

ENJOY *Arlington*

SUMMER 2024

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone
REGISTRATION BEGINS MAY 14-16, 2024 @ NOON:

Tues
14

- Gymnastics

Wed
15

- Aquatics Classes & Private Swim

Thurs
16

- Nature / History
- General Classes

Fri., May 17
Resident Walk-In
Registration Begins

Wed., May 22
Out-of-County
Registration Begins
[Details on p.40](#)



**ARLINGTON
VIRGINIA**

Parks & Recreation

Go to registration.arlingtonva.us ▪ Classes begin June 24, 2024 unless otherwise indicated





Wishing you good health,
Jane Rudolph
 Director,
 Department of Parks and Recreation



Get Ready for Summer Fun! with an Enjoy Arlington class!

Earlier this year, we asked kids at a summer activities fair what they were most looking forward to this season. Their answers were eating ice cream, spending time outside, swimming at the pool and playing sports.

Here in Arlington, we've got all that and more! Make S'mores at a Nature Center Campfire (p.26), get active with an aquatics class at Long Bridge Aquatics & Fitness Center (p.17-20), learn a new sport (p.11) or simply get some fresh air in one of our many greenspaces.

Whether it's at a park, in a class, at Family Fun Day or the Arlington County Fair, we hope you get the most out of the warmer months this year.

Follow us on social media @arlparksrec for fun summer content. And if you haven't already, sign up on our webpage to receive our bi-weekly Parks and Recreation eNews and make sure you're in the know about upcoming events.

May
18

2024

Weekend Hours 9am-4pm

To help with your registration needs, our offices will be open for special hours on Sat., May 18, 2024 at:

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

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



WHAT'S INSIDE!

CLASSES

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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 \$24 supply fee (6 sessions) included in the cost of the class. Adult participation is required. Inst.: AbraKadoodle.

Lacey Woods Park

Ages 20 months-3 **6 Sessions** **\$117**
410100A Mon., Jul. 8, 10-10:45am
410100B Thurs., Jul. 11, 10-10:45am

Walter Reed Center

Ages 20 months-3 **6 Sessions** **\$117**
410100C Tues., Jul. 9, 10-10:45am

Long Bridge Aquatics Center

Ages 20 months-3 **6 Sessions** **\$117**
410100D Wed., Jul. 10, 10-10:45am

Arlington Mill Center

Ages 20 months-3 **6 Sessions** **\$117**
410100E Sat., Jul. 13, 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 \$24 (6 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.

Lacey Woods Park

Ages 3-6 **6 Sessions** **\$117**
420104A Mon., Jul. 8, 11-11:45am
420104B Thurs., Jul. 11, 11-11:45am

Walter Reed Center

Ages 3-6 **6 Sessions** **\$117**
420104C Tues., Jul. 9, 11-11:45am

Long Bridge Aquatics Center

Ages 3-6 **6 Sessions** **\$117**
420104D Wed., Jul. 10, 11-11:45am

Arlington Mill Center

Ages 3-6 **6 Sessions** **\$117**
420104E Sat., Jul. 13, 10-10:45am

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 \$24 supply fee (6 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 **6 Sessions** **\$144**
420107A Sat., Jul. 13, 11am-12pm

CERAMICS

TEEN & ADULT

Continuing Wheel

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

Thomas Jefferson Center. Inst.: Kerr

Ages 16-Adult **6 Sessions** **\$228**
440125A Mon., Jun. 24, 6-8:30pm

Ages 16-Adult **4 Sessions** **\$152**
440125B Thurs., Jun. 27, 6-8:30pm



JEWELRY

ADULTS

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 **5 Sessions** **\$130**
440153A Tues., Jun. 25, 6-8:30pm

WOODWORKING



ADULTS

Intro to Woodshop

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

Thomas Jefferson Center

Ages Adults **4 Sessions** **\$226**
440180A Thurs., Jun. 27, 6-8:30pm

COOKING



YOUTH

New! Cooking: Bakers & Makers

Bakers and Makers is a class for those that like to create! The sessions will teach your children the basics in sewing, baking, and creating home crafts, and students will be able to taste or take home their own creations. They will build or bake, draw or make and let their imagination soar in these hour-long sessions. Inst.: Baroodly Camps.

Long Bridge Aquatics Center
Ages 5-12 **8 Sessions** **\$180**
[420316A](#) Thurs., Jul. 11, 5-6pm
[420316B](#) Sat., Jul. 13, 4:30-5:30pm



Cooking: Breakfast Club

In this session, the kids will get to learn all sorts of breakfast treats, ranging from super simple, to a delicious meal to get excited over! They will be breakfast champions by the end, being able to crack eggs without a second thought and how to be a baking pro. Inst.: Baroodly Camps.

Long Bridge Aquatics Center
Ages 5-12 **8 Sessions** **\$180**
[420317A](#) Sun., Jul. 7, 11:30am-12:30pm
[420317B](#) Thurs., Jul. 11, 6:15-7:15pm

MUSIC

TOT & ADULT

Learn Now Music Little Fingers

Our youngest musicians will participate in guided musical exploration and age appropriate theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adult participation required. Inst.: Learn Now Music.



Piano

Long Bridge Aquatics Center
Ages 2-4 **6 Sessions** **\$131**
[410321A](#) Tues., Jul. 9, 10-10:30am
Arlington Mill Center
Ages 2-4 **7 Sessions** **\$153**
[410321B](#) Sun., Jul. 14, 4:40-5:10pm
[410321C](#) Sun., Jul. 14, 5:20-5:50pm

Guitar

Long Bridge Aquatics Center
Ages 4-5 **6 Sessions** **\$131**
[410324A](#) Tues., Jul. 9, 10:45-11:15am
Arlington Mill Center
Ages 4-5 **7 Sessions** **\$153**
[410324B](#) Sun., Jul. 14, 6-6:30pm

YOUTH

Learn Now Music

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

instruments. There is a non-refundable \$20 materials fee included in the cost of the class. 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** **\$197**
[420319A](#) Wed., Jul. 10, 7:45-8:45pm
[420319B](#) Sat., Jul. 13, 8:30-9:30am
[420319C](#) Sun., Jul. 14, 1:15-2:15pm

Lubber Run Center
Ages 5-12 **7 Sessions** **\$197**
[420319D](#) Thurs., Jul. 11, 6:30-7:30pm

Long Bridge Aquatics Center
Ages 5-12 **6 Sessions** **\$171**
[420319E](#) Mon., Jul. 8, 5-6pm

Piano

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$197**
[420320A](#) Tues., Jul. 9, 5:15-6:15pm
[420320B](#) Wed., Jul. 10, 6:30-7:30pm
[420320C](#) Sat., Jul. 13, 9:45-10:45am
[420320D](#) Sat., Jul. 13, 12:15-1:15pm
[420320E](#) Sun., Jul. 14, 3:30-4:30pm

Lubber Run Center
Ages 5-12 **7 Sessions** **\$197**
[420320F](#) Thurs., Jul. 11, 5:15-6:15pm

Long Bridge Aquatics Center
Ages 5-12 **6 Sessions** **\$171**
[420320G](#) Mon., Jul. 8, 6:15-7:15pm

Violin

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$197**
[420321A](#) Wed., Jul. 10, 5:15-6:15pm
[420321B](#) Sat., Jul. 13, 1:30-2:30pm
[420321C](#) Sun., Jul. 14, 2:20-3:20pm

Drumming

Arlington Mill Center
Ages 5-12 **7 Sessions** **\$197**
[420323A](#) Tues., Jul. 9, 6:30-7:30pm
[420323B](#) Sat., Jul. 13, 11am-12pm





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. 13, 9-9:45am
420279B Sat., Jul. 13, 10-10:45am
Ages 5-8 6 Sessions \$120
420279C Sat., Jul. 13, 11-11:45am

LEGO® STEAM Park

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

Long Bridge Aquatics Center

Ages 3-5 8 Sessions \$176
420331A Sat., Jul. 13, 9:45-10:30am
420331B Sat., Jul. 13, 10:45-11:30am

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 8 Sessions \$176
420301A Wed., Jul. 10, 5-6pm

Science: Potions & Explosions

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

Long Bridge Aquatics Center

Ages 6-11 8 Sessions \$176
420318A Wed., Jul. 10, 6:30-7:30pm

LEGO® Spike Crazy Carnival Games

In this interactive Lego course, students become game designers, creating their own carnival-style robotics games. From designing a mini-golf course to programming a pinball machine, each class is a new venture into the art of fun and games. As kids build and code, they strengthen their understanding of sequences, cause and effect, and problem-solving, all while preparing their creations for the ultimate carnival showdown. Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 8-11 8 Sessions \$176
420302A Sun., Jul. 7, 10-11am



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 6-10 8 Sessions \$176
420314A Sat., Jul. 13, 3-4pm

THIS-N-THAT



YOUTH & TEEN

Chess Club with Magnus Academy

Learn chess with Magnus Academy, the 5x world champion's academy! We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome. Inst.: Magnus Chess Academy.

Madison Center

Ages 5-13 9 Sessions \$199
420299A Thurs., Jun. 27, 6-7pm
420299B Fri., Jun. 28, 6-7pm



Barcroft Fitness Center. Inst.: BodyMoves Fitness LLC
Ages Adults **6 Sessions** **\$75**
440344D Thurs., Jun. 27, 10:15–11:15am

Madison Center. Inst.: BodyMoves Fitness LLC
Ages Adults **6 Sessions** **\$75**
440344E Thurs., Jun. 27, 6–7pm

New! Strong Camp

Welcome to The Strong Camp! Join us for a 6 week progressive series tailored to ignite your strength and conditioning. We begin with energizing warm ups and moves with a focus on mobility/stability/ flexibility, and move to bodyweight and dumbbell conditioning/ HIIT– all levels are welcomed! Advanced members can level up with weights and intensifying progressions. Challenge Accepted!

Long Bridge Aquatics Center
Ages 15-Adult **6 sessions** **\$75**
440304A Sat., July 13, 9:15–10:15am

ADULTS

Barre

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

Langston-Brown Center
Ages Adults **8 Sessions** **\$119**
440319A Tues., Jun. 25, 6–7pm
Ages Adults **8 Sessions** **\$119**
440319B Thurs., Jun. 27, 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.

FITNESS

TOT & ADULT

Zumba® Adult/Tot

Strengthen your bond and have fun dancing, singing, wiggling and giggling together with your young child to upbeat music with lyrics, while facilitating all aspects of your child’s development, including fine and gross motor skills, language and cognitive abilities, and social/emotional growth. Masks optional. Inst.: BodyMoves Fitness LLC.

Long Bridge Aquatics Center
Ages 3–5 **7 Sessions** **\$140**
410300A Tues., Jun. 25, 5–5:45pm

YOUTH

Zumba® Kids

This fun dance party is packed with kid-friendly dance routines that help develop a healthy lifestyle highlighting fitness as a natural part of children’s lives. Lively and appealing classes comprise key childhood development elements such as leadership, respect, teamwork, confidence and self-esteem, along with dance-focused skills including memory, creativity, coordination, and balance. Masks optional. Inst.: BodyMoves Fitness LLC

Long Bridge Aquatics Center
Ages 5–8 **7 Sessions** **\$140**
410301A Tues., Jun. 25, 6–6:45pm

TEEN & ADULT

WERQ®

WERQ is a cardio dance workout set to trending pop and hip-hop music. This hour-long fitness class features pre-choreographed routines with easy-to-follow movements set in a pattern. This is a great class for people who like to have fun when they exercise and dance. You can expect grapevines, squats, hair flips, a great sweat, and a fantastic workout. WERQ is for everybody and every body; all experience and fitness levels welcome, modifications provided for all movements. Inst.: Capital Dance Fitness LLC.

Long Bridge Aquatics Center
Ages 13-Adult **9 Sessions** **\$113**
440312A Wed., Jun. 26, 6:30–7:30pm

Walter Reed Center
Ages 13-Adult **9 Sessions** **\$113**
440312B Thurs., Jun. 27, 7–8pm

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 includes basic Salsa, Merengue, Bachata, and Cumbia. Come on in and enjoy the fun.

Long Bridge Aquatics Center. Inst.: RitaRox
Ages 16-Adult **9 Sessions** **\$113**
440344A Mon., Jun. 24, 7–8pm

Lubber Run Center. Inst.: RitaRox
Ages 16-Adult **9 Sessions** **\$113**
440344B Wed., Jun. 26, 7–8pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **7 Sessions** **\$88**
440344C Wed., Jun. 26, 9:30–10:30am

Get Your Heart Pumping!

An instructor led cycle class to help enhance cardio conditioning in a safe, judgement free zone. Cycling is a great cardiovascular activity that is great for all ages, and ability levels. Students will warm-up, climb, sprint, interval train, and cool-down. Beginners are welcome to go at your own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class. Burn the calories away while having fun!

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

Ages Adults. \$5 per session at class

Long Bridge Aquatics Center
790100 Mondays 6:30–7:15am
790100 Thursdays 7–7:45pm
790100 Sundays 8:15–9am

Thomas Jefferson Center
790120 Wednesdays 7:15–8pm
790120 Fridays 7:15–8am



Madison Center

Ages Adults 8 Sessions \$100

440334A Mon., Jun. 24, 6-7pm

Ages Adults 8 Sessions \$100

440334B Wed., Jun. 26, 6-7pm

Cardio Body Sculpting

This fitness class combines cardio exercises and muscle sculpting moves. During the 60-minute workout, you will work all the major muscle groups and get a cardio kick. This class is designed for all levels of fitness with modifications given. Please bring a mat, water and 2 sets of hand weights. Inst.: Melnick.

Madison Center

Ages Adults 7 Sessions \$88

440306A Wed., Jun. 26, 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 8 Sessions \$102

440303A Tues., Jun. 25, 8-9am

440303B Wed., Jun. 26, 8-9am

Barcroft Fitness Center

Ages Adults 8 Sessions \$102

440303C Thurs., Jun. 27, 7:15-8:15pm

Strength & Sculpt

For all fitness levels. Shape and tone upper, middle and lower body, building and maintaining muscle strength, bone density, endurance and ease of movement, working all major and minor muscle groups. You will need aerobic shoes, hand weights, flex-bands and a mat. Inst.: BodyMoves Fitness LLC.

Barcroft Fitness Center

Ages Adults 6 Sessions \$75

440308A Thurs., Jun. 27, 11:20am-12:20pm



PILATES

ADULTS

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.

Madison Center. Inst.: Lanzillotta

Ages Adults 8 Sessions \$119

440860A Mon., Jun. 24, 7:10-8:10pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC

Ages Adults 8 Sessions \$119

440860B Mon., Jun. 24, 9:30-10:30am

Lubber Run Center. Inst.: Ibrahim

Ages Adults 7 Sessions \$104

440860C Thurs., Jul. 11, 10-11am

Langston-Brown Center. Inst.: Ibrahim

Ages Adults 7 Sessions \$104

440860D Tues., Jul. 9, 10-11am

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 Fitness Center

Ages 16-Adult 10 Sessions \$194

440918A Wed., Jun. 26, 7-8:30pm

Mixed Level Yoga

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 skilled or new Yogis and those returning to practice after a break. Virtual class is great for busy people. Finding the challenge but staying safe is the focus of this modern Yoga experience. Inst.: Harper.

Virtual

Ages 16-Adult 10 Sessions \$130

440912A Tues., Jun. 25, 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 include a complete yoga practice including stress-reduction techniques. Yoga props available. The series is appropriate for beginners or those renewing their practice after a time off. No yoga experience required. Inst.: Harper.

