

# ENJOY *Arlington*

## SPRING 2025

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone

**REGISTRATION BEGINS MARCH 11-13, 2025 @ NOON\***

**Tues**  
**11**

- Gymnastics

**Wed**  
**12**

- Aquatics Classes
- Private Swim

**Thurs**  
**13**

- Nature / History
- General Classes

Fri., March 14  
\* Resident Walk-In  
Registration Begins at 8am  
Wed., March 19  
\* Out-of-County  
Registration Begins at 8am  
Details on p.54



Go to [registration.arlingtonva.us](https://registration.arlingtonva.us) ▪ Classes begin April 21, 2025 unless noted otherwise





Wishing you  
good health,  
*Jane Rudolph*

Director,  
Department of Parks  
and Recreation



## Spring into something new with an Enjoy Arlington class!

Spring is an exciting time to try something new. Luckily, we're always adding new classes! For the young ones, check out the handful of new offerings in our Science & Discovery section. Looking to get into pickleball? Check out our new Pickleball Try It Clinic.

This year, we're excited to announce the return of one of our favorite spring events, Arlington Palooza, taking place at Lubber Run Community Center! From live music and a street fair to moon bounces and art, there's something for everyone, and we hope to see you there on Saturday, May 17!

Speaking of events, our popular Nature & History programming has lots to offer this season! Beautify your garden with a plant from the Spring Native Plant Sale, hunt for bugs at the Firefly Festival, and mark your calendar for Living History at Fort CF Smith Park.

Stay up to date on upcoming opportunities and events by following us on social media at [@arlparksrec](#) or signing up on our [webpage](#) to receive bi-weekly Parks and Recreation newsletters.

**March  
8**

**2025**

**Weekend Hours  
9am-4pm**

To help with your registration needs, our offices will be open for special hours on Sat., March 8, 2025 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!

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## ARTS & CRAFTS

### TOT & ADULT

#### Abrakadoodle: Twoosy Doodlers

Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative! Each session has new activities where adults get to play too. There is a non-refundable \$32 (8 sessions), \$28 (7 sessions) supply fee included in the cost of the class.. Adult participation is required. Inst.: Abrakadoodle.

##### Arlington Mill Center

**Ages 20 months-3** **8 Sessions** **\$164**

**310100A** Mon., Apr. 21, 10-10:45am

**310100B** Mon., Apr. 21, 11-11:45am

**310100C** Sat., Apr. 26, 9-9:45am

##### Long Bridge Aquatics & Fitness Center

**Ages 20 months-3** **8 Sessions** **\$164**

**310100D** Tues., Apr. 22, 10-10:45am

##### Fairlington Center

**Ages 20 months-3** **7 Sessions** **\$144**

**310100E** Fri., Apr. 25, 10-10:45am

### TOT & YOUTH

#### New! Storytime & Art

Join us for our newest class for ages 2-5, Storytime + Art! Each week, your child will enjoy story time and make an art project based on the book. Your child will have the opportunity to explore their creativity in different fun & imaginative ways each class. Caregivers are welcome to stay within the building while their little artist dives into their imagination. The creative process can be messy, so, please dress your child with that in mind. There is a non-refundable \$15 supply fee included in the cost of the class.

##### Fairlington Center

**Ages 2-5** **4 Sessions** **\$94**

**310104A** Sat., Apr. 26, 10-11am



#### 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. There is a non-refundable \$32 (8 sessions), \$28 (7 sessions) supply fee included in the cost of the class.. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

##### Arlington Mill Center

**Ages 3-6** **8 Sessions** **\$164**

**320104A** Sat., Apr. 26, 10-10:45am

##### Fairlington Center

**Ages 3-6** **7 Sessions** **\$144**

**320104B** Fri., Apr. 25, 11-11:45am

### YOUTH

#### Art Around the World

This fun class is designed to bring out the big artists in your little ones! Each week the class will explore different artists from different time periods, backgrounds and cultures, exposing students to a wide variety of techniques, styles and points of view. Each week provides your child with a hands-on creative experience and great work of art to take home. The creative process can be messy, so, please dress your child with that in mind There is a non-refundable \$25 supply fee included in the cost of the class.

##### Fairlington Center

**Ages 7-9** **8 Sessions** **\$187**

**320105A** Sat., Apr. 26, 12-1pm

#### Abrakadoodle: Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces new techniques and styles, helping children develop art skills and confidence. A non-refundable \$32 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

##### Arlington Mill Center

**Ages 6-12** **8 Sessions** **\$200**

**320107A** Sat., Apr. 26, 11am-12pm



### TEEN & ADULT

#### Leathercraft Essentials: From Tools to Technique

In this hands-on leatherworking workshop, students will learn the essential techniques and skills needed to create a custom leather piece. We will cover the basics of leathercraft from understanding leather as a medium, to tooling and dyeing it, and finally assembling all the pieces to make your final project. Throughout the workshop, students will explore how to add texture and detail to leather using various tools and methods, as well as how to enhance their work with color and finishes. By the end of the course, students will have the knowledge to create their own functional and decorative leather project, whether it's a wallet, belt, or bag. Perfect for beginners, this class offers a comprehensive introduction to the art of leatherworking. There is a non-refundable \$10 supply fee included in the cost of the class.

##### Fairlington Center

**Ages 15-Adult** **1 Session** **\$44**

**340100A** Sat., Apr. 26, 2-4:30pm

**340100B** Sat., May 3, 2-4:30pm

**340100C** Wed., May 14, 6-8:30pm

**340100D** Wed., May 21, 6-8:30pm

## CERAMICS

### YOUTH & ADULT

#### Ceramics: Handbuilding for Families

A weekend afternoon hasn't been this fun since you were a kid. In this class, you (or another adult) and your child learn basic handbuilding techniques as you both work on weekly ceramic projects together. Clay is messy, so, dress appropriately. To ensure that everyone has an enjoyable hands-on experience, ideally, each child should be accompanied by one adult. For families with more than two children, two adults should attend each class and the maximum number of children per family is 4. Only need to register each child. All materials included. A non-refundable \$28 supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

##### Walter Reed Center

**Ages 6-13** **7 Sessions** **\$193**

**320102A** Sun., Apr. 27, 2-3:30pm



## YOUTH & TEEN

### Young Potters

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

**Thomas Jefferson Center**  
**Ages 13-17** **8 Sessions** **\$255**  
**320115A** Thurs., Apr. 24, 3:30-5:30pm

## TEEN & ADULT

### Just Claying Around

This is a fun handbuilding class for adults where students will work with the instructor create weekly projects. The instructor will teach basic skills such as pinch pots and working with slabs to create things like, functional bowls, dishes and pots as well as more sculptural and decorative pieces. This class is a perfect way to escape the craziness of day-to-day stress while letting your creativity take over for a few hours. Both returning students and new students with no clay experience are welcome. A \$28 non-refundable supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

**Walter Reed Center**  
**Ages 15-Adult** **8 Sessions** **\$220**  
**340129A** Mon., Apr. 21, 6-7:30pm

## ADULT

### Beginning Wheel

If you have ever wanted to know how to make pottery using a potter's wheel, this beginners-only class is what you've been looking for. In this class students will learn the fundamental skills needed to make functional pottery like mugs, bowls and vases. The instructor will demonstrate and teach wedging, centering and basic shaping methods. Students will be working in stoneware and learn how to use high-fire glazes to finish their pieces. This is a great opportunity to explore working with clay on the potter's wheel in a fun, relaxed and creative atmosphere. All beginners are welcome including repeat students who just need a little more time and guidance to build their confidence and skills before moving on to other wheel throwing classes. Students should

bring a towel, notebook and \$12 to purchase tools at the first session. A \$40 non-refundable supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

**Thomas Jefferson Center**  
**Ages Adults** **8 Sessions** **\$325**  
**340124A** Thurs., Apr. 24, 6-8:30pm  
**Ages Adults** **7 Sessions** **\$285**  
**340124B** Sat., Apr. 26, 10am-12:30pm

### Continuing Wheel

Now that you're comfortable with centering, creating bowls and cups, you are probably wanting to continue your practice. In this class you will be surrounded by other students who want to build on their skills and get better at making great pottery. Since everyone will have different experience levels, the instructor will give demonstrations that are relevant to those enrolled in the class. Demos will introduce new forms and techniques that expand throwing proficiency. You must have experience with throwing on the wheel to take this class. Repeat students welcome. Working with clay is a messy process, so, please come dressed appropriately. Students should bring a towel, notebook and \$12 to purchase tools at the first session. A \$40 non-refundable supply fee is included in the cost of this class. Previous wheel experience REQUIRED. Inst.: Kerr.

**Thomas Jefferson Center**  
**Ages 16-Adult** **9 Sessions** **\$365**  
**340125A** Tues., Apr. 22, 3-5:30pm  
**340125B** Tues., Apr. 22, 6-8:30pm  
**Ages 16-Adult** **8 Sessions** **\$325**  
**340125C** Mon., Apr. 21, 3-5:30pm  
**340125D** Mon., Apr. 21, 6-8:30pm

## DRAWING/PAINTING



## YOUTH

### Art 101: Intro to Art

Does your child love to draw or paint or is otherwise creative? In this studio class, children will work with a variety of materials and techniques: printmaking, charcoal drawing, painting, design, collage, watercolors, sculpture, and more. Budding artists start by becoming familiar with art fundamentals including form, tone, color, the importance of light, creating textures and basic color theory. The creative process is sometimes messy, so, please dress accordingly. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: O'Brien.

**Fairlington Center**  
**Ages 8-10** **8 Sessions** **\$187**  
**320128A** Sat., Apr. 26, 9:15-10:15am

## YOUTH & TEEN

### Art 101: Painting & Mixed Media

In this class students work with watercolors, acrylics and different painting mediums to explore how to bring textures and layering to their artwork. Students will be guided through each application but encouraged to create freely and use their imaginations. We get messy! So, dress appropriately. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: O'Brien.

**Fairlington Center**  
**Ages 11-14** **8 Sessions** **\$187**  
**320127A** Sat., Apr. 26, 11:30am-12:45pm



### Adventures in Printmaking

Join us for Adventures in Printmaking, a hands-on class designed to immerse students in the diverse and captivating world of printmaking. Students will explore and experiment with a variety of traditional and non-traditional printmaking techniques and bring home multiple finished projects. Making art can be a dirty process, so, dress to get messy. There is a non-refundable \$35 supply fee included in the cost of the class. Inst.: Maymen.

**Fairlington Center**  
**Ages 11-15** **8 Sessions** **\$187**  
**330103A** Wed., Apr. 23, 4-5:30pm

## TEEN & ADULT

### Intro to Watercolor

Students will explore painting with the unique and translucent medium of watercolor. Each class will include instruction in techniques, such as composition, color theory and the basic elements of art to evoke mood and your creative aesthetic. There is a non-refundable \$40 supply fee included in the cost of the class. All materials included.

**Fairlington Center**  
**Ages 16-Adult** **8 Sessions** **\$212**  
**340131A** Wed., Apr. 23, 6-8pm

### Intro to Acrylics

A great way to start painting. Using Acrylic paint, students will explore the fundamental elements of painting (Color, Form, Value, and Line) and develop your own personal style in this introductory course. Learn through painting demonstrations, discussion, and hands-on practice with design, composition, paint mixing, and color theory all while painting your own artwork using direct and classic techniques. There is a non-refundable \$40 supply fee included in the cost of the class. All materials included.

**Fairlington Center**  
**Ages 16-Adult** **6 Sessions** **\$212**  
**340140A** Tues., Apr. 22, 6-8pm





## JEWELRY

### TEEN & ADULT

#### Stacked Rings Workshop

Learn to make your own sterling silver stacking ring! In this short workshop, we will learn how to cut, form, heat, solder, and texture metal—all in the process of making a simple, but elegant sterling silver stacking ring. Students will be able to make multiple rings, as time allows. There is a non-refundable \$20 supply fee included in the cost of the class. Inst.: Bez.

**Thomas Jefferson Center**  
**Ages 15-Adult**      **1 Session**      **\$152**  
**340154A** Sat., May 3, 10am-2:30pm  
**340154B** Sat., May 17, 10am-2:30pm



### ADULT

#### Intro to Jewelry Making I

In this beginners class, students will be introduced to the essential tools and processes to create their own pieces of jewelry. Students will learn to form metal and create their own rings and pendants using a flex shaft, files and polishing tools to make rings, pendants and possibly basic stone setting principles, under the guidance of the instructor. This is a great class to become familiar with tools and materials to set up their own beginner workshop. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

**Thomas Jefferson Center**  
**Ages Adults**      **8 Sessions**      **\$308**  
**340151A** Thurs., Apr. 24, 6-8:30pm

#### Intro to Jewelry II: Cabochon Stone Setting

Expand on your jewelry forming skills and unlock the foundational skills of stone setting in this hands-on workshop. In this class, you'll learn the essential techniques of securely setting stones in jewelry pieces, including bezel and basic prong setting. The instructor, Lisette, will guide you through the entire process, from selecting the right tools and materials to mastering precision and technique for including stones in your designs. This class will equip you with the confidence to set stones and add details to your designs. Prerequisite: Intro to Jewelry Making I (240151A) or approval from instructor. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

**Thomas Jefferson Center**  
**Ages Adults**      **8 Sessions**      **\$308**  
**340152A** Mon., Apr. 21, 6-8:30pm

#### Fun with Resin

In this workshop, we will learn the basics of epoxy resin jewelry making. We will work with a two-part, non-toxic epoxy resin to create unique pieces of jewelry using gems, colorful dyes and accents. Using molds of your choice, you'll create the mini pieces of wearable art that you'll also set in silver! We'll provide you with materials, tools, and instructions, to guide you through the creation process. There is a non-refundable \$20 supply fee included in the cost of this class. Inst.: Bez.

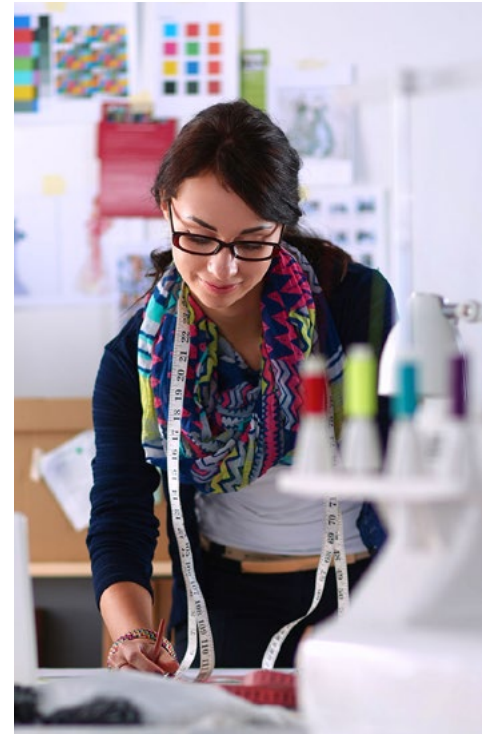
**Thomas Jefferson Center**  
**Ages Adults**      **1 Session**      **\$86**  
**340155A** Sat., Jun. 7, 10am-12:30pm

## Studio Time

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

**Thomas Jefferson Center**  
**Ages Adults**      **8 Sessions**      **\$220**  
**340153A** Tues., Apr. 22, 6-8:30pm

## SEWING & FIBER ARTS



### TEEN & ADULT

#### Intro to Sewing

For the absolute beginner sewer! This class will get the student familiar with a sewing machine and it's uses for repairing or creating new fashions for the body and home. Follow directions for simple patterns and projects. Practice these skills in a low-key environment meant for relaxed learning. Skills that will be covered are basic knowledge of the sewing machine, straight and zig zag stitching, zipper insertion, types of needles, and appropriate fabric for future projects. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Jackson-Waldron.

**Arlington Mill Center**  
**Ages 16-Adult**      **8 Sessions**      **\$220**  
**340112A** Mon., Apr. 21, 6-8pm  
**Ages 16-Adult**      **7 Sessions**      **\$193**  
**340112B** Sun., Apr. 27, 1-3pm  
**340112C** Sun., Apr. 27, 3:30-5:30pm

## Flowy Pants w/Pockets

Join us for a fun and hands-on 3-day workshop where you'll learn to create pants with pockets! This workshop is perfect for those who are comfortable using a sewing machine and are ready to take their skills to the next level. What you'll learn: How to properly measure yourself; Techniques for pinning and cutting your fabric using a pattern; Step-by-step instructions for sewing pants with pockets; How to hem and finish your pants. The instructor will email students more details before the first class. Please bring 2 yards of light-weight cotton fabric of your choice, pre-washed for accurate sizing Recommended for beginners who are comfortable and experienced with using a sewing machine. This class is required as a prerequisite if you plan on taking the Jumper/Romper class. There is a non-refundable \$15 supply fee for provided incidentals and notions included in the cost of this class. Inst.: Tran.

**Arlington Mill Center**

**Ages 15-Adult**      **3 Sessions**      **\$98**  
[340108A](#) Tues., Apr. 22, 6-8pm

## Jumpsuit/Romper

Join us for a fun and hands-on 3-day workshop where you'll learn to create pants with pockets! This workshop is perfect for those who are comfortable using a sewing machine and are ready to take their skills to the next level. What you'll learn: How to properly measure yourself; Techniques for pinning and cutting your fabric using a pattern; Step-by-step instructions for sewing pants with pockets; How to hem and finish your pants. The instructor will email students more details before the first class. Please bring 2 yards of light-weight cotton fabric of your choice, pre-washed for accurate sizing Recommended for beginners who are comfortable and experienced with using a sewing machine. This class is required as a prerequisite if you plan on taking the Jumper/Romper class. There is a non-refundable \$15 supply fee for provided incidentals and notions included in the cost of this class. Inst.: Tran.

**Arlington Mill Center**

**Ages 15-Adult**      **4 Sessions**      **\$120**  
[340110A](#) Tues., May 13, 6-8pm



## WOODWORKING



### ADULT

## Intro To Woodshop

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

**Thomas Jefferson Center.** Inst.: Alexander

**Ages Adults**      **4 Sessions**      **\$242**

[340180A](#) Mon., Apr. 21, 6-8:30pm

[340180B](#) Sat., Apr. 26, 10am-12:30pm

**Thomas Jefferson Center.** Inst.: Soper

**Ages Adults**      **4 Sessions**      **\$242**

[340180C](#) Tues., Apr. 22, 6-8:30pm

[340180D](#) Thurs., Apr. 24, 6-8:30pm

[340180E](#) Tues., May 20, 6-8:30pm

[340180F](#) Thurs., May 22, 6-8:30pm

## Intro to Lathe

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

**Thomas Jefferson Center**

**Ages Adults**      **4 Sessions**      **\$242**

[340181A](#) Mon., May 19, 6-8:30pm

[340181B](#) Fri., May 30, 6-8:30pm



## Crazy like a Box: Box Joints

Sometimes called a finger joint, sometimes a box joint or even a comb joint. Whatever you call it, it is a fundamental woodworking jointing technique made by cutting a set of complementary, interlocking profiles in two pieces of wood, then fitting and gluing them together. The cross-section of the joint resembles the interlocking of fingers between two hands. In this small class, students will make a simple box using this traditional technique. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$45 supply fee included in the cost of the class. Inst.: Alexander.

**Thomas Jefferson Center**

**Ages Adults**      **5 Sessions**      **\$295**

[340183A](#) Fri., Apr. 25, 6-8:30pm

## COOKING



### YOUTH

## New! Cooking: Baroody's No Bake Bonanza

In this session, the kids will get to learn in a no-bake no-stove cooking class designed for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies, desserts, and more! The young chefs will get their hands moving and taste buds singing as we dive into different culinary techniques, presentation, and easy to repeat at home recipes. Get those chef hats on, whisks ready, and appetites big for our new Mix & Munch No Bake Bonanza Class. Inst.: Baroody Camps.

**Long Bridge Aquatics & Fitness Center**

**Ages 5-11**      **8 Sessions**      **\$192**

[320330A](#) Wed., Apr. 23, 5-6pm

**Ages 5-11**      **7 Sessions**      **\$168**

[320330B](#) Sat., Apr. 26, 4:30-5:30pm



## DOG OBEDIENCE

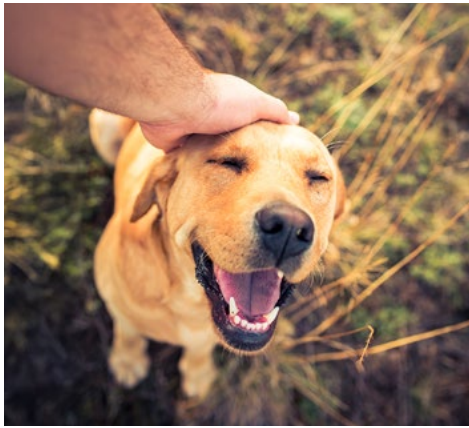
### TEEN & ADULT

#### Basic Dog Obedience

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

#### Quincy Street Deck

**Ages 15-Adult**      **7 Sessions**      **\$105**  
**340731A** Wed., Apr. 23, 7:10-8:10pm



### K-9 Nose Work

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

#### Quincy Street Deck

**Ages 15-Adult**      **7 Sessions**      **\$105**  
**340733A** Wed., Apr. 23, 6-7pm



## LANGUAGE

### TOT & YOUTH

#### Mi Chu Chu Tren: Adventures to Learn Spanish

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

#### Fairlington Center

**Ages 1½-3**      **7 Sessions**      **\$179**  
**310219A\*** Sat., Apr. 26, 10-10:45am  
**Ages 3-5**      **7 Sessions**      **\$179**  
**310219B** Sat., Apr. 26, 11-11:45am

## MUSIC

### TOT & ADULT

#### Learn Now Music: Little Fingers

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

#### Piano

**Arlington Mill Center**  
**Ages 2-4**      **8 Sessions**      **\$194**  
**310321A** Sun., Apr. 27, 4:40-5:10pm  
**310321B** Sun., Apr. 27, 5:20-5:50pm  
**Long Bridge Aquatics & Fitness Center**  
**Ages 2-4**      **7 Sessions**      **\$172**  
**310321C** Wed., Apr. 23, 10-10:30am

## Guitar

#### Arlington Mill Center

**Ages 4-5**      **8 Sessions**      **\$194**  
**310324A** Sun., Apr. 27, 6-6:30pm

#### Long Bridge Aquatics & Fitness Center

**Ages 4-5**      **7 Sessions**      **\$172**  
**310324B** Wed., Apr. 23, 10:45-11:15am

### YOUTH

#### Learn Now Music

Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum-based activities, musical listening excerpts, related projects and more! Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last 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

#### Long Bridge Aquatics & Fitness Center

**Ages 5-12**      **8 Sessions**      **\$222**  
**320319A** Mon., Apr. 21, 6:15-7:15pm  
**320319B** Fri., Apr. 25, 6:10-7:10pm

#### Lubber Run Center

**Ages 5-12**      **8 Sessions**      **\$222**  
**320319C** Thurs., Apr. 24, 6:30-7:30pm

#### Arlington Mill Center

**Ages 5-12**      **8 Sessions**      **\$222**  
**320319D** Sat., Apr. 26, 8:30-9:30am  
**320319E** Sat., Apr. 26, 11am-12pm  
**320319F** Sun., Apr. 27, 1:15-2:15pm

## Piano

#### Long Bridge Aquatics & Fitness Center

**Ages 5-12**      **8 Sessions**      **\$222**  
**320320A** Mon., Apr. 21, 5-6pm  
**320320B** Fri., Apr. 25, 5-6pm

#### Lubber Run Center

**Ages 5-12**      **8 Sessions**      **\$222**  
**320320C** Thurs., Apr. 24, 5:15-6:15pm



**Arlington Mill Center**

**Ages 5-12**      **8 Sessions**      **\$222**  
**320320D** Sat., Apr. 26, 9:45-10:45am  
**320320E** Sat., Apr. 26, 1:30-2:30pm  
**320320F** Sun., Apr. 27, 3:30-4:30pm

**Violin**

**Arlington Mill Center**

**Ages 5-12**      **8 Sessions**      **\$222**  
**320321A** Sat., Apr. 26, 12:15-1:15pm  
**320321B** Sun., Apr. 27, 2:20-3:20pm

**Drumming**

**Long Bridge Aquatics & Fitness Center**

**Ages 5-12**      **8 Sessions**      **\$222**  
**320323A** Fri., Apr. 25, 7:20-8:20pm

**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](http://thescienceseed.com). Inst.: The Science Seed.

**Lubber Run Center**

**Ages 3-6**      **6 Sessions**      **\$128**  
**320279A** Mon., Apr. 28, 3-3:45pm  
**320279B** Sat., Apr. 26, 9-9:45am  
**320279C** Sat., Apr. 26, 10-10:45am  
**Ages 5-8**      **6 Sessions**      **\$128**  
**320279D** Sat., Apr. 26, 11-11:45am  
**320279E** Mon., Apr. 28, 4-4:45pm

**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 & Fitness Center**

**Ages 3-5**      **7 Sessions**      **\$165**  
**320331A** Sat., Apr. 26, 9:30-10:15am  
**320331B** Sat., Apr. 26, 10:30-11:15am



**YOUTH**

**New! Hungry Hungry Science**

Need some science to sink your teeth into? In Hungry Hungry Science we will explore different scientific concepts using food as our main vehicle for experimentation. We will not only use ingredients to explain different ideas through simple recipes but make edible experiments as well to learn about reactions, acids & basis, biology, nutrition and more! If you haven't had your fill of science fun, come fill your bellies in Hungry Hungry Science. Inst.: Baroody Camps.

