

ENJOY *Arlington*

SUMMER 2023

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS MAY 16-18, 2023 @ NOON:

**Tues
16**

▪ Gymnastics

**Wed
17**

▪ Aquatics Classes
& Private Swim

**Thurs
18**

▪ Nature / History
& General Classes

Fri., May 19
Resident Walk-In
Registration Begins

Wed., May 24
Out-of-County
Registration Begins

Details on p.36



**ARLINGTON
VIRGINIA**

Parks & Recreation

Go to registration.arlingtonva.us ▪ Classes begin June 26, 2023 unless otherwise indicated





*Wishing you
good health,*

Jane Rudolph

Director,
Department of Parks
and Recreation

**May
13**

2023

**Saturday Hours
9am-4pm**

To help you prepare for registration, our offices will be open for special hours on Sat., May 13, 2023 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!



Registration Updates for Summer Programs

Beginning on Tues., May 16, 2023, 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., May 16 @ Noon
- **Aquatics Classes & Private Swim:** Wed., May 17 @ Noon
- **Nature/History:** Thurs., May 18 @ Noon
- **General Classes:** Thurs., May 18 @ Noon

Registration on all days will be available both online and by phone (703.228.4747). Out-of-County Registration begins on Wed., May 24 at Noon. See [page 36](#) for details.

Much like our Spring registration, our Summer 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.

New Registration Website is Now Launched!

Check out the new look and feel of the Parks and Rec [registration website!](#) Want to learn more? Check out this [tutorial](#).

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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 \$32 supply fee (8 sessions) included in the cost of the class. Adult participation is required. Inst.: AbraKadoodle.

Walter Reed Center

Ages 20 months-3 **8 Sessions** **\$155**
410100A Tues., Jun. 27, 10-10:45am

Long Bridge Aquatics Center

Ages 20 months-3 **8 Sessions** **\$155**
410100B Wed., Jul. 5, 10-10:45am

Lacey Woods Park Rear Shelter.

Ages 20 months-3 **8 Sessions** **\$155**
410100C Thurs., Jul. 6, 10-10:45am

Arlington Mill Center

Ages 20 months-3 **8 Sessions** **\$155**
410100D Sat., Jul. 8, 9-9:45am

TOT & YOUTH

AbraKadoodle Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artist's materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A \$32 (8 sessions) 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 3-6 **8 Sessions** **\$155**
420104A Sat., Jul. 8, 10-10:45am

Walter Reed Center

Ages 3-6 **8 Sessions** **\$155**
420104B Tues., Jun. 27, 11-11:45am

Long Bridge Aquatics Center

Ages 3-6 **8 Sessions** **\$155**
420104C Wed., Jul. 5, 11-11:45am

Lacey Woods Park Rear Shelter

Ages 3-6 **8 Sessions** **\$155**
420104D Thurs., Jul. 6, 11-11:45am

YOUTH

AbraKadoodle Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces new techniques and styles, helping children develop art skills and confidence. A non-refundable \$32 supply fee (8 sessions) 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 **8 Sessions** **\$191**
440107A Sat., Jul. 8, 11am-12pm

JEWELRY

ADULT

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.

Thomas Jefferson Center

Ages Adults **4 Sessions** **\$104**
440153A Tues., Jun. 27, 6-8:30pm

WOODWORKING

TEEN & 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.

Thomas Jefferson Center. Inst.: Bailey

Ages 16-Adult **4 Sessions** **\$226**
440180A Thurs., Jun. 29, 6-8:30pm

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!

Long Bridge Aquatics Center. Inst.: Baroody Camps

Ages 5-12 **8 Sessions** **\$180**
420316A Sat., Jul. 8, 4:30-5:30pm
420316B Sun., Jul. 9, 11:30am-12:30pm



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 **7 Sessions** **\$168**
420319A Sat., Jul. 8, 8:30-9:30am
420319B Sun., Jul. 9, 2:20-3:20pm
420319C Tues., Jul. 11, 6:30-7:30pm
420319D Wed., Jul. 12, 6:30-7:30pm

Madison Center
Ages 5-12 **7 Sessions** **\$168**
420319E Thurs., Jul. 13, 6:15-7:15pm

Long Bridge Aquatics Center
Ages 5-12 **7 Sessions** **\$168**
420319F Mon., Jul. 10, 6:15-7:15pm



Piano

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$168**
420320A Sat., Jul. 8, 9:45-10:45am
420320B Sat., Jul. 8, 11am-12pm
420320C Sun., Jul. 9, 3:30-4:30pm
420320D Tues., Jul. 11, 5:15-6:15pm
420320E Wed., Jul. 12, 5:15-6:15pm

Long Bridge Aquatics Center
Ages 5-12 **7 Sessions** **\$168**
420320F Mon., Jul. 10, 5-6pm

Madison Center
Ages 5-12 **7 Sessions** **\$168**
420320G Thurs., Jul. 13, 5-6pm

Violin

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$168**
420321A Sat., Jul. 8, 1:30-2:30pm
420321B Sun., Jul. 9, 1:15-2:15pm
420321C Tues., Jul. 11, 4-5pm
420321D Wed., Jul. 12, 4-5pm

Drumming

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$168**
420323A Sat., Jul. 8, 12:15-1:15pm
420323B Wed., Jul. 12, 7:45-8:45pm

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 15-Adult **7 Sessions** **\$100**
440731A Wed., Jun. 28, 7:10-8:10pm

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 15-Adult **7 Sessions** **\$100**
440733A Wed., Jun. 28, 6-7pm

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

Arlington Mill Center
Ages 2-4 **7 Sessions** **\$138**
410321A Sun., Jul. 9, 4:40-5:10pm
410321B Sun., Jul. 9, 5:20-5:50pm

Long Bridge Aquatics Center
Ages 2-4 **7 Sessions** **\$138**
410321C Tues., Jul. 11, 10-10:30am

Guitar

Arlington Mill Center
Ages 4-5 **7 Sessions** **\$138**
410324A Sun., Jul. 9, 6-6:30pm

Long Bridge Aquatics Center
Ages 4-5 **7 Sessions** **\$138**
410324B Tues., Jul. 11, 10:45-11:15am



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



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.

Lubber Run Center

Ages 3-6	6 Sessions	\$120
420279A Sat., Jul. 8, 9-9:45am		
420279B Sat., Jul. 8, 10-10:45am		
Ages 5-8	6 Sessions	\$120
420279C Sat., Jul. 8, 11-11:45am		

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
420331A Sat., Jul. 8, 9:30-10:15am		
420331B Sat., Jul. 8, 10:30-11:15am		

YOUTH

LEGO® Spike: Amazing Amusement Park

In this LEGO SPIKE robotics program, children will be introduced to engineering design skills. They'll learn about the steps that are involved in defining a problem, brainstorming solutions, and testing and refining prototypes to improve their ideas. They'll also learn observation skills by gathering information about a problem and modifying a solution to meet the needs of others. Your children will help a story character by recounting experiences using relevant facts

and descriptive details, which will help to develop their collaborative conversation skills. A welcome email for camp will be sent during the week prior. For general questions and inquiries please contact info@baroodycamps.com Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 5-7	7 Sessions	\$154
420301A Wed., Jul. 12, 5-6pm		

Science Potions & Explosions

Let's have fun with Chemistry! In this program, we will create "magical" 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	7 Sessions	\$154
420318A Wed., Jul. 12, 6:30-7:30pm		

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
420314A Sat., Jul. 8, 3-4pm		



LEGO® Spike: Crazy Carnival Games

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 8-11	8 Sessions	\$176
420302A Sun., Jul. 9, 10-11am		

THIS-N-THAT



YOUTH & TEEN

Chess Club with Magnus Academy

Learn chess with Magnus Academy (formerly Silver Knights), the world champion 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	9 Sessions	\$199
420299A Thurs., Jun. 29, 5:30-6:30pm		
420299B Thurs., Jun. 29, 6:40-7:40pm		

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
410300A Tues., Jun. 27, 5-5:45pm

Walter Reed Center

Ages 4-6 8 Sessions \$160
410300B Wed., Jun. 28, 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
410301A Tues., Jun. 27, 6-6:45pm

Walter Reed Center

Ages 8-12 8 Sessions \$160
410301B Wed., Jun. 28, 6-6:45pm

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
440344A Wed., Jun. 28, 7-8pm

Long Bridge Aquatics Center. Inst.: RitaRox

Ages 16-Adult 9 Sessions \$113
440344B Mon., Jun. 26, 7-8pm

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

Ages Adults 8 Sessions \$100
440344C Thurs., Jun. 29, 10:30-11:30am

Virtual 5k/10k

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

Virtual

Ages 13-Adult 30 Sessions Free
440332A Mon.-Sun., Jul. 1, 12am-12pm

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 quickly and safely reshape the entire body. This one-hour workout targets all major muscle groups and improves posture. Bring an exercise mat. Inst.: Lanzillotta.

Langston-Brown Center

Ages Adults 10 Sessions \$148
440319A Thurs., Jun. 29, 6-7pm

Ages Adults 8 Sessions \$119
440319B Tues., Jul. 11, 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 10 Sessions \$83
440334A Wed., Jun. 28, 6-7pm

Ages Adults 8 Sessions \$67
440334B Mon., Jul. 10, 6-7pm



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 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 Fridays 12:15-1pm

Thomas Jefferson Center

790120 Wednesdays 7-7:45pm
790120 Fridays 7:15-8am





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 **8 Sessions** **\$67**
440306A Wed., Jun. 28, 7:15–8:15pm

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 **9 Sessions** **\$114**
440303A Wed., Jun. 28, 8–9am

Barcroft Sports & Fitness Center
Ages Adults **9 Sessions** **\$114**
440303B Thurs., Jun. 29, 7:15–8:15pm

PILATES

ADULT

Pilates Level 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.

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **7 Sessions** **\$104**
440860A Mon., Jun. 26, 9:30–10:30am

Lubber Run Center. Inst.: Ibrahim
Ages Adults **7 Sessions** **\$104**
440860B Thurs., Jul. 20, 10–11am

Madison Center. Inst.: Lanzillotta
Ages Adults **8 Sessions** **\$119**
440860C Mon., Jul. 10, 7:10–8:10pm

Langston-Brown Center. Inst.: Ibrahim
Ages Adults **7 Sessions** **\$104**
440860D Tues., Jul. 18, 10–11am

WELLNESS

TEEN & ADULT

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 **6 Sessions** **\$84**
440845A Tues., Jul. 11, 7–8pm

Lubber Run Center
Ages 15-Adult **6 Sessions** **\$84**
440845B Thurs., Jul. 13, 1:30–2:30pm

ADULT

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.

Arlington Mill Center
Ages Adults **6 Sessions** **\$78**
440813A Wed., Jun. 28, 7–8pm

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.

Fee Reductions

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

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

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 **8 Sessions** **\$156**
440918A Wed., Jul. 12, 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 **8 Sessions** **\$104**
440912A Tues., Jul. 11, 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 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 **8 Sessions** **\$104**
440911A Wed., Jul. 12, 5:45-6:45pm



Yoga for Every Body on the Lawn

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! Please bring a yoga mat, water bottle or towel. In case of rain, class will move indoors if we are able. Inst.: Marks.

Lubber Run Center
Ages 14-Adult **1 Session** **\$15**
440910A Sat., Jul. 8, 9-10am
440910B Sat., Jul. 29, 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 **10 Sessions** **\$194**
440919A Wed., Jun. 28, 6:45-8:15pm

Ages 14-Adult **9 Sessions** **\$175**
440919B Fri., Jun. 30, 5-6:30pm

Walter Reed Center
Ages 14-Adult **9 Sessions** **\$175**
440919C Mon., Jun. 26, 5-6:30pm
440919D Mon., Jun. 26, 6:45-8:15pm

ADULT

Postpartum Yoga w/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. For postpartum moms and babies only. Inst.: BodyMoves Fitness LLC.

Lubber Run Center
Ages Adults **7 Sessions** **\$91**
410302A Mon., Jun. 26, 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. Inst.: Eubank.

