

ENJOY *Arlington*

FALL 2024

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS AUGUST 6-8, 2024 @ NOON*

Tues
6

- Gymnastics

Wed
7

- Aquatics Classes
- Private Swim

Thurs
8

- Nature / History
- General Classes

Fri., August 9
* Resident Walk-In
Registration Begins at 8am
Wed., August 14
* Out-of-County
Registration Begins at 8am
Details on p.54



Go to registration.arlingtonva.us ▪ Classes begin September 9, 2024 unless noted otherwise





*Wishing you
good health,*

Jane Rudolph

**Director,
Department of Parks
and Recreation**



When leaves fall, autumn calls!

Close your eyes and imagine it—you're walking in a park, the air is brisk and chill, you're noticing the leaves changing and getting excited for spooky season! After the hot summer we've had, the changing season is a welcomed experience.

It's also the perfect time to explore the abundance of classes, events, and offerings Arlington has to enjoy! The annual Fall Heritage Festival (p.43) is back at Gulf Branch Park this year. We're also excited to welcome back the Latino American Festival, Trunk or Treat and Family Skate Nights (p.46-49). Speaking of skating, we've added an all-new Adult Skate Night to the mix this year! Have a teen? Drop them off at Teen Night (p.47)!

Discover new skills with an art or music class, get moving with one of our many fitness offerings, take a break at a Daily H.A.M. (Holiday Animal Meetup) or find your own adventure in the 200+ class offerings this fall.

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

There's something for everyone in Arlington, so join in on the fun!

**Aug
3**

2024

Weekend Hours 9am-4pm

To help with your registration needs, our offices will be open for special hours on Sat., August 3, 2024 at:

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

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



WHAT'S INSIDE!

CLASSES

55+	51	Pilates	11
Aquatics	23	Private Swim Classes	25
Arts & Crafts	3	Science & Discovery	8
Cooking	6	Sports	15
Dance	21	Tennis	18
Fitness	9	Therapeutic Recreation	32
Gymnastics	29	This-N-That	8
History	43	Wellness	11
Jewelry	4	Woodworking	5
Language	7	Yoga	12
Martial Arts	13		
Movement	23	SERVICES	
Music	7	Fee Reduction	54
Nature	36	Location/Map	56
Pickleball	15	Registration	54-55



ARTS & CRAFTS

TOT & ADULT

Abrakadoodle Twoosy Doodlers

Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative! Each session has new activities where adults get to play too. There is a non-refundable \$40 supply fee included in the cost of the class. Adult participation is required. Inst.: Abrakadoodle.

Arlington Mill Center
Ages 20 months-3yrs **10 Sessions** **\$205**
110100A Mon., Sep. 9, 10-10:45am
110100B Mon., Sep. 9, 11-11:45am
110100C Thurs., Sep. 12, 10-10:45am
110100D Sat., Sep. 14, 9-9:45am

Long Bridge Aquatics Center
Ages 20 months-3yrs **10 Sessions** **\$205**
110100E Tues., Sep. 10, 10:15-11am

Fairlington Center
Ages 20 months-3yrs **10 Sessions** **\$205**
110100F Fri., Sep. 13, 10-10:45am
110100G Fri., Sep. 13, 11-11:45am

TOT & YOUTH

Abrakadoodle Mini Doodlers

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

Arlington Mill Center
Ages 3-6 **10 Sessions** **\$205**
120104A Sat., Sep. 14, 10-10:45am

YOUTH

Abrakadoodle: Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson

introduces new techniques and styles, helping children develop art skills and confidence. A non-refundable \$40 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Arlington Mill Center
Ages 6-12 **10 Sessions** **\$250**
120107A Sat., Sep. 14, 11am-12pm

CERAMICS



YOUTH & ADULT

Ceramics: Handbuilding for Families

Saturday mornings haven't been this fun since you were a kid. In this class, you (or another adult) and your child learn basic handbuilding techniques as you both work on weekly ceramic projects together. Clay is messy, so, dress appropriately. In order to ensure that everyone has an enjoyable hands-on experience, 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.

Walter Reed Center
Ages 6-12 **8 Sessions** **\$202**
120102A Sun., Sep. 15, 2-3:30pm

YOUTH

Get Messy, Play with Clay

In this afternoon class, kids have fun learning the basics of handbuilding with clay. Students will work with low-fire ceramic clay and colorful underglazes. Students begin with pinch pots and move on to using coils and slab construction to create three-dimensional clay sculptures. This class is for all levels, so, no prior experience is necessary, but returning students are encouraged to practice their skills and learn more. Working in clay is a dirty process, so, be sure to dress to get messy. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Leffler.

Walter Reed Center
Ages 8-11 **8 Sessions** **\$162**
120219A Wed., Sep. 11, 4-5:15pm

YOUTH & TEEN

Young Potters

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

Thomas Jefferson Center
Ages 12-16 **9 Sessions** **\$255**
120115A Thurs., Sep. 12, 3:30-5:30pm

TEEN & ADULT

Fall Interim Wheel Throwing

Keep up with your wheel throwing practice in this short interim class! Participants should have experience with centering, creating cups, bowls and other vessels on the wheel. In this class you will be surrounded by other students who want to build on their skills and improve their pottery making ability. 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 will expand your throwing proficiency. This class is not for beginners or those without wheel throwing experience. Working with clay is a messy





process, so, please come dressed appropriately. Students should bring a towel, their tools and a notebook. If you need to purchase a basic tool kit, you may do so at the first class for \$12. A \$25 non-refundable supply fee is included in the cost of this class. Previous wheel experience **REQUIRED** because this class only meets a few times.

Thomas Jefferson Center. Inst.: Kerr
Ages 16-Adult **5 Sessions** **\$203**
140127A Mon., Nov. 18, 3–5:30pm
140127B Mon., Nov. 18, 6–8:30pm
140127C Tues., Nov. 19, 3–5:30pm

Thomas Jefferson Center
Ages 16-Adult **5 Sessions** **\$203**
140127D Tues., Nov. 19, 6–8:30pm

Thomas Jefferson Center. Inst.: Gobin
Ages Adults **4 Sessions** **\$162**
140127E Thurs., Nov. 21, 9:30am-12pm

Thomas Jefferson Center
Ages Adults **4 Sessions** **\$162**
140127F Thurs., Nov. 21, 6–8:30pm

Just Claying Around

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

Walter Reed Center
Ages 15-Adult **8 Sessions** **\$202**
140129A Wed., Sep. 11, 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.

Thomas Jefferson Center
Ages Adults **9 Sessions** **\$365**
140124A Thurs., Sep. 12, 6–8:30pm
Ages Adults **8 Sessions** **\$329**
140124B Sat., Sep. 28, 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**.

Thomas Jefferson Center. Inst.: Kerr
Ages Adults **8 Sessions** **\$342**
140125A Mon., Sep. 9, 3–5:30pm
140125B Mon., Sep. 9, 6–8:30pm
140125C Tues., Sep. 10, 3–5:30pm
140125D Tues., Sep. 10, 6–8:30pm



DRAWING/PAINTING

TEENS

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 12-15 **8 Sessions** **\$187**
130103A Thurs., Sep. 12, 4–5:30pm



TEENS & ADULTS

Painting: Beginning & Beyond

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

Fairlington Center
Ages 16-Adult **8 Sessions** **\$212**
140137A Thurs., Sep. 19, 6–7:45pm

JEWELRY

TEENS

Young Metalsmiths

The projects students will make in this class will give them fundamental skills and basic understanding of jewelry making. Techniques covered will be sawing, forming, filing, hammering and finishing. Other skills covered may include annealing, soldering, stamping and cold connections. If your teen is creative, loves working with their hands and wants to

take an art class other than drawing or ceramics, this is the class for them. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class.

Thomas Jefferson Center

Ages 12-17 **8 Sessions** **\$255**
130102A Wed., Sep. 11, 4-6pm



TEENS & ADULTS

New! Colorful Enamel Pendants

In this workshop participants will work with pre-cut metal shapes to create unique and colorful kiln-fired enameled Jewelry. The instructor will show how to prepare metal using simple hand tools and apply powdered glass enamels. Once pieces are fired, findings are added to the brightly colored elements to make each one into a fun wearable piece of jewelry. No experience necessary. There is a non-refundable \$20 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages 16-Adult **1 Session** **\$92**
140158A Sat., Oct. 12, 10am-12:30pm

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 16-Adult **1 Session** **\$92**
140155A Sat., Nov. 9, 10am-12:30pm



New! 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**
140154A Sat., Nov. 23, 10am-2:30pm

ADULTS

Intro to Jewelry Making

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**
140151A Thurs., Sep. 19, 6-8:30pm

Studio Time

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

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$220**
140153A Tues., Sep. 10, 6-8:30pm

SEWING & FIBER ARTS

TEENS & ADULTS

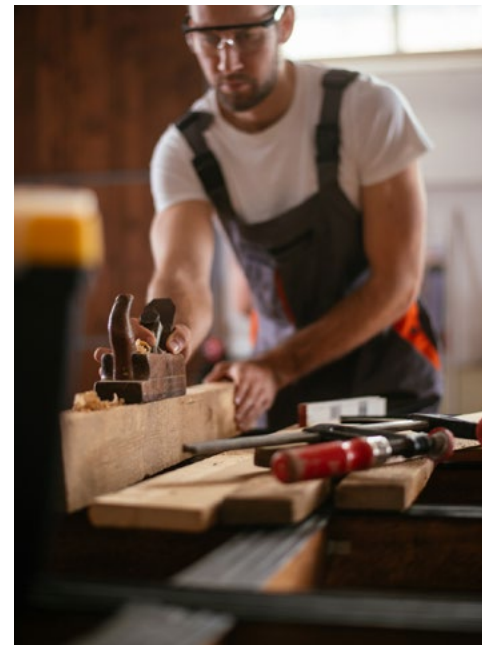
Sew Social

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**
140107A Sat., Sep. 14, 1-3pm

WOODWORKING



ADULTS

Intro to Woodshop

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

Thomas Jefferson Center. Inst.: Bailey
Ages Adults **4 Sessions** **\$242**
140180A Tues., Sep. 10, 6–8:30pm
140180B Thurs., Sep. 12, 6–8:30pm
140180C Thurs., Oct. 17, 6–8:30pm
140180D Tues., Oct. 22, 6–8:30pm

Thomas Jefferson Center. Inst.: Alexander
Ages Adults **4 Sessions** **\$242**
140180E Fri., Sep. 20, 6–8:30pm
140180F Sat., Oct. 26, 10am-12:30pm

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** **\$226**
140181A Sat., Sep. 21, 10am-12:30pm
140181B Mon., Oct. 14, 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**
140183A Fri., Oct. 25, 6–8:30pm

Crazy like a Box: Miter Joints

A Miter joint is made by beveling two pieces of wood to form a corner. In this class students will make a simple box using miter joints and miter joints with splines. These simple wood biscuits are used for strength but can be decorative

as well. 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**
140182A Mon., Nov. 18, 6–8:30pm

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 always clean up after their pets. Bring a six-foot leather or nylon leash and proper fitting collar. The first class is a lecture class; please do not bring your dog. Register the person attending, not the dog. Questions? Email Khealy@dogsolve.com. Inst.: Healy.

Quincy Street Deck
Ages 13-Adult **7 Sessions** **\$105**
140731A Wed., Sep. 18, 7:10–8:10pm

ADULTS

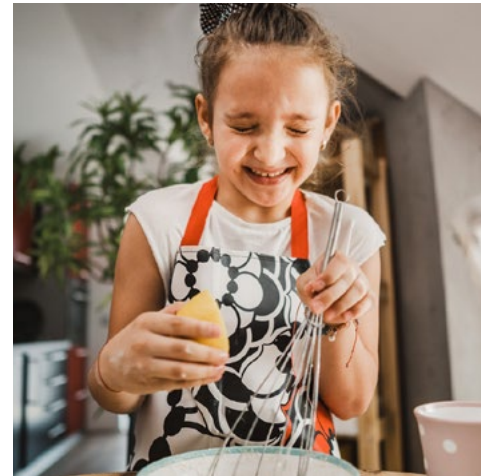
K-9 Nose Work

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

Quincy Street Deck
Ages Adults **7 Sessions** **\$105**
140733A Wed., Sep. 18, 6–7pm



COOKING



YOUTH

Cooking: Around the World

Children will spend each day learning & creating cuisines from different countries & cultures. Throughout the course, children will collaborate while learning about the importance of safety & teamwork in the kitchen. They will master the different skills of cutting, like dicing, coring & slicing, and will also learn more about the customary units of volume, like teaspoons, tablespoons, cups, pints & gallons, all while baking delicious goodies! Inst.: Baroody Camps.

Long Bridge Aquatics Center
Ages 5–12 **6 Sessions** **\$144**
120316A Sat., Nov. 2, 4:30–5:30pm
120316B Sun., Nov. 3, 11:30am–12:30pm

Cooking: Savory & Sweet

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

Long Bridge Aquatics Center
Ages 5–12 **6 Sessions** **\$144**
120317A Sat., Sep. 14, 4:30–5:30pm
Ages 5–12 **5 Sessions** **\$120**
120317B Sun., Sep. 8, 11:30am–12:30pm

LANGUAGE

TOT & YOUTH

Mi Chu Chu Tren® Adventures to Learn Spanish

Mi chu chu tren® is the most enjoyable playtime that your child may have to learn the Spanish language. Immersed in a fantasy world, effortlessly and without forcing situations they are entering the world of a new language, based on teaching through play. Your children and you will have a great time listening and participating in stories, music, and activities that will lead them to understand and speak in short sentences this beautiful language. This is a multilevel



class; previous exposure to the language is not required. For more information, please visit www.michuchutren.com. Inst.: Human Advance LLC.

Fairlington Center		
Ages 1½-3	8 Sessions	\$205
110219A	Sat., Sep. 14, 10–10:45am	
Ages 3–5	8 Sessions	\$205
110219B	Sat., Sep. 14, 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.

Piano

Long Bridge Aquatics Center		
Ages 2–4	10 Sessions	\$238
110321A	Tues., Sep. 10, 10–10:30am	
Arlington Mill Center		
Ages 2–4	10 Sessions	\$238
110321B	Sun., Sep. 15, 4:40–5:10pm	
110321C	Sun., Sep. 15, 5:20–5:50pm	

Guitar

Long Bridge Aquatics Center		
Ages 4–5	10 Sessions	\$238
110324A	Tues., Sep. 10, 10:45–11:15am	
Arlington Mill Center		
Ages 4–5	10 Sessions	\$238
110324B	Sun., Sep. 15, 6–6:30pm	

TOT & YOUTH

New! Lil' Ukes

This class offers children the opportunity to learn the basics of rhythm, strumming, and chords in a fun and upbeat musical

environment. Children will play active musical games, play along to popular songs with their ukuleles, and have the chance to sing and write silly songs. Lil' Ukes serves as a fun and accessible introduction to musical instruction. Kids will leave the class with a foundation on which they can build, whether through lessons on ukulele, guitar, piano, or any other instrument. Students will be required to have their own ukuleles for the class. You can email the instructor for more information at jack@jackphilipoom.com. Inst.: Philipoom.

Fairlington Center

Ages 3–5	8 Sessions	\$176
110320A	Thurs., Sep. 12, 10–10:30am	
110320B	Thurs., Sep. 12, 10:40–11:10am	



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.



Guitar

Long Bridge Aquatics Center

Ages 5–12	10 Sessions	\$272
120319A	Mon., Sep. 9, 6:15–7:15pm	
120319B	Fri., Sep. 13, 6:10–7:10pm	

Arlington Mill Center

Ages 5–12	10 Sessions	\$272
120319C	Wed., Sep. 11, 7:45–8:45pm	
120319D	Sat., Sep. 14, 8:30–9:30am	
120319E	Sun., Sep. 15, 1:15–2:15pm	

Lubber Run Center

Ages 5–12	8 Sessions	\$222
120319F	Thurs., Sep. 12, 6:30–7:30pm	

Piano

Long Bridge Aquatics Center

Ages 5–12	10 Sessions	\$272
120320A	Mon., Sep. 9, 5–6pm	
120320B	Fri., Sep. 13, 5–6pm	

Arlington Mill Center

Ages 5–12	10 Sessions	\$272
120320C	Tues., Sep. 10, 5:15–6:15pm	
120320D	Wed., Sep. 11, 6:30–7:30pm	
120320E	Sat., Sep. 14, 9:45–10:45am	
120320F	Sat., Sep. 14, 12:15–1:15pm	
120320G	Sun., Sep. 15, 3:30–4:30pm	

Lubber Run Center

Ages 5–12	8 Sessions	\$222
120320H	Thurs., Sep. 12, 5:15–6:15pm	

Violin

Arlington Mill Center

Ages 5–12	10 Sessions	\$272
120321A	Sat., Sep. 14, 1:30–2:30pm	
120321B	Sun., Sep. 15, 2:20–3:20pm	
120321C	Wed., Sep. 11, 5:15–6:15pm	

Drumming

Arlington Mill Center

Ages 5–12	10 Sessions	\$272
120323A	Tues., Sep. 10, 6:30–7:30pm	
120323B	Sat., Sep. 14, 11am–12pm	

Long Bridge Aquatics Center

Ages 5–12	10 Sessions	\$272
120323C	Fri., Sep. 13, 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.

Lubber Run Center

Ages 3-6	6 Sessions	\$128
120279A	Mon., Sep. 9, 3-3:45pm	
120279B	Sat., Sep. 14, 9-9:45am	
120279C	Sat., Sep. 14, 10-10:45am	
Ages 5-8	6 Sessions	\$128
120279D	Mon., Sep. 9, 4-4:45pm	
120279E	Sat., Sep. 14, 11-11:45am	

Lego® STEAM Park

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

Long Bridge Aquatics Center

Ages 3-5	8 Sessions	\$188
120331A	Sat., Sep. 14, 9:30-10:15am	
120331B	Sat., Sep. 14, 10:30-11:15am	

YOUTH

Chemistry Creations

Who didn't grow up LOVING chemistry and all that comes with it. Each week we kiddos will use a science experiments, to really get an understanding on how chemical reactions work. Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 7-12	6 Sessions	\$141
120328A	Sun., Nov. 3, 10-11am	

Lego® SPIKE: Essential Robotics

Get ready for a fun, hands-on experience with Lego SPIKE Robotics! In this course, children will have the chance to unleash their creativity and bring their STEAM ideas to life through hands-on projects using everyday themes. By combining the use of Lego bricks, a multi-port Hub, and programming with Scratch, children of all learning levels will have the opportunity to build and code their very own robots. With the use of the latest codable hubs, cameras, motion sensors, tilting sensors, poles and axles, children will be able to create robots that dance, mimic, follow routes, and even drive themselves. Each lesson will focus on building a robot that serves a practical purpose in daily life, while also developing crucial skills such as literacy, math, and coding skills. Inst.: Baroody Camps.

Fairlington Center

Ages 5-12	8 Sessions	\$188
120334A	Mon., Sep. 9, 5-6pm	

New! Lego®: SPIKE Prime Robotics: General

LEGO® Education SPIKE Prime brings together LEGO® bricks, a multi-port Hub, programming based on Scratch, and easy entry STEAM lessons to help children of all learning levels build confidence and critical thinking skills. We will be using a new generation of codable hubs, cameras, motion sensors, tilting sensors and poles and axles to create robots that dance, mimic, and follow routes, along with self-driven robots. In each lesson, children will build a robot that serves them in their daily life. Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 8-12	8 Sessions	\$188
120303A	Wed., Sep. 11, 6:30-7:30pm	



Lego® SPIKE: Essential Robotics: Great Adventures

In this program, children take on the role of heroic explorers, solving challenges and overcoming obstacles using robotics. They'll craft and code devices to aid in exciting scenarios, like navigating treacherous terrains or conducting daring rescues. Each project starts off with a short story emphasizing teamwork that'll then transition to having them design a contraption that helps solve the story's problem. Inst.: Baroody Camps

Long Bridge Aquatics Center

Ages 5-12	8 Sessions	\$188
120332A	Wed., Sep. 11, 5-6pm	

Lego® SPIKE: Essential Robotics: Quirky Creations

This course is a playground for the imagination, where children get to invent and build unique, sometimes wacky robots. Whether it's a robot that makes art or one that sorts recycling, each session is a new opportunity to think outside

the box. Children will examine the joys of innovation and feel the satisfaction of seeing their quirky ideas come to life. As they work on their projects, they'll develop their computational thinking skills, including the ability to create and follow sequences, identify cause and effect, and understand simple loops. Inst.: Baroody Camps.

Fairlington Center

Ages 5-12	8 Sessions	\$188
120333A	Mon., Sep. 9, 6:15-7:15pm	

Slime Time

Who doesn't LOVE slime?! It's easy to make and is guaranteed to be FUN! Some are magnetic, some are inspired by famous wizarding books. Others are glittery or glow in the dark. It doesn't matter how we make it, it's the fun that comes in figuring it out. Our slime program is designed to see just how many ways and kinds of slime we can create. We'll discuss what an activator is and why no slime is complete without it. And we will learn how different ingredients will change the outcome, texture and use of slime. Slime is awesome but learning why it works is pretty cool too! Inst.: Baroody Camps.

Long Bridge Aquatics Center

Ages 5-11	6 Sessions	\$141
120315A	Sat., Nov. 2, 3-4pm	

Spy Science

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

Long Bridge Aquatics Center

Ages 5-7	5 Sessions	\$118
120314A	Sun., Sep. 8, 10-11am	

Science: Potions & Explosions

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

Long Bridge Aquatics Center

Ages 6-12	6 Sessions	\$141
120318A	Sat., Sep. 14, 3-4pm	

THIS-N-THAT

YOUTH

Chess Club with Magnus Academy

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

Madison Center

Ages 5-12	11 Sessions	\$249
120299A	Thurs., Sep. 19, 6-7pm	
120299B	Fri., Sep. 20, 6-7pm	

FITNESS

TOT & ADULT

Zumba® Adult/Tot

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

Long Bridge Aquatics Center
Ages 3-5 **13 Sessions** **\$260**
110300A Tues., Sep. 10, 5-5:45pm

YOUTH

Zumba® Kids

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

Long Bridge Aquatics Center
Ages 5-8 **13 Sessions** **\$260**
110301A Tues., Sep. 10, 6-6:45pm

TEEN & ADULT

Strong Camp

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

Long Bridge Aquatics Center
Ages 15-Adult **13 Sessions** **\$176**
140304A Sat., Sep. 14, 9:15-10:15am

WERQ®

WERQ is a cardio dance workout set to trending pop and hip-hop music. This hour-long fitness class features pre-choreographed routines with easy-to-follow movements set in a pattern. This is a great class for people who like to have fun when they exercise and dance. You can expect grapevines, squats, hair flips, a great sweat, and a fantastic workout. WERQ is for everybody; 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 Center
Ages 13-Adult **14 Sessions** **\$189**
140312A Wed., Sep. 11, 6:30-7:30pm

Walter Reed Center
Ages 13-Adult **13 Sessions** **\$176**
140312B Thurs., Sep. 12, 7-8pm

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](#).



WERQ: FREE HALLOWEEN SPECIAL!

Join us for a spooky HalloWERQ class to celebrate the holiday! WERQ is an aerobic dance class with easy-to-follow patterns designed for all fitness and experience levels. Modifications provided for all moves so everyone can enjoy a great sweat. This special WERQ class will feature a Halloween themed playlist. Come in costume or wear your favorite orange, black, purple, or green workout gear, and get ready for a spooktacular WERQout!