**Long Bridge Aquatics & Fitness Center**

**Ages 5-11**      **7 Sessions**      **\$165**  
**320337A** Sun., Apr. 27, 10-11am



**New! Spy Science: Crime Scene Investigators**

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, and other sneaky science! Inst.: Baroody Camps.

**Long Bridge Aquatics & Fitness Center**

**Ages 7-11**      **8 Sessions**      **\$188**  
**320314A** Wed., Apr. 23, 6:30-7:30pm  
**Ages 5-7**      **7 Sessions**      **\$165**  
**320314B** Sat., Apr. 26, 3-4pm

**New! Steamcraft: Minecraft® Science**

In a world focused on creativity and imagination, Minecraft is an adventurous title that children can't get enough of. Have you ever thought about how we can apply some of those concepts to real life? This class will bring to life many of the in-game experiences using SCIENCE! From Creeper slime to item enchantments, we will be putting on our lab coats and dissecting the wonderful world of Minecraft. Inst.: Baroody Camps.

**Long Bridge Aquatics & Fitness Center**

**Ages 6-11**      **7 Sessions**      **\$165**  
**320334A** Sun., Apr. 27, 11:30am-12:30pm





## New! Scratch Coding Jr

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

### Fairlington Center

**Ages 5-7** **7 Sessions** **\$165**  
**320340A** Mon., Apr. 21, 5-6pm

## New! Scratch Coding

Get ready for coding magic! This awesome program takes you on a journey from visual blocks to real-world text-based coding. A step up from Scratch Jr, dive into a whole new world of functions, I/O capabilities, variables, operators, and conditional statements. The Scratch interface is like a sneak peek into the cool world of Integrated Development Environments (IDEs) that pros use kids, think of it as your coding command center! Students will be creating amazing interactive stories, games, and animations that will blow their mind. Get ready to develop your young coder into a problem-solving superstar! Inst.: Baroody Camps.

### Fairlington Center

**Ages 9-12** **7 Sessions** **\$165**  
**320339A** Mon., Apr. 21, 6:15-7:15pm

## THIS-N-THAT



## YOUTH

### Chess Club

Learn chess with Silver Knights (formerly Magnus Chess 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.: Silver Knights Chess.

### Madison Center

**Ages 6-12** **8 Sessions** **\$180**  
**320299A** Thurs., Apr. 24, 6-7pm  
**320299B** Fri., Apr. 25, 6-7pm



## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 2-3** **8 Sessions** **\$144**  
**310204A** Tues., Apr. 22, 5:15-5:45pm

**Ages 2-3** **7 Sessions** **\$126**  
**310204B** Fri., Apr. 25, 10:15-10:45am

**Ages 2-3** **5 Sessions** **\$90**  
**310204C** Sat., Apr. 26, 10:15-10:45am

### Barcroft Sports & Fitness Center

**Ages 2-3** **7 Sessions** **\$126**  
**310204D** Mon., Apr. 21, 10-10:30am

**Ages 2-3** **6 Sessions** **\$108**  
**310204E** Sat., Apr. 26, 10-10:30am

### Let's Play Ballet

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

### Fairlington Center

**Ages 2-3** **8 Sessions** **\$144**  
**310207A** Wed., Apr. 23, 5:15-5:45pm

### Walter Reed Center

**Ages 2-3** **7 Sessions** **\$126**  
**310207B** Fri., Apr. 25, 9:45-10:15am

### Langston-Brown Center

**Ages 2-3** **6 Sessions** **\$108**  
**310207C** Sat., Apr. 26, 9-9:30am

### Lubber Run Center

**Ages 2-3** **5 Sessions** **\$90**  
**310207D** Sat., Apr. 26, 9:30-10am

## 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](mailto:susannah@gobananasdancing.com). Parents and caregivers must remain outside the classroom during class. Inst.: Go Bananas Dancing.

### Langston-Brown Center

**Ages 3-5** **8 Sessions** **\$176**  
**310210A** Wed., Apr. 23, 5:10-5:50pm

### Lubber Run Center

**Ages 3-5** **8 Sessions** **\$176**  
**310210B** Wed., Apr. 23, 4-4:45pm

**Ages 3-5** **7 Sessions** **\$154**  
**310210C** Mon., Apr. 21, 4:45-5:25pm  
**310210D** Fri., Apr. 25, 11-11:45am

**Ages 3-5** **5 Sessions** **\$110**  
**310210E** Sat., Apr. 26, 11-11:40am

### Barcroft Sports & Fitness Center

**Ages 3-5** **7 Sessions** **\$154**  
**310210F** Mon., Apr. 21, 10:45-11:30am

**Ages 3-5** **6 Sessions** **\$132**  
**310210G** Sat., Apr. 26, 10:40-11:20am

### Fairlington Center

**Ages 3-5** **7 Sessions** **\$154**  
**310210H** Mon., Apr. 21, 5-5:45pm

### Long Bridge Aquatics & Fitness Center

**Ages 3-5** **5 Sessions** **\$110**  
**310210I** Sun., Apr. 27, 9:15-10am

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 4-5** **8 Sessions** **\$176**  
**310211A** Tues., Apr. 22, 4:20-5:05pm

### Barcroft Sports & Fitness Center

**Ages 4-5** **7 Sessions** **\$154**  
**310211B** Thurs., Apr. 24, 5-5:45pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Langston-Brown Center

**Ages 4½-6** **8 Sessions** **\$176**  
**310205A** Wed., Apr. 23, 6-6:45pm

### Barcroft Sports & Fitness Center

**Ages 4½-6** **7 Sessions** **\$154**  
**310205B** Thurs., Apr. 24, 6-6:45pm

### Long Bridge Aquatics & Fitness Center

**Ages 4½-6** **5 Sessions** **\$110**  
**310205C** Sun., Apr. 27, 11-11:45am

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Fairlington Center

**Ages 4-6** **7 Sessions** **\$154**  
**310213A** Mon., Apr. 21, 5:50-6:35pm

### Langston-Brown Center

**Ages 4-6** **6 Sessions** **\$132**  
**310213B** Sat., Apr. 26, 9:45-10:30am

### Long Bridge Aquatics & Fitness Center

**Ages 4-6** **5 Sessions** **\$110**  
**310213C** Sun., Apr. 27, 10:10-10:55am

## TOT & YOUTH

### 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](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 4½-8** **5 Sessions** **\$110**  
**320223A** Sat., Apr. 26, 3-3:45pm

### 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Walter Reed Center

**Ages 5-7** **7 Sessions** **\$154**  
**320221A** Thurs., Apr. 24, 5-5:45pm

### Lubber Run Center

**Ages 5-7** **7 Sessions** **\$154**  
**320221B** Mon., Apr. 21, 5:30-6:15pm

**Ages 5-7** **5 Sessions** **\$110**  
**320221C** Sat., Apr. 26, 4-4:45pm

### Long Bridge Aquatics & Fitness Center

**Ages 5-7** **5 Sessions** **\$110**  
**320221D** Sun., Apr. 27, 11:45am-12:30pm

## Ballet 2

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

### Lubber Run Center

**Ages 6½-8** **8 Sessions** **\$240**  
**320222A** Wed., Apr. 23, 5:50-6:50pm

## Ballet 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 2 class. Email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

### Walter Reed Center

**Ages 8-11** **8 Sessions** **\$240**  
**320224A** Tues., Apr. 22, 6-7pm

## Ballet 2 & 3

Students may take this as a stand-alone class or as a second weekly class if they are also enrolled in Ballet 2 or 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. Email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

**Lubber Run Center**  
**Ages 6 ½ -11**      **6 Sessions**      **\$180**  
**320225A** Sun., Apr. 27, 4-5pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

**Lubber Run Center**  
**Ages 6-8**      **8 Sessions**      **\$176**  
**320200A** Wed., Apr. 23, 5-5:45pm

**Barcroft Sports & Fitness Center**  
**Ages 6-8**      **7 Sessions**      **\$154**  
**320200B** Mon., Apr. 21, 6-6:45pm

**Barcroft Sports & Fitness Center**  
**Ages 6-8**      **6 Sessions**      **\$132**  
**320200C** Sat., Apr. 26, 11:30am-12:15pm



## Let's Dance

Boys and girls, come move and groove to your favorite songs! This high-energy class will include dancing, improvisation, creative movement exercises and physical fitness. Kids will burn off energy, build strength and express themselves! They should wear sneakers and stretchy clothing for movement. Email [susannah@gobananasdancing.com](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

**Lubber Run Center**  
**Ages 5-9**      **7 Sessions**      **\$154**  
**320214A** Thurs., Apr. 24, 4:15-5pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

**Walter Reed Center**  
**Ages 8-11**      **7 Sessions**      **\$154**  
**320212A** Thurs., Apr. 24, 6-6:45pm

## 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](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

**Barcroft Sports & Fitness Center**  
**Ages 7-10**      **7 Sessions**      **\$154**  
**320226A** Mon., Apr. 21, 5:15-6pm

## TEEN & ADULT

### Hawaiian Dance: Beginners

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

**Lubber Run Center**  
**Ages 16-Adult**      **8 Sessions**      **\$85**  
**340231A** Mon., Apr. 21, 6:30-7:30pm



### Hawaiian Dance: Intermediate/Advanced

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

**Lubber Run Center**  
**Ages 16-Adult**      **8 Sessions**      **\$85**  
**340232A** Mon., Apr. 21, 7:45-8:45pm

## 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](http://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  
**Ages Birth-5**      **8 Sessions**      **\$210**

**310208A** Mon., Apr. 21, 9:30-10:15am  
**310208B** Mon., Apr. 21, 10:30-11:15am  
**310208C** Mon., Apr. 21, 11:30am-12:15pm  
**310208D** Thurs., Apr. 24, 10-10:45am  
**310208E** Thurs., Apr. 24, 11-11:45am

**Lubber Run Center.** Inst.: Abramovitch  
**Ages Birth-5**      **8 Sessions**      **\$210**  
**310208F** Tues., Apr. 22, 10-10:45am  
**310208G** Tues., Apr. 22, 11-11:45am

**Lubber Run Center.** Inst.: Scott  
**Ages Birth-5**      **8 Sessions**      **\$210**  
**310208H** Fri., Apr. 25, 10-10:45am  
**310208I** Fri., Apr. 25, 11-11:45am

**Fairlington Center.** Inst.: Abramovitch  
**Ages Birth-5**      **7 Sessions**      **\$189**  
**310208J** Sat., Apr. 26, 9:30-10:15am  
**310208K** Sat., Apr. 26, 10:30-11:15am  
**310208L** Sat., Apr. 26, 11:30am-12:15pm

**Madison Center.** Inst.: Scott  
**Ages Birth-5**      **6 Sessions**      **\$168**  
**310208M** Sat., Apr. 26, 10-10:45am  
**310208N** Sat., Apr. 26, 11-11:45am



## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

**Walter Reed Center**  
**Ages 6-9**      **8 Sessions**      **\$176**  
**320211A** Tues., Apr. 22, 5:15-6pm

## FITNESS



### 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.

**Lubber Run Center.** Inst.: RitaRox  
**Ages 16-Adult** **9 Sessions** **\$122**  
[340344A](#) Wed., Apr. 23, 7-8pm

**Lubber Run Center.** Inst.: BodyMoves Fitness LLC  
**Ages Adults** **8 Sessions** **\$108**  
[340344B](#) Wed., Apr. 23, 9:30-10:30am

**Long Bridge Aquatics & Fitness Center.** Inst.: RitaRox  
**Ages 16-Adult** **8 Sessions** **\$108**  
[340344C](#) Mon., Apr. 21, 7-8pm

**Barcroft Sports & Fitness Center.** Inst.: BodyMoves Fitness LLC  
**Ages Adults** **7 Sessions** **\$95**  
[340344D](#) Thurs., Apr. 24, 10:15-11:15am

### ADULT

#### Barre

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

**Langston-Brown Center**  
**Ages Adults** **9 Sessions** **\$140**  
[340319A](#) Tues., Apr. 22, 6-7pm  
**Ages Adults** **8 Sessions** **\$124**  
[340319B](#) Thurs., Apr. 24, 6-7pm  
[340319C](#) Thurs., Apr. 24, 7:10-8:10pm

#### Body Sculpting

Start your workout with a low-impact warm up, followed by 50 minutes of light weights and resistance band work

to sculpt and tone your entire body. Cool down relaxation and yoga stretches follow. Wear comfortable clothing, bring a mat and hand weights. Inst.: Lanzillotta.

**Madison Center**  
**Ages Adults** **9 Sessions** **\$122**  
[340334A](#) Wed., Apr. 23, 6-7pm  
**Ages Adults** **8 Sessions** **\$108**  
[340334B](#) Mon., Apr. 21, 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** **\$95**  
[340306A](#) Wed., Apr. 23, 7:15-8:15pm  
**Langston-Brown Center**  
**Ages Adults** **6 Sessions** **\$81**  
[340306B](#) Mon., Apr. 21, 7-8pm

#### Cycling

An instructor led cycle class to help enhance cardio conditioning in a safe, judgement free zone. Cycling is an activity for all 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 with motivational music.

**Thomas Jefferson Center.** Inst.: McPherson-Wehan  
**Ages Adults** **9 Sessions** **\$90**  
[340331A](#) Fri., Apr. 25, 7:15-8am  
**Thomas Jefferson Center.** Inst.: Davis  
**Ages Adults** **8 Sessions** **\$80**  
[340331B](#) Thurs., Apr. 24, 7-7:45pm

**Long Bridge Aquatics & Fitness Center.** Inst.: Gomez  
**Ages Adults** **8 Sessions** **\$80**  
[340331C](#) Sun., Apr. 27, 8:15-9am

### YOUTH & 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 dance and have fun when they exercise. You can expect grapevines, squats, hair flips, a great sweat, and a fantastic workout. WERQ is for everybody and modifications are provided for all movements. All experience levels, fitness levels, and ages from teenagers to retirees are welcome. Inst.: Capital Dance Fitness LLC.

**Long Bridge Aquatics & Fitness Center**  
**Ages 12-Adult** **9 Sessions** **\$122**  
[340312A](#) Wed., Apr. 23, 6:30-7:30pm

**Walter Reed Center**  
**Ages 12-Adult** **8 Sessions** **\$108**  
[340312B](#) Thurs., Apr. 24, 7-8pm

### TEEN & ADULT

#### Strong Camp 1

Welcome to The Strong Camp! Join us for a 6-week progressive series tailored to ignite your strength and conditioning. We begin with energizing warmups 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! Inst.: Strong Academy.

**Long Bridge Aquatics & Fitness Center**  
**Ages 15-Adult** **7 Sessions** **\$95**  
[340304A](#) Sat., Apr. 26, 9:15-10:15am

## 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 \$6 (\$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. \$6 per session at class**

**Long Bridge Aquatics Center**  
[790100](#) Mondays 6:30-7:15am  
[790100](#) Thursdays 7-7:35pm  
[790100](#) Sundays 8:15-9am

**Thomas Jefferson Center**  
[790120](#) Tuesdays 9-9:35am  
[790120](#) Wednesdays 7:15-8pm  
[790120](#) Fridays 7:15-8am





## Essentrics

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

### Lubber Run Center

**Ages Adults** **9 Sessions** **\$122**  
**340303A** Tues., Apr. 22, 8–9am  
**340303B** Wed., Apr. 23, 8–9am

### Barcroft Sports & Fitness Center

**Ages Adults** **8 Sessions** **\$108**  
**340303C** Thurs., Apr. 24, 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 Sports & Fitness Center

**Ages Adults** **8 Sessions** **\$108**  
**340308A** Wed., Apr. 23, 10:20–11:20am

**Ages Adults** **7 Sessions** **\$95**  
**340308B** Thurs., Apr. 24, 11:20am–12:20pm

## PILATES

### ADULT

#### Pilates Level 1

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

### Madison Center. Inst.: Ibrahim

**Ages Adults** **9 Sessions** **\$143**  
**340860A** Tues., Apr. 22, 10–11am

### Madison Center. Inst.: Lanzillotta

**Ages Adults** **8 Sessions** **\$126**  
**340860B** Mon., Apr. 21, 7:10–8:10pm

### Lubber Run Center. Inst.: BodyMoves Fitness LLC

**Ages Adults** **7 Sessions** **\$111**  
**340860C** Mon., Apr. 21, 9:30–10:30am  
**340860D** Mon., Apr. 21, 12–12:45pm

### Lubber Run Center. Inst.: Ibrahim

**Ages Adults** **7 Sessions** **\$111**  
**340860E** Thurs., Apr. 24, 10–11am

### Virtual. Inst.: BodyMoves Fitness LLC

**Ages Adults** **7 Sessions** **\$111**  
**340860F** Thurs., Apr. 24, 7–8pm

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

## WELLNESS



### TEEN & ADULT

#### Grow Your Brain Learn to Meditate

Meditation is so much more than relaxation and it grows your brain! Find out how! Class will teach you to maintain concentration without getting carried off by distractions. Learn to calm your mind and body as well as watch and change your thinking, reduce your response to stress, and focus and heighten awareness. You will find out how meditation grows your brain. Class includes meditation exercises and discussion at a table and chairs; sitting on floor is optional. Beginner and practicing meditators welcome. Instructor is certified to teach Integrative Meditation; class is not affiliated with any religion or spiritual practice. Please bring your own lunch and any drinks in a covered container. Inst.: Interdonato.

### Fairlington Center

**Ages 14–Adult** **1 Session** **\$83**  
**340802A** Sat., May 10, 10am–3pm

#### Better Breathing Workshop

Did you know that: many of us breathe with only a part of our lung capacity? you can relax or energize your body by changing how you breathe? You can learn to reduce your reaction to stress just by breathing differently? You can exercise muscles of your face and neck to enable better breathing? Join us to discuss and learn more about beneficial breathing. Inst.: Interdonato.

### Fairlington Center

**Ages 14–Adult** **1 Session** **\$50**  
**340803A** Sat., Jun. 7, 9:30am–12:30pm

#### Feldenkrais

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

### Barcroft Sports & Fitness Center

**Ages 15–Adult** **8 Sessions** **\$120**  
**340845A** Tues., Apr. 22, 7–8pm

### Lubber Run Center

**Ages 15–Adult** **8 Sessions** **\$120**  
**340845B** Thurs., Apr. 24, 1–2pm

## 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](#).

## AT LONG BRIDGE AQUATICS & FITNESS CENTER, MEMBERSHIP HAS ITS PERKS



Need another reason to love the Long Bridge Aquatics & Fitness Center? Memberships and passes will now include drop-in fitness classes at Long Bridge. Learn more [here](#).

**LONG BRIDGE**  
 aquatics & fitness center



## 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.: SjogiYogi Wellness LLC.

### Lubber Run Center

<b>Ages 14-Adult</b>	<b>1 Session</b>	<b>\$15</b>
<a href="#">340910A</a>	Sat., Apr. 26, 9-10am	
<a href="#">340910B</a>	Sat., May 10, 9-10am	
<a href="#">340910C</a>	Sat., May 31, 9-10am	

## Yoga for Flexibility Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We work on traditional warm up exercises, balance exercises and poses. Class ends with a yoga Nidra relaxation exercise. No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Inst.: Interdonato.

### Fairlington Center

<b>Ages 14-Adult</b>	<b>8 Sessions</b>	<b>\$168</b>
<a href="#">340919A</a>	Wed., Apr. 23, 6:45-8:15pm	
<a href="#">340919B</a>	Fri., Apr. 25, 5-6:30pm	

### Walter Reed Center

<b>Ages 14-Adult</b>	<b>7 Sessions</b>	<b>\$147</b>
<a href="#">340919C</a>	Mon., Apr. 21, 5-6:30pm	
<a href="#">340919D</a>	Mon., Apr. 21, 6:45-8:15pm	

## YOGA

### TOT & ADULT

#### Postpartum Yoga with Baby

Have fun with your baby (ages 6 weeks to active crawling) 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

<b>Ages Adults</b>	<b>7 Sessions</b>	<b>\$98</b>
<a href="#">310302A</a>	Mon., Apr. 21, 10:45-11:45am	

### TEEN & ADULT

#### 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'll 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 classes are great for busy people. Finding the challenge while staying safe is the focus of this modern yoga experience. You will receive a direct link from the instructor to your email address on file. Inst.: Harper.

### Virtual

<b>Ages 16-Adult</b>	<b>9 Sessions</b>	<b>\$126</b>
<a href="#">340912A</a>	Tues., Apr. 22, 5:45-6:45pm	

#### Energizing Yoga

Interested in restoring flexibility and strength while easing tensions? Join this well-rounded Yoga class and work at your own pace in a non-competitive environment. This 90-minute multi-level class is designed to support all levels

of Yoga skill and those new to Yoga. The instructor is able to offer supportive techniques for most ages and abilities. Inst.: Harper.

### Barcroft Sports & Fitness Center

<b>Ages 16-Adult</b>	<b>9 Sessions</b>	<b>\$189</b>
<a href="#">340918A</a>	Wed., Apr. 23, 7-8:30pm	

#### 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 Sports & Fitness Center

<b>Ages 16-Adult</b>	<b>9 Sessions</b>	<b>\$126</b>
<a href="#">340911A</a>	Wed., Apr. 23, 5:45-6:45pm	



## Fee Reductions

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



## ADULT

### 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** **\$112**

[340903A](#) Thurs., Apr. 24, 5:45–6:45pm

[340903B](#) Thurs., Apr. 24, 7–8pm

### 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** **9 Sessions** **\$126**

[340902A](#) Wed., Apr. 23, 10:15–11:15am

#### Lubber Run Center

**Ages 16–Adult** **8 Sessions** **\$112**

[340902B](#) Sun., Apr. 27, 5:30–6:30pm

### Hatha Yoga

Hatha Yoga uses postures, breathing, and meditation techniques to help you create balance and harmony in your life. The postures are designed to tone, strengthen and align the body, while meditation and attention to breath create calm and ease of mind. All levels welcome. You will need a yoga mat. Inst.: BodyMoves Fitness LLC.

#### Barcroft Sports & Fitness Center

**Ages Adults** **8 Sessions** **\$112**

[340916A](#) Wed., Apr. 23, 9:15–10:15am

### Sculpting Yoga

Add strength to your yoga practice! This class blends Vinyasa yoga with body sculpting techniques using light dumbbells and body weight to help improve stability, balance, and daily functionality. Class practice focuses on breathwork, body awareness, and finding the delicate balance between strength and flexibility. Bring a pair of light weights (1, 2, or 3 lbs. each weight), yoga mat, and water bottle. Inst.: Johnson.

#### Madison Center

**Ages Adults** **8 Sessions** **\$112**

[340906A](#) Tues., Apr. 22, 6–7pm

### 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** **9 Sessions** **\$126**

[340913A](#) Tues., Apr. 22, 6:30–7:30pm

### Yoga 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.: Johnson

**Ages Adults** **8 Sessions** **\$112**

[340904A](#) Fri., Apr. 25, 8:15–9:15am

#### Madison Center. Inst.: Melnick

**Ages Adults** **7 Sessions** **\$98**

[340904B](#) Tues., Apr. 22, 7:15–8:15pm

### Yoga for Balance

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

#### Madison Center

**Ages Adults** **6 Sessions** **\$84**

[340905A](#) Tues., Apr. 22, 9:30–10:30am

[340905B](#) Fri., Apr. 25, 9:30–10:30am

### New! Advanced Yoga for Balance

Try more challenging yoga poses and learn to hold them for longer periods of time. String poses together to create dynamic movement. Class includes specific exercises for strength, focus, flexibility, and breath—all of which are part of yogic balance. Some experience with yoga is preferred, but not required. If you are generally fit and curious, this class will support your efforts toward balanced, whole-body health. Inst.: Clardy.

#### Madison Center

**Ages Adults** **6 Sessions** **\$84**

[340909A](#) Tues., Apr. 22, 11:15am–12:15pm

### 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. For the virtual class, you will receive a direct link from the instructor to your email address on file. Inst.: SjogiYogi Wellness LLC.

