10–11am

Sculpting Yoga

Add strength to your yoga practice. This class integrates body strengthening techniques with yoga with the inclusion of light hand weights used with some poses. Please bring light hand weights, a yoga mat, a water bottle and a towel. Inst.: Johnson.

Madison Center

Ages Adults 10 Sessions \$130

240906A Tues., Jan. 17, 6–7pm

MARTIAL ARTS

YOUTH & TEEN

Junior Judo

Junior Judo is an ongoing program for students who have completed a Judo course or who have Judo experience. Class will encompass learning Kodokan Judo with a focus on improving break fall techniques, throws, mat work, randori, kata and shiai. Older juniors will also learn choking techniques and kata. Students are required to join the USJF Shufu Yudanshakai or USJI Virginia Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars and clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. *PREVIOUS JUDO EXPERIENCE REQUIRED. Inst.: Landstreet.

Dawson Terrace Center

Ages 5-13 **22 Sessions** **\$187**
220307A Tues./Thurs., Jan. 17, 6-7pm
220307B Tues./Thurs., Jan. 17, 7:10-8:10pm



YOUTH/TEEN/ADULT

Introduction to Olympic Fencing

Nova Fencing Club welcomes students to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included. NOVA Fencing Club is located at 3501 Carlin Springs Rd. Falls Church, VA. Inst.: Nova Fencing Club.

NOVA Fencing Club

Ages 7-12 **8 Sessions** **\$160**
220310A Mon./Wed., Jan. 18, 4-5pm
220310B Mon./Wed., Feb. 22, 4-5pm
220310C Mon./Wed., Jan. 18, 6-7pm
220310D Mon./Wed., Feb. 22, 6-7pm
220310E Tues./Thurs., Jan. 17, 6-7pm
220310F Tues./Thurs., Feb. 23, 6-7pm
Ages 13-Adult **8 Sessions** **\$160**
220310G Mon./Wed., Jan. 18, 7-8pm
220310H Mon./Wed., Feb. 22, 7-8pm
220310I Tues./Thurs., Jan. 17, 7-8pm
220310J Tues./Thurs., Feb. 23, 7-8pm

Beginner Judo for Adults

Here's a course for students who are new to Judo and need to learn a basic foundation. This course will be limited to learning basic Kodokan Judo history and philosophy, customs and courtesies, warm-ups, posture, movement, balance, proper break fall techniques and a few selected throws and pins. Judo uniforms can be purchased from the instructor for an additional cost. Upon completion of this course, students will have the option of joining Senior Judo. Inst.: Landstreet.

Dawson Terrace Center

Ages 13-Adult **11 Sessions** **\$94**
240354A Thurs., Jan. 19, 8:20-9:20pm

Senior Judo

All aspects of Judo will be taught. Senior Judo is an ongoing Judo program for those students who have completed a Judo course or have previous experience in Judo. Students are required to join the USJF Shufu Yudanshakai or USJI Virginia Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars and clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. Inst.: Landstreet.

Dawson Terrace Center

Ages 13-Adult **22 Sessions** **\$187**
240353A Tues./Thurs., Jan. 17, 8:20-9:20pm

SPORTS

TOT & ADULT

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. This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required. Inst.: Tip Top Sports.

Fairlington Center

Ages 2-3 **11 Sessions** **\$182**
210618A Thurs., Jan. 19, 5:20-6:05pm
210618B Fri., Jan. 20, 9-9:45am

Arlington Mill Center

Ages 2-3 **10 Sessions** **\$165**
210618C Sat., Jan. 21, 9-9:45am

Barrett Elementary School/Outdoors

Ages 2-3 **8 Sessions** **\$132**
210618D Sun., Jan. 29, 10-10:45am

Little Athletes and Me

This fun and wacky Adult & Me Sports and fitness class is designed to introduce children to a variety of sports, games and group activities, all with the help of an adult! This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required. Inst.: Tip Top Sports.

Fairlington Center

Ages 2-3 **11 Sessions** **\$182**
210615A Tues., Jan. 17, 4:30-5:15pm

Ages 2-3 **9 Sessions** **\$149**
210615B Mon., Jan. 23, 9-9:45am

Arlington Mill Center

Ages 2-3 **10 Sessions** **\$165**
210615C Sat., Jan. 21, 11-11:45am

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| | | |
|--------------------------|-------------------------|--------------|
| Lubber Run Center | | |
| Ages 2-3 | 10 Sessions | \$165 |
| 210615D | Sat., Jan. 21, 9-9:45am | |
| 210615E | Sun., Jan. 22, 4-4:45pm | |

Little Kicks Soccer & Me

This fun and wacky Parent & Me Soccer class is designed to introduce children to soccer through games and group activities, all with the help of Mom or Dad. Inst.: Tip Top Sports.

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| Fairlington Center | | |
| Ages 2-3 | 11 Sessions | \$182 |
| 210605A | Wed., Jan. 18, 9-9:45am | |
| 210605B | Thurs., Jan. 19, 9-9:45am | |
| 210605C | Fri., Jan. 20, 4:30-5:15pm | |
| Ages 2-3 | 10 Sessions | \$165 |
| 210605D | Sat., Jan. 21, 9-9:45am | |

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| Lubber Run Center | | |
| Ages 2-3 | 10 Sessions | \$165 |
| 210605E | Sat., Jan. 21, 10-10:45am | |

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| Thomas Jefferson Center | | |
| Ages 2-3 | 10 Sessions | \$165 |
| 210605F | Sun., Jan. 22, 4-4:45pm | |



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 T-BALL while learning the fundamentals of the sport. Inst.: Tip Top Sports.

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| Fairlington Center | | |
| Ages 4-6 | 11 Sessions | \$182 |
| 210617A | Fri., Jan. 20, 9:50-10:35am | |

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| Arlington Mill Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210617B | Sat., Jan. 21, 10-10:45am | |

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| Lubber Run Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210617C | Sun., Jan. 22, 2-2:45pm | |

Little Athletes

This fun and exciting class is a young athlete's dream. It is filled with various sports, games, and lead in activities that will allow kids to develop their true passion for sports. Inst.: Tip Top Sports.

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| Fairlington Center | | |
| Ages 4-6 | 11 Sessions | \$182 |
| 210616A | Wed., Jan. 18, 4:30-5:15pm | |
| Ages 4-6 | 9 Sessions | \$149 |
| 210616B | Mon., Jan. 23, 9:50-10:35am | |

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| Lubber Run Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210616C | Sun., Jan. 22, 1-1:45pm | |

Little Kicks Soccer

Soccer is an energetic sport that gives preschoolers the opportunity to improve skills and increase endurance while having fun and learning. Children learn the basic skills of the game, focusing on kicking, dribbling, shooting and passing. This class strives not only to teach soccer skills, but also to teach teamwork, sportsmanship and cooperative play. Inst.: Tip Top Sports.

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| Fairlington Center | | |
| Ages 4-6 | 11 Sessions | \$182 |
| 210610A | Wed., Jan. 18, 9:50-10:35am | |
| 210610B | Thurs., Jan. 19, 9:50-10:35am | |
| 210610C | Fri., Jan. 20, 5:20-6:05pm | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210610D | Sat., Jan. 21, 11-11:45am | |

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| Thomas Jefferson Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210610E | Sun., Jan. 22, 3-3:45pm | |

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. Inst.: Stockton Soccer.

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| Fairlington Center | | |
| Ages 2-3 | 8 Sessions | \$145 |
| 210612A | Thurs., Jan. 19, 3-3:45pm | |
| 210612B | Sat., Jan. 21, 3-3:45pm | |
| Ages 3-6 | 8 Sessions | \$145 |
| 210612C | Thurs., Jan. 19, 4:15-4:55pm | |
| 210612D | Fri., Jan. 20, 3-3:45pm | |
| 210612E | Sat., Jan. 21, 4-4:45pm | |

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| Lubber Run Center | | |
| Ages 3-6 | 8 Sessions | \$145 |
| 210612F | Sat., Jan. 21, 1:15-2pm | |

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. Inst.: Tip Top Sports.

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| Fairlington Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210611A | Sat., Jan. 21, 1-1:45pm | |
| Barrett Elementary School/Outdoors | | |
| Ages 7-9 | 8 Sessions | \$132 |
| 210611B | Sun., Jan. 29, 1-1:45pm | |

Run Shoot Basketball

Kids learn basic basketball fundamentals and teamwork through fun drills. Adults must remain on premises at all times. *Adult Participation Required. Inst.: Tip Top Sports.



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| Fairlington Center | | |
| Ages 3-4 | 11 Sessions | \$182 |
| 210619A * | Tues., Jan. 17, 9-9:45am | |
| Ages 3-4 | 10 Sessions | \$165 |
| 210619B * | Sat., Jan. 21, 10-10:45am | |
| Ages 3-4 | 9 Sessions | \$149 |
| 210619C * | Mon., Jan. 23, 4:30-5:15pm | |
| Ages 4-6 | 11 Sessions | \$182 |
| 210619D | Tues., Jan. 17, 9:50-10:35am | |
| Ages 4-6 | 11 Sessions | \$220 |
| 210619E | Thurs., Jan. 19, 6:10-7:10pm | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210619F | Sat., Jan. 21, 12-12:45pm | |
| Ages 4-6 | 9 Sessions | \$180 |
| 210619G | Mon., Jan. 23, 5:20-6:20pm | |

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| Lubber Run Center | | |
| Ages 4-6 | 10 Sessions | \$165 |
| 210619H | Sat., Jan. 21, 11-11:45am | |
| 210619I | Sun., Jan. 22, 3-3:45pm | |

Game Time Hoops

Game Time Hoops is a class where children can enjoy playing just basketball games. The purpose of this class is to give children an environment to practice their skills in a game setting. Each class will include 2 to 3 games that last 8 minutes each. Focus on teamwork, making new friends, and having fun are the goals for this class. Inst.: Tip Top Sports.

| | | |
|---------------------------|----------------------------|--------------|
| Fairlington Center | | |
| Ages 7-9 | 11 Sessions | \$220 |
| 220609A | Wed., Jan. 18, 6:30-7:30pm | |
| Ages 10-12 | 11 Sessions | \$220 |
| 220609B | Wed., Jan. 18, 7:40-8:40pm | |

Girls Hoops Basketball

Girls Hoops is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling, and defense. The emphasis is to create general fitness, develop their athletic interest, and to have fun building values and confidence through teamwork. Adults must remain on premises at all times. Inst.: Tip Top Sports.

| | | |
|---------------------------|-----------------------------|--------------|
| Fairlington Center | | |
| Ages 4-6 | 11 Sessions | \$220 |
| 220615A | Tues., Jan. 17, 5:20-6:20pm | |
| Ages 7-9 | 11 Sessions | \$220 |
| 220615B | Tues., Jan. 17, 6:30-7:30pm | |
| Ages 10-12 | 11 Sessions | \$220 |
| 220615C | Tues., Jan. 17, 7:40-8:40pm | |

Triple Threat Basketball

Kids learn basic basketball fundamentals and techniques through fun drills. Adults must remain on premises at all times. Inst.: Tip Top Sports.

Fairlington Center

| | | |
|--|--------------------|--------------|
| Ages 7-9 | 11 Sessions | \$220 |
| 220613A Wed., Jan. 18, 5:20-6:20pm | | |
| Ages 7-9 | 9 Sessions | \$180 |
| 220613B Mon., Jan. 23, 6:30-7:30pm | | |
| Ages 10-12 | 11 Sessions | \$220 |
| 220613C Thurs., Jan. 19, 7:15-8:15pm | | |
| Ages 10-12 | 9 Sessions | \$180 |
| 220613D Mon., Jan. 23, 7:40-8:40pm | | |

New! Varsity Skills Beginner

Varsity Skills Academy 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. Inst.: Momentum3.

Lubber Run Center

| | | |
|---|-------------------|--------------|
| Ages 8-9 | 6 Sessions | \$130 |
| 220611A Tues., Jan. 17, 4:30-5:30pm | | |
| 220611B Mon., Jan. 23, 4:30-5:30pm | | |
| Ages 10-12 | 6 Sessions | \$130 |
| 220611C Tues., Jan. 17, 5:45-6:45pm | | |
| 220611D Mon., Jan. 23, 5:45-6:45pm | | |

New! Varsity Skills Intermediate

Varsity Skills Academy Intermediate is ideal for players with game experience looking to tune up and sharpen skills. These sessions are designed to ensure that players get quality reps: ball handling, passing, shooting, offensive moves, as well as the more intricate aspects of the game including team concepts. This high intensity, sharply focused training plan guarantees each player positive progression. Inst.: Momentum3.

Lubber Run Center

| | | |
|--|-------------------|--------------|
| Ages 8-9 | 6 Sessions | \$130 |
| 220612A Wed., Jan. 18, 4:30-5:30pm | | |
| Ages 10-12 | 6 Sessions | \$130 |
| 220612B Wed., Jan. 18, 5:45-6:45pm | | |



Arlington Mill Center

| | | |
|--|-------------------|--------------|
| Ages 8-9 | 6 Sessions | \$130 |
| 220612C Thurs., Jan. 19, 5-6pm | | |
| Ages 10-12 | 6 Sessions | \$130 |
| 220612D Thurs., Jan. 19, 6:15-7:15pm | | |

Little Champions Soccer

This class includes energetic games that enhance kid's soccer skills, teamwork, and overall sportsmanship. Inst.: Tip Top Sports.

Fairlington Center

| | | |
|--|--------------------|--------------|
| Ages 7-9 | 11 Sessions | \$220 |
| 210621A Fri., Jan. 20, 6:10-7:10pm | | |

Arlington Mill Center

| | | |
|---|--------------------|--------------|
| Ages 7-9 | 10 Sessions | \$200 |
| 210621B Sat., Jan. 21, 12-1pm | | |

Thomas Jefferson Center

| | | |
|---|--------------------|--------------|
| Ages 7-9 | 10 Sessions | \$165 |
| 210621C Sun., Jan. 22, 2-2:45pm | | |

Barrett Elementary School/Outdoors

| | | |
|--|-------------------|--------------|
| Ages 7-9 | 8 Sessions | \$132 |
| 210621D Sun., Jan. 29, 2:05-2:50pm | | |

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. Inst.: Tip Top Sports.

Fairlington Center

| | | |
|--|--------------------|--------------|
| Ages 6-9 | 10 Sessions | \$165 |
| 220610A Sat., Jan. 21, 2:55-3:40pm | | |

Barrett Elementary School/Outdoors

| | | |
|---|-------------------|--------------|
| Ages 6-9 | 8 Sessions | \$132 |
| 220610B Sun., Jan. 29, 12-12:45pm | | |

Kids Floor Hockey

This program is the perfect way to introduce your child to the wonderful world of floor hockey! A safe and fun way for your beginning hockey star to learn the skills of the game including puck and stick handling, shooting and passing. Class will also include team play and games. All equipment is provided. Inst.: Tip Top Sports.

Fairlington Center

| | | |
|---|--------------------|--------------|
| Ages 5-8 | 10 Sessions | \$165 |
| 220614A Sat., Jan. 21, 2-2:45pm | | |

Barrett Elementary School/Outdoors

| | | |
|---|-------------------|--------------|
| Ages 7-9 | 8 Sessions | \$132 |
| 220614B Sun., Jan. 29, 11-11:45am | | |

World Cup Soccer

World Cup Soccer includes energetic drills and all-inclusive games that help teach kids the fundamentals of soccer, specific soccer skills, and the importance of teamwork. Inst.: Tip Top Sports.

Fairlington Center

| | | |
|--|--------------------|--------------|
| Ages 10-12 | 11 Sessions | \$220 |
| 220616A Fri., Jan. 20, 7:20-8:20pm | | |

Lubber Run Center

| | | |
|---|--------------------|--------------|
| Ages 10-12 | 10 Sessions | \$200 |
| 220616B Sat., Jan. 21, 12-1pm | | |

Thomas Jefferson Center

| | | |
|--|--------------------|--------------|
| Ages 10-12 | 10 Sessions | \$200 |
| 220616C Sun., Jan. 22, 1-2pm | | |

YOUTH/TEEN/ADULT

Explore Archery

Learn the basics of Olympic archery. We cover range safety and proper shooting form. All equipment is provided and classes are taught in our indoor facility. NOVA Fencing Club is located at 3501 Carlin Springs Rd. Falls Church, VA. Inst.: Nova Fencing Club.

NOVA Fencing Club

| | | |
|--|-------------------|--------------|
| Ages 8-Adult | 6 Sessions | \$160 |
| 220312A Wed., Jan. 18, 4-5pm | | |
| 220312B Thurs., Jan. 19, 4-5pm | | |

PICKLEBALL



YOUTH/TEEN/ADULT

Pickleball 1

Pickleball is a fun, popular mini-tennis-like game. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score on an outdoor court. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:. Inst.: First Serve Tennis.

Walter Reed Center

| | | |
|---|-------------------|--------------|
| Ages 7-10 | 5 Sessions | \$130 |
| 240614A Wed., Mar. 1, 4:30-5:30pm | | |
| Ages 10-14 | 5 Sessions | \$130 |
| 240614B Mon., Feb. 27, 4:30-5:20pm | | |
| Ages 15-Adult | 5 Sessions | \$130 |
| 240614C Mon., Feb. 27, 5:30-6:20pm | | |
| 240614D Mon., Feb. 27, 5:30-6:20pm | | |
| 240614E Tues., Feb. 28, 5:30-6:20pm | | |
| 240614F Tues., Feb. 28, 6:30-7:20pm | | |
| 240614G Wed., Mar. 1, 5:30-6:20pm | | |
| 240614H Thurs., Mar. 2, 5:30-6:20pm | | |

Fort Scott Park

| | | |
|--|-------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$130 |
| 240614I Tues., Feb. 28, 9:30-10:20am | | |
| 240614J Wed., Mar. 1, 9:30-10:20am | | |
| 240614K Thurs., Mar. 2, 9:30-10:20am | | |

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 for an outdoor court. Ratio 6:1 Inst.: First Serve Tennis.

Fort Scott Park

| | | |
|-------------------------|-------------------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$130 |
| 240615A | Tues., Feb. 28, 10:30–11:20am | |
| 240615B | Wed., Mar. 1, 10:30–11:20am | |
| 240615C | Thurs., Mar. 2, 10:30–11:20am | |

Walter Reed Center

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$130 |
| 240615D | Mon., Feb. 27, 6:30–7:20pm | |
| 240615E | Mon., Feb. 27, 6:30–7:20pm | |
| 240615F | Tues., Feb. 28, 7:30–8:20pm | |
| 240615G | Wed., Mar. 1, 6:30–7:20pm | |
| 240615H | Thurs., Mar. 2, 6:30–7:20pm | |
| 240615I | Thurs., Mar. 2, 7:30–8:20pm | |

Pickleball 3

This class focuses on how to play the game more strategically. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes for an outdoor court. Ratio 6:1 Inst.: First Serve Tennis.