Madison Center
Ages Adults **10 Sessions** **\$130**
440902A Wed., Jun. 28, 10:15-11:15am

Lubber Run Center
Ages Adults **9 Sessions** **\$117**
440902B Sun., Jul. 2, 5:30-6:30pm

Langston-Brown Center
Ages Adults **8 Sessions** **\$104**
440902C Mon., Jul. 10, 11:30am-12:30pm

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.: Johnson
Ages Adults **8 Sessions** **\$104**
440904A Fri., Jul. 7, 8:15–9:15am

Madison Center. Inst.: Melnick
Ages Adults **7 Sessions** **\$91**
440904B Tues., Jun. 27, 7:15–8:15pm

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 **9 Sessions** **\$117**
440913A Tues., Jun. 27, 6:30–7:30pm

Lubber Run Center. Inst.: Johnson
Ages Adults **9 Sessions** **\$117**
440913B Thurs., Jun. 29, 5:45–6:45pm
440913C Thurs., Jun. 29, 7–8pm



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 **6 Sessions** **\$78**
440905A Tues., Jul. 11, 9:30–10:30am
440905B Fri., Jul. 14, 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 **6 Sessions** **\$78**
440907A Tues., Jun. 27, 10–11am

Walter Reed Center
Ages Adults **6 Sessions** **\$78**
440907B Tues., Jun. 27, 7:15–8:15pm

Virtual
Ages Adults **6 Sessions** **\$78**
440907C Thurs., Jun. 29, 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 **7 Sessions** **\$91**
440914A Mon., Jun. 26, 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 **8 Sessions** **\$104**
440906A Tues., Jun. 27, 6–7pm

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

**ARLINGTON COUNTY'S
 PERSONAL TRAINERS
 HELP YOU
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Perhaps you are not sure where to start or you have been exercising regularly but are in a rut. Personal training is a smart investment of your fitness funds. Our friendly, nationally certified personal trainers will help you determine your specific fitness needs and will assist you in establishing attainable goals. These one-on-one workouts not only provide the motivation you need to keep on track, but also ensure you are using proper form and technique.

For more information contact:
 Sonia Jackson.

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 HEALTH**

TWC twcfit.com

BbG BbGfitness.com



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/Outdoor Field
Ages 2-3 **9 Sessions** **\$149**

410615A Mon., Jun. 26, 9:30-10:15am

Ages 2-3 **6 Sessions** **\$99**

410615B Sun., Jul. 9, 9-9:45am

Arlington Mill Center
Ages 2-3 **8 Sessions** **\$132**

410615C Sat., Jul. 8, 9-9:45am

Lubber Run Center
Ages 2-3 **8 Sessions** **\$132**

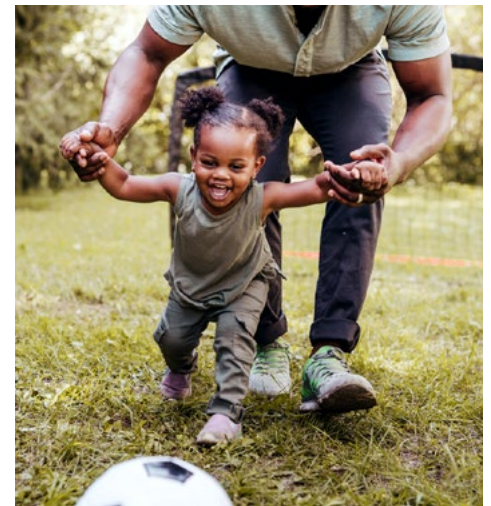
410615D Sat., Jul. 8, 9-9:45am

Ages 2-3 **6 Sessions** **\$99**

410615E Sun., Jul. 9, 3-3:45pm

Dawson Terrace Field/Outdoor
Ages 2-3 **7 Sessions** **\$116**

410615F Fri., Jun. 30, 9:30-10:15am



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.

Rocky Run Park
Ages 2-3 **10 Sessions** **\$165**

410605A Thurs., Jun. 29, 9:30-10:15am

Ages 2-3 **9 Sessions** **\$149**

410605B Tues., Jun. 27, 9:30-10:15am

Barrett Elem. School/Outdoor
Ages 2-3 **8 Sessions** **\$132**

410605C Sat., Jul. 8, 11-11:45am

410605D Sun., Jul. 9, 9-9:45am

Fairlington Center
Ages 2-3 **8 Sessions** **\$132**

410605E Sat., Jul. 8, 9-9:45am

Lubber Run Center
Ages 2-3 **8 Sessions** **\$132**

410605F Sat., Jul. 8, 10-10:45am

Fields Park
Ages 2-3 **6 Sessions** **\$99**

410605G Sun., Jul. 9, 9-9:45am

MARTIAL ARTS

YOUTH

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
Ages 5-12 **19 Sessions** **\$162**

420307A Tues./Thurs., Jun. 27, 6-7pm

420307B Tues./Thurs., Jun. 27, 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 3505 Carlin Springs Rd., Falls Church, VA. Inst.: Nova Fencing Club.

NOVA Fencing and Archery Club
Ages 7-12 **8 Sessions** **\$160**

420310A Mon./Wed., Jul. 10, 6-7pm

420310B Tues./Thurs., Jul. 11, 6-7pm

Ages 13-Adult **8 Sessions** **\$160**

420310C Mon./Wed., Jul. 10, 7-8pm

TEEN & ADULT

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
Ages 13-Adult **19 Sessions** **\$162**

440353A Tues./Thurs., Jun. 27, 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.

Rocky Run Park
Ages 2-3 **10 Sessions** **\$165**

410618A Wed., Jun. 28, 9:30-10:15am

Barrett Elementary School/Outdoor
Ages 2-3 **8 Sessions** **\$132**

410618B Sat., Jul. 8, 9-9:45am

Fairlington Center/Outdoor Field
Ages 2-3 **6 Sessions** **\$99**

410618C Sun., Jul. 9, 10-10:45am



TOT & YOUTH

Grand Slam T-Ball

The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of T-BALL while learning the fundamentals of the sport. Inst.: Tip Top Sports.

Rocky Run Park
Ages 4-6 10 Sessions \$165
[410617A](#) Wed., Jun. 28, 10:30-11:15am

Arlington Mill Center
Ages 4-6 8 Sessions \$132
[410617B](#) Sat., Jul. 8, 11-11:45am

Barrett Elementary School/Outdoor
Ages 4-6 8 Sessions \$132
[410617C](#) Sat., Jul. 8, 10-10:45am

Lacey Woods Park
Ages 4-6 7 Sessions \$116
[410617D](#) Thurs., Jun. 29, 4-4:45pm

Fairlington Center/Outdoor Field
Ages 4-6 6 Sessions \$99
[410617E](#) Sun., Jul. 9, 12-12:45pm

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.

Fairlington Center/Outdoor Field
Ages 4-6 9 Sessions \$149
[410616A](#) Mon., Jun. 26, 10:30-11:15am

Ages 4-6 6 Sessions \$99
[410616B](#) Sun., Jul. 9, 11-11:45am

Arlington Mill Center
Ages 4-6 8 Sessions \$132
[410616C](#) Sat., Jul. 8, 10-10:45am

Lubber Run Center
Ages 4-6 8 Sessions \$132
[410616D](#) Sat., Jul. 8, 12:10-12:55pm
[410616E](#) Sun., Jul. 9, 2-2:45pm

Dawson Terrace Field/Outdoor
Ages 4-6 7 Sessions \$116
[410616F](#) Fri., Jun. 30, 10:30-11:15am

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.

Rocky Run Park
Ages 4-6 9 Sessions \$149
[410610A](#) Tues., Jun. 27, 10:30-11:15am

Fairlington Center/Outdoor Field
Ages 4-6 9 Sessions \$149
[410610B](#) Mon., Jun. 26, 11:30am-12:15pm

Fairlington Center
Ages 4-6 8 Sessions \$132
[410610C](#) Sat., Jul. 8, 11-11:45am

Barrett Elementary School/Outdoor
Ages 4-6 8 Sessions \$132
[410610D](#) Sat., Jul. 8, 12-12:45pm
[410610E](#) Sun., Jul. 9, 10-10:45am

Lacey Woods Park
Ages 4-6 7 Sessions \$116
[410610F](#) Thurs., Jun. 29, 5-5:45pm

Ages 4-6 6 Sessions \$99
[410610G](#) Sat., Jul. 8, 9-9:45am

Dawson Terrace Field/Outdoor
Ages 4-6 7 Sessions \$116
[410610H](#) Fri., Jun. 30, 11:30am-12:15pm

Fields Park
Ages 4-6 6 Sessions \$99
[410610I](#) Sun., Jul. 9, 10-10:45am



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.

Rocky Run Park
Ages 2-3 8 Sessions \$145
[410612A](#) Sat., Jul. 8, 8-8:40am
[410612B](#) Sat., Jul. 8, 10-10:40am

Ages 3-6 8 Sessions \$145
[410612C](#) Sat., Jul. 8, 9-9:45am
[410612D](#) Sat., Jul. 8, 11-11:45am

Barrett Elementary School/Outdoor
Ages 2-3 8 Sessions \$145
[410612E](#) Sun., Jul. 9, 12:15-12:55pm

Ages 3-6 8 Sessions \$145
[410612F](#) Sun., Jul. 9, 1:05-1:50pm

Lacey Woods Park
Ages 2-3 8 Sessions \$145
[410612G](#) Sun., Jul. 9, 3-3:40pm

Ages 3-6 8 Sessions \$145
[410612H](#) Sun., Jul. 9, 4-4:45pm

Ages 5-8 8 Sessions \$145
[410612I](#) Sun., Jul. 9, 5-5:50pm

Mosaic Park
Ages 3-6 8 Sessions \$145
[410612J](#) Sat., Jul. 8, 1-1:45pm

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.

Rocky Run Park
Ages 4-6 10 Sessions \$165
[410611A](#) Wed., Jun. 28, 11:30am-12:15pm

Arlington Mill Center
Ages 4-6 8 Sessions \$132
[410611B](#) Sat., Jul. 8, 12-12:45pm

Fairlington Center
Ages 7-9 8 Sessions \$132
[410611C](#) Sat., Jul. 8, 2-2:45pm

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.

Rocky Run Park
Ages 3-4 10 Sessions \$165
[410619A*](#) Thurs., Jun. 29, 10:30-11:15am

Ages 4-6 10 Sessions \$165
[410619B](#) Thurs., Jun. 29, 11:30am-12:15pm

Fairlington Center
Ages 3-4 8 Sessions \$132
[410619C*](#) Sat., Jul. 8, 10-10:45am

Ages 4-6 10 Sessions \$200
[410619D](#) Wed., Jun. 28, 6:15-7:15pm

Ages 4-6 8 Sessions \$132
[410619E](#) Sat., Jul. 8, 12-12:45pm

Lubber Run Center
Ages 3-4 8 Sessions \$132
[410619F*](#) Sun., Jul. 9, 4-4:45pm

Ages 4-6 8 Sessions \$132
[410619G](#) Sat., Jul. 8, 11-11:45am
[410619H](#) Sun., Jul. 9, 1-1:45pm

YOUTH

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 10 Sessions \$200
[420609A](#) Wed., Jun. 28, 7:20-8:20pm
[420609B](#) Thurs., Jun. 29, 7:20-8:20pm





Girls Hoops

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 7-9	9 Sessions	\$180
420615A	Tues., Jun. 27, 6:15-7:15pm	
Ages 10-12	9 Sessions	\$180
420615B	Tues., Jun. 27, 7:20-8:20pm	

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	10 Sessions	\$200
420613A	Thurs., Jun. 29, 6:15-7:15pm	
Ages 7-9	9 Sessions	\$180
420613B	Mon., Jun. 26, 6:15-7:15pm	
Ages 10-12	9 Sessions	\$180
420613C	Mon., Jun. 26, 7:20-8:20pm	

Little Champions Soccer

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

Lubber Run Center

Ages 7-9	8 Sessions	\$160
410621A	Sat., Jul. 8, 1-2pm	

Lacey Woods Park

Ages 7-9	7 Sessions	\$140
410621B	Thurs., Jun. 29, 6-7pm	
Ages 7-9	6 Sessions	\$120
410621C	Sat., Jul. 8, 10-11am	

Fields Park

Ages 7-9	6 Sessions	\$120
410621D	Sun., Jul. 9, 11am-12pm	

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.

Lacey Woods Park

Ages 5-6	7 Sessions	\$140
420610A	Mon., Jun. 26, 5-6pm	
Ages 7-9	7 Sessions	\$140
420610B	Mon., Jun. 26, 6:05-7:05pm	
Ages 5-6	6 Sessions	\$99
420610C	Sat., Jul. 8, 11:15am-12pm	
Ages 7-9	6 Sessions	\$120
420610D	Sat., Jul. 8, 12:15-1:15pm	

Fairlington Center Outdoor/Field

Ages 5-6	6 Sessions	\$99
420610E	Sun., Jul. 9, 1-1:45pm	
Ages 7-9	6 Sessions	\$120
420610F	Sun., Jul. 9, 1:55-2:55pm	

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.

Rocky Run Park

Ages 4-6	9 Sessions	\$149
420614A	Tues., Jun. 27, 11:30am-12:15pm	

Barrett Elementary School/Outdoor

Ages 4-6	8 Sessions	\$132
420614B	Sat., Jul. 8, 1-1:45pm	
420614C	Sun., Jul. 9, 11-11:45am	

Fairlington Center

Ages 7-9	8 Sessions	\$132
420614D	Sat., Jul. 8, 1-1:45pm	

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.