#### Barcroft Sports & Fitness Center

**Ages Adults** **7 Sessions** **\$98**

[340907A](#) Tues., Apr. 22, 10–11am

#### Walter Reed Center

**Ages Adults** **7 Sessions** **\$98**

[340907B](#) Tues., Apr. 22, 7:15–8:15pm

#### Virtual

**Ages Adults** **7 Sessions** **\$98**

[340907C](#) Thurs., Apr. 24, 10–11am

### Yoga for Fitness

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

#### Barcroft Sports & Fitness Center

**Ages Adults** **7 Sessions** **\$98**

[340914A](#) Mon., Apr. 21, 10–11am

## 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](mailto:registration@arlingtonva.us)



## MARTIAL ARTS

### TOT & YOUTH

#### Tip Top Ninjas 1

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 Sports & Fitness Center

<b>Ages 4-7</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320308A</a>	Wed., Apr. 23, 4:45-5:30pm	
<b>Ages 4-7</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320308B</a>	Mon., Apr. 21, 4:30-5:15pm	
<a href="#">320308C</a>	Sat., Apr. 26, 9:30-10:15am	
<a href="#">320308D</a>	Sat., Apr. 26, 10:30-11:15am	
<b>Ages 7-11</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320308E</a>	Wed., Apr. 23, 5:45-6:30pm	
<b>Ages 7-11</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320308F</a>	Mon., Apr. 21, 5:30-6:15pm	
<a href="#">320308G</a>	Mon., Apr. 21, 6:20-7:05pm	
<b>Ages 5-11</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320308H</a>	Sat., Apr. 26, 11:30am-12:15pm	
<a href="#">320308I</a>	Sat., Apr. 26, 12:30-1:15pm	

### YOUTH

#### Tip Top Ninjas 2

Learn the fun and fundamentals of Taekwondo! Children will develop learning more advanced techniques: including board breaking, target practice, shadowing sparring, punching bags, kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect and group interaction, teamwork and exercise. 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. This is not a beginner class. One year of Tip Top Ninjas Martial Arts is required. Inst.: Tip Top Sports.

#### Barcroft Sports & Fitness Center

<b>Ages 5-11</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320311A</a>	Wed., Apr. 23, 6:35-7:20pm	

### YOUTH & TEEN

#### Beginner Judo for Youth

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

#### Dawson Terrace

<b>Ages 5-13</b>	<b>8 Sessions</b>	<b>\$72</b>
<a href="#">320305A</a>	Tues., Apr. 22, 6-7pm	

#### 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

<b>Ages 5-14</b>	<b>16 Sessions</b>	<b>\$144</b>
<a href="#">320307A</a>	Tues./Thurs., Apr. 22, 7:10-8:10pm	
<b>Ages 5-13</b>	<b>8 Sessions</b>	<b>\$72</b>
<a href="#">320307B</a>	Thurs., Apr. 24, 6-7pm	

#### 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 uniform, which can be purchased from the instructor for an additional cost.\*previous judo experience required. Inst.: Landstreet.

#### Dawson Terrace

<b>Ages 5-13</b>	<b>7 Sessions</b>	<b>\$63</b>
<a href="#">320309A</a>	Mon., Apr. 21, 7-8pm	
<a href="#">320309B</a>	Mon., Apr. 21, 8:10-9:10pm	

#### Traditional Japanese Karate Youth/Teen

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-control, etiquette, and concentration skills, as well as developing technical skill. Individual pace is honored. Testing is done periodically. Inst.: Fill.

#### Arlington Mill Center

<b>Ages 6-17</b>	<b>7 Sessions</b>	<b>\$105</b>
<a href="#">320313A</a>	Fri., Apr. 25, 5-6pm	

#### Lubber Run Center

<b>Ages 6-17</b>	<b>6 Sessions</b>	<b>\$90</b>
<a href="#">320313B</a>	Sat., Apr. 26, 2-2:50pm	

### YOUTH/TEEN/ADULT

#### Introduction to Olympic Fencing

Nova Fencing Club welcomes students to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included. NOVA Fencing Club is located at 3505 Carlin Springs Rd. Falls Church, VA.

#### NOVA Fencing and Archery Club

<b>Ages 7-12</b>	<b>8 Sessions</b>	<b>\$160</b>
<a href="#">320310A</a>	Mon./Wed., Apr. 21, 5-6pm	
<a href="#">320310B</a>	Mon./Wed., May 19, 5-6pm	
<a href="#">320310C</a>	Mon./Wed., Apr. 21, 6-7pm	
<a href="#">320310D</a>	Mon./Wed., May 19, 6-7pm	
<a href="#">320310E</a>	Tues./Thurs., Apr. 22, 6-7pm	
<a href="#">320310F</a>	Tues./Thurs., May 20, 6-7pm	
<b>Ages 13-Adult</b>	<b>8 Sessions</b>	<b>\$160</b>
<a href="#">320310G</a>	Mon./Wed., Apr. 21, 7-8pm	
<a href="#">320310H</a>	Mon./Wed., May 19, 7-8pm	
<a href="#">320310I</a>	Tues./Thurs., Apr. 22, 7-8pm	
<a href="#">320310J</a>	Tues./Thurs., May 20, 7-8pm	



### TEEN & ADULT

#### Beginner Judo for Teens/Adults

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

#### Dawson Terrace

<b>Ages 13-Adult</b>	<b>8 Sessions</b>	<b>\$72</b>
<a href="#">340354A</a>	Thurs., Apr. 24, 8:20-9:20pm	





and learning conducive environment. No prior experience necessary. Additional equipment is required for the class: boxing gloves, wrist wraps, and a jump rope at an additional cost to purchase on your own. Inst.: Atanasson.

**Barcroft Sports & Fitness Center**  
**Ages 13-Adult** **8 Sessions** **\$120**  
**340357A** Thurs., Apr. 24, 6-7pm  
**Ages 13-Adult** **7 Sessions** **\$105**  
**340357B** Tues., Apr. 29, 6-7pm

### Self Defense

Learn essential Self Defense skills such as situational awareness, how to escape from a grab or headlock, safely take a fall and get back up in a tactically sound fashion and other considerations such as distance management and assessment of common threats like multiple attackers, weapons, and ambush attacks, that are vital in protecting yourself and your family in today's society of sensory overload and predatory exploitation. Inst.: Atanasson.

**Barcroft Sports & Fitness Center**  
**Ages 16-Adult** **1 Session** **\$30**  
**340359A** Tues., Apr. 22, 5:30-7:30pm

### ADULT

### Traditional Japanese Karate Adult

Strengthen both body and mind! Studied internationally in 20 countries, Itosu-Kai is a traditional style of Japanese Karate focusing on self-defense and character development. Gain physical skills, increase stamina, and develop self-discipline while learning to overcome challenges and limitations both physical and mental. Training includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). From beginner through advanced. Individual pace is honored. Testing is done periodically for participants seeking to progress from White Belt to Black Belt. Inst.: Fill.

**Arlington Mill Center**  
**Ages Adults** **7 Sessions** **\$105**  
**340351A** Fri., Apr. 25, 6:15-7:15pm

**Lubber Run Center**  
**Ages Adults** **6 Sessions** **\$90**  
**340351B** Sat., Apr. 26, 1-1:50pm

### 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. Previous Judo experience required. Inst.: Landstreet.

**Dawson Terrace**  
**Ages 13-Adult** **16 Sessions** **\$144**  
**340353A** Tues./Thurs., Apr. 22, 8:20-9:20pm

### Ronin Dojo: Kickboxing

Improve your fitness level and gain practical self-defense skills with our MMA based stand-up striking program. Blending essential elements of Mixed Martial Arts, Western Boxing, JiuJitsu, Muay Thai and Dutch Kickboxing -this course will equip you with a foundational skillset of striking and stand-up grappling techniques that are practically applicable for self-defense, while simultaneously developing your physical attributes such as stamina, cardiovascular endurance and functional strength to new heights in a safe



## PICKLEBALL

### YOUTH/TEEN/ADULT

### Pickleball 1

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Pickleball paddles are not provided. Inst.: Bounce-Boom (First Serve Tennis).



**Marcey Road Park**

**Ages 7-10** **8 Sessions** **\$220**

**340615A** Wed., Apr. 23, 6:30-7:20pm

**Ages 10-14** **8 Sessions** **\$220**

**340615B** Wed., Apr. 23, 5:30-6:20pm

**Ages 15-Adult** **8 Sessions** **\$220**

**340615D** Wed., Apr. 23, 5:30-6:20pm

**340615E** Wed., Apr. 23, 7:30-8:20pm

**340615F** Thurs., Apr. 24, 10:30-11:20am

**340615H** Thurs., Apr. 24, 5:30-6:20pm

**340615I** Thurs., Apr. 24, 8:30-9:20pm

**Ages 15-Adult** **7 Sessions** **\$193**

**340615J** Mon., Apr. 21, 8:30-9:20am

**340615K** Mon., Apr. 21, 5:30-6:20pm

**340615L** Mon., Apr. 21, 6:30-7:20pm

**340615M** Mon., Apr. 21, 7:30-8:20pm

**Fort Scott Park**

**Ages 15-Adult** **8 Sessions** **\$220**

**340615N** Tues., Apr. 22, 8:30-9:20am

**340615O** Tues., Apr. 22, 9:30-10:20am

**340615P** Wed., Apr. 23, 8:30-9:20am

**340615Q** Thurs., Apr. 24, 8:30-9:20am

**Hayes Park**

**Ages 15-Adult** **8 Sessions** **\$220**

**340615R** Thurs., Apr. 24, 4:30-5:20pm

**340615S** Thurs., Apr. 24, 6:30-7:20pm

**340615T** Thurs., Apr. 24, 7:30-8:20pm

## Pickleball 2

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 2 players learn important match-play skills that will improve results in open play and tournaments. Pickleball paddles are not provided. Inst.: Bounce-Boom (First Serve Tennis).

### Hayes Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340616B** Thurs., Apr. 24, 5:30-6:20pm  
**340616C** Thurs., Apr. 24, 6:30-7:20pm

### Fort Scott Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340616D** Wed., Apr. 23, 9:30-10:20am  
**340616E** Thurs., Apr. 24, 9:30-10:20am

### Marcey Road Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340616F** Wed., Apr. 23, 6:30-7:20pm  
**340616G** Wed., Apr. 23, 7:30-8:20pm  
**340616I** Thurs., Apr. 24, 9:30-10:20am  
**340616K** Thurs., Apr. 24, 6:30-7:20pm

### Ages 15-Adult

**7 Sessions** **\$193**  
**340616N** Mon., Apr. 21, 9:30-10:20am  
**340616O** Mon., Apr. 21, 5:30-6:20pm  
**340616P** Mon., Apr. 21, 6:30-7:20pm  
**340616R** Mon., Apr. 21, 8:30-9:20pm

## TEEN & ADULT

### New! Pickleball Try It Clinic

What is pickleball? It's one of the fastest growing sports in the country. Come and see what all the excitement is about in this introductory clinic. Bounce-Boom coaches will go over all the basics of how the game is played plus how to keep score. Try it. You'll love it! Pickleball paddles are provided for the Pickleball Try It Clinic ONLY. Inst.:



Bounce-Boom (First Serve Tennis).

### Hayes Park

**Ages 15-Adult** **1 Session** **\$40**  
**340614A** Sat., May 10, 9-10:15am  
**340614C** Sat., May 10, 10:30-11:45am  
**340614E** Sat., Jun. 7, 9-10:15am  
**340614G** Sat., Jun. 7, 10:30-11:45am

## Pickleball 3

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 3 players will increase power and accuracy while learning advanced match-play techniques and tactics. Pickleball paddles are not provided. Inst.: Bounce-Boom (First Serve Tennis).

### Fort Scott Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340617A** Tues., Apr. 22, 10:30-11:20am  
**340617B** Wed., Apr. 23, 10:30-11:20am  
**340617C** Thurs., Apr. 24, 10:30-11:20am

### Hayes Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340617D** Thurs., Apr. 24, 5:30-6:20pm  
**340617E** Thurs., Apr. 24, 7:30-8:20pm

### Marcey Road Park

**Ages 15-Adult** **8 Sessions** **\$220**  
**340617F** Wed., Apr. 23, 5:30-6:20pm  
**340617G** Wed., Apr. 23, 6:30-7:20pm  
**340617H** Wed., Apr. 23, 7:30-8:20pm  
**340617I** Wed., Apr. 23, 8:30-9:20pm  
**340617J** Thurs., Apr. 24, 8:30-9:20am  
**340617K** Thurs., Apr. 24, 7:30-8:20pm  
**Ages 15-Adult** **7 Sessions** **\$193**  
**340617L** Mon., Apr. 21, 10:30-11:20am  
**340617N** Mon., Apr. 21, 7:30-8:20pm

## SPORTS

### 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.

### Fields Park

**Ages 2-3** **9 Sessions** **\$167**  
**310618A** Tues., Apr. 22, 9:30-10:15am

### Barrett Elem. School

**Ages 2-3** **8 Sessions** **\$148**  
**310618B** Sun., Apr. 27, 9-9:45am  
**Ages 2-3** **7 Sessions** **\$130**  
**310618C** Sat., Apr. 26, 9-9:45am



### Little Athletes & 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** **8 Sessions** **\$148**  
**310615A** Thurs., Apr. 24, 9:30-10:15am  
**310615B** Thurs., Apr. 24, 5-5:45pm  
**310615C** Sat., Apr. 26, 9-9:45am

### Lubber Run Center

**Ages 2-3** **8 Sessions** **\$148**  
**310615D** Sun., Apr. 27, 4-4:45pm  
**Ages 2-3** **7 Sessions** **\$130**  
**310615E** Sat., Apr. 26, 11-11:45am

### 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.

### Fairlington Center

**Ages 2-3** **9 Sessions** **\$167**  
**310605A** Tues., Apr. 22, 4:30-5:15pm  
**Ages 2-3** **8 Sessions** **\$148**  
**310605B** Sat., Apr. 26, 11-11:45am

### Rocky Run Park

**Ages 2-3** **8 Sessions** **\$148**  
**310605C** Tues., Apr. 22, 9:30-10:15am  
**310605D** Sun., Apr. 27, 9-9:45am



**Arlington Mill Center**  
**Ages 2-3** **8 Sessions** **\$148**  
**310605E** Sat., Apr. 26, 9-9:45am

**Barrett Elem. School**  
**Ages 2-3** **8 Sessions** **\$148**  
**310605F** Sun., Apr. 27, 11-11:45am  
**Ages 2-3** **7 Sessions** **\$130**  
**310605G** Sat., Apr. 26, 11-11:45am

## New! Tip Top Fit Together & Me

A fun class to get active with your young one. Friendly environment that develops coordination, motor skills, communication, speed and agility. A great class for children that like to run, jump, laugh where we invite light competition. A fun way to make friends, prepare for other sports and spend quality time with your little athlete. We focus on stamina and endurance by introducing various relays, obstacle course and flexibility. Adult/Tot class. Inst.: Tip Top Sports.

**Fields Park**  
**Ages 2-3** **9 Sessions** **\$167**  
**310606A** Wed., Apr. 23, 9:30-10:15am

**Ages 4-6** **9 Sessions** **\$167**  
**310606B** Wed., Apr. 23, 10:30-11:15am

**Lubber Run Center**  
**Ages 2-3** **7 Sessions** **\$130**  
**310606C** Sat., Apr. 26, 9-9:45am



## TOT & YOUTH

### Grand Slam T-ball

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

**Fields Park**  
**Ages 4-6** **9 Sessions** **\$167**  
**310617A** Tues., Apr. 22, 10:30-11:15am

**Barrett Elem. School**  
**Ages 4-6** **8 Sessions** **\$148**  
**310617B** Sun., Apr. 27, 10-10:45am

**Ages 4-6** **7 Sessions** **\$130**  
**310617C** Sat., Apr. 26, 10-10:45am



### Little Athletes

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

**Fairlington Center**  
**Ages 4-6** **8 Sessions** **\$148**  
**310616A** Thurs., Apr. 24, 10:30-11:15am  
**310616B** Sat., Apr. 26, 10-10:45am

**Lubber Run Center**  
**Ages 4-6** **8 Sessions** **\$148**  
**310616C** Sun., Apr. 27, 3:05-3:50pm  
**Ages 4-6** **7 Sessions** **\$151**  
**310616D** Sat., Apr. 26, 12-1pm

### Little Kicks Soccer

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

**Fairlington Center**  
**Ages 4-6** **8 Sessions** **\$167**  
**310610A** Thurs., Apr. 24, 6-6:45pm  
**310610B** Sat., Apr. 26, 12-12:45pm

**Rocky Run Park**  
**Ages 4-6** **8 Sessions** **\$148**  
**310610C** Tues., Apr. 22, 10:30-11:15am  
**310610D** Sun., Apr. 27, 10-10:45am

**Arlington Mill Center**  
**Ages 4-6** **8 Sessions** **\$148**  
**310610E** Sat., Apr. 26, 10-10:45am

**Lubber Run Center**  
**Ages 4-6** **8 Sessions** **\$172**  
**310610F** Sun., Apr. 27, 2-3pm

**Barrett Elem. School**  
**Ages 4-6** **7 Sessions** **\$130**  
**310610G** Sat., Apr. 26, 12-12:45pm

### Kicks for Tots Soccer

Improve individual ball skills in a fun, energetic environment. The primary method of instruction is based on the US Soccer Federation Youth soccer development program. Coaching

methods revolve around developing player's social, physical and technical skills in an active, positive environment. Sessions accommodate all skill levels. Equipment Needed: Size 3 soccer ball. Adults required to stay on premises at all times. Inst.: Stockton Soccer.

**Madison Manor Park**  
**Ages 2-3** **8 Sessions** **\$155**  
**310612A** Tues., Apr. 22, 11:45am-12:25pm  
**Ages 3-6** **8 Sessions** **\$155**  
**310612B** Tues., Apr. 22, 12:45-1:30pm

**Lacey Woods Park**  
**Ages 2-3** **8 Sessions** **\$155**  
**310612C** Thurs., Apr. 24, 10-10:40am  
**Ages 2-3** **7 Sessions** **\$136**  
**310612D** Sun., Apr. 27, 3-3:40pm  
**Ages 3-6** **7 Sessions** **\$136**  
**310612E** Sun., Apr. 27, 4-4:45pm  
**Ages 5-8** **7 Sessions** **\$136**  
**310612F** Sun., Apr. 27, 5-5:50pm

**Fairlington Center**  
**Ages 2-3** **8 Sessions** **\$155**  
**310612G** Thurs., Apr. 24, 3-3:40pm  
**Ages 3-6** **8 Sessions** **\$155**  
**310612H** Thurs., Apr. 24, 4-4:45pm

**Rocky Run Park**  
**Ages 2-3** **7 Sessions** **\$136**  
**310612I** Mon., Apr. 21, 10:15-10:55am  
**310612J** Sat., Apr. 26, 8-8:40am  
**Ages 3-6** **7 Sessions** **\$136**  
**310612K** Sat., Apr. 26, 9-9:45am  
**310612L** Sat., Apr. 26, 10-10:45am  
**Ages 5-8** **7 Sessions** **\$136**  
**310612M** Sat., Apr. 26, 11-11:50am

**Mosaic Park**  
**Ages 2-3** **7 Sessions** **\$136**  
**310612N** Sat., Apr. 26, 12:15-12:55pm  
**Ages 3-6** **7 Sessions** **\$136**  
**310612O** Sat., Apr. 26, 1-1:45pm

**Barrett Elem. School**  
**Ages 2-3** **7 Sessions** **\$136**  
**310612P** Sun., Apr. 27, 12:15-12:55pm  
**Ages 3-6** **7 Sessions** **\$136**  
**310612Q** Sun., Apr. 27, 1:05-1:50pm





## 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

<b>Ages 3-4</b>	<b>8 Sessions</b>	<b>\$148</b>
<a href="#">310619A*</a> Mon., Apr. 21, 4:30-5:15pm		
<b>Ages 4-6</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">310619B</a> Wed., Apr. 23, 4:30-5:30pm		
<b>Ages 4-6</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">310619C</a> Mon., Apr. 21, 5:20-6:20pm		

### Lubber Run Center

<b>Ages 4-6</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">310619D</a> Sun., Apr. 27, 1-2pm		
<b>Ages 3-4</b>	<b>7 Sessions</b>	<b>\$130</b>
<a href="#">310619E*</a> Sat., Apr. 26, 10-10:45am		
<b>Ages 5-6</b>	<b>7 Sessions</b>	<b>\$151</b>
<a href="#">310619F</a> Sat., Apr. 26, 1:05-2pm		

## YOUTH

### First Down Flag Football

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

### Gunston Park Tent

<b>Ages 5-7</b>	<b>8 Sessions</b>	<b>\$148</b>
<a href="#">320610A</a> Mon., Apr. 21, 4-4:45pm		
<b>Ages 7-9</b>	<b>8 Sessions</b>	<b>\$194</b>
<a href="#">320610B</a> Mon., Apr. 21, 4:50-5:50pm		

### Fairlington Center

<b>Ages 7-9</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320610C</a> Sat., Apr. 26, 1:50-2:50pm		

### Rocky Run Park

<b>Ages 7-9</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320610D</a> Sun., Apr. 27, 12:05-1:05pm		

## Game Time Hoops

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

### Fairlington Center

<b>Ages 7-9</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320609A</a> Wed., Apr. 23, 5:40-6:40pm		
<b>Ages 10-12</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320609B</a> Wed., Apr. 23, 6:50-7:50pm		

## 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

<b>Ages 4-6</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320615A</a> Tues., Apr. 22, 5:20-6:20pm		
<b>Ages 7-9</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320615B</a> Tues., Apr. 22, 6:30-7:30pm		
<b>Ages 10-12</b>	<b>9 Sessions</b>	<b>\$194</b>
<a href="#">320615C</a> Tues., Apr. 22, 7:40-8:40pm		

## Little Champions Soccer

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

### Gunston Park Tent

<b>Ages 4-6</b>	<b>8 Sessions</b>	<b>\$148</b>
<a href="#">310621A</a> Thurs., Apr. 24, 4-4:45pm		

### Arlington Mill Center

<b>Ages 7-9</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">310621B</a> Sat., Apr. 26, 11am-12pm		

### Rocky Run Park

<b>Ages 7-9</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">310621C</a> Sun., Apr. 27, 11am-12pm		

## Little Giants Soccer

Join our Parent and Me Soccer Scrimmage, where moms, dads, and kids aged 8-12 come together for an unforgettable soccer experience! This dynamic class features thrilling scrimmages that encourage teamwork, skill development, and loads of fun. Picture this: you and your child racing down the field, sharing laughs, and scoring goals side by side! Whether you're a seasoned player or just want to have a blast, this is the perfect way to bond and create cherished memories. Don't miss out on the excitement sign up today and let the competition begin! Inst.: Tip Top Sports.

### Gunston Park Tent

<b>Ages 8-12</b>	<b>8 Sessions</b>	<b>\$172</b>
<a href="#">320618A</a> Thurs., Apr. 24, 5-6pm		

## Tip Top Fun & Run

A fun class to get your young one active. An environment that develops coordination, speed and agility. A great class for children that like to run, jump, laugh and invite light competition. A fun way to make friends and prepare for other sports. We focus on stamina and endurance by introducing various freeze tag games. Inst.: Tip Top Sports.

### Gunston Park Tent

<b>Ages 5-8</b>	<b>9 Sessions</b>	<b>\$167</b>
<a href="#">310614A</a> Tues., Apr. 22, 4-4:45pm		

### Barrett Elem. School

<b>Ages 6-8</b>	<b>7 Sessions</b>	<b>\$151</b>
<a href="#">310614B</a> Sat., Apr. 26, 1-2pm		

## Tip Top Sticks: Hockey & Lacrosse

Tip Top Sticks offer exposure to two different stick sports all in one session. Kids will begin learning hockey first, then lacrosse. Students will learn the fundamentals of each sport while developing stickhandling, passing and scoring through scrimmage games and learning about sportsmanship.





Excellent opportunity to learn multiple sports in a safe and dynamic environment. Inst.: Tip Top Sports.

**Fairlington Center**

**Ages 7-11** 8 Sessions \$194

[310609A](#) Thurs., Apr. 24, 6:50-7:50pm

**Ages 7-9** 8 Sessions \$148

[310609B](#) Sat., Apr. 26, 1-1:45pm

**Triple Threat Basketball**

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

**Fairlington Center**

**Ages 7-11** 8 Sessions \$172

[320613A](#) Mon., Apr. 21, 6:30-7:30pm

**Ages 10-12** 8 Sessions \$172

[320613B](#) Mon., Apr. 21, 7:40-8:40pm

**World Cup Soccer**

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

**Gunston Park Tent**

**Ages 10-12** 9 Sessions \$194

[320616A](#) Tues., Apr. 22, 5:05-6:05pm

**Arlington Mill Center**

**Ages 10-12** 8 Sessions \$172

[320616B](#) Sat., Apr. 26, 12-1pm

**New! Varsity Skills: 3 v 3**

This spring session of VSA will add the 3-v-3 team element to our skills training sessions. Our small group training program encourages athletes to excel on the court. Coaches will teach the fundamentals of basketball through step-by-step instruction. Each session will begin with skills and drills: shooting & scoring, ball handling, defense, and speed/agility. Uniquely structured to help players develop and polish skills while gaining game and team like experience. To register players must have a general team concept and game rules and regulations. Inst.: Momentum3.