Walter Reed Center

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$130 |
| 240616A | Mon., Feb. 27, 7:30–8:20pm | |
| 240616B | Thurs., Mar. 2, 7:30–8:20pm | |
| 240616C | Wed., Mar. 1, 7:30–8:20pm | |

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 info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

Barcroft Park

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602A | Tues., Feb. 28, 5:30–6:20pm | |
| 220602B | Wed., Mar. 1, 4:30–5:20pm | |

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 7–10 | 5 Sessions | \$130 |
| 220602C | Tues., Feb. 28, 6:30–7:20pm | |
| 220602D | Wed., Mar. 1, 5:30–6:20pm | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602E | Tues., Feb. 28, 4:30–5:20pm | |
| 220602F | Wed., Mar. 1, 6:30–7:20pm | |

Greenbrier Park

| | | |
|-------------------------|---------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602G | Sun., Feb. 26, 9–9:50am | |
| Ages 7–10 | 5 Sessions | \$130 |
| 220602H | Sun., Feb. 26, 10–10:50am | |
| 220602I | Sun., Feb. 26, 11–11:50am | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602J | Sun., Feb. 26, 12–12:50pm | |

Hayes Park

| | | |
|-------------------------|----------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602K | Mon., Feb. 27, 4:30–5:20pm | |
| 220602L | Wed., Mar. 1, 4:30–5:20pm | |
| Ages 7–10 | 5 Sessions | \$130 |
| 220602M | Mon., Feb. 27, 5:30–6:20pm | |
| 220602N | Wed., Mar. 1, 5:30–6:20pm | |
| 220602O | Wed., Mar. 1, 6:30–7:20pm | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602P | Mon., Feb. 27, 6:30–7:20pm | |
| 220602Q | Wed., Mar. 1, 6:30–7:20pm | |

Langston-Brown Center

| | | |
|-------------------------|---------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602R | Wed., Mar. 1, 4:30–5:20pm | |
| 220602S | Wed., Mar. 1, 5:30–6:20pm | |
| Ages 7–10 | 5 Sessions | \$130 |
| 220602T | Wed., Mar. 1, 6:30–7:20pm | |

Lyon Village Park

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 7–10 | 5 Sessions | \$130 |
| 220602U | Tues., Feb. 28, 4:30–5:20pm | |
| 220602V | Tues., Feb. 28, 5:30–6:20pm | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602W | Tues., Feb. 28, 6:30–7:20pm | |

Stratford Park

| | | |
|--------------------------|-----------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602X | Mon., Feb. 27, 4:30–5:20pm | |
| 220602Y | Thurs., Mar. 2, 4:30–5:20pm | |
| 220602Z | Thurs., Mar. 2, 4:30–5:20pm | |
| Ages 7–10 | 5 Sessions | \$130 |
| 220602AA | Mon., Feb. 27, 5:30–6:20pm | |
| 220602BB | Mon., Feb. 27, 6:30–7:20pm | |
| 220602CC | Thurs., Mar. 2, 5:30–6:20pm | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602DD | Mon., Feb. 27, 6:30–7:20pm | |
| 220602EE | Thurs., Mar. 2, 6:30–7:20pm | |

Va. Highlands Park

| | | |
|--------------------------|-----------------------------|--------------|
| Ages 6–8 | 5 Sessions | \$130 |
| 220602FF | Thurs., Mar. 2, 4:30–5:20pm | |
| Ages 7–10 | 5 Sessions | \$130 |
| 220602GG | Thurs., Mar. 2, 6:30–7:20pm | |
| Ages 10–14 | 5 Sessions | \$130 |
| 220602HH | Thurs., Mar. 2, 5:30–6:20pm | |

Tennis 3: Transition to Matchplay

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 Adults required to stay on the premises at all times. Inst.: First Serve Tennis.



Tuckahoe Park

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 8–10 | 5 Sessions | \$163 |
| 220603A | Tues., Feb. 28, 4:30–5:40pm | |
| Ages 10–14 | 5 Sessions | \$163 |
| 220603B | Tues., Feb. 28, 5:50–7pm | |

New! Tennis: Jr. Match Play Level 3-4

For juniors who are in or have taken Junior Level 3 or JV tennis. Singles and/or doubles round-robin style play with strategic coaching. Inst.: First Serve Tennis

Kenmore MS.

| | | |
|-------------------------|------------------------------|--------------|
| Ages 10–16 | 5 Sessions | \$163 |
| 220604A | Sat., Feb. 25, 10:30–11:50am | |

TEEN

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. Coach's recommendation required by contacting info@tenniseveryone.net before registering. Tennis racquets are not provided. Ratio 6:1 Inst.: First Serve Tennis.

Tuckahoe Park

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 13–16 | 5 Sessions | \$163 |
| 230601A | Tues., Feb. 28, 7:10–8:20pm | |

TEEN & 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. Inst.: First Serve Tennis.

Barcroft Park

| | | |
|-------------------------|-----------------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601A | Tues., Feb. 28, 7:30–8:40pm | |
| 240601B | Wed., Mar. 1, 7:30–8:40pm | |

Hayes Park

| | | |
|-------------------------|----------------------------|--------------|
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601C | Mon., Feb. 27, 7:30–8:40pm | |
| 240601D | Wed., Mar. 1, 9:45–10:55am | |
| 240601E | Wed., Mar. 1, 7:30–8:40pm | |
| 240601F | Thurs., Mar. 2, 8:50–10pm | |

| | | |
|--|---------------------------------|--------------|
| Jennie Dean Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601G | Thurs., Mar. 2, 11:05am-12:15pm | |
| Kenmore MS. | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601H | Sat., Feb. 25, 12-1:10pm | |
| Langston-Brown Center | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601I | Sat., Feb. 25, 9-10:10am | |
| 240601J | Sat., Feb. 25, 11:40am-12:50pm | |
| Lyon Village Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601K | Tues., Feb. 28, 9:45-10:55am | |
| Maury Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601L | Sat., Feb. 25, 11:40am-12:50pm | |
| Quincy Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601M | Mon., Feb. 27, 9:45-10:55am | |
| 240601N | Thurs., Mar. 2, 11:05am-12:15pm | |
| Stratford Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601O | Thurs., Mar. 2, 7:30-8:40pm | |
| Tuckahoe Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601P | Tues., Feb. 28, 8:30-9:40pm | |
| Va. Highlands Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240601Q | Mon., Feb. 27, 6:10-7:20pm | |
| 240601R | Thurs., Mar. 2, 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 info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis. | | |
| Barcroft Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602A | Tues., Feb. 28, 8:50-10pm | |
| 240602B | Wed., Mar. 1, 8:50-10pm | |
| Hayes Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602C | Mon., Feb. 27, 8:50-10pm | |
| 240602D | Wed., Mar. 1, 11:05am-12:15pm | |
| 240602E | Wed., Mar. 1, 8:50-10pm | |
| 240602F | Thurs., Mar. 2, 6:10-7:20pm | |
| Jennie Dean Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602G | Thurs., Mar. 2, 9:45-10:55am | |
| Langston-Brown Center | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602H | Sat., Feb. 25, 10:20-11:50am | |
| Lyon Village Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602I | Tues., Feb. 28, 11:05am-12:15pm | |
| Maury Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602J | Sat., Feb. 25, 10:20-11:30am | |

| | | |
|---------------------------|--------------------------------|--------------|
| Quincy Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602K | Mon., Feb. 27, 11:05am-12:15pm | |
| Stratford Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602L | Thurs., Mar. 2, 8:50-10pm | |
| Tuckahoe Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602M | Tues., Feb. 28, 8:30-9:40pm | |
| Va. Highlands Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240602N | Mon., Feb. 27, 7:30-8:40pm | |
| 240602O | Thurs., Mar. 2, 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 info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

| | | |
|---------------------------|---------------------------------|--------------|
| Hayes Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603A | Thurs., Mar. 2, 7:30-8:40pm | |
| Langston Brown | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603B | Tues., Feb. 28, 11:05am-12:15pm | |
| 240603C | Wed., Mar. 1, 8:50-10pm | |
| Lyon Village Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603D | Tues., Feb. 28, 7:30-8:40pm | |
| Quincy Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603E | Mon., Feb. 27, 11:05am-12:15pm | |
| 240603F | Thurs., Mar. 2, 9:45-10:55am | |
| Stratford Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603G | Mon., Feb. 27, 8:50-10pm | |
| 240603H | Thurs., Mar. 2, 8:50-10pm | |
| Va. Highlands Park | | |
| Ages 15-Adult | 5 Sessions | \$175 |
| 240603I | Mon., Feb. 27, 8:50-10pm | |



New! pilates Personal Training



Pilates training has returned with one-on-one sessions on the reformer, available in the private studio at Thomas Jefferson Community Center with our newest experienced instructor, Sallie Porter.

For more information visit the [website](#) or contact Fitness Manager [Michelle Atkin](#).

Instructors Needed!

Interested in becoming an instructor for Arlington County Parks and Recreation? Contact LReid1@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 for more information.

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.

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 3.5-4.0 Ratio 4:1. Tennis racquets are not provided please email info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

Hayes Park

Ages 15-Adult 5 Sessions \$175
240604A Thurs., Mar. 2, 8:50-10pm

Langston-Brown Center

Ages 15-Adult 5 Sessions \$175
240604B Tues., Feb. 28, 9:45-10:55am
240604C Wed., Mar. 1, 7:30-8:40pm

Lyon Village Park

Ages 15-Adult 5 Sessions \$175
240604D Tues., Feb. 28, 8:50-10pm

Quincy Park

Ages 15-Adult 5 Sessions \$175
240604E Mon., Feb. 27, 9:45-10:55am

Stratford Park

Ages 15-Adult 5 Sessions \$175
240604F Mon., Feb. 27, 7:30-8:40pm
240604G Thurs., Mar. 2, 7:30-8:40pm

Tennis 3 & 4

Players who have tennis match play experience work on developing more consistent strokes. With game-based drills and match-play situations, this course gets players ready for their weekly match or league. Tennis racquets are not provided please email info@tenniseveryone.net if you have any further questions. Ratio. 4:1. Inst.: First Serve Tennis.

Maury Park

Ages 15-Adult 5 Sessions \$175
240607A Sat., Feb. 25, 9-10:10am

New! Tennis Match Play Level 3&4

For adults who are in or have taken Adult Level 3 or 4 tennis. Singles and/or doubles round-robin style play with strategic coaching. Inst.: First Serve Tennis.

Kenmore MS

Ages 15-Adult 5 Sessions \$175
240608A Sat., Feb. 25, 9-10:10am

DANCE

TOT & ADULT

Dance and Prance

Boys and girls who love to dance will love this class! They will enjoy creative movement with fun music and playful props. Kids also will dance like characters from storybooks, including their favorite animals. PLEASE NOTE: One adult per child attends these classes and actively participates as a guide for his/her dancer. Additional family members should not be in the classroom. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Langston-Brown Center

Ages 2-3 6 Sessions \$96
210204A Sat., Jan. 21, 9-9:30am

Long Bridge Aquatics Center

Ages 2-3 4 Sessions \$64
210204B Thurs., Jan. 26, 5:15-5:45pm

Barcroft Sports & Fitness Center

Ages 2-3 8 Sessions \$128
210204C Mon., Jan. 23, 10-10:30am

Lubber Run Center

Ages 2-3 9 Sessions \$144
210204D Sat., Jan. 21, 11:30am-12pm

Let's Play Ballet

Let your little one experience the joy of being a ballet dancer! Playful exercises in pre-ballet and creative movement will include dancing with magic wands, flowers, ribbons and more! PLEASE NOTE: One adult per child attends these classes and actively participates as a guide for his/her dancer. Additional family members should not be in the classroom. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 2-3 10 Sessions \$160
210207A Fri., Jan. 20, 10-10:30am

Ages 2-3 9 Sessions \$144
210207B Sat., Jan. 21, 10-10:30am

Long Bridge Aquatics Center

Ages 2-3 7 Sessions \$112
210207C Sat., Jan. 28, 10-10:30am

210207D Sat., Jan. 28, 10:45-11:15am
Ages 2-3 5 Sessions \$80
210207E Thurs., Feb. 23, 5:15-5:45pm

YOUTH

Pre-Ballet & Movement I

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. If you have questions email susannah@gobananasdancing.com. Parents and caregivers must remain outside the classroom during class. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 3-5 10 Sessions \$200
210210A Wed., Jan. 18, 4-4:45pm

Ages 3-5 9 Sessions \$180
210210B Sat., Jan. 21, 10:40-11:20am

Ages 3-5 8 Sessions \$160
210210C Sat., Jan. 21, 4-4:45pm

210210D Mon., Jan. 23, 4:40-5:25pm

Fairlington Center

Ages 3-5 10 Sessions \$200
210210E Thurs., Jan. 19, 5-5:45pm

Langston-Brown Center

Ages 3-5 6 Sessions \$120
210210F Sat., Jan. 21, 9:45-10:30am

Barcroft Sports & Fitness Center

Ages 3-5 8 Sessions \$160
210210G Mon., Jan. 23, 10:45-11:30am

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! If you have questions email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 4-5 10 Sessions \$200
210211A Tues., Jan. 17, 4:15-5pm

Barcroft Sports & Fitness Center

Ages 4-5 10 Sessions \$200
210211B Thurs., Jan. 19, 5-5:45pm

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. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Fairlington Center

Ages 4-6 10 Sessions \$200
210213A Wed., Jan. 18, 4:45-5:30pm





Long Bridge Aquatics Center
Ages 4-6 **8 Sessions** **\$160**
210213B Sun., Jan. 22, 10-10:45am

Barcroft Sports & Fitness Center
Ages 4-6 **8 Sessions** **\$160**
210213C Mon., Jan. 23, 5-5:45pm

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. If you have questions email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Long Bridge Aquatics Center
Ages 4½-6 **10 Sessions** **\$200**
210205A Fri., Jan. 20, 5-5:45pm

Ages 4½-6 **8 Sessions** **\$160**
210205B Sun., Jan. 22, 10:55-11:40am

Barcroft Sports & Fitness Center
Ages 4½-6 **8 Sessions** **\$160**
210205C Mon., Jan. 23, 5:50-6:35pm

Tap

In this class children will enjoy the joyful rhythms of Tap! Students will explore basic steps and build a fundamental tap vocabulary in order to learn simple combinations to upbeat music. Tap shoes required. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 5½-8 **10 Sessions** **\$200**
220217A Tues., Jan. 17, 5:15-6pm

Dance for Musical Theater

Love Broadway musicals? This upbeat class brings together dance and theater in a celebration of the magic of musical theater. Students will focus on the dance techniques used to bring musicals to life, including basic Jazz, Modern and Tap dancing, as well as building stage presence. With an emphasis on the use of expression and drama through movement, kids will have a blast learning choreography in the style of Broadway theater and movie musicals. Tap shoes required. If you have questions email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Fairlington Center
Ages 6-8 **10 Sessions** **\$200**
220211A Wed., Jan. 18, 5:40-6:25pm

New! Ballet for Boys

This class gives boys the opportunity to experience the many benefits of Ballet! It will help boys increase their flexibility, endurance and strength. In addition to boosting their physical health, the class will improve their mental and emotional health. Learning Ballet steps will challenge their minds, and dancing with the enthusiastic instructor, Mr. Adolfo, will be lots of fun! Email susannah@gobananasdancing.com with questions. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 4½-7 **10 Sessions** **\$200**
220223A Fri., Jan. 20, 4:40-5:20pm

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. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 5-7 **10 Sessions** **\$200**
220221A Wed., Jan. 18, 6-6:45pm

Ages 5-7 **8 Sessions** **\$160**
220221B Mon., Jan. 23, 5:30-6:15pm
220221C Sat., Jan. 21, 3-3:45pm

Fairlington Center
Ages 5-7 **10 Sessions** **\$200**
220221D Thurs., Jan. 19, 6-6:45pm

Long Bridge Aquatics Center
Ages 5-7 **8 Sessions** **\$160**
220221E Sun., Jan. 22, 11:45am-12:30pm

Ballet 2

Kids will enjoy this classical ballet class that includes exercises at the barre, center work and dancing across the floor. Dance students will focus on developing grace, strength, balance and musicality in a positive and encouraging environment. Older beginner students are welcome to enroll in this class as well as students looking for the next level after our Ballet 1 class. Email susannah@gobananasdancing.com with questions. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 7-9 **10 Sessions** **\$280**
220222A Fri., Jan. 20, 5:30-6:30pm

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. If you have questions email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 6-8 **10 Sessions** **\$200**
220200A Wed., Jan. 18, 5-5:45pm

Barcroft Sports & Fitness Center
Ages 6-8 **10 Sessions** **\$200**
220200B Thurs., Jan. 19, 6-6:45pm

Walter Reed Center
Ages 6-8 **8 Sessions** **\$160**
220200C Sat., Jan. 21, 10:15-11am

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. If you have questions email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Walter Reed Center
Ages 9-11 **8 Sessions** **\$160**
220212A Sat., Jan. 21, 11:15am-12pm



We'd like to hear from you!

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

TEEN & ADULT

Hawaiian Dance: Beginners

Beginning dancers are invited to learn basic foot, hip and hand movement to Hawaiian music and chants. Learn Hawaiian culture, language and customs as you exercise without knowing it! Comfortable clothes required; no shoes needed. Inst.: Titus.

Lubber Run Center

Ages 15-Adult **8 Sessions** **\$79**
240231A Mon., Jan. 23, 6:30–7:30pm

Hawaiian Dance: Intermediate/Advanced

Intermediate and advanced dancers are invited to continue their study of Hawaiian dance, culture, language and customs. Learn more advanced dances and chants, some with instruments. Dancers from other areas and groups are welcome. Participants must have at least one year of previous Hawaiian dance or hula training. Comfortable clothes required; no shoes needed. Inst.: Titus.

Lubber Run Center

Ages 15-Adult **8 Sessions** **\$79**
240232A Mon., Jan. 23, 7:45–8:45pm

MOVEMENT

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.littlesteps-music.com. A \$42 non-refundable materials fee is included in the cost of the class. Adult participation required.

Lubber Run Center. Inst.: Scott

Birth-5 **10 Sessions** **\$242**
210208A Thurs., Jan. 19, 10–10:45am
210208B Thurs., Jan. 19, 11–11:45am

Birth-5 **9 Sessions** **\$222**
210208C Tues., Jan. 17, 10–10:45am
210208D Tues., Jan. 17, 11–11:45am

Lubber Run Center. Inst.: Wiebel

Birth-5 **7 Sessions** **\$182**
210208E Mon., Jan. 23, 9:30–10:15am
210208F Mon., Jan. 23, 10:30–11:15am
210208G Mon., Jan. 23, 11:30am–12:15pm

Madison Center. Inst.: Scott

Birth-5 **10 Sessions** **\$242**
210208H Fri., Jan. 20, 10–10:45am
210208I Fri., Jan. 20, 11–11:45am
210208J Sat., Jan. 21, 10–10:45am
210208K Sat., Jan. 21, 11–11:45am

Fairlington Center. Inst.: Wiebel

Birth-5 **10 Sessions** **\$242**
210208L Sat., Jan. 21, 9:30–10:15am
210208M Sat., Jan. 21, 10:30–11:15am
210208N Sat., Jan. 21, 11:30am–12:15pm

Fee Reductions

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

AQUATICS



TOT & ADULT

Water Babies

Babies will begin swimming readiness and learn safety skills in a fun environment. Parents will learn how to hold and support their baby, and children will learn elementary water exploration techniques. Adults do not need to know how to swim but one parent must participate in the water. Babies must wear snug swim diapers. No prior experience in the water is needed to take this course.

Long Bridge Aquatics Center

Ages 6 months-1½ **11 Sessions** **\$88**
210400A Tues., Jan. 17, 10–10:30am
210400B Tues., Jan. 17, 4:55–5:25pm
210400C Wed., Jan. 18, 4:25–4:55pm
210400D Thurs., Jan. 19, 10–10:30am
210400E Thurs., Jan. 19, 4–4:30pm
210400F Fri., Jan. 20, 4:35–5:05pm

Ages 6 months-1½ **9 Sessions** **\$73**
210400G Sat., Jan. 21, 9:05–9:35am
210400H Sat., Jan. 21, 11:20–11:50am
210400I Sun., Jan. 22, 8:30–9am
210400J Sun., Jan. 22, 9:40–10:10am
210400K Mon., Jan. 23, 4–4:30pm

Water Tots

Toddlers will build swimming readiness and learn safety skills in a fun environment. Parents and children will learn how to safely practice elementary swimming skills together. Adults do not need to know how to swim but they must participate in the water. Toddlers who are not toilet trained must wear snug swim diapers. No prior experience in the water is needed to take this course.

