

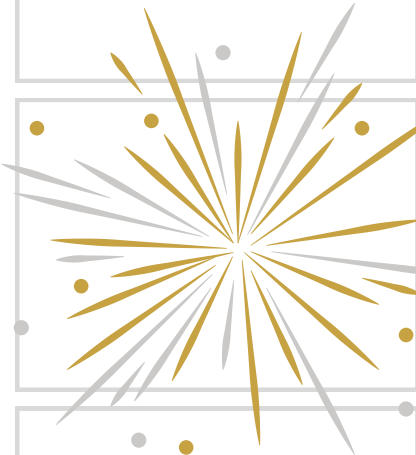


HAPPY  
NEW YEAR!

# THE REC AT GUNSTON- JANUARY 2026

|   | Mon  | Tue  | Wed   | Thu   | Fri   |
|---|--|--|---|---|---|
|    |  |  |    | 1<br>2<br>Winter Break  |   |
|   | 5<br>Steps Competition Draft<br>Ping Pong Tournament   | 6<br>Wellness Bar<br>Overnight Oats  | 7 <b>Teen Club Signup Fair:</b><br>Girls Club, Fitness Club<br>Photography Club, Dance Club<br><b>Soccer League</b><br><b>Canvas Art + Cat in the Hat Movie</b> | 8<br><b>Cooking w/Ms. Lori</b><br>Nintendo Sports Tourney<br>Ice Art Part 1 | 9<br>Snowball Capture the Cones<br>Ice Art: Part 2<br><b>Hornet Bites</b>                       |
|   | 12<br><b>Dance Club Intro Meeting</b><br>Hot Cocoa Mystery Box<br>Nature Walk                          | 13<br><b>Photography Club Intro Meeting</b><br>Guess How Many?<br><b>Creative Arts Visit</b> | 14<br>Early Release<br><b>Girls Club Intro Meeting</b><br>Staff Vs Teens Tourney<br><b>Soccer League</b>  | 15<br><b>Cooking w/Ms. Lori</b><br>Floor is Lava Dots                       | 16<br><b>Fitness Club Intro Meeting</b><br>Freeze Dance Live DJ<br>Remix<br><b>Hornet Bites</b> |
|  | 19<br>No Program -<br>Holiday - Martin Luther King, Jr. Day  | 20<br><b>Photography Club</b><br>Polish Salon<br>MLK 3v3 Basketball<br>Tourney               | 21<br><b>Girls Club</b><br>Hot Cocoa Bar<br>Makeup & Music<br><b>Soccer League</b>  | 22<br><b>Cooking w/Ms. Lori</b><br>Snowball Snowdown<br>(Dodgeball Spinoff) | 23<br><b>Fitness Club</b><br>Staff V Teen All Around the World<br><b>Hornet Bites</b>           |
|   | 26<br><b>Dance Club</b><br>SEL Activity<br><b>Athletic Conditioning</b><br><b>Pros Visit - Leg Day</b> | 27<br><b>Photography Club</b><br>Ping Pong Cup Challenge<br>Smash Bros Tourney               | 28<br><b>Girls Club</b><br>Ginger Bread Man +<br>Shrek the Movie<br><b>Soccer League</b>  | 29<br><b>Cooking w/Ms. Lori</b><br>Winter Origami                           | 30<br><b>No Program -<br/>No School</b>   |

## Program Details

### Daily Schedule

**2:30 - 3:00:** Trickle-In  
**3:00 - 3:30:** Group Huddle + Snack  
**3:35 - 4:30:** Club Time + Choice Block One (Art, Video Games, Table Games, Homework Help, Gym Games)  
**4:35 - 5:45:** Switch or Stay - Choice Block Two (New Activity or Stay)  
**5:45 - 6:00:** Clean-up

### Programs

#### Cooking Class:

Thursdays | 3:30 - 4:45pm

#### The REC Soccer League:

Wednesdays | 3:00pm - 5:00pm

### Teen Events

**Teen Break Trip** - Jan 2<sup>nd</sup>, Jan 30<sup>th</sup>

**Teen Takeover at Long Bridge**

**Aquatics Center** - Jan 24<sup>h</sup>

**Teen Nights** - Jan 14<sup>th</sup> at TJ, Jan 23<sup>rd</sup> at Gunston

Register for break day trips at  
[registration.arlingtonva.us](https://registration.arlingtonva.us)

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