**Lubber Run Center**

**Ages 9-11** 6 Sessions \$140

[320608A](#) Mon., Apr. 21, 4:30-5:30pm

[320608B](#) Tues., Apr. 22, 4:30-5:30pm

[320608C](#) Wed., Apr. 23, 4:30-5:30pm

**Ages 12-14** 6 Sessions \$140

[320608D](#) Mon., Apr. 21, 5:45-6:45pm

[320608E](#) Tues., Apr. 22, 5:45-6:45pm

[320608F](#) Wed., Apr. 23, 5:45-6:45pm

**Arlington Mill Center**

**Ages 9-11** 6 Sessions \$140

[320608G](#) Thurs., Apr. 24, 5-6pm

**Ages 12-14** 6 Sessions \$140

[320608H](#) Thurs., Apr. 24, 6:05-7:05pm

**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. Inst.: Nova Fencing Club.

**NOVA Fencing and Archery Club**

**Ages 8-Adult** 6 Sessions \$160

[320312A](#) Wed., Apr. 2, 5-6pm

[320312B](#) Fri., Apr. 4, 5-6pm



**TENNIS**

**YOUTH & TEEN**

**Tennis 1 & 2**

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

**Barcroft Park**

**Ages 5-6** 8 Sessions \$220

[320602A](#) Tues., Apr. 22, 4:30-5:20pm

[320602B](#) Wed., Apr. 23, 5:30-6:20pm

**Ages 7-9** 8 Sessions \$220

[320602C](#) Tues., Apr. 22, 5:30-6:20pm

[320602D](#) Wed., Apr. 23, 6:30-7:20pm

**Ages 10-13** 8 Sessions \$220

[320602E](#) Tues., Apr. 22, 6:30-7:20pm

[320602F](#) Wed., Apr. 23, 6:30-7:20pm

**Greenbrier Park**

**Ages 5-6** 7 Sessions \$193

[320602G](#) Sun., Apr. 27, 9-9:50am

**Ages 7-9** 7 Sessions \$193

[320602H](#) Sun., Apr. 27, 10-10:50am

[320602I](#) Sun., Apr. 27, 11-11:50am

**Ages 10-13** 7 Sessions \$193

[320602J](#) Sun., Apr. 27, 12-12:50pm

**Lyon Village Park**

**Ages 5-6** 8 Sessions \$220

[320602K](#) Wed., Apr. 23, 4:30-5:20pm

**Ages 5-6** 7 Sessions \$193

[320602L](#) Mon., Apr. 21, 4:30-5:20pm

**Ages 7-9** 8 Sessions \$220

[320602M](#) Wed., Apr. 23, 6:30-7:20pm

**Ages 7-9** 7 Sessions \$193

[320602N](#) Mon., Apr. 21, 6:30-7:20pm

**Ages 10-13** 8 Sessions \$220

[320602O](#) Wed., Apr. 23, 5:30-6:20pm

**Ages 10-13** 7 Sessions \$193

[320602P](#) Mon., Apr. 21, 5:30-6:20pm

**Stratford Park**

**Ages 7-9** 7 Sessions \$193

[320602T](#) Mon., Apr. 21, 6:30-7:20pm

**Ages 10-13** 7 Sessions \$193

[320602U](#) Mon., Apr. 21, 5:30-6:20pm

**Va. Highlands Park**

**Ages 7-9** 8 Sessions \$220

[320602V](#) Thurs., Apr. 24, 4:30-5:20pm

**Ages 10-13** 8 Sessions \$220

[320602W](#) Thurs., Apr. 24, 5:30-6:20pm

**Ages 13-16** 8 Sessions \$220

[320602X](#) Thurs., Apr. 24, 6:30-7:20pm





## YOUTH

### New! Drill & Match Play Level 3-4

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Students refine match skills and learn advanced technical and tactical skills. This is not a beginner class. Students should know how to rally & volley before signing up. Ask your coach for a recommendation. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

#### Greenbrier Park

**Ages 8-10** 7 Sessions \$242

[320603A](#) Sat., Apr. 26, 9-10:20am

**Ages 10-12** 7 Sessions \$242

[320603B](#) Sat., Apr. 26, 9-10:20am

#### Stratford Park

**Ages 8-10** 8 Sessions \$311

[320603C](#) Tues., Apr. 22, 4:30-5:50pm

**Ages 10-12** 8 Sessions \$311

[320603D](#) Tues., Apr. 22, 6-7:50pm

## TEEN

### Tennis: Jr. Match Play Level 3-4

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Students refine match skills and learn advanced technical and tactical skills. This is not a beginner class. Students should know how to rally & volley before signing up. Ask your coach for a recommendation. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

#### Tuckahoe Park

**Ages 13-17** 8 Sessions \$311

[320604A](#) Thurs., Apr. 24, 4:30-5:50pm

#### Greenbrier Park

**Ages 13-17** 7 Sessions \$242

[320604B](#) Sat., Apr. 26, 10:30-11:50am

[320604C](#) Sat., Apr. 26, 10:30-11:50am

## JV Tennis Match Play

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. Students who have a goal of making their high school tennis team will work on advanced technical and tactical skills for match play. This is not a beginner class. Students should complete Jr. Match Play or have similar experience. Ask your coach for a recommendation. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

#### Tuckahoe Park

**Ages 13-17** 8 Sessions \$311

[330601A](#) Thurs., Apr. 24, 6-7:20pm

## TEEN & ADULT

### Tennis 1

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

#### Barcroft Park

**Ages 15-Adult** 8 Sessions \$300

[340601A](#) Tues., Apr. 22, 7:30-8:40pm

[340601B](#) Wed., Apr. 23, 7:30-8:40pm

#### Bon Air Park

**Ages 15-Adult** 8 Sessions \$300

[340601C](#) Tues., Apr. 22, 9:45-10:55am

[340601D](#) Thurs., Apr. 24, 9:45-10:55am

#### Jennie Dean Park

**Ages 15-Adult** 7 Sessions \$263

[340601F](#) Mon., Apr. 21, 7:30-8:40pm

#### Lyon Village Park

**Ages 15-Adult** 8 Sessions \$300

[340601H](#) Wed., Apr. 23, 7:30-8:40pm

[340601I](#) Thurs., Apr. 24, 11:05am-12:15pm

**Ages 15-Adult** 7 Sessions \$263

[340601J](#) Mon., Apr. 21, 7:30-8:40pm

#### Maury Park

**Ages 15-Adult** 7 Sessions \$263

[340601K](#) Sat., Apr. 26, 11:50am-1pm

#### Quincy Park

**Ages 15-Adult** 8 Sessions \$300

[340601L](#) Wed., Apr. 23, 11:05am-12:15pm

**Ages 15-Adult** 7 Sessions \$263

[340601M](#) Mon., Apr. 21, 11:05am-12:15pm

#### Stratford Park

**Ages 15-Adult** 8 Sessions \$300

[340601N](#) Wed., Apr. 23, 6:10-7:20pm

[340601O](#) Thurs., Apr. 24, 6:10-7:20pm

#### Thomas Jefferson Center

**Ages 15-Adult** 8 Sessions \$300

[340601P](#) Thurs., Apr. 24, 6:10-7:20pm

#### Va. Highlands Park

**Ages 15-Adult** 8 Sessions \$300

[340601Q](#) Tues., Apr. 22, 7:30-8:40pm

### Tennis 2

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 1 players learn the fundamentals, scoring, and develop a lifelong love of the game. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

#### Barcroft Park

**Ages 15-Adult** 8 Sessions \$300

[340602A](#) Wed., Apr. 23, 8:50-10pm

#### Bon Air Park

**Ages 15-Adult** 8 Sessions \$300

[340602B](#) Thurs., Apr. 24, 11:05am-12:15pm







<b>Jennie Dean Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340602D</a>	Mon., Apr. 21, 8:50-10pm	
<b>Lyon Village Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340602F</a>	Wed., Apr. 23, 8:50-10pm	
<a href="#">340602G</a>	Thurs., Apr. 24, 11:05am-12:15pm	
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340602H</a>	Mon., Apr. 21, 7:30-8:40pm	
<b>Maury Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340602I</a>	Sat., Apr. 26, 10:30-11:40am	
<b>Quincy Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340602J</a>	Wed., Apr. 23, 9:45-10:55am	
<a href="#">340602K</a>	Wed., Apr. 23, 11:05am-12:15pm	
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340602L</a>	Mon., Apr. 21, 11:05am-12:15pm	
<b>Thomas Jefferson Center</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340602M</a>	Thurs., Apr. 24, 7:30-8:40pm	
<b>Va. Highlands Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340602O</a>	Tues., Apr. 22, 6:10-7:20pm	

### Tennis 3

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 3 players work on developing cleaner, more reliable strokes through match-based drills. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

<b>Barcroft Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603A</a>	Tues., Apr. 22, 8:50-10pm	
<a href="#">340603B</a>	Wed., Apr. 23, 8:50-10pm	
<b>Bon Air Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603C</a>	Tues., Apr. 22, 11:05am-12:15pm	
<b>Jennie Dean Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340603D</a>	Mon., Apr. 21, 6:10-7:20pm	

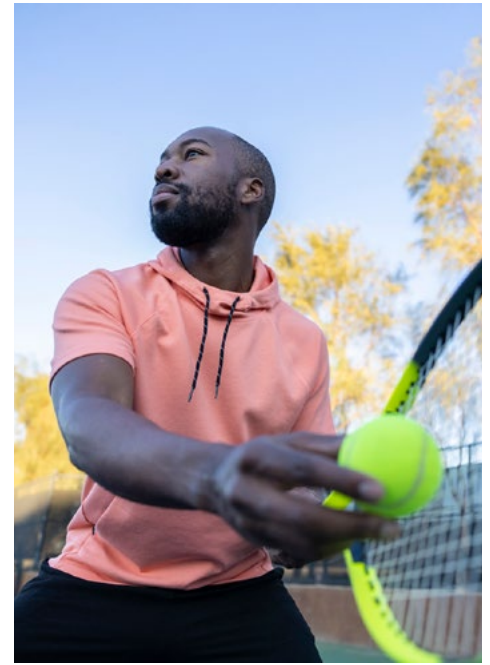
<b>Langston-Brown Center</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603E</a>	Wed., Apr. 23, 9:45-10:55am	
<a href="#">340603G</a>	Thurs., Apr. 24, 7:30-8:40pm	
<b>Lyon Village Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340603H</a>	Mon., Apr. 21, 8:50-10pm	
<b>Quincy Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340603I</a>	Mon., Apr. 21, 9:45-10:55am	
<b>Stratford Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603J</a>	Wed., Apr. 23, 8:50-10pm	
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340603K</a>	Mon., Apr. 21, 7:30-8:40pm	
<b>Thomas Jefferson Center</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603L</a>	Thurs., Apr. 24, 8:50-10pm	
<b>Tuckahoe Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603N</a>	Thurs., Apr. 24, 8:50-10pm	
<a href="#">340603O</a>	Thurs., Apr. 24, 8:50-10pm	
<b>Va. Highlands Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340603P</a>	Thurs., Apr. 24, 7:30-8:40pm	

### Tennis 4

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 4 players will increase power and accuracy while learning advanced match-play techniques and tactics. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

<b>Barcroft Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340604A</a>	Tues., Apr. 22, 8:50-10pm	
<b>Langston-Brown Center</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340604C</a>	Thurs., Apr. 24, 8:50-10pm	
<b>Stratford Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>

<a href="#">340604D</a>	Wed., Apr. 23, 7:30-8:40pm	
<a href="#">340604E</a>	Thurs., Apr. 24, 7:30-8:40pm	
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340604F</a>	Mon., Apr. 21, 8:50-10pm	
<b>Tuckahoe Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340604H</a>	Thurs., Apr. 24, 7:30-8:40pm	
<b>Va. Highlands Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340604I</a>	Tues., Apr. 22, 8:50-10pm	
<a href="#">340604J</a>	Thurs., Apr. 24, 8:50-10pm	



### Tennis 3 & 4

Bounce-Boom uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio. These key skills minimize errors, boost consistency, and help you learn quicker. Level 3&4 players work on developing reliable strokes and situational understanding through match-based drills. Tennis racquets are not provided. Inst.: Bounce-Boom (First Serve Tennis).

<b>Langston-Brown Center</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340607B</a>	Thurs., Apr. 24, 6:10-7:20pm	
<b>Lyon Village Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>
<a href="#">340607C</a>	Thurs., Apr. 24, 9:45-10:55am	
<b>Maury Park</b>		
<b>Ages 15-Adult</b>	<b>7 Sessions</b>	<b>\$263</b>
<a href="#">340607D</a>	Sat., Apr. 26, 9:10-10:20am	
<b>Quincy Park</b>		
<b>Ages 15-Adult</b>	<b>8 Sessions</b>	<b>\$300</b>

### Fee Reductions

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



**340607E** Wed., Apr. 23, 9:45–10:55am

**Stratford Park**  
**Ages 15–Adult** **8 Sessions** **\$300**  
**340607F** Tues., Apr. 22, 8–9:10pm

### Tennis Match Play Level 2-3

For players who are in or have taken Adult Level 2 or 3 tennis. Singles and/or doubles round-robin style play with strategic coaching. Inst.: Bounce-Boom (First Serve Tennis).

**Kenmore MS**  
**Ages 15–Adult** **7 Sessions** **\$263**  
**340608A** Sat., Apr. 26, 10:30–11:50am

### Tennis Match Play Level 3-4

The Supervised Matchplay will be a round-robin format where coaches each week will pair players in singles and doubles matches and will give current students the opportunity to test their skills on the court with weekly match play. Program is only for players enrolled in Adult Tennis 3, or 4. Inst.: Bounce-Boom (First Serve Tennis).

**Kenmore MS**  
**Ages 15–Adult** **7 Sessions** **\$263**  
**340609A** Sat., Apr. 26, 9–10:20am

### New! Tennis Serving Clinic Level 1-2

Elevate your game with our specialized tennis serving lesson. Designed for skill levels 1&2, this class focuses on consistency, depth, and accuracy. Learn to master the basic serve and be introduced to various serve types while receiving personalized tips from our experienced coaches. Join the Bounce-Boom coaches to enhance your serve and gain confidence on the court. Inst.: Bounce-Boom (First Serve Tennis).

**Bon Air Park**  
**Ages 15–Adult** **4 Sessions** **\$150**

**340605A** Tues., Apr. 22, 9:45–10:45am  
**340605B** Tues., May 20, 9:45–10:45am

### New! Tennis Serving Clinic Level 3-4

Elevate your game with our specialized tennis serving lesson. Designed for skill levels 3&4, this class focuses on consistency, depth, and accuracy. Learn to master the basic serve and be introduced to various serve types while receiving personalized tips from our experienced coaches. Join the Bounce-Boom coaches to enhance your serve and gain confidence on the court. Inst.: Bounce-Boom (First Serve Tennis).

**Bon Air Park**  
**Ages 15–Adult** **4 Sessions** **\$150**  
**340606A** Tues., Apr. 22, 10:55am–12:05pm  
**340606B** Tues., May 20, 10:55am–12:05pm

**Langston-Brown Center**  
**Ages 15–Adult** **4 Sessions** **\$150**  
**340606C** Wed., Apr. 23, 11:05am–12:05pm  
**340606D** Wed., May 21, 11:05am–12:05pm

### New! Tennis Tournament Levels 2-3

Show off your tennis skills in friendly competition with other players of the same level. Each player/team will get at least two matches guaranteed. Bounce-Boom Coaches will be on hand to help with score-keeping and tournament assignments. Once everyone is signed up, we will contact you to pair you up with a partner of your choice or another player without a partner. The tournament will finish on Saturday or Sunday, depending on weather and number of entrants, times TBD. Inst.: Bounce-Boom (First Serve Tennis).

**Thomas Jefferson Center**  
**Ages 15–Adult** **1 Session** **\$45**  
**340610A** Fri., Jun. 13, 7:40–9:10pm

### New! Tennis Tournament Levels 3-4

Show off your tennis skills in friendly competition with other players of the same level. Each player/team will get at least two matches guaranteed. Bounce-Boom Coaches will be on hand to help with score-keeping and tournament assignments. Once everyone is signed up, we will contact you to pair you up with a partner of your choice or another player without a partner. The tournament will finish on Saturday or Sunday, depending on weather and number of entrants, times TBD. Inst.: Bounce-Boom (First

Serve Tennis).

**Thomas Jefferson Center**  
**Ages 15–Adult** **1 Session** **\$45**  
**340611A** Fri., Jun. 13, 6–7:30pm

## YOUTH/TEEN/ADULT

### Tennis: Private Lesson

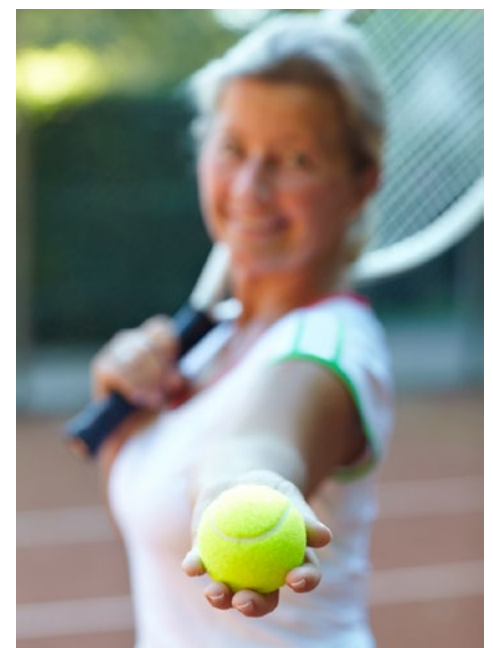
For players who would like more individual attention, you can book private lessons with coaches. For two or three-person semi-private lessons, please contact Laurie Reid at [lreid1@arlingtonva.us](mailto:lreid1@arlingtonva.us) to reserve for your group. Please note, that fee reductions are not available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

**Langston-Brown Center**  
**Ages 6–Adult** **4 Sessions** **\$360**

**340612A** Fri., Apr. 25, 9–9:55am  
**340612B** Fri., Apr. 25, 10–10:55am  
**340612C** Fri., Apr. 25, 11–11:55am  
**340612D** Fri., Apr. 25, 12–12:55pm  
**340612E** Fri., Apr. 25, 2–2:55pm  
**340612F** Fri., Apr. 25, 3–3:55pm  
**340612G** Fri., Apr. 25, 4–4:55pm  
**340612H** Fri., May 23, 9–9:55am  
**340612I** Fri., May 23, 10–10:55am  
**340612J** Fri., May 23, 11–11:55am  
**340612K** Fri., May 23, 12–12:55pm  
**340612L** Fri., May 23, 2–2:55pm  
**340612M** Fri., May 23, 3–3:55pm  
**340612N** Fri., May 23, 4–4:55pm

**Stratford Park**  
**Ages 6–Adult** **4 Sessions** **\$360**

**340612O** Wed., Apr. 23, 5:05–6pm  
**340612P** Thurs., Apr. 24, 5:05–6pm  
**340612Q** Wed., May 21, 5:05–6pm  
**340612R** Thurs., May 22, 5:05–6pm



## 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 español presione 9.





## 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 & Fitness Center

**Ages 6 months–1½** **10 Sessions** **\$90**

**310400A** Fri., Apr. 25, 4:35–5:05pm

**Ages 6 months–1½** **8 Sessions** **\$72**

**310400B** Sat., Apr. 26, 9:05–9:35am

**310400C** Sat., Apr. 26, 10:50–11:20am

**310400D** Sun., Apr. 27, 8:30–9am

**310400E** Sun., Apr. 27, 10:15–10:45am

**Ages 6 months–1½** **6 Sessions** **\$54**

**310400F** Mon./Wed., Apr. 21, 5:45–6:15pm

**310400G** Tues./Thurs., Apr. 22, 10–10:30am

**310400H** Tues./Thurs., May 13, 10–10:30am

**310400I** Mon./Wed., Jun. 9, 5:45–6:15pm

**Ages 6 months–1½** **5 Sessions** **\$45**

**310400J** Tues./Thurs., Jun. 10, 10–10:30am

**310400K** Mon., Apr. 21, 10–10:30am

**310400L** Mon./Wed., May 12, 5:45–6:15pm

**Ages 6 months–1½** **4 Sessions** **\$36**

**310400M** Mon., Jun. 9, 10–10:30am

#### 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 & Fitness Center

**Ages 1½–2** **10 Sessions** **\$90**

**310401A** Fri., Apr. 25, 4:35–5:05pm

**Ages 1½–2** **9 Sessions** **\$81**

**310401B** Tues., Apr. 22, 5–5:30pm

**Ages 1½–2** **8 Sessions** **\$72**

**310401C** Thurs., Apr. 24, 5–5:30pm

**310401D** Sat., Apr. 26, 8:30–9am

**310401E** Sat., Apr. 26, 10:15–10:45am

**310401F** Sun., Apr. 27, 9:05–9:35am

**310401G** Sun., Apr. 27, 11:25–11:55am

**Ages 1½–2** **6 Sessions** **\$54**

**310401H** Mon./Wed., Apr. 21, 4:35–5:05pm

**310401I** Tues./Thurs., Apr. 22, 10:35–11:05am

**310401J** Tues./Thurs., May 13, 10:35–11:05am

**310401K** Mon./Wed., Jun. 9, 4:35–5:05pm

**Ages 1½–2** **5 Sessions** **\$54**

**310401L** Tues./Thurs., Jun. 10, 10:35–11:05am

**310401M** Mon., Apr. 21, 10:35–11:05am

**310401N** Mon./Wed., May 12, 4:35–5:05pm

**Ages 1½–2** **4 Sessions** **\$36**

**310401O** Mon., Jun. 9, 10:35–11:05am

#### 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 & Fitness Center

**Ages 2½–3** **10 Sessions** **\$90**

**310402A** Fri., Apr. 25, 4–4:30pm

**Ages 2½–3** **9 Sessions** **\$81**

**310402B** Tues., Apr. 22, 5:35–6:05pm

**Ages 2½–3** **8 Sessions** **\$72**

**310402C** Thurs., Apr. 24, 5:35–6:05pm

**310402D** Sat., Apr. 26, 9:40–10:10am

**310402E** Sun., Apr. 27, 9:40–10:10am

**310402F** Sun., Apr. 27, 10:50–11:20am

**Ages 2½–3** **6 Sessions** **\$54**

**310402G** Mon./Wed., Apr. 21, 5:10–5:40pm

**310402H** Tues./Thurs., Apr. 22, 11:10–11:40am

**310402I** Tues./Thurs., May 13, 11:10–11:40am

**310402J** Mon./Wed., Jun. 9, 5:10–5:40pm

**Ages 2½–3** **5 Sessions** **\$45**

**310402K** Tues./Thurs., Jun. 10, 11:10–11:40am

**310402L** Mon., Apr. 21, 11:10–11:40am

**310402M** Mon./Wed., May 12, 5:10–5:40pm

**Ages 2½–3** **4 Sessions** **\$36**

**310402N** Mon., Jun. 9, 11:10–11:40am



### 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 & Fitness Center

**Ages 3** **10 Sessions** **\$70**

**310403A** Fri., Apr. 25, 4:35–4:55pm

**310403B** Fri., Apr. 25, 5:10–5:30pm

**310403C** Fri., Apr. 25, 6:05–6:25pm

**Ages 3** **9 Sessions** **\$63**

**310403D** Tues., Apr. 22, 4–4:20pm

**310403E** Tues., Apr. 22, 4–4:20pm

**310403F** Tues., Apr. 22, 5–5:20pm

**310403G** Tues., Apr. 22, 6:10–6:30pm

**Ages 3** **8 Sessions** **\$56**

**310403H** Thurs., Apr. 24, 4–4:20pm

**310403I** Thurs., Apr. 24, 4–4:20pm

**310403J** Thurs., Apr. 24, 5–5:20pm

**310403K** Thurs., Apr. 24, 6:10–6:30pm

**310403L** Sat., Apr. 26, 8:30–8:50am

**310403M** Sat., Apr. 26, 9:30–9:50am

**310403N** Sat., Apr. 26, 11:30–11:50am



- 310403O** Sat., Apr. 26, 11:55am-12:15pm  
**310403P** Sun., Apr. 27, 8:30-8:50am  
**310403Q** Sun., Apr. 27, 10:05-10:25am  
**310403R** Sun., Apr. 27, 11:45am-12:05pm  
**Ages 3 6 Sessions \$42**  
**310403S** Mon./Wed., Apr. 21, 4-4:20pm  
**310403T** Mon./Wed., Apr. 21, 4:35-4:55pm  
**310403U** Tues./Thurs., Apr. 22, 10-10:20am  
**310403V** Tues./Thurs., Apr. 22, 11:45am-12:05pm  
**310403W** Tues./Thurs., May 13, 10-10:20am  
**310403X** Tues./Thurs., May 13, 11:45am-12:05pm  
**310403Y** Mon./Wed., Jun. 9, 4-4:20pm  
**310403Z** Mon./Wed., Jun. 9, 4:35-4:55pm  
**Ages 3 5 Sessions \$35**  
**310403AA** Mon., Apr. 21, 10-10:20am  
**310403BB** Mon., Apr. 21, 11:45am-12:05pm  
**310403CC** Mon./Wed., May 12, 4-4:20pm  
**310403DD** Mon./Wed., May 12, 4:35-4:55pm  
**310403EE** Tues./Thurs., Jun. 10, 10-10:20am  
**310403FF** Tues./Thurs., Jun. 10, 11:45am-12:05pm  
**Ages 3 4 Sessions \$28**  
**310403GG** Mon., Jun. 9, 10-10:20am  
**310403HH** Mon., Jun. 9, 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 & Fitness Center**  
**Ages 3yr 3mths-5 10 Sessions \$90**  
**310404A** Fri., Apr. 25, 4-4:30pm  
**310404B** Fri., Apr. 25, 5-5:30pm  
**310404C** Fri., Apr. 25, 5:35-6:05pm  
**Ages 3yr 3mths-5 9 Sessions \$81**  
**310404D** Tues., Apr. 22, 4-4:30pm  
**310404E** Tues., Apr. 22, 4:25-4:55pm  
**310404F** Tues., Apr. 22, 6:05-6:35pm  
**Ages 3yr 3mths-5 8 Sessions \$72**  
**310404G** Thurs., Apr. 24, 4-4:30pm  
**310404H** Thurs., Apr. 24, 4:25-4:55pm  
**310404I** Thurs., Apr. 24, 6:05-6:35pm