Long Bridge Aquatics Center

Ages 1½-2 **11 Sessions** **\$88**
210401A Tues., Jan. 17, 10:35–11:05am
210401B Tues., Jan. 17, 4–4:30pm
210401C Wed., Jan. 18, 4–4:30pm
210401D Thurs., Jan. 19, 10:35–11:05am
210401E Thurs., Jan. 19, 4:35–5:05pm
210401F Fri., Jan. 20, 4:35–5:05pm

Ages 1½-2 **9 Sessions** **\$73**
210401G Sat., Jan. 21, 8:30–9am
210401H Sat., Jan. 21, 10:15–10:45am
210401I Sun., Jan. 22, 9:05–9:35am
210401J Sun., Jan. 22, 10:15–10:45am
210401K Mon., Jan. 23, 4:35–5:05pm

Pre-Fin & Me

This class is meant for children who have taken a parent and child class, have previous exposure in the pool or who are ready to swim but will not leave their parent for Pre-Fin yet. One adult is required to participate. This class is meant to allow maximum interaction with the instructor. When children are willing to work with the instructor individually or in a group they are ready to take the next course (Pre-Fin) on their own. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics Center

Ages 2½-3 **11 Sessions** **\$88**
210402A Tues., Jan. 17, 11:10–11:40am
210402B Tues., Jan. 17, 4:35–5:05pm
210402C Wed., Jan. 18, 4:35–5:05pm
210402D Thurs., Jan. 19, 11:10–11:40am
210402E Thurs., Jan. 19, 4–4:30pm
210402F Fri., Jan. 20, 4–4:30pm

Ages 2½-3 **9 Sessions** **\$73**
210402G Sat., Jan. 21, 8:30–9am
210402H Sat., Jan. 21, 9:40–10:10am
210402I Sun., Jan. 22, 8:30–9am
210402J Sun., Jan. 22, 10:50–11:20am
210402K Mon., Jan. 23, 5:10–5:40pm

TOT

Pre-Fin

This class is meant for children who have taken a parent and child class and are ready to try taking swimming classes without a parent in the water with them. Pre-Fin has a low student to teacher ratio to maximize student interaction with the instructor. When children can confidently attempt back and front floats with assistance, full submersion of their heads in the water, and meet the minimum 3 years and 3 months age requirement for Fin 1, they will be ready to take Fin 1 in the following session. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics Center

Age 3 **11 Sessions** **\$66**
210403A Tues., Jan. 17, 10–10:20am
210403B Tues., Jan. 17, 4:30–4:50pm
210403C Tues., Jan. 17, 5:30–5:50pm
210403D Wed., Jan. 18, 4–4:20pm
210403E Wed., Jan. 18, 5:10–5:30pm
210403F Thurs., Jan. 19, 10–10:20am
210403G Thurs., Jan. 19, 11:45am–12:05pm

210403H Fri., Jan. 20, 4:35–4:55pm
210403I Fri., Jan. 20, 5:10–5:30pm
210403J Fri., Jan. 20, 6:05–6:25pm
Age 3 9 Sessions \$55
210403K Sat., Jan. 21, 8:30–8:50am
210403L Sat., Jan. 21, 9:30–9:50am
210403M Sat., Jan. 21, 9:50–10:10am
210403N Sat., Jan. 21, 10:50–11:10am
210403O Sun., Jan. 22, 9:05–9:25am
210403P Sun., Jan. 22, 10:15–10:35am
210403Q Mon., Jan. 23, 4:45–5:05pm
210403R Mon., Jan. 23, 4:45–5:05pm

Fin 1

This beginner class is for 3-year-olds who have passed Pre-Fin or a comparable course, and for 4- or 5-year-olds who have little to no prior experience. For 3-year-olds with little to no experience, we recommend the Pre-Fin class. Children must willingly participate without a parent/guardian. Once participants can fully submerge their head and perform front and back floats with assistance, they will be ready to take Fin 2. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics Center
Ages 3yrs 3months-5 11 Sessions \$88
210404A Tues., Jan. 17, 10:25–10:55am
210404B Tues., Jan. 17, 11:45am–12:15pm
210404C Tues., Jan. 17, 4–4:30pm
210404D Tues., Jan. 17, 5:55–6:25pm
210404E Wed., Jan. 18, 5:35–6:05pm
210404F Wed., Jan. 18, 6:20–6:50pm
210404G Thurs., Jan. 19, 10:25–10:55am
210404H Thurs., Jan. 19, 11–11:30am
210404I Thurs., Jan. 19, 4:35–5:05pm
210404J Thurs., Jan. 19, 5:10–5:40pm
210404K Fri., Jan. 20, 4–4:30pm
210404L Fri., Jan. 20, 5–5:30pm
210404M Fri., Jan. 20, 5:35–6:05pm
Ages 3yrs 3months-5 9 Sessions \$73
210404N Sat., Jan. 21, 8:55–9:25am
210404O Sat., Jan. 21, 9:15–9:45am
210404P Sat., Jan. 21, 10:15–10:45am
210404Q Sat., Jan. 21, 10:55–11:25am
210404R Sat., Jan. 21, 11:55am–12:25pm
210404S Sun., Jan. 22, 8:30–9am
210404T Sun., Jan. 22, 9:40–10:10am
210404U Sun., Jan. 22, 10:40–11:10am
210404V Sun., Jan. 22, 11:50am–12:20pm
210404W Mon., Jan. 23, 4:25–4:55pm
210404X Mon., Jan. 23, 5–5:30pm
210404Y Mon., Jan. 23, 5:45–6:15pm
210404Z Mon., Jan. 23, 6:30–7pm

Fin 2

This class is for children who are comfortable in the water and have successfully completed Fin 1 or have comparable skills. Participants will build upon Fin 1 exit skills by working toward performing those skills independently and will be introduced to level-appropriate safety topics. Once participants can float, glide and swim a short distance on their fronts and backs, they will be ready to take Fin 3.

Long Bridge Aquatics Center
Ages 3yrs 3months-5 11 Sessions \$88
210405A Tues., Jan. 17, 11–11:30am
210405B Tues., Jan. 17, 4–4:30pm
210405C Tues., Jan. 17, 6:30–7pm
210405D Wed., Jan. 18, 5:45–6:15pm
210405E Wed., Jan. 18, 6:45–7:15pm
210405F Thurs., Jan. 19, 11:35am–12:05pm
210405G Thurs., Jan. 19, 6:30–7pm

210405H Fri., Jan. 20, 4–4:30pm
210405I Fri., Jan. 20, 6:30–7pm
Ages 3yrs 3months-5 9 Sessions \$73
210405J Sat., Jan. 21, 8:30–9am
210405K Sat., Jan. 21, 9:55–10:25am
210405L Sat., Jan. 21, 11:30am–12pm
210405M Sun., Jan. 22, 8:30–9am
210405N Sun., Jan. 22, 9:50–10:20am
210405O Sun., Jan. 22, 11:15–11:45am
210405P Sun., Jan. 22, 11:30am–12pm
210405Q Mon., Jan. 23, 5:10–5:40pm
210405R Mon., Jan. 23, 5:10–5:40pm
210405S Mon., Jan. 23, 6:20–6:50pm

Fin 3

This class is for children who have successfully completed Fin 2 or have comparable skills. Participants will learn to coordinate the front crawl and safety skills like treading water. By the end of the course, participants should be able to swim using combined arm and leg action on both their front and back for 5-10 yards without support.

Long Bridge Aquatics Center
Ages 4-5 11 Sessions \$88
210406A Tues., Jan. 17, 11:35am–12:05pm
210406B Tues., Jan. 17, 4:30–5:05pm
210406C Tues., Jan. 17, 5:55–6:25pm
210406D Wed., Jan. 18, 6:10–6:40pm
210406E Thurs., Jan. 19, 5:20–5:50pm
210406F Fri., Jan. 20, 4:45–5:15pm
Ages 4-5 9 Sessions \$73
210406G Sat., Jan. 21, 9:50–10:20am
210406H Sat., Jan. 21, 11:55am–12:25pm
210406I Sun., Jan. 22, 9:50–10:20am
210406J Sun., Jan. 22, 10:45–11:15am
210406K Sun., Jan. 22, 12–12:30pm
210406L Mon., Jan. 23, 5:35–6:05pm
210406M Mon., Jan. 23, 6:30–7pm

Fin 4

This class is for children who have successfully completed Fin 3 or have comparable skills. Participants will learn breaststroke, butterfly and diving, and will refine front crawl, backstroke and elementary backstroke. Once participants can tread for 30 seconds, swim front crawl for 15 yards with rotary breathing, and swim backstroke unsupported for 15 yards, they will be ready for Level 3. If students reach age 7 prior to completing these skills, they should go to Level 2.



Long Bridge Aquatics Center
Ages 4½-5 11 Sessions \$88
210407A Tues., Jan. 17, 7:15–7:45pm
210407B Wed., Jan. 18, 4–4:30pm
210407C Thurs., Jan. 19, 5:45–6:15pm
210407D Fri., Jan. 20, 4:45–5:15pm
Ages 4½-5 9 Sessions \$73
210407E Sat., Jan. 21, 11:20–11:50am
210407F Sun., Jan. 22, 11:10–11:40am
210407G Mon., Jan. 23, 4:45–5:15pm
210407H Mon., Jan. 23, 6:55–7:25pm

YOUTH

Level 1: Youth Swim

This class is for beginners with little or no experience in the water who are unable to submerge or float on their back. The class will focus on beginning swimming techniques and basic safety skills. Children who have never taken a swim class before or who have aged out of Fin 1 should start here.

Long Bridge Aquatics Center
Ages 6-12 11 Sessions \$89
220400A Tues., Jan. 17, 5:10–5:50pm
220400B Tues., Jan. 17, 6:40–7:20pm
220400C Tues., Jan. 17, 7:05–7:45pm
220400D Wed., Jan. 18, 4–4:40pm
220400E Wed., Jan. 18, 5–5:40pm
220400F Wed., Jan. 18, 6:15–6:55pm
220400G Thurs., Jan. 19, 5:10–5:50pm
220400H Thurs., Jan. 19, 6:20–7pm
220400I Thurs., Jan. 19, 6:45–7:25pm
220400J Fri., Jan. 20, 5:10–5:50pm
220400K Fri., Jan. 20, 6:10–6:50pm
Ages 6-12 9 Sessions \$74
220400L Sat., Jan. 21, 8:30–9:10am
220400M Sat., Jan. 21, 9:05–9:45am
220400N Sat., Jan. 21, 10–10:40am
220400O Sat., Jan. 21, 10:30–11:10am
220400P Sun., Jan. 22, 9:05–9:45am
220400Q Sun., Jan. 22, 10–10:40am
220400R Sun., Jan. 22, 11:25am–12:05pm
220400S Sun., Jan. 22, 11:55am–12:35pm
220400T Mon., Jan. 23, 4–4:40pm
220400U Mon., Jan. 23, 6:05–6:45pm
220400V Mon., Jan. 23, 6:55–7:35pm

Level 2: Youth Swim

This class is for children who have successfully completed Level 1 or who can otherwise independently enter the pool via steps or ladder, bob 5 times, float for 5 seconds on back and glide for two body lengths on front and back. The class will focus on developing safety skills and learning to swim independently. Once participants can tread water for 15 seconds and swim using combined arm and leg action on both their front and back for 5 body lengths without support they will be ready to take Level 3.

Long Bridge Aquatics Center

Ages 6–12 **11 Sessions** **\$89**

[220401A](#) Tues., Jan. 17, 5:10–5:50pm

[220401B](#) Tues., Jan. 17, 5:55–6:35pm

[220401C](#) Tues., Jan. 17, 6:30–7:10pm

[220401D](#) Wed., Jan. 18, 4:45–5:25pm

[220401E](#) Wed., Jan. 18, 6:55–7:35pm

[220401F](#) Thurs., Jan. 19, 4:30–5:10pm

[220401G](#) Thurs., Jan. 19, 5:45–6:25pm

[220401H](#) Thurs., Jan. 19, 6:40–7:20pm

[220401I](#) Fri., Jan. 20, 4–4:40pm

[220401J](#) Fri., Jan. 20, 5:20–6pm

Ages 6–12 **9 Sessions** **\$72**

[220401K](#) Sat., Jan. 21, 9:05–9:45am

[220401L](#) Sat., Jan. 21, 10:25–11:05am

[220401M](#) Sat., Jan. 21, 10:45–11:25am

[220401N](#) Sun., Jan. 22, 9:05–9:45am

[220401O](#) Sun., Jan. 22, 10:25–11:05am

[220401P](#) Sun., Jan. 22, 11:10–11:50am

[220401Q](#) Mon., Jan. 23, 4–4:40pm

[220401R](#) Mon., Jan. 23, 5:45–6:25pm

[220401S](#) Mon., Jan. 23, 7:30–8:10pm

Level 3: Youth Swim

This class is for children who have successfully completed Level 2 or can otherwise swim on front and back for 5 body lengths, tread water and float for 15 seconds respectively, and fully submerge underwater. The class will focus on developing specific strokes, getting acclimated to deep water and learning diving basics. Once participants can jump into the pool, tread or float for 1 minute and swim 25 yards using a combination of front crawl or elementary backstroke, they will be ready to take Level 4.

Long Bridge Aquatics Center

Ages 6–12 **11 Sessions** **\$89**

[220402A](#) Tues., Jan. 17, 4:35–5:15pm

[220402B](#) Tues., Jan. 17, 6:05–6:45pm

[220402C](#) Wed., Jan. 18, 4:35–5:15pm

[220402D](#) Wed., Jan. 18, 5:30–6:10pm

[220402E](#) Wed., Jan. 18, 7–7:40pm

[220402F](#) Thurs., Jan. 19, 5–5:40pm

[220402G](#) Thurs., Jan. 19, 5:55–6:35pm

[220402H](#) Thurs., Jan. 19, 7:05–7:45pm

[220402I](#) Fri., Jan. 20, 5:55–6:35pm

Ages 6–12 **9 Sessions** **\$74**

[220402J](#) Sat., Jan. 21, 8:30–9:10am

[220402K](#) Sat., Jan. 21, 10–10:40am

[220402L](#) Sat., Jan. 21, 11:15–11:55am

[220402M](#) Sat., Jan. 21, 11:35am–12:15pm

[220402N](#) Sun., Jan. 22, 8:30–9:10am

[220402O](#) Sun., Jan. 22, 10:25–11:05am

[220402P](#) Sun., Jan. 22, 11–11:40am

[220402Q](#) Mon., Jan. 23, 4–4:40pm

[220402R](#) Mon., Jan. 23, 5:20–6pm

Level 4: Youth Swim

This class is for children who have successfully passed Youth Swim: Level 3 or can otherwise swim front crawl, elementary backstroke, back crawl and breaststroke kick for at least 15 yards each and be able to swim 25 yards. Students will focus on developing confidence in deep water, refining their front crawl, back crawl, and elementary backstroke, and improving treading and other survival skills. They will also begin butterfly and breaststroke and continue refining shallow-angle diving skills.

Long Bridge Aquatics Center

Ages 6–12 **11 Sessions** **\$89**

[220403A](#) Tues., Jan. 17, 6:50–7:30pm

[220403B](#) Wed., Jan. 18, 5:20–6pm

[220403C](#) Wed., Jan. 18, 6:50–7:30pm

[220403D](#) Thurs., Jan. 19, 5:15–5:55pm

[220403E](#) Thurs., Jan. 19, 7:25–8:05pm

[220403F](#) Fri., Jan. 20, 6:05–6:45pm

[220403G](#) Fri., Jan. 20, 4–4:40pm

Ages 6–12 **9 Sessions** **\$74**

[220403H](#) Sat., Jan. 21, 8:30–9:10am

[220403I](#) Sat., Jan. 21, 9:15–9:55am

[220403J](#) Sat., Jan. 21, 11:50am–12:30pm

[220403K](#) Sun., Jan. 22, 9:15–9:55am

[220403L](#) Sun., Jan. 22, 10:15–10:55am

[220403M](#) Sun., Jan. 22, 11:50am–12:30pm

[220403N](#) Mon., Jan. 23, 6:10–6:50pm

[220403O](#) Mon., Jan. 23, 7:35–8:15pm

Level 5: Youth Swim

This class is for children who have successfully passed Youth Swim: Level 4 or who can otherwise comfortably swim at least 25 yards front crawl and elementary backstroke, as well as 15 yards breaststroke, back crawl and butterfly. Students will focus on refining strokes, building endurance, and improving diving and aquatic safety skills.

Long Bridge Aquatics Center

Ages 6–12 **11 Sessions** **\$89**

[220404A](#) Tues., Jan. 17, 5:20–6pm

[220404B](#) Wed., Jan. 18, 6:05–6:45pm

[220404C](#) Thurs., Jan. 19, 6–6:40pm

[220404D](#) Fri., Jan. 20, 5:20–6pm

Ages 6–12 **9 Sessions** **\$74**

[220404E](#) Sat., Jan. 21, 9:15–9:55am

[220404F](#) Sun., Jan. 22, 9:30–10:10am

[220404G](#) Mon., Jan. 23, 5:45–6:25pm

Youth Beginning Diving

Children will learn the proper way to perform the hurdle step and basic dive techniques by working primarily on getting comfortable with entering the water headfirst at several different levels, culminating with a front dive off the diving board and possibly a back dive. All students must be able to swim in deep water.

Long Bridge Aquatics Center

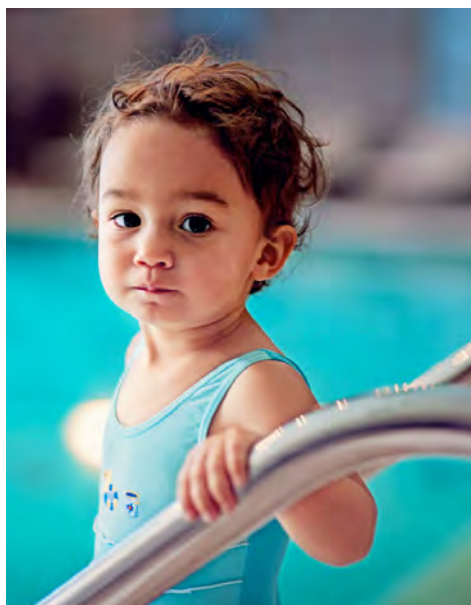
Ages 6–12 **9 Sessions** **\$74**

[220406A](#) Sun., Jan. 22, 4:10–4:50pm

YOUTH & TEEN

Youth Advanced Swim

This advanced class is for children who have successfully passed Youth Swim: Level 5 or can otherwise swim front crawl and elementary backstroke 50 yards each and backstroke, sidestroke, butterfly, and breaststroke 25 yards each, perform front and back flip turns, and tread water for 5 minutes. Students will focus on further refining strokes, learn advanced swim concepts, and increase endurance



Are You Taking Swimming Lessons?