Barcroft Fitness Center

Ages 16-Adult 10 Sessions \$130

440911A Wed., Jun. 26, 5:45-6:45pm

pilates studio



Try Pilates on the Reformer!

Available at Thomas Jefferson Community Center with 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.

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

Your One-Stop-Shop.

For registration and facilities scheduling needs call 703.228.4747. The 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 espanol presione 9.

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 and 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. 13, 9–10am

440910B Sat., Aug. 3, 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.

Walter Reed Center

Ages 14-Adult **10 Sessions** **\$194**

440919A Mon., Jun. 24, 5–6:30pm

440919B Mon., Jun. 24, 6:45–8:15pm

Fairlington Center

Ages 14-Adult **9 Sessions** **\$175**

440919C Wed., Jun. 26, 6:45–8:15pm

440919D Fri., Jun. 28, 5–6:30pm

ADULTS

Core Yoga

Begin or enhance your yoga journey with a yoga practice that emphasizes core strength to help improve stability, balance, and daily functionality. This class blends vinyasa yoga (linking poses into a flow) with traditional and mind-body



core exercise to increase overall strength and flexibility. Breathwork and body awareness are a key focus. The format includes warm-up, yoga practice, core work, stretching and relaxation. Bring a yoga mat. Inst.: Johnson

Lubber Run Center

Ages Adults **8 Sessions** **\$104**

440903A Thurs., Jun. 27, 6:30–7:30pm

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. 26, 9:30–10:30am

Langston-Brown Center

Ages Adults **9 Sessions** **\$117**

440902B Mon., Jun. 24, 11:30am–12:30pm

Lubber Run Center

Ages Adults **9 Sessions** **\$117**

440902C Sun., Jun. 30, 5:30–6:30pm

Postpartum Yoga with Baby

Have fun with your baby as you work to build strength and stretch your 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 **8 Sessions** **\$104**

410302A Mon., Jun. 24, 10:45–11:45am

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 and yoga props.

Madison Center. Inst.: Melnick

Ages Adults **8 Sessions** **\$104**

440904A Tues., Jun. 25, 7:15–8:15pm

Madison Center. Inst.: Johnson

Ages Adults **8 Sessions** **\$104**

440904B Fri., Jun. 28, 8:15–9:15am

New! Yin Yoga

Looking for a more quiet and introspective yoga experience? Want to slow down and ease into poses more gradually? This Yin Yoga class is for you! This class focuses on the slow-paced styles of Yin Yoga, meant to give us a chance to fully reflect in poses that are more supported and held for longer periods of time, releasing tension in the muscles and our connective tissues. Yin Yoga gives us a chance to slow our practice, still our poses, and draw our intentions inward, relaxing and releasing both physical and emotional tensions. We will spend most of our time on the floor and close to the ground. Please bring a blanket in addition to your yoga mat. The center has plenty of blocks and straps that we will also use for props.. Inst.: Eubank.

Lubber Run Center

Ages 16-Adult **10 Sessions** **\$130**

440913A Tues., Jun. 25, 6:30–7:30pm

Yoga for Balance

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

Madison Center

Ages Adults **9 Sessions** **\$117**

440905A Tues., Jun. 25, 9–10am



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.

Virtual

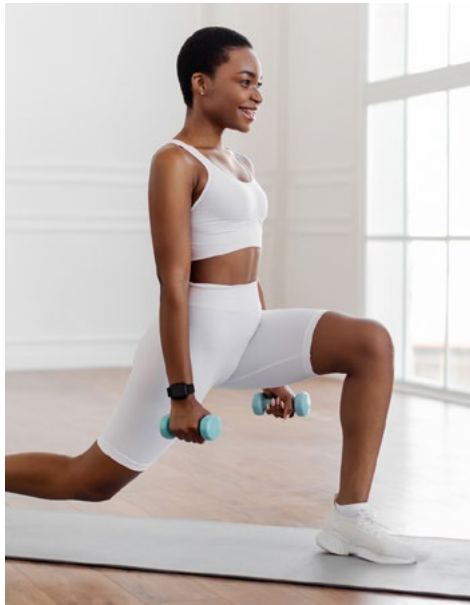
Ages Adults **6 Sessions** **\$78**
440907A Thurs., Jun. 27, 10–11am

Barcroft Fitness Center

Ages Adults **6 Sessions** **\$78**
440907B Tues., Jul. 2, 10–11am

Walter Reed Center

Ages Adults **6 Sessions** **\$78**
440907C Tues., Jul. 2, 7:15–8:15pm



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.

Lubber Run Center

Ages Adults **8 Sessions** **\$104**
440906A Mon., Jul. 1, 7–8pm

Madison Center

Ages Adults **8 Sessions** **\$104**
440906B Tues., Jul. 2, 6–7pm

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

MARTIAL ARTS

TOT & YOUTH

Tip Top Ninjas Martial Arts

Learn the fun and fundamentals of Taekwondo! Children will learn the basics including kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child’s self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred. THIS IS A NO COMBAT NO CONTACT ZONE/NO SPARRING, where Ninjas are born. Inst.: Tip Top Sports.

Barcroft Fitness Center

Ages 4–7 **10 Sessions** **\$200**

420308A Mon., Jun. 24, 4:30–5:15pm

420308B Wed., Jun. 26, 4:30–5:15pm

Ages 4–7 **8 Sessions** **\$160**

420308C Sat., Jun. 29, 9:30–10:15am

420308D Sat., Jun. 29, 10:30–11:15am

Ages 5–10 **10 Sessions** **\$200**

420308E Mon., Jun. 24, 5:25–6:10pm

420308F Mon., Jun. 24, 6:15–7pm

420308G Tues., Jun. 25, 5:15–6pm

420308H Tues., Jun. 25, 6:15–7pm

420308I Wed., Jun. 26, 5:25–6:10pm

420308J Wed., Jun. 26, 6:15–7pm

Ages 5–10 **9 Sessions** **\$180**

420308K Thurs., Jun. 27, 5:15–6pm

420308L Thurs., Jun. 27, 6:15–7pm

Ages 5–10 **8 Sessions** **\$160**

420308M Sat., Jun. 29, 11:30am–12:15pm

420308N Sat., Jun. 29, 12:30–1:15pm

420308O Sun., Jun. 30, 1:15–2pm

YOUTH & TEEN

Junior Judo

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

Dawson Terrace

Ages 5–12 **19 Sessions** **\$162**

420307A Tues./Thurs., Jun. 25, 6–7pm

Ages 5–14 **19 Sessions** **\$162**

420307B Tues./Thurs., Jun. 25, 7:10–8:10pm

YOUTH/TEEN/ADULT

New! Judo Advanced Workout

Advanced Judo Workout is an advance practice for students who have COMPLETED A JUDO COURSE OR WHO HAVE JUDO EXPERIENCE. Class will encompass practicing Kodokan Judo techniques that they have learned and drills. It will also provide a time to practice Kata and other advanced techniques. Students are required to join the USJF or USA Judo. Students are required to wear a Judo

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uniform, which can be purchased from the instructor for an additional cost.*PREVIOUS JUDO EXPERIENCE REQUIRED. Inst.: Landstreet.

Dawson Terrace

Ages 5-13 **10 Sessions** **\$85**
420309A Mon., Jun. 24, 7-8pm
Ages 13-Adult **10 Sessions** **\$85**
420309B Mon., Jun. 24, 8:10-9:10pm

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.

NOVA Fencing and Archery Club

Ages 7-12 **8 Sessions** **\$160**
420310A Mon./Wed., Jun. 24, 6-7pm
420310B Mon./Wed., Jul. 29, 6-7pm
420310C Tues./Thurs., Jun. 25, 6-7pm
420310D Tues./Thurs., Jul. 30, 6-7pm
Ages 13-Adult **8 Sessions** **\$160**
420310E Mon./Wed., Jun. 24, 7-8pm
420310F Mon./Wed., Jul. 29, 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. 25, 8:20-9:20pm

PICKLEBALL

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.

Fort Scott Park

Ages 15-Adult **7 Sessions** **\$182**
440614A Wed., Jun. 26, 8:30-9:20am
440614B Thurs., Jun. 27, 8:30-9:20am

Hayes Park

Ages 15-Adult **7 Sessions** **\$182**
440614C Wed., Jun. 26, 5:30-6:20pm
440614D Wed., Jun. 26, 5:30-6:20pm

Marcey Road Park

Ages 15-Adult **7 Sessions** **\$182**
440614E Mon., Jun. 24, 8:30-9:20am
440614F Mon., Jun. 24, 10:30am-11:20pm
440614G Mon., Jun. 24, 5:30-6:20pm
440614H Mon., Jun. 24, 6:30-7:20pm

Arlington Mill Center

Ages 15-Adult **6 Sessions** **\$156**
440614I Tues., Jun. 25, 5:30-6:20pm
440614J Tues., Jun. 25, 6:30-7:20pm
440614K Thurs., Jun. 27, 4:30-5:20pm
440614L Thurs., Jun. 27, 5:30-6:20pm

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.

Marcey Road Park

Ages 15-Adult **7 Sessions** **\$182**
440615A Mon., Jun. 24, 9:30-10:20am
440615B Mon., Jun. 24, 7:30-8:20pm

Fort Scott Park

Ages 15-Adult **7 Sessions** **\$182**
440615C Tues., Jun. 25, 8:30-9:20am
440615D Wed., Jun. 26, 9:30-10:20am
440615E Thurs., Jun. 27, 9:30-10:20am

Hayes Park

Ages 15-Adult **7 Sessions** **\$182**
440615F Wed., Jun. 26, 6:30-7:20pm
440615G Wed., Jun. 26, 6:30-7:20pm

Arlington Mill Center

Ages 15-Adult **6 Sessions** **\$156**
440615H Tues., Jun. 25, 7:30-8:20pm
440615I Thurs., Jun. 27, 6:30-7:20pm

Pickleball 3

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

Fort Scott Park

Ages 15-Adult **7 Sessions** **\$182**
440616A Tues., Jun. 25, 9:30-10:20am

Hayes Park

Ages 15-Adult **7 Sessions** **\$182**
440616B Wed., Jun. 26, 7:30-8:20pm
440616C Wed., Jun. 26, 7:30-8:20pm

Arlington Mill Center

Ages 15-Adult **6 Sessions** **\$156**
440616D Thurs., Jun. 27, 7:30-8:20pm



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.

Fort Barnard Park
Ages 2-3 **10 Sessions** **\$175**
[410618A](#) Tues., Jun. 25, 9:30-10:15am

Barrett Elem. School Outdoors
Ages 2-3 **8 Sessions** **\$140**
[410618B](#) Sat., Jun. 29, 9-9:45am
[410618C](#) Sun., Jun. 30, 11-11:45am

Lacey Woods Park
Ages 2-3 **8 Sessions** **\$140**
[410618D](#) Thurs., Jun. 27, 4-4:45pm



Little Athletes and Me

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

Fairlington Center
Ages 2-3 **10 Sessions** **\$175**
[410615A](#) Mon., Jun. 24, 9:30-10:15am

Arlington Mill Center
Ages 2-3 **8 Sessions** **\$140**
[410615B](#) Sat., Jun. 29, 10-10:45am

Lubber Run Center
Ages 2-3 **8 Sessions** **\$140**
[410615C](#) Sat., Jun. 29, 9-9:45am
[410615D](#) Sun., Jun. 30, 4-4:45pm

Little Kicks Soccer & Me

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

Lacey Woods Park
Ages 2-3 **8 Sessions** **\$140**
[410605A](#) Wed., Jun. 26, 9:30-10:15am

Rocky Run Park
Ages 2-3 **9 Sessions** **\$158**
[410605B](#) Thurs., Jun. 27, 9:30-10:15am

Fairlington Center
Ages 2-3 **8 Sessions** **\$140**
[410605C](#) Sat., Jun. 29, 9-9:45am

Lubber Run Center
Ages 2-3 **8 Sessions** **\$140**
[410605D](#) Sat., Jun. 29, 10-10:45am
[410605E](#) Sun., Jun. 30, 3-3:45pm

Barrett Elem. School Outdoors
Ages 2-3 **8 Sessions** **\$140**
[410605F](#) Sat., Jun. 29, 11-11:45am
[410605G](#) Sun., Jun. 30, 9-9:45am

TOT & YOUTH

First Down Flag Football

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

Fairlington Center
Ages 7-9 **8 Sessions** **\$160**
[420610A](#) Sat., Jun. 29, 2-3pm

Rocky Run Park
Ages 5-8 **8 Sessions** **\$160**
[420610B](#) Wed., Jun. 26, 6-7pm

Lacey Woods Park
Ages 4-6 **8 Sessions** **\$140**
[420610C](#) Wed., Jun. 26, 11:30am-12:15pm

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. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Fort Barnard Park
Ages 4-6 **10 Sessions** **\$175**
[410617A](#) Tues., Jun. 25, 10:30-11:15am

Barrett Elem. School Outdoors
Ages 4-6 **8 Sessions** **\$140**
[410617B](#) Sat., Jun. 29, 10-10:45am

Lacey Woods Park
Ages 4-6 **8 Sessions** **\$140**
[410617C](#) Thurs., Jun. 27, 4:50-5:35pm

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. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Fairlington Center
Ages 4-6 **10 Sessions** **\$175**
[410616A](#) Mon., Jun. 24, 10:30-11:15am

Lubber Run Center
Ages 4-6 **8 Sessions** **\$140**
[410616B](#) Sat., Jun. 29, 12:10-12:55pm
[410616C](#) Sun., Jun. 30, 2-2:45pm

Little Kicks Soccer

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

Lacey Woods Park
Ages 4-6 **9 Sessions** **\$158**
[410610A](#) Tues., Jun. 25, 4-4:45pm
Ages 4-6 **8 Sessions** **\$140**
[410610B](#) Wed., Jun. 26, 10:30-11:15am

Rocky Run Park
Ages 4-6 **9 Sessions** **\$158**
[410610C](#) Thurs., Jun. 27, 10:30am-11:15am
Ages 4-6 **8 Sessions** **\$140**
[410610D](#) Wed., Jun. 26, 4-4:45pm
[410610E](#) Sun., Jun. 30, 10-10:45am

Barrett Elem. School Outdoors
Ages 4-6 **8 Sessions** **\$160**
[410610F](#) Sat., Jun. 29, 12-1pm

Arlington Mill Center
Ages 4-6 **8 Sessions** **\$140**
[410610G](#) Sat., Jun. 29, 9-9:45am

Fairlington Center
Ages 4-6 **8 Sessions** **\$140**
[410610H](#) Sat., Jun. 29, 11-11:45am

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. Equipment Needed:



Size 3 soccer ball. Adult required to stay on premises at all times. Inst.: Stockton Soccer.