- 310404J** Sat., Apr. 26, 8:55-9:25am  
**310404K** Sat., Apr. 26, 11:55am-12:25pm  
**310404L** Sun., Apr. 27, 8:30-9am  
**310404M** Sun., Apr. 27, 9:30-10am  
**310404N** Sun., Apr. 27, 10:30-11am  
**Ages 3yr 3mths-5 6 Sessions \$54**  
**310404O** Mon./Wed., Apr. 21, 4-4:30pm  
**310404P** Mon./Wed., Apr. 21, 4:25-4:55pm  
**310404Q** Mon./Wed., Apr. 21, 5:45-6:15pm  
**310404R** Mon./Wed., Apr. 21, 6:10-6:40pm  
**310404S** Tues./Thurs., Apr. 22, 10:25-10:55am  
**310404T** Tues./Thurs., Apr. 22, 11-11:30am  
**310404U** Tues./Thurs., May 13, 10:25-10:55am  
**310404V** Tues./Thurs., May 13, 11-11:30am  
**310404W** Mon./Wed., Jun. 9, 4-4:30pm  
**310404X** Mon./Wed., Jun. 9, 4:25-4:55pm  
**310404Y** Mon./Wed., Jun. 9, 5:45-6:15pm  
**310404Z** Mon./Wed., Jun. 9, 6:10-6:40pm  
**Ages 3yr 3mths-5 5 Sessions \$45**  
**310404AA** Mon., Apr. 21, 10:25-10:55am  
**310404BB** Mon., Apr. 21, 11:35am-12:05pm  
**310404CC** Mon./Wed., May 12, 4-4:30pm  
**310404DD** Mon./Wed., May 12, 4:25-4:55pm  
**310404EE** Mon./Wed., May 12, 5:45-6:15pm  
**310404FF** Mon./Wed., May 12, 6:10-6:40pm  
**310404GG** Tues./Thurs., Jun. 10, 10:25-10:55am  
**310404HH** Tues./Thurs., Jun. 10, 11-11:30am  
**Ages 3yr 3mths-5 4 Sessions \$45**  
**310404II** Mon., Jun. 9, 10:25-10:55am  
**310404JJ** Mon., Jun. 9, 11:35am-12:05pm

## 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 & Fitness Center**  
**Ages 3yr 3mths-5 10 Sessions \$90**  
**310405A** Fri., Apr. 25, 4-4:30pm  
**310405B** Fri., Apr. 25, 6:30-7pm  
**Ages 3yr 3mths-5 9 Sessions \$81**  
**310405C** Tues., Apr. 22, 4-4:30pm  
**310405D** Tues., Apr. 22, 4:25-4:55pm  
**310405E** Tues., Apr. 22, 5:25-5:55pm  
**Ages 3yr 3mths-5 8 Sessions \$72**  
**310405F** Thurs., Apr. 24, 4-4:30pm  
**310405G** Thurs., Apr. 24, 4:25-4:55pm  
**310405H** Thurs., Apr. 24, 5:25-5:55pm  
**310405I** Sat., Apr. 26, 8:30-9am  
**310405J** Sat., Apr. 26, 9:55-10:25am  
**310405K** Sat., Apr. 26, 11:20-11:50am  
**310405L** Sun., Apr. 27, 8:30-9am  
**310405M** Sun., Apr. 27, 8:55-9:25am  
**310405N** Sun., Apr. 27, 9:50-10:20am  
**310405O** Sun., Apr. 27, 11:10-11:40am  
**310405P** Sun., Apr. 27, 12-12:30pm



## 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](http://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.



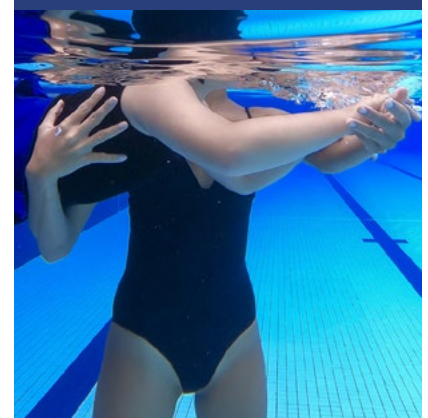
## Private Swim Lessons

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](mailto:privateswim@arlingtonva.us) or call 703.228.4747.

### Long Bridge Aquatics Center

Tots 3½+ [740301](tel:740301)  
 Youth [740302](tel:740302)  
 Adults [740304](tel:740304)



<b>Ages 3yr 3mths-5</b>	<b>6 Sessions</b>	<b>\$54</b>
<a href="#">310405Q</a> Mon./Wed., Apr. 21, 4-4:30pm		
<a href="#">310405R</a> Mon./Wed., Apr. 21, 5-5:30pm		
<a href="#">310405S</a> Tues./Thurs., Apr. 22, 11:35am-12:05pm		
<a href="#">310405T</a> Tues./Thurs., May 13, 11:35am-12:05pm		
<a href="#">310405U</a> Mon./Wed., Jun. 9, 4-4:30pm		
<a href="#">310405V</a> Mon./Wed., Jun. 9, 5-5:30pm		
<b>Ages 3yr 3mths-5</b>	<b>5 Sessions</b>	<b>\$45</b>
<a href="#">310405W</a> Mon., Apr. 21, 11-11:30am		
<a href="#">310405X</a> Mon./Wed., May 12, 4-4:30pm		
<a href="#">310405Y</a> Mon./Wed., May 12, 5-5:30pm		
<a href="#">310405Z</a> Tues./Thurs., Jun. 10, 11:35am-12:05pm		
<b>Ages 3yr 3mths-5</b>	<b>4 Sessions</b>	<b>\$36</b>
<a href="#">310405AA</a> Mon., Jun. 9, 11-11:30am		

### 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 3yr 3mths-5</b>	<b>10 Sessions</b>	<b>\$90</b>
<a href="#">310406A</a> Fri., Apr. 25, 4:45-5:15pm		
<b>Ages 3yr 3mths-5</b>	<b>9 Sessions</b>	<b>\$81</b>
<a href="#">310406B</a> Tues., Apr. 22, 4:35-5:05pm		
<a href="#">310406C</a> Tues., Apr. 22, 5:55-6:25pm		
<a href="#">310406D</a> Tues., Apr. 22, 6:40-7:10pm		
<b>Ages 3yr 3mths-5</b>	<b>8 Sessions</b>	<b>\$72</b>
<a href="#">310406E</a> Thurs., Apr. 24, 4:35-5:05pm		
<a href="#">310406F</a> Thurs., Apr. 24, 5:55-6:25pm		
<a href="#">310406G</a> Thurs., Apr. 24, 6:40-7:10pm		
<a href="#">310406H</a> Sat., Apr. 26, 9:50-10:20am		
<a href="#">310406I</a> Sat., Apr. 26, 12-12:30pm		
<a href="#">310406J</a> Sun., Apr. 27, 9:50-10:20am		
<a href="#">310406K</a> Sun., Apr. 27, 10:50-11:20am		
<a href="#">310406L</a> Sun., Apr. 27, 11:50am-12:20pm		
<b>Ages 3yr 3mths-5</b>	<b>6 Sessions</b>	<b>\$54</b>
<a href="#">310406M</a> Mon./Wed., Apr. 21, 4-4:30pm		
<a href="#">310406N</a> Mon./Wed., Apr. 21, 5:35-6:05pm		
<a href="#">310406O</a> Mon./Wed., Jun. 9, 4-4:30pm		
<a href="#">310406P</a> Mon./Wed., Jun. 9, 5:35-6:05pm		
<b>Ages 3yr 3mths-5</b>	<b>5 Sessions</b>	<b>\$45</b>
<a href="#">310406Q</a> Mon./Wed., May 12, 4-4:30pm		
<a href="#">310406R</a> Mon./Wed., May 12, 5:35-6:05pm		

### Fin 4

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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 4½-6</b>	<b>10 Sessions</b>	<b>\$90</b>
<a href="#">310407A</a> Fri., Apr. 25, 4:45-5:15pm		
<b>Ages 4½-6</b>	<b>9 Sessions</b>	<b>\$81</b>
<a href="#">310407B</a> Tues., Apr. 22, 4-4:30pm		
<a href="#">310407C</a> Tues., Apr. 22, 7:20-7:50pm		
<b>Ages 4½-6</b>	<b>8 Sessions</b>	<b>\$72</b>
<a href="#">310407D</a> Thurs., Apr. 24, 4-4:30pm		
<a href="#">310407E</a> Thurs., Apr. 24, 7:20-7:50pm		
<a href="#">310407F</a> Sat., Apr. 26, 10:50-11:20am		
<a href="#">310407G</a> Sun., Apr. 27, 11:10-11:40am		
<b>Ages 4½-6</b>	<b>6 Sessions</b>	<b>\$54</b>
<a href="#">310407H</a> Mon./Wed., Apr. 21, 4-4:30pm		
<a href="#">310407I</a> Mon./Wed., Jun. 9, 4-4:30pm		
<a href="#">310407J</a> Mon./Wed., Apr. 21, 6:20-6:50pm		
<a href="#">310407K</a> Mon./Wed., Jun. 9, 6:20-6:50pm		



<b>Ages 4½-6</b>	<b>5 Sessions</b>	<b>\$45</b>
<a href="#">310407L</a> Mon./Wed., May 12, 4-4:30pm		
<a href="#">310407M</a> Mon./Wed., May 12, 6:20-6:50pm		

## 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 6-12</b>	<b>10 Sessions</b>	<b>\$110</b>
<a href="#">320400A</a> Fri., Apr. 25, 5:10-5:50pm		
<a href="#">320400B</a> Fri., Apr. 25, 6:10-6:50pm		
<b>Ages 6-12</b>	<b>9 Sessions</b>	<b>\$99</b>
<a href="#">320400C</a> Tues., Apr. 22, 5:10-5:50pm		
<a href="#">320400D</a> Tues., Apr. 22, 6:40-7:20pm		
<b>Ages 6-12</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">320400E</a> Thurs., Apr. 24, 5:10-5:50pm		
<a href="#">320400F</a> Thurs., Apr. 24, 6:40-7:20pm		
<a href="#">320400G</a> Sat., Apr. 26, 10:35-11:15am		
<a href="#">320400H</a> Sat., Apr. 26, 11:15-11:55am		
<a href="#">320400I</a> Sun., Apr. 27, 9:05-9:45am		
<a href="#">320400J</a> Sun., Apr. 27, 10:05-10:45am		
<a href="#">320400K</a> Sun., Apr. 27, 11:25am-12:05pm		
<b>Ages 6-12</b>	<b>6 Sessions</b>	<b>\$66</b>
<a href="#">320400L</a> Mon./Wed., Apr. 21, 5-5:40pm		
<a href="#">320400M</a> Mon./Wed., Apr. 21, 6:25-7:05pm		
<a href="#">320400N</a> Mon./Wed., Jun. 9, 5-5:40pm		
<a href="#">320400O</a> Mon./Wed., Jun. 9, 6:25-7:05pm		
<b>Ages 6-12</b>	<b>5 Sessions</b>	<b>\$55</b>
<a href="#">320400P</a> Mon./Wed., May 12, 5-5:40pm		
<a href="#">320400Q</a> Mon./Wed., May 12, 6:25-7:05pm		

### 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 6-12</b>	<b>10 Sessions</b>	<b>\$110</b>
<a href="#">320401A</a> Fri., Apr. 25, 4-4:40pm		
<a href="#">320401B</a> Fri., Apr. 25, 5:20-6pm		
<b>Ages 6-12</b>	<b>9 Sessions</b>	<b>\$99</b>
<a href="#">320401C</a> Tues., Apr. 22, 4:35-5:15pm		
<a href="#">320401D</a> Tues., Apr. 22, 6:35-7:15pm		
<b>Ages 6-12</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">320401E</a> Thurs., Apr. 24, 4:35-5:15pm		
<a href="#">320401F</a> Thurs., Apr. 24, 6:35-7:15pm		
<a href="#">320401G</a> Sat., Apr. 26, 9:05-9:45am		
<a href="#">320401H</a> Sat., Apr. 26, 10:25-11:05am		
<a href="#">320401I</a> Sun., Apr. 27, 9:05-9:45am		
<a href="#">320401J</a> Sun., Apr. 27, 10:30-11:10am		
<a href="#">320401K</a> Sun., Apr. 27, 11:15-11:55am		
<b>Ages 6-12</b>	<b>6 Sessions</b>	<b>\$66</b>
<a href="#">320401L</a> Mon./Wed., Apr. 21, 6:10-6:50pm		
<a href="#">320401M</a> Mon./Wed., Apr. 21, 7-7:40pm		
<a href="#">320401N</a> Mon./Wed., Apr. 21, 7:10-7:50pm		
<a href="#">320401O</a> Mon./Wed., Jun. 9, 6:10-6:50pm		
<a href="#">320401P</a> Mon./Wed., Jun. 9, 7-7:40pm		
<a href="#">320401Q</a> Mon./Wed., Jun. 9, 7:10-7:50pm		
<b>Ages 6-12</b>	<b>5 Sessions</b>	<b>\$55</b>
<a href="#">320401R</a> Mon./Wed., May 12, 6:10-6:50pm		
<a href="#">320401S</a> Mon./Wed., May 12, 7-7:40pm		
<a href="#">320401T</a> Mon./Wed., May 12, 7:10-7:50pm		

### 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 6-12</b>	<b>10 Sessions</b>	<b>\$110</b>
<a href="#">320402A</a> Fri., Apr. 25, 4-4:40pm		
<a href="#">320402B</a> Fri., Apr. 25, 5:20-6pm		
<a href="#">320402C</a> Fri., Apr. 25, 5:55-6:35pm		
<b>Ages 6-12</b>	<b>9 Sessions</b>	<b>\$99</b>
<a href="#">320402D</a> Tues., Apr. 22, 4:35-5:15pm		
<a href="#">320402E</a> Tues., Apr. 22, 5:20-6pm		
<a href="#">320402F</a> Tues., Apr. 22, 6:10-6:50pm		
<a href="#">320402G</a> Tues., Apr. 22, 7:15-7:55pm		



**Ages 6–12** **8 Sessions** **\$88**  
**320402H** Thurs., Apr. 24, 4:35–5:15pm  
**320402I** Thurs., Apr. 24, 5:20–6pm  
**320402J** Thurs., Apr. 24, 6:10–6:50pm  
**320402K** Thurs., Apr. 24, 7:15–7:55pm  
**320402L** Sat., Apr. 26, 8:30–9:10am  
**320402M** Sat., Apr. 26, 10–10:40am  
**320402N** Sat., Apr. 26, 10:05–10:45am  
**320402O** Sat., Apr. 26, 11:25am–12:05pm  
**320402P** Sun., Apr. 27, 8:30–9:10am  
**320402Q** Sun., Apr. 27, 10:25–11:05am  
**320402R** Sun., Apr. 27, 11:05–11:45am

**Ages 6–12** **6 Sessions** **\$66**  
**320402S** Mon./Wed., Apr. 21, 4:35–5:15pm  
**320402T** Mon./Wed., Apr. 21, 5:25–6:05pm  
**320402U** Mon./Wed., Jun. 9, 4:35–5:15pm  
**320402V** Mon./Wed., Jun. 9, 5:25–6:05pm  
**Ages 6–12** **5 Sessions** **\$55**  
**320402W** Mon./Wed., May 12, 4:35–5:15pm  
**320402X** Mon./Wed., May 12, 5:25–6:05pm

### 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 & Fitness Center**  
**Ages 6–12** **9 Sessions** **\$99**  
**320403A** Tues., Apr. 22, 6:05–6:45pm  
**320403B** Tues., Apr. 22, 6:55–7:35pm

**Ages 6–12** **8 Sessions** **\$88**  
**320403C** Thurs., Apr. 24, 6:05–6:45pm  
**320403D** Thurs., Apr. 24, 6:55–7:35pm  
**320403E** Sat., Apr. 26, 8:30–9:10am  
**320403F** Sat., Apr. 26, 9:15–9:55am  
**320403G** Sun., Apr. 27, 9:15–9:55am  
**320403H** Sun., Apr. 27, 10:20–11am  
**320403I** Sun., Apr. 27, 11:50am–12:30pm



**Ages 6–12** **6 Sessions** **\$66**  
**320403J** Mon./Wed., Apr. 21, 5:20–6pm  
**320403K** Mon./Wed., Apr. 21, 6:55–7:35pm  
**320403L** Mon./Wed., Jun. 9, 5:20–6pm  
**320403M** Mon./Wed., Jun. 9, 6:55–7:35pm  
**Ages 6–12** **5 Sessions** **\$55**  
**320403N** Mon./Wed., May 12, 5:20–6pm  
**320403O** Mon./Wed., May 12, 6:55–7:35pm

### 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 & Fitness Center**  
**Ages 6–12** **9 Sessions** **\$99**  
**320404A** Tues., Apr. 22, 5:20–6pm  
**320404B** Tues., Apr. 22, 6:55–7:35pm

**Ages 6–12** **8 Sessions** **\$88**  
**320404C** Thurs., Apr. 24, 5:20–6pm  
**320404D** Thurs., Apr. 24, 6:55–7:35pm  
**320404E** Sat., Apr. 26, 9:15–9:55am  
**320404F** Sat., Apr. 26, 11:50am–12:30pm  
**320404G** Sun., Apr. 27, 9:30–10:10am

**Ages 6–12** **6 Sessions** **\$66**  
**320404H** Mon./Wed., Apr. 21, 4:35–5:15pm  
**320404I** Mon./Wed., Jun. 9, 4:35–5:15pm  
**Ages 6–12** **5 Sessions** **\$55**  
**320404J** Mon./Wed., May 12, 4:35–5:15pm

### 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 & Fitness Center**  
**Ages 8–14** **9 Sessions** **\$108**  
**320405A** Tues., Apr. 22, 7:40–8:35pm

**Ages 8–14** **8 Sessions** **\$96**  
**320405B** Thurs., Apr. 24, 7:40–8:35pm  
**320405C** Sat., Apr. 26, 10:45–11:40am  
**320405D** Sun., Apr. 27, 8:30–9:25am

**Ages 8–14** **6 Sessions** **\$72**  
**320405E** Mon./Wed., Apr. 21, 6:10–7:05pm  
**320405F** Mon./Wed., Jun. 9, 6:10–7:05pm  
**Ages 8–14** **5 Sessions** **\$60**  
**320405G** Mon./Wed., May 12, 6:10–7:05pm

### 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 & Fitness Center**  
**Ages 6–12** **8 Sessions** **\$88**  
**320406A** Sun., Apr. 27, 3:15–3:55pm



### 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 & Fitness Center**  
**Ages 6–12** **8 Sessions** **\$88**  
**320407A** Sun., Apr. 27, 4:10–4:50pm

### Youth 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 & Fitness Center**  
**Ages 6–12** **8 Sessions** **\$88**  
**320408A** Sun., Apr. 27, 4:55–5:35pm

### TEEN

### Teen Intermediate

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

**Long Bridge Aquatics & Fitness Center**  
**Ages 13–19** **6 Sessions** **\$66**  
**330401A** Mon./Wed., Apr. 21, 7:55–8:35pm  
**330401B** Mon./Wed., Jun. 9, 7:55–8:35pm  
**Ages 13–19** **5 Sessions** **\$55**  
**330401C** Mon./Wed., May 12, 7:55–8:35pm



## YOUTH / TEEN / ADULT

### Youth/Teen/Adult Diving

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

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 6-Adult</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">340405A</a>	Sun., Apr. 27, 5:40-6:20pm	
<b>Ages 6-Adult</b>	<b>6 Sessions</b>	<b>\$72</b>
<a href="#">340405B</a>	Mon./Wed., Apr. 21, 8:05-9pm	
<a href="#">340405C</a>	Mon./Wed., Jun. 9, 8:05-9pm	
<b>Ages 6-Adult</b>	<b>5 Sessions</b>	<b>\$60</b>
<a href="#">340405D</a>	Mon./Wed., May 12, 8:05-9pm	
<b>Ages Adults</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">340405E</a>	Sun., Apr. 27, 2:30-3:10pm	
<b>Ages Adults</b>	<b>6 Sessions</b>	<b>\$66</b>
<a href="#">340405F</a>	Tues./Thurs., Apr. 22, 6:45-8am	
<a href="#">340405G</a>	Tues./Thurs., May 13, 6:45-8am	
<b>Ages Adults</b>	<b>5 Sessions</b>	<b>\$66</b>
<a href="#">340405H</a>	Tues./Thurs., Jun. 10, 6:45-8am	

### Teen/Adult Beginner

This class is for 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 13-Adult</b>	<b>10 Sessions</b>	<b>\$110</b>
<a href="#">340400A</a>	Fri., Apr. 25, 5:35-6:15pm	
<a href="#">340400B</a>	Fri., Apr. 25, 6:05-6:45pm	
<b>Ages 13-Adult</b>	<b>9 Sessions</b>	<b>\$99</b>
<a href="#">340400C</a>	Tues., Apr. 22, 7:25-8:05pm	
<a href="#">340400D</a>	Tues., Apr. 22, 7:55-8:35pm	
<b>Ages 13-Adult</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">340400E</a>	Thurs., Apr. 24, 7:25-8:05pm	
<a href="#">340400F</a>	Thurs., Apr. 24, 7:55-8:35pm	
<a href="#">340400G</a>	Sat., Apr. 26, 11:20am-12pm	
<a href="#">340400H</a>	Sun., Apr. 27, 11:20am-12pm	
<b>Ages 13-Adult</b>	<b>6 Sessions</b>	<b>\$66</b>
<a href="#">340400I</a>	Mon./Wed., Apr. 21, 6:50-7:20pm	
<a href="#">340400J</a>	Mon./Wed., Apr. 21, 7:40-8:20pm	
<a href="#">340400K</a>	Mon./Wed., Apr. 21, 7:55-8:35pm	
<a href="#">340400L</a>	Mon./Wed., Jun. 9, 6:50-7:20pm	
<a href="#">340400M</a>	Mon./Wed., Jun. 9, 7:40-8:20pm	
<a href="#">340400N</a>	Mon./Wed., Jun. 9, 7:55-8:35pm	

<b>Ages 13-Adult</b>	<b>5 Sessions</b>	<b>\$55</b>
<a href="#">340400O</a>	Mon./Wed., May 12, 6:50-7:20pm	
<a href="#">340400P</a>	Mon./Wed., May 12, 7:40-8:20pm	
<a href="#">340400Q</a>	Mon./Wed., May 12, 7:55-8:35pm	

### Teen/Adult Advanced Beginner

This class is for 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 13-Adult</b>	<b>10 Sessions</b>	<b>\$110</b>
<a href="#">340401A</a>	Fri., Apr. 25, 6:20-7pm	
<b>Ages 13-Adult</b>	<b>9 Sessions</b>	<b>\$99</b>
<a href="#">340401B</a>	Tues., Apr. 22, 8-8:40pm	
<b>Ages 13-Adult</b>	<b>8 Sessions</b>	<b>\$88</b>
<a href="#">340401C</a>	Thurs., Apr. 24, 8-8:40pm	
<a href="#">340401D</a>	Sat., Apr. 26, 10:35-11:15am	
<a href="#">340401E</a>	Sun., Apr. 27, 10:35-11:15am	
<b>Ages 13-Adult</b>	<b>6 Sessions</b>	<b>\$66</b>
<a href="#">340401F</a>	Mon./Wed., Apr. 21, 7:10-7:50pm	
<a href="#">340401G</a>	Mon./Wed., Apr. 21, 7:35-8:15pm	
<a href="#">340401H</a>	Mon./Wed., Jun. 9, 7:10-7:50pm	
<a href="#">340401I</a>	Mon./Wed., Jun. 9, 7:35-8:15pm	
<b>Ages 13-Adult</b>	<b>5 Sessions</b>	<b>\$55</b>
<a href="#">340401J</a>	Mon./Wed., May 12, 7:10-7:50pm	
<a href="#">340401K</a>	Mon./Wed., May 12, 7:35-8:15pm	

### Teen/Adult Intermediate

This class is for 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages 13-Adult</b>	<b>9 Sessions</b>	<b>\$108</b>
<a href="#">340402A</a>	Tues., Apr. 22, 7:40-8:35pm	
<b>Ages 13-Adult</b>	<b>8 Sessions</b>	<b>\$96</b>
<a href="#">340402B</a>	Thurs., Apr. 24, 7:40-8:35pm	
<a href="#">340402C</a>	Sat., Apr. 26, 9:30-10:25am	
<a href="#">340402D</a>	Sun., Apr. 27, 8:30-9:25am	

## ADULT

### 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.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages Adults</b>	<b>8 Sessions</b>	<b>\$96</b>
<a href="#">340404A</a>	Sat., Apr. 26, 8:30-9:25am	
<a href="#">340404B</a>	Sun., Apr. 27, 9:30-10:25am	
<b>Ages Adults</b>	<b>6 Sessions</b>	<b>\$72</b>
<a href="#">340404C</a>	Mon./Wed., Apr. 21, 7:45-8:40pm	
<a href="#">340404D</a>	Tues./Thurs., Apr. 22, 7-7:55am	
<a href="#">340404E</a>	Tues./Thurs., May 13, 7-7:55am	
<a href="#">340404F</a>	Mon./Wed., Jun. 9, 7:45-8:40pm	
<b>Ages Adults</b>	<b>5 Sessions</b>	<b>\$60</b>
<a href="#">340404G</a>	Mon./Wed., May 12, 7:45-8:40pm	
<a href="#">340404H</a>	Tues./Thurs., Jun. 10, 7-7:55am	

### Aqua Cycle

This deep-water class is a great interval workout in the pool. Try a high-energy, no-impact workout for adults. "Use your noodle" in class to "cycle" around the pool. This class incorporates upper and lower body muscles simultaneously.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$120</b>
<a href="#">340409A</a>	Tues., Apr. 22, 10-10:55am	



### Aqua Tabata

This High intensity interval Training or (Hiit) program is adapted for water use from the land version with the same name. This program combines simple athletic moves with intense intervals to burn calories and increase aerobic exercise levels.