Thurs., Oct. 31, 7-8pm at Walter Reed Center
 Ages 13-Adult. 1 Free Session. **140311A**



TAKE CONTROL OF YOUR

HEALTH



TWC twcfit.com **BbG** BbGfitness.com

Zumba®

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

Long Bridge Aquatics Center. Inst.: RitaRox
Ages 16-Adult **13 Sessions** **\$176**

140344A Mon., Sep. 16, 7–8pm

Lubber Run Center. Inst.: RitaRox
Ages 16-Adult **14 Sessions** **\$189**

140344B Wed., Sep. 18, 7–8pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **12 Sessions** **\$162**

140344C Wed., Sep. 11, 9:30–10:30am

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

Ages Adults **13 Sessions** **\$176**

140344D Thurs., Sep. 12, 10:15–11:15am

Madison Center. Inst.: BodyMoves Fitness LLC
Ages Adults **13 Sessions** **\$176**

140344E Thurs., Sep. 12, 6–7pm

ADULTS

Barre

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

Langston-Brown Center
Ages Adults **13 Sessions** **\$202**

140319A Tues., Sep. 10, 6–7pm

140319B Thurs., Sep. 12, 6–7pm

Body Sculpting

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



Get Your Heart Pumping!

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

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

Ages Adults. \$5 per session at class

Long Bridge Aquatics Center

790100 Mondays 6:30–7:15am

790100 Thursdays 7–7:45pm

790100 Fridays 12:15–1pm

790100 Sundays 8:15–9am

Thomas Jefferson Center

790120 Wednesdays 7–7:45pm

790120 Fridays 7:15–8am



Madison Center
Ages Adults **14 Sessions** **\$189**

140334A Mon., Sep. 9, 6–7pm

140334B Wed., Sep. 11, 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 **14 Sessions** **\$189**

140306A Wed., Sep. 11, 7:15–8:15pm

Langston-Brown Center
Ages Adults **12 Sessions** **\$149**

140306B Mon., Sep. 9, 7–8pm

Core Conditioning

Target your body's core musculature, the basis of fitness and injury prevention. Use body-weight, balance, and strength training exercises to focus on abdominals and back, improv-

ing posture and movement confidence. As this class is virtual, participants cannot be closely supervised and are responsible for securing a safe practice environment. You will need hand weights and a mat. Inst.: BodyMoves Fitness LLC.

Virtual
Ages Adults **13 Sessions** **\$176**

140309A Tues., Sep. 10, 7–8pm

Essentrics

Enjoy a full body stretch that will work through all 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 **12 Sessions** **\$162**

140303A Wed., Sep. 11, 8–9am

Ages Adults **13 Sessions** **\$176**

140303B Tues., Sep. 10, 8–9am

Barcroft Sports & Fitness Center
Ages Adults **14 Sessions** **\$189**

140303C Thurs., Sep. 12, 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 **13 Sessions** **\$176**

140308A Thurs., Sep. 12, 11:20am–12:20pm

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

PILATES

ADULTS

Pilates Level 1

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

Madison Center. Inst.: Lanzillotta
Ages Adults 14 Sessions \$221
140860A Mon., Sep. 9, 7:10–8:10pm

Madison Center. Inst.: Ibrahim
Ages Adults 13 Sessions \$205
140860B Tues., Sep. 10, 10–11am

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults 13 Sessions \$205
140860C Mon., Sep. 9, 9:30–10:30am

Lubber Run Center. Inst.: Ibrahim
Ages Adults 13 Sessions \$205
140860D Thurs., Sep. 12, 10–11am

WELLNESS



TEENS & ADULTS

New! The Basics of Meditation

Want to try meditation? It's easy. There's no mystery to it and anyone can do it. Join us for an afternoon of information about meditation, exercises, and discussion. We sit at a table and chairs; sitting on floor is optional. Instructor is certified to teach Integrative Meditation; class is not affiliated with any religion or spiritual practice. Please bring your lunch and any drinks in a covered container. Inst.: Interdonato.

Fairlington Center
Ages 14-Adult 1 Session \$50
140801A Sat., Sep. 21, 10am–2pm

Grow Your Brain, Learn to Meditate!

Meditation is so much more than relaxation and it grows your brain! This class will teach you to maintain concentration without getting carried off by distractions. You will 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. And you'll find out how meditation grows your brain. Class includes meditation exercises and discussion at a table and chairs; sitting on floor is optional.

Barcroft Sports & Fitness Center
Ages 15-Adult 13 Sessions \$195
140845A Tues., Sep. 10, 7–8pm

Lubber Run Center
Ages 15-Adult 13 Sessions \$195
140845B Thurs., Sep. 12, 1:30–2:30pm

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
140802A Sat., Sep. 28, 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
140803A Sat., Oct. 19, 9:30am–12:30pm

New! Meditation in Daily Living

Meditation leads us to better living, clearer thinking and self awareness. Join us to learn how to incorporate meditation into your daily life. We will explore the benefits of gratitude, staying present under stress, and cultivating mindfulness beyond a seated meditation practice. 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; 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
140805A Sat., Nov. 16, 10am–3pm

Intro to Feldenkrais

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

Barcroft Sports & Fitness Center
Ages 15-Adult 1 Session \$15
140851A Tues., Sep. 3, 7–8pm

Feldenkrais

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

Barcroft Sports & Fitness Center
Ages 15-Adult 13 Sessions \$195
140845A Tues., Sep. 10, 7–8pm

Lubber Run Center
Ages 15-Adult 13 Sessions \$195
140845B Thurs., Sep. 12, 1:30–2:30pm

pilates studio



Try Pilates on the Reformer!

Available at Thomas Jefferson Community Center with experienced instructor, Sallie Porter.

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

Instructors Needed!

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

Wanted! Great Ideas for New Classes.

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

We'd like to hear from you!

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

Your One-Stop-Shop.

For registration and facilities scheduling needs call 703.228.4747. The system informs you of your place in the queue during high volume times, provides more agents during peak times, and gives Spanish speakers direct access to assistance. For registration services, press 1; for scheduling, press 2; para español presione 9.

ADULTS

Wellness Wednesdays with Jackie

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

Fairlington Center

Ages Adults **6 Sessions** **\$84**
140813A Wed., Sep. 11, 7–8pm

YOGA

TEENS & ADULTS

Mixed Level Yoga

Mixed Level Yoga Join this virtual Yoga class to focus on centering, relaxation, and strengthening techniques while practicing classic yoga poses. Virtual class offers a well-rounded yoga experience in the comfort of your own space. You will practice well-loved Yoga poses, breathing, and meditation techniques while flowing from one pose to the next. Virtual Yoga is great for skilled or new Yogis and those returning to practice after a break. Virtual class is great for busy people. Finding the challenge but staying safe is the focus of this modern Yoga experience. Inst.: Harper.

Virtual

Ages 16-Adult **13 Sessions** **\$182**
140912A Tues., Sep. 10, 5:45–6:45pm

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

Ages 16-Adult **14 Sessions** **\$196**
140911A Wed., Sep. 11, 5:45–6:45pm

Yoga for Every Body on the Lawn

Join us outdoors on the lawn (weather permitting) for this single session light-hearted hatha style yoga class. Students are encouraged to look inward, be present, and “go with the flow.” Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are 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

Ages 14-Adult **1 Session** **\$15**
140910A Sat., Sep. 21, 9–10am
140910B Sat., Oct. 19, 9–10am
140910C Sat., Nov. 16, 9–10am
140910D Sat., Dec. 14, 9–10am

Energizing Yoga

Enjoy this mixed level, invigorating and accessible Hatha Yoga class where practice is focused on alignment, safe techniques and variation. This 90-minute class allows a complete Yoga flow practice including warm-ups, traditional Yoga poses, breathing, stress reduction and relaxation techniques. Inst.: Harper.

Barcroft Sports & Fitness Center

Ages 16-Adult **14 Sessions** **\$294**
140918A Wed., Sep. 11, 7–8:30pm

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.

Walter Reed Center

Ages 14-Adult **12 Sessions** **\$252**
140919A Mon., Sep. 16, 5–6:30pm
140919B Mon., Sep. 16, 6:45–8:15pm

Fairlington Center

Ages 14-Adult **12 Sessions** **\$252**
140919C Wed., Sep. 18, 6:45–8:15pm
140919D Fri., Sep. 20, 5–6:30pm

ADULTS

Core Yoga

Begin or enhance your yoga journey with a yoga practice that emphasizes core strength to help improve stability, balance, and daily functionality. This class blends vinyasa yoga (linking poses into a flow) with traditional and mind-body core exercise to increase overall strength and flexibility. Breathwork and body awareness are a key focus. The format includes warm-up, yoga practice, core work, stretching and relaxation. Bring a yoga mat. Inst.: Johnson.

Lubber Run Center

Ages Adults **12 Sessions** **\$168**
140903A Thurs., Sep. 12, 5:45–6:45pm
140903B Thurs., Sep. 12, 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.

Lubber Run Center

Ages 16-Adult 15 Sessions \$210
140902A Sun., Sep. 15, 5:30-6:30pm

Madison Center

Ages Adults 14 Sessions \$196
140902B Wed., Sep. 11, 10:15-11:15am
140902C Mon., Sep. 9, 11:30am-12:30pm

Postpartum Yoga with Baby

Have fun with your baby as you work to build strength and stretch your body with targeted toning and relaxing yoga poses. Class is geared toward mom but incorporates baby as well. For postpartum moms and babies only. Inst.: BodyMoves Fitness LLC.

Lubber Run Center

Ages Adults 13 Sessions \$182
110302A Mon., Sep. 9, 10:45-11:45am

Yoga Level 1

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

Madison Center. Inst.: Melnick

Ages Adults 13 Sessions \$182
140904A Tues., Sep. 10, 7:15-8:15pm

Madison Center. Inst.: Johnson

Ages Adults 13 Sessions \$182
140904B Fri., Sep. 13, 8:15-9:15am

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 13 Sessions \$182
140905A Tues., Sep. 10, 9:30-10:30am
140905B Fri., Sep. 13, 9:30-10:30am

Yoga for Every Body

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

Barcroft Sports & Fitness Center

Ages Adults 12 Sessions \$168
140907A Tues., Sep. 10, 10-11am

Walter Reed Center

Ages Adults 12 Sessions \$168
140907B Tues., Sep. 10, 7:15-8:15pm

Virtual

Ages Adults 12 Sessions \$168
140907C Thurs., Sep. 12, 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 13 Sessions \$182
140914A Mon., Sep. 9, 10-11am

Sculpting Yoga

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

Madison Center

Ages Adults 13 Sessions \$182
140906A Tues., Sep. 10, 6-7pm



New! Yin Yoga

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

Lubber Run Center

Ages Adults 14 Sessions \$196
140913A Tues., Sep. 10, 6:30-7:30pm

MARTIAL ARTS



TOT & YOUTH

Tip Top Ninjas Martial Arts

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

Barcroft Sports & Fitness Center

Ages 4-7 12 Sessions \$258

120308A Sat., Sep. 14, 9:30-10:15am

120308B Sat., Sep. 14, 10:30-11:15am

120308C Sat., Sep. 14, 11:30am-12:15pm

Ages 4-7 8 Sessions \$172

120308D Mon., Sep. 9, 4:30-5:15pm

120308E Mon., Sep. 9, 6:20-7:05pm

120308F Wed., Sep. 11, 4:30-5:15pm

Ages 4-7 5 Sessions \$108

120308G Mon., Nov. 4, 4:30-5:15pm

120308H Mon., Nov. 4, 6:20-7:05pm

120308I Wed., Nov. 6, 4:30-5:15pm

Ages 5-10 12 Sessions \$258

120308J Sat., Sep. 14, 12:30-1:15pm

120308K Sat., Sep. 14, 1:30-2:15pm

Ages 5-10 8 Sessions \$172

120308L Mon., Sep. 9, 5:30-6:15pm

120308M Wed., Sep. 11, 6:20-7:05pm

120308N Wed., Sep. 11, 5:30-6:15pm

Ages 5-10 5 Sessions \$108

120308O Mon., Nov. 4, 5:30-6:15pm

120308P Wed., Nov. 6, 6:20-7:05pm

120308Q Wed., Nov. 6, 5:30-6:15pm

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

Ages 5-13 **14 Sessions** **\$126**
120305A Tues., Sep. 10, 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

Ages 5-14 **27 Sessions** **\$243**
120307A Tues./Thurs., Sep. 10, 7:10-8:10pm

Ages 5-13 **13 Sessions** **\$117**
120307B Thurs., Sep. 12, 6-7pm



YOUTH/TEEN/ADULT

Introduction to Olympic Fencing

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



NOVA Fencing and Archery Club

Ages 7-12 **8 Sessions** **\$160**

120310A Mon./Wed., Sep. 9, 5-6pm

120310B Mon./Wed., Oct. 7, 5-6pm

120310C Mon./Wed., Nov. 18, 5-6pm

120310D Mon./Wed., Sep. 9, 6-7pm

120310E Mon./Wed., Oct. 7, 6-7pm

120310F Mon./Wed., Nov. 18, 6-7pm

120310G Tues./Thurs., Sep. 10, 5-6pm

120310H Tues./Thurs., Oct. 8, 5-6pm

120310I Tues./Thurs., Nov. 19, 5-6pm

120310J Tues./Thurs., Sep. 10, 6-7pm

120310K Tues./Thurs., Oct. 8, 6-7pm

120310L Tues./Thurs., Nov. 19, 6-7pm

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

120310M Mon./Wed., Sep. 9, 7-8pm

120310N Mon./Wed., Oct. 7, 7-8pm

120310O Mon./Wed., Nov. 18, 7-8pm

New! Japanese Karate

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.

Lubber Run Center

Ages 6-17 **6 Sessions** **\$90**

120313A Sat., Sep. 14, 2-2:50pm

Ages 6-17 **6 Sessions** **\$90**

120313B Sat., Nov. 9, 2-2:50pm

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

Ages 5-13 **13 Sessions** **\$117**

120309A Mon., Sep. 9, 7-8pm

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

120309B Mon., Sep. 9, 8:10-9:10pm

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

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

140354A Thurs., Sep. 12, 8:20-9:20pm

Senior Judo

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

Dawson Terrace

Ages 13-Adult **27 Sessions** **\$243**

140353A Tues./Thurs., Sep. 10, 8:20-9:20pm

ADULTS

New! Japanese Karate

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.

Lubber Run Center

Ages Adults **6 Sessions** **\$90**

140351A Sat., Sep. 14, 1-1:50pm

Ages Adults **6 Sessions** **\$90**

140351B Sat., Nov. 9, 1-1:50pm

PICKLEBALL

YOUTH/TEEN/ADULT

Pickleball 1

Pickleball is a fun, popular mini-tennis-like game. You will learn all the basic strokes including dinks, volleys, forehands, backhands, and the serve and how to keep score on an outdoor court. Pickleball paddles and balls are provided. Please wear tennis shoes. Ratio 6:1 Inst.: First Serve Tennis.

Marcey Road Park

Ages 10-14 **10 Sessions** **\$275**
140614A Wed., Sep. 11, 4:30-5:20pm
140614B Wed., Sep. 11, 5:30-6:20pm
140614C Wed., Sep. 11, 6:30-7:20pm
140614D Wed., Sep. 11, 7:30-8:20pm

Ages 15-Adult **9 Sessions** **\$248**
140614E Mon., Sep. 9, 8:30-9:20am
140614F Thurs., Sep. 12, 5:30-6:20pm
140614G Thurs., Sep. 12, 7:30-8:20pm

Hayes Park

Ages 10-14 **9 Sessions** **\$248**
140614H Thurs., Sep. 12, 4:30-5:20pm
140614I Mon., Sep. 9, 5:30-6:20pm
140614J Mon., Sep. 9, 5:30-6:20pm
140614K Mon., Sep. 9, 6:30-7:20pm
140614L Thurs., Sep. 12, 5:30-6:20pm
140614M Thurs., Sep. 12, 6:30-7:20pm
140614N Thurs., Sep. 12, 7:30-8:20pm

Fort Scott Park

Ages 15-Adult **10 Sessions** **\$275**
140614O Wed., Sep. 11, 10:30-11:20am
140614P Wed., Sep. 11, 10:30-11:20am
Ages 15-Adult **9 Sessions** **\$248**
140614Q Tues., Sep. 10, 8:30-9:20am
140614R Thurs., Sep. 12, 8:30-9:20am
140614S Thurs., Sep. 12, 10:30-11:20am

TEENS & ADULTS

Pickleball 2

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



Fort Scott Park

Ages 15-Adult **10 Sessions** **\$275**
140615A Wed., Sep. 11, 9:30-10:20am
140615B Wed., Sep. 11, 9:30-10:20am
Ages 15-Adult **9 Sessions** **\$248**
140615C Tues., Sep. 10, 9:30-10:20am
140615D Thurs., Sep. 12, 9:30-10:20am

Hayes Park

Ages 15-Adult **9 Sessions** **\$248**
140615E Mon., Sep. 9, 6:30-7:20pm
140615F Mon., Sep. 9, 7:30-8:20pm
140615G Thurs., Sep. 12, 5:30-6:20pm
140615H Thurs., Sep. 12, 6:30-7:20pm
140615I Thurs., Sep. 12, 7:30-8:20pm

Marcey Road Park

Ages 15-Adult **10 Sessions** **\$275**
140615J Wed., Sep. 11, 5:30-6:20pm
140615K Wed., Sep. 11, 5:30-6:20pm
140615L Wed., Sep. 11, 6:30-7:20pm
140615M Wed., Sep. 11, 7:30-8:20pm
140615N Wed., Sep. 11, 8:30-9:20pm
Ages 15-Adult **9 Sessions** **\$248**
140615O Mon., Sep. 9, 9:30-10:20am
140615P Thurs., Sep. 12, 6:30-7:20pm

Pickleball 3

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

Fort Scott Park

Ages 15-Adult **10 Sessions** **\$275**
140616A Wed., Sep. 11, 8:30-9:20am
140616B Wed., Sep. 11, 8:30-9:20am
Ages 15-Adult **9 Sessions** **\$248**
140616C Tues., Sep. 10, 10:30-11:20am
140616D Mon., Sep. 9, 7:30-8:20pm

Marcey Road Park

Ages 15-Adult **10 Sessions** **\$275**
140616E Wed., Sep. 11, 6:30-7:20pm
140616F Wed., Sep. 11, 7:30-8:20pm
140616G Wed., Sep. 11, 8:30-9:20pm
Ages 15-Adult **9 Sessions** **\$248**
140616H Mon., Sep. 9, 10:30-11:20am

SPORTS



TOT & ADULT

Grand Slam T-Ball & Me

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

Fields Park

Ages 2-3 **13 Sessions** **\$241**
110618A Thurs., Sep. 12, 10:30-11:15am

Barrett Elem. School Outside

Ages 2-3 **13 Sessions** **\$241**
110618B Sat., Sep. 14, 9-9:45am
110618C Sun., Sep. 15, 9-9:45am

Little Athletes and Me

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

Gunston Tent

Ages 2-3 **13 Sessions** **\$241**
110615A Mon., Sep. 9, 10:30-11:15am

Arlington Mill Center

Ages 2-3 **13 Sessions** **\$241**
110615B Sat., Sep. 14, 9-9:45am

Fairlington Center

Ages 2-3 **13 Sessions** **\$241**
110615C Sat., Sep. 14, 10-10:45am

Lubber Run Center

Ages 2-3 **13 Sessions** **\$241**
110615D Sat., Sep. 14, 11-11:45am
110615E Sun., Sep. 15, 4-4:45pm

Little Kicks Soccer & Me

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

Fairlington Center		
Ages 2-3	13 Sessions	\$241
110605A	Tues., Sep. 10, 4:30-5:15pm	
110605B	Sat., Sep. 14, 9-9:45am	
Zitkala-Sa Park		
Ages 2-3	13 Sessions	\$241
110605C	Tues., Sep. 10, 10:30-11:15am	
Arlington Mill Center		
Ages 2-3	13 Sessions	\$241
110605D	Sat., Sep. 14, 10:50-11:35am	
Barrett Elem. School Outside		
Ages 2-3	13 Sessions	\$241
110605E	Sat., Sep. 14, 11-11:45am	
110605F	Sun., Sep. 15, 11-11:45am	
Lubber Run Center		
Ages 2-3	13 Sessions	\$241
110605G	Sat., Sep. 14, 10-10:45am	
Gunston Tent		
Ages 2-3	13 Sessions	\$241
110605H	Sun., Sep. 15, 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	13 Sessions	\$241
110617A	Thurs., Sep. 12, 9:30-10:15am	
Barrett Elem. School Outside		
Ages 4-6	13 Sessions	\$241
110617B	Sat., Sep. 14, 10-10:45am	
110617C	Sun., Sep. 15, 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.

Gunston Tent		
Ages 4-6	13 Sessions	\$241
110616A	Mon., Sep. 9, 9:30-10:15am	



Arlington Mill Center		
Ages 4-6	13 Sessions	\$241
110616B	Sat., Sep. 14, 10-10:45am	
Lubber Run Center		
Ages 4-6	13 Sessions	\$241
110616C	Sat., Sep. 14, 12-1pm	
110616D	Sun., Sep. 15, 3:10-3:55pm	

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.

Gunston Tent		
Ages 4-6	13 Sessions	\$241
110610A	Mon., Sep. 9, 4-4:45pm	
110610B	Sun., Sep. 15, 10-10:45am	
Ages 4-6	12 Sessions	\$222
110610C	Thurs., Sep. 12, 4:30-5:15pm	

Zitkala-Sa Park		
Ages 4-6	13 Sessions	\$241
110610D	Tues., Sep. 10, 9:30-10:15am	

Fairlington Center		
Ages 4-6	13 Sessions	\$241
110610E	Sat., Sep. 14, 11-11:45am	

Barrett Elem. School Outside		
Ages 4-6	13 Sessions	\$241
110610F	Sat., Sep. 14, 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 always stay on premises. Inst.: Stockton Soccer.

Rocky Run Park		
Ages 2-3	8 Sessions	\$155
110612A	Mon., Sep. 9, 10:15-10:55am	
110612B	Sat., Sep. 14, 8-8:40am	
Ages 3-6	8 Sessions	\$155
110612C	Sat., Sep. 14, 9-9:45am	
110612D	Sat., Sep. 14, 10-10:45am	
Ages 5-8	8 Sessions	\$155
110612E	Sat., Sep. 14, 11-11:50am	

Madison Manor Park		
Ages 2-3	8 Sessions	\$155
110612F	Tues., Sep. 10, 11:45am-12:25pm	
Ages 3-6	8 Sessions	\$155
110612G	Tues., Sep. 10, 12:45-1:30pm	

Madison Center Outside Field		
Ages 2-3	8 Sessions	\$155
110612H	Wed., Sep. 11, 11-11:40am	
Ages 3-6	8 Sessions	\$155
110612I	Wed., Sep. 11, 12-12:45pm	

Lacey Woods Park		
Ages 2-3	8 Sessions	\$155
110612J	Thurs., Sep. 12, 10-10:40am	
110612K	Sun., Sep. 15, 3-3:40pm	

Ages 3-6	8 Sessions	\$155
110612L	Sun., Sep. 15, 4-4:45pm	
Ages 5-8	8 Sessions	\$155
110612M	Sun., Sep. 15, 5-5:50pm	

Fairlington Center		
Ages 2-3	8 Sessions	\$155
110612N	Thurs., Sep. 12, 3-3:40pm	
110612O	Fri., Sep. 13, 11-11:40am	
Ages 3-6	8 Sessions	\$155
110612P	Thurs., Sep. 12, 4-4:45pm	
110612Q	Fri., Sep. 13, 11:50am-12:35pm	

Mosaic Park		
Ages 2-3	8 Sessions	\$155
110612R	Sat., Sep. 14, 12:15-12:55pm	
Ages 3-6	8 Sessions	\$155
110612S	Sat., Sep. 14, 1-1:45pm	

Barrett Elem. School Outside		
Ages 2-3	8 Sessions	\$155
110612T	Sun., Sep. 15, 12:15-12:55pm	
Ages 3-6	8 Sessions	\$155
110612U	Sun., Sep. 15, 1:05-1:50pm	



Little Champions Soccer

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

Gunston Tent		
Ages 4-6	13 Sessions	\$241
110621A	Sun., Sep. 15, 11-11:45am	
Ages 7-9	13 Sessions	\$280
110621B	Mon., Sep. 9, 4:50-5:50pm	
Arlington Mill Center		
Ages 7-9	13 Sessions	\$280
110621C	Sat., Sep. 14, 11:40am-12:40pm	

Pee Wee Lacrosse

Pee Wee Lacrosse is the ultimate introduction to lacrosse. Our mission is to teach the basic skills of lacrosse in a fun, energizing and engaging environment. All equipment is provided. Adults required to always stay on premises. Inst.: Tip Top Sports.