Lacey Woods Park

Ages 9-12	7 Sessions	\$140
420616A	Mon., Jun. 26, 4-5pm	
Ages 10-12	6 Sessions	\$120
420616B	Sat., Jul. 8, 1:20-2:20pm	

Fields Park

Ages 10-12	6 Sessions	\$120
420616C	Sun., Jul. 9, 12:15-1:15pm	



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 6:1. Inst.: First Serve Tennis.

Walter Reed Center

Ages 7-10	7 Sessions	\$182
440614A	Mon., Jun. 26, 4:30-5:20pm	
Ages 10-14	7 Sessions	\$182
440614B	Mon., Jun. 26, 5:30-6:20pm	
Ages 15-Adult	7 Sessions	\$182
440614C	Mon., Jun. 26, 6:30-7:20pm	
440614D	Tues., Jun. 27, 4:30-5:20pm	
440614E	Tues., Jun. 27, 5:30-6:20pm	
440614F	Tues., Jun. 27, 6:30-7:20pm	
440614G	Wed., Jun. 28, 5:30-6:20pm	
440614H	Thurs., Jun. 29, 4:30-5:20pm	
440614I	Thurs., Jun. 29, 4:30-5:20pm	
440614J	Thurs., Jun. 29, 5:30-6:20pm	
440614K	Thurs., Jun. 29, 5:30-6:20pm	

Fort Scott Park

Ages 15-Adult	7 Sessions	\$182
440614L	Tues., Jun. 27, 8:30-9:20am	
440614M	Wed., Jun. 28, 8:30-9:20am	
440614N	Thurs., Jun. 29, 8:30-9:20am	

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.

Walter Reed Center

Ages 10-14	7 Sessions	\$182
440615A	Wed., Jun. 28, 4:30-5:20pm	
Ages 15-Adult	7 Sessions	\$182
440615B	Mon., Jun. 26, 7:30-8:20pm	
440615C	Tues., Jun. 27, 7:30-8:20pm	
440615D	Wed., Jun. 28, 6:30-7:20pm	
440615E	Thurs., Jun. 29, 6:30-7:20pm	
440615F	Thurs., Jun. 29, 6:30-7:20pm	

Fort Scott Park

Ages 15-Adult	7 Sessions	\$182
440615G	Tues., Jun. 27, 9:30-10:20am	
440615H	Wed., Jun. 28, 9:30-10:20am	
440615I	Thurs., Jun. 29, 9:30-10:20am	



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 **6 Sessions** **\$198**
420604A Sat., Jul. 15, 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.

Stratford Park
Ages 13-16 **7 Sessions** **\$228**
430601A Tues., Jun. 27, 7:30-8:40pm

Tuckahoe Park
Ages 13-16 **7 Sessions** **\$228**
430601B Mon., Jun. 26, 7:30-8:40pm
430601C Tues., Jun. 27, 7:30-8:40pm

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 **7 Sessions** **\$245**
440601A Tues., Jun. 27, 7:30-8:40pm
440601B Tues., Jun. 27, 8:50-10pm
440601C Thurs., Jun. 29, 8:50-10pm

Hayes Park
Ages 15-Adult **7 Sessions** **\$245**
440601D Mon., Jun. 26, 7:30-8:40pm
440601E Mon., Jun. 26, 8:50-10pm

Kenmore MS
Ages 15-Adult **6 Sessions** **\$210**
440601F Sat., Jul. 15, 12-1:10pm

Langston-Brown Center
Ages 15-Adult **6 Sessions** **\$210**
440601G Sat., Jul. 15, 9-10:10am
440601H Sat., Jul. 15, 11:40am-12:50pm

Lyon Village Park
Ages 15-Adult **7 Sessions** **\$245**
440601I Tues., Jun. 27, 6:30-7:20pm
440601J Tues., Jun. 27, 8:50-10pm

Maury Park
Ages 15-Adult **6 Sessions** **\$210**
440601K Sun., Jul. 16, 10:55am-12:05pm

Quincy Park
Ages 15-Adult **7 Sessions** **\$245**
440601L Wed., Jun. 28, 7:30-8:40pm
440601M Wed., Jun. 28, 8:50-10pm

TEEN & ADULT

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 **7 Sessions** **\$182**
440616A Wed., Jun. 28, 7:30-8:20pm
440616B Thurs., Jun. 29, 7:30-8:20pm
440616C Thurs., Jun. 29, 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 **7 Sessions** **\$182**
420602A Tues., Jun. 27, 5:30-6:20pm
420602B Thurs., Jun. 29, 5:30-6:20pm

Ages 7-10 **7 Sessions** **\$182**
420602C Tues., Jun. 27, 6:30-7:20pm
420602D Tues., Jun. 27, 5:30-6:20pm
420602E Thurs., Jun. 29, 5:30-6:20pm
420602F Thurs., Jun. 29, 6:30-7:20pm

Ages 10-14 **7 Sessions** **\$182**
420602G Tues., Jun. 27, 6:30-7:20pm
420602H Thurs., Jun. 29, 6:30-7:20pm

Hayes Park
Ages 6-8 **7 Sessions** **\$182**
420602I Mon., Jun. 26, 5:30-6:20pm
420602J Wed., Jun. 28, 5:30-6:20pm

Ages 7-10 **7 Sessions** **\$182**
420602K Mon., Jun. 26, 6:30-7:20pm
420602L Wed., Jun. 28, 6:30-7:20pm
Ages 10-14 **7 Sessions** **\$182**
420602M Mon., Jun. 26, 6:30-7:20pm

Lyon Village Park
Ages 6-8 **7 Sessions** **\$182**
420602N Tues., Jun. 27, 5:30-6:20pm
420602O Thurs., Jun. 29, 5:30-6:20pm

Ages 7-10 **7 Sessions** **\$182**
420602P Thurs., Jun. 29, 6:30-7:20pm

Quincy Park
Ages 6-8 **7 Sessions** **\$182**
420602Q Wed., Jun. 28, 5:30-6:20pm
420602R Wed., Jun. 28, 6:30-7:20pm

Stratford Park
Ages 6-8 **7 Sessions** **\$182**
420602S Mon., Jun. 26, 5:30-6:20pm

Ages 7-10 **7 Sessions** **\$182**
420602T Mon., Jun. 26, 5:30-6:20pm
420602U Mon., Jun. 26, 6:30-7:20pm

Ages 10-14 **7 Sessions** **\$182**
420602V Mon., Jun. 26, 6:30-7:20pm

Tennis 3: Transition to Match Play

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1&2 programs. Coach's recommendation required by contacting info@tenniseveryone.net before registering. Tennis racquets are not provided. Ratio 6:1. Inst.: First Serve Tennis.

Quincy Park
Ages 8-10 **7 Sessions** **\$228**
420603A Wed., Jun. 28, 4:50-6pm

Ages 10-14 **7 Sessions** **\$228**
420603B Wed., Jun. 28, 6:10-7:20pm

Stratford Park
Ages 8-10 **7 Sessions** **\$228**
420603C Tues., Jun. 27, 4:50-6pm
Ages 10-14 **7 Sessions** **\$228**
420603D Tues., Jun. 27, 6:10-7:20pm

Tuckahoe Park
Ages 8-10 **7 Sessions** **\$228**
420603E Mon., Jun. 26, 4:50-6pm
420603F Tues., Jun. 27, 4:50-6pm

Ages 10-14 **7 Sessions** **\$228**
420603G Mon., Jun. 26, 6:10-7:20pm
420603H Tues., Jun. 27, 6:10-7:20pm



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 7 Sessions \$245
440602A Tues., Jun. 27, 7:30–8:40pm
440602B Tues., Jun. 27, 8:50–10pm
440602C Thurs., Jun. 29, 7:30–8:40pm

Hayes Park
Ages 15-Adult 7 Sessions \$245
440602D Mon., Jun. 26, 7:30–8:40pm
440602E Mon., Jun. 26, 8:50–10pm

Langston-Brown Center
Ages 15-Adult 6 Sessions \$210
440602F Sat., Jul. 15, 10:20–11:30am

Lyon Village Park
Ages 15-Adult 7 Sessions \$245
440602G Tues., Jun. 27, 7:30–8:40pm

Maury Park
Ages 15-Adult 6 Sessions \$210
440602H Sun., Jul. 16, 9:35–10:45am

Quincy Park
Ages 15-Adult 7 Sessions \$245
440602I Wed., Jun. 28, 7:30–8:40pm
440602J Wed., Jun. 28, 8:50–10pm

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 matchplay. 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 7 Sessions \$245
440603A Wed., Jun. 28, 7:30–8:40pm
440603B Wed., Jun. 28, 8:50–10pm

Lyon Village Park
Ages 15-Adult 7 Sessions \$245
440603C Thurs., Jun. 29, 7:30–8:40pm
440603D Thurs., Jun. 29, 8:50–10pm

Stratford Park
Ages 15-Adult 7 Sessions \$245
440603E Mon., Jun. 26, 8:50–10pm

Tuckahoe Park
Ages 15-Adult 7 Sessions \$245
440603F Mon., Jun. 26, 8:50–10pm

Tennis 4

This program is for intermediate and advanced players. It focuses on increasing stroke dependability, improving directional control, depth and variety, and aggressive net play. NTRP 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 7 Sessions \$245
440604A Wed., Jun. 28, 7:30–8:40pm
440604B Wed., Jun. 28, 8:50–10pm

Lyon Village Park
Ages 15-Adult 7 Sessions \$245
440604C Thurs., Jun. 29, 7:30–8:40pm
440604D Thurs., Jun. 29, 8:50–10pm

Stratford Park
Ages 15-Adult 7 Sessions \$245
440604E Mon., Jun. 26, 7:30–8:40pm
440604F Tues., Jun. 27, 8:50–10pm

Tuckahoe Park
Ages 15-Adult 7 Sessions \$245
440604G Tues., Jun. 27, 8:50–10pm

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 6 Sessions \$210
440607A Sun., Jul. 16, 8:15–9:25am

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 6 Sessions \$210
440608A Sat., Jul. 15, 9–10:20am

Tennis: Private Lesson

For players who would like more individual attention, you can book private lessons with coaches. For two or three-person semi-private lessons, please contact Laurie Reid at lrleid1@arlingtonva.us to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Tennis racquets are not provided please email stephan.firstservetennis@gmail.com if you have any further questions. Inst.: First Serve Tennis.

Langston-Brown Center
Ages 8-Adult 4 Sessions \$340
440612A Thurs., Jul. 27, 5:30–6:25pm
440612B Thurs., Jul. 27, 6:30–7:25pm
440612C Thurs., Jul. 27, 7:30–8:25pm

Ages 8-Adult 3 Sessions \$225
440612D Thurs., Jun. 29, 5:30–6:25pm
440612E Thurs., Jun. 29, 6:30–7:25pm
440612F Thurs., Jun. 29, 7:30–8:25pm

DANCE

TOT & ADULT

Dance & 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.

Lubber Run Center
Ages 2-3 5 Sessions \$80
410204A Tues., Jul. 11, 5:15–5:45pm
410204B Fri., Jul. 14, 10–10:30am

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 5 Sessions \$80
410207A Tues., Jul. 11, 4:30–5pm

Fairlington Center
Ages 2-3 5 Sessions \$80
410207B Thurs., Jul. 13, 10–10:30am
410207C Thurs., Jul. 13, 10:45–11:15am

TOT & YOUTH

Pre-Ballet & Movement I

Do you have an aspiring ballet dancer? In this class kids will learn beginner ballet steps and explore creative movement with fun music. They also will practice important life skills like taking turns and following directions while they enjoy exercises that promote strength, flexibility and self-expression! 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 5 Sessions \$100
410210A Mon., Jul. 10, 4:30-5:15pm
410210B Fri., Jul. 14, 10:45-11:30am

Fairlington Center

Ages 3-5 5 Sessions \$100
410210C Tues., Jul. 11, 5-5:45pm

Walter Reed Center

Ages 3-5 5 Sessions \$100
410210D Thurs., Jul. 13, 5-5:45pm

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 5 Sessions \$100
410211A Wed., Jul. 12, 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 5 Sessions \$100
410205A Wed., Jul. 12, 5-5:45pm

Fairlington Center

Ages 4½-6 5 Sessions \$100
410205B Thurs., Jul. 13, 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.