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages Adults</b>	<b>10 Sessions</b>	<b>\$120</b>
<a href="#">340410A</a>	Tues., Apr. 22, 11-11:55am	

### Cardio Deep Water Combo

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

<b>Long Bridge Aquatics &amp; Fitness Center</b>		
<b>Ages Adults</b>	<b>8 Sessions</b>	<b>\$96</b>
<a href="#">340408A</a>	Sat., Apr. 26, 9:05-10am	



**Ages Adults** **6 Sessions** **\$72**  
**340408B** Mon./Wed., Apr. 21, 7:15–8:10pm  
**340408C** Mon./Wed., Jun. 9, 7:15–8:10pm  
**Ages Adults** **5 Sessions** **\$60**  
**340408D** Mon./Wed., May 12, 7:15–8:10pm

## Deep Aqua Fitness

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

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **6 Sessions** **\$72**  
**340407A** Tues./Thurs., Apr. 22, 8–8:55am  
**340407B** Tues./Thurs., May 13, 8–8:55am  
**Ages Adults** **5 Sessions** **\$60**  
**340407C** Tues./Thurs., Jun. 10, 8–8:55am



## Pre-Natal Aqua Fitness

Say good-bye to the myth of the “delicate” condition and hello to pregnancy in the 21st century! Current research shows that women can safely exercise and maintain their fitness levels during the prenatal period with both short- and long-term benefits for moms-to-be and their unborn children. This specialty class will give mothers-to-be a full body workout without the stress from land exercise.

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **10 Sessions** **\$120**  
**340412A** Fri., Apr. 25, 10:05–11am

## 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 & Fitness Center**  
**Ages Adults** **8 Sessions** **\$96**  
**340406A** Sat., Apr. 26, 7:30–8:25am  
**Ages Adults** **6 Sessions** **\$72**  
**340406B** Tues./Thurs., Apr. 22, 9–9:55am  
**340406C** Tues./Thurs., May 13, 9–9:55am  
**Ages Adults** **5 Sessions** **\$60**  
**340406D** Tues./Thurs., Jun. 10, 9–9:55am

## S'WET

This class is a lower impact, higher intensity class designed to challenge seasoned aqua fitness participants or individuals looking to add a new workout to their fitness routine.

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **9 Sessions** **\$108**  
**340419A** Fri., Apr. 25, 8–8:55am  
**340419B** Fri., Apr. 25, 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 Sports & Fitness Center**  
**Ages 1** **8 Sessions** **\$100**  
**310500A** Tues., Apr. 22, 9:30–10:15am

#### 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 Sports & Fitness Center**  
**Ages 1½–5** **8 Sessions** **\$100**  
**310501A** Tues., Apr. 22, 10:30–11:15am  
**310501B** Tues., Apr. 22, 1–1:45pm  
**310501C** Wed., Apr. 23, 1–1:45pm  
**310501D** Thurs., Apr. 24, 9:30–10:15am  
**310501E** Thurs., Apr. 24, 1–1:45pm

**Ages 1½–5** **7 Sessions** **\$88**  
**310501F** Mon., Apr. 21, 2–2:45pm  
**310501G** Mon., Apr. 21, 10:30–11:15am  
**310501H** Fri., Apr. 25, 9:30–10:15am  
**310501I** Fri., Apr. 25, 2–2:45pm  
**310501J** Sat., Apr. 26, 8:30–9:15am

**Ages 1½–5** **6 Sessions** **\$75**  
**310501K** Sun., Apr. 27, 1–1:45pm

**Barcroft Sports & Fitness Center**  
**Ages 3** **8 Sessions** **\$100**  
**310503A** Tues., Apr. 22, 2–2:45pm  
**310503B** Tues., Apr. 22, 10:30–11:15am  
**310503C** Tues., Apr. 22, 1–1:45pm  
**310503D** Wed., Apr. 23, 9:30–10:15am  
**310503E** Wed., Apr. 23, 1–1:45pm  
**310503F** Wed., Apr. 23, 2–2:45pm  
**310503G** Thurs., Apr. 24, 11:30am–12:15pm  
**310503H** Thurs., Apr. 24, 2–2:45pm

#### 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 Sports & Fitness Center**  
**Ages 1½–2** **8 Sessions** **\$100**  
**310502A** Tues., Apr. 22, 9:30–10:15am  
**310502B** Tues., Apr. 22, 11:30am–12:15pm  
**310502C** Wed., Apr. 23, 10:30–11:15am



**310502D** Wed., Apr. 23, 1–1:45pm  
**310502E** Thurs., Apr. 24, 2–2:45pm  
**310502F** Thurs., Apr. 24, 11:30am–12:15pm  
**Ages 1½–2** **7 Sessions** **\$88**  
**310502G** Mon., Apr. 21, 9:30–10:15am  
**310502H** Fri., Apr. 25, 11:30am–12:15pm  
**Ages 1½–2** **6 Sessions** **\$75**  
**310502I** Sun., Apr. 27, 12–12:45pm

### TOT

#### Tumbling for 3's

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

**Barcroft Sports & Fitness Center**  
**Ages 3** **8 Sessions** **\$100**  
**310503A** Tues., Apr. 22, 2–2:45pm  
**310503B** Tues., Apr. 22, 10:30–11:15am  
**310503C** Tues., Apr. 22, 1–1:45pm  
**310503D** Wed., Apr. 23, 9:30–10:15am  
**310503E** Wed., Apr. 23, 1–1:45pm  
**310503F** Wed., Apr. 23, 2–2:45pm  
**310503G** Thurs., Apr. 24, 11:30am–12:15pm  
**310503H** Thurs., Apr. 24, 2–2:45pm  
**Ages 3** **7 Sessions** **\$88**  
**310503I** Mon., Apr. 21, 11:30am–12:15pm  
**310503J** Mon., Apr. 21, 2–2:45pm  
**310503K** Fri., Apr. 25, 10:30–11:15am  
**310503L** Fri., Apr. 25, 1–1:45pm  
**310503M** Sat., Apr. 26, 9:30–10:15am  
**310503N** Sat., Apr. 26, 10:30–11:15am



## Attention Arlington Gymnastics Participants:

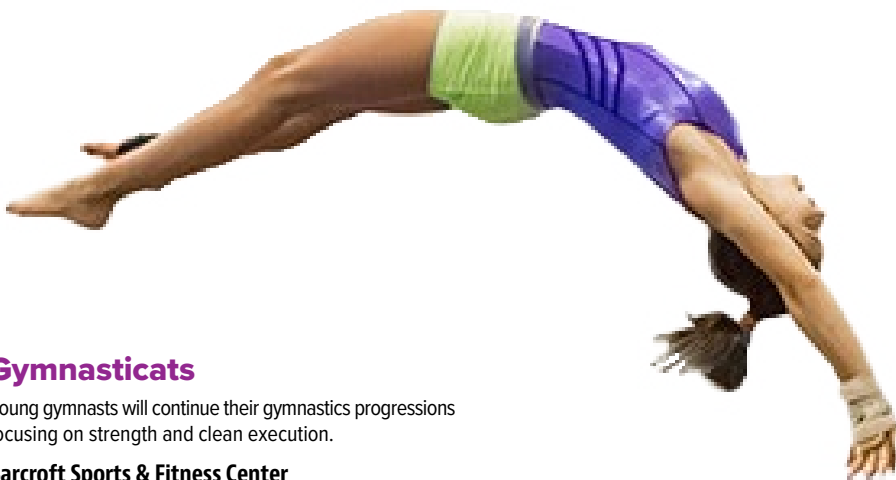
Please review the chart below to determine the appropriate class for your child. Visit our [website](#) for specific class descriptions. If you have questions, please contact us at: [gymnastics@arlingtonva.us](mailto:gymnastics@arlingtonva.us)

### 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
Gymnasticats	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



## Gymnasticats

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

### Barcroft Sports & Fitness Center

**Ages 4 8 Sessions \$100**  
**310505A** Tues., Apr. 22, 11:30am-12:15pm  
**310505B** Tues., Apr. 22, 1–1:45pm  
**310505C** Tues., Apr. 22, 2–2:45pm  
**310505D** Wed., Apr. 23, 11:30am-12:15pm  
**310505E** Wed., Apr. 23, 2–2:45pm  
**310505F** Wed., Apr. 23, 3–3:45pm  
**310505G** Thurs., Apr. 24, 10:30–11:15am  
**310505H** Thurs., Apr. 24, 1–1:45pm  
**310505I** Thurs., Apr. 24, 3–3:45pm

**Ages 4 7 Sessions \$88**  
**310505J** Mon., Apr. 21, 1–1:45pm  
**310505K** Mon., Apr. 21, 3–3:45pm  
**310505L** Fri., Apr. 25, 2–2:45pm  
**310505M** Sat., Apr. 26, 9:30–10:15am  
**310505N** Sat., Apr. 26, 10:30–11:15am

## YOUTH

### Junior Gymnast

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

### Barcroft Sports & Fitness Center

**Ages 5 8 Sessions \$100**  
**310506A** Wed., Apr. 23, 4–4:45pm  
**310506B** Thurs., Apr. 24, 3–3:45pm

**Ages 5 7 Sessions \$88**  
**310506C** Mon., Apr. 21, 4–4:45pm

## Gymnastics: 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 Sports & Fitness Center

**Ages 5–6 8 Sessions \$144**  
**320500A** Wed., Apr. 23, 4:15–5:15pm  
**320500B** Wed., Apr. 23, 5:30–6:30pm  
**320500C** Thurs., Apr. 24, 4:15–5:15pm

**Ages 5–6 7 Sessions \$126**  
**320500D** Mon., Apr. 21, 4:15–5:15pm  
**320500E** Mon., Apr. 21, 5:30–6:30pm  
**320500F** Fri., Apr. 25, 4:30–5:30pm  
**320500G** Sat., Apr. 26, 12:30–1:30pm

**Ages 5–6 6 Sessions \$108**  
**320500H** Sun., Apr. 27, 2:15–3:15pm  
**320500I** Sun., Apr. 27, 3:30–4:30pm

**Ages 7–8 8 Sessions \$144**  
**320500J** Tues., Apr. 22, 4:30–5:30pm  
**320500K** Wed., Apr. 23, 4:15–5:15pm  
**320500L** Thurs., Apr. 24, 4:15–5:15pm  
**320500M** Thurs., Apr. 24, 5:30–6:30pm

**Ages 7–8 7 Sessions \$126**  
**320500N** Mon., Apr. 21, 5:30–6:30pm  
**320500O** Fri., Apr. 25, 5:45–6:45pm  
**320500P** Sat., Apr. 26, 1:45–2:45pm

**Ages 7–8 6 Sessions \$108**  
**320500Q** Sun., Apr. 27, 3:30–4:30pm



## 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.](#)



## Did you know?

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



<b>Ages 9-12</b>	<b>8 Sessions</b>	<b>\$144</b>
<a href="#">320500R</a> Tues., Apr. 22, 4:30-5:30pm		
<a href="#">320500S</a> Thurs., Apr. 24, 6:45-7:45pm		
<b>Ages 9-12</b>	<b>7 Sessions</b>	<b>\$126</b>
<a href="#">320500T</a> Mon., Apr. 21, 6:45-7:45pm		
<b>Ages 9-12</b>	<b>6 Sessions</b>	<b>\$108</b>
<a href="#">320500U</a> Sat., Apr. 26, 3-4pm		
<a href="#">320500V</a> Sat., Apr. 26, 4:15-5:15pm		
<a href="#">320500W</a> Sun., Apr. 27, 4:45-5:45pm		

## Gymnastics: Girls Level 2

Participants are introduced to intermediate 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.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 6-8</b>	<b>8 Sessions</b>	<b>\$160</b>
<a href="#">320502A</a> Tues., Apr. 22, 5:45-7:15pm		
<a href="#">320502B</a> Wed., Apr. 23, 5:30-7pm		
<a href="#">320502C</a> Thurs., Apr. 24, 5:30-7pm		
<b>Ages 6-8</b>	<b>7 Sessions</b>	<b>\$140</b>
<a href="#">320502D</a> Mon., Apr. 21, 5:30-7pm		
<b>Ages 9-12</b>	<b>8 Sessions</b>	<b>\$160</b>
<a href="#">320502E</a> Tues., Apr. 22, 5:45-7:15pm		
<a href="#">320502F</a> Wed., Apr. 23, 6:45-8:15pm		
<b>Ages 9-12</b>	<b>7 Sessions</b>	<b>\$140</b>
<a href="#">320502G</a> Mon., Apr. 21, 6:45-8:15pm		
<a href="#">320502H</a> Fri., Apr. 25, 7-8:30pm		

## 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.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 7-13</b>	<b>8 Sessions</b>	<b>\$216</b>
<a href="#">320504A</a> Thurs., Apr. 24, 5:30-7:30pm		
<b>Ages 7-13</b>	<b>6 Sessions</b>	<b>\$162</b>
<a href="#">320504B</a> Sat., Apr. 26, 3-5pm		

## Gymnastics: 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.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 5-7</b>	<b>8 Sessions</b>	<b>\$144</b>
<a href="#">320511A</a> Tues., Apr. 22, 4:30-5:30pm		
<a href="#">320511B</a> Wed., Apr. 23, 5:30-6:30pm		
<a href="#">320511C</a> Thurs., Apr. 24, 4:15-5:15pm		
<b>Ages 5-7</b>	<b>7 Sessions</b>	<b>\$126</b>
<a href="#">320511D</a> Fri., Apr. 25, 4:30-5:30pm		
<a href="#">320511E</a> Sat., Apr. 26, 12:30-1:30pm		
<b>Ages 5-7</b>	<b>6 Sessions</b>	<b>\$108</b>
<a href="#">320511F</a> Sun., Apr. 27, 2:15-3:15pm		
<b>Ages 8-12</b>	<b>8 Sessions</b>	<b>\$144</b>
<a href="#">320511G</a> Tues., Apr. 22, 5:45-6:45pm		
<a href="#">320511H</a> Wed., Apr. 23, 6:45-7:45pm		
<b>Ages 8-12</b>	<b>7 Sessions</b>	<b>\$126</b>
<a href="#">320511I</a> Fri., Apr. 25, 5:45-6:45pm		
<a href="#">320511J</a> Sat., Apr. 26, 1:45-2:45pm		

## Gymnastics: 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 intermediate skills. Participants must complete an evaluation or be recommended by an instructor. Pre-requisite: Boys Level 1.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 6-12</b>	<b>7 Sessions</b>	<b>\$140</b>
<a href="#">320513A</a> Fri., Apr. 25, 7-8:30pm		

## Gymnastics: Home School

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



and supportive environment while gaining strength, flexibility and self-confidence.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 5-7</b>	<b>7 Sessions</b>	<b>\$88</b>
<a href="#">320515A</a> Mon., Apr. 21, 1-1:45pm		
<b>Ages 8-12</b>	<b>7 Sessions</b>	<b>\$88</b>
<a href="#">320515B</a> Fri., Apr. 25, 1-1:45pm		

## TEEN

### Teen Gymnastics

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

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 13-17</b>	<b>8 Sessions</b>	<b>\$150</b>
<a href="#">330500A</a> Wed., Apr. 23, 7:15-8:30pm		

## 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.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 18-74</b>	<b>8 Sessions</b>	<b>\$150</b>
<a href="#">340500A</a> Tues., Apr. 22, 7:30-8:45pm		
<b>Ages 18-74</b>	<b>7 Sessions</b>	<b>\$132</b>
<a href="#">340500B</a> Mon., Apr. 21, 7:15-8:30pm		

### 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.

<b>Barcroft Sports &amp; Fitness Center</b>		
<b>Ages 18-74</b>	<b>8 Sessions</b>	<b>\$150</b>
<a href="#">340501A</a> Thurs., Apr. 24, 7:30-8:45pm		

## Reduced Fees are available!

Be sure to apply before registration begins!

Arlington has resources to help keep residents of all incomes and abilities participating in our programs and classes. For more information refer to [page 54](#)

## Instructors Needed!

Interested in becoming an instructor for Arlington County Parks and Recreation? Contact [LReid1@arlingtonva.us](mailto: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](mailto:LReid1@arlingtonva.us).

## INDIVIDUALS WITH DISABILITIES



### ARTS

#### Adapted Beginner Art

In this engaging introductory program, participants will explore a variety of materials and techniques to create vibrant, dynamic artwork. Designed for individuals with disabilities, this program encourages creative expression and offers the chance to use unconventional art materials in fresh, imaginative ways. You will experiment with unique art forms like papermaking, brush painting, collage, and crafting with recycled materials, all presented through exciting, theme-based projects. Let your creativity shine! Inst.: Frazier

**Lubber Run Center**

**Ages 13-Adult** **8 Sessions** **\$77**  
[302005A](#) Tues., Apr. 22, 5:30–6:30pm

### 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 & Fitness Center**

**Ages 2½–4** **8 Sessions** **\$72**  
[310411A](#) Sun., Apr. 27, 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 & Fitness Center**

**Ages 3yr 3mths-5** **8 Sessions** **\$72**  
[310412A](#) Sun., Apr. 27, 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 & Fitness Center**

**Ages 6–12** **8 Sessions** **\$72**  
[320411A](#) Sun., Apr. 27, 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 & Fitness Center**

**Ages 13-Adult** **8 Sessions** **\$72**  
[340415A](#) Sun., Apr. 27, 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 & Fitness Center**

**Ages 3-Adult** **8 Sessions** **\$88**  
[320414A](#) Sun., Apr. 27, 12:30–1:10pm



## 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](#).





## FITNESS

### Adapted Group Fitness w/SPIRIT Club

Get your workout on with SPIRIT Club! These adapted fitness classes, designed for individuals with disabilities, focus on improving balance, strength, flexibility, endurance, coordination, speed, and agility. Exercises are taught in a High-Intensity Interval Training (HIIT) format, with visual demonstrations and clear verbal cues for easy understanding. To learn more about SPIRIT Club, visit [www.spirit-club.com](http://www.spirit-club.com). Inst.: SPIRIT Club.

**Langston-Brown Center**  
Ages 13-Adult 1 Session \$15

**Lower Body Strength & Stretch**  
304003A Sat., Apr. 26, 10-11am

**Upper Body Strength & Stretch**  
304003B Sat., May 17, 10-11am

**Total Body Strength & Stretch**  
304003C Sat., Jun. 14, 10-11am



### Adapted Zumba® w/SPIRIT Club

Join us for Adapted Zumba with SPIRIT Club. Designed specifically for individuals with disabilities, this vibrant, music-based workout aims to boost cardiovascular endurance, balance, flexibility, and more while experiencing the joy of dance and movement. Each session creates an energetic, welcoming atmosphere that encourages everyone to stay as active as possible. Learn more about SPIRIT Club at [www.spirit-club.com](http://www.spirit-club.com). Inst.: SPIRIT Club.

**Langston-Brown Center**  
Ages 13-Adult 7 Sessions \$142  
304007A Sat., Apr. 26, 11:15am-12:15pm

### Adapted Yoga for Adults

Yoga can enhance body awareness, emotional well-being, and mental focus. This specialized yoga class, tailored for adults with disabilities, incorporates gentle sound therapy (chanting), eye exercises, breathing techniques, body postures, deep relaxation, and affirmations. Led by a certified yoga therapist (International Association of Yoga Therapists), who is experienced in accommodating various ages and abilities. Brief individual consultations are available with the instructor before or after class. Since yoga practices can also benefit care providers too, a parent or guardian may attend free of charge. If you'd like to register a guardian or caregiver, please email [trinfo@arlingtonva.us](mailto:trinfo@arlingtonva.us) prior to the first class. Inst.: Sheetz

**Lubber Run Center**  
Ages Adults 8 Sessions \$108  
304008A Wed., Apr. 23, 5:30-6:20pm

## GYMNASTICS

### Gymnastics: Adapted Parent/Tot

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

**Barcroft Sports & Fitness Center**  
Ages 3-5 6 Sessions \$75  
310520A Sun., Apr. 27, 9:30-10:15am

### Gymnastics: Adapted Level 1

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

**Barcroft Sports & Fitness Center**  
Ages 5-7 6 Sessions \$75  
320521A Sun., Apr. 27, 9:30-10:15am  
Ages 8-12 6 Sessions \$75  
320521B Sun., Apr. 27, 8:30-9:15am

### 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. Participants will learn a variety of gymnastics skills on men's and women's gymnastics events.

**Barcroft Sports & Fitness Center**  
Ages 13-74 6 Sessions \$108  
330503A Sun., Apr. 27, 10:30-11:30am

## OUTDOOR FUN

### Adapted Family Campfire

Immerse yourself in nature by joining us for our Adapted Family Campfire—a program for families that include a member with a disability to learn, laugh, and recreate together! Gather around the fire for storytelling, interesting facts about the local environment and creatures, and making banana boats over the fire. We ask that at least one parent or guardian with the household register to attend.

**Lubber Run Center**  
Ages 3-Adult 1 Session \$6  
304001A Sat., Apr. 5, 6-7:30pm



### 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 Mar. 19; 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.

### Need Program Modifications?

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



## Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

**Adapted Aquatics** is a learn-to-swim program for children and adults with 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!](#)



## Are you passionate about creating unforgettable summer experiences?

Our Therapeutic Recreation office is looking for enthusiastic individuals to join our Inclusion Support and Summer Camp teams. Whether you're excited to lead activities at our adapted camps or play a vital role in fostering inclusivity at general recreation camps, we'd love to have you on board!

### Make a Difference This Summer

Help us create a summer filled with fun, growth, and meaningful connections for campers with disabilities. Together, we can ensure every child experiences a summer to remember.

[Apply here today!](#)



## Therapeutic Recreation Family Night Out



## Family Float!

Saturday, March 29, 2025 from 5-7pm  
at Long Bridge Aquatic Center

The Arlington County TR Office is excited to host monthly fun and exciting recreation events for families that include a member with a disability.

### Family Float

Enjoy an evening of swimming, get lazy in the river and splash around with friends and family!