Rocky Run Park

Ages 2-3	8 Sessions	\$145
410612A	Sat., Jun. 29, 8-8:40am	
410612B	Sat., Jun. 29, 10-10:40am	
Ages 3-6	8 Sessions	\$145
410612C	Sat., Jun. 29, 9-9:45am	
410612D	Sat., Jun. 29, 11-11:45am	

Barrett Elem. School Outdoors

Ages 2-3	8 Sessions	\$145
410612E	Sun., Jun. 30, 12:15-12:55pm	
Ages 3-6	8 Sessions	\$145
410612F	Sun., Jun. 30, 1:05-1:50pm	

Lacey Woods Park

Ages 2-3	8 Sessions	\$145
410612G	Sun., Jun. 30, 3-3:40pm	
Ages 3-6	8 Sessions	\$145
410612H	Sun., Jun. 30, 4-4:45pm	
Ages 5-8	8 Sessions	\$145
410612I	Sun., Jun. 30, 5-5:50pm	

Mosaic Park

Ages 3-6	8 Sessions	\$145
410612J	Sat., Jun. 29, 1-1:45pm	

Kids Floor Hockey

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

Fairlington Center

Ages 4-6	10 Sessions	\$175
420614A	Mon., Jun. 24, 11:30am-12:15pm	
Ages 7-9	8 Sessions	\$160
420614B	Sat., Jun. 29, 1-2pm	

Barrett Elem. School Outdoors

Ages 4-6	8 Sessions	\$160
420614C	Sat., Jun. 29, 1:10-2:10pm	

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. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Fort Barnard Park

Ages 4-6	10 Sessions	\$175
410611A	Tues., Jun. 25, 11:30am-12:15pm	

Arlington Mill Center

Ages 4-6	8 Sessions	\$140
410611B	Sat., Jun. 29, 11-11:45am	

Fairlington Center

Ages 5-8	8 Sessions	\$140
410611C	Sat., Jun. 29, 12-12:45pm	

Rocky Run Park

Ages 5-8	8 Sessions	\$140
410611D	Sun., Jun. 30, 9-9:45am	

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.



Fairlington Center

Ages 3-4	8 Sessions	\$140
410619A*	Sat., Jun. 29, 10-10:45am	
Ages 4-6	10 Sessions	\$200
410619B	Wed., Jun. 26, 6:15-7:15pm	
410619C	Wed., Jun. 26, 7:20-8:20pm	

Rocky Run Park

Ages 4-6	9 Sessions	\$158
410619D	Thurs., Jun. 27, 11:35am-12:20pm	

Lubber Run Center

Ages 4-6	8 Sessions	\$160
410619E	Sat., Jun. 29, 11am-12pm	
410619F	Sat., Jun. 29, 1-2pm	
410619G	Sun., Jun. 30, 1-2pm	

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. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Fairlington Center

Ages 7-9	9 Sessions	\$180
420609A	Thurs., Jun. 27, 6:15-7:15pm	
Ages 10-12	9 Sessions	\$180
420609B	Thurs., Jun. 27, 7:20-8:20pm	

Girls Hoops Basketball

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

Fairlington Center

Ages 7-9	10 Sessions	\$200
420615A	Tues., Jun. 25, 6:15-7:15pm	
Ages 10-12	10 Sessions	\$200
420615B	Tues., Jun. 25, 7:20-8:20pm	

Varsity Skills 2

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

Arlington Mill

Ages 9-12	6 Sessions	\$130
420612A	Sun., Jul. 21, 4:30-5:30pm	
420612B	Sun., Jul. 21, 5:35-6:35pm	

Little Champions Soccer

This class includes energetic games that enhance kid's soccer skills, teamwork, and overall sportsmanship. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Lacey Woods Park

Ages 7-9	9 Sessions	\$180
410621A	Tues., Jun. 25, 4:55-5:55pm	

Rocky Run Park

Ages 7-9	8 Sessions	\$160
410621B	Wed., Jun. 26, 4:55-5:55pm	

Rocky Run Park

Ages 7-9	8 Sessions	\$160
410621C	Sun., Jun. 30, 11am-12pm	

New! Momentum3 Cheer

Our small group cheer program offers a fun and exciting way for beginner to intermediate level cheerleaders to improve their skills while adding new skills to their repertoire. Sessions focus on the fundamentals of cheer and dance while promoting teamwork, determination and self-confidence. During the 6-week program, cheerleaders will learn a routine incorporating the skills they've learned into a final performance. Sessions are aged-based with a



low student/coach ratio designed to build a strong cheer-leading foundation where students can improve their skills naturally. Adult required to stay on premises at all times. Inst.: Momentum3.

Fairlington Center

Ages 8-9	6 Sessions	\$130
420608A	Mon., Jul. 22, 4-5pm	
420608B	Tues., Jul. 23, 5:15-6:15pm	
Ages 10-12	6 Sessions	\$130
420608C	Mon., Jul. 22, 5:15-6:15pm	
420608D	Tues., Jul. 23, 4-5pm	

Triple Threat Basketball

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

Fairlington Center

Ages 7-9	10 Sessions	\$200
420613A	Mon., Jun. 24, 6:15-7:15pm	
Ages 10-12	10 Sessions	\$200
420613B	Mon., Jun. 24, 7:20-8:20pm	



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. Adult required to stay on premises at all times. Inst.: Tip Top Sports.

Lacey Woods Park

Ages 10-12	9 Sessions	\$180
420616A	Tues., Jun. 25, 6-7pm	

Rocky Run Park

Ages 10-12	8 Sessions	\$160
420616B	Sun., Jun. 30, 12:05-1:05pm	

YOUTH/TEEN/ADULT

Explore Archery

Learn the basics of Olympic archery. We cover range safety and proper shooting form. All equipment is provided and classes are taught in our indoor facility. NOVA Fencing Club is located at 3505 Carlin Springs Rd. Falls Church, VA.

NOVA Fencing and Archery Club

Ages 8-Adult	6 Sessions	\$120
420312A	Tues./Thurs., Jun. 25, 5-6pm	
420312B	Wed., Jun. 26, 5-6pm	
420312C	Tues./Thurs., Jul. 23, 5-6pm	

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. 25, 5:30-6:20pm	
Ages 7-10	7 Sessions	\$182
420602B	Tues., Jun. 25, 5:30-6:20pm	
420602C	Tues., Jun. 25, 6:30-7:20pm	
420602D	Thurs., Jun. 27, 5:30-6:20pm	
Ages 10-14	7 Sessions	\$182
420602E	Tues., Jun. 25, 6:30-7:20pm	
420602F	Thurs., Jun. 27, 6:30-7:20pm	

Hayes Park

Ages 6-8	7 Sessions	\$182
420602G	Mon., Jun. 24, 5:30-6:20pm	
420602H	Wed., Jun. 26, 5:30-6:20pm	
Ages 7-10	7 Sessions	\$182
420602I	Mon., Jun. 24, 6:30-7:20pm	
420602J	Wed., Jun. 26, 6:30-7:20pm	
Ages 10-14	7 Sessions	\$182
420602K	Mon., Jun. 24, 6:30-7:20pm	

Lyon Village Park

Ages 6-8	7 Sessions	\$182
420602L	Tues., Jun. 25, 5:30-6:20pm	
420602M	Thurs., Jun. 27, 5:30-6:20pm	
Ages 7-10	7 Sessions	\$182
420602N	Thurs., Jun. 27, 6:30-7:20pm	

Stratford Park

Ages 6-8	7 Sessions	\$182
420602O	Wed., Jun. 26, 5:30-6:20pm	
420602P	Wed., Jun. 26, 6:30-7:20pm	
Ages 7-10	7 Sessions	\$182
420602Q	Mon., Jun. 24, 5:30-6:20pm	
Ages 10-14	7 Sessions	\$182
420602R	Mon., Jun. 24, 6:30-7:20pm	
420602S	Tues., Jun. 25, 5:10-6pm	

Tennis 3: Transition to Match Play

This program helps players build skills & learn tactics necessary to succeed in competitive tennis. Each session is a mix of instruction via drills and match play. Prerequisite: Ability to rally & serve or coach's recommendation. Ratio 8:1. Inst.: First Serve Tennis.

Bluemont Park

Ages 8-10	7 Sessions	\$228
420603A	Mon., Jun. 24, 4:50-6pm	
420603B	Tues., Jun. 25, 4:50-6pm	
Ages 10-14	7 Sessions	\$228
420603C	Mon., Jun. 24, 6:10-7:20pm	
420603D	Tues., Jun. 25, 6:10-7:20pm	

Stratford Park

Ages 8-10	7 Sessions	\$228
420603E	Wed., Jun. 26, 4:50-6pm	
Ages 10-14	7 Sessions	\$228
420603F	Wed., Jun. 26, 6:10-7:20pm	

TEEN

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 13-17	6 Sessions	\$210
420604A	Sat., Jul. 13, 12-1:10pm	

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.

Bluemont Park

Ages 13-17	7 Sessions	\$228
430601A	Mon., Jun. 24, 7:30-8:40pm	
430601B	Tues., Jun. 25, 7:30-8:40pm	

TEEN & ADULT

Tennis 1

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the ground strokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. 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
440601A	Tues., Jun. 25, 7:30-8:40pm	
440601B	Tues., Jun. 25, 8:50-10pm	
440601C	Thurs., Jun. 27, 8:50-10pm	

Hayes Park

Ages 15-Adult	7 Sessions	\$245
440601D	Mon., Jun. 24, 7:30-8:40pm	
440601E	Mon., Jun. 24, 8:50-10pm	

Langston-Brown Center

Ages 15-Adult	6 Sessions	\$210
440601F	Sat., Jul. 13, 9-10:10am	



- Lyon Village Park**
Ages 15-Adult **7 Sessions** **\$245**
440601G Tues., Jun. 25, 6:30–7:20pm
440601H Tues., Jun. 25, 8:50–10pm
- Maury Park**
Ages 15-Adult **6 Sessions** **\$210**
440601I Sun., Jul. 14, 11:40am-12:50pm
- Stratford Park**
Ages 15-Adult **7 Sessions** **\$245**
440601J Tues., Jun. 25, 6:10–7:20pm
440601K Wed., Jun. 26, 7:30–8:40pm
440601L Wed., Jun. 26, 8:50–10pm

Tennis 2

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1&2 programs. Ratio 6:1 Adults required to stay on the premises at all times. Inst.: First Serve Tennis.

- Barcroft Park**
Ages 15-Adult **7 Sessions** **\$245**
440602A Tues., Jun. 25, 7:30–8:40pm
440602B Tues., Jun. 25, 8:50–10pm
440602C Thurs., Jun. 27, 7:30–8:40pm
- Hayes Park**
Ages 15-Adult **7 Sessions** **\$245**
440602D Mon., Jun. 24, 7:30–8:40pm
440602E Mon., Jun. 24, 8:50–10pm
- Langston-Brown Center**
Ages 15-Adult **6 Sessions** **\$210**
440602F Sat., Jul. 13, 10:20–11:30am
- Lyon Village Park**
Ages 15-Adult **7 Sessions** **\$245**
440602G Tues., Jun. 25, 7:30–8:40pm
- Maury Park**
Ages 15-Adult **6 Sessions** **\$210**
440602H Sun., Jul. 14, 10:20–11:30am
- Stratford Park**
Ages 15-Adult **7 Sessions** **\$245**
440602I Tues., Jun. 25, 7:30–8:40pm
440602J Wed., Jun. 26, 7:30–8:40pm
440602K Wed., Jun. 26, 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. 26, 7:30–8:40pm
- Lyon Village Park**
Ages 15-Adult **7 Sessions** **\$245**
440603B Thurs., Jun. 27, 7:30–8:40pm
440603C Thurs., Jun. 27, 8:50–10pm
- Stratford Park**
Ages 15-Adult **7 Sessions** **\$245**
440603D Mon., Jun. 24, 8:50–10pm
- Bluemont Park**
Ages 15-Adult **7 Sessions** **\$245**
440603E Mon., Jun. 24, 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. 26, 8:50–10pm
- Langston-Brown Center**
Ages 15-Adult **6 Sessions** **\$210**
440604B Sat., Jul. 13, 11:40am-12:50pm
- Lyon Village Park**
Ages 15-Adult **7 Sessions** **\$245**
440604C Thurs., Jun. 27, 7:30–8:40pm
440604D Thurs., Jun. 27, 8:50–10pm
- Stratford Park**
Ages 15-Adult **7 Sessions** **\$245**
440604E Mon., Jun. 24, 7:30–8:40pm
440604F Tues., Jun. 25, 8:50–10pm
- Bluemont Park**
Ages 15-Adult **7 Sessions** **\$245**
440604G Tues., Jun. 25, 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. 14, 9–10:10am

Adult Tennis Match Play Level 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.

Kenmore MS

Ages 15-Adult **6 Sessions** **\$210**
440608A Sat., Jul. 13, 9–10:20am
440608B Sat., Jul. 13, 10:30–11:50am

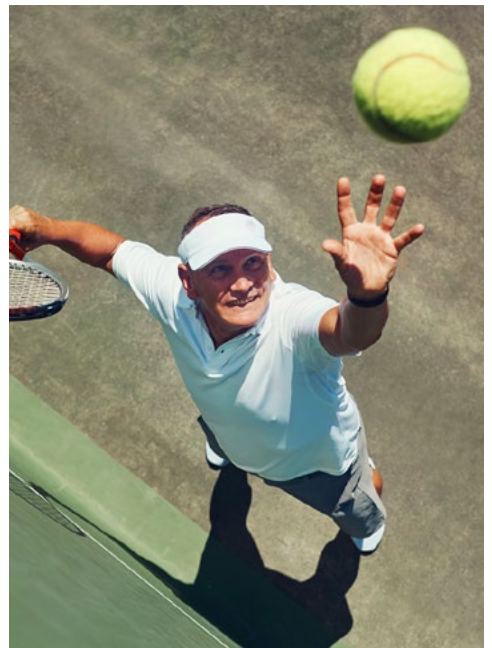
Private Lesson

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 ireid1@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 6-Adult **4 Sessions** **\$340**
440612A Thurs., Jul. 25, 5:30–6:25pm
440612B Thurs., Jul. 25, 6:30–7:25pm
440612C Thurs., Jul. 25, 7:30–8:25pm

Ages 6-Adult **3 Sessions** **\$255**
440612D Thurs., Jun. 27, 5:30–6:25pm
440612E Thurs., Jun. 27, 6:30–7:25pm
440612F Thurs., Jun. 27, 7:30–8:25pm



DANCE

TOT & ADULT

Dance and Prance

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

Lubber Run Center

Ages 2-3 **5 Sessions** **\$80**
410204A Wed., Jul. 10, 5:15-5:45pm
410204B Sun., Jul. 14, 4:15-4:45pm

Langston-Brown Center

Ages 2-3 **5 Sessions** **\$80**
410204C Fri., Jul. 12, 10:15-10:45am



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. Inst.: Go Bananas Dancing.

Fairlington Center

Ages 2-3 **5 Sessions** **\$80**
410207A Wed., Jul. 10, 10-10:30am

Long Bridge Aquatics Center

Ages 2-3 **5 Sessions** **\$80**
410207B Wed., Jul. 10, 5:15-5:45pm

Lubber Run Center

Ages 2-3 **5 Sessions** **\$80**
410207C Fri., Jul. 12, 10-10:30am

Ages 2-3 **2 Sessions** **\$32**

410207D Sat., Jul. 13, 9:45-10:15am

410207E Sat., Jul. 27, 9:45-10:15am

410207F Sat., Aug. 10, 9:45-10:15am



TOT

Pre-Ballet & Movement 1

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. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 3-5 **5 Sessions** **\$100**
410210A Wed., Jul. 10, 4:15-5pm
410210B Sat., Jul. 13, 10:30-11:10am
410210C Sun., Jul. 14, 3:30-4:10pm

Langston-Brown Center

Ages 3-5 **5 Sessions** **\$100**
410210D Wed., Jul. 10, 5:10-5:50pm
410210E Fri., Jul. 12, 9:30-10:10am

Fairlington Center

Ages 3-5 **5 Sessions** **\$100**
410210F Thurs., Jul. 11, 5:10-5:50pm

Barcroft Fitness Center

Ages 3-5 **5 Sessions** **\$100**
410210G Mon., Jul. 15, 5:10-5:50pm

Walter Reed Center

Ages 3-5 **5 Sessions** **\$100**
410210H Tues., Jul. 16, 5:10-5:50pm

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. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 4-5 **5 Sessions** **\$100**
410211A Mon., Jul. 15, 4:45-5:30pm
410211B Tues., Jul. 16, 4:20-5:05pm

All that Jazz & Ballet

This high-energy class is perfect for your young dancer! Children will enjoy Ballet and Jazz dancing to classical and contemporary music, focusing on musicality and dance technique. Ballet shoes or Jazz shoes are recommended.