Barcroft Sports & Fitness Center

Ages 4-6 5 Sessions \$100
410213A Tues., Jul. 11, 4:30-5:15pm
410213B Tues., Jul. 11, 5:30-6:15pm

Ballet 1

Love to leap and twirl? This class is for children who have the coordination and discipline to focus on learning simple ballet combinations. Basic ballet technique will be presented in a fun and encouraging environment, allowing young dancers to express themselves as they explore this classic form of dance. Leather ballet shoes required. If you have questions, email susannah@gobananasdancing.com. *MASKS OPTIONAL. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 5-7 5 Sessions \$100
410221A Mon., Jul. 10, 5:30-6:15pm

Fairlington Center

Ages 5-7 5 Sessions \$100
410221B Tues., Jul. 11, 6-6:45pm

Walter Reed Center

Ages 5-7 5 Sessions \$100
410221C Thurs., Jul. 13, 6-6:45pm

YOUTH

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 5 Sessions \$140
410222A Wed., Jul. 12, 5:50-6:50pm

Hip Hop n' 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.

Long Bridge Aquatics Center

Ages 6-8 5 Sessions \$100
410200A Wed., Jul. 12, 6-6:45pm

Fairlington Center

Ages 6-8 5 Sessions \$100
410200B Thurs., Jul. 13, 6-6:45pm

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 5 Sessions \$100
410211A Tues., Jul. 11, 6-6:45pm



MOVEMENT

TOT & ADULT

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.: Wiebel

Birth-5 7 Sessions \$202
410208A Mon., Jul. 10, 9:30-10:15am
410208B Mon., Jul. 10, 10:30-11:15am
410208C Mon., Jul. 10, 11:30am-12:15pm
410208D Tues., Jul. 11, 10-10:45am
410208E Tues., Jul. 11, 11-11:45am
410208F Thurs., Jul. 6, 10-10:45am
410208G Thurs., Jul. 6, 11-11:45am

Fairlington Center. Inst.: Wiebel

Birth-5 7 Sessions \$202
410208H Sat., Jul. 8, 9:30-10:15am
410208I Sat., Jul. 8, 10:30-11:15am
410208J Sat., Jul. 8, 11:30am-12:15pm

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 9 Sessions \$73

- [410400A](#) Mon., Jun. 26, 10:05–10:35am
- [410400B](#) Mon., Jun. 26, 4–4:30pm
- [410400C](#) Wed., Jun. 28, 4:35–5:05pm
- [410400D](#) Thurs., Jun. 29, 4–4:30pm
- [410400E](#) Fri., Jun. 30, 4:35–5:05pm

Ages 6 months-1½ 8 Sessions \$66

- [410400F](#) Tues., Jun. 27, 10:05–10:35am
- [410400G](#) Tues., Jun. 27, 4:35–5:05pm
- [410400H](#) Sat., Jul. 1, 9:05–9:35am
- [410400I](#) Sat., Jul. 1, 10:55–11:25am
- [410400J](#) Sun., Jul. 2, 9:40–10:10am
- [410400K](#) Sun., Jul. 2, 10:55–11:25am

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 9 Sessions \$73

- [410401A](#) Mon., Jun. 26, 10:40–11:10am
- [410401B](#) Mon., Jun. 26, 4:35–5:05pm
- [410401C](#) Wed., Jun. 28, 4–4:30pm
- [410401D](#) Thurs., Jun. 29, 4:35–5:05pm
- [410401E](#) Fri., Jun. 30, 4:35–5:05pm

Ages 1½-2 8 Sessions \$66

- [410401F](#) Tues., Jun. 27, 10:40–11:10am
- [410401G](#) Tues., Jun. 27, 4–4:30pm
- [410401H](#) Sat., Jul. 1, 8:30–9am
- [410401I](#) Sat., Jul. 1, 10:20–10:50am
- [410401J](#) Sun., Jul. 2, 9:05–9:35am
- [410401K](#) Sun., Jul. 2, 10:20–10:50am

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 9 Sessions \$73

- [410402A](#) Mon., Jun. 26, 9:30–10am
- [410402B](#) Mon., Jun. 26, 5:10–5:40pm
- [410402C](#) Wed., Jun. 28, 5:10–5:40pm
- [410402D](#) Thurs., Jun. 29, 5:10–5:40pm
- [410402E](#) Fri., Jun. 30, 4–4:30pm

Ages 2½-3 8 Sessions \$66

- [410402F](#) Tues., Jun. 27, 9:30–10am
- [410402G](#) Tues., Jun. 27, 5:10–5:40pm
- [410402H](#) Sat., Jul. 1, 8:30–9am
- [410402I](#) Sat., Jul. 1, 9:40–10:10am
- [410402J](#) Sun., Jul. 2, 8:30–9am
- [410402K](#) Sun., Jul. 2, 11:30am–12pm

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 3-4 9 Sessions \$55

- [410403A](#) Mon., Jun. 26, 11:20–11:40am
- [410403B](#) Mon., Jun. 26, 12:20–12:40pm
- [410403C](#) Mon., Jun. 26, 4–4:20pm
- [410403D](#) Mon., Jun. 26, 5:50–6:10pm
- [410403E](#) Wed., Jun. 28, 4–4:20pm
- [410403F](#) Wed., Jun. 28, 5–5:20pm
- [410403G](#) Wed., Jun. 28, 6:55–7:15pm
- [410403H](#) Fri., Jun. 30, 4:35–4:55pm
- [410403I](#) Fri., Jun. 30, 5:10–5:30pm
- [410403J](#) Fri., Jun. 30, 6:05–6:25pm

Age 3-4 8 Sessions \$43

- [410403K](#) Tues., Jun. 27, 10–10:20am
- [410403L](#) Tues., Jun. 27, 11:20–11:40am
- [410403M](#) Tues., Jun. 27, 12:20–12:40pm
- [410403N](#) Tues., Jun. 27, 4:35–4:55pm
- [410403O](#) Tues., Jun. 27, 5:40–6pm
- [410403P](#) Sat., Jul. 1, 8:30–8:50am
- [410403Q](#) Sat., Jul. 1, 9:30–9:50am
- [410403R](#) Sat., Jul. 1, 10:55–11:15am
- [410403S](#) Sun., Jul. 2, 9:05–9:25am
- [410403T](#) Sun., Jul. 2, 11:55am–12:15pm
- [410403U](#) Sun., Jul. 2, 12–12:20pm

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 9 Sessions \$73

- [410404A](#) Mon., Jun. 26, 10:15–10:45am
- [410404B](#) Mon., Jun. 26, 11:30am–12pm
- [410404C](#) Mon., Jun. 26, 4:25–4:55pm
- [410404D](#) Mon., Jun. 26, 6:15–6:45pm
- [410404E](#) Wed., Jun. 28, 4:25–4:55pm
- [410404F](#) Wed., Jun. 28, 5:25–5:55pm
- [410404G](#) Wed., Jun. 28, 5:50–6:20pm
- [410404H](#) Thurs., Jun. 29, 4:45–5:15pm
- [410404I](#) Thurs., Jun. 29, 5:50–6:20pm
- [410404J](#) Fri., Jun. 30, 4–4:30pm
- [410404K](#) Fri., Jun. 30, 5–5:30pm
- [410404L](#) Fri., Jun. 30, 5:35–6:05pm

Ages 3yrs 3months-5 8 Sessions \$66

- [410404M](#) Tues., Jun. 27, 10:25–10:55am
- [410404N](#) Tues., Jun. 27, 4–4:30pm
- [410404O](#) Tues., Jun. 27, 5–5:30pm
- [410404P](#) Tues., Jun. 27, 6:25–6:55pm
- [410404Q](#) Sat., Jul. 1, 8:55–9:25am
- [410404R](#) Sat., Jul. 1, 10:15–10:45am
- [410404S](#) Sat., Jul. 1, 11:30am–12pm
- [410404T](#) Sat., Jul. 1, 11:55am–12:25pm
- [410404U](#) Sun., Jul. 2, 9:30–10am
- [410404V](#) Sun., Jul. 2, 11:20–11:50am

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 9 Sessions \$73

- [410405A](#) Mon., Jun. 26, 11:45am–12:15pm
- [410405B](#) Mon., Jun. 26, 5–5:30pm
- [410405C](#) Mon., Jun. 26, 6:50–7:20pm
- [410405E](#) Wed., Jun. 28, 4:45–5:15pm
- [410405F](#) Wed., Jun. 28, 6:25–6:55pm
- [410405G](#) Thurs., Jun. 29, 5:20–5:50pm
- [410405H](#) Thurs., Jun. 29, 6:55–7:25pm
- [410405I](#) Fri., Jun. 30, 4–4:30pm
- [410405J](#) Fri., Jun. 30, 6:30–7pm

Ages 3yrs 3months-5 8 Sessions \$66

- [410405K](#) Tues., Jun. 27, 11–11:30am
- [410405L](#) Tues., Jun. 27, 11:45am–12:15pm
- [410405M](#) Tues., Jun. 27, 4–4:30pm
- [410405N](#) Tues., Jun. 27, 5:50–6:20pm
- [410405O](#) Tues., Jun. 27, 5:50–6:20pm
- [410405P](#) Tues., Jun. 27, 6:05–6:35pm
- [410405Q](#) Sat., Jul. 1, 9:05–9:35am
- [410405R](#) Sat., Jul. 1, 9:55–10:25am
- [410405S](#) Sat., Jul. 1, 11:20–11:50am
- [410405T](#) Sun., Jul. 2, 8:30–9am
- [410405U](#) Sun., Jul. 2, 9:15–9:45am
- [410405V](#) Sun., Jul. 2, 10:10–10:40am

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 **9 Sessions** **\$73**
410406A Mon., Jun. 26, 10:50-11:20am
410406B Mon., Jun. 26, 5:30-6pm
410406C Mon., Jun. 26, 5:40-6:10pm
410406D Wed., Jun. 28, 4:45-5:15pm
410406E Wed., Jun. 28, 5:20-5:50pm
410406F Wed., Jun. 28, 6:35-7:05pm
410406G Thurs., Jun. 29, 4:45-5:15pm
410406H Fri., Jun. 30, 4:45-5:15pm

Ages 4-5 **8 Sessions** **\$66**
410406I Tues., Jun. 27, 11:35am-12:05pm
410406J Tues., Jun. 27, 5:10-5:40pm
410406K Tues., Jun. 27, 6:25-6:55pm
410406L Sat., Jul. 1, 9:40-10:10am
410406M Sat., Jul. 1, 10:50-11:20am
410406N Sun., Jul. 2, 8:30-9am
410406O Sun., Jul. 2, 10:40-11:10am
410406P Sun., Jul. 2, 10:45-11:15am
410406Q Sun., Jul. 2, 11:15-11:45am

Fin 4

This class is for children who have successfully completed Fin 3 or have comparable skills. Participants will learn breast-stroke, 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 **9 Sessions** **\$73**
410407A Mon., Jun. 26, 6:20-6:50pm
410407B Wed., Jun. 28, 6-6:30pm
410407C Thurs., Jun. 29, 7:05-7:35pm
410407D Fri., Jun. 30, 4:45-5:15pm

Ages 4½-5 **8 Sessions** **\$66**
410407E Tues., Jun. 27, 4:35-5:05pm
410407F Tues., Jun. 27, 6:40-7:10pm
410407G Tues., Jun. 27, 7:05-7:35pm
410407H Sat., Jul. 1, 10:50-11:20am
410407I Sun., Jul. 2, 10:40-11:10am

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 **9 Sessions** **\$74**
420400A Mon., Jun. 26, 12:05-12:45pm
420400B Mon., Jun. 26, 4-4:40pm
420400C Mon., Jun. 26, 6:15-6:55pm
420400D Wed., Jun. 28, 10-10:40am
420400E Wed., Jun. 28, 11:30am-12:10pm
420400F Wed., Jun. 28, 4-4:40pm
420400G Wed., Jun. 28, 6:10-6:50pm
420400H Thurs., Jun. 29, 4-4:40pm
420400I Thurs., Jun. 29, 6:10-6:50pm
420400J Thurs., Jun. 29, 6:25-7:05pm
420400K Fri., Jun. 30, 5:10-5:50pm
420400L Fri., Jun. 30, 6:10-6:50pm

Ages 6-12 **8 Sessions** **\$67**
420400M Tues., Jun. 27, 7-7:40pm
420400N Tues., Jun. 27, 7:15-7:55pm
420400O Sat., Jul. 1, 9:15-9:55am
420400P Sat., Jul. 1, 10:35-11:15am
420400Q Sat., Jul. 1, 11:25am-12:05pm
420400R Sun., Jul. 2, 8:30-9:10am
420400S Sun., Jul. 2, 9:50-10:30am

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 **9 Sessions** **\$74**
420401A Mon., Jun. 26, 9:30-10:10am
420401B Mon., Jun. 26, 4:45-5:25pm
420401C Mon., Jun. 26, 7-7:40pm
420401D Wed., Jun. 28, 10:45-11:25am
420401E Wed., Jun. 28, 12:20-1pm
420401F Wed., Jun. 28, 4-4:40pm
420401G Wed., Jun. 28, 5:20-6pm
420401H Wed., Jun. 28, 6:50-7:30pm
420401I Wed., Jun. 28, 7:10-7:50pm
420401J Thurs., Jun. 29, 4-4:40pm