This event is for families who have a member with a disability and all attending family members must be registered to participate in this event. We hope to see you there!

**Long Bridge Aquatics & Fitness Center**

**Ages 3+**

**1 Session \$3**

**922225 Sat., Mar. 29, 5-7pm**

Families will get the opportunity to enjoy a variety of recreation activities as well as connect with other families. Registration will be required for all who plan on attending. Be sure to check out program information below.

[Sign up for our E-Newsletter](#) to receive information about our upcoming TRFNO events:

**March: Family Float**

**April: Nature Program Collaboration with Park Naturalist**

**May: Adapted Roller Skating**

Contact [trinfo@arlingtonva.us](mailto:trinfo@arlingtonva.us)



# Explore History

## Families

### ★ LIVING HISTORY

AT FORT CF SMITH PARK  
Sunday, June 8, 12-4pm

The Union Army has come to Arlington and set up camp at Fort C.F. Smith Park! Join us for a day of living history that will include drilling activities, specialized fort tours and more. Come learn about Civil War life in Arlington County and beyond at this free event. Cancelled if raining.

Free. Fort CF Smith Park  
Sun., Jun. 8, 12-4pm

632750-F



### 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  
Sat., Apr. 26, 11am-12pm  
Sat., June 28, 11am-12pm

632750-A  
632750-B

### History Hikes: The Clay-Randolph Duel

On April 8, 1826, Secretary of State Henry Clay and Senator John Randolph crossed the Potomac River into Virginia. Years of bitter political fighting had finally driven the two men to fight a duel, which took place near Pimmit Run. We will walk the approximate path of the duel and learn how it came to be.

\$6. Fort Ethan Allen Park  
Sat., May 3, 6:30-7:30pm

632750-E

Explore the natural world in Arlington!  
More classes are available online  
at [arlingtonva.us/parks](http://arlingtonva.us/parks) and search  
Nature & History.

LIVING HISTORY • DRILLING ACTIVITIES • SPECIALIZED FORT TOURS & MORE



## ★ LIVING HISTORY ★ AT FORT CF SMITH PARK

Sunday, June 8, 12-4pm • Free Event

THE UNION ARMY HAS COME TO ARLINGTON  
AND SET UP CAMP AT FORT CF SMITH PARK!



SPECIALIZED FORT TOURS • LIVING HISTORY • DRILLING ACTIVITIES & MORE



## Spring Highlights

### Families

#### earth day park clean up

Commemorate the celebration of the Earth! Bring your friends, family, or come solo to help clean up our park. Gloves, trash grabbers, and trash bags will be provided. Event is rain or shine. Participants can park at the Arlington Mill Community Center garage, it's a five minute walk to the park.

**Free. Bailey's Branch Park**  
Fri., Apr. 18, 11am-12pm

**632850-J**

#### CITY NATURE CHALLENGE AT LONG BRANCH

Join us to participate in the City Nature Challenge starting from the Long Branch Nature Center to help survey Glencarlyn Park and discover more about our local nature. We'll learn how to use the iNaturalist app and how it can help you identify plants and animals. You can also post your observations to the global iNaturalist database, if you'd like.

**Free. Long Branch Nature Center**  
Sun., Apr. 27, 1-2:30pm

**632950-S**

#### GARDENING AT THE FORT

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! Dress for the weather in clothes that can get dirty.

**Free. Fort CF Smith Park**

**Adults.** Teens ages 12 and up are welcome to attend with a registered adult.

**Wed., May 7, 6:30-7:30pm**

**632740-A**

**Wed., May 21, 6:30-7:30pm**

**632740-B**

**Families.**

**Sun., June 15, 10:30-11:30am**

**632750-D**



### 2025 World Migratory Bird Day Festival

Tiny hummingbirds and fierce osprey are some of the many birds migrating northward in spring. Come learn about these and other fabulous flyers with hands-on activities, games, crafts, bird walks and more at this bilingual event!

**Free. Lacey Woods Park**  
Sat., May. 10, 10am-1pm

**632850-K**



### Firefly Festival



Come celebrate summer's natural night lights as we learn about these bioluminescent beetles. Activities include: bug hunts, games, crafts, walks, and talks about fireflies. Bring a picnic blanket as we wait for sunset and the natural lights to come out. Cancelled if raining.

**Free. Fort CF Smith Park**  
Sun., June 22, 7-9pm

**632950-U**





# Family Campfires

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



## \$6. Gulf Branch Nature Center

**Stinky Skunks Campfire**  
Sat., Apr. 5, 5-6pm [632850-A](#)

**Water Everywhere Campfire**  
Sat., Apr. 12, 5:30-6:30pm [632850-B](#)

**Slimy Slugs Campfire**  
Sat., May 3, 5-6pm [632850-D](#)

**Migration Campfire**  
Fri., May 16, 6-7pm [632850-E](#)

**Mesmerizing Moths Campfire**  
Sat., May 17, 5-6pm [632850-F](#)

**World Turtle Day Campfire**  
Fri., May 23, 7:30-8:30pm [632850-G](#)

**Hoot Owl Campfire**  
Sat., June 14, 5-6pm [632850-L](#)

## \$6. Long Branch Nature Center

**Frog Story & Chorus Campfire**  
Fri., Apr. 4, 6-7pm [632950-A](#)

**Forest Bathing Campfire**  
Sat., Apr. 19, 7-8pm [632950-B](#)

**Lyrid Meteor Campfire**  
Tues., Apr. 22, 8-9pm [632950-C](#)

**Aquariids Meteor Campfire**  
Sun., May 4, 8-9pm [632950-D](#)

**Amphibian Week Campfire**  
Fri., May 9, 7-8pm [632950-E](#)

**Popcorn Campfire**  
Fri., May 30, 7-8pm [632950-F](#)

**Spring Pond Campfire**  
Fri., June 6, 6-7pm [632950-G](#)

# Teens PARK VOLUNTEERING

Help us with improving Glencarlyn Park. Each day we will have hands-on projects like weed pulling, raking, trail maintenance and trash pick-up. Your hard work will make the park a better place for both people and nature. Teens ages 12 to 17.

## Free. Glencarlyn Park

Sat., Apr. 19, 1-3pm

Sat., May 31, 1-3pm

Sat., June 14, 1-3pm

[632930-A](#)

[632930-B](#)

[632930-C](#)



## Adults

# Spring Native Plant Sale

Beautify your garden with a selection of plants that have evolved with the local climate and wildlife. We have native plants for adapted to various conditions. Whether you're looking to add to your shade or rain garden, we have a plant for you.

Pre-order by Friday, April 25 for the best selection. Pick up on Saturday, May 3. See our order form for available plants and information. Visit [registration.arlingtonva.us](http://registration.arlingtonva.us) to pre-order, payment can be made by e-check or credit card. You will be contacted to schedule a pick-up time between 10 am - 4 pm. Orders not picked up cannot be refunded. Fee per plant as marked.

## Long Branch Nature Center

Sat., May 3, 10am-4pm

[Learn more here](#)





# Preschool, Tiny Tots & Tiny Treks

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, games, 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. \$6 per child due at registration.



## Tiny Tot

Ages 18 to 35 months with adult.

**\$6. Gulf Branch Nature Center**

### Tiny Tot: Egg-citing Eggs

Thurs., Apr. 3, 10–10:45am  
Sat., Apr. 12, 10–10:45am  
Thurs., Apr. 17, 10–10:45am

**632810-M**  
**632810-N**  
**632810-O**

### Tiny Tot: Foxes

Sat., May 3, 10–10:45am  
Thurs., May 8, 10–10:45am  
Thurs., May 22, 10–10:45am



**632810-P**  
**632810-Q**  
**632810-R**

### Tiny Tot: Insects

Sat., June 7, 10–10:45am  
Thurs., June 12, 10–10:45am  
Sat., June 14, 10–10:45am

**632810-S**  
**632810-T**  
**632810-U**

**\$6. Long Branch Nature Center**

### Tiny Tot: Animal Homes

Wed., Apr. 2, 10:30–11:15am  
Sat., Apr. 5, 1–1:45pm  
Thurs., Apr. 24, 10–10:45am

**632910-M**  
**632910-N**  
**632910-O**

### Tiny Tot: Clams & Oysters

Wed., May 7, 10:30–11:15am  
Wed., May 14, 10:30–11:15am  
Sat., May 31, 4–5pm

**632910-P**  
**632910-Q**  
**632910-R**

### Tiny Tot: Color Walk

Sat., June 7, 4–4:45pm  
Fri., June 13, 11–11:45am

**632910-S**  
**632910-T**

## Preschool

Ages 3–5 years.

**\$6. Gulf Branch Nature Center**

### Pre-K: Water

Thurs., Apr. 3, 11am–12pm  
Tues., Apr. 8, 1–2pm  
Sat., Apr. 12, 11am–12pm  
Thurs., Apr. 17, 11am–12pm

### Pre-K: Soil Critters

Sat., May 3, 11am–12pm  
Tues., May 6, 1–2pm  
Thurs., May 8, 11am–12pm  
Thurs., May 22, 11am–12pm



### Pre-K: Sharks

Sat., June 7, 11am–12pm  
Tues., June 10, 1–2pm  
Thurs., June 12, 11am–12pm  
Sat., June 14, 11am–12pm

**\$6. Long Branch Nature Center**

### Pre-K: Dabbling Ducks

Tues., Apr. 1, 10:30–11:30am  
Sun., Apr. 6, 1–2pm  
Fri., Apr. 11, 10:30–11:30am  
Wed., Apr. 30, 10–11am



### Pre-K: Animal Detectives

Sun., May 4, 4–5pm  
Fri., May 9, 1–2pm  
Tues., May 27, 10–11am  
Thurs., May 29, 10:30–11:30am

### Pre-K: Bug Exploration

Sun., June 1, 1–2pm  
Tues., June 3, 10:30–11:30am  
Fri., June 4, 11am–12pm  
Sat., June 28, 10–11am



**632810-A**  
**632810-B**  
**632810-C**  
**632810-D**

**632810-E**  
**632810-F**  
**632810-G**  
**632810-H**

**632810-I**  
**632810-J**  
**632810-K**  
**632810-L**

## Tiny Treks

Join a naturalist and young families for a lesson and walk meant for the littlest legs! Stories, topics, and location vary each session. Ages 0 to 5.

**\$6. Madison Manor Park**

Fri., Apr. 4, 10:30–11:30am

**632910-Y**

**\$6. Arlington Hall West Park**

Mon., Apr. 28, 11am–12pm

**632910-Z**

**\$6. Fort C.F. Smith Park**

Tues., May 20, 10:30–11:30am

**632910-ZA**

**\$6. Dawson Terrace**

Fri., May 30, 10–11am

**632910-ZB**

**\$6. Bon Air Park Rose Garden**

Tues., June 10, 10–11am

**632910-ZC**

**\$6. Lubber Run Park**

Fri., June 27, 10:30–11:30am

**632910-ZD**



## Preschool Special: Lost in the Woods

Join us for a special presentation by the Wildlife Rescue League as we read the book “Lost in the Woods” and learn about the woodland animals checking in on a baby deer. Is this baby deer lost? His wildlife friends want to know. Together we’ll all learn how to be safe. Ages 0 to 5.

**Free. Long Branch Nature Center**

Thurs., Apr. 10, 11–11:45am

**632910-V**

Thurs., May 15, 12:30–1:15pm

**632910-W**

Thurs., June 5, 11–11:45am

**632910-X**

## Cuentos Bilingües / Bilingual Stories

Learn words in English and Spanish with bilingual stories about nature! Together we’ll strengthen vocabulary in either language. Ages 0 to 6.

**Free. Gulf Branch Nature Center**

Sat., Apr. 26, 10–10:45am

**632810-V**





# Kids Programs

## Spring Crafts for Kids

Celebrate the start of spring with fun nature-inspired crafts to take home! We'll use our imagination to make crafts of animals and plants species we can find right here in the park. Ages 6 to 10.

**\$6. Gulf Branch Nature Center**  
Sat., Apr. 5, 11am–12pm [632820-A](#)

## All About Mammals!

There are so many kinds of mammals! Squirrels, foxes, rabbits, raccoons, opossums and many more! Join us for a presentation to learn about their similarities and differences and when they might need our help—and when they don't! Ages 6 to 10.

**\$6. Long Branch Nature Center**  
Sat., Apr. 5, 3:30–4:30pm [632920-A](#)  
Sun., May 18, 2–3pm [632920-B](#)  
Sat., June 7, 2–3pm [632920-C](#)

## Turtle Feeding

Meet some of the Nature Center's turtles, learn about what they like to eat, and help us feed them! We'll chop up fresh fruits and veggies for the turtles to enjoy. Ages 6 to 10.

**Free. Gulf Branch Nature Center**  
Fri., April 11, 4–5pm [632820-G](#)

## Turtle Troubles

Turtles are sometimes vulnerable in the places they live in, like urban areas such as Arlington. We'll take a look at turtle habitats and the threats they might face. Then, we'll enjoy an interactive activity. Ages 7 to 12.

**Free. Gulf Branch Nature Center**  
Tues., Apr. 15, 3–4pm [632820-B](#)



## Tree Wanderers

Celebrate upcoming Arbor Day by exploring the wonders of trees! Develop knowledge on tree science and identification with an activity and a hike (weather permitting). Ages 7 to 12.

**Free. Gulf Branch Nature Center**  
Wed., Apr. 16, 11am–12pm [632820-C](#)

## Pre-Colonial Native American Games

Young hunters would hone their skills with games to prepare themselves for survival. Come test yourself with spear throwing, relay races in the woods, and other challenges! Ages 8 to 12.

**Free. Glencarlyn Park**  
Wed., Apr. 16, 3–4:30pm [632920-F](#)



## Keeping the Potomac

The health of the Potomac River goes right in hand with human history. This interactive program will go over this history and propose solutions for how we can protect the river from current and future pollution. Includes a short hike (weather permitting). Ages 7 to 12.

**Free. Gulf Branch Nature Center**  
Sat., April 26, 11:30am–12:30pm [632820-D](#)

## Stumpy Visits Glencarlyn Park

Join Stumpy the Box Turtle as he visits Glencarlyn Park. We'll visit the forest habitat and make our own nature journal artwork of Stumpy's adventures in the park. Then, we'll have an earthworm picnic! Ages 6 to 10.

**Free. Glencarlyn Park**  
Thurs., May 15, 3–4pm [632920-G](#)

## Bug Hike

Join us to explore a world of insects and spiders! Together we'll catch and release bugs while exploring the trails. Participants will get to take home a bug box. Ages 6 to 10.

**\$6. Fort CF Smith Park**  
Tues., May 20, 4–5pm [632720-A](#)

## Kids Chemistry

Join us to learn about chemistry; acids, bases and together we'll do a variety of safe science experiments. We'll turn red cabbage juice from purple to all the colors of the rainbow in test tubes, make volcanoes, tornadoes in a bottle, and mini submarines. Ages 6 to 10.

**\$6. Glencarlyn Park**  
Sat., May 31, 2–3pm [632920-D](#)  
Sun., June 29, 2–3pm [632920-E](#)

## Bug Helpers in the 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 bit of bug-catching to get a closer look at these awesome creatures. We'll be outside the whole time; dress for the weather. Ages 6 to 10.

**Free. Fort CF Smith Park**  
Sat., May 31, 3:30–4:30pm [632720-B](#)

## What's in the Water?

Join a naturalist to test water chemistry with kits and look for aquatic invertebrates. We'll also look for turtles, fish, frogs and snakes in the pond and stream. Ages 8 to 12.

**\$6. Long Branch Nature Center**  
Sun., June 1, 4–5pm [632920-H](#)

## Watershed Wander

Dress to get wet as we spend some time exploring Gulf Branch. We will follow the water from Military Road to the top of the falls into the Potomac River and see what we discover along the way! Must wear closed-toe shoes in water. Ages 6 to 10.

**Free. Gulf Branch Nature Center**  
Wed., June 4, 2–3:30pm [632820-E](#)  
Wed., June 11, 2–3:30pm [632820-F](#)

## Shelter Building

Can you survive in the forest in a shelter you've built yourself? We'll use sticks, branches, rocks and whatever we find to build our own shelters. Ages 8 to 12.

**Free. Glencarlyn Park**  
Wed., June 4, 4–5:30pm [632920-I](#)

## Environmental Art

On an early release day from school, we will create art inspired by animals, the creek and forest. We will explore Lacey Woods Park and then find a nice place to sit and sketch with colored pencils. Ages 6 to 10.

**\$6. Lacey Woods Park**  
Wed., June 11, 4–5pm [632920-J](#)







## Adult Programs

### Landscaping for Wildlife

The Northern Virginia Bird Alliance's Alda Krinsman will review steps to create habitat in your yards or common areas for species that need help due to loss of habitat, such as certain birds, moths and butterflies. This presentation will review steps to create a certified Wildlife Sanctuary on your property, including a free visit and advice from a Wildlife Sanctuary Program Ambassador.

**Free. Long Branch Nature Center**

Sat., Apr. 5, 10am-12pm

**632940-T**

### Remove Invasive Plants!

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

**Free. Gulf Branch Nature Center.** [Sign up here.](#)

Sat., Apr. 12, 9:30-11:30am

Sat., May 10, 9:30-11:30am

Sat., June 14, 9:30-11:30am

**Free. Long Branch Nature Center.** [Sign up here.](#)

Sun., Apr. 20, 2-4pm

Sun., May 18, 2-4pm

Sun., June 15, 2-4pm



### Forest Bathing

In the spring season the natural world transforms around us in ways that are both subtle and bold. We need only slow down and pay attention. This Forest Bathing program will guide you through woods, by streams and fields where you will be invited to experience the ordinary with your extraordinary senses. We'll finish the experience with snacks and tea. Dress for the weather and the possibility of sitting on the ground or a log.

**\$12. Gulf Branch Nature Center**

Sat., Apr. 5, 1-3pm

**632840-A**

**\$12. Long Branch Nature Center**

Sat., Apr. 26, 10am-12pm

**632940-X**



### 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**

Sun., Apr. 6, 3-4pm

**632940-U**

### Flora Foray

Join us to learn about common plant families on this fun nature hike. We'll visit different habitats to identify trees, flowers and other types of greenery. All experience levels welcome!

**\$6. Glencarlyn Park**

Thurs., Apr. 10, 12-1pm

**632940-K**

**\$6. Bon Air Park**

Wed., June 18, 11am-12pm

**632940-L**

### Coffee & Stroll

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

**Free. Glencarlyn Park**

Sat., Apr. 12, 10:30-11:30am

**632940-M**

Sat., May 31, 10:30-11:30am

**632940-N**

Sat., June 14, 10:30-11:30am

**632940-O**

### Full Moon Forest Bathing

Forest Bathing celebrates the senses, and we invite you to find new ways to use them. As the full moon rises, we'll

move slowly through forest and field to see what reveals itself. Then we'll gather around the firepit to watch the embers glow as we make S'mores. Dress for the weather and bring a flashlight.

**\$12. Fort CF Smith Park**

Sat., Apr. 12, 7-9pm

**632740-F**

### Liking Lichens!

Did you know that some lichens found in Virginia can live to be 8,600 years old? Though easy to miss, lichens are fascinating partnerships between algae and fungi that come in a beautiful range of colors and shapes. First, we'll learn about lichens in the classroom and then grab our hands lenses to look at them in nature! Teens ages 12 and up welcome to attend with a registered adult.

**\$9. Gulf Branch Nature Center**

Sun., Apr. 6, 12-1:30pm

**632840-B**

**\$9. Long Branch Nature Center**

Sun., Apr. 13, 10-11:30am

**632940-V**

### W&OD Trail Spring Wildflower Bike Ride

This is the best time of year to explore Arlington's wildflowers and the Washington & Old Dominion trail is a treasure trove. Join us for a leisurely 2-to-4-mile ride along the trail with an experienced naturalist to find these colorful trees and wildflowers in all their brilliance. Please provide your own bike and safety gear. Teens ages 14 and up are welcome to attend with a registered adult.

**Free. Glencarlyn Park**

Tues., Apr. 15, 10:30am-12pm

**632940-W**



### 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.

**\$9. Long Branch Nature Center**

Wed., Apr. 23, 6-7:30pm

**632940-P**

Sat., May 10, 2-3:30pm

**632940-Q**

**\$9. Gulf Branch Nature Center**

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

**632840-C**

Sun., June 15, 6-7:30pm

**632840-D**





### Midnight Moth-ing

Did you know there are about 14 times as many moth species as butterflies in North America? Join us to see which beautiful moths and other insects we can attract using a UV "light trap" at night (not quite midnight!) We'll learn all about different groups of insects and how to identify them. Teens ages 12 and up are welcome to attend with a registered adult.

**\$6. Long Branch Nature Center**

Sat., Apr. 26, 8:30–9:30pm

[632940-R](#)

Sat., May 31, 9–10pm

[632940-S](#)

### Virtual How to Build Homes for Birds & Bats

Join us for a walkthrough on how to build blue bird houses, owl nest boxes and bat boxes that are safe for these wonderful animals. Plans for each house will be sent to participants prior to the program.

**Free. Virtual Program**

Thurs., May 1, 7–8pm

[632840-E](#)

### Mushroom Walk

Join us for an introduction to mushroom identification for beginners. We'll learn how fungi grow in the soil, their role in the environment, and take an easy hike through the beautiful woods on an uneven dirt path. Program will proceed rain or shine.

**\$6. Fort CF Smith Park**

Tues., May 20, 1–2pm

[632740-D](#)

Wed., June 4, 1–2pm

[632740-E](#)



# VIRTUAL DEEP DIVES:

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



### Identifying Warblers

This online program will cover warbler biology, migration, and how we identify these colorful birds by sight and song.

**Free. Virtual Program**

Thurs., Apr. 3, 7–8pm

[632940-A](#)

### The Life of a Box Turtle

A naturalist will discuss the natural history of an Eastern Box Turtle, it's life through the seasons, the threats facing turtle populations, and what you can do to be a friend to the turtles!

**Free. Virtual Program**

Thurs., Apr. 24, 7–8pm

[632940-B](#)

### Grassland Restoration

In this guest talk, Bert Harris of the Clifton Institute will discuss his recently published description of piedmont grassland communities as well as the institute's grassland restoration experiment. The talk will end with tips for how to establish your own wildflower meadow in northern Virginia.

**Free. Virtual Program**

Tues., Apr. 29, 6–7pm

[632940-C](#)

Thurs., June 12, 12–1pm

[632940-I](#)

### Pollination

We will learn the natural history and parts of a flower in exquisite botanical detail. Then study the rewards that plants create to attract pollinators such as bees, birds, bats, beetles, moths, and butterflies.

**Free. Virtual Program**

Thurs., May 8, 7–8pm

[632940-D](#)

### Bat Conservation

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.

**Free. Virtual Program**

Thurs., May 22, 7–8pm

[632940-E](#)



© Simon Willig

### Orchids of the U.S.

Join naturalist Simon Willig as he takes you on a mini tour of a variety of native orchids through his photography, emphasizing species of the Eastern U.S., including those in Northern Virginia.

**Free. Virtual Program**

Wed., May 28, 12–1pm

[632940-F](#)

Wed., June 11, 6–7pm

[632940-H](#)

### Wild Edible Plants

Discover wild plants you can eat! Join us for a presentation on which Virginia fruits, nuts, plants and mushrooms are edible. We will learn how to forage and give identification help. Free.

**Free. Virtual Program**

Thurs., June 5, 7–8pm

[632940-G](#)

### Dragonflies of Arlington

Take a Deep Dive into the natural history of dragonflies. We will learn how to identify local Arlington dragonflies using color and field marks. We'll also learn about the life cycle and behavior of dragonflies and damselflies.

**Free. Virtual Program**

Fri., June 27, 7–8pm

[632940-J](#)





## Family Programs

### Squirrels & Chipmunks

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

**\$6. Long Branch Nature Center**  
Sat., Apr. 12, 2–3pm **632950-P**

### Spring Flower Stroll

Springtime means plants are waking up and blooming! We'll take a nice leisurely walk through the park to look at all the different flowers the woods have to offer.

**\$6. Glencarlyn Park**  
Sat., Apr. 19, 4–5pm **632950-R**

**\$6. Gulf Branch Nature Center**  
Sun., Apr. 20, 4–5pm **632850-H**

### Migratory Birding Hike

Meet the early migrants of the spring migration season! Look and listen for warblers, thrushes and vireos, as well as year-round residents. Bring your own binoculars or borrow one of ours. Beginners and experts welcomed.

**Free. Fort CF Smith Park**  
Mon., Apr. 14, 8–9:30am **632850-I**

### Four Mile Run Wildlife Bike Ride

Bring the family for a short, slow-paced ride along Four Mile Run and parts of the W&OD trail in search of turtles, beaver, birds and the many other critters that also use the trail to get around. We'll stop at Sparrow Pond and Four Mile Run to see what is around. Please provide your own bike and safety gear.