Fairlington Center		
Ages 4-6	13 Sessions	\$280
110611A	Sat., Sep. 14, 12-1pm	
Lubber Run Center		
Ages 5-8	13 Sessions	\$241
110611B	Sun., Sep. 15, 1-1:45pm	



New! 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.

Fairlington Center

Ages 5–8 14 Sessions \$259
110614A Wed., Sep. 11, 4–4:45pm

Gunston Tent

Ages 4–6 13 Sessions \$241
110614B Sun., Sep. 15, 2:15–3pm

Run Shoot Basketball

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

Fairlington Center

Ages 3–4 13 Sessions \$241
110619A* Mon., Sep. 9, 4:30–5:15pm

Ages 5–6 13 Sessions \$280

110619B Mon., Sep. 9, 5:20–6:20pm

Ages 5–6 12 Sessions \$258
110619C Thurs., Sep. 12, 6–7pm

Lubber Run Center

Ages 3–4 13 Sessions \$241
110619D* Sat., Sep. 14, 9–9:45am

Ages 5–6 13 Sessions \$280

110619E Sat., Sep. 14, 1:05–2pm

110619F Sun., Sep. 15, 2–3pm

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 always stay on premises. Inst.: Tip Top Sports.

Gunston Tent

Ages 5–7 13 Sessions \$280
120610A Sun., Sep. 15, 12–1pm

Ages 7–9 13 Sessions \$280

120610B Tues., Sep. 10, 4–5pm

Barrett Elem. School Outside

Ages 5–7 13 Sessions \$280

120610C Sat., Sep. 14, 1–2pm

Fairlington Center

Ages 7–9 13 Sessions \$280

120610D Sat., Sep. 14, 1:05–2:05pm

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

Ages 7–9 14 Sessions \$301

120609A Wed., Sep. 11, 5–6pm

Ages 10–12 14 Sessions \$301

120609B Wed., Sep. 11, 7:20–8:20pm

Girls Hoops Basketball

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

Fairlington Center

Ages 5–6 13 Sessions \$280

120615A Tues., Sep. 10, 5:20–6:20pm

Ages 7–9 13 Sessions \$280

120615B Tues., Sep. 10, 6:30–7:30pm

Ages 10–12 13 Sessions \$280

120615C Tues., Sep. 10, 7:40–8:40pm

Momentum3 Cheer

Our small group cheer program offers a fun and exciting way for beginner to intermediate level cheerleaders to improve their skills while adding new skills to their repertoire. Sessions focus on the fundamentals of cheer and dance while promoting teamwork, determination and self

confidence. During the 8 week program, cheerleaders will learn a routine incorporating the skills they've learned into a final performance. Sessions are aged-based with a low student/coach ratio designed to build a strong cheerleading foundation where students can improve their skills naturally.

Barcroft Sports & Fitness Center

Ages 8–9 6 Sessions \$140

120608A Tues., Sep. 10, 4:30–5:30pm

Ages 10–12 6 Sessions \$140

120608B Tues., Sep. 10, 5:40–6:40pm

Walter Reed Center

Ages 8–9 6 Sessions \$140

120608C Sun., Sep. 15, 2–3pm

Ages 10–12 6 Sessions \$140

120608D Sun., Sep. 15, 3:10–4:10pm

New! 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 5–7 12 Sessions \$222

110609A Thurs., Sep. 12, 5–5:45pm

Ages 7–9 13 Sessions \$280

110609B Sat., Sep. 14, 2:10–3:10pm

Gunston Tent

Ages 7–9 12 Sessions \$222

110609C Thurs., Sep. 12, 5:20–6:05pm



Triple Threat Basketball

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

Fairlington Center

Ages 7-9	14 Sessions	\$301
120613A	Wed., Sep. 11, 6:10-7:10pm	
Ages 7-9	13 Sessions	\$280
120613B	Mon., Sep. 9, 6:30-7:30pm	
Ages 10-12	13 Sessions	\$280
120613C	Mon., Sep. 9, 7:40-8:40pm	
Ages 10-12	12 Sessions	\$258
120613D	Thurs., Sep. 12, 7:10-8:10pm	

Varsity Skills 1

Varsity Skills Academy sessions offer participants comprehensive basketball instructions. VSA is designed to teach proper fundamentals techniques such as: ball handling, shooting, passing, shooting, defense, rebounding and offensive development. Sessions are taught in a low student to coach ratio to maximize the quality of instruction. Inst.: Momentum3.

Lubber Run Center

Ages 7-9	6 Sessions	\$140
120611A	Mon., Sep. 9, 4:30-5:30pm	
120611B	Tues., Sep. 10, 5:45-6:45pm	
Ages 10-12	6 Sessions	\$140
120611C	Tues., Sep. 10, 4:30-5:30pm	

Arlington Mill Center

Ages 10-12	6 Sessions	\$140
120611D	Thurs., Sep. 12, 5-6pm	

Varsity Skills 2

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

Lubber Run Center

Ages 7-9	6 Sessions	\$140
120612A	Wed., Sep. 11, 5:45-6:45pm	
Ages 10-13	6 Sessions	\$140
120612B	Mon., Sep. 9, 5:45-6:45pm	
120612C	Wed., Sep. 11, 4:30-5:30pm	



Arlington Mill Center

Ages 10-13	6 Sessions	\$140
120612D	Thurs., Sep. 12, 6:15-7:15pm	

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 Tent

Ages 10-12	13 Sessions	\$280
120616A	Tues., Sep. 10, 5:05-6pm	
120616B	Sun., Sep. 15, 1:10-2:10pm	

YOUTH/TEEN/ADULT

Explore Archery

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

NOVA Fencing and Archery Club

Ages 8-Adult	6 Sessions	\$160
120312A	Wed., Sep. 11, 5-6pm	
120312B	Wed., Oct. 23, 5-6pm	
120312C	Thurs., Sep. 12, 4-5pm	
120312D	Thurs., Oct. 24, 4-5pm	

TENNIS

YOUTH & TEEN

Tennis 1 & 2

Through fun, skill-building games beginners and advanced beginners learn and develop fundamental tennis strokes. Students are encouraged to repeat this class until they feel confident with all the fundamental strokes. Ratio 6:1 Adults required to always stay on the premises during class. Tennis racquets are not provided please email info@tennis-everyone.net if you have any further questions. nst.: First Serve Tennis.

Barcroft Park

Ages 6-8	11 Sessions	\$303
120602A	Wed., Sep. 11, 4:30-5:20pm	
Ages 7-10	11 Sessions	\$303
120602B	Wed., Sep. 11, 5:30-6:20pm	
Ages 10-14	11 Sessions	\$303
120602C	Wed., Sep. 11, 6:30-7:20pm	

Greenbrier Park

Ages 6-8	11 Sessions	\$303
120602D	Sun., Sep. 15, 9-9:50am	
Ages 7-10	11 Sessions	\$303
120602E	Sun., Sep. 15, 10-10:50am	
120602F	Sun., Sep. 15, 11-11:50am	
Ages 10-14	11 Sessions	\$303
120602G	Sun., Sep. 15, 12-12:50pm	

Jennie Dean Park

Ages 10-14	10 Sessions	\$275
120602H	Thurs., Sep. 12, 6:30-7:20pm	

Langston-Brown Center

Ages 6-8	11 Sessions	\$303
120602I	Wed., Sep. 11, 4:30-5:20pm	
Ages 7-10	11 Sessions	\$303
120602J	Wed., Sep. 11, 5:30-6:20pm	
Ages 10-14	11 Sessions	\$303
120602K	Wed., Sep. 11, 6:30-7:20pm	

Lyon Village Park

Ages 6-8	10 Sessions	\$275
120602L	Thurs., Sep. 12, 4:30-5:20pm	
Ages 7-10	10 Sessions	\$275
120602M	Thurs., Sep. 12, 5:30-6:20pm	
Ages 10-14	10 Sessions	\$275
120602N	Thurs., Sep. 12, 6:30-7:20pm	



Quincy Park		
Ages 7-10	10 Sessions	\$275
120602O	Mon., Sep. 9, 5:30-6:20pm	
Ages 10-14	10 Sessions	\$275
120602P	Mon., Sep. 9, 6:30-7:20pm	

Stratford Park		
Ages 6-8	11 Sessions	\$303
120602Q	Wed., Sep. 11, 4:30-5:20pm	
Ages 7-10	11 Sessions	\$303
120602R	Wed., Sep. 11, 5:30-6:20pm	
Ages 7-10	10 Sessions	\$275
120602S	Mon., Sep. 9, 5:30-6:20pm	
Ages 10-14	11 Sessions	\$303
120602T	Wed., Sep. 11, 6:30-7:20pm	
Ages 10-14	10 Sessions	\$275
120602U	Mon., Sep. 9, 6:30-7:20pm	

Langston-Brown Center		
Ages 7-10	10 Sessions	\$275
120602V	Mon., Sep. 9, 4:30-5:20pm	
Ages 10-14	10 Sessions	\$275
120602W	Mon., Sep. 9, 5:30-6:20pm	

Va. Highlands Park		
Ages 6-8	10 Sessions	\$275
120602X	Thurs., Sep. 12, 4:30-5:20pm	
Ages 7-10	10 Sessions	\$275
120602Y	Tues., Sep. 10, 5:30-6:20pm	
120602Z	Thurs., Sep. 12, 5:30-6:20pm	
Ages 10-14	10 Sessions	\$275
120602AA	Tues., Sep. 10, 6:30-7:20pm	
120602BB	Thurs., Sep. 12, 6:30-7:20pm	

Wakefield High School		
Ages 10-14	10 Sessions	\$275
120602CC	Tues., Sep. 10, 5-5:50pm	

Tennis 3: Transition to Match Play

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

Tuckahoe Park		
Ages 8-10	11 Sessions	\$380
120603A	Wed., Sep. 11, 4:30-5:40pm	
Ages 8-10	10 Sessions	\$345
120603B	Thurs., Sep. 12, 4:30-5:40pm	
Ages 10-14	11 Sessions	\$380
120603C	Wed., Sep. 11, 5:50-7pm	
Ages 10-14	10 Sessions	\$345
120603D	Thurs., Sep. 12, 5:50-7pm	

TEENS

Tennis 3-4: Junior Match Play

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

Kenmore MS		
Ages 13-17	11 Sessions	\$380
120604A	Sat., Sep. 14, 12-1:20pm	

Tennis 4: JV Tennis

Prior Level 3 or coach's recommendation required! Coaches prep players for high school competition through drills, tactics, and match play situations. Ideal for players building

skills to try out for their high school team. Coach's recommendation required by contacting info@tenniseveryone.net before registering. Tennis racquets are not provided. Ratio 6:1 Inst.: First Serve Tennis.

Tuckahoe Park		
Ages 13-17	11 Sessions	\$380
130601A	Wed., Sep. 11, 7:10-8:20pm	
Ages 13-17	10 Sessions	\$345
130601B	Thurs., Sep. 12, 7:10-8:20pm	

TEENS & ADULTS

Tennis 1

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the ground strokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio is 4:1. Tennis racquets are not provided please email info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

Barcroft Park		
Ages 15-Adult	11 Sessions	\$413
140601A	Wed., Sep. 11, 7:30-8:40pm	
Ages 15-Adult	10 Sessions	\$375
140601B	Thurs., Sep. 12, 6:10-7:20pm	

Bon Air Park		
Ages 15-Adult	10 Sessions	\$375
140601C	Thurs., Sep. 12, 9:45-10:55am	
140601D	Thurs., Sep. 12, 11:05am-12:15pm	

Jennie Dean Park		
Ages 15-Adult	10 Sessions	\$375
140601E	Mon., Sep. 9, 6:10-7:20pm	
140601F	Mon., Sep. 9, 8:50-10pm	
140601G	Thurs., Sep. 12, 7:30-8:40pm	

Langston-Brown Center		
Ages 15-Adult	11 Sessions	\$413
140601H	Wed., Sep. 11, 7:30-8:40pm	

Lyon Village Park		
Ages 15-Adult	10 Sessions	\$375
140601I	Mon., Sep. 9, 6:10-7:20pm	
140601J	Tues., Sep. 10, 9:45-10:55am	

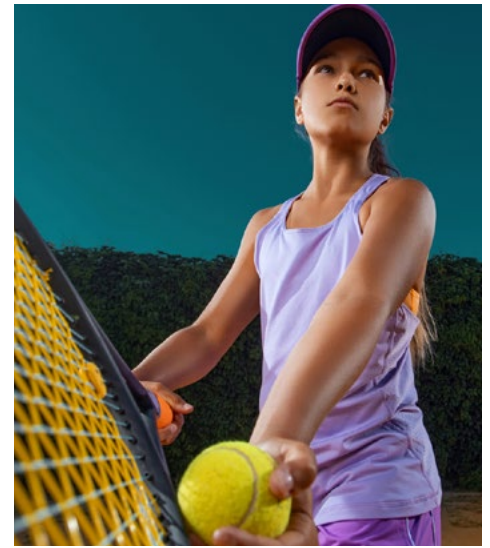
Maurypark		
Ages 15-Adult	11 Sessions	\$413
140601K	Sat., Sep. 14, 11:50am-1pm	

Quincy Park		
Ages 15-Adult	11 Sessions	\$413
140601L	Sat., Sep. 14, 9:10-10:20am	
Ages 15-Adult	10 Sessions	\$375
140601M	Tues., Sep. 10, 9:45-10:55am	
140601N	Mon., Sep. 9, 11:05am-12:15pm	

Stratford Park		
Ages 15-Adult	10 Sessions	\$375
140601O	Tues., Sep. 10, 6:10-7:20pm	
140601P	Tues., Sep. 10, 8:50-10pm	

Tuckahoe Park		
Ages 15-Adult	11 Sessions	\$413
140601Q	Wed., Sep. 11, 7:10-8:20pm	

Langston-Brown Center		
Ages 15-Adult	10 Sessions	\$375
140601R	Mon., Sep. 9, 6:30-7:40pm	



Tennis 2

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

Barcroft Park		
Ages 15-Adult	11 Sessions	\$413
140602A	Wed., Sep. 11, 8:50-10pm	
Ages 15-Adult	10 Sessions	\$375
140602B	Thurs., Sep. 12, 7:30-8:40pm	

Bon Air Park		
Ages 15-Adult	10 Sessions	\$375
140602C	Thurs., Sep. 12, 11:05am-12:15pm	

Jennie Dean Park		
Ages 15-Adult	10 Sessions	\$375
140602D	Mon., Sep. 9, 7:30-8:40pm	
140602E	Thurs., Sep. 12, 8:50-10pm	

Langston-Brown Center		
Ages 15-Adult	11 Sessions	\$413
140602F	Wed., Sep. 11, 8:50-10pm	
Ages 15-Adult	10 Sessions	\$375
140602G	Thurs., Sep. 12, 9:45-10:55am	

Lyon Village Park		
Ages 15-Adult	10 Sessions	\$375
140602H	Mon., Sep. 9, 7:30-8:40pm	

Maurypark		
Ages 15-Adult	11 Sessions	\$413
140602I	Sat., Sep. 14, 10:30-11:40am	

Quincy Park		
Ages 15-Adult	11 Sessions	\$413
140602J	Sat., Sep. 14, 10:30-11:40am	
Ages 15-Adult	10 Sessions	\$375
140602K	Mon., Sep. 9, 9:45-10:55am	
140602L	Mon., Sep. 9, 8:50-10pm	
140602M	Tues., Sep. 10, 11:05am-12:15pm	

Stratford Park		
Ages 15-Adult	11 Sessions	\$413
140602N	Wed., Sep. 11, 8:50-10pm	

Langston-Brown Center		
Ages 15-Adult	10 Sessions	\$375
140602O	Mon., Sep. 9, 7:50-9pm	



Va. Highlands Park

Ages 15-Adult **10 Sessions** **\$375**
140602P Thurs., Sep. 12, 7:30–8:40pm

Wakefield High School

Ages 15-Adult **10 Sessions** **\$375**
140602Q Tues., Sep. 10, 7:20–8:30pm

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.: First Serve Tennis.

Kenmore MS

Ages 15-Adult **11 Sessions** **\$380**
140608A Sat., Sep. 14, 10:30–11:50am

Tennis 3

For players who have the ability to rally at a slow pace, this program refines stroke production and introduces tactics & techniques needed for competitive matchplay. Intended for players who have completed Tennis II or have similar experience. Ratio is 4:1. Tennis racquets are not provided please email info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

Langston-Brown Center

Ages 15-Adult **10 Sessions** **\$375**
140603A Thurs., Sep. 12, 11:05am-12:15pm

Lyon Village Park

Ages 15-Adult **10 Sessions** **\$375**
140603B Mon., Sep. 9, 8:50–10pm
140603C Tues., Sep. 10, 11:05am-12:15pm
140603D Thurs., Sep. 12, 8:50–10pm

Quincy Park

Ages 15-Adult **11 Sessions** **\$413**
140603E Wed., Sep. 11, 9:45–10:55am
Ages 15-Adult **10 Sessions** **\$375**
140603F Mon., Sep. 9, 11:05am-12:15pm
140603G Mon., Sep. 9, 7:30–8:40pm

Stratford Park

Ages 15-Adult **10 Sessions** **\$375**
140603H Mon., Sep. 9, 8:50–10pm
140603I Tues., Sep. 10, 7:30–8:40pm

Tuckahoe Park

Ages 15-Adult **11 Sessions** **\$413**
140603J Wed., Sep. 11, 8:30–9:40pm

Ages 15-Adult **10 Sessions** **\$375**
140603K Thurs., Sep. 12, 8:30–9:40pm

Va. Highlands Park

Ages 15-Adult **10 Sessions** **\$375**
140603L Tues., Sep. 10, 7:30–8:40pm
140603M Thurs., Sep. 12, 8:50–10pm

Wakefield High School

Ages 15-Adult **10 Sessions** **\$375**
140603N Tues., Sep. 10, 6–7:10pm

Tennis 3 & 4

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

Barcroft Park

Ages 15-Adult **10 Sessions** **\$375**
140607A Thurs., Sep. 12, 8:50–10pm

Maury Park

Ages 15-Adult **11 Sessions** **\$413**
140607B Sat., Sep. 14, 9:10–10:20am

Quincy Park

Ages 15-Adult **11 Sessions** **\$413**
140607C Sat., Sep. 14, 11:50am–1pm

Wakefield High School

Ages 15-Adult **10 Sessions** **\$375**
140607D Tues., Sep. 10, 8:40–9:50pm

Tennis Match Play Level 3-4

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

Kenmore MS

Ages 15-Adult **11 Sessions** **\$380**
140609A Sat., Sep. 14, 9–10:20am

Tennis 4

This program is for intermediate and advanced players. It focuses on increasing stroke dependability, improving directional control, depth and variety, and aggressive net play. NTRP 3½-4.0 Ratio 4:1. Tennis racquets are not provided please email info@tenniseveryone.net if you have any further questions. Inst.: First Serve Tennis.

Lyon Village Park

Ages 15-Adult **10 Sessions** **\$375**
140604A Tues., Sep. 10, 11:05am-12:15pm
140604B Thurs., Sep. 12, 7:30–8:40pm

Quincy Park

Ages 15-Adult **11 Sessions** **\$413**
140604C Wed., Sep. 11, 11:05am-12:15pm

Stratford Park

Ages 15-Adult **11 Sessions** **\$413**
140604D Wed., Sep. 11, 7:30–8:40pm

Ages 15-Adult **10 Sessions** **\$375**
140604E Mon., Sep. 9, 7:30–8:40pm

Tuckahoe Park

Ages 15-Adult **10 Sessions** **\$375**
140604F Thurs., Sep. 12, 8:30–9:40pm

Va. Highlands Park

Ages 15-Adult **10 Sessions** **\$375**
140604G Tues., Sep. 10, 8:50–10pm

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 Ireid1@arlingtonva.us to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Tennis racquets are not provided please email stephan.firstservetennis@gmail.com if you have any further questions. Inst.: First Serve Tennis.

Langston-Brown Center

Ages 7-Adult **4 Sessions** **\$360**
140612A Mon., Sep. 9, 9:10–10pm
140612B Mon., Oct. 7, 9:10–10pm



DANCE

TOT & ADULT

Dance and Prance

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

Barcroft Sports & Fitness Center

Ages 2-3 13 Sessions \$234

110204A Mon., Sep. 9, 10-10:30am

Ages 2-3 6 Sessions \$108

110204B Sat., Sep. 14, 10:45-11:15am

Ages 2-3 5 Sessions \$90

110204C Sat., Nov. 2, 10:45-11:15am

Fairlington Center

Ages 2-3 7 Sessions \$126

110204D Mon., Sep. 9, 5:15-5:45pm

Ages 2-3 6 Sessions \$108

110204E Mon., Oct. 28, 5:15-5:45pm

Lubber Run Center

Ages 2-3 12 Sessions \$216

110204F Fri., Sep. 13, 10:15-10:45am

Langston-Brown Center

Ages 2-3 6 Sessions \$108

110204G Sat., Sep. 14, 9-9:30am

Ages 2-3 5 Sessions \$90

110204H Sat., Nov. 2, 9-9:30am

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. Inst.: Go Bananas Dancing.

