Sports Commission Meeting Agenda

Thursday, September 24th, 2026
In-Person Meeting
Lubber Run Community Center
Microsoft Teams Meeting
Time: 7:00pm to 8:45pm

Public Comment

Approval of Minutes

- None

Old Business

New Business

- Overview of DPR Fitness Programs Presentation by Fitness Manager, Michelle Atkins
- Arlington Community Center Strength and Fitness Facilities Presentation by Member, Peter O'Shanick
- Dutch Walking Day in Arlington Update

Commission Member Reports

- Parks and Recreation Commission Liaison Update
- Chair updates
- Open Sports Commission Seats

Upcoming Sports Commission Meetings

- **October 22nd (Virtual)**
- **November 19th (Third Thursday) (In-person)**
- **December 17th (Third Thursday) (Virtual)**

Arlington Community Center Strength and Fitness Facilities

Peter O'Shanick, NASM-CPT

An introduction to Coach Peter



- Strength/fitness enthusiast since 2005
- Completed NASM cert in 2010
- Corporate wellness supervisor 2010-2018
- Franchise gym management 2018-present
- Competitive powerlifter through PLU with wife
- Trained dozens of coaches/100s of clients in and around DMV

Community benefits from broad access to strength training

Youths -

Long-term physical development

Greater physical literacy

Motivation, competence, confidence

Lower injury risk

Enhanced overall wellness

Seniors -

More adaptability

Decreased risk of chronic conditions

Greater independence

Productivity and social engagement

Stronger mental health and self-image

Standards of a solid public strength facility program

1 Comprehensive equipment

2 Accessibility

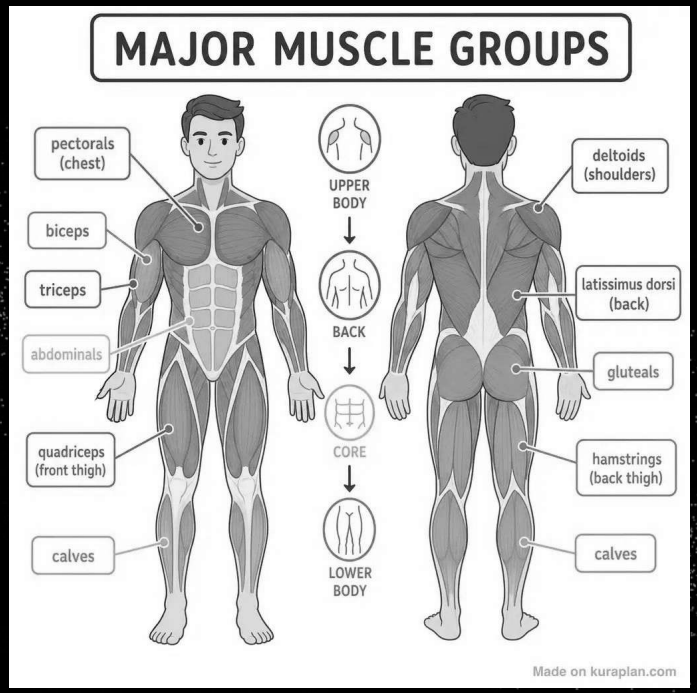
3 Affordability

4 Safety

5 Friendly to municipal budget

6 Efficient use of space

1 Comprehensive equipment

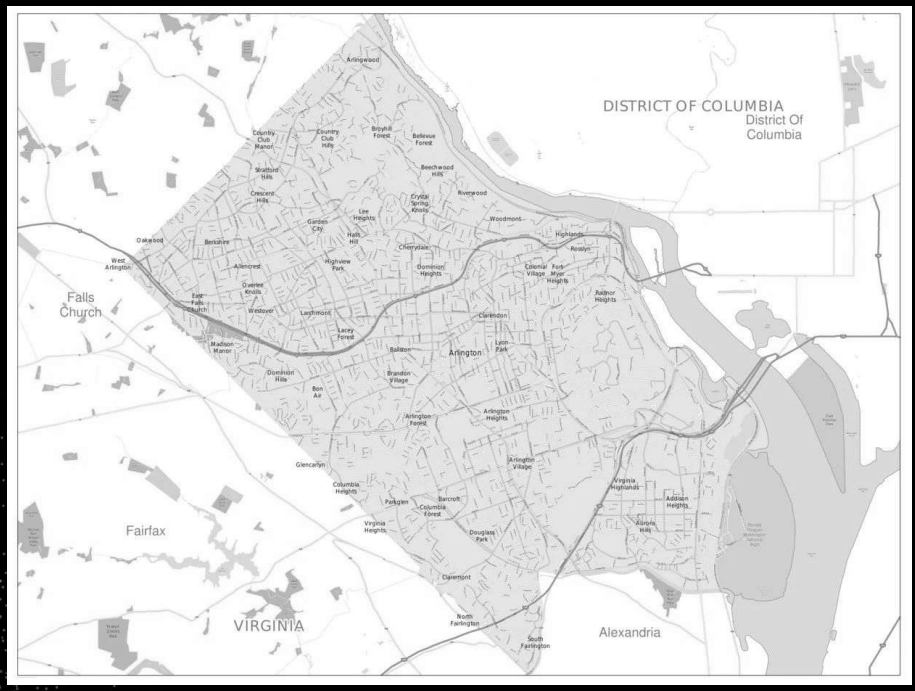


Do the machines available cover the four major quadrants?