Arlington County is proud to provide lessons that are based on the American Red Cross Learn-to-Swim Program. When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

Students must have successfully completed previous level or have comparable skills from another swim program or instructor permission to skip levels or take a higher level course. It is anticipated that participants take classes more than once to meet skill requirements for the next level. Students who are not at the right level hinder the classes' ability to function. Please remember that everyone progresses at different speeds and all participants will be required to pass a "pre-test" on the first day of the new session of classes. At that time the instructor may recommend a different course or may ask you to contact the main office to coordinate a transfer up or down.

Public Health requires pools to close when contaminated. Swim diapers must be worn by anyone who is not potty trained or incontinent. Also please do not eat within 30 minutes of swimming.

Students registered in swim classes should bring a bathing suit, towel and goggles (if desired, but will not be used for levels that are below Fin 2). All other equipment is provided. The first day of class we will issue each class member a pass to enter the pool. This pass must be shown to the front desk each week to gain entry to the pool. Locker Rooms and family changing rooms are available, if you wish to lock your items up you must bring a lock (recommended).

Students are ONLY allowed to swim during the class time, participants will not be able to access the pool outside of their normal class times/days. NO swimming is allowed to class participants before or after the class time unless the customer pays a general admission or has a monthly or annual pass.

For more information on Swimming classes visit: parks.arlingtonva.us/sports and click on aquatics/swimming

OVERVIEW OF SWIM LEVELS FOR CHILDREN THROUGH AGE 6

Please see details below for children ages 2½-6 and how they will be placed. Instructors will assess skills on the first day of class, so attendance on this day is important. If the instructor deems that your child is not in the appropriate course, we will make every effort to transfer to the indicated level but we cannot guarantee placement in an alternative class. Please make sure you register for the correct level.

| Class | Age (years) | Class Description |
|-------------------------|--------------|--|
| Pre-Fin & Me (w/parent) | 2½-3 | Children will participate with a parent/guardian; the goal is to build independence to prepare for the Fin program where they participate without a parent. This class has a smaller ratio than the other parent and child programs, to provide maximum interaction with the instructor. |
| Pre-Fin | 3 | Pre-Fin is for 3 year olds who are able to leave parent. The class focus is on comfort in water with instructor (no parent). This class has a small ratio to provide maximum interaction with the instructor. |
| Fin 1 | 3 yrs 3 mo-5 | Fin 1 is for 3 years 3 month-5 year olds. Children who are under 4 years old are recommended to take Pre-Fin first as the same skills are taught in both Pre-Fin and Fin 1. The main difference is there is a larger ratio and longer time frame. Participants need no prior experience but must leave parent willingly. |
| Fin 2 | 3 yrs 3 mo-5 | Fin 2 is for children 3 years 3 month-5 year who have successfully completed Fin 1 or have comparable skills. Participants must be able to submerge confidently and float comfortably on the front and back with limited assistance. |
| Fin 3 | 4-5 | Fin 3 is for children 4-5 who have successfully completed Fin 2 or have comparable skills. Participants must be able to swim a short distance on front and float on back. This class is for intermediate young swimmers, do not register beginner swimmers in this course. |
| Fin 4 | 4½-6 | Fin 4 is for children 4½-6 who have successfully completed Fin 3 or have comparable skills. Participants must be able to swim 5-10 yards on front and back with combined arm and leg actions. This class is for advanced young swimmers. |

Determining Your Child's Swim Level

In order to provide a positive learning experience and maintain a safe environment, it is important that children are properly placed in an aquatics program. Class placements are based first on age, due to specific cognitive development needs, learning and listening abilities and ability to focus. Some classes also have pre-requisites-specific skills necessary to guide placement—which ensure the group can progress successfully together. Age is defined as the participants age on the start date of each class.

Children under the age of 4 who have not taken a swimming class before or have limited experience should consider taking a Parent/Tot class which is listed on page 13. These classes are specific to age group defined and no exceptions are made to the ages listed

Children ages 3 through 6 years can participate in the Fin program listed on pages 14 & 19. More information on these programs can be found in the chart on page 13. It is typical that participants repeat these courses to gain confidence in the skills required to move to the next level. Once the child is 6 years old, they are eligible to enter the Youth swim level program. Participants at the Fin 4 level may continue with that course until they turn 7 or the instructor recommends moving up.

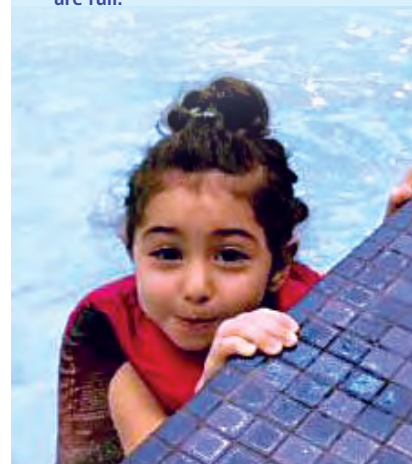
Children ages 6 through 12 years should find the appropriate youth swim course based on their skill level with swimming. If children have participated in Fin programs successfully they will most likely be able to skip Level 1.

New to swim lessons?

Use our handy dandy swim lesson description chart online to help place yourself & children in the correct level:

[Click here for swim level chart](#)

If you place yourself in the wrong level, we'll do our best to assist with the correct level, but cannot guarantee placement when classes are full.



ACCESS FOR ALL

Everyone, Everywhere, Every Day.

Arlington County residents may request a fee reduction! Apply for a fee reduction prior to registration; discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information [click here](#).

Need Program Modifications?

Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703.228.4740 or email Trinfo@arlingtonva.us.

for swimming. Ideal for swimmers looking to pursue other aquatic activities, such as swim team, fitness swimming, life guarding, or diving.

Long Bridge Aquatics Center

Ages 8-14 **11 Sessions** **\$89**

220405A Tues., Jan. 17, 7:35-8:30pm

220405B Wed., Jan. 18, 7:35-8:30pm

Ages 8-14 **9 Sessions** **\$74**

220405C Sat., Jan. 21, 10:45-11:40am

220405D Sun., Jan. 22, 8:30-9:25am

220405E Mon., Jan. 23, 7:10-8:05pm

Youth Intermediate Diving

Students interested in this class must be able to do a three-step approach followed by a front dive off a one-meter diving board and be able to swim in deep water. This class will concentrate on front and back dives; front and back flips and front 1/2 twist will be introduced.

Long Bridge Aquatics Center

Ages 8-14 **9 Sessions** **\$74**

220407A Sun., Jan. 22, 4:55-5:35pm



TEEN

Teen Beginner

This class is for teenage swimmers who have little to no swimming experience or who may be fearful of the water. Students will learn to submerge underwater, blow bubbles and float/glide on the front and back independently.

Long Bridge Aquatics Center

Ages 13-19 **11 Sessions** **\$89**

230400A Tues., Jan. 17, 7:25-8:05pm

230400B Thurs., Jan. 19, 5:55-6:35pm

Teen Intermediate

This class is for teenage swimmers who have successfully completed Teen Beginner or who can otherwise swim 25 yards of front crawl and elementary backstroke. Participants should already be comfortable in deeper water, able to tread, and familiar with the basics of backstroke and breaststroke. This class will focus on refining technique for front crawl, backstroke and breaststroke as well as building endurance and confidence.

Long Bridge Aquatics Center

Ages 13-19 **11 Sessions** **\$89**

230401A Tues., Jan. 17, 7:25-8:05pm

TEEN & ADULT

Shallow Aqua Fitness

You don't have to be a swimmer to condition your heart and lungs and increase muscle flexibility and tone in this low-impact workout. Great for those with joint pain and arthritis.

Long Bridge Aquatics Center

Ages 13-Adult **11 Sessions** **\$117**

240406A Tues., Jan. 17, 9-9:55am

240406B Thurs., Jan. 19, 9-9:55am

Ages 13-Adult **9 Sessions** **\$97**

240406C Sat., Jan. 21, 7:30-8:25am

Deep Aqua Fitness

Participants must be comfortable in water over their heads. You will use a variety of deep-water exercises to enhance cardiovascular fitness while strengthening and toning muscles. Aqua Fitness belts are provided or you can bring your own.

Long Bridge Aquatics Center

Ages 13-Adult **11 Sessions** **\$117**

240407A Tues., Jan. 17, 8-8:55am

240407B Thurs., Jan. 19, 8-8:55am

Cardio Deep-Water Combo

This deep-water class combines water resistance with no impact using a variety of equipment and exercises.

Long Bridge Aquatics Center

Ages 13-Adult **11 Sessions** **\$117**

240408A Wed., Jan. 18, 7:30-8:25pm

Ages 13-Adult **9 Sessions** **\$97**

240408B Sat., Jan. 21, 9:05-10am

240408C Mon., Jan. 23, 7:30-8:25pm

ADULT

Adult Beginner

This class is for adult swimmers who have little to no swimming experience or who may be fearful of the water. Students will learn to submerge underwater, blow bubbles and float/glide on the front and back independently.

Long Bridge Aquatics Center

Ages Adults **11 Sessions** **\$89**

240400A Tues., Jan. 17, 7:50-8:30pm

240400B Wed., Jan. 18, 7:45-8:25pm

240400C Thurs., Jan. 19, 7:40-8:20pm

240400D Fri., Jan. 20, 5:35-6:15pm

Ages Adults **9 Sessions** **\$74**

240400E Sat., Jan. 21, 11:20am-12pm

240400F Sun., Jan. 22, 11:20am-12pm

240400G Mon., Jan. 23, 7:45-8:25pm

Adult Advanced Beginner

This class is for adult swimmers who have completed adult beginner or can otherwise submerge, blow bubbles and glide and float independently on front and back. Students will work on treading water, gaining experience in deeper water and building endurance towards swimming 25 yards of front crawl and elementary backstroke. Students will also be introduced to backstroke and breaststroke.

Long Bridge Aquatics Center

Ages Adults **11 Sessions** **\$89**

240401A Tues., Jan. 17, 7:50-8:30pm

240401B Wed., Jan. 18, 7:50-8:30pm

240401C Thurs., Jan. 19, 7:30-8:10pm

240401D Fri., Jan. 20, 6:20-7pm

Ages Adults

9 Sessions

\$74

240401E Sat., Jan. 21, 10:35-11:15am

240401F Sun., Jan. 22, 10:35-11:15am

240401G Mon., Jan. 23, 7:10-7:50pm

Adult Intermediate

This class is for adult swimmers who have successfully completed adult advanced beginner or who can otherwise swim 25 yards of front crawl and elementary backstroke. Participants should already be comfortable in deeper water, able to tread, and familiar with the basics of backstroke and breaststroke. This class will focus on refining technique for front crawl, backstroke and breaststroke as well as building endurance and confidence.

Long Bridge Aquatics Center

Ages Adults **11 Sessions** **\$89**

240402A Tues., Jan. 17, 7-7:55am

240402B Wed., Jan. 18, 7:25-8:20pm

Ages Adults **9 Sessions** **\$74**

240402C Sat., Jan. 21, 9:30-10:25am

240402D Sun., Jan. 22, 8:30-9:25am

Adult Diving

Learn basic diving techniques, concentrating on front and back dives. All students must be able to swim in deep water. Class progression will be based on the experience and skills of the students in the class.

Long Bridge Aquatics Center

Ages 15-Adult **9 Sessions** **\$74**

240405A Sun., Jan. 22, 5:40-6:20pm

Adult Lap Swim

This class is for adult swimmers who have successfully completed Adult Intermediate and can swim 50's of front crawl, backstroke and breaststroke. This class will introduce sets, intervals and other cardiovascular training representative of a master's or competitive swim workout routine. In addition, students will refine strokes and be introduced to butterfly and flipturns.

Long Bridge Aquatics Center

Ages Adults **11 Sessions** **\$89**

240404A Thurs., Jan. 19, 7-7:55am

240404B Sat., Jan. 21, 8:30-9:25am

Ages Adults **9 Sessions** **\$74**

240404C Sun., Jan. 22, 9:30-10:25am



GYMNASTICS



TOT & ADULT

Tiny Time

This 45-minute class creates special parent-child bonding time through sensory stimulation and physical play on some of the gymnastics equipment. Parents learn gymnastics safety and basic spotting techniques. Adult participation required.

Barcroft Sports & Fitness Center

Ages 1 **10 Sessions** **\$118**

[210500A](#) Fri., Jan. 20, 9:30–10:15am

Ages 1 **8 Sessions** **\$99**

[210500B](#) Mon., Jan. 23, 9:30–10:15am

Family Gymnastics

Tots are introduced or continue to learn about the fun of gymnastics with their parents supervised guidance. Parents learn gymnastics safety and basic spotting techniques. This mixed-aged class is geared towards families with multiple children or just one child (each child must be registered for class). Adult participation required.

Barcroft Sports & Fitness Center

Ages 1½-5 **10 Sessions** **\$118**

[210501A](#) Tues., Jan. 17, 9:30–10:15am

[210501B](#) Tues., Jan. 17, 2–2:45pm

[210501C](#) Wed., Jan. 18, 10:30–11:15am

[210501D](#) Thurs., Jan. 19, 9:30–10:15am

[210501E](#) Thurs., Jan. 19, 11:30am–12:15pm

[210501F](#) Fri., Jan. 20, 10:30–11:15am

[210501G](#) Fri., Jan. 20, 2–2:45pm

[210501H](#) Sun., Jan. 22, 1–1:45pm

Ages 1½-5 **8 Sessions** **\$99**

[210501I](#) Mon., Jan. 23, 10:30–11:15am

Tumbling for Toddler's

Curious high-energy toddlers can explore the world of gymnastics with their parents supervised guidance. Fantastic theme-based lessons cater to the short attention span and eagerness of this age group. Parents learn gymnastics safety and basic spotting techniques. Adult participation required.

Barcroft Sports & Fitness Center

Ages 1½-2 **10 Sessions** **\$118**

[210502A](#) Tues., Jan. 17, 10:30–11:15am

[210502B](#) Tues., Jan. 17, 1–1:45pm

[210502C](#) Wed., Jan. 18, 9:30–10:15am

[210502D](#) Wed., Jan. 18, 10:30–11:15am

[210502E](#) Wed., Jan. 18, 11:30am–12:15pm

[210502F](#) Wed., Jan. 18, 2–2:45pm

[210502G](#) Thurs., Jan. 19, 10:30–11:15am

[210502H](#) Thurs., Jan. 19, 1–1:45pm

[210502I](#) Thurs., Jan. 19, 2–2:45pm

[210502J](#) Fri., Jan. 20, 9:30–10:15am

[210502K](#) Fri., Jan. 20, 11:30am–12:15pm

[210502L](#) Sun., Jan. 22, 12–12:45pm

Ages 1½-2 **8 Sessions** **\$99**

[210502M](#) Mon., Jan. 23, 9:30–10:15am

[210502N](#) Mon., Jan. 23, 10:30–11:15am

[210502O](#) Mon., Jan. 23, 2–2:45pm

TOT

Tumbling for 3's

The unique needs of a three-year-old are met with activities that blend skill progressions into a fun atmosphere. The structured format will help your child develop listening skills, social awareness, as well as basics gymnastic skills.

Barcroft Sports & Fitness Center

Age 3 **10 Sessions** **\$118**

[210503A](#) Tues., Jan. 17, 9:30–10:15am

[210503B](#) Tues., Jan. 17, 10:30–11:15am

[210503C](#) Tues., Jan. 17, 11:30am–12:15pm

[210503D](#) Tues., Jan. 17, 2–2:45pm

[210503E](#) Wed., Jan. 18, 9:30–10:15am

[210503F](#) Wed., Jan. 18, 10:30–11:15am

[210503G](#) Wed., Jan. 18, 1–1:45pm

[210503H](#) Wed., Jan. 18, 2–2:45pm

[210503I](#) Thurs., Jan. 19, 9:30–10:15am

[210503J](#) Thurs., Jan. 19, 11:30am–12:15pm

[210503K](#) Thurs., Jan. 19, 2–2:45pm

[210503L](#) Fri., Jan. 20, 10:30–11:15am

[210503M](#) Fri., Jan. 20, 11:30am–12:15pm

[210503N](#) Fri., Jan. 20, 1–1:45pm

Age 3 **8 Sessions** **\$99**

[210503O](#) Mon., Jan. 23, 10:30–11:15am

[210503P](#) Mon., Jan. 23, 11:30am–12:15pm

[210503Q](#) Mon., Jan. 23, 1–1:45pm

[210503R](#) Mon., Jan. 23, 2–2:45pm

Age 3 **4 Sessions** **\$60**

[210503S](#) Sat., Jan. 21, 8:30–9:15am

[210503T](#) Sat., Jan. 21, 10:30–11:15am

[210503U](#) Sat., Mar. 4, 8:30–9:15am

[210503V](#) Sat., Mar. 4, 10:30–11:15am

Gymnasticats

Young gymnasts will continue their gymnastics progressions focusing on strength and clean execution.

Barcroft Sports & Fitness Center

Ages 4 **10 Sessions** **\$118**

[210505A](#) Tues., Jan. 17, 11:30am–12:15pm

[210505B](#) Tues., Jan. 17, 3–3:45pm

[210505C](#) Wed., Jan. 18, 11:30am–12:15pm

[210505D](#) Wed., Jan. 18, 2–2:45pm

[210505E](#) Wed., Jan. 18, 3–3:45pm

[210505F](#) Thurs., Jan. 19, 10:30–11:15am

[210505G](#) Thurs., Jan. 19, 1–1:45pm

[210505H](#) Thurs., Jan. 19, 3–3:45pm

[210505I](#) Fri., Jan. 20, 2–2:45pm

[210505J](#) Fri., Jan. 20, 3–3:45pm

Ages 4 **8 Sessions** **\$99**

[210505K](#) Mon., Jan. 23, 11:30am–12:15pm

[210505L](#) Mon., Jan. 23, 3–3:45pm

Ages 4 **4 Sessions** **\$60**

[210505M](#) Sat., Jan. 21, 9:30–10:15am

[210505N](#) Sat., Mar. 4, 9:30–10:15am

YOUTH

Junior Gymnast

Gymnasts will continue their journey after taking Gymnasticats. The classes will focus on refining fundamental skills and work more advanced progressions, preparing participants for Girls or Boys Level 1 Beginner.

Barcroft Sports & Fitness Center

Ages 5 **10 Sessions** **\$118**

[210506A](#) Wed., Jan. 18, 4–4:45pm

[210506B](#) Thurs., Jan. 19, 3–3:45pm

[210506C](#) Fri., Jan. 20, 4–4:45pm

Ages 5 **8 Sessions** **\$99**

[210506D](#) Mon., Jan. 23, 4–4:45pm

Gymnastics: Girls Level 1 Beginner

Gymnasts learn the fundamental progressions and basic skills on vault, uneven bars, balance beam and floor exercise. Gymnasts need to pass the skill requirements before moving to Girls Level 1 Advanced.