Walter Reed Center

Ages 2-3 10 Sessions \$180

110207A Fri., Sep. 20, 9:45-10:15am

Barcroft Sports & Fitness Center

Ages 2-3 6 Sessions \$108

110207B Sat., Sep. 14, 10-10:30am

Ages 2-3 5 Sessions \$90

110207C Sat., Nov. 2, 10-10:30am

Lubber Run Center

Ages 2-3 6 Sessions \$108

110207D Sat., Sep. 14, 10:15-10:45am

110207E Sat., Nov. 2, 10:15-10:45am

Long Bridge Aquatics Center

Ages 2-3 6 Sessions \$108

110207F Thurs., Sep. 19, 5:15-5:45pm

Ages 2-3 5 Sessions \$90

110207G Thurs., Nov. 7, 5:15-5:45pm

TOT

Pre-Ballet & Movement 1

Do you have an aspiring ballet dancer? In this class kids will



learn beginner ballet steps and explore creative movement with fun music. They also will practice important life skills like taking turns and following directions while they enjoy exercises that promote strength, flexibility and self-expression! Class can be repeated, new material is added each session. If you have questions email susannah@gobananasdancing.com. Parents and caregivers must remain outside the classroom during class. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center

Ages 3-5 13 Sessions \$286

110210A Mon., Sep. 9, 10:45-11:30am

110210B Mon., Sep. 9, 5-5:45pm

Ages 3-5 10 Sessions \$220

110210C Sat., Sep. 14, 4:15-5pm

Lubber Run Center

Ages 3-5 13 Sessions \$286

110210D Mon., Sep. 9, 4:40-5:25pm

110210E Wed., Sep. 11, 4-4:45pm

Ages 3-5 12 Sessions \$264

110210F Fri., Sep. 13, 11-11:45am

110210G Sun., Sep. 15, 4-4:40pm

Ages 3-5 6 Sessions \$132

110210H Sat., Sep. 14, 11-11:40am

Ages 3-5 5 Sessions \$110

110210I Sat., Nov. 2, 11-11:40am

Langston-Brown Center

Ages 3-5 13 Sessions \$286

110210J Wed., Sep. 11, 5:10-5:50pm

Pre-Ballet & Movement 2

This class is for children who have taken Pre-Ballet and Movement 1 or have comparable experience. Students will enrich their knowledge of ballet while having fun! If you have questions email susannah@gobananasdancing.com.

com. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 4-5 13 Sessions \$286

110211A Tues., Sep. 10, 4:20-5:05pm

Barcroft Sports & Fitness Center

Ages 4-5 12 Sessions \$264

110211B Thurs., Sep. 12, 5-5:45pm

Long Bridge Aquatics Center

Ages 4-5 10 Sessions \$220

110211C Sun., Sep. 15, 9:15-10am

All That Jazz & Ballet

This high-energy class is perfect for your young dancer! Children will enjoy Ballet and Jazz dancing to classical and contemporary music, focusing on musicality and dance technique. Ballet shoes or Jazz shoes are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Langston-Brown Center

Ages 4½-6 13 Sessions \$286

110205A Wed., Sep. 11, 6-6:45pm

Fairlington Center

Ages 4½-6 12 Sessions \$264

110205B Wed., Sep. 11, 5:40-6:25pm

Long Bridge Aquatics Center

Ages 4½-6 10 Sessions \$220

110205C Sun., Sep. 15, 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. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center
Ages 4-6 **13 Sessions** **\$286**
110213A Mon., Sep. 9, 5:50-6:35pm

Fairlington Center
Ages 4-6 **12 Sessions** **\$264**
110213B Wed., Sep. 11, 4:45-5:30pm

Langston-Brown Center
Ages 4-6 **12 Sessions** **\$264**
110213C Sat., Sep. 14, 9:45-10:30am

Long Bridge Aquatics Center
Ages 4-6 **10 Sessions** **\$220**
110213D Sun., Sep. 15, 10:10-10:55am

Tap

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

Lubber Run Center
Ages 5½-8 **13 Sessions** **\$286**
120217A Tues., Sep. 10, 5:15-6pm

Ballet for Boys

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

Lubber Run Center
Ages 4½-7 **12 Sessions** **\$264**
120223A Sat., Sep. 14, 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. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 5-7 **13 Sessions** **\$286**
120221A Mon., Sep. 9, 5:30-6:15pm

Ages 5-7 **12 Sessions** **\$242**
120221B Sat., Sep. 14, 4-4:45pm

Barcroft Sports & Fitness Center
Ages 5-7 **12 Sessions** **\$264**
120221C Thurs., Sep. 12, 6-6:45pm

Long Bridge Aquatics Center
Ages 5-7 **10 Sessions** **\$220**
120221D Sun., Sep. 15, 11:45am-12:30pm

Ballet 2

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

Lubber Run Center
Ages 6½-8 **13 Sessions** **\$390**
120222A Wed., Sep. 11, 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 with questions. Inst.: Go Bananas Dancing.

Walter Reed Center
Ages 8-10 **13 Sessions** **\$330**
120224A Tues., Sep. 10, 6-7pm

Hip Hop & Jazz

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

Lubber Run Center
Ages 6-8 **13 Sessions** **\$286**
120200A Wed., Sep. 11, 5-5:45pm

Fairlington Center
Ages 6-8 **13 Sessions** **\$286**
120200B Mon., Sep. 9, 6-6:45pm

Barcroft Sports & Fitness Center
Ages 6-8 **10 Sessions** **\$220**
120200C Sat., Sep. 14, 3:15-4pm



Hip Hop

Does your child love Hip Hop? In this high-energy class kids will learn the fundamentals of Hip Hop, House and how to freestyle while exploring the culture and movements of street and club dance styles. They will focus on rhythm and choreography in an encouraging environment that promotes self-expression and confidence. It will be a blast! Comfortable loose-fitting clothing and flat-soled sneakers (like tennis or basketball shoes) are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Walter Reed Center
Ages 8-11 **10 Sessions** **\$220**
120212A Thurs., Sep. 19, 6-6:45pm

TEENS & ADULTS

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**
140231A Mon., Sep. 16, 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**
140232A Mon., Sep. 16, 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 A \$42 non-refundable materials fee is included in the cost of the class. Adult participation required.

Lubber Run Center. Inst.: Wiebel

Birth-5 **12 Sessions** **\$294**
110208A Mon., Sep. 16, 9:30-10:15am
110208B Mon., Sep. 16, 10:30-11:15am
110208C Mon., Sep. 16, 11:30am-12:15pm

Lubber Run Center. Inst.: Abramovitch

Birth-5 **12 Sessions** **\$294**
110208D Tues., Sep. 17, 10-10:45am
110208E Tues., Sep. 17, 11-11:45am

Lubber Run Center. Inst.: Scott

Birth-5 **12 Sessions** **\$294**
110208F Thurs., Sep. 19, 10-10:45am
110208G Thurs., Sep. 19, 11-11:45am
110208H Fri., Sep. 20, 10-10:45am
110208I Fri., Sep. 20, 11-11:45am

Fairlington Center. Inst.: Abramovitch

Birth-5 **12 Sessions** **\$294**
110208J Sat., Sep. 21, 9:30-10:15am
110208K Sat., Sep. 21, 10:30-11:15am
110208L Sat., Sep. 21, 11:30am-12:15pm

Madison Center. Inst.: Scott

Birth-5-99 **11 Sessions** **\$273**
110208M Sat., Sep. 21, 10-10:45am
110208N Sat., Sep. 21, 11-11:45am



AQUATICS

TOT & ADULT

Water Babies

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

Long Bridge Aquatics Center

Ages 6 months-1½ **9 Sessions** **\$81**
110400A Mon./Wed., Oct. 2, 4-4:30pm

Ages 6 months-1½ **8 Sessions** **\$72**
110400B Mon., Sep. 9, 10-10:30am

110400C Tues., Sep. 10, 10-10:30am

110400D Tues., Sep. 10, 4-4:30pm

Ages 6 months-1½ **7 Sessions** **\$63**
110400E Mon./Wed., Sep. 9, 4-4:30pm

110400F Thurs., Sep. 12, 10-10:30am

110400G Thurs., Sep. 12, 4-4:30pm

110400H Fri., Sep. 13, 4-4:30pm

110400I Sat., Oct. 26, 9:05-9:35am

110400J Sat., Oct. 26, 11:25-11:55am

110400K Fri., Nov. 1, 4:35-5:05pm

110400L Mon./Wed., Nov. 4, 4-4:30pm

Ages 6 months-1½ **6 Sessions** **\$54**
110400M Sat., Sep. 7, 9:05-9:35am

110400N Sat., Sep. 7, 11:25-11:55am

110400O Sun., Nov. 3, 8:30-9am

110400P Sun., Nov. 3, 9:40-10:10am

110400Q Thurs., Nov. 7, 10-10:30am

110400R Thurs., Nov. 7, 4-4:30pm

110400S Tues., Nov. 12, 10-10:30am

110400T Tues., Nov. 12, 4-4:30pm

110400U Mon./Wed., Dec. 2, 4-4:30pm

Ages 6 months-1½ **5 Sessions** **\$45**
110400V Sun., Sep. 8, 8:30-9am

110400W Sun., Sep. 8, 9:40-10:10am

Water Tots

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

Long Bridge Aquatics Center

Ages 1½-2½ **9 Sessions** **\$81**
110401A Mon./Wed., Oct. 2, 4:35-5:05pm

Ages 1½-2½ **8 Sessions** **\$72**
110401B Mon., Sep. 9, 10:35-11:05am

110401C Tues., Sep. 10, 10:35-11:05am

110401D Tues., Sep. 10, 4:35-5:05pm

Ages 1½-2½ **7 Sessions** **\$63**
110401E Mon./Wed., Sep. 9, 4:35-5:05pm

110401F Thurs., Sep. 12, 10:35-11:05am

110401G Thurs., Sep. 12, 4:35-5:05pm

110401H Fri., Sep. 13, 4:35-5:05pm

110401I Sat., Oct. 26, 8:30-9am

110401J Sat., Oct. 26, 10:15-10:45am

110401K Sat., Oct. 26, 12-12:30pm

110401L Fri., Nov. 1, 4:35-5:05pm

110401M Mon./Wed., Nov. 4, 4:35-5:05pm

Ages 1½-2½ **6 Sessions** **\$54**
110401N Sat., Sep. 7, 8:30-9am

110401O Sat., Sep. 7, 10:15-10:45am

110401P Sat., Sep. 7, 12-12:30pm

110401Q Sun., Nov. 3, 10:20-10:50am

110401R Sun., Nov. 3, 11:30am-12pm

110401S Thurs., Nov. 7, 10:35-11:05am

110401T Thurs., Nov. 7, 4:35-5:05pm

110401U Tues., Nov. 12, 10:35-11:05am

110401V Tues., Nov. 12, 4:35-5:05pm

110401W Mon./Wed., Dec. 2, 4:35-5:05pm

Ages 1½-2½ **5 Sessions** **\$45**
110401X Sun., Sep. 8, 10:20-10:50am

110401Y Sun., Sep. 8, 11:30am-12pm



Pre-Fin & Me

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

Long Bridge Aquatics Center

Ages 2½-3	9 Sessions	\$81
110402A Mon./Wed., Oct. 2, 5:10-5:40pm		
Ages 2½-3	8 Sessions	\$72
110402B Mon., Sep. 9, 11:10-11:40am		
110402C Tues., Sep. 10, 11:10-11:40am		
110402D Tues., Sep. 10, 5:10-5:40pm		
Ages 2½-3	7 Sessions	\$63
110402E Mon./Wed., Sep. 9, 5:10-5:40pm		
110402F Thurs., Sep. 12, 11:10-11:40am		
110402G Thurs., Sep. 12, 5:10-5:40pm		
110402H Fri., Sep. 13, 5:10-5:40pm		
110402I Sat., Oct. 26, 9:40-10:10am		
110402J Sat., Oct. 26, 10:50-11:20am		
110402K Fri., Nov. 1, 4-4:30pm		
110402L Mon./Wed., Nov. 4, 5:10-5:40pm		
Ages 2½-3	6 Sessions	\$54
110402M Sat., Sep. 7, 9:40-10:10am		
110402N Sat., Sep. 7, 10:50-11:20am		
110402O Sun., Nov. 3, 9:05-9:35am		
110402P Sun., Nov. 3, 10:55-11:25am		
110402Q Thurs., Nov. 7, 11:10-11:40am		
110402R Thurs., Nov. 7, 5:10-5:40pm		
110402S Tues., Nov. 12, 11:10-11:40am		
110402T Tues., Nov. 12, 5:10-5:40pm		
110402U Mon./Wed., Dec. 2, 5:10-5:40pm		
Ages 2½-3	5 Sessions	\$45
110402V Sun., Sep. 8, 9:05-9:35am		
110402W Sun., Sep. 8, 10:55-11:25am		

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.

Ages 3	9 Sessions	\$63
110403A Mon./Wed., Oct. 2, 4-4:20pm		
Ages 3	8 Sessions	\$56
110403B Mon., Sep. 9, 10-10:20am		
110403C Mon., Sep. 9, 11:45am-12:05pm		
110403D Tues., Sep. 10, 10-10:20am		
110403E Tues., Sep. 10, 11:45am-12:05pm		
110403F Tues., Sep. 10, 4-4:20pm		
Ages 3	7 Sessions	\$49
110403G Mon./Wed., Sep. 9, 4-4:20pm		
110403H Thurs., Sep. 12, 10-10:20am		
110403I Thurs., Sep. 12, 11:45am-12:05pm		
110403J Thurs., Sep. 12, 4-4:20pm		
110403K Fri., Sep. 13, 5:45-6:05pm		
110403L Fri., Sep. 13, 6:05-6:25pm		
110403M Fri., Sep. 13, 4:35-4:55pm		
110403N Sat., Oct. 26, 8:30-8:50am		
110403O Sat., Oct. 26, 9:30-9:50am		
110403P Sat., Oct. 26, 9:50-10:10am		
110403Q Fri., Nov. 1, 4:35-4:55pm		
110403R Fri., Nov. 1, 5:10-5:30pm		
110403S Fri., Nov. 1, 6:05-6:25pm		
110403T Mon./Wed., Nov. 4, 4-4:20pm		
Ages 3	6 Sessions	\$42
110403U Sat., Sep. 7, 8:30-8:50am		
110403V Sat., Sep. 7, 9:30-9:50am		
110403W Sat., Sep. 7, 9:50-10:10am		
110403X Sun., Nov. 3, 9:05-9:25am		
110403Y Sun., Nov. 3, 10:10-10:30am		
110403Z Sun., Nov. 3, 11:10-11:30am		
110403AA Thurs., Nov. 7, 10-10:20am		
110403BB Thurs., Nov. 7, 11:45am-12:05pm		
110403CC Thurs., Nov. 7, 4-4:20pm		
110403DD Tues., Nov. 12, 10-10:20am		
110403EE Tues., Nov. 12, 11:45am-12:05pm		
110403FF Tues., Nov. 12, 4-4:20pm		
110403GG Mon./Wed., Dec. 2, 4-4:20pm		
Ages 3	5 Sessions	\$35
110403HH Sun., Sep. 8, 9:05-9:25am		
110403II Sun., Sep. 8, 10:10-10:30am		
110403JJ Sun., Sep. 8, 11:10-11:30am		

Fin 1

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

Long Bridge Aquatics Center

Ages 3yrs 3mths-5	9 Sessions	\$81
110404A Mon./Wed., Oct. 2, 4-4:30pm		
110404B Mon./Wed., Oct. 2, 4:25-4:55pm		
110404C Mon./Wed., Oct. 2, 6:10-6:40pm		
Ages 3yrs 3mths-5	8 Sessions	\$72
110404D Mon., Sep. 9, 10:25-10:55am		
110404E Mon., Sep. 9, 11:35am-12:05pm		
110404F Tues., Sep. 10, 10:25-10:55am		
110404G Tues., Sep. 10, 4-4:30pm		
110404H Tues., Sep. 10, 4:25-4:55pm		
110404I Tues., Sep. 10, 6:10-6:40pm		
Ages 3yrs 3mths-5	7 Sessions	\$63
110404J Mon./Wed., Sep. 9, 4-4:30pm		
110404K Mon./Wed., Sep. 9, 4:25-4:55pm		
110404L Mon./Wed., Sep. 9, 6:10-6:40pm		
110404M Thurs., Sep. 12, 10:25-10:55am		
110404N Thurs., Sep. 12, 4-4:30pm		
110404O Thurs., Sep. 12, 4:25-4:55pm		
110404P Thurs., Sep. 12, 6:10-6:40pm		
110404Q Fri., Sep. 13, 4-4:30pm		
110404R Fri., Sep. 13, 5-5:30pm		
110404S Fri., Sep. 13, 6:10-6:40pm		
110404T Sat., Oct. 26, 8:55-9:25am		
110404U Sat., Oct. 26, 9:15-9:45am		
110404V Sat., Oct. 26, 10:15-10:45am		
110404W Sat., Oct. 26, 10:55-11:25am		
110404X Sat., Oct. 26, 11:55am-12:25pm		
110404Y Fri., Nov. 1, 5-5:30pm		
110404Z Fri., Nov. 1, 5:35-6:05pm		
110404AA Fri., Nov. 1, 4-4:30pm		
110404BB Mon./Wed., Nov. 4, 4-4:30pm		
110404CC Mon./Wed., Nov. 4, 4:25-4:55pm		
110404DD Mon./Wed., Nov. 4, 6:10-6:40pm		
Ages 3yrs 3mths-5	6 Sessions	\$54
110404EE Sat., Sep. 7, 8:55-9:25am		
110404FF Sat., Sep. 7, 9:15-9:45am		

Are You Taking Swimming Lessons?

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

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

Public Health requires pools to close when contaminated. Swim diapers must be worn by anyone who is not potty trained or incontinent. Also please do not eat within 30 minutes of swimming. Students registered in swim classes should bring a bathing suit, towel and goggles (if desired, but will not be used for levels that are below Fin 2). All other equipment is provided. The first day of class we will issue each class member a pass to enter the pool. This pass must be shown to the front desk each week to gain entry to the pool. Locker Rooms and family changing rooms are available, if you wish to lock your items up you must bring a lock (recommended).

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

For more information on Swimming classes visit: arlingtonva.us/sports and click on Aquatics

OVERVIEW OF SWIM LEVELS FOR CHILDREN THROUGH AGE 6

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

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

Determining Your Child's Swim Level

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

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

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

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

New to swim lessons?

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

[Click here for swim level chart](#)

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



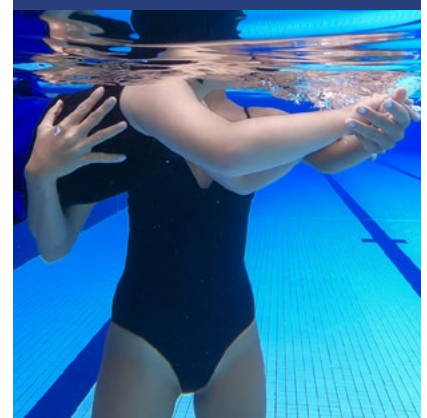
Private Swim Lessons

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

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

Long Bridge Aquatics Center

Tots 3½+ [740101](tel:740101)
 Youth [740102](tel:740102)
 Adults [740104](tel:740104)



110404GG Sat., Sep. 7, 10:15–10:45am
110404HH Sat., Sep. 7, 10:55–11:25am
110404II Sat., Sep. 7, 11:55am–12:25pm
110404JJ Sun., Nov. 3, 8:30–9am
110404KK Sun., Nov. 3, 9:30–10am
110404LL Sun., Nov. 3, 10:35–11:05am
110404MM Thurs., Nov. 7, 10:25–10:55am
110404NN Thurs., Nov. 7, 4–4:30pm
110404OO Thurs., Nov. 7, 4:25–4:55pm
110404PP Thurs., Nov. 7, 6:10–6:40pm
110404QQ Tues., Nov. 12, 10:25–10:55am
110404RR Tues., Nov. 12, 4–4:30pm
110404SS Tues., Nov. 12, 4:25–4:55pm
110404TT Tues., Nov. 12, 6:10–6:40pm
110404UU Mon./Wed., Dec. 2, 4–4:30pm
110404VV Mon./Wed., Dec. 2, 4:25–4:55pm
110404WW Mon./Wed., Dec. 2, 6:10–6:40pm

Ages 3yrs 3mths-5 5 Sessions \$45

110404XX Sun., Sep. 8, 8:30–9am
110404YY Sun., Sep. 8, 9:30–10am
110404ZZ Sun., Sep. 8, 10:35–11:05am

Fin 2

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

Long Bridge Aquatics Center

Ages 3yrs 3mths-5 9 Sessions \$81

110405A Mon./Wed., Oct. 2, 5–5:30pm

Ages 3yrs 3mths-5 8 Sessions \$72

110405B Mon., Sep. 9, 11–11:30am

110405C Tues., Sep. 10, 11–11:30am

110405D Tues., Sep. 10, 5–5:30pm

Ages 3yrs 3mths-5 7 Sessions \$63

110405E Mon./Wed., Sep. 9, 5–5:30pm

110405F Thurs., Sep. 12, 11–11:30am

110405G Thurs., Sep. 12, 5–5:30pm

110405H Fri., Sep. 13, 4–4:30pm

110405I Fri., Sep. 13, 6:30–7pm

110405J Fri., Sep. 13, 6:45–7:15pm

110405K Sat., Oct. 26, 8:30–9am

110405L Sat., Oct. 26, 9:55–10:25am

110405M Sat., Oct. 26, 11:30am–12pm

110405N Fri., Nov. 1, 4–4:30pm

110405O Fri., Nov. 1, 6:30–7pm

110405P Fri., Nov. 1, 6:40–7:10pm

110405Q Mon./Wed., Nov. 4, 5–5:30pm

Ages 3yrs 3mths-5 6 Sessions \$54

110405R Sat., Sep. 7, 8:30–9am

110405S Sat., Sep. 7, 9:55–10:25am

110405T Sat., Sep. 7, 11:30am–12pm

110405U Sun., Nov. 3, 11:35am–12:05pm

110405V Thurs., Nov. 7, 11–11:30am

110405W Thurs., Nov. 7, 5–5:30pm

110405X Tues., Nov. 12, 11–11:30am

110405Y Tues., Nov. 12, 5–5:30pm

110405Z Mon./Wed., Dec. 2, 5–5:30pm

Ages 3yrs 3mths-5 5 Sessions \$45

110405AA Sun., Sep. 8, 11:35am–12:05pm

Fin 3

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

Long Bridge Aquatics Center

Ages 4-5 9 Sessions \$81

110406A Mon./Wed., Oct. 2, 5:35–6:05pm

Ages 4-5 8 Sessions \$72

110406B Tues., Sep. 10, 11:35am–12:05pm

110406C Tues., Sep. 10, 4:35–5:05pm

110406D Tues., Sep. 10, 5:35–6:05pm

Ages 4-5 7 Sessions \$63

110406E Fri., Sep. 13, 4:45–5:15pm

110406F Fri., Nov. 1, 4:45–5:15pm

110406G Mon./Wed., Sep. 9, 5:35–6:05pm

110406H Thurs., Sep. 12, 11:35am–12:05pm

110406I Thurs., Sep. 12, 4:35–5:05pm

110406J Thurs., Sep. 12, 5:35–6:05pm

110406K Fri., Sep. 13, 6:50–7:20pm

110406L Sat., Oct. 26, 9:50–10:20am

110406M Fri., Nov. 1, 6:50–7:20pm

110406N Mon./Wed., Nov. 4, 5:35–6:05pm

Ages 4-5 6 Sessions \$54

110406O Sat., Sep. 7, 9:50–10:20am

110406P Sun., Nov. 3, 9:50–10:20am

110406Q Thurs., Nov. 7, 11:35am–12:05pm

110406R Thurs., Nov. 7, 4:35–5:05pm

110406S Thurs., Nov. 7, 5:35–6:05pm

110406T Tues., Nov. 12, 11:35am–12:05pm

110406U Tues., Nov. 12, 4:35–5:05pm

110406V Tues., Nov. 12, 5:35–6:05pm

110406W Mon./Wed., Dec. 2, 5:35–6:05pm

Ages 4-5 5 Sessions \$45

110406X Sun., Sep. 8, 8:30–9am

110406Y Sun., Sep. 8, 9:50–10:20am

Fin 4

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

Long Bridge Aquatics Center

Ages 4½-6 9 Sessions \$81

110407A Mon./Wed., Oct. 2, 4–4:30pm

Ages 4½-6 8 Sessions \$72

110407B Tues., Sep. 10, 4–4:30pm

110407C Tues., Sep. 10, 5:55–6:25pm

110407D Tues., Sep. 10, 7:15–7:45pm

Ages 4½-6 7 Sessions \$63

110407E Mon./Wed., Sep. 9, 4–4:30pm

110407F Thurs., Sep. 12, 4–4:30pm

110407G Thurs., Sep. 12, 5:55–6:25pm

110407H Thurs., Sep. 12, 7:15–7:45pm

110407I Fri., Sep. 13, 4:45–5:15pm

110407J Fri., Sep. 13, 6:50–7:20pm

110407K Sat., Oct. 26, 11:20–11:50am

110407L Fri., Nov. 1, 4:45–5:15pm

110407M Fri., Nov. 1, 6:55–7:20pm

110407N Mon./Wed., Nov. 4, 4–4:30pm

Ages 4½-6 6 Sessions \$54

110407O Sat., Sep. 7, 11:20–11:50am

110407P Sun., Nov. 3, 8:30–9am

110407Q Sun., Nov. 3, 11:25–11:55am

110407R Tues., Nov. 12, 4–4:30pm

110407S Thurs., Nov. 7, 4–4:30pm

110407T Thurs., Nov. 7, 5:55–6:25pm

110407U Thurs., Nov. 7, 7:15–7:45pm

110407V Tues., Nov. 12, 5:55–6:25pm

110407W Tues., Nov. 12, 7:15–7:45pm

110407X Mon./Wed., Dec. 2, 4–4:30pm

Ages 4½-6 5 Sessions \$45

110407Y Sun., Sep. 8, 8:30–9am

110407Z Sun., Sep. 8, 11:25–11:55am

YOUTH

Level 1: Youth Swim

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

Long Bridge Aquatics Center

Ages 6-12 9 Sessions \$99

120400A Mon./Wed., Oct. 2, 5:45–6:25pm

Ages 6-12 8 Sessions \$88

120400B Tues., Sep. 10, 5:45–6:25pm

120400C Tues., Sep. 10, 6:45–7:25pm

Ages 6-12 7 Sessions \$77

120400D Mon./Wed., Sep. 9, 5:45–6:25pm

120400E Thurs., Sep. 12, 5:45–6:25pm

120400F Thurs., Sep. 12, 6:45–7:25pm



- [120400G](#) Fri., Sep. 13, 4:35–5:15pm
- [120400H](#) Fri., Sep. 13, 6:05–6:45pm
- [120400I](#) Sat., Oct. 26, 8:30–9:10am
- [120400J](#) Sat., Oct. 26, 10:30–11:10am
- [120400K](#) Sat., Oct. 26, 11:55am–12:35pm
- [120400L](#) Fri., Nov. 1, 5:10–5:50pm
- [120400M](#) Fri., Nov. 1, 6:10–6:50pm
- [120400N](#) Mon./Wed., Nov. 4, 5:45–6:25pm