420401K Thurs., Jun. 29, 5:20-6pm
420401L Thurs., Jun. 29, 6-6:40pm
420401M Fri., Jun. 30, 4-4:40pm
420401N Fri., Jun. 30, 5:20-6pm

Ages 6-12 **8 Sessions** **\$67**
420401O Tues., Jun. 27, 4-4:40pm
420401P Tues., Jun. 27, 7:05-7:45pm
420401Q Tues., Jun. 27, 8-8:40pm
420401R Sat., Jul. 1, 8:30-9:10am
420401S Sat., Jul. 1, 10-10:40am
420401T Sat., Jul. 1, 11:20am-12pm
420401U Sun., Jul. 2, 9:05-9:45am
420401V Sun., Jul. 2, 9:50-10:30am
420401W Sun., Jul. 2, 11:15-11:55am



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



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 **9 Sessions** **\$74**

- [420402A](#) Mon., Jun. 26, 9:30–10:10am
- [420402B](#) Mon., Jun. 26, 11:50am–12:30pm
- [420402C](#) Mon., Jun. 26, 4–4:40pm
- [420402D](#) Mon., Jun. 26, 6:20–7pm
- [420402E](#) Mon., Jun. 26, 6:55–7:35pm
- [420402F](#) Mon., Jun. 26, 7:40–8:20pm
- [420402G](#) Wed., Jun. 28, 10:45–11:25am
- [420402H](#) Wed., Jun. 28, 12:20–1pm
- [420402I](#) Wed., Jun. 28, 4:45–5:25pm
- [420402J](#) Wed., Jun. 28, 5:30–6:10pm
- [420402K](#) Wed., Jun. 28, 7:55–8:35pm
- [420402L](#) Thurs., Jun. 29, 4:45–5:25pm
- [420402M](#) Thurs., Jun. 29, 7:30–8:10pm
- [420402N](#) Fri., Jun. 30, 5:55–6:35pm

Ages 6–12 **8 Sessions** **\$67**

- [420402O](#) Tues., Jun. 27, 4–4:40pm
- [420402P](#) Tues., Jun. 27, 5:30–6:10pm
- [420402Q](#) Tues., Jun. 27, 6:20–7pm
- [420402R](#) Tues., Jun. 27, 7:50–8:30pm
- [420402S](#) Sat., Jul. 1, 8:30–9:10am
- [420402T](#) Sat., Jul. 1, 10–10:40am
- [420402U](#) Sat., Jul. 1, 10–10:40am
- [420402V](#) Sat., Jul. 1, 11:25am–12:05pm
- [420402W](#) Sun., Jul. 2, 8:30–9:10am
- [420402X](#) Sun., Jul. 2, 11:35am–12:15pm

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 **9 Sessions** **\$74**

- [420403A](#) Mon., Jun. 26, 10:15–10:55am
- [420403B](#) Mon., Jun. 26, 4:45–5:25pm

- [420403C](#) Mon., Jun. 26, 7:05–7:45pm
- [420403D](#) Wed., Jun. 28, 10–10:40am
- [420403E](#) Wed., Jun. 28, 11:30am–12:10pm
- [420403F](#) Wed., Jun. 28, 4–4:40pm
- [420403G](#) Wed., Jun. 28, 6:20–7pm
- [420403H](#) Thurs., Jun. 29, 4–4:40pm
- [420403I](#) Thurs., Jun. 29, 6:20–7pm
- [420403J](#) Fri., Jun. 30, 4–4:40pm
- [420403K](#) Fri., Jun. 30, 6:05–6:45pm

Ages 6–12 **8 Sessions** **\$67**

- [420403L](#) Tues., Jun. 27, 4:45–5:25pm
- [420403M](#) Tues., Jun. 27, 4:45–5:25pm
- [420403N](#) Sat., Jul. 1, 8:30–9:10am
- [420403O](#) Sat., Jul. 1, 9:15–9:55am
- [420403P](#) Sat., Jul. 1, 11:45am–12:25pm
- [420403Q](#) Sun., Jul. 2, 9:15–9:55am
- [420403R](#) Sun., Jul. 2, 10:50–11:30am

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 **9 Sessions** **\$74**

- [420404A](#) Mon., Jun. 26, 11–11:40am
- [420404B](#) Mon., Jun. 26, 5:30–6:10pm
- [420404C](#) Wed., Jun. 28, 10–10:40am
- [420404D](#) Wed., Jun. 28, 12:20–1pm
- [420404E](#) Wed., Jun. 28, 7:05–7:45pm
- [420404F](#) Thurs., Jun. 29, 5:30–6:10pm
- [420404G](#) Fri., Jun. 30, 5:20–6pm

Ages 6–12 **8 Sessions** **\$67**

- [420404H](#) Tues., Jun. 27, 5:30–6:10pm
- [420404I](#) Tues., Jun. 27, 6:20–7pm
- [420404J](#) Sat., Jul. 1, 9:15–9:55am
- [420404K](#) Sun., Jul. 2, 10:05–10:45am

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**

- [420406A](#) Fri., Jun. 30, 4:10–4:50pm
- [420406B](#) Sat., Jul. 1, 10:05–10:45am
- [420406C](#) Sun., Jul. 2, 4:10–4:50pm

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**

- [420407A](#) Fri., Jun. 30, 4:55–5:35pm
- [420407B](#) Sat., Jul. 1, 10:50–11:30am
- [420407C](#) Sun., Jul. 2, 4:55–5:35pm

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 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 **9 Sessions** **\$97**

- [420405A](#) Mon., Jun. 26, 7:50–8:45pm
- [420405B](#) Wed., Jun. 28, 7:35–8:30pm
- [420405C](#) Thurs., Jun. 29, 7:40–8:35pm

Ages 8–14 **8 Sessions** **\$87**

- [420405D](#) Sat., Jul. 1, 10:45–11:40am
- [420405E](#) Sun., Jul. 2, 8:30–9:25am

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 **9 Sessions** **\$74**

- [430400A](#) Wed., Jun. 28, 10:45–11:25am
- [430400B](#) Wed., Jun. 28, 6–6:40pm
- [430400C](#) Thurs., Jun. 29, 6:45–7:25pm

Ages 13–19 **8 Sessions** **\$67**

- [430400D](#) Sun., Jul. 2, 10:35–11:55am

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 **9 Sessions** **\$74**

- [430401A](#) Wed., Jun. 28, 11:30am–12:10pm
- [430401B](#) Wed., Jun. 28, 7:50–8:30pm

Ages 13–19 **8 Sessions** **\$67**

- [430401C](#) Sun., Jul. 2, 9:30–10:25am
- [430401D](#) Sun., Jul. 2, 11:05–11:45am

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.



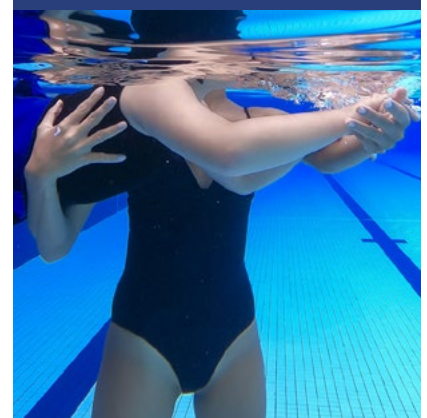
Private Swim Lessons

Arlington County offers private swim lessons for tots, youth, and adults. These lessons are popular and we recommend all those interested to try a group lesson first.

Fee reductions are available for individuals under 18 years old. Questions? Email privateswim@arlingtonva.us or call 703.228.4747.

Long Bridge Aquatics Center

Tots 3½+ [740401](tel:7032284747)
 Youth [740402](tel:7032284747)
 Adults [740404](tel:7032284747)





Teen Lap Swim

This advanced class is for teenage swimmers who have successfully completed Teen Intermediate or have demonstrated proficiency in all four competitive strokes. Students will focus on further refining strokes, learn advanced swim concepts, and increase endurance for swimming. Ideal for swimmers looking to pursue other high-endurance aquatic activities, such as swim team, fitness swimming, triathlons.

Long Bridge Aquatics Center

Ages 13-19 **8 Sessions** **\$87**
[430403A](#) Tues., Jun. 27, 7:40-8:35pm

TEEN & 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 13-Adult **9 Sessions** **\$74**
[440400A](#) Mon., Jun. 26, 7:45-8:25pm
[440400B](#) Wed., Jun. 28, 7-7:40pm
[440400C](#) Thurs., Jun. 29, 7:55-8:35pm
[440400D](#) Fri., Jun. 30, 5:35-6:15pm

Ages 13-Adult **8 Sessions** **\$67**
[440400E](#) Tues., Jun. 27, 7-7:40pm
[440400F](#) Tues., Jun. 27, 7:45-8:25pm
[440400G](#) Sat., Jul. 1, 11:20am-12pm
[440400H](#) Sun., Jul. 2, 11:20am-12pm

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 13-Adult **9 Sessions** **\$74**
[440401A](#) Mon., Jun. 26, 7:25-8:05pm
[440401B](#) Thurs., Jun. 29, 7:10-7:50pm
[440401C](#) Thurs., Jun. 29, 7:30-8:10pm
[440401D](#) Fri., Jun. 30, 6:20-7pm

Ages 13-Adult **8 Sessions** **\$67**
[440401E](#) Tues., Jun. 27, 7:45-8:25pm
[440401F](#) Sat., Jul. 1, 10:35-11:15am
[440401G](#) Sun., Jul. 2, 8:30-9:10am

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 13-Adult **9 Sessions** **\$97**
[440402A](#) Wed., Jun. 28, 7:45-8:40pm

Ages 13-Adult **8 Sessions** **\$87**
[440402B](#) Sat., Jul. 1, 9:30-10:25am
[440402C](#) Sun., Jul. 2, 9:15-10:10am

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 13-Adult **8 Sessions** **\$87**
[440404A](#) Sat., Jul. 1, 8:30-9:25am
[440404B](#) Sun., Jul. 2, 10:20-11:15am



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 13-Adult **9 Sessions** **\$133**
[440405A](#) Fri., Jun. 30, 5:40-7pm

Ages 13-Adult **8 Sessions** **\$66**
[440405B](#) Sat., Jul. 1, 11:35am-12:15pm

[440405C](#) Sun., Jul. 2, 5:40-6:20pm

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 **9 Sessions** **\$97**
[440406A](#) Thurs., Jun. 29, 9-9:55am

Ages 13-Adult **8 Sessions** **\$87**
[440406B](#) Sat., Jul. 1, 7:25-8:20am
[440406C](#) Tues., Jun. 27, 9:05-10am

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 **9 Sessions** **\$97**
[440407A](#) Thurs., Jun. 29, 1-1:55pm

Ages 13-Adult **8 Sessions** **\$87**
[440407B](#) Tues., Jun. 27, 10:15-11:10am

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 **9 Sessions** **\$97**
[440408A](#) Mon., Jun. 26, 7:35-8:30pm

[440408B](#) Wed., Jun. 28, 7:35-8:30pm
Ages 13-Adult **8 Sessions** **\$87**
[440408C](#) Sat., Jul. 1, 9:05-10am

GYMNASTICS

TOT & ADULT

Family Gymnastics

Tots are introduced or continue to learn about the fun of gymnastics with their parents' supervision and the guidance of the instructor. This mixed-age class is geared towards families with multiple children or one child (each child must be registered for these classes). Adult participation is required with a maximum of 1 child per adult participant.

Barcroft Sports & Fitness Center

Ages 1½-5 **3 Sessions** **\$50**

- [410501A](#) Tues., Jul. 11, 2-2:45pm
- [410501B](#) Tues., Aug. 1, 2-2:45pm
- [410501C](#) Tues., Jul. 11, 3-3:45pm
- [410501D](#) Tues., Aug. 1, 3-3:45pm
- [410501E](#) Thurs., Jul. 13, 2-2:45pm
- [410501F](#) Thurs., Aug. 3, 2-2:45pm
- [410501G](#) Fri., Jul. 14, 2-2:45pm
- [410501H](#) Fri., Aug. 4, 2-2:45pm
- [410501I](#) Sat., Jul. 15, 10:30-11:15am
- [410501J](#) Sat., Aug. 5, 10:30-11:15am
- [410501K](#) Sun., Jul. 16, 1-1:45pm
- [410501L](#) Sun., Aug. 6, 1-1:45pm

Tumbling for Toddlers

Curious, high-energy toddlers can explore the world of gymnastics with their parents' supervision and instructors' guidance. Exciting theme-based lessons cater to the shorter attention span and eager personalities of this age group. Adult participation is required with a maximum of 1 child per adult participant.