Barcroft Sports & Fitness Center

| | | |
|-------------------------|------------------------------|--------------|
| Ages 5-6 | 10 Sessions | \$167 |
| 220500A | Tues., Jan. 17, 4:30-5:30pm | |
| 220500B | Wed., Jan. 18, 4:15-5:15pm | |
| 220500C | Thurs., Jan. 19, 4:15-5:15pm | |
| 220500D | Fri., Jan. 20, 4:30-5:30pm | |
| Ages 5-6 | 8 Sessions | \$137 |
| 220500E | Mon., Jan. 23, 4:15-5:15pm | |
| Ages 7-8 | 10 Sessions | \$167 |
| 220500F | Thurs., Jan. 19, 6:45-7:45pm | |
| Ages 7-8 | 8 Sessions | \$137 |
| 220500G | Mon., Jan. 23, 4:15-5:15pm | |
| Ages 7-8 | 4 Sessions | \$78 |
| 220500H | Sat., Jan. 21, 1:15-2:15pm | |
| 220500I | Sat., Jan. 21, 5-6pm | |
| 220500J | Sat., Mar. 4, 1:15-2:15pm | |
| 220500K | Sat., Mar. 4, 5-6pm | |
| Ages 9-12 | 10 Sessions | \$167 |
| 220500L | Tues., Jan. 17, 7-8pm | |
| 220500M | Thurs., Jan. 19, 6:45-7:45pm | |
| Ages 9-12 | 4 Sessions | \$78 |
| 220500N | Sat., Jan. 21, 2:30-3:30pm | |
| 220500O | Sat., Mar. 4, 2:30-3:30pm | |

Gymnastics: Girls Level 1 Advanced

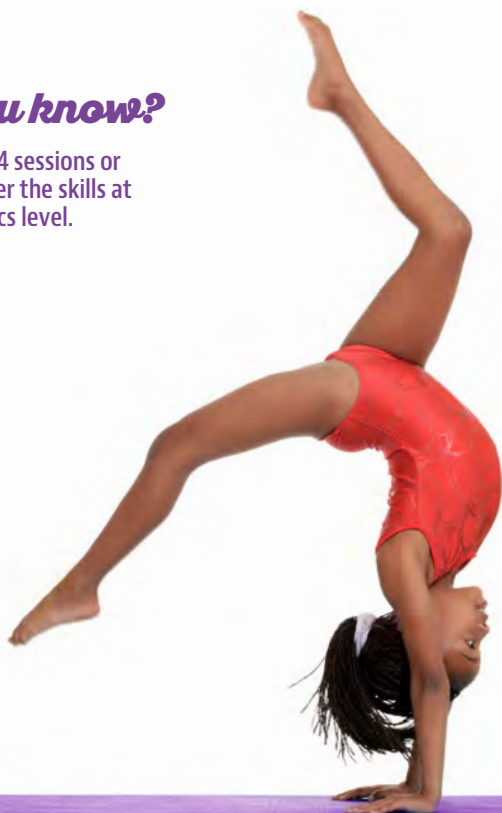
Gymnasts continue their gymnastics progressions advancing their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Girls Level 2 Beginner. Pre-requisite: Girls Level 1 Beginner (review reference chart).

Barcroft Sports & Fitness Center

| | | |
|-------------------------|----------------------------|--------------|
| Ages 5-6 | 8 Sessions | \$137 |
| 220501A | Mon., Jan. 23, 5:30-6:30pm | |
| Ages 5-6 | 4 Sessions | \$78 |
| 220501B | Sat., Jan. 21, 3:45-4:45pm | |
| 220501C | Sat., Mar. 4, 3:45-4:45pm | |

Did you know?

It takes about 4 sessions or a year to master the skills at each gymnastics level.



| | | |
|-------------------------|----------------------------|--------------|
| Ages 7-8 | 10 Sessions | \$167 |
| 220501D | Wed., Jan. 18, 4:15-5:15pm | |
| Ages 7-8 | 8 Sessions | \$137 |
| 220501E | Mon., Jan. 23, 5:30-6:30pm | |
| Ages 7-8 | 4 Sessions | \$78 |
| 220501F | Sat., Jan. 21, 2:30-3:30pm | |
| 220501G | Sat., Mar. 4, 2:30-3:30pm | |
| Ages 9-12 | 10 Sessions | \$167 |
| 220501H | Sun., Jan. 22, 6-7pm | |

Gymnastics: Girls Level 2 Beginner

Gymnasts continue their gymnastics progressions advancing their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Girls Level 2 Advanced. Pre-requisite: Girls Level 1 Advanced (review reference chart).

Barcroft Sports & Fitness Center

| | | |
|-------------------------|----------------------------|--------------|
| Ages 9-12 | 10 Sessions | \$175 |
| 220502A | Wed., Jan. 18, 5:30-6:45pm | |

Gymnastics: Girls Level 2 Advanced

Gymnasts will continue their gymnastics progressions advancing their skill level on vault, uneven bars, balance beam and floor exercise. This class will have a more detailed focus on strength, flexibility and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Girls Level 3+. Pre-requisite: Girls Level 2 Beginner.

Barcroft Sports & Fitness Center

| | | |
|-------------------------|----------------------------|--------------|
| Ages 6-8 | 8 Sessions | \$153 |
| 220503A | Mon., Jan. 23, 6:45-8:15pm | |
| Ages 9-12 | 10 Sessions | \$187 |
| 220503B | Wed., Jan. 18, 6:45-8:15pm | |



Gymnastics: Boys Level 1 Beginner

Gymnasts learn the fundamental progressions and basic skills on vault, parallel bars, high bar, pommel horse, still rings and floor exercise. This class is for beginning students. Gymnasts need to pass the skill requirements before moving to Boys Level 1 Advanced.

Barcroft Sports & Fitness Center

| | | |
|-------------------------|------------------------------|--------------|
| Ages 5-7 | 10 Sessions | \$167 |
| 220511A | Thurs., Jan. 19, 4:15-5:15pm | |
| 220511B | Sun., Jan. 22, 2:15-3:15pm | |
| 220511C | Sun., Jan. 22, 4:45-5:45pm | |
| Ages 8-12 | 10 Sessions | \$167 |
| 220511D | Wed., Jan. 18, 5:30-6:30pm | |
| 220511E | Fri., Jan. 20, 5:45-6:45pm | |
| Ages 8-12 | 8 Sessions | \$137 |
| 220511F | Mon., Jan. 23, 6:45-7:45pm | |

Gymnastics: Boys Level 1 Advanced

Gymnasts will focus on the skills needed to move to the Boys Level 2 class (pull-over and back hip circle on bars, backward roll to push up, handstand hold and round off). Gymnasts need to pass the skill requirements before moving to Boys Level 2. Pre-requisite: Boys Level 1 Beginner (review reference chart).

Barcroft Sports & Fitness Center

| | | |
|-------------------------|----------------------------|--------------|
| Ages 6-12 | 10 Sessions | \$167 |
| 220512A | Sun., Jan. 22, 3:30-4:30pm | |

Gymnastics: Boys Level 2

Gymnasts continue their gymnastics progressions advancing their skill level on all six men's events. This class will focus on strength and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Boys 3+. Pre-requisite: Boys Level 1 Advanced (review reference chart).

Barcroft Sports & Fitness Center

| | | |
|-------------------------|-------------------------|--------------|
| Ages 6-12 | 10 Sessions | \$187 |
| 220513A | Fri., Jan. 20, 7-8:30pm | |

Gymnastics: Home School

Home-schooled children can improve balance, develop basic gymnastics skills and learn a variety of exercises using the vault, uneven bars, balance beam and floor exercise. The class teaches gymnastics in a safe, creative and supportive environment while gaining strength, flexibility and self-confidence.

Barcroft Sports & Fitness Center

Ages 5–7

220515A

Mon., Jan. 23, 1–1:45pm

8 Sessions

\$99

Barcroft Sports & Fitness Center

Ages 8–12

220515B

Fri., Jan. 20, 1–1:45pm

10 Sessions

\$118

YOUTH & TEEN

Gymnastics: Girls 3+

Gymnasts are introduced to advanced gymnastics skills on the vault, uneven bars, balance beam and floor exercise. A strong foundation is needed to excel through these higher-level progressions. The class is tailored to improving existing skills and adding new elements in a non-competitive environment with a focus on strength and flexibility. Pre-requisite: Girls Level 2 Advanced.

Barcroft Sports & Fitness Center

Ages 7–13

220504A

Sat., Jan. 21, 3:45–5:45pm

4 Sessions

\$114

Barcroft Sports & Fitness Center

Ages 13–17

220504B

Sat., Mar. 4, 3:45–5:45pm

10 Sessions

\$175

TEEN

Teen Gymnastics

This is a class designed for teenagers who are interested in trying gymnastics for the first time or continuing after level classes. Learn a variety of gymnastics skills on vault, bars, beam and floor.

Barcroft Sports & Fitness Center

Ages 13–17

230500A

Wed., Jan. 18, 6:45–8pm

10 Sessions

\$175

ADULT

Gymnastics: Adult Beginner

Teens and adults who have never tried gymnastics will have a fun time learning the proper gymnastics progressions. Adults will improve their strength, flexibility and will master the fundamental gymnastics skills. Students need to pass the skill requirements before moving to the Adult Advanced class.

Barcroft Sports & Fitness Center

Ages 18–59

240500A

Thurs., Jan. 19, 7:45–9pm

10 Sessions

\$175

Gymnastics: Adult Advanced

Teens and adults will master the advanced gymnastics skills focusing on clean execution and proper technique. This open workout allows individuals to focus on more specific skills. Pre-requisite: Adult Gymnastics Beginner or previous competitive gymnastics

Barcroft Sports & Fitness Center

Ages 18–59

240501A

Mon., Jan. 23, 7:45–9pm

8 Sessions

\$144

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 48 business hours of the first class and we will refund your money minus the \$20 cancellation fee. We are open Monday-Friday, 8am-5pm.

Attention Arlington Gymnastics Participants:

Please review the chart below to determine the appropriate class for your child. If you have questions, please ask your child’s instructor regarding their recommendation for the winter session.

PRESCHOOL GYMNASTICS PROGRAM: WINTER 2023

| CLASSES | AGE | DURATION | CLASS UPDATE OR CHANGE |
|------------------------|----------------|----------|--|
| Tiny Time | 1 years old | 45 mins | This class has switched from a 30-minute class to a 45-minute class allowing participants to explore more gymnastics activities and skills. |
| Family Gymnastics | 1½–5 years old | 45 mins | No change. This is a parent-tot class where adults lead their gymnasts through our gymnastics courses. |
| Tumbling for Toddler’s | 1½–2 years old | 45 mins | No change. This is a parent-tot class where adults lead their gymnasts through our gymnastics courses. |
| Tumbling for 3s | 3 years old | 45 mins | This is the first class where participants are taking class on their own. Participants will learn how to follow directions, listen and stay with their group along with introductory gymnastics skills. |
| Gymnasticats | 4 years old | 45 mins | The age for this class has changed to include only 4-year old participants. This is a unique age group. This class focuses on transitioning gymnasts from the 3-year old class and preparing them for more advanced gymnastics classes (i.e. Junior Gymnast, Girls Beginner or Boys Beginner). |
| Junior Gymnast | 5 years old | 45 mins | The age of this class has changed to 5 years old. This class is geared towards school aged participants. This is the highest level preschool class which focuses on preparing participants for the recreational gymnastics program. |

RECREATIONAL GYMNASTICS PROGRAM: WINTER 2023

| CURRENT LEVEL | NEW LEVEL /FALL 2021 | SKILLS REQUIRED TO ADVANCE TO NEXT LEVEL |
|--------------------|--|--|
| Girls Beginner | Girls Level 1 Beginner 1 hour | Bars: Pullover (light spot) Floor: Forward Roll, Backward Roll, Cartwheel |
| Girls Intermediate | Girls Level 1 Advanced 1 hour | All the above, plus: Bars: Pullover (no spot), Back Hip Circle Floor: Handstand, Bridge w/ straight arms |
| Girls Advanced | Girls Level 2 Beginner 1 hour & 15 min. | All the above, plus: Bars: Sneak or Shoot Through, Mill Circle Floor: Round-off, Bridge Kick-over |
| Level 3+ | Girls Level 2 Advanced 1 hour & 30 min. | All the above, plus: Bars: Front Hip Circle (light spot), Back Hip Circle to Dismount, Floor: Handstand to Bridge Kick-over, Back Limber, Back Roll to Push-up, Handstand Forward Roll |
| Level 3/4 | Level 3+ 2 hours | All the above, plus: Bars: Front Hip Circle, Kip (light spot) Floor: Standing Back Handspring |
| Boys Beginner | Boys Level 1 Beginner 1 hour | High Bar: Chin-Up for 3 seconds, Hanging L, 3 Casts in a Row Parallel Bars: Tuck Hold for 5 seconds, Straddle Travel Rings: Pull-Up hold for 3 seconds, Swings Floor: Forward Roll, Cartwheel, Donkey Kick |
| Boys Intermediate | Boys Level 1 Advanced 1 hour | All the above, plus: High Bar: Pull-Over (light spot), Swings w/ Re-grip Parallel Bars: L-Hold for 5 seconds Rings: Pull-Up Hold & Tuck Hang for 5 seconds, German Hang Dismount Floor: Backward Roll, Cartwheel Step-In, Handstand |
| Boys Advanced | Boys Level 2 1 hour & 30 min. | All the above, plus: High Bar: Pull-Over and Back Hip Circle (light spot) Parallel Bars: Straddle L Hold for 2 seconds, Swings Rings: Pull-Up hold for 10 seconds, Inverted Hang to Pike Hold Floor: Backward Roll to Push-Up, Handstand Hold, Round-off |
| Boys Level 3 | Boys Level 3 2 hours | All the above, plus: High Bar: Chin-Up Pull-Over and Back Hip Circle Parallel Bars: Swings above horizontal to back dismount Rings: Swings Above Horizontal & German Hang to Inverted Pike Floor: Handstand Forward Roll, Back Handspring (spotted) |



ARTS

Arts & Crafts Beginner's

In this introductory and fun program, individuals with disabilities will experiment with various materials and mediums to create beautiful and dynamic works of art. Different art techniques will be explored such as papermaking, brush painting, collage, and using recycled materials, and presented through theme-based projects. This program offers an opportunity to use unconventional art materials in a new way and allow creativity to shine! This is an adapted class format for individuals with disabilities that can benefit from minimum to moderate support and/or prompts and can attend to 1-2 step instructions.

Lubber Run Center

Ages 13-Adult **8 Sessions** **\$80**
202005A Tues., Jan. 24, 5:30–6:30pm

Arts & Crafts Advanced

Individuals with disabilities will look at various styles of art with a critical eye and create works of art based on techniques used by the masters. Intended for those who took the Arts and Crafts-Beginner class and are ready for more intensive work. Artists will begin to hone and refine their personal style while exploring various materials and new mediums. This class is for individuals with disabilities that can work independently with minimum support or prompts. Those who are at the beginner level or need moderate or maximum support should take the beginner class. Inst.: Droblyen/Halloran.

Fairlington Center

Ages Adults **8 Sessions** **\$80**
202006A Mon., Jan. 23, 6:30–7:30pm

AQUATICS

Adapted Aquatics: Pre-Fin & Me

In this beginner swim class with a modified environment, participants are accompanied in the water by a parent or guardian for 1:1 support. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and how to submerge their heads underwater. Additionally, participants will learn to interact with instructors in order to transition to swim classes unaccompanied by parents.

Long Bridge Aquatics Center

Ages 2½-4 **10 Sessions** **\$80**
210411A Sun., Jan. 22, 1:15–1:45pm

Adapted Aquatics: Pre-Fin

In this beginner swim class with a modified environment, participants will work with instructors in a reduced ratio, unaccompanied by a parent or guardian. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions and how to put their heads underwater.

Long Bridge Aquatics Center

Ages 3yrs 9months-5 **10 Sessions** **\$80**
210412A Sun., Jan. 22, 1:15–1:45pm

Aquatics: Adapted Youth Splash

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics Center

Ages 6-12 **10 Sessions** **\$80**
220411A Sun., Jan. 22, 1:50–2:20pm

Aquatics: Adapted Teen/Adult Splash

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics Center

Ages 13-Adult **10 Sessions** **\$80**
240415A Sun., Jan. 22, 2:25–2:55pm

Aquatics: Adapted Open Swim

This program is for participants who wish to exercise and leisurely utilize the pool in a more fluid structure and a modified environment. Activities can include (but are not limited to) lap swimming, aqua jogging, and kicking with a kick board. This is an open swim environment, there is no structured guidance from an instructor during the program, though instructors will be available to answer questions if needed. Participants needing 1:1 support in the water must be accompanied by a parent or guardian.

Long Bridge Aquatics Center

Ages 6-Adult **10 Sessions** **\$80**
220414A Sun., Jan. 22, 12:40–1:10pm

FITNESS & MOVEMENT

Fun & Fitness

In this program, individuals will engage in a mix of fitness, wellness, and fun! Each month we will focus on a different topic to improve your health, learn new recipe ideas, and try a fun fitness activity. Sign up for one or all events. This is an adapted class formatted for individuals with disabilities that can benefit from minimum to moderate support and/or prompts and can attend to 1-2 step instructions.

Langston-Brown Center

Ages 13-Adult **1 Session** **\$10**
204003A Sat., Jan. 28, 10am–12pm
204003B Sat., Feb. 25, 10am–12pm
204003C Sat., Mar. 25, 10am–12pm

Adapted Yoga for Adults

This yoga class is specifically for adults with disabilities and will include sound therapy (chanting), eye exercises, breathing exercises, body postures, deep relaxation, and affirmation. The instructor is certified as a yoga therapist with the International Association of Yoga Therapists, www.iaiyt.org, and is able to accommodate a range of different ages and disabilities. The instructor will be available for short individual consultations before or after class. A guardian or caregiver is welcome to attend, please let staff know prior to the first class if you would like to consistently attend. Inst.: Sheetz.

Lubber Run Center

Ages Adults **5 Sessions** **\$50**
204008A Wed., Jan. 18, 5:30–6:20pm
Ages Adults **4 Sessions** **\$40**
204008B Wed., Mar. 1, 5:30–6:20pm

GYMNASTICS

Gymnastics: Adapted Parent/Tot

Tots with disabilities work with a parent to learn basic gymnastics skills. Gymnastics is a great activity to enhance balance, movement and coordination in a social atmosphere. Adult participation required.

Barcroft Sports & Fitness Center

Ages 3-5 **10 Sessions** **\$118**
210520A Sun., Jan. 22, 9:30–10:15am



Gymnastics: Adapted Level 1

Children with disabilities learn basic gymnastics skills on men's and women's gymnastics events to enhance balance, movement, and coordination in a social atmosphere.

Barcroft Sports & Fitness Center

Ages 5-7 10 Sessions \$118

220521A Sun., Jan. 22, 9:30-10:15am

Ages 8-12 10 Sessions \$118

220521B Sun., Jan. 22, 8:30-9:15am

Gymnastics: Adapted Level 2

Children with disabilities learn fundamental progressions and expand their skill level on men's and women's gymnastics events. Prerequisite: Students need to pass the level 1 skill requirements before moving to level 2.

Barcroft Sports & Fitness Center

Ages 6-12 10 Sessions \$167

220522A Sun., Jan. 22, 10:30-11:30am

Gymnastics: Adapted Teen/Adult

This is a class designed for teens/adults with disabilities who are interested in trying gymnastics for the first time or continuing after level classes will learn a variety of gymnastics skills on men's and women's gymnastics events.

Barcroft Sports & Fitness Center

Ages 13-Adult 10 Sessions \$167

230503A Sun., Jan. 22, 10:30-11:30am



Therapeutic Recreation Family Night Out!

Adapted Ice Skating

Friday, December 30

4:50-6:50pm

Medstar

Tumble Together

Friday, January 6

5-6pm and 6:30-7:30pm

Barcroft Sports & Fitness Center

Hearts & Crafts

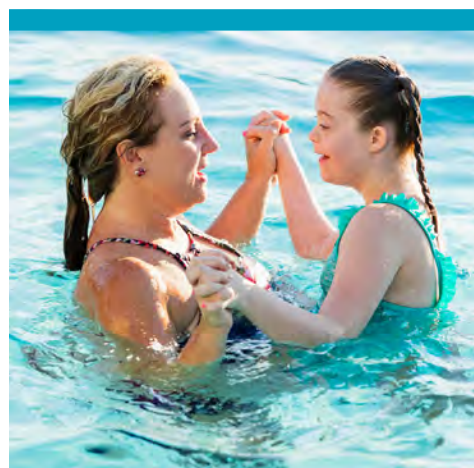
Saturday, February 11

10:30am-12:30pm

Lubber Run Community Center

The Arlington County TR Office is excited to host monthly fun and exciting recreation events for families that include a member with a disability. Families will get the opportunity to enjoy a variety of recreation activities as well as connect with other families. Registration will be required, so be sure to check our [TR website](#) or sign up for our [E-News](#) for event details and registration.