Ages 6–12 **6 Sessions** **\$66**

- [120400O](#) Sat., Sep. 7, 8:30–9:10am
- [120400P](#) Sat., Sep. 7, 10:30–11:10am
- [120400Q](#) Sat., Sep. 7, 11:55am–12:35pm
- [120400R](#) Sun., Nov. 3, 11:15–11:55am
- [120400S](#) Thurs., Nov. 7, 5:45–6:25pm
- [120400T](#) Thurs., Nov. 7, 6:45–7:25pm
- [120400U](#) Tues., Nov. 12, 5:45–6:25pm
- [120400V](#) Tues., Nov. 12, 6:45–7:25pm
- [120400W](#) Mon./Wed., Dec. 2, 5:45–6:25pm

Ages 6–12 **5 Sessions** **\$55**

- [120400X](#) Sun., Sep. 8, 11:15–11:55am

Level 2: Youth Swim

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

Long Bridge Aquatics Center

Ages 6–12 **9 Sessions** **\$99**

- [120401A](#) Mon./Wed., Oct. 2, 4:35–5:15pm
- [120401B](#) Mon./Wed., Oct. 2, 6:05–6:45pm

Ages 6–12 **8 Sessions** **\$88**

- [120401C](#) Tues., Sep. 10, 5:10–5:50pm
- [120401D](#) Tues., Sep. 10, 6:30–7:10pm

Ages 6–12 **7 Sessions** **\$77**

- [120401E](#) Mon./Wed., Sep. 9, 4:35–5:15pm
- [120401F](#) Mon./Wed., Sep. 9, 6:05–6:45pm

- [120401G](#) Thurs., Sep. 12, 5:10–5:50pm

- [120401H](#) Thurs., Sep. 12, 6:30–7:10pm

- [120401I](#) Fri., Sep. 13, 4–4:40pm

- [120401J](#) Fri., Sep. 13, 5:20–6pm

- [120401K](#) Sat., Oct. 26, 9:05–9:45am

- [120401L](#) Sat., Oct. 26, 10:25–11:05am

- [120401M](#) Fri., Nov. 1, 4–4:40pm

- [120401N](#) Fri., Nov. 1, 5:20–6pm

- [120401O](#) Mon./Wed., Nov. 4, 4:35–5:15pm

- [120401P](#) Mon./Wed., Nov. 4, 6:05–6:45pm

Ages 6–12 **6 Sessions** **\$66**

- [120401Q](#) Sat., Sep. 7, 9:05–9:45am

- [120401R](#) Sat., Sep. 7, 10:25–11:05am

- [120401S](#) Sun., Nov. 3, 9:05–9:45am

- [120401T](#) Sun., Nov. 3, 10:30–11:10am

- [120401U](#) Thurs., Nov. 7, 5:10–5:50pm

- [120401V](#) Thurs., Nov. 7, 6:30–7:10pm

- [120401W](#) Tues., Nov. 12, 5:10–5:50pm

- [120401X](#) Tues., Nov. 12, 6:30–7:10pm

- [120401Y](#) Mon./Wed., Dec. 2, 4:35–5:15pm

- [120401Z](#) Mon./Wed., Dec. 2, 6:05–6:45pm

Ages 6–12 **5 Sessions** **\$55**

- [120401AA](#) Sun., Sep. 8, 9:05–9:45am

- [120401BB](#) Sun., Sep. 8, 10:30–11:10am

Level 3: Youth Swim

This class is for children who have successfully completed Level 2 or can otherwise swim on front and back for 5 body lengths, tread water and float for 15 seconds respectively,



and fully submerge underwater. The class will focus on developing specific strokes, getting acclimated to deep water and learning diving basics. Once participants can jump into the pool, tread or float for 1 minute and swim 25 yards using a combination of front crawl or elementary backstroke, they will be ready to take Level 4.

Long Bridge Aquatics Center

Ages 6–12 **9 Sessions** **\$99**

- [120402A](#) Mon./Wed., Oct. 2, 5:20–6pm

- [120402B](#) Mon./Wed., Oct. 2, 6:50–7:30pm

Ages 6–12 **8 Sessions** **\$88**

- [120402C](#) Tues., Sep. 10, 4:35–5:15pm

- [120402D](#) Tues., Sep. 10, 6:30–7:10pm

Ages 6–12 **7 Sessions** **\$77**

- [120402E](#) Mon./Wed., Sep. 9, 5:20–6pm

- [120402F](#) Mon./Wed., Sep. 9, 6:50–7:30pm

- [120402G](#) Thurs., Sep. 12, 4:35–5:15pm

- [120402H](#) Thurs., Sep. 12, 6:30–7:10pm

- [120402I](#) Fri., Sep. 13, 5:20–6pm

- [120402J](#) Sat., Oct. 26, 11:10–11:50am

- [120402K](#) Fri., Nov. 1, 5:55–6:35pm

- [120402L](#) Mon./Wed., Nov. 4, 5:20–6pm

- [120402M](#) Mon./Wed., Nov. 4, 6:50–7:30pm

Ages 6–12 **6 Sessions** **\$66**

- [120402N](#) Sat., Sep. 7, 11:10–11:50am

- [120402O](#) Sun., Nov. 3, 9:05–9:45am

- [120402P](#) Sun., Nov. 3, 10:40–11:20am

- [120402Q](#) Thurs., Nov. 7, 4:35–5:15pm

- [120402R](#) Thurs., Nov. 7, 6:30–7:10pm

- [120402S](#) Tues., Nov. 12, 4:35–5:15pm

- [120402T](#) Tues., Nov. 12, 6:30–7:10pm

- [120402U](#) Mon./Wed., Dec. 2, 5:20–6pm

- [120402V](#) Mon./Wed., Dec. 2, 6:50–7:30pm

Ages 6–12 **5 Sessions** **\$55**

- [120402W](#) Sun., Sep. 8, 9:05–9:45am

- [120402X](#) Sun., Sep. 8, 10:40–11:20am

Level 4: Youth Swim

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

Long Bridge Aquatics Center

Ages 6–12 **9 Sessions** **\$99**

- [120403A](#) Mon./Wed., Oct. 2, 4:35–5:15pm

- [120403B](#) Mon./Wed., Oct. 2, 6:05–6:45pm

Ages 6–12 **8 Sessions** **\$88**

- [120403C](#) Tues., Sep. 10, 6:05–6:45pm

Ages 6–12 **7 Sessions** **\$77**

- [120403D](#) Mon./Wed., Sep. 9, 4:35–5:15pm

- [120403E](#) Mon./Wed., Sep. 9, 6:05–6:45pm

- [120403F](#) Thurs., Sep. 12, 6:05–6:45pm

- [120403G](#) Fri., Sep. 13, 4–4:40pm

- [120403H](#) Fri., Sep. 13, 6:05–6:45pm

- [120403I](#) Sat., Oct. 26, 8:30–9:10am

- [120403J](#) Sat., Oct. 26, 10–10:40am

- [120403K](#) Sat., Oct. 26, 11:50am–12:30pm

- [120403L](#) Fri., Nov. 1, 4–4:40pm

- [120403M](#) Fri., Nov. 1, 6:05–6:45pm

- [120403N](#) Mon./Wed., Nov. 4, 4:35–5:15pm

- [120403O](#) Mon./Wed., Nov. 4, 6:05–6:45pm

Ages 6–12 **6 Sessions** **\$66**

- [120403P](#) Sat., Sep. 7, 8:30–9:10am

- [120403Q](#) Sat., Sep. 7, 10–10:40am

- [120403R](#) Sat., Sep. 7, 11:50am–12:30pm

- [120403S](#) Sun., Nov. 3, 9:50–10:30am

- [120403T](#) Sun., Nov. 3, 10:20–11am

- [120403U](#) Thurs., Nov. 7, 6:05–6:45pm

- [120403V](#) Tues., Nov. 12, 6:05–6:45pm

- [120403W](#) Mon./Wed., Dec. 2, 4:35–5:15pm

- [120403X](#) Mon./Wed., Dec. 2, 6:05–6:45pm

Ages 6–12 **5 Sessions** **\$55**

- [120403Y](#) Sun., Sep. 8, 9:50–10:30am

- [120403Z](#) Sun., Sep. 8, 10:20–11am

Level 5: Youth Swim

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

Long Bridge Aquatics Center

Ages 6–12 **9 Sessions** **\$99**

- [120404A](#) Mon./Wed., Oct. 2, 5:20–6pm

- [120404B](#) Mon./Wed., Oct. 2, 6:50–7:30pm

Ages 6–12 **8 Sessions** **\$88**

- [120404C](#) Tues., Sep. 10, 5:20–6pm

- [120404D](#) Tues., Sep. 10, 6:50–7:30pm

Ages 6–12 **7 Sessions** **\$77**

- [120404E](#) Mon./Wed., Sep. 9, 5:20–6pm

- [120404F](#) Mon./Wed., Sep. 9, 6:50–7:30pm

- [120404G](#) Thurs., Sep. 12, 5:20–6pm

- [120404H](#) Thurs., Sep. 12, 6:50–7:30pm

- [120404I](#) Fri., Sep. 13, 5:20–6pm

- [120404J](#) Sat., Oct. 26, 9:15–9:55am

- [120404K](#) Fri., Nov. 1, 5:20–6pm

- [120404L](#) Mon./Wed., Nov. 4, 5:20–6pm

- [120404M](#) Mon./Wed., Nov. 4, 6:50–7:30pm



Ages 6-12	6 Sessions	\$66
120404N Sat., Sep. 7, 9:15-9:55am		
120404O Sun., Nov. 3, 9:30-10:10am		
120404P Thurs., Nov. 7, 5:20-6pm		
120404Q Thurs., Nov. 7, 6:50-7:30pm		
120404R Tues., Nov. 12, 5:20-6pm		
120404S Tues., Nov. 12, 6:50-7:30pm		
120404T Mon./Wed., Dec. 2, 5:20-6pm		
120404U Mon./Wed., Dec. 2, 6:50-7:30pm		
Ages 6-12	5 Sessions	\$55
120404V Sun., Sep. 8, 9:30-10:10am		

Youth Advanced Swim

This advanced class is for children who have successfully passed Youth Swim: Level 5 or can otherwise swim front crawl and elementary backstroke 50 yards each and backstroke, sidestroke, butterfly, and breaststroke 25 yards each, perform front and back flip turns, and tread water for 5 minutes. Students will focus on further refining strokes, learn advanced swim concepts, and increase endurance for swimming. Ideal for swimmers looking to pursue other aquatic activities, such as swim team, fitness swimming, life guarding, or diving.

Long Bridge Aquatics Center		
Ages 9-15	9 Sessions	\$108
120405A Mon./Wed., Oct. 2, 7:35-8:30pm		
Ages 9-15	8 Sessions	\$96
120405B Tues., Sep. 10, 7:35-8:30pm		
Ages 9-15	7 Sessions	\$84
120405C Mon./Wed., Sep. 9, 7:35-8:30pm		
120405D Thurs., Sep. 12, 7:35-8:30pm		
120405E Sat., Oct. 26, 10:45-11:40am		
120405F Mon./Wed., Nov. 4, 7:35-8:30pm		
Ages 9-15	6 Sessions	\$72
120405G Sat., Sep. 7, 10:45-11:40am		
120405H Sun., Nov. 3, 8:30-9:25am		
120405I Thurs., Nov. 7, 7:35-8:30pm		
120405J Tues., Nov. 12, 7:35-8:30pm		
120405K Mon./Wed., Dec. 2, 7:35-8:30pm		
Ages 9-15	5 Sessions	\$60
120405L Sun., Sep. 8, 8:30-9:25am		

Youth Beginning Diving

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

Long Bridge Aquatics Center		
Ages 6-12	6 Sessions	\$66
120406A Sun., Nov. 3, 4:10-4:50pm		
Ages 6-12	5 Sessions	\$44
120406B Sun., Sep. 8, 4:10-4:50pm		

Youth Intermediate Diving

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

Long Bridge Aquatics Center		
Ages 6-12	6 Sessions	\$66
120407A Sun., Nov. 3, 4:55-5:35pm		
Ages 6-12	5 Sessions	\$44
120407B Sun., Sep. 8, 4:55-5:35pm		

TEENS

Teen Beginner

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

Long Bridge Aquatics Center		
Ages 13-19	9 Sessions	\$99
130400A Mon./Wed., Oct. 2, 7:15-7:55pm		
Ages 13-19	7 Sessions	\$77
130400B Mon./Wed., Sep. 9, 7:15-7:55pm		
130400C Mon./Wed., Nov. 4, 7:15-7:55pm		
Ages 13-19	6 Sessions	\$66
130400D Mon./Wed., Dec. 2, 7:15-7:55pm		

Teen Intermediate

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

Long Bridge Aquatics Center		
Ages 13-19	9 Sessions	\$99
130401A Mon./Wed., Oct. 2, 6:30-7:10pm		

Ages 13-19	7 Sessions	\$77
130401B Mon./Wed., Sep. 9, 6:30-7:10pm		
130401C Mon./Wed., Nov. 4, 6:30-7:10pm		
Ages 13-19	6 Sessions	\$66
130401D Sun., Nov. 3, 11:05-11:45am		
130401E Mon./Wed., Dec. 2, 6:30-7:10pm		
Ages 13-19	5 Sessions	\$55
130401F Sun., Sep. 8, 11:05-11:45am		

TEEN & ADULT

Adult Beginner

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

Long Bridge Aquatics Center		
Ages 13-Adult	9 Sessions	\$99
140400A Mon./Wed., Oct. 2, 6:45-7:25pm		
140400B Mon./Wed., Oct. 2, 8-8:40pm		
Ages 13-Adult	8 Sessions	\$88
140400C Tues., Sep. 10, 7:15-7:55pm		
Ages 13-Adult	7 Sessions	\$77
140400D Mon./Wed., Sep. 9, 6:45-7:25pm		
140400E Mon./Wed., Sep. 9, 7:35-8:15pm		
140400F Thurs., Sep. 12, 7:15-7:55pm		
140400G Fri., Sep. 13, 5:35-6:15pm		
140400H Sat., Oct. 26, 11:20am-12pm		
140400I Fri., Nov. 1, 5:35-6:15pm		
140400J Mon./Wed., Nov. 4, 6:45-7:25pm		
140400K Mon./Wed., Nov. 4, 8-8:40pm		
Ages 13-Adult	6 Sessions	\$66
140400L Sat., Sep. 7, 11:20am-12pm		
140400M Sun., Nov. 3, 11:20am-12pm		
140400N Thurs., Nov. 7, 7:15-7:55pm		
140400O Tues., Nov. 12, 7:15-7:55pm		
140400P Mon./Wed., Dec. 2, 6:45-7:25pm		
140400Q Mon./Wed., Dec. 2, 8-8:40pm		
Ages 13-Adult	5 Sessions	\$55
140400R Sun., Sep. 8, 11:20am-12pm		

Adult Advanced Beginner

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

Long Bridge Aquatics Center		
Ages 13-Adult	9 Sessions	\$99
140401A Mon./Wed., Oct. 2, 7:30-8:10pm		
Ages 13-Adult	8 Sessions	\$88
140401B Tues., Sep. 10, 7:50-8:30pm		
Ages 13-Adult	7 Sessions	\$77
140401C Mon./Wed., Sep. 9, 7:30-8:10pm		
140401D Thurs., Sep. 12, 7:50-8:30pm		
140401E Fri., Sep. 13, 6:20-7pm		
140401F Sat., Oct. 26, 10:35-11:15am		
140401G Fri., Nov. 1, 6:20-7pm		
140401H Mon./Wed., Nov. 4, 7:30-8:10pm		
Ages 13-Adult	6 Sessions	\$66
140401I Sat., Sep. 7, 10:35-11:15am		
140401J Sun., Nov. 3, 8:30-9:10am		
140401K Thurs., Nov. 7, 7:50-8:30pm		
140401L Tues., Nov. 12, 7:50-8:30pm		
140401M Mon./Wed., Dec. 2, 7:30-8:10pm		
Ages 13-Adult	5 Sessions	\$66
140401N Sun., Sep. 8, 8:30-9:10am		

Adult Intermediate

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

Long Bridge Aquatics Center		
Ages 13-Adult	9 Sessions	\$108
140402A	Mon./Wed., Oct. 2, 7:35–8:30pm	
Ages 13-Adult	8 Sessions	\$96
140402B	Tues., Sep. 10, 7:30–8:25pm	
Ages 13-Adult	7 Sessions	\$84
140402C	Mon./Wed., Sep. 9, 7:35–8:30pm	
140402D	Thurs., Sep. 12, 7:30–8:25pm	
140402E	Sat., Oct. 26, 9:30–10:25am	
140402F	Mon./Wed., Nov. 4, 7:35–8:30pm	
Ages 13-Adult	6 Sessions	\$72
140402G	Sat., Sep. 7, 9:30–10:25am	
140402H	Sun., Nov. 3, 9:15–10:10am	
140402I	Thurs., Nov. 7, 7:30–8:25pm	
140402J	Tues., Nov. 12, 7:30–8:25pm	
140402K	Mon./Wed., Dec. 2, 7:35–8:30pm	
Ages 13-Adult	5 Sessions	\$60
140402L	Sun., Sep. 8, 9:15–10:10am	

Adult Lap Swim

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

Long Bridge Aquatics Center		
Ages 13-Adult	8 Sessions	\$96
140404A	Tues., Sep. 10, 7–7:55am	
Ages 13-Adult	7 Sessions	\$84
140404B	Thurs., Sep. 12, 7–7:55am	
140404C	Sat., Oct. 26, 8:30–9:25am	
Ages 13-Adult	6 Sessions	\$72
140404D	Sat., Sep. 7, 8:30–9:25am	
140404E	Sun., Nov. 3, 10:20–11:15am	
140404F	Thurs., Nov. 7, 7–7:55am	
140404G	Tues., Nov. 12, 7–7:55am	
Ages 13-Adult	5 Sessions	\$60
140404H	Sun., Sep. 8, 10:20–11:15am	

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.

Long Bridge Aquatics Center		
Ages 13-Adult	6 Sessions	\$66
140405A	Sun., Nov. 3, 5:40–6:20pm	
Ages 13-Adult	5 Sessions	\$44
140405B	Sun., Sep. 8, 5:40–6:20pm	

Fee Reductions

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

Shallow Aqua Fitness

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

Long Bridge Aquatics Center		
Ages 13-Adult	8 Sessions	\$96
140406A	Tues., Sep. 10, 9:05–10am	
Ages 13-Adult	7 Sessions	\$84
140406B	Thurs., Sep. 12, 9:05–10am	
140406C	Sat., Oct. 26, 7:30–8:25am	
Ages 13-Adult	6 Sessions	\$72
140406D	Sat., Sep. 7, 7:30–8:25am	
140406E	Thurs., Nov. 7, 9:05–10am	
140406F	Tues., Nov. 12, 9:05–10am	

Deep Aqua Fitness

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

Long Bridge Aquatics Center		
Ages 13-Adult	8 Sessions	\$96
140407A	Tues., Sep. 10, 8–8:55am	
Ages 13-Adult	7 Sessions	\$84
140407B	Thurs., Sep. 12, 8–8:55am	
Ages 13-Adult	6 Sessions	\$72
140407C	Thurs., Nov. 7, 8–8:55am	
140407D	Tues., Nov. 12, 8–8:55am	

Cardio Deep Water Combo

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

Long Bridge Aquatics Center		
Ages 13-Adult	9 Sessions	\$108
140408A	Mon./Wed., Oct. 2, 7:35–8:30pm	
Ages 13-Adult	7 Sessions	\$84
140408B	Mon./Wed., Sep. 9, 7:35–8:30pm	
140408C	Sat., Oct. 26, 9:05–10am	
140408D	Mon./Wed., Nov. 4, 7:35–8:30pm	
Ages 13-Adult	6 Sessions	\$72
140408E	Sat., Sep. 7, 9:05–10am	
140408F	Mon./Wed., Dec. 2, 7:35–8:30pm	



GYMNASTICS

TOT & ADULT

Gymnastics: 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	13 Sessions	\$163
110500A	Wed., Sep. 11, 9:30–10:15am	

Family Gymnastics

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

Barcroft Sports & Fitness Center		
Ages 1½-5	13 Sessions	\$163
110501A	Tues., Sep. 10, 9:30–10:15am	
110501B	Tues., Sep. 10, 2–2:45pm	
110501C	Wed., Sep. 11, 2–2:45pm	
110501D	Thurs., Sep. 12, 1–1:45pm	
Ages 1½-5	12 Sessions	\$150
110501E	Mon., Sep. 9, 10:30–11:15am	
110501F	Mon., Sep. 9, 2–2:45pm	
110501G	Fri., Sep. 13, 9:30–10:15am	
110501H	Fri., Sep. 13, 2–2:45pm	
110501I	Sat., Sep. 14, 9:30–10:15am	

Tumbling for Toddlers

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

Barcroft Sports & Fitness Center		
Ages 1½-2	13 Sessions	\$163
110502A	Tues., Sep. 10, 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

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	1 hr 30 mins
Girls Level 2 Beginner	Girls Level 2	1 hr 30 mins
Girls Level 2 Advanced	Girls Level 3	2 hours
Girls Level 3+	Girls Level 3	2 hours
Boys Level 1 Beginner	Boys Level 1	1 hour
Boys Level 1 Advanced	Boys Level 2	1 hr 30 mins
Boys Level 2	Boys Level 2	1 hr 30 mins
Boys Level 3	Boys Level 3	2 hours



Did you know?