Barcroft Sports & Fitness Center

Ages 1½-2 **3 Sessions** **\$50**

- [410502A](#) Mon., Jul. 10, 2-2:45pm
- [410502B](#) Mon., Jul. 31, 2-2:45pm
- [410502C](#) Wed., Jul. 12, 11:30am-12:15pm
- [410502D](#) Wed., Aug. 2, 11:30am-12:15pm
- [410502E](#) Wed., Jul. 12, 3-3:45pm
- [410502F](#) Wed., Aug. 2, 3-3:45pm
- [410502G](#) Thurs., Jul. 13, 11:30am-12:15pm
- [410502H](#) Thurs., Aug. 3, 11:30am-12:15pm
- [410502I](#) Fri., Jul. 14, 11:30am-12:15pm
- [410502J](#) Fri., Aug. 4, 11:30am-12:15pm
- [410502K](#) Sat., Jul. 15, 8:30-9:15am
- [410502L](#) Sat., Aug. 5, 8:30-9:15am
- [410502M](#) Sun., Jul. 16, 12-12:45pm
- [410502N](#) Sun., Aug. 6, 12-12:45pm



TOT

Tumbling for 3's

The unique needs of a three-year-old are met with activities that blend skill progressions in a fun atmosphere. Theme-based activities will reinforce development social awareness and listening skills while being introduced to basic gymnastics skills.

Barcroft Sports & Fitness Center

Age 3 **3 Sessions** **\$50**

- [410503A](#) Mon., Jul. 10, 11:30am-12:15pm
- [410503B](#) Mon., Jul. 31, 11:30am-12:15pm
- [410503C](#) Mon., Jul. 10, 1-1:45pm
- [410503D](#) Mon., Jul. 31, 1-1:45pm
- [410503E](#) Mon., Jul. 10, 2-2:45pm
- [410503F](#) Mon., Jul. 31, 2-2:45pm
- [410503G](#) Tues., Jul. 11, 11:30am-12:15pm
- [410503H](#) Tues., Aug. 1, 11:30am-12:15pm
- [410503I](#) Tues., Jul. 11, 1-1:45pm
- [410503J](#) Tues., Aug. 1, 1-1:45pm
- [410503K](#) Tues., Jul. 11, 2-2:45pm
- [410503L](#) Tues., Aug. 1, 2-2:45pm
- [410503M](#) Wed., Jul. 12, 1-1:45pm
- [410503N](#) Wed., Aug. 2, 1-1:45pm
- [410503O](#) Wed., Jul. 12, 2-2:45pm
- [410503P](#) Wed., Aug. 2, 2-2:45pm
- [410503Q](#) Thurs., Jul. 13, 11:30am-12:15pm
- [410503R](#) Thurs., Aug. 3, 11:30am-12:15pm
- [410503S](#) Thurs., Jul. 13, 1-1:45pm
- [410503T](#) Thurs., Aug. 3, 1-1:45pm
- [410503U](#) Thurs., Jul. 13, 2-2:45pm
- [410503V](#) Thurs., Aug. 3, 2-2:45pm
- [410503W](#) Fri., Jul. 14, 11:30am-12:15pm
- [410503X](#) Fri., Aug. 4, 11:30am-12:15pm
- [410503Y](#) Fri., Jul. 14, 1-1:45pm
- [410503Z](#) Fri., Aug. 4, 1-1:45pm
- [410503AA](#) Sat., Jul. 15, 8:30-9:15am
- [410503BB](#) Sat., Aug. 5, 8:30-9:15am
- [410503CC](#) Sat., Jul. 15, 10:30-11:15am
- [410503DD](#) Sat., Aug. 5, 10:30-11:15am

Gymnastics

Young gymnasts will continue their gymnastics progressions focusing on strength and clean execution. This enthusiastic age group will learn fundamental gymnastics skills based on proper progressions and safety. Theme-based activities will also develop social awareness and listening skills.

Barcroft Sports & Fitness Center

Ages 4 **3 Sessions** **\$50**

- [410505A](#) Mon., Jul. 10, 11:30am-12:15pm
- [410505B](#) Mon., Jul. 31, 11:30am-12:15pm
- [410505C](#) Mon., Jul. 10, 3-3:45pm

- [410505D](#) Mon., Jul. 31, 3-3:45pm
- [410505E](#) Tues., Jul. 11, 11:30am-12:15pm
- [410505F](#) Tues., Aug. 1, 11:30am-12:15pm
- [410505G](#) Tues., Jul. 11, 1-1:45pm
- [410505H](#) Tues., Aug. 1, 1-1:45pm
- [410505I](#) Tues., Jul. 11, 3-3:45pm
- [410505J](#) Tues., Aug. 1, 3-3:45pm
- [410505K](#) Wed., Jul. 12, 11:30am-12:15pm
- [410505L](#) Wed., Aug. 2, 11:30am-12:15pm
- [410505M](#) Wed., Jul. 12, 2-2:45pm
- [410505N](#) Wed., Aug. 2, 2-2:45pm
- [410505O](#) Wed., Jul. 12, 3-3:45pm
- [410505P](#) Wed., Aug. 2, 3-3:45pm
- [410505Q](#) Thurs., Jul. 13, 1-1:45pm
- [410505R](#) Thurs., Aug. 3, 1-1:45pm
- [410505S](#) Thurs., Jul. 13, 3-3:45pm
- [410505T](#) Thurs., Aug. 3, 3-3:45pm
- [410505U](#) Fri., Jul. 14, 2-2:45pm
- [410505V](#) Fri., Aug. 4, 2-2:45pm
- [410505W](#) Fri., Jul. 14, 3-3:45pm
- [410505X](#) Fri., Aug. 4, 3-3:45pm
- [410505Y](#) Sat., Jul. 15, 9:30-10:15am
- [410505Z](#) Sat., Aug. 5, 9:30-10:15am



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 summer session.

PRESCHOOL GYMNASTICS PROGRAM: SUMMER 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: SUMMER 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)



YOUTH

Junior Gymnast

Gymnasts will continue their journey after taking Gymnasticats with a focus on refining fundamental skills and work more advanced progressions, preparing participants for Beginner Gymnastics classes.

Barcroft Sports & Fitness Center

Ages 5

3 Sessions

\$50

[410506A](#) Mon., Jul. 10, 3–3:45pm

[410506B](#) Mon., Jul. 31, 3–3:45pm

[410506C](#) Wed., Jul. 12, 1–1:45pm

[410506D](#) Wed., Aug. 2, 1–1:45pm

[410506E](#) Thurs., Jul. 13, 3–3:45pm

[410506F](#) Thurs., Aug. 3, 3–3:45pm

[410506G](#) Fri., Jul. 14, 3–3:45pm

[410506H](#) Fri., Aug. 4, 3–3:45pm

[410506I](#) Sat., Jul. 15, 9:30–10:15am

[410506J](#) Sat., Aug. 5, 9:30–10:15am

Girls Level 1 Beginner

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

Barcroft Sports & Fitness Center

Ages 5–6

3 Sessions

\$63

[420500A](#) Mon., Jul. 10, 4:15–5:15pm

[420500B](#) Mon., Jul. 31, 4:15–5:15pm

[420500C](#) Tues., Jul. 11, 4:30–5:30pm

[420500D](#) Tues., Aug. 1, 4:30–5:30pm

[420500E](#) Wed., Jul. 12, 4:15–5:15pm

[420500F](#) Wed., Aug. 2, 4:15–5:15pm

[420500G](#) Fri., Jul. 14, 4:30–5:30pm

[420500H](#) Fri., Aug. 4, 4:30–5:30pm

Ages 7–8

3 Sessions

\$63

[420500I](#) Mon., Jul. 10, 4:15–5:15pm

[420500J](#) Mon., Jul. 31, 4:15–5:15pm

[420500K](#) Thurs., Jul. 13, 5:30–6:30pm

[420500L](#) Thurs., Aug. 3, 5:30–6:30pm

[420500M](#) Sat., Jul. 15, 12–1pm

[420500N](#) Sat., Aug. 5, 12–1pm

[420500O](#) Sat., Jul. 15, 1:15–2:15pm

[420500P](#) Sat., Aug. 5, 1:15–2:15pm

Ages 9–12

3 Sessions

\$63

[420500Q](#) Tues., Jul. 11, 5:45–6:45pm

[420500R](#) Tues., Aug. 1, 5:45–6:45pm

[420500S](#) Tues., Jul. 11, 7–8pm

[420500T](#) Tues., Aug. 1, 7–8pm

[420500U](#) Thurs., Jul. 13, 6:45–7:45pm

- [420500V](#) Thurs., Aug. 3, 6:45–7:45pm
- [420500W](#) Fri., Jul. 14, 5:45–6:45pm
- [420500X](#) Fri., Aug. 4, 5:45–6:45pm
- [420500Y](#) Sat., Jul. 15, 2:30–3:30pm
- [420500Z](#) Sat., Aug. 5, 2:30–3:30pm

Girls Level 1 Advanced

Participants will focus on clean execution with skills on vault, bars, uneven bars, balance beam and floor exercise. Students need to pass the skill requirements before moving to Girls Level 2 Beginner.

Barcroft Sports & Fitness Center

Ages 5–6 **3 Sessions** **\$63**

- [420501A](#) Mon., Jul. 10, 5:30–6:30pm
- [420501B](#) Mon., Jul. 31, 5:30–6:30pm
- [420501C](#) Thurs., Jul. 13, 4:15–5:15pm
- [420501D](#) Thurs., Aug. 3, 4:15–5:15pm
- [420501E](#) Sat., Jul. 15, 3:45–4:45pm
- [420501F](#) Sat., Aug. 5, 3:45–4:45pm

Ages 7–8 **3 Sessions** **\$63**

- [420501G](#) Mon., Jul. 10, 5:30–6:30pm
- [420501H](#) Mon., Jul. 31, 5:30–6:30pm
- [420501I](#) Wed., Jul. 12, 4:15–5:15pm
- [420501J](#) Wed., Aug. 2, 4:15–5:15pm
- [420501K](#) Sat., Jul. 15, 2:30–3:30pm
- [420501L](#) Sat., Aug. 5, 2:30–3:30pm
- [420501M](#) Sat., Jul. 15, 5–6pm
- [420501N](#) Sat., Aug. 5, 5–6pm

Ages 9–12 **3 Sessions** **\$63**

- [420501O](#) Sun., Jul. 16, 3:30–4:30pm
- [420501P](#) Sun., Aug. 6, 3:30–4:30pm
- [420501Q](#) Sun., Jul. 16, 6–7pm
- [420501R](#) Sun., Aug. 6, 6–7pm

Girls Level 2 Beginner

Participants continue their gymnastics progressions expanding their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills. Students need to pass all skill requirements before moving to Girls Level 2 Advanced.

Barcroft Sports & Fitness Center

Ages 6–8 **3 Sessions** **\$66**

- [420502A](#) Mon., Jul. 10, 6:45–8pm
- [420502B](#) Mon., Jul. 31, 6:45–8pm
- [420502C](#) Wed., Jul. 12, 5:30–6:45pm
- [420502D](#) Wed., Aug. 2, 5:30–6:45pm

Ages 9–12 **3 Sessions** **\$66**

- [420502E](#) Fri., Jul. 14, 7–8:15pm
- [420502F](#) Fri., Aug. 4, 7–8:15pm



Girls Level 2 Advanced

Participants 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 new progressions. Students need to pass all skill requirements before moving to Level 3+.

Ages 6–8 **3 Sessions** **\$71**

- [420503A](#) Mon., Jul. 10, 6:45–8:15pm
- [420503B](#) Mon., Jul. 31, 6:45–8:15pm

Ages 9–12 **3 Sessions** **\$71**

- [420503C](#) Wed., Jul. 12, 6:45–8:15pm
- [420503D](#) Wed., Aug. 2, 6:45–8:15pm

Boys Level 1 Beginner

Participants learn the fundamental progressions and basic skills on vault, parallel bars, bars, pommel horse, rings and floor exercise. This class is for beginning students and students who need more experience. Students need to pass the skill requirements before moving to Boys Level 1 Advanced.