Age range: 3+. Contact TRinfo@arlingtonva.us if you have questions.



Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

Adapted Aquatics is a learn-to-swim program for children and adults with developmental disabilities. Volunteers will work one-on-one with participants in the water to strengthen and develop basic swim skills. Volunteers must be strong swimmers, comfortable in the water and enthusiastic about helping people learn. [Apply Here!](#)

Therapeutic Recreation Social Clubs

Teens Social Club: Ages 12-17

Adults Social Club: Ages 18+

Teens and adults with disabilities are invited to join one of our social clubs. Each social club offers a variety of activities per month. Get out, have some fun, and come join us!

Individual Membership fees are \$45.00 and will include access to lots of club offerings for the program year October-May (some activities will have additional fees). Registration is required for all events.

New Members or for more information:

Please contact Caitlyn Shann at cshann@arlingtonva.us or call 571.776.6834 to schedule a new member intake, prior to purchasing a membership.

Returning Members:

You can purchase the annual membership in person at the Registration Office at 300 N. Park Drive, or by phone at 703.228.4747.

To visit our website for more information [click here](#).



SPARC in Arlington

Description SPARC Solutions (SPecially Adapted Resource Club) empowers adults with disabilities to use their imaginations to express themselves through a variety of activities, such as cooking, art, community outings, and group games. SPARC enriches the lives of these young adults by enabling them to learn skills that will improve the quality of their lives and their families.

Age range: 18+

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



sparc
specially adapted resource clubs

Explore Nature Outdoor & Virtual Programs



Nature Events This Winter

CELEBRATE THE CHINESE NEW YEAR!

Celebrate the year of the Rabbit with us at Long Branch! We'll meet some live animals, make New Year's crafts, then take a short hike with our paper popper "firecrackers" to chase away the New Year's beast Nian!

\$7. Long Branch Nature Center

Sat., Jan. 21, 6-7:30pm

#622950-Q

Early Release Wednesdays: MAMMALS

When Arlington Public Schools have an early release Wednesday, come join us to learn about furry mammals! We will examine mammal pelts, skulls, and teeth to learn how mammals sense the world and what they eat. Ages 6 to 12.

Free. Gulf Branch Nature Center

Wed., Feb. 8, 2-3:30pm

#622820-C

Wed., Mar. 15, 2-3:30pm

#622820-D



Campfires \$5

The whole family is invited to join us for lots of old-fashioned fun and of course, S'mores! We will provide the marshmallows, chocolate & graham crackers.

Gulf Branch Nature Center

Winter Wildlife Campfire

Fri., Jan. 20, 5:30-6:30pm

#622850-A

Keeping Warm Campfire

Sat., Feb. 4, 5-6pm

#622850-B

Senses Campfire

Fri., Feb. 17, 6:30-7:30pm

#622850-C

Wake Up Wood Frogs!

Campfire Sat., Mar. 4, 5:30-6:30pm

#622850-D

Welcome Spring Campfire

Fri., Mar. 24, 7-8pm

#622850-E

Long Branch Nature Center

Flying Squirrels Campfire

Sat., Feb. 25, 5:30-6:30pm

#622950-D

All About Bats Campfire

Fri., Mar. 17, 6-7pm

#622950-E

FLYING SQUIRREL LORE

Flying squirrels are found throughout the wooded neighborhoods of Arlington but are seldom seen. Join us to learn about these nocturnal rodents in our classroom, then see wild flying squirrels outdoors. Dress for the weather, it can become very cold.

\$5. Long Branch Nature Center

Sat., Jan. 28, 6-7pm

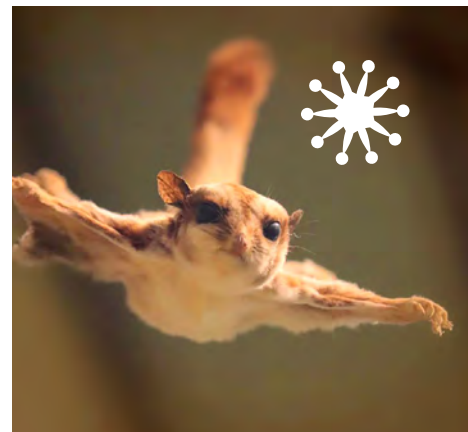
#622950-A

Fri., Feb. 3, 6-7pm

#622950-B

Fri., Feb. 10, 6-7pm

#622950-C



Drawing in Nature

Join us for lessons in nature drawing and art. We'll construct our own nature art journals, hone our drawing skills and talk about the season while connecting with nature on a hike.

Free. Long Branch Nature Center

Tue., Feb. 7, 2-3pm

#622950-O

Tue., Mar. 21, 2-3pm

#622950-P



HISTORY HIKES: DEFENDING CHAIN BRIDGE HIKE

Explore the remnants of Forts Marcy and Ethan Allen, built by the Union Army to defend the Chain Bridge, to learn the stories of the forts and their defenders at this important junction between north and south. This is a three mile loop-hike over occasionally rocky and steep terrain.

Free. Ft. Ethan Allen Park

Sun., Feb. 19, 2-4:30pm

#622750-G

CRAFTSTRAVAGANZA WORKSHOP

Join us to have a crafty morning and let your creative juices flow! We'll have a casual morning of crafts and nature conversation. There will be multiple craft projects available. Adults.

\$30. Gulf Branch Nature Center

Sat., Feb. 25, 10-11:30am

#622840-K





Intro to Nature Journaling Workshop

Ever want to take a breather, and help yourself take in the nature around you? Come learn about nature journaling and its history. We'll then head outside to get some practice and enjoy the early spring. Journal will be provided to take home. Participants will receive journaling materials. Teens ages 14 and up welcome but be accompanied by a registered adult. Adults.

\$30. Gulf Branch Nature Center
Sat., Mar. 18, 11am–12:30pm

[#622840-L](#)

PIMMIT RUN: NATURE & HISTORY IN THE FIELD

Discover one of the hidden jewels of Arlington County. While hiking along scenic Pimmit Run, you may forget you're inside the beltway. Look for migratory birds, wildflowers and other signs of spring. Discover Chain Bridge's vital role to the federal capital, from the burning of Washington to the Civil War. This is a 2-mile hike over both pavement and uneven, natural trails. Adults.

Free. Ft. Ethan Allen Park
Wed., Mar. 22, 10am–12pm

[#622840-M](#)



TRAILBLAZING CAMP (SPRING BREAK CAMP)

Get out and get hiking! Leap into spring in the calm of our forests, exploring the paths and waterways of Northern Arlington. Climb waterfalls, catch fish and invertebrates, and hike along the Potomac River. Each day we will hike somewhere new, bring sturdy shoes and clothes that can get wet and muddy. Camp runs Monday through Friday. Ages 10 to 13.

\$220. Gulf Branch Nature Center
Mon., Apr. 3 – Fri., Apr. 7, 9am–2:30pm

[#622820-S](#)

Tiny Tots & Preschool

Our Tiny Tot and Preschool programs provide opportunities to interact one-on-one with your child while discovering the wonders of nature.

Each program will engage your child with hands-on learning and may include a variety of activities like songs, crafts, imaginative play, and mini hikes. These programs are offered throughout the year at Gulf Branch and Long Branch Nature Centers. Each program has a monthly theme that is repeated, so please register your child for only one program at each center per month. Caretakers must stay with their child during the program. \$5 per child due at registration.



Tiny Tot \$5 Ages 18-35 months

February

Tiny Tot: Animal Hearts

Gulf Branch Nature Center
Thu., Feb. 2, 11–11:45am
Sat., Feb. 4, 10–10:45am
Thu., Feb. 9, 1–1:45pm

[#622810-I](#)
[#622810-J](#)
[#622810-K](#)

Tiny Tot: Stuffed Animal Picnic

Long Branch Nature Center
Fri., Feb. 10, 10:30–11:15am
Wed., Feb. 22, 10:30–11:15am
Sat., Feb. 25, 10:30–11:15am

[#622910-K](#)
[#622910-L](#)
[#622910-M](#)

March

Tiny Tot: Animal Noses

Gulf Branch Nature Center
Thu., Mar. 2, 1–1:45pm
Fri., Mar. 3, 11–11:45am
Sat., Mar. 11, 10–10:45am

[#622810-L](#)
[#622810-M](#)
[#622810-N](#)

Tiny Tot: Salamanders

Long Branch Nature Center
Wed., Mar. 8, 10:30–11:15am
Sat., Mar. 18, 10:30–11:15am
Wed., Mar. 22, 10:30–11:15am

[#622910-N](#)
[#622910-O](#)
[#622910-P](#)

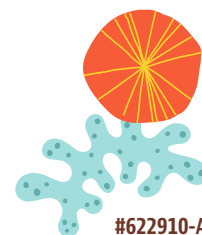


Preschool \$5 Ages 3-5 years

January

Pre-K: Hibernation

Long Branch Nature Center
Tue., Jan. 17, 2:30–3:30pm
Wed., Jan. 25, 2:30–3:30pm



[#622910-A](#)
[#622910-B](#)

February

Pre-K: Animal Teeth

Gulf Branch Nature Center
Thu., Feb. 2, 1–2pm
Sat., Feb. 4, 11am–12pm
Thu., Feb. 9, 4–5pm
Thu., Feb. 16, 1–2pm

[#622810-A](#)
[#622810-B](#)
[#622810-C](#)
[#622810-D](#)

Pre-K: Animal Safari

Long Branch Nature Center
Fri., Feb. 10, 2:30–3:30pm
Tue., Feb. 14, 2:30–3:30pm
Wed., Feb. 22, 2:30–3:30pm
Sat., Feb. 25, 1:30–2:30pm

[#622910-C](#)
[#622910-D](#)
[#622910-E](#)
[#622910-F](#)

March

Pre-K: Egg-citing Eggs

Gulf Branch Nature Center
Thu., Mar. 2, 4–5pm
Thu., Mar. 9, 1–2pm
Sat., Mar. 11, 11am–12pm
Thu., Mar. 16, 1–2pm

[#622810-E](#)
[#622810-F](#)
[#622810-G](#)
[#622810-H](#)

Pre-K: Metamorphosis

Long Branch Nature Center
Wed., Mar. 8, 2:30–3:30pm
Sat., Mar. 11, 2:30–3:30pm
Tue., Mar. 14, 2:30–3:30pm
Wed., Mar. 22, 1:30–2:30pm

[#622910-G](#)
[#622910-H](#)
[#622910-I](#)
[#622910-J](#)

Tiny Treks \$5

Register children only. Caretakers must stay with their child during the program. Join our naturalist and other young families for a story and short walk meant for the littlest legs! Each month, we'll visit a different park and explore what it has to offer! Ages 0 to 5.

Madison Manor Park

Thu., Feb. 16, 10:30–11:15am

[#622810-O](#)

Eads Street Park

Tue., Mar. 14, 10:30–11:15am

[#622810-P](#)



Kids

Fabulous Foxes

Come talk about one of our most fabulous residents, the red fox! We'll learn about these charismatic mammals, touch some fur, and make a fox craft to take home. Ages 5 to 10.

\$5. Gulf Branch Nature Center

Sat., Jan. 21, 10–11am

#622820-I

Mysterious Mammals

Meet a Naturalist at Lacey Woods to learn about some of our more mysterious neighbors-mammals! We'll talk about how mammals survive the winter, look at some mammal biofacts, and go for a stroll to see what mammals we can discover! Ages 5 to 12.

\$5. Lacey Woods Park

Tue., Jan. 24, 3:30–4:30pm

#622820-J

Under the Ice

Suspended animation! Voracious predators! The oxygen supply dropping fast! No, it's not the latest alien movie; it's winter in the pond. Learn what's lurking in that cold dark water. Then go outside and see what we can haul up from the depths. Ages 8 to 12.

Free. Gulf Branch Nature Center

Mon., Jan. 30, 10–11am

#622820-A

Mon., Jan. 30, 1–2pm

#622820-B

Nature Origami

Enjoy an afternoon of paper folding! Create origami versions of your favorite animals as we learn about and meet some of the critters found at the nature center. Ages 9 to 12.

\$5. Long Branch Nature Center

Mon., Jan. 30, 10:30–11:30am

#622920-C



Oysters & Scallops

Learn about Virginia's State Shell and State Fossil! These two-shelled animals belong to a group called mollusks. We'll use the Sanibel Island Shell Museum school kit to learn about seashells. Create a shell craft or seashell guide. Bring your shell collection if you like. Ages 8 to 14.

\$7. Gulf Branch Nature Center

Sat., Feb. 4, 2–3:30pm

#622820-L

Grumpy Groundhogs

It's Groundhog Day! Can a groundhog really predict the coming of spring? Join a naturalist to learn about groundhogs and what they are doing at this time of year and make a groundhog craft to take home! Ages 5 to 11.

\$5. Gulf Branch Nature Center

Thu., Feb. 2, 4–5pm

#622820-K



Cold-Blooded Afternoons:

Turtles

Turtles live on land or water and make up for their lack of speed with amazing adaptations. Find out how different turtles avoid being eaten while finding their food at the same time. Meet a live turtle up close and help feed the nature center's turtles! Ages 5 to 12.

Free. Gulf Branch Nature Center

Fri., Feb. 10, 4–5pm

#622820-E

Frogs & Toads

Spring is right around the corner, and with it come the frogs and toads. We will listen to the songs of these amphibian singers, and then make our own amphibian chorus! Afterward, we can meet some frogs up close and watch them eat. Ages 5 to 12.

Free. Gulf Branch Nature Center

Thu., Mar. 9, 4–5pm

#622820-F

Vibrant Valentines

Happy Valentine's Day! Come show your love for native wildlife by making valentines for the animals at the nature center. Ages 6 to 10.

\$5. Gulf Branch Nature Center

Sat., Feb. 11, 10–11am

#622820-N

\$5. Long Branch Nature Center

Sat., Feb. 11, 3:30–4:30pm

#622920-D



Stylish Snowflakes

Big, little, and more! Like in nature each flake will be unique and beautiful. Participants can make snowflake decorations and ornaments from a variety of materials to bring home for the holidays. We'll even throw in snowflake science. Ages 6 to 10.

\$5. Gulf Branch Nature Center

Wed., Feb. 15, 4–5pm

#622820-O

Turtle Afternoons

Join us for photo presentation and talk, followed by a live turtle meet and greet. We will learn about a year in the life of a box turtle. Ages 6 to 12.

Free. Long Branch Nature Center

Thu., Feb. 16, 3:30–4:30pm

#622920-A

Thu., Mar. 2, 3:30–4:30pm

#622920-B

Animal Tracks

Winter is a great time to see animal tracks in the snow or 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. Ages 8 to 12.

\$7. Long Branch Nature Center

Sat., Feb. 18, 2–3:30pm

#622920-E

Winter Secrets Revealed

With leaves off the trees and the forest plants dormant, many of the secrets of the forest are revealed. We'll take a hike in search of bird and squirrel nests, fox dens, insect homes, snow fleas and other forest secrets that you can only glimpse during the winter. Ages 5 to 12.

Free. Gulf Branch Nature Center

Fri., Mar. 3, 10–11am

#622820-G

Fri., Mar. 3, 1–2pm

#622820-H



What's With The Wind?

In like a lion, and out like a lamb... What's with the wind in March, anyway? Join a naturalist to explore what makes the wind blow! Then, decorate your own kites and windsocks to take home. Ages 8 to 11.

\$5. Gulf Branch Nature Center

Sat., Mar. 4, 11am–12pm

#622820-P

Amphibian Idol

Frogs and toads don't sing to get famous; they sing to find mates. Meet some frogs and toads, learn how and why they sing, and head outside to see if any are in our pond. We will even make our own amphibian chorus! Ages 5 to 12.

\$5. Gulf Branch Nature Center

Wed., Mar. 15, 3:30–4:30pm

[#622820-Q](#)

Pre-Colonial Native American Survival Skills

Can you survive living in the forest in the dead of winter? We'll practice animal stalking, throw a spear, and start a real fire. We'll test our mettle as we learn these survival skills. Ages 8 to 12.

\$5. Long Branch Nature Center

Sat., Mar. 18, 4–5:30pm

[#622920-F](#)



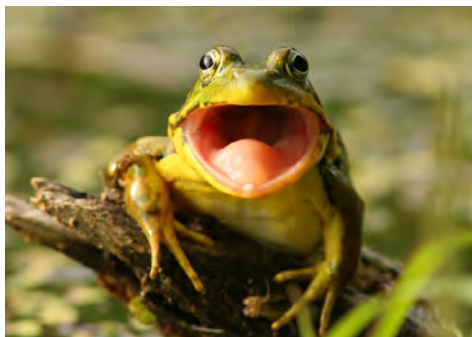
Feeding Time!

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.

Free. Gulf Branch Nature Center

Tue., Mar. 21, 3:30–4:30pm

[#622820-R](#)



Explore the natural world in Arlington!
More classes are available online
at arlingtonva.us/parks and search
Nature Programs.



Adults

Intro to Winter Waterfowl

Ducks, geese, grebes and even swans and loons use the waterways around Arlington in winter. We will learn how to tell the groups apart and meet many of the waterfowl you can see in winter. Then, join us on Saturday, Jan. 21, to search for waterfowl at Long Bridge Park (separate registration required).

Free. Virtual Program

Wed., Jan. 18, 7–8pm

[#622840-G](#)

Search for Winter Waterfowl

Ducks, geese, grebes and even swans and loons use the waterways around Arlington in winter. Join a naturalist at Long Bridge Park to look for winter waterfowl. Don't miss the virtual Intro to Winter Waterfowl on Wednesday, Jan. 18, so you know who we are looking for (separate registration required). Birders of all experience levels can participate, and loaner binoculars are available. Teens age 12 and up are welcome to attend, but must be accompanied by a registered adult.

Free. Long Bridge Park

Sat., Jan. 21, 8–9am

[#622840-H](#)

Winter Bird Walk for Beginners

Winter birding is a great time to get started in your bird watching journey. Bring your own binoculars or borrow a set, then follow the lead of an experienced naturalist as you stroll through the park.

Free.

Long Branch Nature Center

Fri., Jan. 20, 8:30–10:30am

[#622940-A](#)

Bluemont Park

Fri., Jan. 27, 8:30–10:30am

[#622940-B](#)

Long Bridge Park

Fri., Feb. 3, 8:30–10:30am

[#622940-C](#)

Long Branch Nature Center

Fri., Feb. 10, 8:30–10:30am

[#622940-D](#)

Bluemont Park

Fri., Feb. 17, 8:30–10:30am

[#622840-J](#)

Long Bridge Park

Fri., Feb. 24, 8:30–10:30am

[#622940-F](#)

Long Branch Nature Center

Fri., Mar. 3, 8:30–10:30am

[#622940-E](#)

Bluemont Park

Fri., Mar. 10, 8:30–10:30am

[#622940-G](#)

Long Bridge Park

Fri., Mar. 17, 8:30–10:30am

[#622940-H](#)

Long Branch Nature Center

Fri., Mar. 24, 8:30–10:30am

[#622940-I](#)

The Mating Game

Adults. Join a naturalist for a fun trivia game exploration of the weird, wild and wonderful mating scene of wildlife. Find out which male fish want to be seen as female, which amphibians can become too attached, and the hidden costs of being attractive. Light refreshments will be available.