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

110502B Tues., Sep. 10, 11:30am-12:15pm

110502C Wed., Sep. 11, 10:30–11:15am

110502D Wed., Sep. 11, 1–1:45pm

110502E Thurs., Sep. 12, 2–2:45pm

Ages 1½-2 12 Sessions \$150

110502F Mon., Sep. 9, 9:30–10:15am

110502G Fri., Sep. 13, 11:30am-12:15pm

110502H Sun., Sep. 15, 12–12:45pm

TOT

Tumbling for 3s

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

Barcroft Sports & Fitness Center

Ages 3 13 Sessions \$163

110503A Tues., Sep. 10, 9:30–10:15am

110503B Tues., Sep. 10, 10:30–11:15am

110503C Tues., Sep. 10, 1–1:45pm

110503D Tues., Sep. 10, 2–2:45pm

110503E Wed., Sep. 11, 1–1:45pm

110503F Wed., Sep. 11, 2–2:45pm

110503G Thurs., Sep. 12, 9:30–10:15am

110503H Thurs., Sep. 12, 11:30am-12:15pm

110503I Thurs., Sep. 12, 2–2:45pm

Ages 3 12 Sessions \$150

110503J Mon., Sep. 9, 1–1:45pm

110503K Mon., Sep. 9, 2–2:45pm

110503L Fri., Sep. 13, 10:30–11:15am

110503M Fri., Sep. 13, 1–1:45pm

110503N Sat., Sep. 14, 8:30–9:15am

110503O Sun., Sep. 15, 1–1:45pm

Gymnasticats

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

Barcroft Sports & Fitness Center

Ages 4 13 Sessions \$163

110505A Tues., Sep. 10, 11:30am-12:15pm

110505B Tues., Sep. 10, 1–1:45pm

110505C Tues., Sep. 10, 2–2:45pm

110505D Wed., Sep. 11, 11:30am-12:15pm

110505E Wed., Sep. 11, 2–2:45pm

110505F Wed., Sep. 11, 3–3:45pm

110505G Thurs., Sep. 12, 10:30–11:15am

110505H Thurs., Sep. 12, 1–1:45pm

Ages 4 12 Sessions \$150

110505I Mon., Sep. 9, 11:30am-12:15pm

110505J Mon., Sep. 9, 3–3:45pm

110505K Thurs., Sep. 12, 3–3:45pm

110505L Fri., Sep. 13, 2–2:45pm

110505M Fri., Sep. 13, 3–3:45pm

110505N Sat., Sep. 14, 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 13 Sessions \$163

110506A Wed., Sep. 11, 4–4:45pm

Ages 5 12 Sessions \$150

110506B Mon., Sep. 9, 4–4:45pm

110506C Thurs., Sep. 12, 3–3:45pm



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.](#)

Gymnastics: Girls Level 1

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

Barcroft Sports & Fitness Center			
Ages 5-6	13 Sessions		\$234
120500A	Wed., Sep. 11, 4:15-5:15pm		
120500B	Wed., Sep. 11, 5:30-6:30pm		
Ages 5-6	12 Sessions		\$216
120500C	Mon., Sep. 9, 5:30-6:30pm		
120500D	Thurs., Sep. 12, 4:15-5:15pm		
120500E	Fri., Sep. 13, 4:30-5:30pm		
120500F	Sat., Sep. 14, 12-1pm		
120500G	Sun., Sep. 15, 3:30-4:30pm		
Ages 7-8	13 Sessions		\$234
120500H	Tues., Sep. 10, 4:30-5:30pm		
120500I	Wed., Sep. 11, 4:15-5:15pm		
Ages 7-8	12 Sessions		\$216
120500J	Mon., Sep. 9, 5:30-6:30pm		
120500K	Thurs., Sep. 12, 4:15-5:15pm		
120500L	Thurs., Sep. 12, 5:30-6:30pm		
120500M	Fri., Sep. 13, 5:45-6:45pm		
120500N	Sat., Sep. 14, 1:15-2:15pm		
120500O	Sun., Sep. 15, 4:45-5:45pm		
Ages 9-12	13 Sessions		\$234
120500P	Tues., Sep. 10, 4:30-5:30pm		
Ages 9-12	12 Sessions		\$216
120500Q	Mon., Sep. 9, 6:45-7:45pm		
120500R	Thurs., Sep. 12, 6:45-7:45pm		
120500S	Sat., Sep. 14, 2:30-3:30pm		
120500T	Sat., Sep. 14, 3:45-4:45pm		

Gymnastics: Girls Level 2

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

Barcroft Sports & Fitness Center			
Ages 6-8	13 Sessions		\$260
120502A	Tues., Sep. 10, 5:45-7:15pm		
120502B	Wed., Sep. 11, 5:30-7pm		
Ages 6-8	12 Sessions		\$240
120502C	Mon., Sep. 9, 6:45-8:15pm		
120502D	Thurs., Sep. 12, 5:30-7pm		
Ages 9-12	13 Sessions		\$251
120502E	Tues., Sep. 10, 5:45-7:15pm		
120502F	Wed., Sep. 11, 6:45-8:15pm		
Ages 9-12	12 Sessions		\$240
120502G	Fri., Sep. 13, 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.

Barcroft Sports & Fitness Center			
Ages 7-13	12 Sessions		\$324
120504A	Thurs., Sep. 12, 5:30-7:30pm		
120504B	Sat., Sep. 14, 2:30-4:30pm		

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.

Barcroft Sports & Fitness Center			
Ages 5-7	13 Sessions		\$234
120511A	Tues., Sep. 10, 4:30-5:30pm		
120511B	Wed., Sep. 11, 5:30-6:30pm		
Ages 5-7	12 Sessions		\$216
120511C	Fri., Sep. 13, 4:30-5:30pm		
120511D	Sat., Sep. 14, 12-1pm		
120511E	Sun., Sep. 15, 2:15-3:15pm		
Ages 8-12	13 Sessions		\$234
120511F	Tues., Sep. 10, 5:45-6:45pm		
120511G	Wed., Sep. 11, 6:45-7:45pm		
Ages 8-12	12 Sessions		\$216
120511H	Fri., Sep. 13, 5:45-6:45pm		
120511I	Sat., Sep. 14, 1:15-2:15pm		

Gymnastics: Boys Level 2

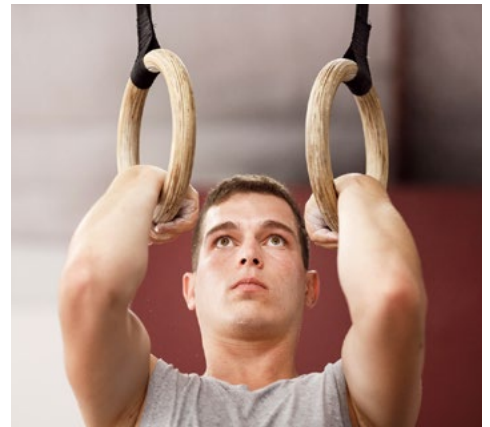
Participants continue their gymnastics progressions growing their skill level on the six men's gymnastics events (vault, parallel bars, high bar, pommel horse, rings, and floor exercise). This class will focus on strength and clean execution of advanced skills. Participants must complete an evaluation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

Barcroft Sports & Fitness Center			
Ages 6-12	12 Sessions		\$216
120513A	Fri., Sep. 13, 7-8:30pm		

Gymnastics: Home School

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

Barcroft Sports & Fitness Center			
Ages 5-7	12 Sessions		\$150
120515A	Mon., Sep. 9, 1-1:45pm		
Ages 8-12	12 Sessions		\$150
120515B	Fri., Sep. 13, 1-1:45pm		



TEENS

Teen Gymnastics

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

Barcroft Sports & Fitness Center			
Ages 13-17	13 Sessions		\$244
130500A	Wed., Sep. 11, 7:15-8:30pm		

ADULTS

Gymnastics: Adult Beginner

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

Barcroft Sports & Fitness Center			
Ages Adults	13 Sessions		\$244
140500A	Tues., Sep. 10, 7:30-8:45pm		

Gymnastics: Adult Advanced

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

Barcroft Sports & Fitness Center			
Ages Adults	12 Sessions		\$225
140501A	Thurs., Sep. 12, 7:30-8:45pm		

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 Sept. 4; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747.

INDIVIDUALS WITH DISABILITIES



ARTS

Adapted Beginner Art

In this introductory and fun program, participants will experiment with various materials and mediums to create beautiful and dynamic works of art. Different art techniques will be explored such as papermaking, brush painting, collage, and using recycled materials, and presented through theme-based projects. This program offers individuals with disabilities an opportunity to use unconventional art materials in a new way and allow creativity to shine! Inst.: Frazier

Lubber Run Center
Ages 13-Adult **8 Sessions** **\$90**
102005A Tues., Sep. 10, 5:30–6:30pm

Adapted Advanced Art

Artists will look at various styles of art with a critical eye and create works of art based on techniques used by the masters. Intended for those who took the Adapted Beginner Art class and are ready for more intensive work. Artists will begin to hone and refine their personal style while exploring various materials and new mediums. This class is for

individuals with disabilities that can work independently with minimum support or prompts. Those who are at the beginner level or need moderate or maximum supports should take the beginner class. Inst.: Drobylen/Halloran

Fairlington Center
Ages Adults **8 Sessions** **\$90**
102006A Mon., Sep. 16, 6:30–7:30pm

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 Center
Ages 2½-4 **6 Sessions** **\$54**
110411A Sun., Nov. 3, 1:05–1:35pm
Ages 2½-4 **5 Sessions** **\$45**
110411B Sun., Sep. 8, 1:05–1:35pm

Aquatics: Adapted Pre-Fin

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

Long Bridge Aquatics Center
Ages 3 yrs. 3 mos.-5 **6 Sessions** **\$54**
110412A Sun., Nov. 3, 1:05–1:35pm
Ages 3 yrs. 3 mos.-5 **5 Sessions** **\$45**
110412B Sun., Sep. 8, 1:05–1:35pm

Aquatics: Adapted Youth Splash

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio.

Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics Center
Ages 6–12 **6 Sessions** **\$54**
120411A Sun., Nov. 3, 1:40–2:10pm
Ages 6–12 **5 Sessions** **\$45**
120411B Sun., Sep. 8, 1:40–2:10pm

Adapted Aquatics: Teen/Adult Beginner

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

Long Bridge Aquatics Center
Ages 13-Adult **6 Sessions** **\$54**
140415A Sun., Nov. 3, 2:20–2:50pm
Ages 13-Adult **5 Sessions** **\$45**
140415B Sun., Sep. 8, 2:20–2:50pm

Aquatics: Adapted Open Swim

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

Long Bridge Aquatics Center
Ages 6-Adult **6 Sessions** **\$66**
120414A Sun., Nov. 3, 12:20–1pm
Ages 6-Adult **5 Sessions** **\$55**
120414B Sun., Sep. 8, 12:20–1pm

FITNESS & MOVEMENT

Adapted Group Fitness with Spirit Club

Come get your workout on with SPIRIT Club! Fun and Fitness has a new name, but you can expect the same great programming! These offerings will help you build functional skills, such as improved balance, strength, flexibility, endurance, coordination, speed, agility, and more. Exercises, High Intensity Interval Training (HIIT), are taught with visual demonstrations and verbal cues to make sure instructions are clear and easy to follow. This is an adapted exercise class for individuals with disabilities who can benefit from minimum to moderate support and/or prompts and can attend to 1-2 step instructions. To learn more about the SPIRIT Club visit www.spirit-club.com.

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

Strength & Balance
104003A Sat., Sep. 28, 10–11am

Full Body Workout
104003B Sat., Oct. 26, 10–11am

Upper Body Workout
104003C Sat., Nov. 23, 10–11am

Lower Body & HIIT Training
104003D Sat., Dec. 21, 10–11am



Try-athlon Training Sessions

Individuals with disabilities are invited to join us for Try-Athlon training sessions and main event! Sign up and “try” it out. Instruction will be offered in swimming, stationary biking, and treadmill walking/running for personal best-timed distance. Standard fitness equipment is used. We are offering nine in-person training sessions to practice the sports, build strength, and gain confidence, and will help you prepare for the Try-Athlon main event! Prerequisite skills for swimming include the ability to tread water/float and/or swim across the pool independently. Staff will facilitate a test swim during the first session. Separate registration required for the Try-Athlon main event on November 9.

Long Bridge Aquatics Center
Ages 14-Adult 9 Sessions \$99
104004A Thurs., Sep. 12, 6–7pm

Try-athlon Main Event

This is the main event! You must register for the training sessions in order to participate. Please also register for this session to hold your spot. The fee is covered in the training sessions.

Long Bridge Aquatics Center
Ages 14-Adult 1 Session Free
104006A Sat., Nov. 9, 11am–1pm

Adapted Yoga for Adults

This yoga class is specifically for adults with disabilities and will include sound therapy (chanting), eye exercises, breathing exercises, body postures, deep relaxation, and affirmation. The instructor is certified as a yoga therapist with the International Association of Yoga Therapists, <http://www.iayt.org/>, and can accommodate a range of different



ages and disabilities. The instructor will be available for short individual consultations before or after class. Because participants, guardians and/or caregivers can also benefit from these home practice techniques that can improve body awareness, physical and emotional well-being, and mental focus we are offering a guardian or caregiver to attend for free, please let staff know prior to the first class if you would like to consistently attend and we will register you in the class. Inst.: Sheetz.

Lubber Run Center
Ages Adults 7 Sessions \$110
104008A Wed., Oct. 30, 5:30–6:20pm
Ages Adults 6 Sessions \$95
104008B Wed., Sep. 18, 5:30–6:20pm

Adapted Zumba w/Spirit Club

Join our vendor SPIRIT Club for Adapted Zumba class! This is an exciting, music-based exercise experience aimed to improve your cardiovascular endurance, balance, flexibility and more, all while enjoying the many benefits of dance and movement. Classes offer a fun, high-energy atmosphere that can help push you to be as active as possible! Each class begins with the opportunity to introduce yourself and lead your favorite dance move for the group. This is an adapted exercise class for individuals with disabilities who can benefit from minimum to moderate support and/or prompts and can attend to 1-2 step instructions. To learn more about the SPIRIT Club visit www.spirit-club.com.

Langston-Brown Center
Ages 13-Adult 8 Sessions \$160
104007A Sat., Oct. 12, 11:15am–12:15pm

GYMNASTICS

Gymnastics: Adapted Parent/Tot

Tots with disabilities work with a parent/guardian 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 12 Sessions \$150
110520A Sun., Sep. 15, 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 12 Sessions \$150
120521A Sun., Sep. 15, 9:30–10:15am
Ages 8–12 12 Sessions \$150
120521B Sun., Sep. 15, 8:30–9:15am

Gymnastics: Adapted Level 2

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

Barcroft Sports & Fitness Center
Ages 6–12 12 Sessions \$216
120522A Sun., Sep. 15, 10:30–11:30am

Gymnastics: Adapted Teen/Adult

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

Barcroft Sports & Fitness Center
Ages 13-Adult 12 Sessions \$216
130503A Sun., Sep. 15, 10:30–11:30am

OUTDOOR FUN

Adapted Family Campfire

Immerse yourself in nature and join us for our family campfire! This program is perfect for groups and families to relax and enjoy the great outdoors together. This program is designed for individuals with disabilities, and we ask that at least one parent or guardian with the household register. Space is limited; don’t miss out!

Lubber Run Fire Ring
Ages 3-Adult 1 Session \$5
104001A Sat., Sep. 14, 2–3:30pm

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.

ACCESS FOR ALL Everyone, Everywhere, Every Day.

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

Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

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

[Apply Here!](#)



Therapeutic Recreation Family Night Out!

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

Help us kick off the season with our October Family Skate Night! Come roller skate with family and friends while listening to some fun music. Roller skates and skate walkers (limited availability) can be requested when registering for this event. Participants are also welcome to bring their own roller skates. Registration will be required, so be sure to check our TR website or sign up for our E-News for event details and registration. Contact trinfo@arlingtonva.us if you have questions.

Ages 3+
October 12 from 5–8pm
Cost: \$5



SPARC in Arlington

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

Age range: 18+
Cost & more information:
<https://sparcsolutions.org/>



Therapeutic Recreation Social Clubs

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

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

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





break blasts are back! →

Looking for fun when school's out? Explore our Break Blast Camps!

Need to find something fun and engaging for the kids to do on APS Teacher Work Days? Break Blasts are full day recreational programs for kids in grades K-5 on Teacher Work Days and Parent-Teacher Conference Days!

Visit our [web page](#) for details. For more info, contact Samantha Nuamah at snuamah@arlingtonva.us. Kids in grades K-5 will enjoy a variety of engaging activities including cooperative games, physical activities, nature fun and creative arts! Participants must bring a lunch and snack.

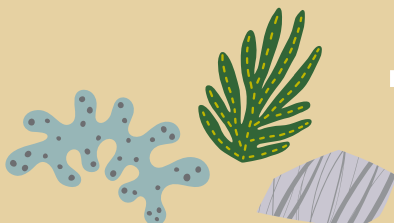


Fall 2024 Schedule

Carver Community Center

Core Hours: 8am–4pm Fee: \$50
 Extended Hours: 4–6pm Fee: \$14

Thu., Oct. 3
 Fri., Oct. 11
 Mon., Oct. 14
 Fri., Nov. 1
 Mon., Nov. 4



Explore Nature Outdoor & Virtual Programs



Fall Highlights

Families



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. Ages 4 and up.

Free. Long Branch Nature Center

Sat., Sep. 14, 3-3:30pm

612950-E

Sat., Oct. 19, 10:30-11am

612950-F

Sat., Nov. 16, 10:30-11am

612950-G

Sun., Dec. 15, 3-3:30pm

612950-H

Fall Native Plant Sale

Time to create habitat and beautify your garden! Native plants are accustomed to local climate and support wildlife. This fall choose from various perennials, trees, and shrubs. Visit the website for plant descriptions and information. This is a pre-order only sale. Get your order submitted online at registration.arlingtonva.us or by calling 703.228.4747. Order deadline is Sept. 12, pick up is on Sept. 22. Miscellaneous, payable on the day of the program.

Gulf Branch Nature Center

Sun., Sep. 22, 1-4pm

Campfires

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

\$6. Gulf Branch Nature Center

Fall into Fall Campfire

Sat., Sep. 14, 6-7pm

612850-AA

Fast Falcons Campfire

Sat., Sep. 28, 6-7pm

612850-BB

Hibernation Campfire

Fri., Oct. 11, 6-7pm

612850-CC

Batty About Bats Campfire

Sat., Oct. 19, 6-7pm

612850-DD

Fantastic Fox Campfire

Sat., Nov. 9, 6-7pm

612850-EE

Blacksmith Campfire

Fri., Nov. 15, 6-7pm

612850-FF

Frozen Friends Campfire

Sat., Dec. 7, 6-7pm

612850-GG

Night Creatures Campfire

Fri., Dec. 13, 6-7pm

612850-HH

\$6. Long Branch Nature Center

Big Bears Campfire

Sat., Sep. 21, 6-7pm

612950-A

Adults Only Campfire

Sat., Oct. 5, 6-7pm

612940-W

Halloween Animals Campfire

Fri., Oct. 12, 6-7pm

612950-B

First Thanksgiving Campfire

Sat., Nov. 16, 4-5pm

612950-C

Wishing Campfire

Sat., Dec. 14, 12:30-1:30pm

612950-D

NATURE SPOOKTACULAR

Join us for a 'Spooktacular' day of fun learning about night-time animals and cultural festivities surrounding nature this time of the year.

Free. Long Branch Nature Center

Sat., Oct. 26, 3:30-5pm

612950-L

Earlier time will be more fun and less spooky for families with young children.

Sat., Oct. 26, 5-6:30pm

612950-M

Later time will be just as fun and a little bit spooky for families with older children.



Flying Squirrel Lore

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

\$6 fee. Long Branch Nature Center

Fri., Dec. 6, 5-6pm

612950-T

Sat., Dec. 14, 5-6pm

612950-U

Sat., Dec. 21, 5-6pm

612950-V

DAILY H.A.M.S (HOLIDAY ANIMAL MEETUPS)

Take a break from the holiday rush to just sit down and enjoy meeting some of our local nature center animals. Each day, a naturalist will share stories, tales and offer direct encounters with 2 different live or preserved animal friends. No registration required. Just show up in our classroom and enjoy learning about local wildlife. Caretakers must attend with children. No registration required.

Free. Long Branch Nature Center

Sun., Dec. 22, 12-1pm
Tue., Dec. 24, 12-1pm
Thu., Dec. 26, 12-1pm
Fri., Dec. 27, 12-1pm
Sat., Dec. 28, 12-1pm
Sun., Dec. 29, 12-1pm
Tue., Dec. 31, 12-1pm
Thu., Jan. 2, 12-1pm
Fri., Jan. 3, 12-1pm
Sat., Jan. 4, 12-1pm



Teens

STEWARDSHIP DAYS

Help us with improving Glencarlyn Park. Each Sunday we will have stewardship 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 12-17.

Free. Long Branch Nature Center

Sun., Sep. 15, 1-3pm
Sun., Oct. 13, 1-3pm
Sun., Nov. 17, 1:30-3:30pm
Sun., Dec. 8, 1-3pm

612930-A
612930-B
612930-C
612930-D

Adults

Holiday Wreath Workshop

Holiday crafters are invited to create their own evergreen wreath to spruce up your home or give as special gifts. We'll provide music, refreshments, basic instruction and enough materials for each participant to make a wreath and we'll have extra for arrangements or swags. Participants should bring hand pruners or wire cutters (if you have them) and any extra materials or special decorations you may wish to add. Teens ages 12 and up are welcome, but must be accompanied by a registered adult.

\$50. Long Branch Nature Center

Sat., Dec. 7, 10am-12:30pm
Sat., Dec. 7, 1-3:30pm

612940-S
612940-T



Tiny Tot & Preschool



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

Each program will engage your child with hands-on learning and may include a variety of activities like songs, crafts, imaginative play, and mini hikes. These programs are offered throughout the year at Gulf Branch and Long Branch Nature Centers. Each program has a monthly theme that is repeated, so please register your child for only one program at each center per month. Caretakers must stay with their child during the program. \$6 per child due at registration.