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

Barcroft Fitness Center

Ages 4½-6 **5 Sessions** **\$100**
410205A Thurs., Jul. 11, 6-6:45pm
410205B Tues., Jul. 16, 4:45-5:30pm

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. Inst.: Go Bananas Dancing.

Long Bridge Aquatics Center

Ages 4-6 **5 Sessions** **\$100**
410213A Thurs., Jul. 11, 5-5:45pm

Barcroft Fitness Center

Ages 4-6 **5 Sessions** **\$100**
410213B Tues., Jul. 16, 5:30-6:15pm

YOUTH

Tap

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

Lubber Run Center

Ages 5½-8 **5 Sessions** **\$100**
420217A Tues., Jul. 16, 5:15-6pm

Dance for Musical Theater

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

Lubber Run Center

Ages 6-9 **5 Sessions** **\$100**
420211A Wed., Jul. 10, 6-6:45pm



Ballet for Boys

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

Lubber Run Center

Ages 4½-7 **5 Sessions** **\$100**
420223A Sat., Jul. 13, 12:15-1pm

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. Inst.: Go Bananas Dancing.



Long Bridge Aquatics Center

Ages 5-7 **5 Sessions** **\$100**
420221A Thurs., Jul. 11, 5:45-6:30pm

Lubber Run Center

Ages 5-7 **5 Sessions** **\$100**
420221B Sat., Jul. 13, 11:20am-12:05pm

Lubber Run Center

Ages 5-7 **5 Sessions** **\$100**
420221C Mon., Jul. 15, 5:30-6:15pm

Ballet 2 & 3

This intermediate class includes barre exercises, center work and dancing across the floor. Dance students will enjoy practicing their Ballet technique to classical and contemporary music while focusing on poise, grace and flexibility. Students with previous experience 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. Inst.: Go Bananas Dancing.

Walter Reed Center

Ages 6½-10 **5 Sessions** **\$140**
420224A Tues., Jul. 16, 6-7pm

Hip Hop & Jazz

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

Langston-Brown Center

Ages 6-8 **5 Sessions** **\$100**
420200A Wed., Jul. 10, 6-6:45pm

Fairlington Center

Ages 6-8 **5 Sessions** **\$100**
420200B Thurs., Jul. 11, 6-6:45pm

Hip Hop

Does your child love Hip Hop? In this high-energy class kids will learn the fundamentals of Hip Hop, House and how to freestyle while exploring the culture and movements of street and club dance styles. They will focus on rhythm

and choreography in an encouraging environment that promotes self-expression and confidence. It will be a blast! Comfortable loose-fitting clothing and flat-soled sneakers (like tennis or basketball shoes) are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Walter Reed Center

Ages 9-11 **5 Sessions** **\$100**
420212A Thurs., Jul. 11, 6-6:45pm

New! Rhythmic Dance

In this joyful class kids will explore Creative Movement, Ballet and dance elements of Rhythmic Gymnastics. While dancing with ribbons, hoops and scarves, the children's creativity and curiosity will thrive! Email susannah@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Barcroft Fitness Center

Ages 7-10 **5 Sessions** **\$100**
420225A Mon., Jul. 15, 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 **8 Sessions** **\$202**
410208A Mon., Jun. 24, 9:30-10:15am
410208B Mon., Jun. 24, 10:30-11:15am
410208C Mon., Jun. 24, 11:30am-12:15pm

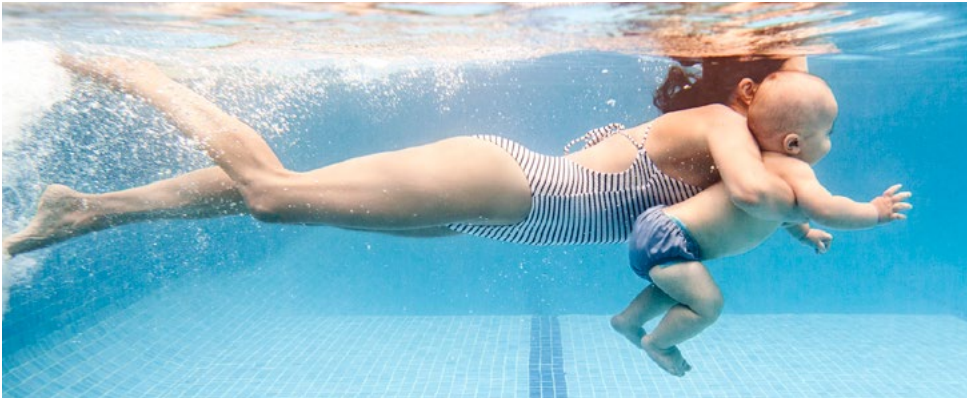
Birth-5 **7 Sessions** **\$182**
410208D Thurs., Jun. 27, 10-10:45am
410208E Thurs., Jun. 27, 11-11:45am

Lubber Run Center. Inst.: Abramovitch

Birth-5 **8 Sessions** **\$202**
410208F Tues., Jul. 2, 10-10:45am
410208G Tues., Jul. 2, 11-11:45am

Fairlington Center. Inst.: Abramovitch

Birth-5 **8 Sessions** **\$202**
410208H Sat., Jun. 29, 9:30-10:15am
410208I Sat., Jun. 29, 10:30-11:15am
410208J Sat., Jun. 29, 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 **8 Sessions** **\$66**
410400A Mon., Jul. 8, 10-10:30am
410400B Mon./Wed., Jul. 8, 4-4:30pm
410400C Mon./Wed., Aug. 5, 4-4:30pm
410400D Tues., Jul. 9, 4-4:30pm
410400E Thurs., Jul. 11, 4-4:30pm
410400F Fri., Jul. 12, 4-4:30pm

Ages 6 months-1½ **7 Sessions** **\$58**
410400G Sat., Jul. 13, 9:05-9:35am
410400H Sat., Jul. 13, 11:20-11:50am
410400I Sun., Jul. 14, 8:30-9am
410400J Sun., Jul. 14, 10:15-10:45am

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 **8 Sessions** **\$66**
410401A Mon., Jul. 8, 10:35-11:05am
410401B Mon./Wed., Jul. 8, 4:35-5:05pm
410401C Mon./Wed., Aug. 5, 4:35-5:05pm
410401D Tues., Jul. 9, 4:35-5:05pm
410401E Thurs., Jul. 11, 4:35-5:05pm
410401F Fri., Jul. 12, 4:35-5:05pm
Ages 1½-2 **7 Sessions** **\$58**
410401G Sat., Jul. 13, 8:30-9am
410401H Sat., Jul. 13, 10:15-10:45am
410401I Sun., Jul. 14, 9:05-9:35am
410401J Sun., Jul. 14, 11:25-11:55am

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 **8 Sessions** **\$66**
410402A Mon., Jul. 8, 11:10-11:40am
410402B Mon./Wed., Jul. 8, 5:10-5:40pm
410402C Mon./Wed., Aug. 5, 5:10-5:40pm
410402D Tues., Jul. 9, 5:10-5:40pm
410402E Thurs., Jul. 11, 5:10-5:40pm
410402F Fri., Jul. 12, 5:10-5:40pm
Ages 2½-3 **7 Sessions** **\$58**
410402G Sat., Jul. 13, 9:40-10:10am
410402H Sun., Jul. 14, 9:40-10:10am
410402I Sun., Jul. 14, 10:50-11:20am

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
Ages 3 **8 Sessions** **\$49**
410403A Mon., Jul. 8, 10-10:20am
410403B Mon., Jul. 8, 10-10:20am
410403C Mon./Wed., Jul. 8, 4-4:20pm
410403D Mon./Wed., Aug. 5, 4-4:20pm
410403E Mon./Wed., Jul. 8, 5:50-6:10pm
410403F Mon./Wed., Aug. 5, 5:50-6:10pm
410403G Tues., Jul. 9, 4-4:20pm
410403H Tues., Jul. 9, 5:50-6:10pm
410403I Thurs., Jul. 11, 4-4:20pm
410403J Thurs., Jul. 11, 5:50-6:10pm
410403K Fri., Jul. 12, 4-4:20pm
410403L Fri., Jul. 12, 5:50-6:10pm
Ages 3 **7 Sessions** **\$44**
410403M Sat., Jul. 13, 8:30-8:50am
410403N Sat., Jul. 13, 9:30-9:50am
410403O Sat., Jul. 13, 10:15-10:35am
410403P Sat., Jul. 13, 10:50-11:10am
410403Q Sat., Jul. 13, 12-12:20pm
410403R Sun., Jul. 14, 8:30-8:50am
410403S Sun., Jul. 14, 10:05-10:25am
410403T Sun., Jul. 14, 11:45am-12:05pm

Fin 1

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

Long Bridge Aquatics Center
Ages 3yrs-3mths-5 **8 Sessions** **\$66**
410404A Mon., Jul. 8, 10:25-10:55am
410404B Mon., Jul. 8, 11:35am-12:05pm
410404C Mon., Jul. 8, 4:25-4:55pm
410404D Mon./Wed., Aug. 5, 4:25-4:55pm
410404E Mon./Wed., Jul. 8, 6:15-6:45pm
410404F Mon./Wed., Aug. 5, 6:15-6:45pm
410404G Tues., Jul. 9, 4:25-4:55pm
410404H Tues., Jul. 9, 6:15-6:45pm
410404I Thurs., Jul. 11, 4:25-4:55pm
410404J Thurs., Jul. 11, 6:15-6:45pm
410404K Fri., Jul. 12, 4:25-4:55pm
410404L Fri., Jul. 12, 6:15-6:45pm
Ages 3yrs-3mths-5 **7 Sessions** **\$58**
410404M Sat., Jul. 13, 8:30-9am
410404N Sat., Jul. 13, 8:55-9:25am
410404O Sat., Jul. 13, 11:50am-12:20pm
410404P Sun., Jul. 14, 8:30-9am
410404Q Sun., Jul. 14, 9:30-10am
410404R Sun., Jul. 14, 10:35-11:05am



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-3mths-5 **8 Sessions** **\$66**
410405A Mon., Jul. 8, 11-11:30am
410405B Mon./Wed., Jul. 8, 5-5:30pm
410405C Mon./Wed., Aug. 5, 5-5:30pm
410405D Mon./Wed., Jul. 8, 6:50-7:20pm
410405E Mon./Wed., Aug. 5, 6:50-7:20pm
410405F Tues., Jul. 9, 5-5:30pm
410405G Tues., Jul. 9, 6:50-7:20pm
410405H Thurs., Jul. 11, 5-5:30pm
410405I Thurs., Jul. 11, 6:50-7:20pm
410405J Fri., Jul. 12, 5-5:30pm
410405K Fri., Jul. 12, 6:50-7:20pm

Ages 3yrs-3mths-5 **7 Sessions** **\$58**

410405L Sat., Jul. 13, 8:30-9am
410405M Sat., Jul. 13, 9:05-9:35am
410405N Sat., Jul. 13, 9:55-10:25am
410405O Sat., Jul. 13, 10:40-11:10am
410405P Sat., Jul. 13, 11:50am-12:20pm
410405Q Sun., Jul. 14, 8:30-9am
410405R Sun., Jul. 14, 8:55-9:25am
410405S Sun., Jul. 14, 9:50-10:20am
410405T Sun., Jul. 14, 11:10-11:40am

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 **8 Sessions** **\$66**

410406A Mon./Wed., Jul. 8, 5:30-6pm
410406B Mon./Wed., Aug. 5, 5:30-6pm
410406C Mon./Wed., Jul. 8, 5:40-6:10pm
410406D Mon./Wed., Aug. 5, 5:40-6:10pm
410406E Tues., Jul. 9, 5:30-6pm
410406F Tues., Jul. 9, 5:40-6:10pm
410406G Thurs., Jul. 11, 5:30-6pm
410406H Thurs., Jul. 11, 5:40-6:10pm
410406I Fri., Jul. 12, 5:30-6pm
410406J Fri., Jul. 12, 5:40-6:10pm

Ages 4-5 **7 Sessions** **\$58**

410406K Sat., Jul. 13, 9:50-10:20am
410406L Sat., Jul. 13, 11:15-11:45am
410406M Sat., Jul. 13, 11:55am-12:25pm
410406N Sun., Jul. 14, 9:50-10:20am
410406O Sun., Jul. 14, 10:50-11:20am
410406P Sun., Jul. 14, 11:50am-12:20pm

Fin 4

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



Long Bridge Aquatics Center

Ages 4½-5 **8 Sessions** **\$66**

410407A Mon./Wed., Jul. 8, 6:20-6:50pm
410407B Mon./Wed., Aug. 5, 6:20-6:50pm
410407C Tues., Jul. 9, 6:20-6:50pm
410407D Thurs., Jul. 11, 6:20-6:50pm
410407E Fri., Jul. 12, 4-4:30pm
410407F Fri., Jul. 12, 6:20-6:50pm

Ages 4½-5 **7 Sessions** **\$58**

410407G Sat., Jul. 13, 9:40-10:10am
410407H Sat., Jul. 13, 11:15-11:45am
410407I Sun., Jul. 14, 11:15-11:45am
410407J Sun., Jul. 14, 11:50am-12:20pm

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 **8 Sessions** **\$66**

420400A Mon./Wed., Jul. 8, 4-4:40pm
420400B Mon./Wed., Aug. 5, 4-4:40pm
420400C Mon./Wed., Jul. 8, 6:15-6:55pm
420400D Mon./Wed., Aug. 5, 6:15-6:55pm
420400E Tues., Jul. 9, 4-4:40pm
420400F Tues., Jul. 9, 6:15-6:55pm
420400G Thurs., Jul. 11, 4-4:40pm
420400H Thurs., Jul. 11, 6:15-6:55pm
420400I Fri., Jul. 12, 4-4:40pm
420400J Fri., Jul. 12, 6:15-6:55pm

Ages 6-12 **7 Sessions** **\$59**

420400K Sat., Jul. 13, 9:05-9:45am
420400L Sat., Jul. 13, 10:30-11:10am
420400M Sat., Jul. 13, 11:15-11:55am
420400N Sun., Jul. 14, 9:05-9:45am
420400O Sun., Jul. 14, 10-10:40am
420400P Sun., Jul. 14, 11:25am-12:05pm

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 **8 Sessions** **\$66**

420401A Mon./Wed., Jul. 8, 4:45-5:25pm
420401B Mon./Wed., Aug. 5, 4:45-5:25pm
420401C Mon./Wed., Jul. 8, 7-7:40pm
420401D Mon./Wed., Aug. 5, 7-7:40pm
420401E Tues., Jul. 9, 4:45-5:25pm
420401F Tues., Jul. 9, 7-7:40pm
420401G Thurs., Jul. 11, 4:45-5:25pm
420401H Thurs., Jul. 11, 7-7:40pm
420401I Fri., Jul. 12, 4:45-5:25pm
420401J Fri., Jul. 12, 7-7:40pm

Ages 6-12 **7 Sessions** **\$59**

420401K Sat., Jul. 13, 9:15-9:55am
420401L Sat., Jul. 13, 10:25-11:05am
420401M Sat., Jul. 13, 10:50-11:30am
420401N Sun., Jul. 14, 9:05-9:45am
420401O Sun., Jul. 14, 10:25-11:05am
420401P Sun., Jul. 14, 11:10-11:50am

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 **8 Sessions** **\$66**

420402A Mon./Wed., Jul. 8, 4-4:40pm
420402B Mon./Wed., Aug. 5, 4-4:40pm
420402C Mon./Wed., Jul. 8, 6:20-7pm
420402D Mon./Wed., Aug. 5, 6:20-7pm
420402E Mon./Wed., Jul. 8, 6:55-7:35pm
420402F Mon./Wed., Aug. 5, 6:55-7:35pm
420402G Mon./Wed., Jul. 8, 7:40-8:20pm
420402H Mon./Wed., Aug. 5, 7:40-8:20pm
420402I Tues., Jul. 9, 4-4:40pm
420402J Tues., Jul. 9, 6:20-7pm
420402K Tues., Jul. 9, 6:55-7:35pm

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: arlingtonva.us/sports and click on Aquatics

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.