\$5. Gulf Branch Nature Center

Sat., Feb. 11, 3–4:30pm

[#622840-I](#)

Winter Tree ID Hike

The leaves are gone, but we can still identify what tree it is without the easy leaf to show us clues. Learn to identify the trees of Arlington parks by their bark and shape. Wear weather-appropriate clothes, we will be outside the whole time. Teens ages 14 and up are welcome, but must attend with a registered adult.

\$5. Long Branch Nature Center

Sat., Jan. 28, 10–11:15am

[#622940-J](#)

Sun., Feb. 12, 10–11:15am

[#622940-K](#)



Coffee & Stroll

Bring your favorite cup of hot coffee, hot chocolate, or tea and join us for a stroll through the park. You can ask any nature questions you have always wondered about while we observe the local wildlife and beauty of nature during winter time.

Free. Long Branch Nature Center

Sat., Jan. 28, 1–2pm

[#622940-L](#)

Sat., Feb. 11, 11am–12pm

[#622940-M](#)

Sat., Mar. 4, 11am–12pm

[#622940-N](#)



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 welcome. Bring binoculars and field guides if you have them.

Free. Long Branch Nature Center

Wed., Feb. 1, 8:30–11am

[#622940-O](#)

Wed., Mar. 1, 8:30–11am

[#622940-P](#)

Native Plants for Northern Virginia

This hike will promote the use of native plants in home landscapes. We will learn about local ferns, shrubs and trees that attract birds, bees and wildlife. Teens ages 13 and up are welcome to attend with a registered adult.

Free. Long Branch Nature Center

Fri., Feb. 10, 3–4:30pm

[#622940-Q](#)

Fri., Feb. 24, 3–4:30pm

[#622940-R](#)

Tue., Mar. 7, 3–4:30pm

[#622940-S](#)

Wed., Mar. 22, 3–4:30pm

[#622940-T](#)



Deep Dives:

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

Free. Virtual Program.

Finding Love

What better time than February to explore the strange and unusual mating rituals and reproductive behaviors of our local wildlife. What are the physiological costs of these displays? How do these behaviors benefit the offspring? Do other species benefit?

Wed., Feb. 8, 7–8pm

[#622840-C](#)

Woodpeckers

Woodpeckers are a common sight in our forests. Explore the fantastic adaptations that make them so successful, from their physical attributes to their ability to find food.

Wed., Mar. 15, 7–8pm

[#622840-D](#)



Explore Arlington Trails

Lace up your hiking boots for a trek through the woods! Discover secrets of the forest and enjoy the company of your fellow hikers while winding your way down toward the Potomac River.

Free. Gulf Branch Nature Center

Sat., Jan. 28, 10:30am–12pm

[#622840-A](#)

Free. Woodmont Park

Sat., Feb. 18, 10:30am–12pm

[#622840-B](#)

Forest Meditation Walk

Inspired by the Japanese Shinrin-yoku, or "Forest Bathing", we will explore the forest through a meditation style walk. This is a two-hour class that will take participants off the beaten path and move slowly, experiencing the forest through our senses with meditation. Participants should be ready to sit on the ground and be outside rain, heat or bugs.

\$10 fee. Long Branch Nature Center

Sat., Mar. 11, 11am–1pm

[#622940-U](#)

Nature Photography By the Water

Adults. Take a photo hike in Glencarlyn Park near the park streams and ponds and see what nature we can capture with the camera of your choice! Teens ages 13 and up are welcome to attend, but must be accompanied by a registered adult.

Free. Long Branch Nature Center

Sun., Mar. 12, 3–4:30pm

[#622940-V](#)

Spring Ephemerals Walk at Windy Run

What are those first flowers of spring? They peek out before the trees have leaves, and while it still feels too cold for spring! Meet a Naturalist to go for a hike and look for these harbingers of the spring bounty to come. Program involves 2-mile walk over steps and terrain. Teens ages 14 and up are welcome but must be accompanied by a registered adult. Meet at Windy Run Park, 2420 N Kenmore Street, Arlington.

Free. Windy Run

Sat., Mar. 25, 10–11:30am

[#622840-E](#)

Sat., Mar. 25, 1–2:30pm

[#622840-F](#)



Mushroom Walk

The mushroom walk will begin indoors with an introduction to identification for beginners to learn how fungi grow in the soil and their role in the environment. Then we'll walk outside rain or shine to observe mushrooms in the forest. Teens ages 12 and up are welcome to attend with a registered adult.

Free. Long Branch Nature Center

Sat., Mar. 25, 3–4:30pm

[#622940-W](#)

Tue., Mar. 28, 10–11:30am

[#622940-X](#)

Families

Wild Virginia:

Get ready to go wild! Each program will focus on specific groups of wildlife that live right here in Virginia. Free. Virtual Program.

Invertebrates

How are invertebrates different from animal with backbones? Which sting? How are they beneficial to nature?

Thu., Jan. 19, 7–8pm

[#622950-F](#)

Birds

Where do birds go in the winter, why do some species stay? What birds can we find right here in Arlington?

Thu., Feb. 16, 7–8pm

[#622950-G](#)

Aquatic Life

What animals make their homes underwater? Are they slimy, scaly or creepy?

Thu., Mar. 16, 7–8pm

[#622950-H](#)

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.

Free.



Chestnut Hills Park

2807 N Harrison St, Arlington
Sat., Jan. 21, 2-3pm



Hayes Park

1516 N Lincoln St, Arlington
Sat., Feb. 4, 10-11am



Quincy Park

1021 N Quincy St, Arlington
Sat., Feb. 18, 12-1pm



Lacey Woods Park

1200 N George Mason Drive, Arlington
Tue., Mar. 14, 3-4pm



Madison Manor Park

6225 12th Rd N, Arlington
Fri., Mar. 17, 4:30-5:30pm



Tuckahoe Park

2400 N Sycamore St, Arlington
Sat., Mar. 18, 3-4pm



Rocky Run Park

1109 N Barton St, Arlington
Fri., Mar. 24, 4:30-5:30pm

Spellbinders Story Fest

The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Families ages 4 and up.

Free. Long Branch Nature Center

Sat., Jan. 21, 3-4pm

#622950-I

Sat., Feb. 25, 3-4pm

#622950-J

Sat., Mar. 18, 3-4pm

#622950-K

Winter Night Stargazing

We will look for stars and planets with telescopes and hear a story about a constellation while we gaze up at the winter night sky. Dress warmly. Bring binoculars and a picnic blanket if you have them. Program cancelled if raining.

Free. Fort CF Smith Park

Fri., Jan. 27, 6:30-8pm

#622950-L

Sat., Feb. 18, 6:30-8pm

#622950-M

Tue., Mar. 21, 6:30-8pm

#622950-N

Wonderful Wetlands

February 2nd is World Wetlands Day. Explore the diverse and wonderful wildlife of wetlands. Discover why wetlands are so important to us and wildlife, and what we can do to take care of them.

Free. Virtual Program

Thu., Feb. 2, 7-8pm

#622850-H

Winter Wildlife at Lacey Woods

Join a naturalist to go for a walk in the woods! We'll talk about what animals are doing in winter and their adaptations and



strategies for cold weather, followed by a short hike to see what signs of wildlife we can find. Meet at the playground at Lacey Woods Park. Families ages 5 and up.

Free. Lacey Woods Park

Sat., Feb. 4, 11am-12pm

#622850-F

Sat., Feb. 4, 1-2pm

#622850-G

Full Moon Exploration

Explore the park at night when the moon is full and the night time world is lit up in the forest and at the creek. Dress warmly and bring a flashlight if you have one! Event will take place rain or moon-shine!

Free. Long Branch Nature Center

Sun., Feb. 5, 6:30-8pm

#622950-R

Adapted Nature Hikes

Families. 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 & water fountains available, paved trails open in sun until forested area, trails are flat, benches at the picnic area for rest.

Free. Barcroft Park

Sat., Feb. 11, 1:30-3pm

#622950-S

Free. Bluemont Park

Sat., Mar. 11, 1:30-3pm

#622950-T

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.

Free. Gulf Branch Nature Center

Sat., Feb. 11, 9:30-11:30am

Sat., Mar. 11, 9:30-11:30am

Register on Gulf Branch signupgenius.com

Free. Long Branch Nature Center

Sun., Feb. 19, 2-4pm

Sun., Mar. 19, 2-4pm

Register on Long Branch signupgenius.com

Winter Bird Hike to the Potomac

Explore the forest in search of winter birds, including Brown Creeper, Winter Wren and Yellow-bellied Sapsucker. Then hike to the Potomac River to search for waterfowl. One mile, round trip, over irregular terrain with creek crossings. Birders of all experience levels can participate and loaner binoculars are available.

Free. Gulf Branch Nature Center

Sat., Feb. 18, 8-9:30am

#622850-I

Knock, Knock. Whoooo's There?

Join us to learn about the owls of Arlington. We'll spend the evening keeping our ears open as we walk around the park and practice our calls, and even get to meet our resident barred owl! Get ready with some bad owl puns and it'll be a hoot!

\$5. Gulf Branch Nature Center

Fri., Feb. 24, 5:30-6:30pm

#622850-J

Full Moon Salamander Search

Explore the park at night when the moon is full searching for salamanders in the forest and creek. Dress warmly and bring a flashlight if you have one! Event will take place rain or moon-shine!

Free. Long Branch Nature Center

Tue., Mar. 7, 6:30-8pm

#622950-U

Squirrels & Chipmunks

Come learn about these furry rodents we see in our neighborhoods. How are they adapted to survive in an urban environment? Where do they raise their babies? We'll learn the answers in our classroom and on a fun nature hike.

\$5. Long Branch Nature Center

Sat., Mar. 18, 1-2:30pm

#622950-V

Four Mile Run Night Hike

Join us for a night hike on the paved path along Four Mile Run. As the sun sets the sight and sounds of nocturnal wildlife will come out. Feel free to bring a flashlight.

Free. Long Branch Nature Center

Sat., Mar. 25, 7-8:30pm

#622950-W



Explore History Outdoor & Virtual Programs



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.

\$5. Fort CF Smith Park

Sun., Jan. 22, 12-1pm

#622720-A

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.

\$5. Fort CF Smith Park

Sat., Feb. 4, 12-1pm

#622720-B

Sun., Feb. 19, 12-1pm

#622720-C

Sat., Mar. 4, 12-1pm

#622720-D



Go Fly a Kite

February 8th is National Kite-Flying Day. Let's celebrate by making our own kites and then flying them in the meadow to test them out! Ages 8 to 12.

\$5. Fort Ethan Allen Park

Wed., Feb. 8, 3:30-4:30pm

#622820-M

Adults

The Bootlegger's Guide to the Parks

During Prohibition, illegal liquor was produced throughout Arlington County. Join park historian John McNair for stories of local bootleggers and government raids as we take a short walk to one of our area's breweries/distilleries. Meet at 2200 6th Street S, Arlington. Adults.

\$5. Penrose Park

Fri., Mar. 10, 3-4pm

#622740-A

Families

Fort C.F. Smith Park Walking Tour

Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Families.

Free. Fort CF Smith Park

Sun., Jan. 22, 10-11am

#622750-A

Sun., Feb. 19, 10-11am

#622750-B

Sat., Mar. 4, 10-11am

#622750-C

Fri., Mar. 17, 4-5pm

#622750-D

Fort Ethan Allen Park Walking Tour

Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort

in Arlington. We'll explore the earthworks and discuss how and why the fort was built. Families.

Free. Ft. Ethan Allen Park

Sat., Feb. 4, 2-2:45pm

#622750-E

Fri., Feb. 17, 4-4:45pm

#622750-F

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. Families.

Free. Fort Scott Park

Sun., Jan. 22, 2-2:45pm

#622750-J

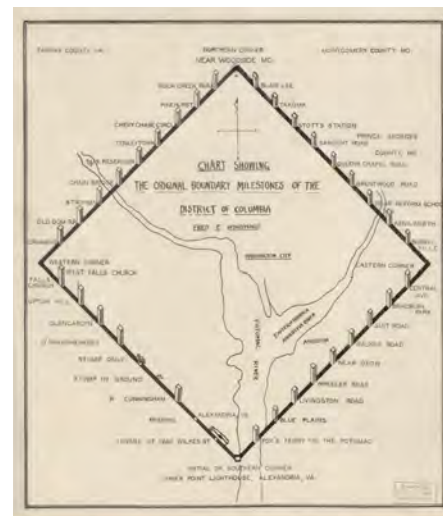
History Hikes: The DC Boundary Stones

Some of the earliest federal monuments in the United States can be found in Arlington parks. On this two-mile round-trip hike, we'll learn about the creation of the District of Columbia, and how we can find the surviving boundary markers in our neighborhoods. Families.

Free. Benjamin Bannecker

Sat., Mar. 4, 2:30-4:30pm

#622750-H



LIBRARY OF CONGRESS, GEOGRAPHY AND MAP DIVISION

History 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.

Free. Virtual Program

Fri., Mar. 10, 7-7:45pm

#622750-I

Explore the natural world in Arlington!
More classes are available online
at arlingtonva.us/parks and search
Nature & History.



FRIDAY NIGHT SPORTS

Come on down to Lubber Run Community Center where Teens will enjoy a variety of sports and games including e-sports.

Fridays from 7- 8:45pm

TEEN E-SPORTS

Come join the wide world of e-sports! Teens will learn what it takes to participate in e-sports and learn the skills associated with them. Focus will primarily be on Super Smash Bros!

Thursdays from 6-8pm & Saturdays from 2-4pm at Lubber Run Community Center

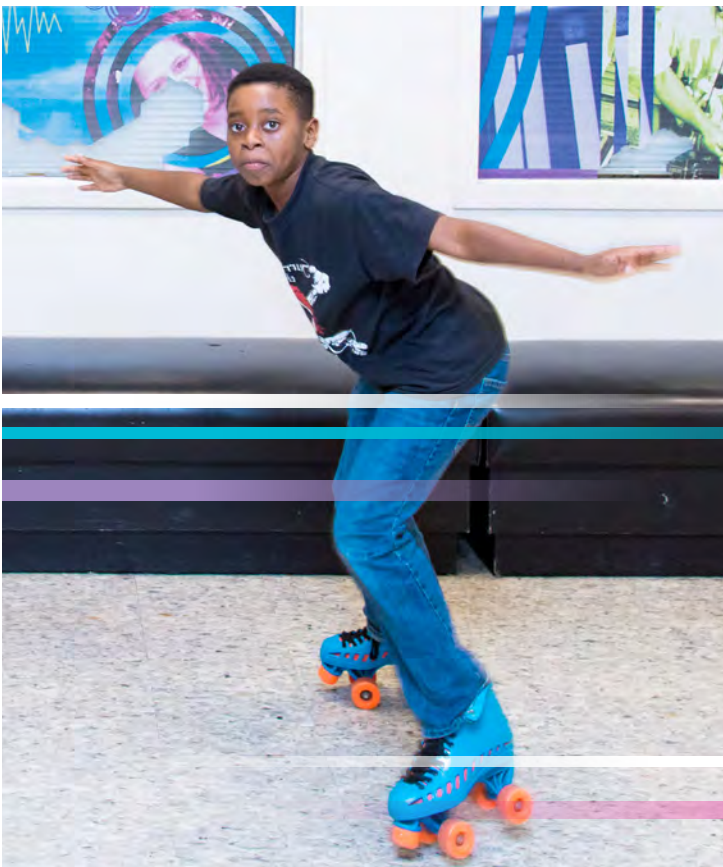
TEEN NIGHT AT TJ

Teen night is back! After skate night enjoy a wide variety of sports, games and live music.

Saturdays from 9:30-11pm
Thomas Jefferson Community Center

KEEP UP TO DATE ON ALL
OUR TEEN PROGRAMS.

Scan the QR code:



SKATE NIGHT IS BACK!!

SATURDAYS 6:30-9PM AT
THOMAS JEFFERSON COMMUNITY CENTER

Come down to TJ to enjoy some skating family fun with moon bounces, live DJ and a cafe. This year we will be accepting prepayment for skates and admission.

Save the Date FOR THESE *Free* WINTER EVENTS

ARLINGTON HONORS
DR. KING

**SUNDAY
JANUARY 15, 2023
5-6:30PM**

Annual event with live performances to honor
Rev. Dr. Martin Luther King, Jr.

Wakefield High School
1325 S Dinwiddie Street, 22204

Visit parks.arlingtonva.us, search MLK Tribute



2023 FEEL THE HERITAGE FESTIVAL

**SATURDAY
FEBRUARY 25, 2023
NOON-5PM**

Annual Black History Month event to celebrate
Arlington's rich African-American heritage with live
performances, food vendors, artisan and community
exhibitors, kids' activities and lots more!

Charles Drew Community Center
3500 23rd Street, 22206

Visit parks.arlingtonva.us, search
Feel the Heritage Festival





**saturday
crafternoons!**

Drop-in anytime Saturday,
December 10, 2022, 1:30-3:30 pm
Fairlington Community Center

We're creating paper holiday
light garland to get into
the spirit of the season.
[Learn more here.](#)

Join us each month
for a new, fun, free
hands-on art project at
our Second Saturday
Crafternoons!

LET'S GET CRAFTY!



Save the Date!