Barcroft Sports & Fitness Center

Ages 5–7 **3 Sessions** **\$63**

- [420511A](#) Tues., Jul. 11, 4:30–5:30pm
- [420511B](#) Tues., Aug. 1, 4:30–5:30pm
- [420511C](#) Thurs., Jul. 13, 4:15–5:15pm
- [420511D](#) Thurs., Aug. 3, 4:15–5:15pm
- [420511E](#) Fri., Jul. 14, 4:30–5:30pm
- [420511F](#) Fri., Aug. 4, 4:30–5:30pm
- [420511G](#) Sat., Jul. 15, 1:15–2:15pm
- [420511H](#) Sat., Aug. 5, 1:15–2:15pm
- [420511I](#) Sun., Jul. 16, 2:15–3:15pm
- [420511J](#) Sun., Aug. 6, 2:15–3:15pm
- [420511K](#) Sun., Jul. 16, 4:45–5:45pm
- [420511L](#) Sun., Aug. 6, 4:45–5:45pm

Ages 8–12 **3 Sessions** **\$63**

- [420511M](#) Tues., Jul. 11, 5:45–6:45pm
- [420511N](#) Tues., Aug. 1, 5:45–6:45pm
- [420511O](#) Wed., Jul. 12, 5:30–6:30pm
- [420511P](#) Wed., Aug. 2, 5:30–6:30pm
- [420511Q](#) Thurs., Jul. 13, 6:45–7:45pm
- [420511R](#) Thurs., Aug. 3, 6:45–7:45pm
- [420511S](#) Fri., Jul. 14, 5:45–6:45pm
- [420511T](#) Fri., Aug. 4, 5:45–6:45pm
- [420511U](#) Sat., Jul. 15, 12–1pm
- [420511V](#) Sat., Aug. 5, 12–1pm

Boys Level 1 Advanced

Participants continue their gymnastics progressions expanding their skill level on vault, parallel bars, bars, pommel horse, rings and floor exercise. Students need to pass all skill requirements before moving to Boys Level 2.

Barcroft Sports & Fitness Center

Ages 6–12 **3 Sessions** **\$63**

- [420512A](#) Tues., Jul. 11, 7–8pm
- [420512B](#) Tues., Aug. 1, 7–8pm
- [420512C](#) Thurs., Jul. 13, 5:30–6:30pm
- [420512D](#) Thurs., Aug. 3, 5:30–6:30pm

Boys Level 2

Participants continue their gymnastics progressions growing their skill level on all six men's events. This class will focus on strength and clean execution of skills. Students need to pass all skill requirements before moving to Boys Level 3.

Barcroft Sports & Fitness Center

Ages 6–12 **3 Sessions** **\$71**

- [420513A](#) Fri., Jul. 14, 7–8:30pm
- [420513B](#) Fri., Aug. 4, 7–8:30pm

Did you know?

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



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 **3 Sessions** **\$50**

- [420515A](#) Mon., Jul. 10, 1–1:45pm
- [420515B](#) Mon., Jul. 31, 1–1:45pm

Ages 8–12 **3 Sessions** **\$50**

- [420515C](#) Fri., Jul. 14, 1–1:45pm
- [420515D](#) Fri., Aug. 4, 1–1:45pm

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 **3 Sessions** **\$91**

- [420504A](#) Sat., Jul. 15, 3:45–5:45pm
- [420504B](#) Sat., Aug. 5, 3:45–5:45pm

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 **3 Sessions** **\$66**

- [430500A](#) Wed., Jul. 12, 6:45–8pm
- [430500B](#) Wed., Aug. 2, 6:45–8pm

INDIVIDUALS WITH DISABILITIES



AQUATICS

Aquatics: Adapted 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 8 Sessions \$66
[410411A](#) Sun., Jul. 2, 1:05–1:35pm

Aquatics: Adapted 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 8 Sessions \$66
[410412A](#) Sun., Jul. 2, 1:05–1:35pm



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 8 Sessions \$67
[420411A](#) Sun., Jul. 2, 1:40–2:20pm

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 8 Sessions \$67
[440415A](#) Sun., Jul. 2, 2:25–3:05pm

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 8 Sessions \$67
[420414A](#) Sun., Jul. 2, 12:20–1pm

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 6 Sessions \$79
[410520A](#) Sun., Jul. 16, 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 6 Sessions \$79
[420521A](#) Sun., Jul. 16, 9:30–10:15am
Ages 8-12 6 Sessions \$79
[420521B](#) Sun., Jul. 16, 8:30–9:15am

Gymnastics: Adapted Level 2

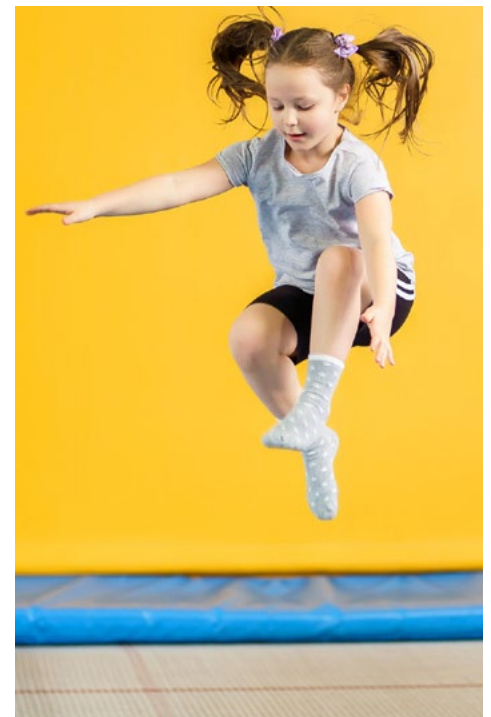
Children with disabilities learn fundamental progressions and expand their skill level on men's and women's gymnastics events. Prerequisite: Students need to pass the level 1 skill requirements before moving to level 2.

Barcroft Sports & Fitness Center
Ages 6-12 6 Sessions \$108
[420522A](#) Sun., Jul. 16, 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 13-59 6 Sessions \$108
[430503A](#) Sun., Jul. 16, 10:30–11:30am



Individuals with Disabilities

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

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!](#)



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](#).



SPARC in Arlington

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 & more information:
<https://sparcsolutions.org/>



We want to ensure you have

The Best Experience!

If, after the first class, you feel that the class is not a good fit for you or your schedule, give us a call at 703.228.4747 within the first 48 business hours after the first class and we will refund your money less the \$20 cancellation fee. We are open M-F, 8am-5pm.

Refunds: No refund fees are charged for cancellations until after 8am May 24. 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.

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.



Explore Nature Outdoor & Virtual Programs



Campfires

The whole family is invited to join us at the Long Branch Amphitheater for lots of old-fashioned fun. This engaging program will be filled with entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores! We will provide the marshmallows, chocolate & graham crackers.

\$5. Gulf Branch Nature Center

 **Hawks & Owls Campfire**
Fri., Jul. 28, 6-7pm #642850-A

 **Journey of the Eels Campfire**
Fri., Aug. 4, 7-8pm #642850-B

\$5. Long Branch Nature Center

 **Big Bullfrogs Campfire**
Fri., Jul. 7, 7-8pm #642950-A

 **Cicadas Campfire**
Sat., Jul. 15, 7-8pm #642950-B

 **Mega Shark Campfire**
Sat., Jul. 22, 7-8pm #642950-C

 **Spectacular Spiders Campfire**
Sat., Aug. 12, 7:30-8:30pm #642950-D

 **Music of the Night Campfire**
Sat., Aug. 19, 7-8pm #642950-E

 **Summer Farewell Campfire**
Sat., Aug. 26, 7-8pm #642950-F

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. Canceled if raining. No registration required.

Free.

 **Tyrol Hill Park**
5101 7th Rd. S, Thu., Jul. 13, 5-6pm

 **Arlington Mill Community Center**
909 S. Dinwiddie St., Thu., Jul. 27, 5-6pm

 **Doctor's Run Park**
1301 S George Mason Dr., Thu., Aug. 10, 5-6pm

 **Alcova Heights Park**
901 S George Mason Dr., Fri., Aug. 18, 5-6pm

 **Glencarlyn Park**
301 S Harrison St., Fri., Aug. 25, 5-6pm

Volunteering Programs

Remove Invasive Plants!

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! Email to register: NaturalResources@arlingtonva.us. Ages 8-adult.

Free. Gulf Branch Nature Center
Sat., Jul. 8, 9:30-11:30am
Sat., Aug. 12, 9:30-11:30am

Free. Long Branch Nature Center
Sun., Jul. 16, 2-4pm
Sun., Aug. 20, 2-4pm





Tiny Tot & 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 Ages 18-35 months

\$5. Gulf Branch Nature Center

Tiny Tot: Water Wonders

Sat., Jul. 8, 10-10:45am

Thu., Jul. 13, 1-1:45pm

Thu., Jul. 20, 10-10:45am

#642810-I

#642810-J

#642810-K

Tiny Tot: Terrific Turtles

Thu., Aug. 3, 10-10:45am

Fri., Aug. 18, 10-10:45am

Sat., Aug. 19, 10-10:45am

#642810-L

#642810-M

#642810-N

\$5. Long Branch Nature Center

Tiny Tot: Butterfly Search

Tue., Jul. 18, 10:30-11:15am

Wed., Jul. 19, 10:30-11:15am

Fri., Jul. 28, 10:30-11:15am

#642910-I

#642910-J

#642910-K

Tiny Tot: Feathered Friends

Tue., Aug. 1, 10:30-11:15am

Sat., Aug. 5, 10:30-11:15am

Tue., Aug. 8, 10:30-11:15am

#642910-L

#642910-M

#642910-N

Preschool

Ages 3 to 5



\$5. Gulf Branch Nature Center

Pre-K: Hungry Sharks

Thu., Jul. 6, 1-2pm

Sat., Jul. 8, 11am-12pm

Tue., Jul. 11, 1-2pm

Thu., Jul. 20, 11am-12pm

#642810-A

#642810-B

#642810-C

#642810-D

Pre-K: Busy Honeybees

Thu., Aug. 3, 11am-12pm

Thu., Aug. 17, 1-2pm

Fri., Aug. 18, 11am-12pm

Sat., Aug. 19, 11am-12pm

#642810-E

#642810-F

#642810-G

#642810-H

\$5. Long Branch Nature Center

Pre-K: Dazzling Dragonflies

Fri., Jul. 7, 4-5pm

Wed., Jul. 12, 10:30-11:30am

Sat., Jul. 15, 3-4pm

Fri., Jul. 28, 1-2pm

#642910-A

#642910-B

#642910-C

#642910-D

Pre-K: Creek Fish Fun

Fri., Aug. 4, 1-2pm

Sat., Aug. 5, 1-2pm

Wed., Aug. 9, 10:30-11:30am

Sat., Aug. 12, 4-5pm

#642910-E

#642910-F

#642910-G

#642910-H



Kids Programs

Night Flyers

Join us for a sunset nature hike to learn all about bugs, bats and all things that fly at night. We'll learn how these creatures survive and thrive in the dark. Ages 8 to 12.

Free. Long Branch Nature Center

Fri., Jul. 14, 7:30-8:30pm

#642920-D



Insect Adaptations

Join us in the classroom to learn all about insects and how they survive. We'll make a craft and get to meet some live creepy crawlies! Ages 8 to 12.

\$5. Long Branch Nature Center

Sat., Jul. 29, 10-11am

#642920-F



Storytime & Fairy House Building

Hear a story about the fairies of the Long Branch woods, then spend time creating houses for the fairies in the forest. Ages 3 to 10.

Free. Long Branch Nature Center

Sat., Jul. 15, 9-9:45am

Sun., Jul. 30, 9-9:45am

Sat., Aug. 19, 9-9:45am

#642920-A

#642920-B

#642920-C

Going Buggy

Join us on a nature hike to the forests and meadows of Glencarlyn Park to roll logs and catch bugs with nets and jars. Ages 6 to 10.

Free. Long Branch Nature Center

Thu., Jul. 20, 5-6pm

#642920-E



Adult Programs

Beginner Tree ID Without Leaves

Even though leaves are out, we can still identify trees with other clues. We'll learn to ID the trees of Arlington by their bark, shape, and other factors. Dress for the weather. Teens ages 14+ are welcome but must attend with a registered adult.

Free. Long Branch Nature Center

Sat., Jul. 15, 10:15–11:30am

[#642940-A](#)

Sat., Aug. 19, 10:15–11:30am

[#642940-C](#)

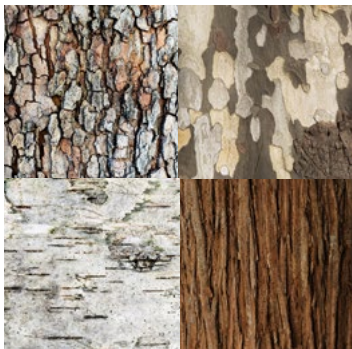
Intermediate Tree ID Without Leaves

Even though leaves are out we can still identify trees with other clues. We'll learn to ID the trees of Arlington by their bark, shape, and other factors. This class is for folks who have joined the Beginner Tree ID course in the past. Dress for the weather. Teens ages 14+ are welcome but must attend with a registered adult.

Free. Long Branch Nature Center

Sun., Jul. 30, 10:15–11:30am

[#642940-B](#)



Moth Mayhem

We'll hike the forest to where we'll use the baiting method of a white sheet and bright lights to draw in all sorts of moths and night insects for up-close examination. Teens ages 16+ are welcome but must attend with a registered adult.