**Free. Glencarlyn Park**  
Fri., Apr. 18, 10:30am–12pm **632950-Q**

### Park Pop-Ups!

Join us at the park! You can meet a naturalist or historian at one of our neighborhood parks to discover the nature and history of Arlington. The staff person may bring hands-on learning items, artifacts or activities. Cancelled if raining. No registration required.

**Free.**  
**Lyon Village Park**  
Tues., Apr. 22, 3:30–4:30pm  
**Bon Air Park**  
Thurs., May 1, 3:30–4:30pm  
**Lacey Woods Park**  
Tues., June 3, 3:30–4:30pm

### Spellbinders Story Fest

The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Participants may choose a well-loved book to take home! Book donations provided in collaboration with the Friends of Arlington Public Library. Meet in the classroom. Ages 4 and up.

**Free. Long Branch Nature Center**  
Sun., May 4, 3–3:30pm **632950-L**  
Sun., June 8, 3–3:30pm **632950-M**

### Native Butterfly Talk & Walk

What are our native species of butterflies and moths? How do the caterpillars survive and what host foods do they need? We'll see pictures and learn all about butterflies and

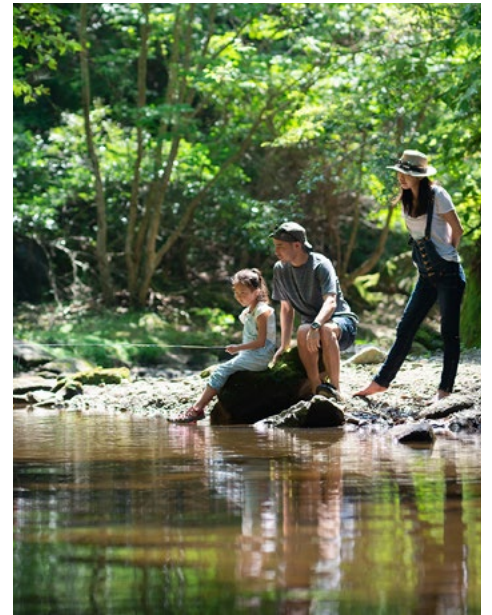
moths from a lepidopterist. Then, we'll pass out butterfly nets and walk around the park to see what we can find!

**\$6. Longbridge Park**  
Sat., May 31, 11am–12pm **632950-N**  
Sun., June 29, 11am–12pm **632950-O**

### Family Fishing at Huffman Falls

We will use fishing rods, hooks and worms to catch fish in the creek near Huffman Falls. All materials provided, but participants are welcome to bring their own gear. Participants ages 15 and under don't need a fishing license, for ages 16 and above a license is required.

**\$12. Glencarlyn Park**  
Sat., June 28, 1–3pm **632950-V**



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



## Nature Network Series

**Free. Long Branch Nature Center**

### Mini Meteorologists

No matter what the weather feels like outside, we'll get to explore multiple different weather events through simulation and pretend play! What can we do outside when it's windy, sunny, rainy, or snowy? Our art activity is decorating kites.  
Sat., Apr. 12, 4–5pm **632950-I**

### Textures of Nature

Nature is full of different textures: smooth, rough, bumpy, grainy, slippery. We'll make clay prints using natural materials, make art while exploring tree bark, and go on a nature walk to see what textures we can find.  
Sat., May 10, 4–5pm **632950-J**

### Wiggling Worms

Have you ever wondered what a worm is like? Why do worms wiggle? Why do they still survive after being cut in half? Find out all this and more! We'll explore live red earthworms in compost, make wiggling paper worms, and mix gooey slime worms.  
Sat., June 21, 10:30–11:30am **632950-K**





ARLINGTON

FREE!

# ARLINGTON PALOOZA

RECREATION AND MUSIC FESTIVAL



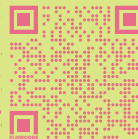
LUBBER RUN COMMUNITY CENTER  
SATURDAY, MAY 17 • 11AM-4PM



## LIVE MUSIC STREET FAIR

GAMES • FOOD TRUCKS  
MOON BOUNCES • STORY TIME  
ARTS AREA • SENSORY SPACE  
LIVE ANIMALS • AND MORE!

VISIT [ARLINGTONVA.US/ARLINGTONPALOOZA](https://arlingtonva.us/ARLINGTONPALOOZA) OR SCAN THE CODE >>



IT'S BACK!

ARLINGTON PALOOZA

# EARTH FEST '25



**APRIL 2025!**

This year, we're celebrating EarthFest throughout the entire month of April.

Get inspired to live a little greener!  
For the full list of events, [visit our webpage](#).

Scan for more info:



Introducing

# arlingteens

A one-stop shop for everything from jobs and scholarships to sports leagues and teen nights—all for Arlingteens.

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- Activities and Recreation
- Planning for the Future
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DISCOVER  
CONNECT  
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Find it all at  
[arlingteens.com](http://arlingteens.com)





Learn, Grow and Play together as a family on select Saturdays!



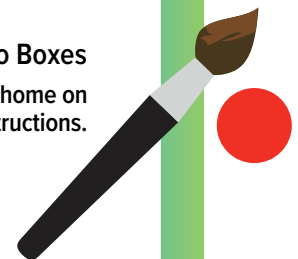
**FAMILY Art Lab** is a place for you and your family to create together with others in a fun and friendly setting! Guided by one of our Creative Arts Instructors, you'll craft cool and unique projects together with all materials included.

Each person (including adults) attending the program must register, and all children must be supervised by a participating adult. \$8 per person, \$9.20 non-resident. For more info, visit [arlingtonva.us](http://arlingtonva.us) search "Family Art Lab" or register with code #730025



**FAMILY Art Lab at Home** Art-to-Go Boxes

Get everything you need to create fun family memories in one box, at home on your own time! Follow along with an instructional video or written instructions. Boxes contain supplies for up to four paintings. \$20.



# preschoolers!

## Creative Preschoolers programs

### Ages 3-5

*Enroll any time if space is available*

Emphasis is placed on experiencing age-appropriate recreation activities, being part of a group, cooperating, listening, sharing, developing play and movement skills, and discovering nature. Children do not need to be potty-trained to participate. We are a multilingual and multi-abilities program!

#### Half-Day programs:

##### **Carlin Hall, Fairlington & Madison**

Nine-months from September to May  
Half-day hours are 9:30am-12:30pm

#### Full-Day programs:

##### **Gunston & Lubber Run**

Twelve-months from September to August  
Full-day hours are 8am-6pm at Gunston  
with optional extended hours 3-6pm.

For more information call 703.228.4747  
or click [Creative Preschoolers](#).



## Stay & Play programs

### Ages 12-36 mos

Join our Spring Stay and Play Program! Our Parks and Recreation staff provide a safe, clean, and stimulating environment for toddlers ages 12–36 months to explore and make new friends. Staff also provide organized activities such as story times, crafts, sensory and movement experiences. Families and caregivers will stay during the program to supervise their children and create bonds with other families in the community.

**Fairlington CC, Madison CC & Langston Brown CC**  
9:30–11am Spring Session is March 10–May 30.

For more information call 703.228.4747  
or click [Stay and Play](#).





# Saturday Crafternoons!

**LET'S GET CRAFTY!**

Drop-in anytime Saturday, 1:30–3:30pm  
at the Fairlington Community Center:

**March 9:**  
Faux Stained Glass

**April 12:**  
Recycled Spring Flowers

Learn more here

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



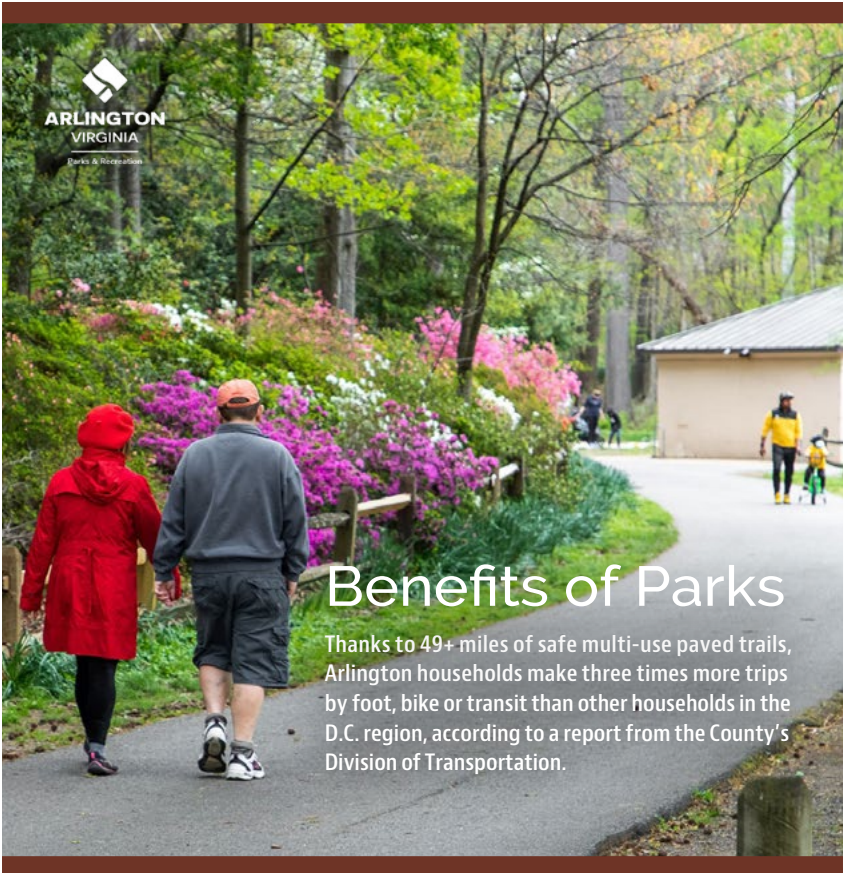
# FAMILY NIGHT @ CARVER

Join us for free, family fun on the first Friday of the month from 6-8pm at Carver Community Center



Activities include moon bounces,  
arts & crafts, music, games and more!  
Bring your whole family!

For more info, visit [arlingtonva.us](http://arlingtonva.us) search Family Night or [click here](#).



## Benefits of Parks

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

## Adopt-A-Park!

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

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

[Learn more here](#)



## 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 (April–November)

### Cherrydale Farmers Market

Saturdays, 8am–12pm (April–November)

### Columbia Pike Farmers Market

Sundays, 9am–1pm

### EatLoco Market at Met Park

Tuesdays, 10am–2pm (April–November)  
Saturdays, 9am–1pm (April–November)

### Fairlington Farmers Market

Sundays, 9am–1pm (April–November)

### Green Valley Farmers Market

Fridays, 4pm–7pm (April–November)

### Lubber Run Farmers Market

Saturdays, 8am–12pm (April–November)

### Rosslyn Farmers Market

Wednesdays, 3pm–7pm (April–November)

### Westover Farmers Market

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



# 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

<b>ADULT</b> (Ages 18-54)	<b>\$205</b>	<b>\$266.50</b>
<b>55+ GOLD PASS</b> (Ages 55+)	<b>\$65</b>	<b>\$90</b>
<b>GUEST PASS</b> (Ages 18-54)	<b>\$6</b>	<b>\$7.75</b>
<b>55+ GUEST PASS</b> (Ages 55+)	<b>\$4</b>	<b>\$7.75</b>
<b>3 MONTH PASS</b>	<b>\$60</b>	<b>\$78</b>
<b>6 MONTH PASS</b>	<b>\$110</b>	<b>\$143</b>

For more information and special offers call 703.228.5920 or go to: [arlingtonva.us/parks](http://arlingtonva.us/parks) search 'fitness'

## 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	\$25
Arlington County household	\$35
Non-Arlington County resident	\$50
Non-Arlington County household	\$70

#### 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	\$65
Arlington County household	\$95
Non-Arlington County resident	\$95
Non-Arlington County household	\$140

\*Long Bridge Aquatics & Fitness Center is not included.

[Click here to learn more about the different memberships.](#)

All pass option prices have increased by \$5.

To learn more about the 55+ Pass [click here.](#)





**WE LOVE TREES!**

## **ARLINGTON TREES MAKE A DIFFERENCE**

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



### **REDUCE**

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

### **REMOVE**

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



### **STORE**

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



### **PRESERVE**

over \$1 million annually in avoided energy costs.

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





# take care of trees

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

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



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

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



# When and How to Register!

# Registration Info for Classes

## Arlington Resident Registration



### Resident Online Registration Begins @ Noon for All Days:

Gymnastics:	Tues., Mar. 11
Aquatics:	Wed., Mar. 12
Private Swim Classes:	Wed., Mar. 12
Nature/History:	Thurs., Mar. 13
General Classes:	Thurs., Mar. 13

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

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.*



### Resident Phone Registration Begins @ Noon for All Days:

Gymnastics:	Tues., Mar. 11
Aquatics:	Wed., Mar. 12
Private Swim Classes:	Wed., Mar. 12
Nature/History:	Thurs., Mar. 13
General Classes:	Thurs., Mar. 13

Credit cards only: Visa, Discover and MasterCard.

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



### Resident Walk-in Registration Begins Fri., Mar. 14 @ 8am



### Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics:	Tues., Mar. 11
Aquatics:	Wed., Mar. 12
Private Swim Classes:	Wed., Mar. 12
Nature/History:	Thurs., Mar. 13
General Classes:	Thurs., Mar. 13

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 March 10 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., Mar. 19 @ 8am

Residents outside of Arlington County pay \$20 more than the listed fee.

#### INTERNATIONAL REGISTRATIONS

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

**ONLINE REGISTRATION PROCESS** - You must have an account to register online. New customers: visit [registration.arlingtonva.us](https://www.arlingtonva.us/registration) to establish an account. Confirmations are sent via email or mail, the day they are processed. If you already have an account: You will need your ID & password. If you know your household ID, you can use the automated ID/password reminder function on the online registration system. If you have forgotten your user ID and password, contact the main registration office (703.228.4747 option 1 or [registration@arlingtonva.us](mailto: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](https://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](mailto:registration@arlingtonva.us) prior to the next registration.

**REDUCED FEES** - Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747

option 1 or go online—<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Fee-Reductions>—to apply. Fee reductions are not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

**REFUNDS** - No refund fees are charged for cancellations until after 8am Mar. 19; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

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

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

**AGE EXCEPTIONS** - 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](mailto:registration@arlingtonva.us) prior to the next registration.



### 1. Account Information

Parent/Guardian Name \_\_\_\_\_  
Account Number \_\_\_\_\_  
E-Mail \_\_\_\_\_  
Phone Number \_\_\_\_\_

### 2. Participant(s) Registration

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Need modification for disability?      Yes      No

#### 1ST CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 2ND CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 3RD CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Need modification for disability?      Yes      No

#### 1ST CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 2ND CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 3RD CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Need modification for disability?      Yes      No

#### 1ST CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 2ND CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

#### 3RD CHOICE

Class Name \_\_\_\_\_  
Activity #: \_\_\_\_\_  
Days: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Fee: \_\_\_\_\_

### 3. Payment

Send your payment (payable to *Treasurer Arlington County*) along with this form to:

**Department of Parks and Recreation  
Administrative Services Office  
300 N. Park Drive  
Arlington, VA 22203**

#### Check here if you wish to pay by check or money order. Make payable to: "Treasurer Arlington County"

You can pay by e-check online or include a check or money order with your registration form. For security purposes, check and money orders will be **processed upon receipt**, for the amount of your enrollment and the amount added as a credit on your account until your registration is processed. If you are waitlisted for a class and would like a refund, please call the Administrative Services at 703.228.4747

#### Check here if you wish to pay with a credit card online

Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

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

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

**Parks & Rec Administrative Services Office**

1 300 N. Park Drive 22203

**COMMUNITY CENTERS**

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

**NATURE CENTERS**

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

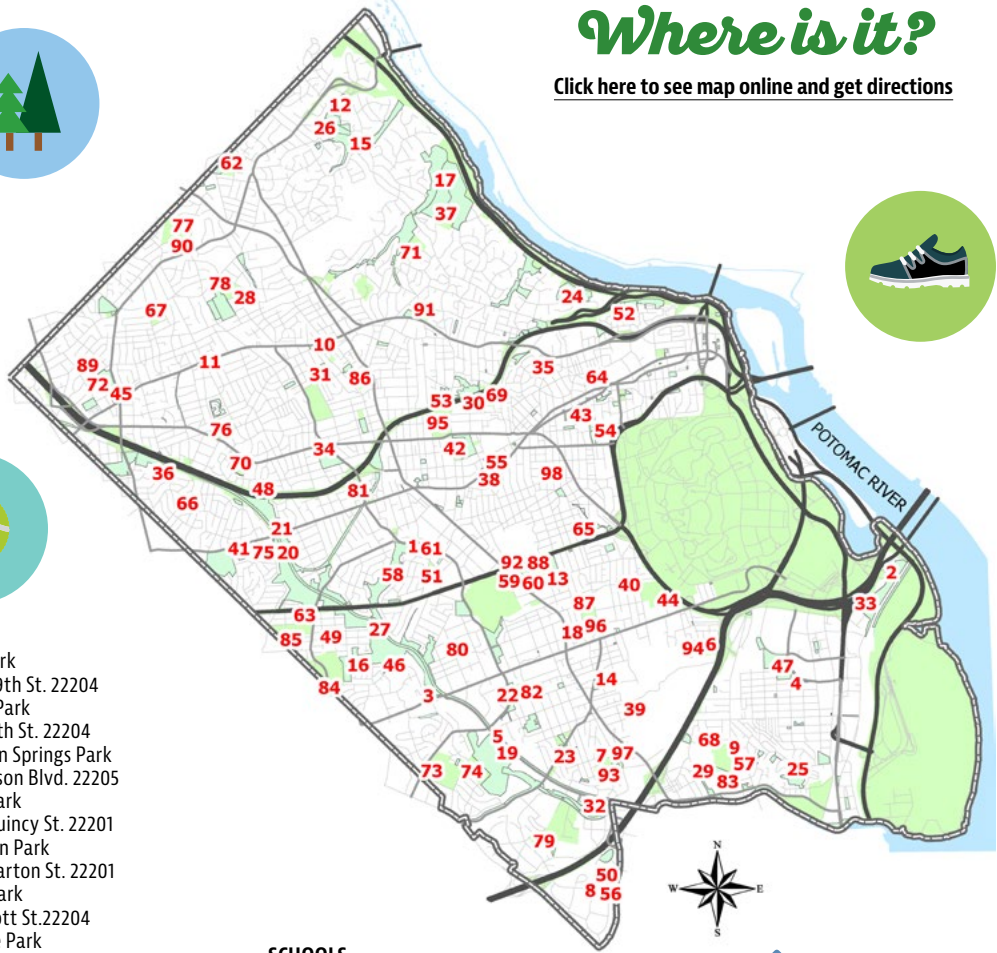
**PARKS & PLAYGROUNDS**

- 18 Arlington Heights Park  
S. 9th St. & S. Irving St. 22204
- 19 Barcroft Park  
4200 S. Four Mile Run Dr. 22206
- 20 Bluemont Park  
601 N. Manchester St. 22203
- 21 Bon Air Park  
850 N. Lexington St. 22205
- 22 Doctors Run Park  
1301 S. George Mason Dr. 22204
- 23 Fort Barnard Park  
2102 S. Pollard St. 22204
- 24 Fort C.F. Smith Park  
2411 N. 24th St. 22207
- 25 Fort Scott Park  
2800 S. Fort Scott Dr. 22202
- 26 Glebe Road Park  
4211 N. Old Glebe Rd. 22207
- 27 Glencarlyn Park  
301 S. Harrison St. 22204
- 28 Greenbrier Park  
5201 N. 28th St. 22207
- 29 Gunston Park  
1401 S. 28th St. 22206
- 30 Hayes Park  
1516 N. Lincoln St. 22201
- 31 High View Park  
1945 N. Dinwiddie St. 22207
- 32 Jennie Dean Park  
3630 S. 27th St. 22206
- 33 Long Bridge Park  
475 Long Bridge Dr. 22202
- 34 Lacey Woods Park  
1200 N. George Mason Dr. 22205
- 35 Lyon Village Park  
1800 N. Highland St. 22201
- 36 Madison Manor Park  
6225 N. 12th Rd. 22205
- 37 Marcey Road Park  
2722 N. Marcey Rd. 22207
- 38 Maury Park  
3550 Wilson Blvd. 22201

- 39 Nauck Park  
2600 S. 19th St. 22204
  - 40 Penrose Park  
2200 S. 6th St. 22204
  - 41 Powhatan Springs Park  
6020 Wilson Blvd. 22205
  - 42 Quincy Park  
1021 N. Quincy St. 22201
  - 43 Rocky Run Park  
1109 N. Barton St. 22201
  - 44 Towers Park  
801 S. Scott St. 22204
  - 45 Tuckahoe Park  
2400 N. Sycamore St. 22213
  - 46 Tyrol Hill Park  
5101 S. 7th Rd. 22204
  - 47 Virginia Highlands Park  
1600 S. Hayes St. 22202
  - 48 Westover Park  
1001 N. Kennebec St. 22205
  - 97 John Robinson, Jr. Town Square  
2406 Shirlington Rd. 22206
  - 98 Zitkala-Sa Park  
3011 7th St N. 22201
- COMMUNITY LOCATIONS**
- 49 Carlin Hall Center  
5711 S. 4th St. 22204
  - 50 Cooperative Extension Services  
3308 S. Stafford St. 22206
  - 51 Culpepper Garden  
4435 N. Pershing Dr. 22203
  - 52 Dawson Terrace  
2133 N. Taft St. 22201
  - 53 Quincy Parking Deck  
N. 15th St. & N. Quincy St. 22201
  - 54 Woodbury Park  
2335 N. 11th St. 22205
- ART FACILITIES**
- 55 Arlington Arts Center  
3550 Wilson Blvd. 22201
  - 56 Fairlington Arts Studio  
3308 S. Stafford St. 22206
  - 57 Gunston Arts Center  
2700 S. Lang St. 22206
  - 58 Lubber Run Amphitheatre  
N. 2nd & N. Columbus St. 22203
  - 59 Thomas Jefferson Community Theatre  
125 S. Old Glebe. Rd. 22204
  - 60 Thomas Jefferson Art Studios  
3501 S. 2nd St. 22204  
Theater on the Run  
3700 S. Four Mile Run Dr. 22206

**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



*Where is it?*

[Click here to see map online and get directions](#)





# 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](mailto:registration@arlingtonva.us)

FACEBOOK: [facebook.com/arlparksrec](https://www.facebook.com/arlparksrec)

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

X (formerly Twitter): [x.com/arlparksrec](https://twitter.com/arlparksrec)

### 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](https://www.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](https://www.arlingtonva.us/dpr)

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

### NATURE & HISTORY

News from Our Nature Centers



### COMMUNITY CENTER CENTRAL

Local Info



### PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates



Arlington Resident Online/Phone

## REGISTRATION BEGINS MAR. 11-13, 2025 @ NOON\*

Go to [registration.arlingtonva.us](https://registration.arlingtonva.us) • Classes begin April 21, 2025 unless noted otherwise

Tues  
**11**

■ Gymnastics

Wed  
**12**

■ Aquatics Classes  
& Private Swim

Thurs  
**13**

■ Nature/History  
■ General Classes

Fri., March 14

\* Resident Walk-In Registration Begins at 8am

Wed., March 19

\* Out-of-County Registration Begins at 8am

[Details on p.54](#)



### We Aim to Please!

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

**Did you know?** Registration Staff is available the first day of registration starting at noon. Give us a call at 703.228.4747 if you need online registration assistance. For registration services, press 1; for scheduling, press 2; para espanol presione 9.

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

## ACCESS FOR ALL

Parks & Recreation camps, classes, fitness memberships, preschools, programs and more are at a price you can afford!

Our fee reduction program helps Everyone, Everywhere, Every Day! Access for All. Easy to apply! Whether you have a short-term setback or something longer-term. [Details here.](#)

Additionally, all Parks & Recreation programs, classes, and camps can put modifications in place to promote an enjoyable and successful program experience for participants of all abilities. Advance notice is welcome. Call 703.228.4740 or email [TRinfo@arlingtonva.us](mailto:TRinfo@arlingtonva.us)



## REDUCED FEES ARE AVAILABLE!

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

### Modifications

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

### Fee Reductions

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

## DO YOU SPEAK ANOTHER LANGUAGE?

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

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

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

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

**AMHARIC:** ከማርኛ የሚናገሩ ስዞን፣ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ እርስዎ ይገኛሉ። በ 703.228.4747 ደደዱ ለማግኘት [parks.arlingtonva.us](https://parks.arlingtonva.us) ላይ ይጎብኙ

**ARABIC:** [parks.arlingtonva.us](https://parks.arlingtonva.us) إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم 703.228.4747 أو قم بزيارة

**Arlington's goal** is for all County residents to benefit from County programs. There are resources so that age, ability or income is not a barrier. For more information call 703.228.4747.