Tiny Tot

Ages 18-35 months

\$6. Gulf Branch Nature Center

Tiny Tot: Spiders

Thu., Sep. 5, 10-10:45am
Sat., Sep. 7, 10-10:45am
Sat., Sep. 14, 10-10:45am

612810-Q
612810-R
612810-S

Tiny Tot: Bats

Thu., Oct. 3, 10-10:45am
Sat., Oct. 5, 10-10:45am
Sat., Oct. 12, 10-10:45am

612810-T
612810-U
612810-V

Tiny Tot: Owls

Fri., Nov. 1, 10-10:45am
Sat., Nov. 2, 10-10:45am
Thu., Nov. 21, 10-10:45am

612810-W
612810-X
612810-Y

Tiny Tot: Artic Animals

Sat., Dec. 7, 10-10:45am
Thu., Dec. 12, 10-10:45am
Thu., Dec. 19, 10-10:45am

612810-Z
612810-ZA
612810-ZB

\$6. Long Branch Nature Center

Tiny Tot: Baby Animals

Tue., Sep. 3, 10:30-11:15am
Fri., Sep. 6, 10-10:45am
Sat., Sep. 21, 10:30-11:15am

612910-Q
612910-R
612910-S

Tiny Tot: Our Moon

Sat., Oct. 5, 2:30-3:30pm
Tue., Oct. 8, 10:30-11:15am
Wed., Oct. 16, 10:30-11:15am

612910-T
612910-U
612910-V

Tiny Tot: Snake Tales

Wed., Nov. 6, 10:30-11:15am
Sat., Nov. 9, 1:00-1:45pm
Fri., Nov. 22, 10:30-11:15am

612910-W
612910-X
612910-Y

Tiny Tot: Pine Cones

Tue., Dec. 3, 1:30-2:15pm
Tue., Dec. 10, 10:30-11:15am
Wed., Dec. 18, 10:30-11:15am

612910-Z
612910-ZA
612910-ZB



Preschool

Ages 3 to 5

\$6. Gulf Branch Nature Center

Pre-K: Monarch Butterflies

Thu., Sep. 5, 11am-12pm
Sat., Sep. 7, 1-2pm
Thu., Sep. 12, 11am-12pm
Sat., Sep. 14, 11am-12pm

612810-A
612810-B
612810-C
612810-D

Pre-K: Skeletons

Thu., Oct. 3, 11am-12pm
Sat., Oct. 5, 11am-12pm
Thu., Oct. 10, 1-2pm
Sat., Oct. 12, 11am-12pm

612810-E
612810-F
612810-G
612810-H

Pre-K: Animal Parents

Fri., Nov. 1, 11am-12pm
Sat., Nov. 2, 1-2pm
Thu., Nov. 7, 11am-12pm
Thu., Nov. 21, 11am-12pm

612810-I
612810-J
612810-K
612810-L

Pre-K: Young Scientists

Thu., Dec. 5, 1-2pm
Sat., Dec. 7, 11am-12pm
Thu., Dec. 12, 11am-12pm
Thu., Dec. 19, 11am-12pm

612810-M
612810-N
612810-O
612810-P

\$6. Long Branch Nature Center

Pre-K: Forest Play

Wed., Sep. 4, 10-11am
Sat., Sep. 7, 2:30-3:30pm
Tue., Sep. 17, 10:30-11:30am
Fri., Sep. 27, 10-11am

612910-A
612910-B
612910-C
612910-D

Pre-K: Bats & Caves

Sat., Oct. 5, 4-5pm
Fri., Oct. 18, 10:30-11:30am
Tue., Oct. 29, 10:30-11:30am
Wed., Oct. 30, 10:30-11:30am

612910-E
612910-F
612910-G
612910-H

Pre-K: Endangered Species

Wed., Nov. 13, 11am-12pm
Tue., Nov. 19, 10:30-11:30am
Fri., Nov. 22, 1-2pm
Sat., Nov. 23, 10:30-11:30am

612910-I
612910-J
612910-K
612910-L

Pre-K: Turtles of Virginia

Tue., Dec. 3, 10:30-11:30am
Wed., Dec. 11, 10:30-11:30am
Fri., Dec. 20, 10:30-11:30am
Sat., Dec. 21, 11am-12pm

612910-M
612910-N
612910-O
612910-P



Kids Programs

Creekside Storytime

Listen to fish tales by the side of Long Branch Creek while making crafts. We'll also splash in the creeks shallow water, so please dress in clothes and shoes that can get wet. Must wear closed-toe shoes in the water. Ages 3-8.

Free. Long Branch Nature Center

Wed., Sep. 4, 1-2pm

[612920-A](#)

Sat., Sep. 7, 1-2pm

[612920-B](#)

Wed., Sep. 11, 10:30-11:30am

[612920-C](#)

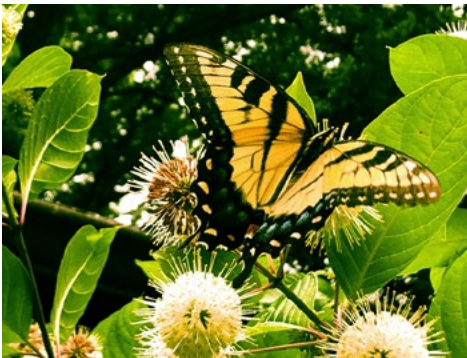
Fruits, Leaves, & Roots, Oh My!

Tomatoes are a fruit, but so are pumpkins, cucumber, corn, and green beans? We'll talk about the different parts of plants that humans and other animals eat, using examples we have currently growing in the garden from potatoes to okra. We might even get to harvest and sample some fresh vegetables! Dress for the weather. Ages 6-10.

\$6. Fort CF Smith Park

Fri., Sep. 6, 6-7pm

[612720-C](#)



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 6-10.

\$6. Fort CF Smith Park

Fri., Sep. 13, 6-7pm

[612720-A](#)

Sat., Oct. 5, 12-1pm

[612720-B](#)

Geology for Kids

We'll handle rock samples in the nature center classroom, then head out on a hike to see soils and rocks of Glencaryl Park. Wear clothes that can get wet and dirty. Ages 8-12.

Free. Long Branch Nature Center

Fri., Sep. 13, 5:30-6:30pm

[612920-L](#)

Sun., Nov. 10, 12-1pm

[612920-I](#)

Monarch Butterflies on the Move

Late summer is when monarch butterflies are on the move. Join a naturalist on a hike to learn all about these voyaging butterflies life cycles, their migration routes, the challenges they face, and how we can help them. Ages 6-10.

Free. Gulf Branch Nature Center

Sun., Sep. 15, 11am-12pm

[612820-E](#)

Tree Huggers

We'll make like a tree and leaf by hiking the trails to learn about the different species of trees growing the park. Then we'll go to the classroom to make a tree craft to take home. Ages 6-10.

Free. Gulf Branch Nature Center

Sat., Sep. 21, 11am-12pm

[612820-F](#)

Get Turtle-y!

Learn all about our shell-tastic friends, turtles! These little living tanks have been around since before the dinosaurs and a have survived unchanged for millions of years! Come and meet some real live turtles at the Nature Center! Ages 6-10.

Free. Gulf Branch Nature Center

Sat., Sep. 28, 11am-12pm

[612820-G](#)



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 8-12.

Free. Long Branch Nature Center

Sat., Sep. 28, 4-5:30pm

[612920-D](#)

Thu., Oct. 10, 4-5:30pm

[612920-E](#)

Tue., Nov. 5, 3-4:30pm

[612920-F](#)

Wed., Dec. 11, 3-4:30pm

[612920-G](#)

Build A Fairy Village

No school today! Come build a village for fairies, toads, skinks and trolls. We'll mix up some magic potions to take home too! Please wear clothes that can get wet and dirty. Ages 5-12.

Free. Gulf Branch Nature Center

Thu., Oct. 3, 12:30-1:30pm

[612820-A](#)

Mon., Oct. 14, 3-4pm

[612820-B](#)

Fri., Nov. 1, 1-2pm

[612820-C](#)

Tue., Nov. 5, 1-2pm

[612820-D](#)

Reptile & Amphibian Keepers

We'll meet our reptiles and amphibians to learn what our animals eat and how to be a responsible animal keeper. We'll get an up-close look at a frog, and touch 'Stumpy' the box turtle and even a snake! Ages 6-10.

Free. Long Branch Nature Center

Thu., Oct. 17, 4-5pm

[612920-H](#)

Sat., Dec. 14, 3:30-4:30pm

[612920-J](#)

Sat., Dec. 21, 2-3pm

[612920-K](#)

Slithering Snakes

Join a naturalist to learn about the snakes of Arlington. Participants will get to see and touch safe, friendly snakes and then take a short nature hike to learn about their habitats. Ages 6-10.

Free. Gulf Branch Nature Center
Sat., Nov. 30, 11am-12pm

[612820-H](#)



Animal Fashion Show

Have you ever seen a leaf hopper, barred owl or tree frog? Who knows! Animals have the most incredible adaptations and disguises to help them hide in their habitats. Join us to discover how and where animals camouflage. Ages 6-10.

Free. Gulf Branch Nature Center
Sat., Dec. 14, 11am-12pm

[612820-I](#)



Teen Programs

Stream Science

Join a naturalist to learn about the streams of Arlington and the challenges they face. We'll practice for ourselves how environmentalists survey streams to find out what animals live there, how they are affected by existing in an urban environment and how people can help. Teens ages 12-17.

\$6. Gulf Branch Nature Center
Sat., Sep. 21, 2-3pm

[612830-A](#)

Dinosaurs for Teens

Connect with other teens while learning the latest science about dinosaurs. We'll also make a plaster cast of a dinosaur footprint for you to take home. Teens ages 12-17.

\$6 fee. Long Branch Nature Center
Sun., Sep. 29, 1:30-2:30pm

[612930-F](#)

Reptiles as Pets Workshop

Learn how to care for reptile pets—turtles, tortoises, snakes and lizards! Design your own enclosure and learn about the supplies you'll need to keep your pet healthy. Teens ages 12-17.

Free. Gulf Branch Nature Center
Sat., Oct. 26, 1-2:30pm

[612830-B](#)

Taxidermy Academy for Teens

Get an up-close look at our preserved wildlife collection of mammals, hawks and ducks and watch a taxidermy demonstration. We'll learn about the history and lore of animal taxidermy and make hands-on discoveries from our skin and fur collection. Teens ages 12-17.

\$6. Long Branch Nature Center
Wed., Oct. 30, 4-5pm

[612930-E](#)

Reptile Feeding Time

Help us feed our turtles and snakes at the Nature Center. You'll learn about our different species of reptiles, their care and get to see them up close. Teens ages 12-17.

Free. Gulf Branch Nature Center
Sat., Nov. 16, 2-3pm

[612830-C](#)



DEEP DIVES:

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



Virginia's Fishes

Who is swimming around the Potomac River? Are there endangered or invasive species? What are we doing to help or hurt them? We'll answer all these questions and more in this interactive program.

Free. Virtual Program

Wed., Sep. 11, 1–2pm

[612940-E](#)

Fri., Sep. 13, 7–8pm

[612940-F](#)

Copperheads & Venomous Snakes

Join us in our classroom to learn about snake behavior and see a live copperhead inside its tank. We'll also learn how to avoid snakes and what to do if you are ever bitten.

\$6. Long Branch Nature Center

Thu., Oct. 24, 7–8pm

[612940-ZC](#)

Urban Wildlife

What are Arlington's common wildlife? What types of habitats can they be found in? What should you do if you encounter wildlife? We'll answer all these questions and more in this interactive program.

Free. Virtual Program

Wed., Dec. 11, 2–3pm

[612940-U](#)

Fri., Dec. 13, 7–8pm

[612940-V](#)



Adult Programs

Northern Virginia Bird Club Walk

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

Free. Long Branch Nature Center

Wed., Sep. 4, 8:30–11am

[612940-A](#)

Wed., Oct. 2, 8:30–11am

[612940-B](#)

Wed., Nov. 6, 8:30–11am

[612940-C](#)

Wed., Dec. 4, 8:30–11am

[612940-D](#)

Fall Seed Presentation & Giveaway

Fall in Arlington has great conditions for planting. Join us for a presentation on milkweed and planting in fall. Participants can have their pick of a variety of native seed packets, and a naturalist will be available for questions about native gardening.

Free. Long Branch Nature Center

Fri., Sep. 6, 12–1pm

[612940-X](#)

Gardening at the Fort for Adults

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

Free. Fort CF Smith Park

Wed., Sep. 11, 6–7pm

[612740-A](#)

Sat., Oct. 5, 10–11am

[612740-B](#)

Backyard Plant Identification

We'll end backyard confusion by identifying native plants, trees, and common invasive species in our classroom and outside in the park. Tips are presented for learning plants by leaves, bark, and twigs. Bring photos from your yard or local park for identification help.

Free. Long Branch Nature Center

Sat., Sep. 21, 3–4pm

[612940-G](#)

Wed., Oct. 16, 1–2pm

[612940-H](#)

Sat., Nov. 23, 1–2pm

[612940-I](#)



Trees & Their Hidden Stories Hike

Have you ever wondered how a sycamore got its name or how it was an important part of the underground railroad? Or how witch hazel trees used in gaining or losing luck? Come take a hike in search of the hidden stories of food, folklore, and songs of our local trees. Tree ID skills will be taught. Teens age 16 and up welcome to attend with a registered adult.

\$9. Long Branch Nature Center

Thu., Sep. 26, 5:30–7pm

[612940-J](#)

Sun., Sep. 29, 1–2:30pm

[612940-K](#)

Sun., Nov. 17, 4:30–6pm

[612940-L](#)

Fall Still Hunting

Still hunting is the act of sitting or standing still for a long time and allowing the animals the time to accept your presence and then let them come to you. Bring a folding chair and/or blanket and learn several techniques of how to find animals by letting them find you. We will explore one or more locations per program, depending on our surroundings.

\$9. Long Branch Nature Center

Sun., Sep. 29, 10–11:30am

[612940-M](#)

Sat., Oct. 19, 4–5:30pm

[612940-N](#)



Autumn Wreath Crafting

Using all-natural items, we'll use autumn materials to create a beautiful wreath. Materials provided, but bring any extra materials or special decorations you may wish to add. Teens ages 12 and up are welcome with a registered adult.

\$20. Long Branch Nature Center

Thu., Oct. 17, 6–7:30pm

[612940-Z](#)

Taxidermy Academy for Adults

Get an up-close look at our preserved wildlife collection of mammals, hawks and ducks and watch a taxidermy demonstration. We'll learn about the history and lore of animal taxidermy and make hands-on discoveries from our skin and fur collection.

\$6. Long Branch Nature Center

Fri., Oct. 18, 1–2pm

[612940-ZA](#)

Photography Journeys



Come join wildlife photographer Calvin Schnure as he presents his photographic journeys of the natural world.

Adults. \$9. Long Branch Nature Center

Wildlife of Costa Rica

The wildlife in Costa Rica illustrating an amazing variety of birds, reptiles, mammals, and invertebrates. Amazing photos that range from the cloud forest of the mountains soaring 10,000 feet above sea level to the mid-elevation rain forests of the Osa Peninsula on Costa Rica's southern Pacific coast. Great for adult and youth wildlife lovers who want to travel the world through intimate, amazing photos.

Fri., Oct. 11, 7-8:30pm

[612940-Y](#)

Birds of Morocco

The birds of Morocco covers many unusual species, including migratory birds that travel as far away as Europe and Northern Canada on their annual migration. Other birds live year-round in Morocco, having evolved to survive the cold environment in the high elevations of the Atlas mountains or the extremely dry conditions in the Sahara Desert.

Fri., Nov. 15, 7-8:30pm

[612940-ZE](#)

Champion Tree Bike Ride

Marvel at some of Arlington's most spectacular trees on this leisurely ride over mostly level, paved pathways and roads, while stopping at points of natural and environmental interest along the way. Bring your own bike, water, snacks, and repair kit. Teens ages 12 and up are welcome, but must attend with a registered adult. Meet at the Barcroft Sports & Fitness Center parking lot.

Free. Barcroft Park

Sat., Oct. 19, 10am-12pm

[612940-ZB](#)

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 ad.

\$9. Gulf Branch Nature Center

Sun., Oct. 20, 12:30-2pm

[612840-A](#)

Sun., Nov. 3, 2-3:30pm

[612840-B](#)

Long Branch Nature Center

Sun., Nov. 3, 11am-12:30pm

[612940-O](#)

Sat., Nov. 16, 1:30-3pm

[612940-P](#)

Lichens of the Fort

Sometimes human-made structures like pillars, signs, and even rusty old tractor parts provide habitat for organisms like lichens to grow! We will discuss the fascinating world of lichens as we walk around the fort and identify several different species. Teens ages 12 and up welcome with a registered adult.

\$6. Fort CF Smith Park

Sun., Oct. 20, 3-4pm

[612740-C](#)

Sat., Nov. 16, 11am-12pm

[612740-D](#)

Butterfly Season Review

Join members of the Washington Area Butterfly Club for a flying season review. Come with a butterfly experience to share one-on-one or with the larger group, or just come to listen. You may also bring photos, plants, seeds, specimens, or one or more books to swap or give away.

Free. Long Branch Nature Center

Sat., Nov. 9, 10am-12pm

[612940-ZD](#)

Native Plants & Wildlife Hike

Which animals depend on what plants? And vice versa? Walk the trails as a naturalist explains relationships between native plants and the animals that depend on them.

\$6. Glencarlyn Park

Sat., Nov. 9, 4-5pm

[612940-Q](#)

\$6. Long Branch Nature Center

Thu., Dec. 12, 1-2pm

[612940-R](#)

Fall Leaf Candle Holder

Join us and learn how to make a beautiful Fall leaf candle holder to take home for the holidays!

\$10. Gulf Branch Nature Center

Sat., Nov. 23, 3-4pm

[612840-C](#)



Family Programs

Gardening at the Fort for Families

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

Free. Fort CF Smith Park

Sat., Sep. 7, 10-11am

[612750-A](#)

Sat., Sep. 21, 10-11am

[612750-B](#)

Endangered Animal Artifacts

Join a naturalist in our classroom for a presentation on artifacts of endangered animals. These items were seized by the Arlington County Police Dept. and legally transferred to the custody of the Long Branch Nature Center. Participants will get to see and touch items from animals found around the world.

\$6. Long Branch Nature Center

Sat., Sep. 7, 7-8pm

[612950-ZC](#)

Virginia's State Bat

Find out about the endangered Virginia Big-Eared Bat and create a bat craft. Then, we'll step outside to see if we can spot any bats emerging at twilight.

\$6. Gulf Branch Nature Center

Sat., Sep. 21, 5:30-6:30pm

[612850-G](#)



Spider Expedition

Fall is a great time to observe spiders and their webs. Join us on a hike on identifying spiders by their eyes and web shape. Plus, kids can catch and release spiders using bug jars.

\$6. Long Branch Nature Center

Fri., Sep. 27, 1-2pm

[612950-I](#)

Wed., Oct. 2, 11am-12pm

[612950-J](#)

Sun., Oct. 27, 4-5pm

[612950-K](#)

Milky Way Stargazing Nights

October and November are the best time of year for night sky observation in Virginia. We'll view the night sky with a staff amateur astronomer, look through a telescope and hear stories about constellations. Bundle up, it may be very cold.

\$6. Fort CF Smith Park

Thu., Oct. 10, 6:30-7:30pm

[612750-C](#)

Sun., Nov. 24, 5-6pm

[612750-D](#)

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., Sep. 14, 9:30–11:30am

Sat., Oct. 12, 9:30–11:30am

Sat., Nov. 9, 9:30–11:30am

Sat., Dec. 14, 9:30–11:30am

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

Sun., Sep. 15, 2–4pm

Sun., Oct. 20, 2–4pm

Sun., Nov. 17, 2–4pm

Sun., Dec. 15, 2–4pm



Going Batty

How do bats fly in the dark or catch their prey without seeing them. Come learn how bats surviving in darkness and learn about their real challenges to survival on this hike and exploration

\$9. Long Branch Nature Center

Sun., Oct. 27, 5:30–7pm

[612950-ZF](#)

Nocturnal Animal Hike

We'll visit our classroom to learn about nocturnal animals then walk the trails to see if we can find them in the dark. Bundle up, it can become very cold.

\$6. Long Branch Nature Center

Fri., Oct. 25, 6–7pm

[612850-A](#)

Fri., Nov. 8, 6–7pm

[612850-B](#)

Fri., Nov. 22, 6–7pm

[612850-C](#)

Long Branch Nature Center

Fri., Nov. 1, 6–7pm

[612950-P](#)

Fri., Dec. 27, 6–7pm

[612950-S](#)

Virginia's State Snake

Learn about the Virginia State snake, the eastern garter snake and other local snake neighbors. We'll also meet our snakes that lives at the nature center, closeup.

\$6. Long Branch Nature Center

Sun., Oct. 27, 2:30–3:30pm

[612950-ZG](#)



America Recycles Day

We'll practice reduce, reuse, and recycle by learning how to repurpose trash into new items. Whether it's something practical or artistic, we'll share tips and tricks to turn trash into treasures. Please bring recyclables from home.

Free. Gulf Branch Nature Center

Sat., Nov. 2, 11am–12pm

[612850-H](#)

Walk to the Waterfall

Stretch your legs in Glencaryn Park along a mostly flat paved trail as we follow Long Branch Creek as it flows into Four Mile Run. We'll follow the water over rocks and under bridges all the way to Huffman's Falls.

\$9. Long Branch Nature Center

Sun., Nov. 10, 3:30–5pm

[612950-N](#)

Wed., Nov. 13, 1–2:30pm

[612950-O](#)

Deer in Our Neighborhood

Bambi or a pest? Deer may hold a place in our hearts, but not so much in our neighborhoods. Join a naturalist to learn

about the deer of Arlington, how they survive in an urban environment and how we can all safely coexist.

Free. Gulf Branch Nature Center

Sat., Dec. 7, 1–2pm

[612850-I](#)

Hot Cocoa Hike

Fresh air is good for you, your friends, and families. Join us in Glencaryn Park for a leisurely hike with hot cocoa and time for photos in the scenic winter woods.

\$6. Long Branch Nature Center

Thu., Dec. 12, 3–4pm

[612950-W](#)

Fri., Dec. 13, 4–5pm

[612950-X](#)

Wed., Dec. 18, 1–2pm

[612950-Y](#)

Thu., Dec. 19, 11am–12pm

[612950-Z](#)

Thu., Dec. 19, 2–3pm

[612950-ZA](#)

Fri., Dec. 20, 5:30–6:30pm

[612950-ZB](#)

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., Dec. 14, 2–3pm

[612950-ZI](#)

Hike to the Potomac

Join us for a hike along an uneven trail with a creek crossing and climbing over large rocks all the way to the Potomac River. Dress for the weather and wear good sneakers or hiking boots.

\$9. Gulf Branch Nature Center

Sun., Dec. 22, 1:30–3pm

[612850-E](#)

Explore the natural world in Arlington!

More classes are available online

at arlingtonva.us/parks and search

Nature & History.

Nature Network Series

\$6. Long Branch Nature Center

All About Water

When ice melts, where does it go? Find out this and more as we explore ice and water, talk about what it means for something to freeze or melt, and predict what will float and sink in water.

Sat., Sep. 14, 4–5pm

[612950-ZD](#)

Parts of a Plant

Leaves are falling! What do leaves do, anyway? We'll explore the different parts of a plant, do some plant-inspired yoga, and go on a scavenger hunt.

Sat., Oct. 12, 4–5pm

[612950-ZE](#)

Wiggling Worms

What's the life of a worm like? Wiggle, squiggle, and giggle as we use our senses to find out how worms use their senses!

Sat., Nov. 9, 4–5pm

[612950-ZH](#)



Explore History



Fall Heritage Festival

Join us for a family-friendly day of fun. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, churn butter, dip candles and work the cider press! Bring your old pants and shirt to make a scarecrow-child sizes work best! All family members who attend must register.

Free. Gulf Branch Nature Center
Sun., Oct. 6, 1-5pm

[612850-J](#)

Civil War Discoveries: Artillery Drills

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

\$6. Fort CF Smith Park
Sun., Dec. 8, 2-3pm

[612720-D](#)



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



❄ Letters To Santa ❄

● **Santa wants to hear from you!** ●

A special mailbox will be set up just for your Santa letters! To ensure timely delivery to the North Pole, put your letter in the mailbox between:

Thursday, Nov. 28 – Sunday, Dec. 15

at one of these locations:

● **Gulf Branch Nature Center**

Robert Walker Log Cabin, 3608 Military Road, Arlington

● **Long Branch Nature Center**

625 S Carlin Springs Road, Arlington

Letters received by Dec. 15th will get a postcard from Santa. Be sure to include your home address so Santa knows where to send you a postcard!

In the spirit of giving, please also bring any canned food items for the Arlington Food Assistance Center and place them in the labeled box next to the Santa mailbox.





trunk or treat!

SATURDAY, OCT. 19, FROM 2-5PM
@ LUBBER RUN COMMUNITY CENTER

Join in costumed free family fun this Halloween season.
Guarantee entry by pre-registering for a timeslot online.