- Upper front: pectorals, front delts
- Upper rear: lats, rear delts
- Lower front: quads (knee dominant)
- Lower rear: hamstrings, hips (glute dominant)

2 Accessibility





3 Affordability

Fees	Arlington Resident Cost	Non-Resident Cost
Adult *(12 month)(18-54 years old)*	$232 *(avg. $19/month)*	$304
Senior Adult 55+ Gold Pass *(12 month)(55 years old +)*	$78	$109
6 Month Adult Membership	$124	$165
3 Month Adult Membership	$67	$88
High School Continuation/College Student Pass *(18-25 years old)*	$62	N/A
Teen Pass *(13-17 years old)*	Free	N/A
Youth *(9 – 12 years old)*	Free *(use of facilities & gymnasiums, no fitness centers. w/parent only)*	N/A
Daily Guest Pass *(18 – 54 years old)*	$8	$10
Daily Senior Guest Pass *(55 years old +)*	$6	$8

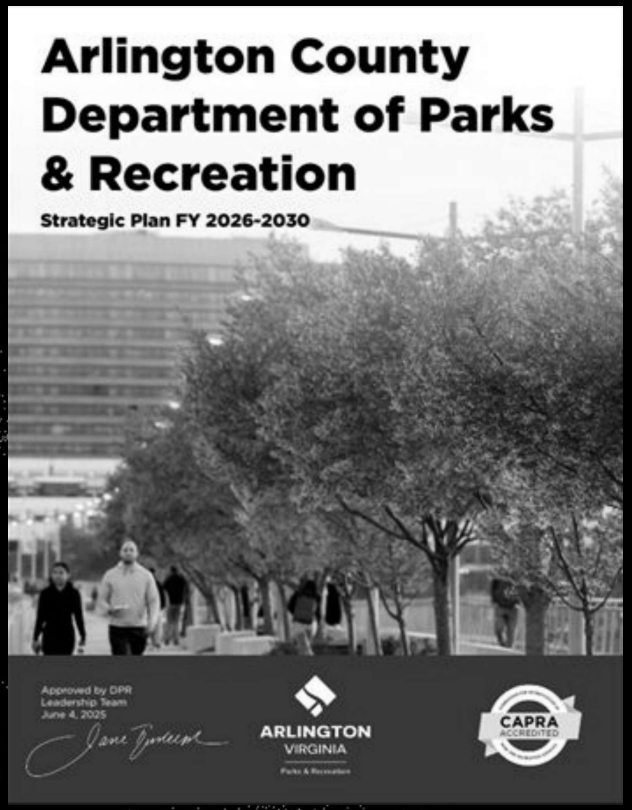
4 Safety





5 Friendly to municipal budget

6 Efficient use of space



Arlington Mill Community Center



- Columbia Pike, valuable area to service
- Fifth floor has a really great view
- Underground parking is extremely safe and easy
- Very small square footage

Barcroft Community Center

- Group exercise space
- Wide variety of nearby sport activities/facilities
- Small but well equipped exercise room



Long Bridge Aquatic Center



- Extremely comprehensive, maybe the most equipment
- Full squat rack and deadlift platforms
- At least 5-6 of most varieties of popular cardio machines
- Group ex studio with TRX and spin bikes
- Slightly gloomy compared to the rest of the center

Thomas Jefferson Community Center

- Great open square footage
- Rivals LB for equipment variety/specificity
- Tons of cardio variety options, running track
- For better or worse, feels like a high school gymnasium



Thank
You!

Working with Civic Associations to Organize Walking Day Celebrations in June

Executive Summary – The Arlington County Sports Commission would like to work with Arlington's Civic Associations to adapt a Dutch tradition of neighborhood walk celebrations between neighborhoods during the last week of school in mid-June 2027. If your neighborhood is interested in participating, please reply to this email and we will organize an Arlington Sports Committee subcommittee to plan the event.

Background - In late June Dutch towns sponsor 3,5,7,10, or 15-kilometer walks for people of all ages (but mainly aimed at children and 60+) to encourage people to get to know and celebrate their neighborhoods.

Local planners scope out courses linking different parts of towns, with many adding mini festivals to the route, such as art expositions, sporting demonstrations, restaurant stops, etc. Children get participation medals, parks are used as gathering spots, and some planners prepare little search for things-along-the-way booklets. Dutch planners frequently cooperate with local businesses, restaurants and other destinations appealing to a wide range of ages to encourage broad participation. Recently, organizers have also tried to are trying to include those differently abled.

Since it stays light until 11 pm in the Netherlands, the "evening" walk is normally well-lit. We will need to adjust time since it gets dark about 8:30 here in mid-June.

Draft Thoughts. We would like or need to:

- Aim to organize 1-day walk in June 2027 during the last week of school.
- Work with neighborhoods to plan a few routes linking parks, iconic sites, or other destinations together.
    - Looking for fun and safe routes.
    - Aiming to start in one neighborhood and ending in another.
- Coordinate with police, obtain event permits, etc.
- See whether some businesses might want to be involved, and
- Aim to do something too complicated to start.

Next Steps – We would like to gage interest and see how many civic associations would be interested in joining the effort. If you are interested, please email us and if there were sufficient interest we would organize a small subcommittee to plan and coordinate the event.

More information and Links

- Guardian article - https://www.theguardian.com/lifeandstyle/2026/jun/16/dutch-children-unusually-happy-healthy-avondvierdaagse-walking-festival
- Dutch organizational site - https://www.avond4daagse.nl/
- Photos.











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