\$5. Long Branch Nature Center

Fri., Aug. 18, 8–9:30pm

[#642940-D](#)



Family Programs

Fluttermills: Water Engineers

Think like an engineer to brainstorm, plan and build watermills. We will test them in Long Branch Creek in a hands-on design challenge using recycled materials.

\$5. Long Branch Nature Center

Sat., Jul. 8, 2–3pm

[#642950-L](#)

Sat., Jul. 29, 2–3pm

[#642950-G](#)

Tue., Aug. 8, 2–3pm

[#642950-H](#)

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. Meet at the Long Branch Amphitheater, held in classroom if raining. Ages 4 and up.

Free. Long Branch Nature Center

Sat., Jul. 22, 10:30–11:15am

[#642950-I](#)

Sat., Aug. 12, 10:30–11:15am

[#642950-J](#)

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

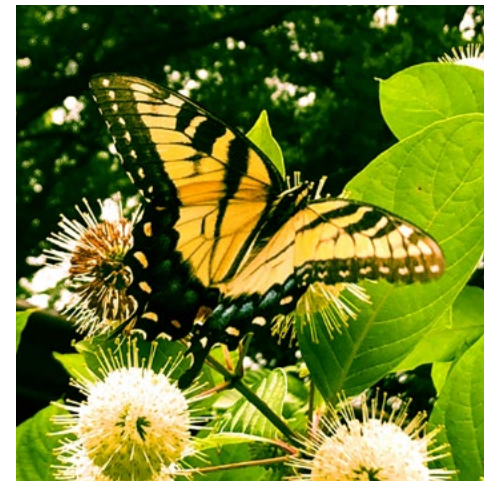
The Virginia State Insect Nature Photo Walk

Capture a butterfly with your camera! We'll learn about the Tiger Swallowtail butterfly, Virginia's State Insect, and look for this species and other butterflies on our walk along the park's trails. Photography guidance will be provided. Ages 10 and up.

Free. Long Branch Nature Center

Sun., Aug. 20, 3:30–5pm

[#642950-K](#)



Night Sounds Hike

We'll hike the forest trails in the dark and listen to the sounds of nocturnal night life. What is out there calling to us, and why? Feel free to bring a flashlight.

Free. Long Branch Nature Center

Fri., Aug. 25, 7:30–8:30pm

[#642950-M](#)

Virginia's State Fossil

Virginia's State Fossil is an extinct scallop! We'll learn more about this two-shelled fossil mollusk, examine other seashells and create a shell craft. Ages 10 and up.

\$5. Gulf Branch Nature Center

Sun., Jul. 9, 3–4pm

[#642850-C](#)



Explore History Outdoor Programs



History Hikes: The Skirmish at Ball's Crossroads

On August 27, 1861, a deadly skirmish broke out between Union and Confederate parties to the east of modern-day Ballston. Join park staff for this two-mile hike on the 161st anniversary of the action. We'll follow the path of the Union skirmishers and learn about the events that caused this fatal engagement.

Free. Bluemont Park
Sun., Aug. 27, 10am-12pm
Sun., Aug. 27, 1-3pm

[#642750-E](#)
[#642750-F](#)

Adults

The Bootlegger's Guide to the Parks

WHISKEY SEIZED

Records of Dry War Shattered
by 4 Raids in Arlington County, Va.

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 drinking establishments.

\$5. Rosslyn Highlands Park
Fri., Jul. 14, 3-4pm

[#642740-A](#)

\$5. Penrose Park
Fri., Aug. 18, 3-4pm

[#642740-B](#)

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
Sat., Jul. 1, 12-1pm
Sun., Jul. 16, 12-1pm

[#642720-A](#)
[#642720-B](#)

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., Aug. 5, 12-1pm
Sun., Aug. 20, 12-1pm

[#642720-C](#)
[#642720-D](#)



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.

Free. Fort CF Smith Park
Sat., Jul. 1, 10-11am
Sun., Jul. 16, 10-11am
Sat., Aug. 5, 10-11am
Sun., Aug. 20, 10-11am

[#642750-A](#)
[#642750-B](#)
[#642750-C](#)
[#642750-D](#)

Owl Prowl

We'll hike the trails in search of owls in their night-time habitat. With help from a naturalist, we'll make hooting calls—maybe they'll call back.

\$5. Fort CF Smith Park
Fri., Aug. 11, 7:30-8:30pm

[#642750-G](#)



Fort C.F. Smith Visitor Center

2411 N. 24th Street, Arlington, VA 22207

New hours!

Open: Saturdays 10am-5pm / Sundays 1-5pm

For more info visit our [website](#)

ARLINGTON'S VIRTUAL 5K/10K

WALK, RUN OR ROLL!



FREE • PERSONAL TRAINING TIPS • FUN • COMPLETE ANYWHERE IN THE MONTH OF **JULY**

FOR DETAILS SEE [PAGE 6](#)



Benefits of Parks

In addition to enhancing physical health, the presence of neighborhood parks and tree-lined streets promotes psychological well-being. Numerous studies demonstrate that access to green views and environments can improve cognitive functioning, impulse control, resilience to stressful life events, and overall mental health.

JOIN THE 55+ CLUB!

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

THIS IS AN ANNUAL PASS

55+ PASS

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

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

55+ GOLD PASS

Gives you all the benefits of the regular pass plus access to all of the County's fitness centers any time during fitness center community hours.

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

To learn more visit arlingtonva.us/dpr and search 55+ Pass



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. Lubber Run Center
8. Madison Community 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'

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

View the [map](#), pick a market and join your neighbors for fresh and local fruits, vegetables and other yummy treats in Arlington.



[Arlington Farmers Market](#)

[Ballston Farmers Market](#)

[Cherrydale Farmers Market](#)

[Columbia Pike Farmers Market](#)

[Fairlington Farmers Market](#)

[Lubber Run Farmers Market](#)

[Rosslyn Farmers Market](#)

[Westover Farmers Market](#)

Adopt-A-Park!

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

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

[Learn more here](#)



FUN • FOOD • GAMES • RIDES
• VIRTUAL ACTIVITIES •
EXHIBITS • COMMUNITY • URBAN ADVENTURE

ARLINGTON COUNTY FAIR!

AUGUST 16-21, 2023

Thomas Jefferson Community Center
3501 2nd Street South, Arlington, VA 22204

[ARLINGTONCOUNTYFAIR.US](https://www.arlingtoncountyfair.us)



WE LOVE TREES!

ARLINGTON TREES MAKE A DIFFERENCE

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



REDUCE

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

REMOVE

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



STORE

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



PRESERVE

over \$1 million annually in avoided energy costs.

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



take care of trees

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

Learn more at:
[Sustainability-and-Environment/Trees/Tree-Care-and-Removal/Watering](#)



Get Engaged with Arlington's Natural Environment!

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

When and How to Register!

Registration Info for Classes

Arlington Resident Registration



Resident Online Registration Begins @ Noon for All Days:

Gymnastics:	Tues., May 16
Aquatics:	Wed., May 17
Private Swim Classes:	Wed., May 17
Nature/History:	Thurs., May 18
General Classes:	Thurs., May 18

Go to: [registration.arlingtonva.us](https://www.arlingtonva.us/registration)
Pay by e-check or credit card.



Resident Phone Registration Begins @ Noon for All Days:

Gymnastics:	Tues., May 16
Aquatics:	Wed., May 17
Private Swim Classes:	Wed., May 17
Nature/History:	Thurs., May 18
General Classes:	Thurs., May 18

Credit cards only: Visa, Discover and MasterCard.

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



Resident Walk-in Registration Begins Fri., May 19 @ Noon



Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics:	Tues., May 16
Aquatics:	Wed., May 17
Private Swim Classes:	Wed., May 17
Nature/History:	Thurs., May 18
General Classes:	Thurs., May 18

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 May 15 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 your 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., May 24 @ 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/registration) 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). 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 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 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 May 24; after this date, all refunds will be assessed a \$20 cancellation fee, per class canceled. 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 canceled 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 canceled. 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 - Exception 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 exception requests may take up to 5 business days for a response.
- Approved age exceptions will not be eligible to register online.
- Age exceptions are required for any participant who falls outside of the age range
- Age exceptions 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

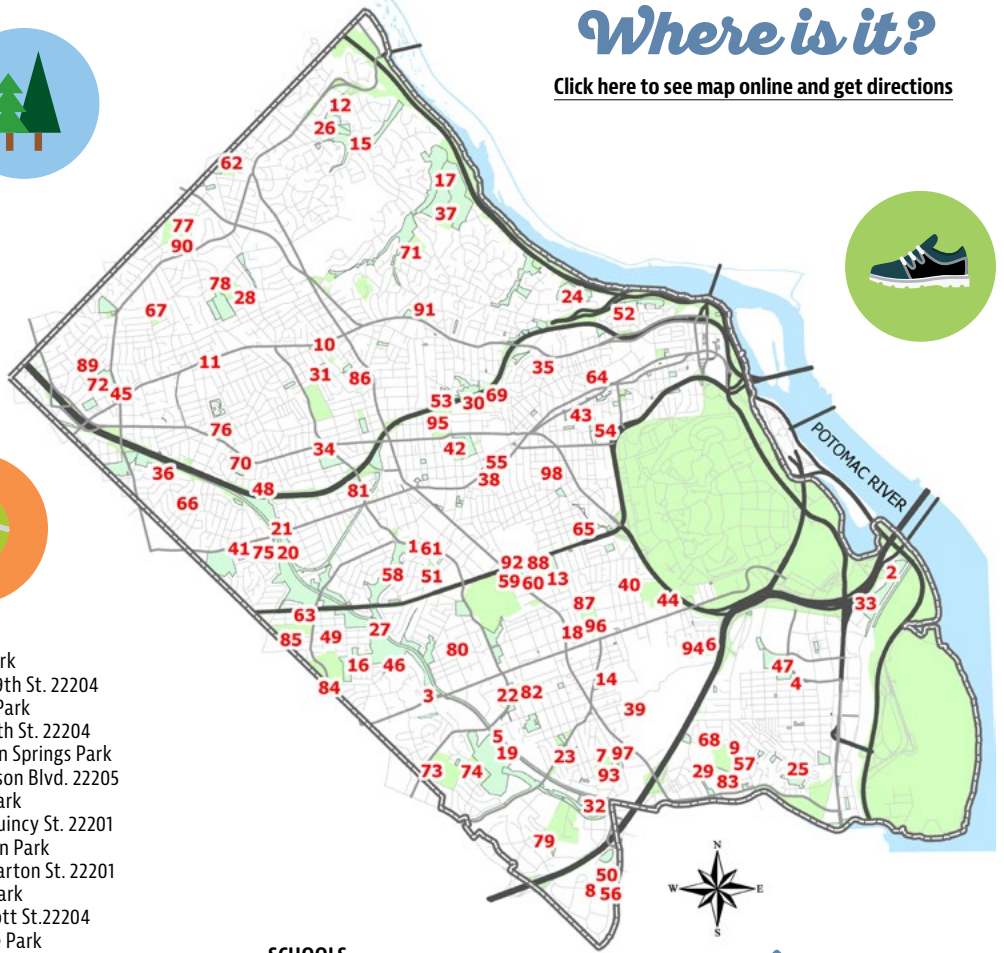
- 39 Nauck Park
2600 S. 19th St. 22204
- 40 Penrose Park
2200 S. 6th St. 22204
- 41 Powhatan Springs Park
6020 Wilson Blvd. 22205
- 42 Quincy Park
1021 N. Quincy St. 22201
- 43 Rocky Run Park
1109 N. Barton St. 22201
- 44 Towers Park
801 S. Scott St. 22204
- 45 Tuckahoe Park
2400 N. Sycamore St. 22213
- 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 Culpeper 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



**ARLINGTON
VIRGINIA**

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
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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/arlparcsrec](https://www.facebook.com/arlparcsrec)

INSTAGRAM: [instagram.com/arlparcsrec](https://www.instagram.com/arlparcsrec)

TWITTER: twitter.com/arlparcsrec

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 MAY 16-18, 2023 @ NOON

Go to registration.arlingtonva.us ■ Classes begin June 26, 2023 unless otherwise indicated

Tues
16

■ Gymnastics

Wed
17

■ Aquatics Classes
& Private Swim

Thurs
18

■ Nature/History
■ General Classes

Fri., May 19

Resident Walk-In Registration Begins

Wed., May 24

Out-of-County Registration Begins

[Details on p.36](#)



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 espanol 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: আপনযিদিবাংলা কথা বলেন, বনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: ከሚናገሩ የሚናገሩ ስዎን ፣ የቋንቋ ጽጋፍ አገልግሎቶች ያለክፍያ አርሰዎ ይገኛሉ ። በ 703.228.4747 ደደዱ ለውጭ ጋርክ-አርሲንግተን ቫ ን ይጎብኙ

ARABIC: parks.arlingtonva.us اتصل إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية مجاناً. الرقم 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.