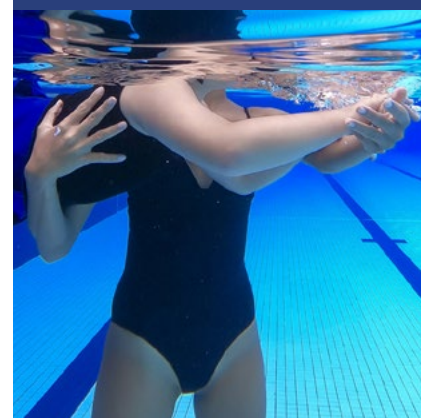
Private Swim Lessons

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:740401)
 Youth [740402](tel:740402)
 Adults [740404](tel:740404)



- [420402L](#) Tues., Jul. 9, 7:40–8:20pm
- [420402M](#) Thurs., Jul. 11, 4–4:40pm
- [420402N](#) Thurs., Jul. 11, 6:20–7pm
- [420402O](#) Thurs., Jul. 11, 6:55–7:35pm
- [420402P](#) Thurs., Jul. 11, 7:40–8:20pm
- [420402Q](#) Fri., Jul. 12, 4–4:40pm
- [420402R](#) Fri., Jul. 12, 5:35–6:15pm
- [420402S](#) Fri., Jul. 12, 6:20–7pm
- [420402T](#) Fri., Jul. 12, 6:55–7:35pm

Ages 6–12 **7 Sessions** **\$59**

- [420402U](#) Sat., Jul. 13, 8:30–9:10am
- [420402V](#) Sat., Jul. 13, 10–10:40am
- [420402W](#) Sat., Jul. 13, 11:35am–12:15pm
- [420402X](#) Sun., Jul. 14, 8:30–9:10am
- [420402Y](#) Sun., Jul. 14, 10:25–11:05am
- [420402Z](#) Sun., Jul. 14, 11–11:40am

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 **8 Sessions** **\$66**

- [420403A](#) Mon./Wed., Jul. 8, 4:45–5:25pm
- [420403B](#) Mon./Wed., Aug. 5, 4:45–5:25pm
- [420403C](#) Mon./Wed., Jul. 8, 7:05–7:45pm
- [420403D](#) Mon./Wed., Aug. 5, 7:05–7:45pm
- [420403E](#) Tues., Jul. 9, 4:45–5:25pm
- [420403F](#) Tues., Jul. 9, 7:05–7:45pm
- [420403G](#) Thurs., Jul. 11, 4:45–5:25pm
- [420403H](#) Thurs., Jul. 11, 7:05–7:45pm
- [420403I](#) Fri., Jul. 12, 4:45–5:25pm
- [420403J](#) Fri., Jul. 12, 7:05–7:45pm

Ages 6–12 **7 Sessions** **\$59**

- [420403K](#) Sat., Jul. 13, 9:15–9:55am
- [420403L](#) Sat., Jul. 13, 11:05–11:45am
- [420403M](#) Sun., Jul. 14, 9:15–9:55am
- [420403N](#) Sun., Jul. 14, 10:15–10:55am
- [420403O](#) Sun., Jul. 14, 11:45am–12:25pm



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 **8 Sessions** **\$66**

- [420404A](#) Mon./Wed., Jul. 8, 5:30–6:10pm
- [420404B](#) Mon./Wed., Aug. 5, 5:30–6:10pm
- [420404C](#) Tues., Jul. 9, 5:30–6:10pm
- [420404D](#) Thurs., Jul. 11, 5:30–6:10pm
- [420404E](#) Fri., Jul. 12, 5:30–6:10pm

Ages 6–12 **7 Sessions** **\$59**

- [420404F](#) Sat., Jul. 13, 8:30–9:10am
- [420404G](#) Sat., Jul. 13, 11:50am–12:30pm
- [420404H](#) Sun., Jul. 14, 9:30–10:10am

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 **8 Sessions** **\$87**

- [420405A](#) Mon./Wed., Jul. 8, 7:50–8:45pm
- [420405B](#) Mon./Wed., Aug. 5, 7:50–8:45pm
- [420405C](#) Tues., Jul. 9, 7:50–8:45pm
- [420405D](#) Thurs., Jul. 11, 7:50–8:45pm
- [420405E](#) Fri., Jul. 12, 4:35–5:30pm

Ages 8–14 **7 Sessions** **\$76**

- [420405F](#) Sat., Jul. 13, 10–10:55am
- [420405G](#) Sun., Jul. 14, 8:30–9:25am

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 **8 Session** **\$66**

- [420406A](#) Fri., Jul. 12, 4:10–4:50pm

Ages 6–12 **7 Sessions** **\$59**

- [420406B](#) Sat., Jul. 13, 10–10:40am
- [420406C](#) Sun., Jul. 14 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 6–12 **8 Sessions** **\$66**

- [420407A](#) Fri., Jul. 12, 4:55–5:35pm

Ages 6–12 **7 Sessions** **\$59**

- [420407B](#) Sat., Jul. 13, 10:45–11:25am
- [420407C](#) Sun., Jul. 14, 4:55–5:35pm



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 **8 Sessions** **\$66**

- [440400A](#) Mon./Wed., Jul. 8, 7:45–8:25pm
- [440400B](#) Mon./Wed., Aug. 5, 7:45–8:25pm
- [440400C](#) Tues., Jul. 9, 7:45–8:25pm
- [440400D](#) Thurs., Jul. 11, 7:45–8:25pm
- [440400E](#) Fri., Jul. 12, 7:05–7:45pm

Ages 13-Adult **7 Sessions** **\$59**

- [440400F](#) Sat., Jul. 13, 11:20am–12pm
- [440400G](#) Sun., Jul. 14, 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 **8 Sessions** **\$66**

- [440401A](#) Mon./Wed., Jul. 8, 7:25–8:05pm
- [440401B](#) Mon./Wed., Aug. 5, 7:25–8:05pm
- [440401C](#) Tues., Jul. 9, 7:25–8:05pm
- [440401D](#) Thurs., Jul. 11, 7:25–8:05pm
- [440401E](#) Fri., Jul. 12, 6:20–7pm

Ages 13-Adult **7 Sessions** **\$59**

- [440401F](#) Sat., Jul. 13, 10:35–11:15am
- [440401G](#) Sun., Jul. 14, 10:35–11:15am

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 **7 Sessions** **\$76**
440402A Sat., Jul. 13, 9:30–10:25am
440402B Sun., Jul. 14, 8:30–9:25am

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 Tues., Jul. 9, 7–7:55am
440404B Thurs., Jul. 11, 7–7:55am
Ages 13-Adult **7 Sessions** **\$76**
440404C Sat., Jul. 13, 8:30–9:25am
440404D Sun., Jul. 14, 9:30–10:25am

Teen/Adult Beginning 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 **8 Sessions** **\$116**
440405A Mon., Jul. 8, 9–10:30am

Teen/Adult Advanced Diving

Students who have mastered the front and back dive will work on front and back flips, twists and more advanced diving. Recommendation from the instructor is required.

Long Bridge Aquatics Center
Ages 13-Adult **7 Sessions** **\$102**
440423A Sat., Jul. 13, 11:30am–1pm
440423B Sun., Jul. 14, 5:40–7:10pm

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 **8 Sessions** **\$87**
440406A Tues., Jul. 9, 9:05–10am
440406B Thurs., Jul. 11, 9:05–10am
Ages 13-Adult **7 Sessions** **\$76**
440406C Sat., Jul. 13, 7:30–8:25am

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 **8 Sessions** **\$93**
440408A Mon./Wed., Jul. 8, 7:30–8:30pm
440408B Mon./Wed., Aug. 5, 7:30–8:30pm
440408C Tues., Jul. 9, 8–8:55am
440408D Thurs., Jul. 11, 8–8:55am
Ages 13-Adult **7 Sessions** **\$76**
440408E Sat., Jul. 13, 9:05–10am

GYMNASTICS

TOT & ADULT

Tiny Time

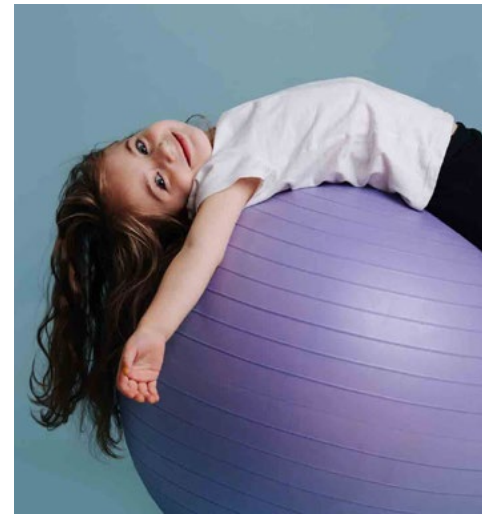
This 45-minute class creates special parent-child bonding time through sensory stimulation and physical play on some of the gymnastics equipment. Parents learn gymnastics safety and basic spotting techniques. Adult participation required.

Barcroft Fitness Center
Ages 1 **3 Sessions** **\$50**
410500A Mon., Jul. 8, 11:30am–12:15pm
410500B Mon., Jul. 29, 11:30am–12:15pm

Family Gymnastics

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

Barcroft Fitness Center
Ages 1½-5 **3 Sessions** **\$50**
410501A Mon., Jul. 8, 11:30am–12:15pm
410501B Mon., Jul. 29, 11:30am–12:15pm
410501C Mon., Jul. 8, 2:30–3:15pm
410501D Mon., Jul. 29, 2:30–3:15pm
410501E Tues., Jul. 9, 12:30–1:15pm
410501F Tues., Jul. 30, 12:30–1:15pm
410501G Wed., Jul. 10, 1:30–2:15pm
410501H Wed., Jul. 31, 1:30–2:15pm
410501I Thurs., Jul. 11, 11:30am–12:15pm
410501J Thurs., Aug. 1, 11:30am–12:15pm
410501K Thurs., Jul. 11, 2:30–3:15pm
410501L Thurs., Aug. 1, 2:30–3:15pm
410501M Fri., Jul. 12, 1:30–2:15pm
410501N Fri., Aug. 2, 1:30–2:15pm
410501O Sat., Jul. 13, 9:30–10:15am
410501P Sat., Aug. 3, 9:30–10:15am
410501Q Sun., Jul. 14, 1–1:45pm
410501R Sun., Aug. 4, 1–1:45pm



Tumbling for Toddlers

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

Barcroft Fitness Center
Ages 1½-2 **3 Sessions** **\$50**
410502A Mon., Jul. 8, 12:30–1:15pm
410502B Mon., Jul. 29, 12:30–1:15pm
410502C Tues., Jul. 9, 11:30am–12:15pm
410502D Tues., Jul. 30, 11:30am–12:15pm
410502E Tues., Jul. 9, 1:30–2:15pm
410502F Tues., Jul. 30, 1:30–2:15pm
410502G Wed., Jul. 10, 11:30am–12:15pm
410502H Wed., Jul. 31, 11:30am–12:15pm
410502I Thurs., Jul. 11, 12:30–1:15pm
410502J Thurs., Aug. 1, 12:30–1:15pm
410502K Fri., Jul. 12, 11:30am–12:15pm
410502L Fri., Aug. 2, 11:30am–12:15pm
410502M Fri., Jul. 12, 1:30–2:15pm
410502N Fri., Aug. 2, 1:30–2:15pm
410502O Sat., Jul. 13, 8:30–9:15am
410502P Sat., Aug. 3, 8:30–9:15am
410502Q Sun., Jul. 14, 12–12:45pm
410502R Sun., Aug. 4, 12–12:45pm

TOT

Tumbling for 3s

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

Barcroft Fitness Center
Ages 3 **3 Sessions** **\$50**
410503A Mon., Jul. 8, 1:30–2:15pm
410503B Mon., Jul. 29, 1:30–2:15pm
410503C Tues., Jul. 9, 12:30–1:15pm
410503D Tues., Jul. 30, 12:30–1:15pm
410503E Tues., Jul. 9, 1:30–2:15pm
410503F Tues., Jul. 30, 1:30–2:15pm
410503G Wed., Jul. 10, 12:30–1:15pm
410503H Wed., Jul. 31, 12:30–1:15pm
410503I Wed., Jul. 10, 1:30–2:15pm
410503J Wed., Jul. 31, 1:30–2:15pm
410503K Wed., Jul. 10, 2:30–3:15pm
410503L Wed., Jul. 31, 2:30–3:15pm



Attention Arlington Gymnastics Participants:

Please review the chart below to determine the appropriate class for your child. Visit our [website](#) for specific class descriptions. If you have questions, please contact us at: gymnastics@arlingtonva.us

PRESCHOOL GYMNASTICS PROGRAM

CLASSES	AGE	DURATION
Tiny Time	1-1½ years old	45 mins
Family Gymnastics	1½-5 years old	45 mins
Tumbling for Toddler's	1½-2 years old	45 mins
Tumbling for 3s	3 years old	45 mins
Gymnastics	4-5 years old	45 mins
Junior Gymnast	5 years old	45 mins

RECREATIONAL GYMNASTICS PROGRAM

PREVIOUS LEVEL	NEW LEVEL	DURATION
Girls Level 1 Beginner	Girls Level 1	1 hour
Girls Level 1 Advanced		
Girls Level 2 Beginner	Girls Level 2	1 hr 30 mins
Girls Level 2 Advanced		
Girls Level 3+	Girls Level 3	2 hours
Boys Level 1 Beginner	Boys Level 1	1 hour
Boys Level 1 Advanced		
Boys Level 2	Boys Level 2	1 hr 30 mins
Boys Level 3	Boys Level 3	2 hours

Did you know?