Saturday, January 14, 2023, 10am-1pm
Fairlington Community Center

**Paint
Build
Create**





**Creative
Preschoolers
Programs
*are available!***

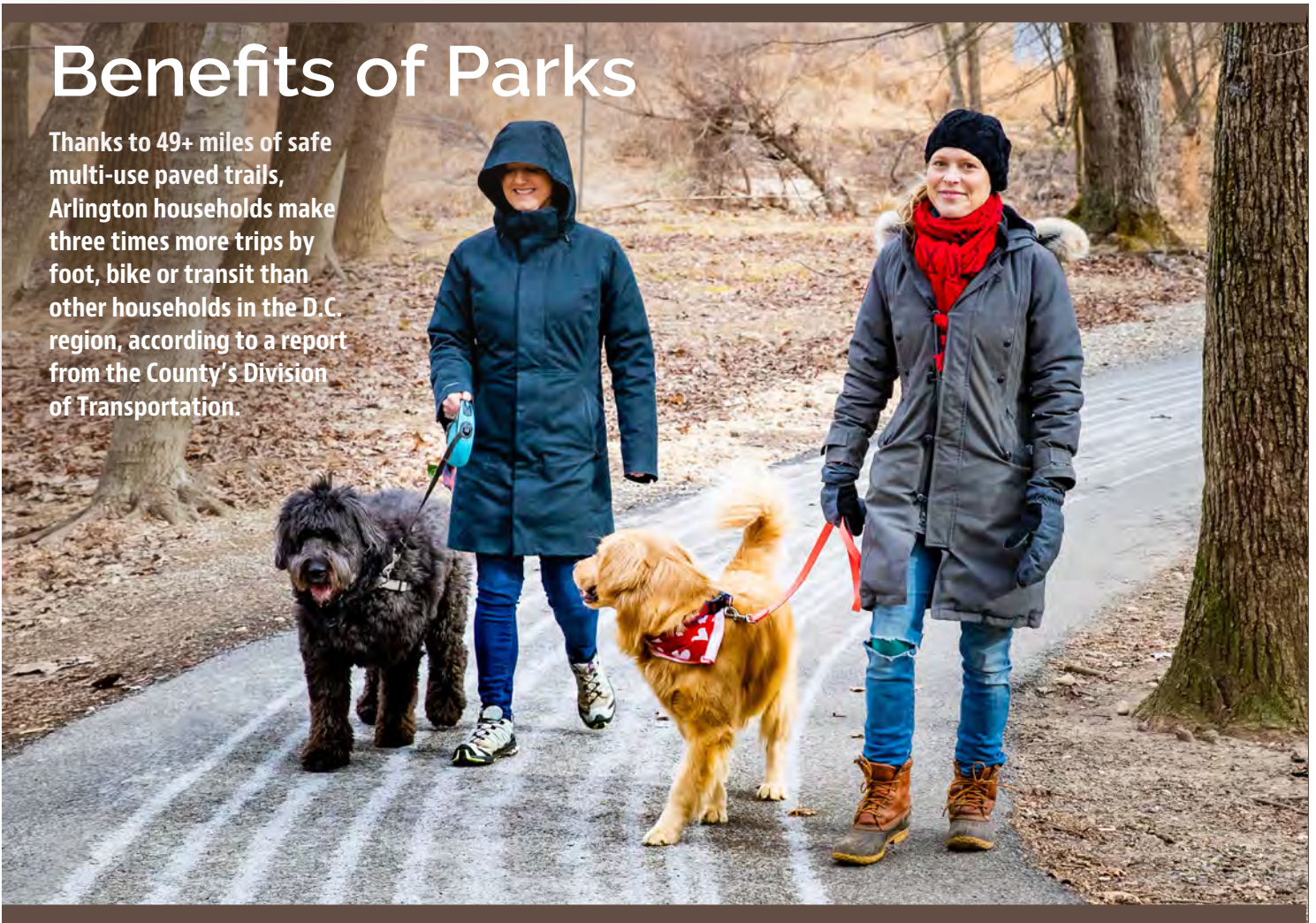
For more information
Call 703.228.4747
Scan QR code:





Benefits of Parks

Thanks to 49+ miles of safe multi-use paved trails, 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 Division of Transportation.



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, tree, sports field, stream or other area in our parks and recreation facilities. Your help is overwhelmingly appreciated.

[Learn more here](#)



Farmers Markets

FRESH DELIGHTS, EVERY SEASON

THIS WINTER, EXPLORE ARLINGTON'S FARMERS MARKETS.

View the [map](#), pick a market and join your neighbors for fresh, local fruits, vegetables and other yummy treats.

Three markets operate throughout the year, including winter:

[Arlington Farmers Market](#)

[Columbia Pike Farmers Market](#)

[Westover Farmers Market](#)



Enjoy the Seasonal Treats!



READY-SWEAT-GO!

SIGN UP FOR ARLINGTON COUNTY'S BEST DEAL ON FITNESS MEMBERSHIPS



Access EIGHT fitness facilities for one low price!

At these fitness rooms you'll never miss the chance to get fit and improve your health anywhere in Arlington!:

1. Thomas Jefferson Fitness Center
2. Arlington Mill
3. Barcroft
4. Fairlington
5. Gunston
6. Langston-Brown
7. Madison Community Center
8. Lubber Run Center

- Huge variety of equipment
- Convenient locations
- Indoor Track
- Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

| Members | Arlington Residents | Non-Resident |
|---------------------------------|---------------------|--------------|
| Adult (18–54) years | \$195/year | \$253.50 |
| Senior Adult (55+) 55+Gold Pass | \$60 | \$90 |
| Guest Pass (18-54) | \$5 | \$6.25/day |
| Guest Pass (55+) | \$4 | \$6.25/day |
| 3 Month Pass | \$56.25 | \$73 |
| 6 Month Pass | \$102.50 | \$133.25 |

For more information and special offers call 703.228.5920 or go to: parks.arlingtonva.us search 'fitness'

JOIN THE 55+ CLUB!

THIS IS AN ANNUAL PASS

You now have 2 options for enjoying our engaging 55+ programs!

55+ PASS

Get the 55+ Pass for access to free or discounted programs and classes. Provides you quarterly issues of the 55+ GUIDE, access to fun and engaging programs, classes and trips.

| | |
|--------------------------------|------|
| Arlington County Resident | \$20 |
| Arlington County Household | \$30 |
| Non-Arlington County Resident | \$45 |
| Non-Arlington County Household | \$65 |

55+ GOLD PASS

Looking to enhance your physical fitness too? Upgrade to the 55+ Gold Pass. Includes all the benefits of the regular 55+ Pass plus access to Arlington Community Center fitness facilities (except Long Bridge Aquatics & Fitness Center*).

| | |
|--------------------------------|-------|
| Arlington County Resident | \$60 |
| Arlington County Household | \$90 |
| Non-Arlington County Resident | \$90 |
| Non-Arlington County Household | \$135 |

*Note: Long Bridge Aquatics & Fitness Center senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass). [Learn the difference between Long Bridge memberships and other Parks & Recreation memberships.](#)



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:

REMOVE

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

REDUCE

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

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 [here](#).



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

Arlington Resident Registration



Web

Resident Online Registration Begins @ Noon for All Days:

| | |
|------------------|----------------|
| Gymnastics: | Tues., Dec. 6 |
| Aquatics: | Wed., Dec. 7 |
| Nature/History: | Thurs., Dec. 8 |
| General Classes: | Thurs., Dec. 8 |

Go to: [registration.arlingtonva.us](https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Fee-Reductions)
Pay by e-check or credit card.



Phone-In

Resident Phone Registration Begins @ Noon for All Days:

| | |
|------------------|----------------|
| Gymnastics: | Tues., Dec. 6 |
| Aquatics: | Wed., Dec. 7 |
| Nature/History: | Thurs., Dec. 8 |
| General Classes: | Thurs., Dec. 8 |

Credit cards only (Visa, Discover and MasterCard). We no longer accept American Express or process faxed registrations.

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



Walk-Ins

Resident Walk-in Registration Begins Fri., Dec. 9 @ Noon



Mail-In

Resident Mail-In Registration Processing Begins @ Noon:

| | |
|------------------|----------------|
| Gymnastics: | Tues., Dec. 6 |
| Aquatics: | Wed., Dec. 7 |
| Nature/History: | Thurs., Dec. 8 |
| General Classes: | Thurs., Dec. 8 |

Complete Registration Form and mail anytime to 300 N. Park Drive, Arlington, VA 22203. If the course is scheduled to meet within seven days, call or carry in the registration. Forms must be received by 5pm on Dec. 5 in order to be processed in the random draw beginning at noon next day. Please note that submitting a form in person does not guarantee space in a class. 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 our account while you are logged in, and your registration will not be processed and they will move on to the next registration.

Out-of-County Registration

Begins Wed., Dec. 14 @ Noon

Residents outside of Arlington County 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.

ONLINE REGISTRATION PROCESS • You must have an account to register online. New customers: visit [registration.arlingtonva.us](https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Fee-Reductions) 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://www.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 submit an incident review at [forms.office.com](https://www.arlingtonva.us/forms.office.com) within 3 days of the registration day. All incident review requests will be compiled and reviewed within 10 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 and possibly have a temporary block placed on your account. Please contact the Department of Parks and Recreation at 703.228.4747 or [registration.arlingtonva.us](https://www.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—<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/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 until after 8am Dec. 14; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. 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. 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 [arlingtonva.us/parks](https://www.arlingtonva.us/parks), 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 EXCEPTIONS • Exemption requests to the ages listed in the catalog must be received by the Program Staff in writing one week prior to the first day of registration. Verify the dates of birth of all registrants prior to registration. Do not enter an incorrect date of birth to bypass an age restriction. Participants who fall outside the age requirements for a class will be removed without refund. Administrative fees may apply.

- Age exemption requests may take up to 5 business days for a response.
- Approved age exemptions will not be eligible to register online.
- Age exemptions are required for any participant who falls outside of the age range
- Age exemptions are reviewed on a case-by-case basis and are not always approved.

Find Out if You Qualify for a Fee Reduction

Current Processing Locations:

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

Fairlington Community Center

3308 S Stafford St., 22206
Closed on Tuesdays

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

Barcroft Sports + Fitness Center

4200 S. Four Mile Run 22206

Arlington Mill Community Center

909 S. Dinwiddie St. 22204

Gunston Community Center

2700 S. Lang St. 22206

Walter Reed Community Center

2909 16th St. S. 22204

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. Submitting this registration form does not guarantee space in a class. 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 prior to the next registration.



1. Account Information

Parent/Guardian Name _____
Account Number _____
E-Mail _____
Phone Number _____

2. Participant(s) Registration

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3. Payment

Send your payment (payable to *Treasurer Arlington County*) along with this form to:

**Department of Parks and Recreation
Administrative Services Office
300 N. Park Drive
Arlington, VA 22203**

Check here if you wish to pay by check or money order. Make payable to: "Treasurer Arlington County"

You can pay by e-check online or include a check or money order with your registration form. 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 Administrative Services 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

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.

Parks & Rec Administrative Services Office

1 300 N. Park Drive 22203

COMMUNITY CENTERS

- 1 Lubber Run Community Center
300 N. Park Drive 22203
- 2 Long Bridge Aquatics + Fitness Center
333 Long Bridge Dr. 22202
- 3 Arlington Mill Community Center
909 S. Dinwiddie St. 22204
- 4 Aurora Hills Community Center
735 18th St. S. 22202
- 5 Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206
- 6 Carver Community Center
1415 S. Queen St. 22204
- 7 Charles Drew Community Center
3500 S. 23rd St. 22206
- 8 Fairlington Community Center
3308 S. Stafford St. 22206
- 9 Gunston Community Center
2700 S. Lang St. 22206
- 10 Langston-Brown Community Center
2121 Culpeper St. 22207
- 12 Madison Community Center
3829 N. Stafford St. 22207
- 13 Thomas Jefferson Community Center
3501 2nd St. S. 22204
- 14 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 Springs 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. 22206
- 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
2102 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
- 97 John Robinson, Jr. Town Square
2406 Shirlington Rd. 22206
- 98 Zitkala-Sa Park
3011 7th St N. 22201

COMMUNITY LOCATIONS

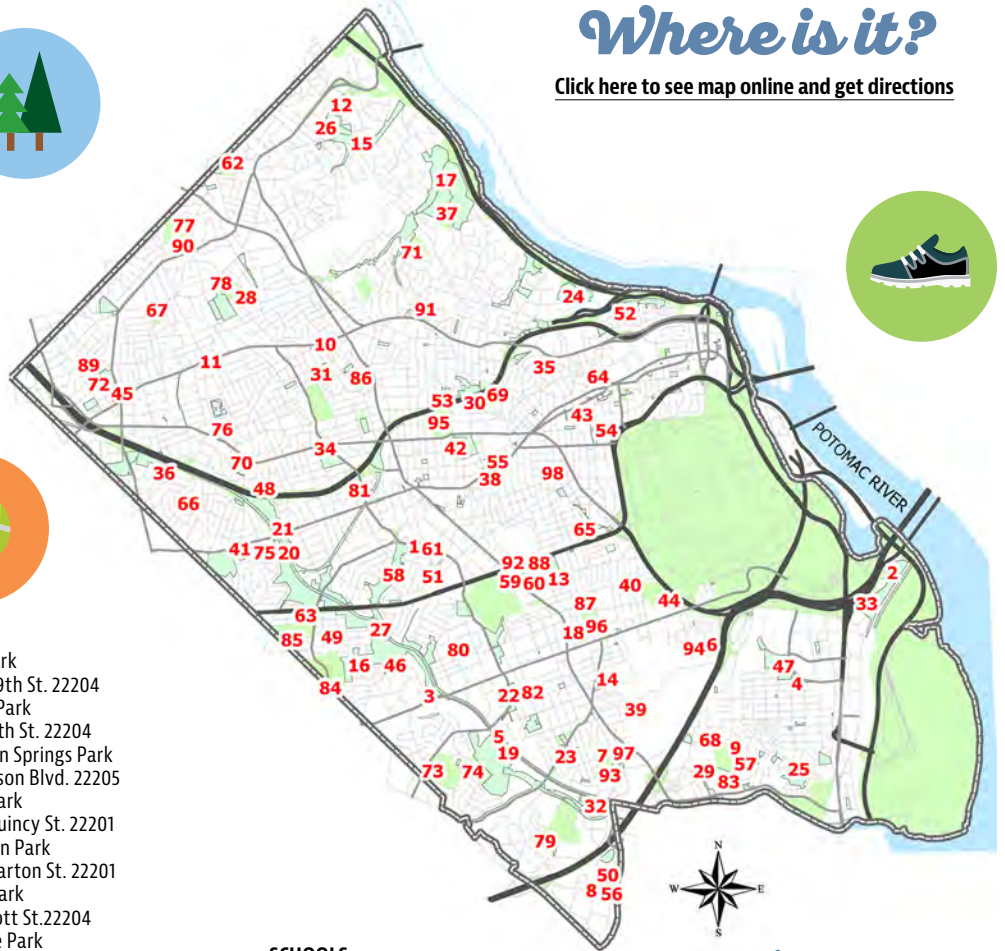
- 49 Carlin Hall Center
5711 S. 4th St. 22204
- 50 Cooperative Extension Services
3308 S. Stafford St. 22206
- 51 Culpepper Garden
4435 N. Pershing Dr. 22203
- 52 Dawson Terrace
2133 N. Taft St. 22201
- 53 Quincy Parking Deck
N. 15th St. & N. Quincy St. 22201
- 54 Woodbury Park
2335 N. 11th St. 22205

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 Lubber Run Amphitheatre
N. 2nd & N. Columbus St. 22203
- 59 Thomas Jefferson Community Theatre
125 S. Old Glebe Rd. 22204
- 60 Thomas Jefferson Art Studios
3501 S. 2nd St. 22204
Theater on the Run
3700 S. Four Mile Run Dr. 22206

Where is it?

[Click here to see map online and get directions](#)



SCHOOLS

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



CONNECT WITH US!

BY PHONE

GENERAL INFORMATION

| | |
|------------------------------------|-----------------------|
| Parks & Recreation Main Number | 703.228.4747 |
| Classes & Camps Registration | 703.228.4747, press 1 |
| Closures & Cancellations Hotline | 703.228.4747, press 5 |
| Community Canine Areas (Dog Parks) | 703.228.4747, press 4 |
| Downed Trees | 703.228.4747, press 4 |
| Facility Rentals | 703.228.4747, press 2 |
| Police/Fire Non-Emergency | 703.558.2222 |
| Sports | 703.228.4747, press 1 |
| Teen Programs | 703.228.4747 |
| Therapeutic Recreation | 703.228.4740 |
| TTY Service | 711 |

SPORTS

| | |
|--------------------------------|-----------------------|
| Sports General Information | 703.228.4747, press 1 |
| Aerial/Tigers Gymnastics Teams | 703.228.0712 |
| Arlington Aquatics Club | 703.228.0706 |

ART STUDIO

| | |
|------------------|--------------|
| Thomas Jefferson | 703.228.5925 |
|------------------|--------------|

COMMUNITY CENTERS

| | |
|--------------------------------|--------------|
| Arlington Mill | 703.228.7790 |
| Barcroft Sports & Fitness | 703.228.0701 |
| Carver | 703.228.5706 |
| Charles Drew | 703.228.5725 |
| Fairlington | 703.228.6588 |
| Gunston | 703.228.6980 |
| Langston-Brown | 703.228.5210 |
| Long Bridge Aquatics & Fitness | 703.228.3338 |
| Lubber Run | 703.228.4712 |
| Madison | 703.228.5310 |
| Thomas Jefferson | 703.228.5920 |
| Walter Reed | 703.228.0935 |

NATURE CENTERS

| | |
|-------------|--------------|
| Gulf Branch | 703.228.3403 |
| Long Branch | 703.228.6535 |

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 |
| Lubber Run | 703.228.4767 |
| Walter Reed | 703.228.0955 |

PARKS & NATURAL RESOURCES

| | |
|---------------------------|-----------------------|
| Parks & Trail Maintenance | 703.228.4747, press 4 |
| Park Rangers | 703.228.4747, press 4 |
| Parks After Hours | 571.238.0265 |
| 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 |
| Mulch | 703.228.6570 |

GYMNASTICS & AQUATIC CENTERS

| | |
|--------------------------------|--------------|
| Barcroft Sports & Fitness | 703.228.0701 |
| Long Bridge Aquatics & Fitness | 703.228.3338 |

ONLINE

EMAIL: registration.arlingtonva.us

FACEBOOK: facebook.com/arlarksrec

INSTAGRAM: instagram.com/arlarksrec

TWITTER: twitter.com/arlarksrec

REPORT A PROBLEM

<https://www.arlingtonva.us/A-Z-Index/reportproblem/>

THERE'S ALWAYS SOMETHING FUN HAPPENING IN AN ARLINGTON PARK

Learn more at arlingtonva.us/dpr



NATURE PARKS & TRAILS • VOLLEYBALL & TENNIS COURTS • PLAYGROUNDS • DOG PARKS
BASKETBALL COURTS • POWHATAN SPRINGS SKATE PARK • SPRAYGROUNDS

SUBSCRIBE TO PARKS & RECREATION ENEWS:

arlingtonva.us/dpr

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

NATURE & HISTORY

News from Our Nature Centers



COMMUNITY CENTER CENTRAL

Local Info



PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates



Arlington Resident Online/Phone

REGISTRATION BEGINS DEC. 6-8, 2022 @ NOON

Go to registration.arlingtonva.us ■ Classes begin January 17, 2023 unless noted otherwise

Tues

6

■ Gymnastics

Wed

7

■ Aquatics

Thurs

8

■ Nature/History
■ General Classes

Fri., Dec. 9

Resident Walk-In Registration Begins

Wed., Dec. 14

Out-of-County Registration Begins

[Details on p.42](#)



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.

Did you know? Registration Staff is available the first day of registration starting at noon. Give us a call at 703.228.4747 if you need online registration assistance. For registration services, press 1; for scheduling, press 2; para español presione 9.

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

ACCESS FOR ALL

Parks & Recreation camps, classes, fitness memberships, preschools, programs and more are at a price you can afford!

Our fee reduction program helps Everyone, Everywhere, Every Day! Access for All. Easy to apply! Whether you have a short-term setback or something longer-term. Details [here](#).

Additionally, all Parks & Recreation programs, classes, and camps can put modifications in place to promote an enjoyable and successful program experience for participants of all abilities.

Advance notice is welcome. Call 703.228.4740 or email TRinfo@arlingtonva.us



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.

Modifications

Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703.228.4740 or email 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, [click here](#).

DO YOU SPEAK ANOTHER LANGUAGE?

Free language assistance services are available to you. Call 703.228.4747 or visit 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

MONGOLIAN: хэрэв та монгол хэлээр ярьдаг бол хэлний тусламжийн үйлчилгээ үнэ төлбөргүй үйлчлэх боломжтой. 703.228.4747 руу залгах буюу parks.arlingtonva.us руу зочилно уу

BENGALI: আপন যদি বাংলা কথা বলেন, বনিমূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: ከማርቻ 9 ማኅተም ስህተት ፡ የቋንቋ ጽጋፍ አገልግሎቶች ያለክፍያ አርእዎ ይገኛሉ ። በ 703.228.4747 ደደውሉ ወይም ፓርክ.አርሊንግተንቫን.ቫ.ኤስ ይጎብኙ

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

Arlington's goal is for all County residents to benefit from County programs. There are resources so that age, ability or income is not a barrier. For more information call 703.228.4747.