

HAPPY
NEW YEAR!

THE REC AT GUNSTON- JANUARY 2026

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

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 2nd, Jan 30th

Teen Takeover at Long Bridge Aquatics Center - Jan 24th

Teen Nights - Jan 14th at TJ, Jan 23rd at Gunston

Register for break day trips at registration.arlingtonva.us

Program Director: Makayla Bullock, mbullock@arlingtonva.us | Program Phone Number: 571-635-0076

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