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



- [410503M](#) Thurs., Jul. 11, 11:30am-12:15pm
- [410503N](#) Thurs., Aug. 1, 11:30am-12:15pm
- [410503O](#) Thurs., Jul. 11, 12:30-1:15pm
- [410503P](#) Thurs., Aug. 1, 12:30-1:15pm
- [410503Q](#) Thurs., Jul. 11, 2:30-3:15pm
- [410503R](#) Thurs., Aug. 1, 2:30-3:15pm
- [410503S](#) Fri., Jul. 12, 11:30am-12:15pm
- [410503T](#) Fri., Aug. 2, 11:30am-12:15pm
- [410503U](#) Sat., Jul. 13, 8:30-9:15am
- [410503V](#) Sat., Aug. 3, 8:30-9:15am
- [410503W](#) Sat., Jul. 13, 10:30-11:15am
- [410503X](#) Sat., Aug. 3, 10:30-11:15am

Gymnastics

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

Barcroft Fitness Center

- Ages 4** **3 Sessions** **\$50**
- [410505A](#) Mon., Jul. 8, 1:30-2:15pm
 - [410505B](#) Mon., Jul. 29, 1:30-2:15pm
 - [410505C](#) Tues., Jul. 9, 11:30am-12:15pm
 - [410505D](#) Tues., Jul. 30, 11:30am-12:15pm
 - [410505E](#) Tues., Jul. 9, 2:30-3:15pm
 - [410505F](#) Tues., Jul. 30, 2:30-3:15pm
 - [410505G](#) Wed., Jul. 10, 11:30am-12:15pm
 - [410505H](#) Wed., Jul. 31, 11:30am-12:15pm
 - [410505I](#) Wed., Jul. 10, 2:30-3:15pm

- [410505J](#) Wed., Jul. 31, 2:30-3:15pm
- [410505K](#) Thurs., Jul. 11, 1:30-2:15pm
- [410505L](#) Thurs., Aug. 1, 1:30-2:15pm
- [410505M](#) Fri., Jul. 12, 12:30-1:15pm
- [410505N](#) Fri., Aug. 2, 12:30-1:15pm
- [410505O](#) Fri., Jul. 12, 2:30-3:15pm
- [410505P](#) Fri., Aug. 2, 2:30-3:15pm
- [410505Q](#) Sat., Jul. 13, 9:30-10:15am
- [410505R](#) Sat., Aug. 3, 9:30-10:15am
- [410505S](#) Sat., Jul. 13, 10:30-11:15am
- [410505T](#) Sat., Aug. 3, 10:30-11:15am

YOUTH

Junior Gymnast

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

Barcroft Fitness Center

- Ages 5** **3 Sessions** **\$50**
- [410506A](#) Mon., Jul. 8, 2:30-3:15pm
 - [410506B](#) Mon., Jul. 29, 2:30-3:15pm
 - [410506C](#) Tues., Jul. 9, 2:30-3:15pm
 - [410506D](#) Tues., Jul. 30, 2:30-3:15pm
 - [410506E](#) Wed., Jul. 10, 12:30-1:15pm
 - [410506F](#) Wed., Jul. 31, 12:30-1:15pm
 - [410506G](#) Thurs., Jul. 11, 1:30-2:15pm
 - [410506H](#) Thurs., Aug. 1, 1:30-2:15pm
 - [410506I](#) Fri., Jul. 12, 2:30-3:15pm
 - [410506J](#) Fri., Aug. 2, 2:30-3:15pm

Girls Level 1

Participants will learn the fundamentals of gymnastics. This class is suited for beginning participants who will learn how to execute basic skills on vault, uneven bars, balance beam, and floor exercise.

Barcroft Fitness Center

- Ages 5-6** **3 Sessions** **\$63**
- [420500A](#) Mon., Jul. 8, 4:15-5:15pm
 - [420500B](#) Mon., Jul. 29, 4:15-5:15pm
 - [420500C](#) Mon., Jul. 8, 5:30-6:30pm
 - [420500D](#) Mon., Jul. 29, 5:30-6:30pm
 - [420500E](#) Tues., Jul. 9, 4:30-5:30pm
 - [420500F](#) Tues., Jul. 30, 4:30-5:30pm
 - [420500G](#) Wed., Jul. 10, 4:15-5:15pm
 - [420500H](#) Wed., Jul. 31, 4:15-5:15pm
 - [420500I](#) Wed., Jul. 10, 5:30-6:30pm



Are You Taking Gymnastics Lessons?

Arlington County is proud to provide gymnastics class with staff trained through USA Gymnastics.

When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

Students must have instructor recommendation or have comparable skills from another gymnastics program or instructor evaluation 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 may experience additional challenges making classes less safe or fun. Please remember that everyone progresses at different speeds and all participants are evaluated by instructors during each class to monitor progress. Prior to registration instructors will complete formal evaluations to recommend the appropriate class level for the next session.

Students registered in gymnastics classes should wear appropriate activewear, no socks or shoes, and have hair pulled back out of the face. The first day of class, we will review our General Information with parents and guardians. This information is also provided by email prior to the beginning of the session. Cubbies are located in the hallway to store belongings and any loose items (recommended).

Participants are ONLY allowed inside the gym during the class time, participants will not be able to attend classes outside of their normal class times/days without approval from the Recreation Class Manager.

[Click here to see more information on Gymnastics classes online.](#)

420500J Wed., Jul. 31, 5:30–6:30pm
420500K Thurs., Jul. 11, 4:30–5:30pm
420500L Thurs., Aug. 1, 4:30–5:30pm
420500M Fri., Jul. 12, 4:15–5:15pm
420500N Fri., Aug. 2, 4:15–5:15pm
420500O Sat., Jul. 13, 12–1pm
420500P Sat., Aug. 3, 12–1pm
420500Q Sun., Jul. 14, 3:30–4:30pm
420500R Sun., Aug. 4, 3:30–4:30pm

Ages 7–8 3 Sessions \$63

420500S Mon., Jul. 8, 4:15–5:15pm
420500T Mon., Jul. 29, 4:15–5:15pm
420500U Tues., Jul. 9, 5:45–6:45pm
420500V Tues., Jul. 30, 5:45–6:45pm
420500W Wed., Jul. 10, 4:15–5:15pm
420500X Wed., Jul. 31, 4:15–5:15pm
420500Y Thurs., Jul. 11, 4:30–5:30pm
420500Z Thurs., Aug. 1, 4:30–5:30pm
420500AA Fri., Jul. 12, 5:30–6:30pm
420500BB Fri., Aug. 2, 5:30–6:30pm
420500CC Sat., Jul. 13, 1:15–2:15pm
420500DD Sat., Aug. 3, 1:15–2:15pm
420500EE Sat., Jul. 13, 2:30–3:30pm
420500FF Sat., Aug. 3, 2:30–3:30pm
420500GG Sun., Jul. 14, 4:45–5:45pm
420500HH Sun., Aug. 4, 4:45–5:45pm

Ages 9–12 3 Sessions \$63

420500II Mon., Jul. 8, 6:45–7:45pm
420500JJ Mon., Jul. 29, 6:45–7:45pm
420500KK Tues., Jul. 9, 5:45–6:45pm
420500LL Tues., Jul. 30, 5:45–6:45pm
420500MM Tues., Jul. 9, 7–8pm
420500NN Tues., Jul. 30, 7–8pm
420500OO Wed., Jul. 10, 4:15–5:15pm
420500PP Wed., Jul. 31, 4:15–5:15pm
420500QQ Thurs., Jul. 11, 5:45–6:45pm
420500RR Thurs., Aug. 1, 5:45–6:45pm
420500SS Fri., Jul. 12, 5:30–6:30pm
420500TT Fri., Aug. 2, 5:30–6:30pm
420500UU Sat., Jul. 13, 2:30–3:30pm
420500VV Sat., Aug. 3, 2:30–3:30pm

Girls Level 2

Participants are introduced to advanced gymnastics skills on the vault, uneven bars, balance beam, and floor exercise while progressing their strength, flexibility, and execution of skills. This class is suited for participants who have 1-2 years of gymnastics experience. Participants must complete an evaluation or be recommended by an instructor. Pre-requisite: Girls Level 1.

Barcroft Fitness Center

Ages 6–8 3 Sessions \$71

420502A Mon., Jul. 8, 5:30–7pm
420502B Mon., Jul. 29, 5:30–7pm
420502C Tues., Jul. 9, 5:45–7:15pm
420502D Tues., Jul. 30, 5:45–7:15pm
420502E Thurs., Jul. 11, 5:45–7:15pm
420502F Thurs., Aug. 1, 5:45–7:15pm
420502G Sat., Jul. 13, 3:45–5:15pm
420502H Sat., Aug. 3, 3:45–5:15pm

Ages 9–12 3 Sessions \$71

420502I Wed., Jul. 10, 6:45–8:15pm
420502J Wed., Jul. 31, 6:45–8:15pm
420502K Fri., Jul. 12, 6:45–8:15pm
420502L Fri., Aug. 2, 6:45–8:15pm

Gymnastics: Girls 3+

Gymnasts are introduced to advanced gymnastics skills on 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. Participants must complete an evaluation or be recommended by an instructor. Pre-requisite: Girls Level 2.

Barcroft Fitness Center

Ages 7–13 3 Sessions \$91

420504A Wed., Jul. 10, 5:30–7:30pm

420504B Wed., Jul. 31, 5:30–7:30pm

Boys Level 1

Participants will learn the fundamentals of gymnastics. This class is suited for beginning participants who will learn basic skills on vault, parallel bars, high bar, pommel horse, rings, and floor exercise.

Barcroft Fitness Center

Ages 5–7 3 Sessions \$63

420511A Tues., Jul. 9, 4:30–5:30pm

420511B Tues., Jul. 30, 4:30–5:30pm

420511C Thurs., Jul. 11, 5:45–6:45pm

420511D Thurs., Aug. 1, 5:45–6:45pm

420511E Fri., Jul. 12, 4:15–5:15pm

420511F Fri., Aug. 2, 4:15–5:15pm

420511G Sat., Jul. 13, 12–1pm

420511H Sat., Aug. 3, 12–1pm

420511I Sun., Jul. 14, 2:15–3:15pm

420511J Sun., Aug. 4, 2:15–3:15pm

Ages 8–12 3 Sessions \$63

420511K Wed., Jul. 10, 5:30–6:30pm

420511L Wed., Jul. 31, 5:30–6:30pm

420511M Fri., Jul. 12, 6:45–7:45pm

420511N Fri., Aug. 2, 6:45–7:45pm

420511O Sat., Jul. 13, 1:15–2:15pm

420511P Sat., Aug. 3, 1:15–2:15pm

Boys Level 2

Participants continue their gymnastics progressions growing their skill level on the six men's gymnastics events (vault, parallel bars, high bar, pommel horse, rings, and floor exercise). This class will focus on strength and clean execution of advanced skills. Participants must complete an evaluation or be recommended by an instructor. Pre-requisite: Boys Level 1.

Barcroft Fitness Center

Ages 6–12 3 Sessions \$71

420513A Sat., Jul. 13, 3:45–5:15pm

420513B Sat., Aug. 3, 3:45–5:15pm

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 Fitness Center

Ages 5–7 3 Sessions \$50

420515A Mon., Jul. 8, 12:30–1:15pm

420515B Mon., Jul. 29, 12:30–1:15pm

Ages 8–12 3 Sessions \$50

420515C Fri., Jul. 12, 12:30–1:15pm

420515D Fri., Aug. 2, 12:30–1:15pm

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 Fitness Center

Ages 13–17 3 Sessions \$66

430500A Wed., Jul. 10, 6:45–8pm

430500B Wed., Jul. 31, 6:45–8pm

ADULT

Gymnastics: Adult Beginner

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

Barcroft Fitness Center

Ages 18–59 3 Sessions \$66

440500A Tues., Jul. 9, 7–8:15pm

440500B Tues., Jul. 30, 7–8:15pm

Gymnastics: Adult Advanced

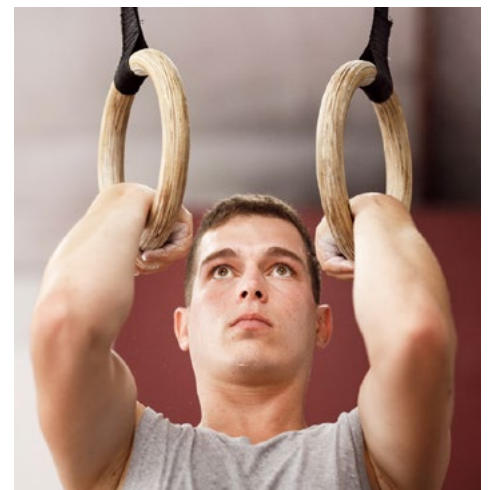
Teens and adults will master the advanced gymnastics skills focusing on clean execution and proper technique. This class allows individuals to focus on more specific skills. Pre-requisite: Adult Gymnastics Beginner or previous competitive gymnastics.

Barcroft Fitness Center

Ages 18–59 3 Sessions \$66

440501A Thurs., Jul. 11, 7–8:15pm

440501B Thurs., Aug. 1, 7–8:15pm



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 June 18; 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.

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 **7 Sessions** **\$58**
410411A Sun., Jul. 14, 1:15–1:45pm
410411B Sun., Jul. 14, 1:15–1:45pm

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 3mths-5 **7 Sessions** **\$58**
410412A Sun., Jul. 14, 1:15–1:45pm

Aquatics: Adapted Youth Splash

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

Long Bridge Aquatics Center
Ages 6–12 **7 Sessions** **\$58**
420411A Sun., Jul. 14, 1:50–2:20pm

Aquatics: Adapted Teen/Adult Splash

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

Long Bridge Aquatics Center
Ages 13-Adult **7 Sessions** **\$58**
440415A Sun., Jul. 14, 2:25–2:55pm

Aquatics: Adapted Open Swim

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

Long Bridge Aquatics Center
Ages 6-Adult **7 Sessions** **\$76**
420414A Sun., Jul. 14, 12:40–1:10pm

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 Fitness Center
Ages 3–5 **6 Sessions** **\$79**
410520A Sun., Jul. 14, 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 Fitness Center
Ages 5–7 **6 Sessions** **\$79**
420521A Sun., Jul. 14, 9:30–10:15am
Ages 8–12 **6 Sessions** **\$79**
420521B Sun., Jul. 14, 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 Fitness Center
Ages 6–12 **6 Sessions** **\$108**
420522A Sun., Jul. 14, 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 Fitness Center
Ages 13-Adult **6 Sessions** **\$108**
430503A Sun., Jul. 14, 10:30–11:30am



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](#).

Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

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



Therapeutic Recreation Family Night Out!

The Arlington County TR Office is excited to host monthly fun and exciting recreation events for families that include a member(s) with a disability. Participants will get the opportunity to enjoy a variety of recreation activities as well as connect with other families.

Registration will be required, so be sure to check out the TR website and sign up for our [E-News](#) for event details and registration. Contact trinfo@arlingtonva.us if you have questions.



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/>



Therapeutic Recreation Social Clubs

Teens and adults with disabilities are invited to join one of our vibrant social clubs. Each social club offers a variety of activities through a monthly social and an event. Join us this fall in creating friendships and engaging in the fun!

Contact TRinfo@arlingtonva.us or 703.228.4740 for more information, or visit our [website](#).

Teens Social Club: Ages 12-17
Adults Social Club: Ages 18+



Explore Nature Outdoor & Virtual Programs



Summer Highlights



Families

SPELLBINDERS STORY FEST

Families ages 4 and up. 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.

Free. Long Branch Nature Center

Sat., Jun. 22, 10:30–11am

Sat., Jul. 13, 10:30–11am

Sat., Aug. 17, 10:30–11am

[642950-M](#)

[642950-N](#)

[642950-O](#)



Summer Solstice Celebration Hike

Mark the start of the season with a meditative walk-through Fort C.F. Smith Park when summer is at its longest. Celebrate new beginnings and connection to nature among the trees and flowers.

\$5. Fort CF Smith Park

Sun., Jun. 23, 5–6pm

[642750-L](#)

Gardening at the Fort for Families

Come tour the fort garden and check out what's growing. We'll discuss the current state of the garden, answer any gardening questions, and do a bit of mellow garden work including harvesting your own veggies to take home! We'll be outside the whole time; dress for the weather in clothes that can get dirty.

Free. Fort CF Smith Park

Mon., Aug. 12, 6:30–7:30pm

Wed., Aug. 28, 6:30–7:30pm

[642750-H](#)

[642750-I](#)

Restoration & History at Fort Ethan Allen Park

Join Park Historian John McNair and Natural Resource Specialist Jennifer Soles to learn about the historical earthworks of Fort Ethan Allen while helping to remove invasive plants. Your efforts will help to beautify and restore the natural ecology of the park.