For more info, visit arlingtonva.us search Trunk or Treat or [click here](#).
Questions? Email pmleonard@arlingtonva.us

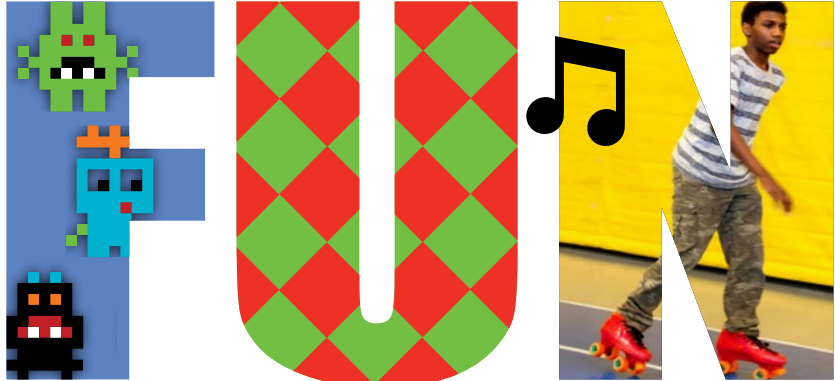


FAMILY NIGHT @ CARVER

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!

Learn more at arlingtonva.us search Family Night or [click here](#).



★ THIS FALL

LATE NIGHT SPORTS

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

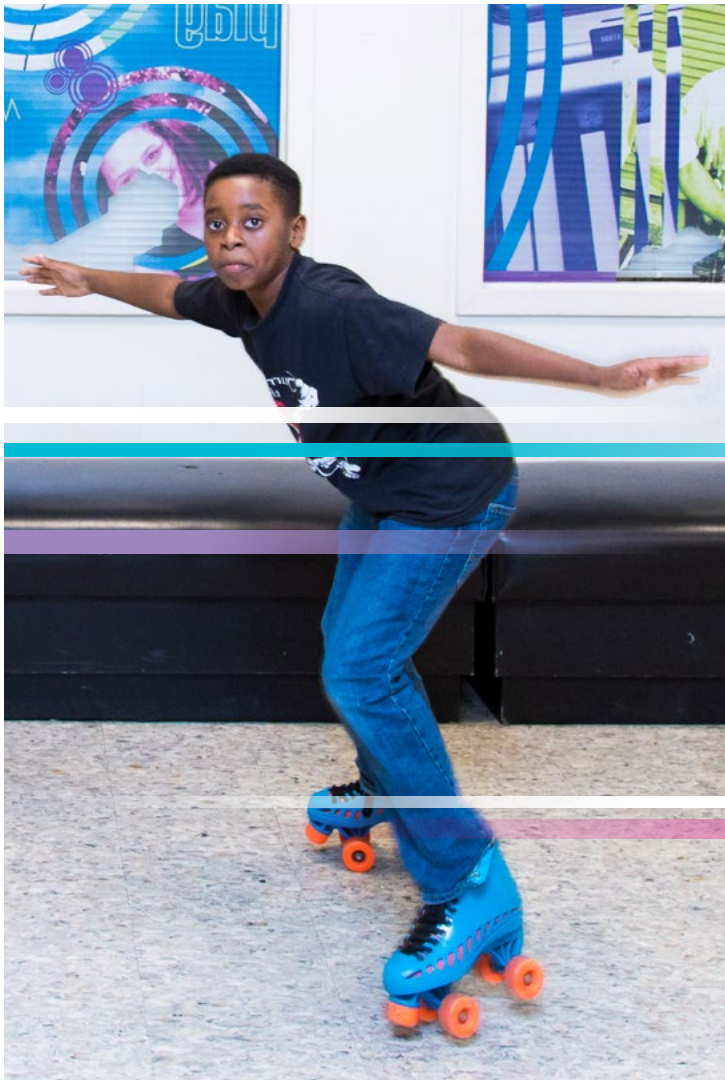
TEEN NIGHT

Teen night is back! Enjoy a wide variety of sports, e-sports, games and live music.

TEEN SATURDAY TRIP SERIES

Join us for select Saturdays this fall for trips around the DMV! Departs from Thomas Jefferson Community Center.

Keep up to date on all our teen programs by visiting arlingtonva.us search Teens or [click here](#).



FAMILY SKATE NIGHT!

SKATE NIGHT RETURNS TO TJ!
SELECT SATURDAYS STARTING OCT. 26
NEW TIME: 6-9PM

Enjoy family-friendly skating fun with moon bounces, live DJ and café. Register online to guarantee skates! Skates can run out. Have your own skates? Register early online or walk in. Skate Night registration opens one week before the next event date.

Family Skate Night will require a chaperone for all participants under the age of 18. Chaperones must be at least 21 years old and can supervise up to four kids. Middle & High School teens: looking for an alternative? Check out Teen Night events!

Introducing

ADULT SKATE NIGHT!

Nov. 9, 6-9PM

EXCLUSIVE TO ADULTS 18 AND OLDER!

For more info visit arlingtonva.us search Skate Night or [click here](#).



FREE ACTIVITIES • CULTURE • ARTISANS • DANCE • MUSIC • FOOD • FUN!

LATINO AMERICAN FESTIVAL! 2024

FRIDAY, SEPT. 27, 2024

ARLINGTON CELEBRATES ITS RICH LATINO DIVERSITY
AT THE 2024 LATINO AMERICAN FESTIVAL

at Arlington Mill Community Center

Held annually during Hispanic Heritage Month, the event features live music and dance, dozens of artisan and community vendors, authentic Latino food, free activities for kids and more!



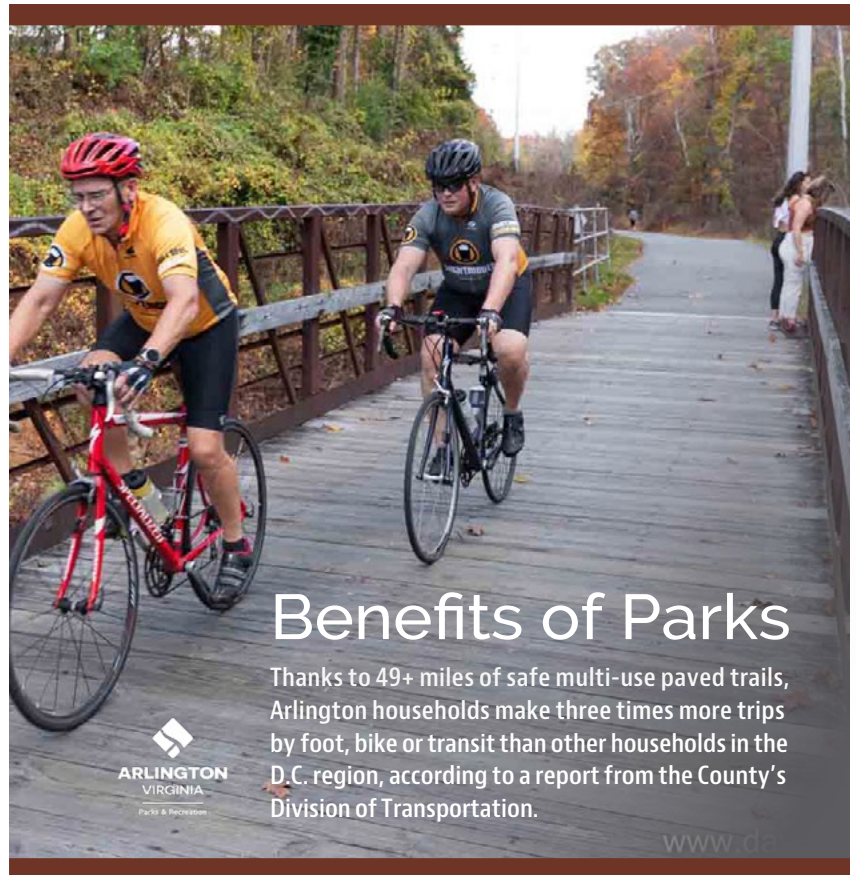
FOOD • MUSIC • DANCE • ARTISANS • FREE ACTIVITIES • CULTURE • FUN!

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](#)



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.



www.dcr.gov

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



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

[Arlington Farmers Market](#)

Saturdays, 9am–12pm

[Ballston Farmers Market](#)

Thursdays, 3–7pm

[Cherrydale Farmers Market](#)

Saturdays, 8am –12pm

[Columbia Pike Farmers Market](#)

Sundays, 9am–1pm

[Fairlington Farmers Market](#)

Sundays, 9am–1pm

[Lubber Run Farmers Market](#)

Saturdays, 8am –12pm

[Rosslyn Farmers Market](#)

Wednesdays, 3pm –7pm

[Westover Farmers Market](#)

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

READY-SWEAT-GO!

SIGN UP FOR ARLINGTON COUNTY'S BEST DEAL ON FITNESS MEMBERSHIPS



Access EIGHT fitness facilities for one low price!

At these fitness rooms you'll never miss the chance to get fit and improve your health anywhere in Arlington!

1. Thomas Jefferson Fitness Center
2. Arlington Mill
3. Barcroft
4. Fairlington
5. Gunston
6. Langston-Brown
7. Lubber Run Center
8. Madison Community Center

- Huge variety of equipment
- Convenient locations
- Indoor Track
- Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

MEMBERS

Arlington Residents

Non-Resident

ADULT (Ages 18-54)	\$205	\$266.50
55+ GOLD PASS (Ages 55+)	\$65	\$90
GUEST PASS (Ages 18-54)	\$6	\$7.75
55+ GUEST PASS (Ages 55+)	\$4	\$7.75
3 MONTH PASS	\$60	\$78
6 MONTH PASS	\$110	\$143

For more information and special offers call 703.228.5920 or go to: 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.](#)

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



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., Aug. 6
Aquatics:	Wed., Aug. 7
Private Swim Classes:	Wed., Aug. 7
Nature/History:	Thurs., Aug. 8
General Classes:	Thurs., Aug. 8

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., Aug. 6
Aquatics:	Wed., Aug. 7
Private Swim Classes:	Wed., Aug. 7
Nature/History:	Thurs., Aug. 8
General Classes:	Thurs., Aug. 8

Credit cards only: American Express, 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., Aug. 9 @ 8am



Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics:	Tues., Aug. 6
Aquatics:	Wed., Aug. 7
Private Swim Classes:	Wed., Aug. 7
Nature/History:	Thurs., Aug. 8
General Classes:	Thurs., Aug. 8

Complete Registration Form and mail anytime to 300 N. Park Drive, Arlington, VA 22203. If the course is scheduled to meet within seven days, call or carry in the registration. Forms must be received by 5pm on Aug. 5 in order to be processed in the random draw beginning at noon next day. Please note that submitting a form in person does not guarantee space in a class. Forms received after deadline will be processed in the order received, after all random-draw forms have been processed. Please do not mail in a form if you plan to register online. Our staff cannot process registrations in 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., Aug. 14 @ 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). 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 canceled/added, etc.)

TECHNICAL PROBLEMS - Idle web sessions time out after 5 minutes. If your session times out or, you logout, ALL pending registrations in your households are removed. Please have only one computer logged into your household account when you are registering. If you experience a technical problem, please submit an incident review at forms.office.com within 3 days of the registration day. All incident review requests will be compiled and reviewed within 10 business days.

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

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

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

PLEASE NOTE: If you have a balance on your household account, you will be unable to register for future enrollments and possibly have a temporary block placed on your account. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

REDUCED FEES - Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747

option 1 or go online—<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/Fee-Reductions>—to apply. Fee reductions are not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

REFUNDS - No refund fees are charged for cancellations until after 8am Aug. 14; after this date, all refunds will be assessed a \$20 cancellation fee, per class canceled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

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

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

AGE EXCEPTIONS - Exception requests to the ages listed in the catalog must be received by the Program Staff in writing one week prior to the first day of registration. Verify the dates of birth of all registrants prior to registration. Do not enter an incorrect date of birth to bypass an age restriction. Participants who fall outside the age requirements for a class will be removed without refund. Administrative fees may apply.

- Age exception requests may take up to 5 business days for a response.
- Approved age exceptions will not be eligible to register online.
- Age exceptions are required for any participant who falls outside of the age range
- Age exceptions are reviewed on a case-by-case basis and are not always approved.

Find Out if You Qualify for a Fee Reduction

Current Processing Locations:

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

Fairlington Community Center
3308 S Stafford St., 22206
Closed on Tuesdays

Langston-Brown Community Center
2121 N Culpeper St., 22207
Closed on Thursdays

Madison Community Center
3829 N. Stafford St. 22207
Closed on Fridays

Thomas Jefferson Community Center
3501 2nd St. S., 22204

Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206

Arlington Mill Community Center
909 S. Dinwiddie St. 22204

Gunston Community Center
2700 S. Lang St. 22206

Walter Reed Community Center
2909 16th St. S. 22204

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

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

Registration Form

Mail-In Registration

You need an account number to use the mail-in option. Processing dates are first come, first served, following eligibility criteria for registration dates. Submitting this registration form does not guarantee space in a class. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.



1. Account Information

Parent/Guardian Name _____
Account Number _____
E-Mail _____
Phone Number _____

2. Participant(s) Registration

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3. Payment

Send your payment (payable to *Treasurer Arlington County*) along with this form to:

**Department of Parks and Recreation
Administrative Services Office
300 N. Park Drive
Arlington, VA 22203**

- Check here if you wish to pay by check or money order. Make payable to: "Treasurer Arlington County"**
You can pay by e-check online or include a check or money order with your registration form. For security purposes, check and money orders will be **processed upon receipt**, for the amount of your enrollment and the amount added as a credit on your account until your registration is processed. If you are waitlisted for a class and would like a refund, please call the Administrative Services at 703.228.4747
- Check here if you wish to pay with a credit card online**
Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due
- Check here if you would like a member of our staff to contact you for payment**

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

Parks & Rec Administrative Services Office

1 300 N. Park Drive 22203

COMMUNITY CENTERS

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

NATURE CENTERS

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

PARKS & PLAYGROUNDS

- 18 Arlington Heights Park
S. 9th St. & S. Irving St. 22204
- 19 Barcroft Park
4200 S. Four Mile Run Dr. 22206
- 20 Bluemont Park
601 N. Manchester St. 22203
- 21 Bon Air Park
850 N. Lexington St. 22205
- 22 Doctors Run Park
1301 S. George Mason Dr. 22204
- 23 Fort Barnard Park
2102 S. Pollard St. 22204
- 24 Fort C.F. Smith Park
2411 N. 24th St. 22207
- 25 Fort Scott Park
2800 S. Fort Scott Dr. 22202
- 26 Glebe Road Park
4211 N. Old Glebe Rd. 22207
- 27 Glencarlyn Park
301 S. Harrison St. 22204
- 28 Greenbrier Park
5201 N. 28th St. 22207
- 29 Gunston Park
1401 S. 28th St. 22206
- 30 Hayes Park
1516 N. Lincoln St. 22201
- 31 High View Park
1945 N. Dinwiddie St. 22207
- 32 Jennie Dean Park
3630 S. 27th St. 22206
- 33 Long Bridge Park
475 Long Bridge Dr. 22202
- 34 Lacey Woods Park
1200 N. George Mason Dr. 22205
- 35 Lyon Village Park
1800 N. Highland St. 22201
- 36 Madison Manor Park
6225 N. 12th Rd. 22205
- 37 Marcey Road Park
2722 N. Marcey Rd. 22207
- 38 Maury Park
3550 Wilson Blvd. 22201

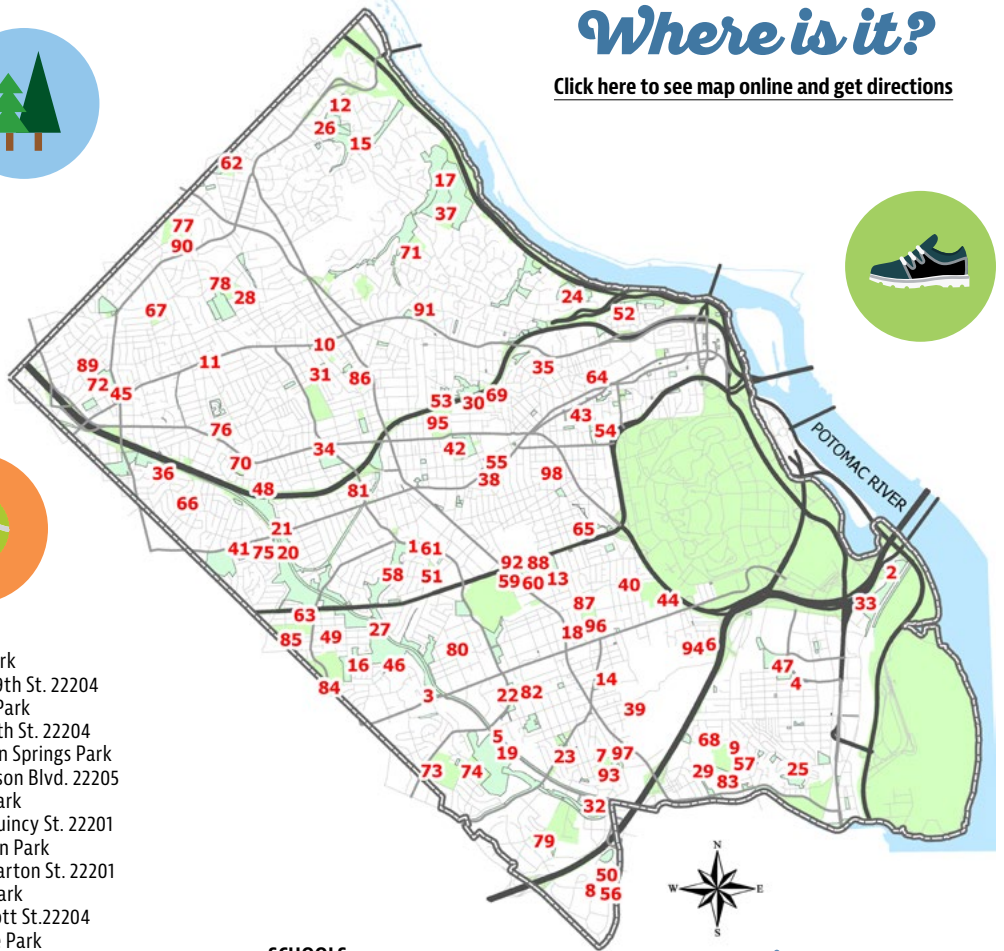
- 39 Nauck Park
2600 S. 19th St. 22204
- 40 Penrose Park
2200 S. 6th St. 22204
- 41 Powhatan Springs Park
6020 Wilson Blvd. 22205
- 42 Quincy Park
1021 N. Quincy St. 22201
- 43 Rocky Run Park
1109 N. Barton St. 22201
- 44 Towers Park
801 S. Scott St. 22204
- 45 Tuckahoe Park
2400 N. Sycamore St. 22213
- 46 Tyrol Hill Park
5101 S. 7th Rd. 22204
- 47 Virginia Highlands Park
1600 S. Hayes St. 22202
- 48 Westover Park
1001 N. Kennebec St. 22205
- 97 John Robinson, Jr. Town Square
2406 Shirlington Rd. 22206
- 98 Zitkala-Sa Park
3011 7th St N. 22201

COMMUNITY LOCATIONS

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

ART FACILITIES

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



Where is it?

[Click here to see map online and get directions](#)

SCHOOLS

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



**ARLINGTON
VIRGINIA**

CONNECT WITH US!

BY PHONE

GENERAL INFORMATION

Parks & Recreation Main Number	703.228.4747
Classes & Camps Registration	703.228.4747, press 1
Closures & Cancellations Hotline	703.228.4747, press 5
Community Canine Areas (Dog Parks)	703.228.4747, press 4
Downed Trees	703.228.4747, press 4
Facility Rentals	703.228.4747, press 2
Police/Fire Non-Emergency	703.558.2222
Sports	703.228.4747, press 1
Teen Programs	703.228.4747
Therapeutic Recreation	703.228.4740
TTY Service	711

SPORTS

Sports General Information	703.228.4747, press 1
Aerial/Tigers Gymnastics Teams	703.228.0712
Arlington Aquatics Club	703.228.0706

ART STUDIO

Thomas Jefferson	703.228.5925
------------------	--------------

COMMUNITY CENTERS

Arlington Mill	703.228.7790
Barcroft Sports & Fitness	703.228.0701
Carver	703.228.5706
Charles Drew	703.228.5725
Fairlington	703.228.6588
Gunston	703.228.6980
Langston-Brown	703.228.5210
Long Bridge Aquatics & Fitness	703.228.3338
Lubber Run	703.228.4712
Madison	703.228.5310
Thomas Jefferson	703.228.5920
Walter Reed	703.228.0935

NATURE CENTERS

Gulf Branch	703.228.3403
Long Branch	703.228.6535

55+ PROGRAMS & CENTERS

55+ Programs Info	703.228.4747, press 3
Arlington Mill	703.228.7369
Aurora Hills	703.228.5722
Langston-Brown	703.228.6300
Lubber Run	703.228.4767
Walter Reed	703.228.0955

PARKS & NATURAL RESOURCES

Parks & Trail Maintenance	703.228.4747, press 4
Park Rangers	703.228.4747, press 4
Parks After Hours	571.238.0265
Community Gardens	703.228.6426
Graffiti Removal	703.228.4747, press 4
Horticultural Information	703.228.6414
Invasive Plant Control	703.228.4747, press 4
Leaf Collection	703.228.4747, press 4
Mulch	703.228.6570

GYMNASTICS & AQUATIC CENTERS

Barcroft Sports & Fitness	703.228.0701
Long Bridge Aquatics & Fitness	703.228.3338

ONLINE

EMAIL: registration@arlingtonva.us

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

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

TWITTER: twitter.com/arlparcsrec

REPORT A PROBLEM

<https://www.arlingtonva.us/A-Z-Index/reportproblem/>

THERE'S ALWAYS SOMETHING FUN HAPPENING IN AN ARLINGTON PARK

Learn more at arlingtonva.us/dpr



NATURE PARKS & TRAILS • VOLLEYBALL & TENNIS COURTS • PLAYGROUNDS • DOG PARKS
BASKETBALL COURTS • POWHATAN SPRINGS SKATE PARK • SPRAYGROUNDS

SUBSCRIBE TO PARKS & RECREATION ENEWS:

arlingtonva.us/dpr

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

NATURE & HISTORY

News from Our Nature Centers



COMMUNITY CENTER CENTRAL

Local Info



PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates



Arlington Resident Online/Phone

REGISTRATION BEGINS AUG. 6-8, 2024 @ NOON*

Go to registration.arlingtonva.us ■ Classes begin September 9, 2024 unless noted otherwise

Tues
6

■ Gymnastics

Wed
7

■ Aquatics Classes
& Private Swim

Thurs
8

■ Nature/History
■ General Classes

Fri., August 9

* Resident Walk-In Registration Begins at 8am

Wed., August 14

* 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



REDUCED FEES ARE AVAILABLE!

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

Modifications

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

Fee Reductions

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

DO YOU SPEAK ANOTHER LANGUAGE?

Free language assistance services are available to you. Call 703.228.4747 or visit parks.arlingtonva.us

SPANISH: Si habla español, tiene a su disposición servicios de asistencia lingüística gratuitos. Llame al 703.228.4747 o visite parks.arlingtonva.us

MONGOLIAN: хэрэв та монгол хэлээр ярьдаг бол хэлний тусламжийн үйлчилгээ үнэ төлбөргүй үйлчлэх боломжтой. 703.228.4747 руу залгах буюу parks.arlingtonva.us руу зочилно уу

BENGALI: আপনি যদি বাংলা কথা বলেন, বনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: ከግርግር ለሚናገሩ ስሆን፣ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ አርስፖ ይገኛሉ። በ 703.228.4747 ደደውሉ ወይም ፓርክ.አርሊንግተን ቫ ላይ ይጎብኙ

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

Arlington's goal is for all County residents to benefit from County programs. There are resources so that age, ability or income is not a barrier. For more information call 703.228.4747.