Free. Ft. Ethan Allen Park

Sat., Aug. 31, 10am–12pm

[642750-M](#)

CAMPFIRES

The whole family is invited to join us at Long Branch & Gulf Branch Nature Center 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. Long Branch Nature Center

Summer Solstice Campfire

Fri., Jun. 21, 6:30–7:30pm

[642950-A](#)

Crystal Campfire

Sat., Jun. 29, 7–8pm

[642950-B](#)

Earthworms Campfire

Fri., Aug. 9, 7–8pm

[642950-C](#)

Sturgeon Moon Campfire

Fri., Aug. 16, 7:30–8:30pm

[642950-D](#)

Night Insect Campfire

Fri., Aug. 23, 8–9pm

[642950-E](#)

Summer Farewell Campfire

Sat., Aug. 31, 7–8pm

[642950-F](#)

Gulf Branch Nature Center

High Flying Hawks Campfire

Thurs., Jun. 20, 6–7pm

[642850-A](#)

Awesome Owls Campfire

Sat., Aug. 24, 6–7pm

[642850-B](#)



FIREFLY FESTIVAL

Come celebrate the night and the special creatures that need it to survive. Learn about fireflies and how you can help them thrive. Cancelled if raining.

Free. Fort CF Smith Park

Sun., Jun. 30, 7:30–9:30pm

[632950-W](#)

Adults



First of Summer Wildflower Bike Tour

The first day of summer is the perfect day to check out which wildflowers are blooming along the W&O trail. Take a leisurely ride of 3 to 4 miles in search of some of Arlington's most beautiful flowers. Bring your own bike, water, and safety equipment. Casual to moderate biking. Teens ages 16 and up are welcome to attend, but must attend with a registered adult.

\$5. Glencarlyn Park
Fri., Jun. 21, 10-11:30am

[642940-F](tel:642940)



Gardening at the Fort for Adults

Come tour the fort garden and check out what's growing. We'll discuss the current state of the garden, answer any gardening questions, and do a bit of mellow garden work including harvesting your own veggies to take home! We'll be outside the whole time; dress for the weather in clothes that can get dirty. Teens age 12 and up welcome to attend with a registered adult.

Free. Fort CF Smith Park
Wed., Jun. 26, 6:30-7:30pm
Tues., Jul. 9, 6:30-7:30pm
Sat., Aug. 24, 11:30am-12:30pm

[642740-A](tel:642740)
[642740-B](tel:642740)
[642740-C](tel:642740)

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.



Tiny Tot Ages 18-35 months



\$5. Gulf Branch Nature Center

Tiny Tot: Beach Critters

Fri., Jul. 5, 10-10:45am
Sat., Jul. 6, 10-10:45am
Sat., Jul. 13, 10-10:45am

[642810-I](tel:642810)
[642810-J](tel:642810)
[642810-K](tel:642810)

Tiny Tot: Coral Reefs

Sat., Aug. 17, 10-10:45am
Thurs., Aug. 22, 10-10:45am
Sat., Aug. 24, 10-10:45am

[642810-L](tel:642810)
[642810-M](tel:642810)
[642810-N](tel:642810)

\$5. Long Branch Nature Center

Tiny Tot: Garden Glimmers

Tues., Jun. 18, 10-10:45am
Wed., Jun. 19, 1-1:45pm
Tues., Jun. 25, 10:30-11:15am

[642910-M](tel:642910)
[642910-N](tel:642910)
[642910-O](tel:642910)

Tiny Tot: Butterfly Kites

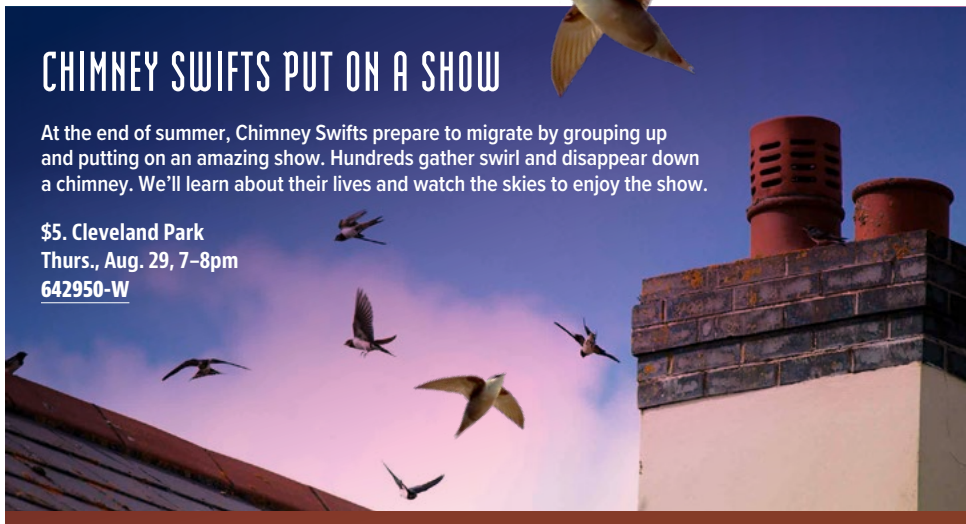
Tues., Jul. 9, 3-3:45pm
Wed., Jul. 17, 3-3:45pm
Sat., Jul. 27, 10-10:45am

[642910-P](tel:642910)
[642910-Q](tel:642910)
[642910-R](tel:642910)

Tiny Tot: Crayfish Hike

Tues., Aug. 13, 10:30-11:15am
Sat., Aug. 17, 2-2:45pm
Sat., Aug. 24, 4-4:45pm

[642910-S](tel:642910)
[642910-T](tel:642910)
[642910-U](tel:642910)



CHIMNEY SWIFTS PUT ON A SHOW

At the end of summer, Chimney Swifts prepare to migrate by grouping up and putting on an amazing show. Hundreds gather swirl and disappear down a chimney. We'll learn about their lives and watch the skies to enjoy the show.

\$5. Cleveland Park
Thurs., Aug. 29, 7-8pm
[642950-W](tel:642950)

Preschool Ages 3 to 5



\$5. Gulf Branch Nature Center

Pre-K: Water Wonders

Fri., Jul. 5, 11am-12pm
Sat., Jul. 6, 11am-12pm
Tues., Jul. 9, 1-2pm
Sat., Jul. 13, 11am-12pm

[642810-A](tel:642810)
[642810-B](tel:642810)
[642810-C](tel:642810)
[642810-D](tel:642810)

Pre-K: Mosquitos

Sat., Aug. 17, 11am-12pm
Tues., Aug. 20, 11am-12pm
Thurs., Aug. 22, 11am-12pm
Sat., Aug. 24, 1-2pm

[642810-E](tel:642810)
[642810-F](tel:642810)
[642810-G](tel:642810)
[642810-H](tel:642810)



\$5. Long Branch Nature Center

Pre-K: Bark Owls

Sat., Jun. 15, 10:30-11:30am
Fri., Jun. 21, 10-11am
Wed., Jun. 26, 11:15am-12:15pm
Sat., Jun. 29, 10-11am

[642910-A](tel:642910)
[642910-B](tel:642910)
[642910-C](tel:642910)
[642910-D](tel:642910)

Pre-K: Carnivorous Plants

Wed., Jul. 10, 2:30-3:30pm
Tues., Jul. 16, 3-4pm
Sat., Jul. 20, 10-11am
Tues., Jul. 23, 11am-12pm

[642910-E](tel:642910)
[642910-F](tel:642910)
[642910-G](tel:642910)
[642910-H](tel:642910)

Pre-K: Sunny Sunflowers

Wed., Aug. 14, 10:30-11:30am
Thurs., Aug. 15, 3:30-4:30pm
Sat., Aug. 17, 3:30-4:30pm
Tues., Aug. 27, 10-11am

[642910-I](tel:642910)
[642910-J](tel:642910)
[642910-K](tel:642910)
[642910-L](tel:642910)

Tiny Treks (Ages 0-5)

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

\$5. Alcova Heights Park

Wed., Aug. 28, 10-11am

[642910-V](tel:642910)

\$5. Bon Air Park

Thurs. Aug. 29, 10-11am

[642910-W](tel:642910)



Kids Programs



Animal Sketching

Be inspired by our turtles, snakes and frogs to create a sketch from a live animal model. Practice line drawing and shading with pencils, all materials provided.

\$5. Long Branch Nature Center

Ages 6-9

Wed., Jun. 19, 10-11am

[642920-A](#)

Ages 10-12

Fri., Jun. 21, 11:30am-12:30pm

[642920-B](#)



Bug Helpers in the Summer Garden

It might seem like bugs are just icky pests when it comes to gardening, but insects and their relatives do a lot of important jobs in the garden and in nature! Come learn about all the different types of creepy crawlies and do a little bug-catching to get a closer look at these awesome creatures. (Summer edition, new season, new bugs!) We'll be outside the whole time; dress for the weather.

\$5. Fort CF Smith Park

Ages 6-9

Sat., Jun. 22, 10-11am

[642720-H](#)

Ages 10-12

Sat., Jun. 22, 11:30am-12:30pm

[642720-I](#)

Ages 6-9

Mon., Aug. 5, 6:30-7:30pm

[642720-J](#)

Ages 10-12

Wed., Aug. 7, 6:30-7:30pm

[642720-K](#)



Beetle Mania

Beetles not only look cool, they're also often beneficial. We'll learn about the largest order of insects through a hands-on indoor portion and then go on a hike to look for beetles. Ages 8 to 12.

\$5. Long Branch Nature Center

Fri., Jun. 28, 3:30-4:30pm

[642920-C](#)

Fri., Jul. 12, 6-7pm

[642920-D](#)

Spectacular Soils

Come learn about the different parts and living things that make up the composition of soils. We'll dig up some soil samples from the woods and the garden and give them a closer look. We will be outside the whole time; dress for the weather in clothes that can get dirty.

\$5. Fort CF Smith Park

Ages 6-9

Mon., Jul. 29, 6:30-7:30pm

[642720-L](#)

Ages 10-12

Tues., Jul. 30, 6:30-7:30pm

[642720-M](#)

Ponds are Magnificent!

Ever wonder what's swimming around in the pond water that you can't see? Through learning to use a magnification tool, you'll get to explore the unseen world in the water. Come prepared to get dirty! Ages 8 to 12.

\$5. Long Branch Nature Center

Sat., Aug. 3, 9:30-10:30am

[642920-E](#)



Fruits, Leaves, & Roots, Oh My!

Tomatoes are a fruit, but so are pumpkins, cucumber, corn, and green beans! We'll talk about the different parts of plants that humans and other animals eat, using examples we have currently growing in the garden from potatoes to okra. We might even get to harvest and sample some fresh vegetables! Dress for the weather.

\$5. Fort CF Smith Park

Ages 6-9

Sat., Aug. 17, 10-11am

[642720-N](#)

Ages 10-12

Sat., Aug. 17, 11:30am-12:30pm

[642720-O](#)

Maps & Compasses

Each participant will get to use a compass and map of Glencarly Park to navigate the terrain with a park naturalist. We may also see some wild animals while exploring. Ages 8 to 12.

\$7. Long Branch Nature Center

Sat., Aug. 17, 5-6:30pm

[642920-F](#)



Meet Our Animals!

What is the difference between a mammal, bird, reptile, and amphibian? Come find out as we meet our resident animals up close. We'll get to see and touch our resident turtles, bugs and even snakes! Ages 6 to 10.

Free. Long Branch Nature Center

Fri., Aug. 23, 3-4pm

[642920-G](#)

Slithering Snakes

Join a naturalist to learn about snakes of Arlington. Participants will get to see and touch safe, friendly snakes and then take a short nature hike to learn about their habitats. Ages 8 to 12.

Free. Gulf Branch Nature Center

Fri., Aug. 30, 2:30-3:15pm

[642820-A](#)

Family Programs



Nature Scavenger Hunt

We'll walk on the trails to complete our nature scavenger hunt list. Together we'll search for acorns, rocks, leaves, bugs, animals and more!

\$5. Glencarlyn Park

Sat., Jun. 15, 1:30–2:30pm
 Sat., Jun. 29, 1:30–2:30pm
 Sat., Jul. 13, 1:30–2:30pm
 Sat., Jul. 27, 1:30–2:30pm
 Sat., Aug. 10, 1:30–2:30pm
 Sat., Aug. 24, 1:30–2:30pm

[642950-G](#)
[642950-H](#)
[642950-I](#)
[642950-J](#)
[642950-K](#)
[642950-L](#)

\$5. Gulf Branch Nature Center

Sat., Jun. 22, 1:30–2:30pm
 Sat., Jul. 6, 1:30–2:30pm
 Sat., Jul. 20, 1:30–2:30pm
 Sat., Aug. 3, 1:30–2:30pm
 Sat., Aug. 17, 1:30–2:30pm
 Sat., Aug. 31, 1:30–2:30pm

[642850-C](#)
[642850-D](#)
[642850-E](#)
[642850-F](#)
[642850-G](#)
[642850-H](#)

Remove Invasive Plants at the Nature Centers!

Want to restore habitat and increase species diversity right here in Arlington? Work parties are held every month at over a dozen parks. 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. Adults, teens and families ages 8 and up. For more sites or information, visit our [Invasive Plants Page](#).

Free. Gulf Branch Nature Center

Sat., Jul. 13, 9:30–11:30am
 Sat., Aug. 10, 9:30–11:30am

Sign up at [Gulf Branch Nature Center here](#)

Free. Long Branch Nature Center

Sun., Jul. 21, 2–4pm
 Sun., Aug. 18, 2–4pm

Sign up at [Long Branch Nature Center here](#)



Summer Owl Prowl for Families

Learn about what gives a hoot on this night walk through Glencarlyn Park. Find out what goes bump in the night and how your senses can be maximized to explore a beautiful, dark world.

\$7. Long Branch Nature Center

Sat., Aug. 17, 8–9:30pm

[642950-U](#)

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 in the park. Photography guidance will be provided. Park Naturalist is bilingual (English/Spanish).

\$7. Long Branch Nature Center

Sun., Aug. 18, 4–5:30pm

[642950-V](#)

Pawpaw Fruit & Berries Walk

Join a seasoned naturalist to stroll around Glencarlyn Park to look for the season's bounty, the Pawpaw fruit, as well as other summer berries. Program will take place entirely outdoors and over varied terrain, wear appropriate shoes and clothing.

Free. Long Branch Nature Center

Fri., Aug. 30, 6–7:30pm

[642950-X](#)



Summer Wildflower & Pollinator Walk for Families

Come see what's blooming and what animals are searching for those beautiful blooms. Find what amazing adaptations flowers and trees have to entice the local pollinators.

\$7. Long Branch Nature Center

Thurs., Jul. 18, 3–4:30pm

[642950-R](#)

Tues., Aug. 13, 3–4:30pm

[642950-S](#)

Composting Workshop

Want to reduce your food waste at home? Come learn about composting basics and spend time working on your own worm bin to take home.

\$10. Long Branch Nature Center

Thurs., Aug. 1, 6–7pm

[642950-T](#)

Night Hikes

Join us for a hike through the habitats of Glencarlyn Park at night. We'll see what kind of critters come out in the dark and what comes out after them. Dress for the weather and bring a flashlight.

\$5. Long Branch Nature Center

Snakes

Fri., Jun. 28, 8–9pm [642950-P](#)

Insects

Fri., Aug. 30, 8–9pm [642950-Q](#)



Adult Programs



Plants & Fungi Microcosms Walk

Regardless of the weather or season, there are always neat plants, mosses, lichens, and fungi to see if you look closely! Each participant will be given a magnifying hand lens to use during the walk, and we'll explore the incredible micro-worlds of mosses and other plants, fungi, even invertebrates! Teens ages 12 and up welcome to attend with a registered adult.

\$7. Gulf Branch Nature Center
 Sat., Jun. 15, 10–11:30am **642840-A**
 Tues., Aug. 27, 6–7:30pm **642840-B**

Summer Wildflower & Pollinator Walk for Adults

Come see what's blooming and what animals are searching for those beautiful blooms. Find what amazing adaptations flowers and trees have to entice the local pollinators. Teens ages 14 & up are welcome to attend with a registered adult.

\$7. Long Branch Nature Center
 Tues., Jun. 18, 3–4:30pm **642940-E**

Birding Stroll for Beginners

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

Free. Long Branch Nature Center
 Sat., Jun. 22, 8–9:30am **642940-G**

Thorns, Poisons & Nasty Dangers

What's safe and what's not? When is it safe? How bad can it be? Come explore the world of the things in nature that cause pain and discomfort and learn why they exist. Teens ages 16 and up are welcome, but must attend with a registered adult.

\$7. Long Branch Nature Center
 Sat., Jun. 22, 3–4:30pm **642940-H**

Summer Owl Prowl for Adults

Learn about what gives a hoot on this night walk through Glencarlyn Park. Find out what goes bump in the night and how your senses can be maximized to explore a beautiful, dark world. Teens ages 16 and up are welcome to attend with a registered adult.

\$7. Long Branch Nature Center
 Sat., Jun. 22, 8–9:30pm **642940-I**

House Plant Swap

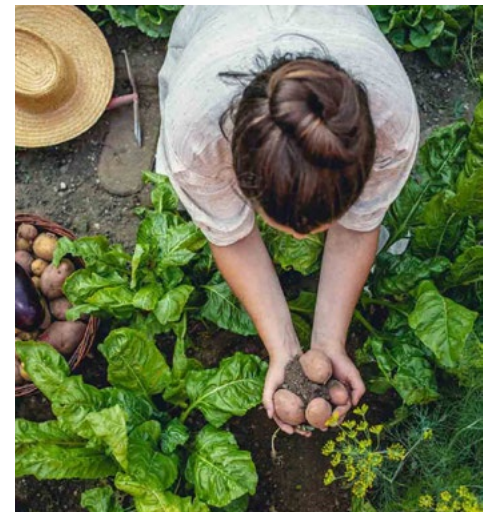
Bring a houseplant or cuttings to swap with others and leave with the cuttings of 3 easy to grow low-light houseplants: Inch plant (*Tradescantia zebrina*), Pothos (*Epipremnum aureum*) and Spider plant (*Chlorophytum comosum*). We will talk about the benefits of houseplants and how to care for them. Please ensure all cuttings and plants are pest-free and healthy.

Free. Long Branch Nature Center
 Sat., Jul. 13, 6–7pm **642940-J**

Plant Science for Gardeners

Growing your own vegetables is pretty cool, but so is getting to know them from a botanical perspective! We'll learn about the evolution and ecology of common garden plants, bringing a new appreciation and understanding of these awesome organisms and how to grow them. Teens ages 12 and up welcome to attend with a registered adult. (The summer season brings new crops at new stages for discussion!) We will be outside the whole time; dress for the weather.

\$5. Fort CF Smith Park
 Wed., Aug. 14, 6:30–7:30pm **642740-F**
 Sat., Aug. 24, 10–11am **642740-G**



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



Bat Conservation

Adults. We'll learn about Virginia's 17 bat species. We'll also learn how to have a successful bat house on your property and discuss threats to Virginia's bats like white-nosed syndrome. The Rafinesque Big-eared bat will be highlighted as an example of local bat conservation. Teens ages 12 and up welcome but must attend with a registered adult.

\$5. Long Branch Nature Center
 Sat., Jun. 15, 5:30–6:30pm **642840-A**

Free. Virtual Program
 Wed., Aug. 21, 7–8pm **642940-D**

Beetles

Take a Deep Dive into the natural history of the largest order of insects, the beetles. Summertime is the best time to observe insects and you have a good chance of coming across beetles. Learn about their diversity and the role they play in our ecosystem.

Free. Virtual Program
 Wed., Jul. 17, 7:30–8:30pm **642940-B**

Local Wetland Habitats

Take a Deep Dive into the world of wetlands. We live in a region with plentiful water and abundant wetlands. Do you know how to recognize one? During this in person program, you will learn about local wetland habitats and then take a hike to explore some more.

\$5. Long Branch Nature Center
 Sat., Jul. 27, 11:30am–1pm **642940-C**



DEEP DIVES:

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

Explore History Outdoor Programs



Fort CF Smith 1861-1865. Library of Congress



Kids Programs

Civil War Discoveries

Infantry Drills

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

\$5. Fort CF Smith Park
Sun., Jun. 16, 12-1pm 642720-A

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. 6, 12-1pm 642720-B~~
~~Sun., Jul. 21, 12-1pm 642720-C~~

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. 3, 12-1pm 642720-D~~
~~Sun., Aug. 18, 12-1pm 642720-E~~

Spy-Craft

From 1861-1865, Arlington was a haven for would-be spies. Learn about their lives, tools and tricks, and see if you have what it takes to be a spy. Ages 7 to 11.

\$5. Fort CF Smith Park
Codebreaking
Sun., Jun. 16, 2:30-3:30pm 642720-F

Disguises
~~Sun., Aug. 18, 2:30-3:30pm 642720-G~~

Family Programs

Fort CF 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
Sun., Jun. 16, 10-11am 642750-A
~~Sat., Jul. 6, 10-11am 642750-B~~
~~Sun., Jul. 21, 10-11am 642750-C~~
~~Sat., Aug. 3, 10-11am 642750-D~~
~~Sun., Aug. 18, 10-11am 642750-E~~

Fort Scott Park Walking Tour

Built by the Union Army in 1861, this fort had a commanding view of the Four Mile Run Valley and protected approaches to Washington from the south. Explore the remaining earthworks while we discuss how and why the fort was built. Meet at 2800 Fort Scott Drive, Arlington.

Free. Fort Scott Park
~~Sat., Jul. 6, 4-4:45pm 642750-F~~
~~Sun., Jul. 21, 4-4:45pm 642750-G~~

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 will follow the path of the Union skirmishers in real-time and learn about the events that caused this fatal engagement.

Free. Bluemont Park
~~Tues., Aug. 27, 2-4pm 642750-J~~
~~Sat., Aug. 31, 2-4pm 642750-K~~

Adult Programs

George Washington Survey Marker Walk

We will begin at the Glencarlynn Library and learn about George Washington's survey marker and then take a nature and history walk to the park. Mostly paved path with some hills. Teens ages 12 and up are welcome but must be accompanied by a registered adult. Park Naturalist is bilingual (English/Spanish.) Meet at the Glencarlynn Library.

\$7. Glencarlynn Park
Sat., Jul. 20, 4-5:30pm 642940-K

Fort Ethan Allen Park Walking Tour

Fort Ethan Allen was built by the Union Army in September 1861 to command the approach to Chain Bridge and has the most extensive remaining features of any Civil War fort in Arlington. We'll explore the earthworks and discuss how and why the fort was built.

Free. Ft. Ethan Allen Park
~~Sat., Aug. 3, 4-4:45pm 642740-D~~
~~Sun., Aug. 18, 4-4:45pm 642740-E~~





Family FUN DAY *in the* PARK

So much fun!



- Moon Bounces
- Family Wiffle T-Ball
- Sand Bocce
- Zen Garden
- Migratory Bird Walk/Run Race
- Arts & Craft Make and Takes
- Nature Microscope Activity
- Bubble Station
- Lawn Games
- Music
- More!



MAY 18 • ALCOVA HEIGHTS • 10AM
901 S. George Mason Dr., 22204

Scan or click to register:

Creative Preschoolers Programs *are available!* Registration now open!

For more information
Call 703.228.4747
Click or scan the
QR Code:





Benefits of Parks

Thanks to 49+ miles of safe multi-use paved trails, Arlington households make three times more trips by foot, bike or transit than other households in the D.C. region, according to a report from the County's Division of Transportation.



Know someone who is dedicated to improving our parks and public spaces?

NOMINATE A PARK HERO

for the

Bill Thomas Park Volunteer Award!

Nominations are due by

Thurs., June 6, 2024

For more details click or scan the QR code:



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](#)

Saturdays, 9am–12pm

[Ballston Farmers Market](#)

Thursdays, 3–7pm

[Cherrydale Farmers Market](#)

Saturdays, 8am –12pm

[Columbia Pike Farmers Market](#)

Sundays, 9am–1pm

[Fairlington Farmers Market](#)

Sundays, 9am–1pm

[Lubber Run Farmers Market](#)

Saturdays, 8am –12pm

[Rosslyn Farmers Market](#)

Wednesdays, 3pm –7pm

[Westover Farmers Market](#)

Sundays, 8am–12pm (through April),
8am–12pm (through November)

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](#)



JOIN THE 55+ CLUB!

THIS IS AN ANNUAL PASS

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

55+ PASS

Provides access to quarterly digital issues of the 55+ GUIDE, which include fun & engaging programs, classes and trips, with a new choice of programs each season.

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 8 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

**Long Bridge Aquatics & Fitness Center is not included.
[Click here to learn more about the different memberships.](#)*



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'

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

ARLINGTON COUNTY FAIR!

AUGUST 14-18, 2024

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

ARLINGTONCOUNTYFAIR.US





Sensory-Friendly Hours

Sat., Aug. 17, 10am-1pm
Sun., Aug. 18, 11am-1pm

Enjoy all of the fun of the Fair without the bells, whistles, and chimes.

Sensory Tent Hours

Fri., Aug. 16, 4-7pm
Sat., Aug. 17, 10am-6pm
Sun., Aug. 18, 11am-4pm

A safe space to take a break from all the bells, whistles, and chimes to self-regulate.



BE A COMPETITOR

Arlington County Fair welcomes Fair goers to participate in Competitive Exhibits. It's an opportunity for participants to showcase their artistic work and/or products they've made or grown, and to compete against others in the same categories.

Competitive Exhibits Submissions

- **Online registration** closes Mon., August 12, 2024 at 11:59pm
- **Item drop-off** is Weds., August 14, 2024 from 4-8pm
- **Baked good submissions** should be delivered on Thursday, August 15, 2024, from 7:30-9am

Awards Ceremony

- **Sun., August 18, 2024 at 1pm**

For a complete guide on Competitive Exhibits, visit: arlingtoncountyfair.us/participate



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



Web

Resident Online Registration Begins @ Noon for All Days:

Gymnastics: Tues., May 14
Aquatics: Wed., May 15
Private Swim Classes: Wed., May 15
Nature/History: Thurs., May 16
General Classes: Thurs., May 16

Go to: registration.arlingtonva.us

Pay by e-check or credit card.

Credit and debit card purchases will include a 3% non-refundable convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee.



Phone-In

Resident Phone Registration Begins @ Noon for All Days:

Gymnastics: Tues., May 14
Aquatics: Wed., May 15
Private Swim Classes: Wed., May 15
Nature/History: Thurs., May 16
General Classes: Thurs., May 16

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



Walk-Ins

Resident Walk-in Registration Begins Fri., May 17 @ Noon



Mail-In

Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics: Tues., May 14
Aquatics: Wed., May 15
Private Swim Classes: Wed., May 15
Nature/History: Thurs., May 16
General Classes: Thurs., May 16

Complete Registration Form and mail anytime to 300 N. Park Drive, Arlington, VA 22203. If the course is scheduled to meet within seven days, call or carry in the registration. Forms must be received by 5pm on Dec. 4 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 22 @ 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 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](https://registration.arlingtonva.us) prior to the next registration.

REDUCED FEES • Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747 option 1 or go online—<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 • Cancellations processed through 7:59am, May 22 will receive a full refund. Cancellations processed after 8am, May 22 will be assessed a \$20 cancellation fee, per cancelled class. Cancellations may be requested during office hours or through your online account. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

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

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

AGE EXCEPTIONS • 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

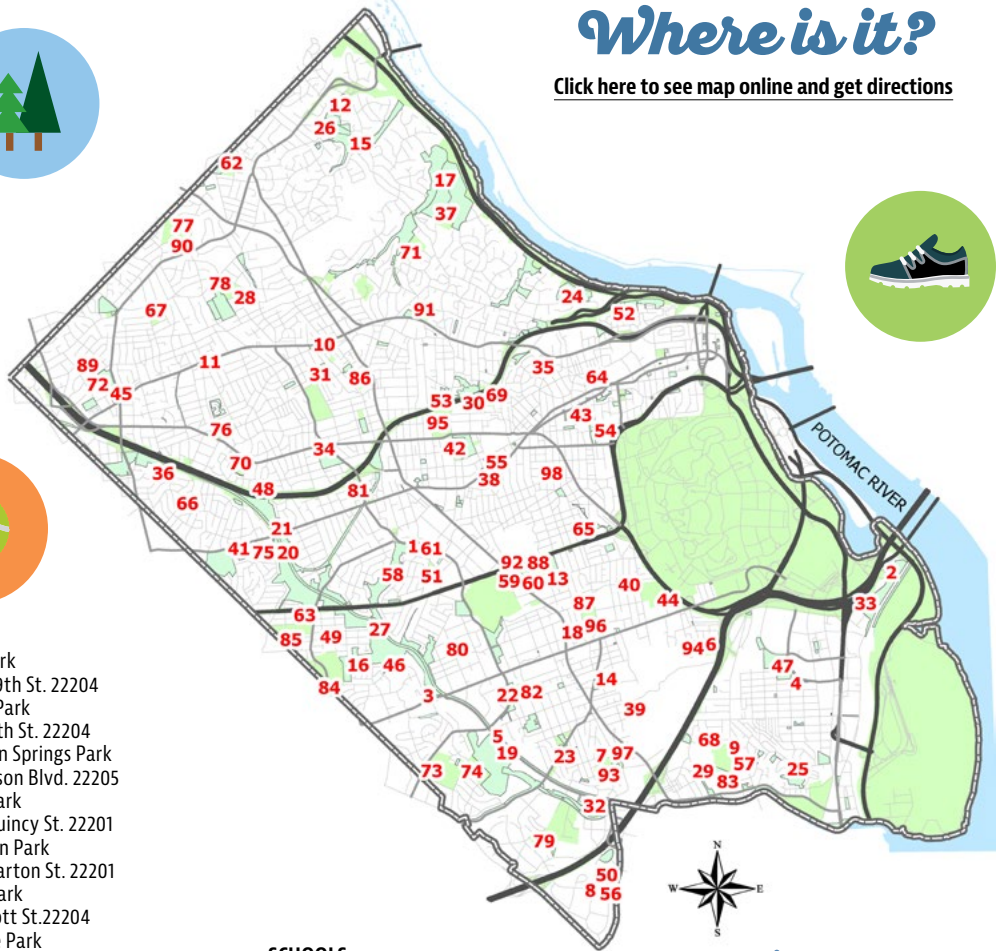
- 39 Nauck Park
2600 S. 19th St. 22204
- 40 Penrose Park
2200 S. 6th St. 22204
- 41 Powhatan Springs Park
6020 Wilson Blvd. 22205
- 42 Quincy Park
1021 N. Quincy St. 22201
- 43 Rocky Run Park
1109 N. Barton St. 22201
- 44 Towers Park
801 S. Scott St. 22204
- 45 Tuckahoe Park
2400 N. Sycamore St. 22213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



