



# 55+ ARLINGTON COUNTY PROGRAMS



**ARLINGTON  
VIRGINIA**

Parks & Recreation



55+ IS TURNING 70!



**ARLINGTON**  
**VIRGINIA**

Parks & Recreation

# Community Recreation Division

## Core Lines of Business



**TEAMS WORKING  
TOGETHER**

### YOUTH PROGRAMS

- Early Childhood Unit
- Youth and Family Unit
- Office for Teens



### ADULT PROGRAMS

- Youth and Family Unit
- Therapeutic Recreation
- Community Arts
- Office of 55+ Programs



### SUPPORT PROGRAMS

- Therapeutic Recreation
- Community Arts

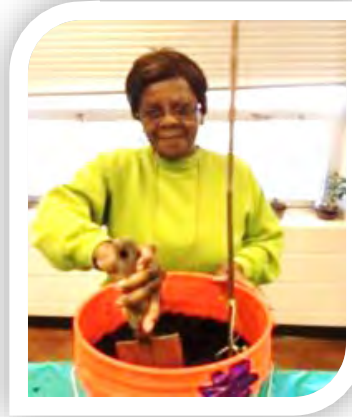




# Office of 55+ Programs

## Quality Programs, Meaningful Results

- Opportunities to learn, enhance physical and mental wellness and engage in our community
- 55+ Centers
- Social 60+ Cafes
- Sports & Fitness
- Travel
- *RESULTS: Healthier lifestyles and social connections that improve quality of life*



# 55+ PROGRAMS

ARLINGTON COUNTY

## ARLINGTON MILL



909 S. Dinwiddie St., 22204

703-228-7369

## AURORA HILLS (M/W/F)

735 S. 18th St., 22202

703-228-5722

## LANGSTON-BROWN



2121 N. Culpeper St., 22207

703-228-6300

## LUBBER RUN

300 N. Park Dr., 22203

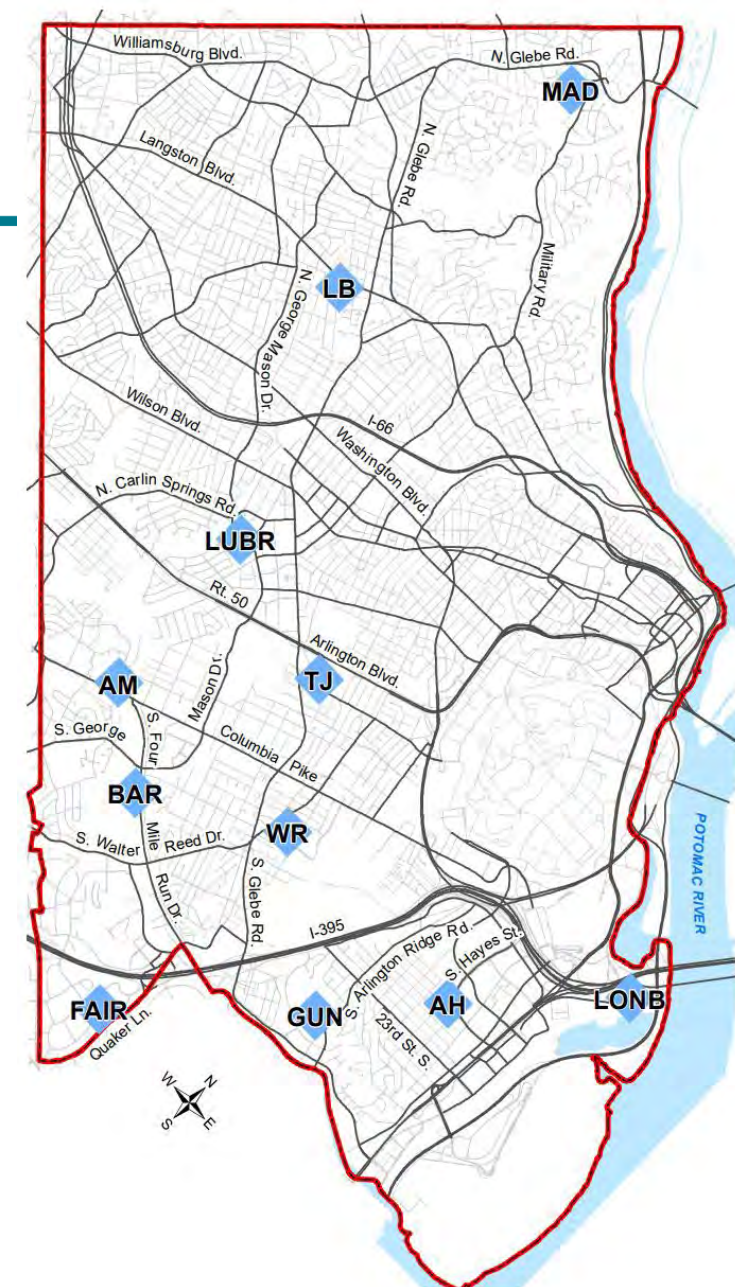
703-228-4767

## WALTER REED



2909 S. 16th St., 22204

703-228-0955



# 55+ Pass

## Get Connected with a 55+ Pass

*Two great options to choose from:*

### **55+ Pass**

Gives you to access to engaging programs, classes and 55+ day trips

### **55+ Gold Pass**

Gives you access to engaging programs, classes and 55+ day trips **PLUS** access to Arlington County's fitness facilities (except Long Bridge Aquatics & Fitness Center) any time during fitness facilities community hours.





# 55+<sup>+</sup> ARLINGTON COUNTY GUIDE

SPRING 2025  
MARCH, APRIL, MAY

EXERCISE  
TRAVEL  
CONNECTIONS  
and MORE



Community Clean-Up at Quincy Park (pg. 5)

Women's History Month Celebration (pg. 15)

Evening and Weekend Programs (pg. 20)

New Fitness Classes: Qigong,  
Cardio Kickboxing and More (pg. 31)

Friendly Games FUNdraiser (pg. 43)

# 55+<sup>+</sup> ARLINGTON COUNTY NEWS

EXERCISE  
TRAVEL  
CONNECTIONS  
and MORE

March 2, 2025

We have lots of programs in-person, virtual and outdoors to keep you active and engaged! Explore Arlington's [55+ Guide](#) for programs this month! To participate, you need a current 55+ Pass. Don't have one? Learn more [here](#).

## Sign Up for Early Morning Fitness Classes!



There are still spaces available in several spring fitness classes, including the new [Cardio Kickboxing](#) and [Aqua Exercise - Deep Water Class](#)! These morning classes are convenient for early birds and anyone still working nine to five: see the details below and sign up today while spaces last.

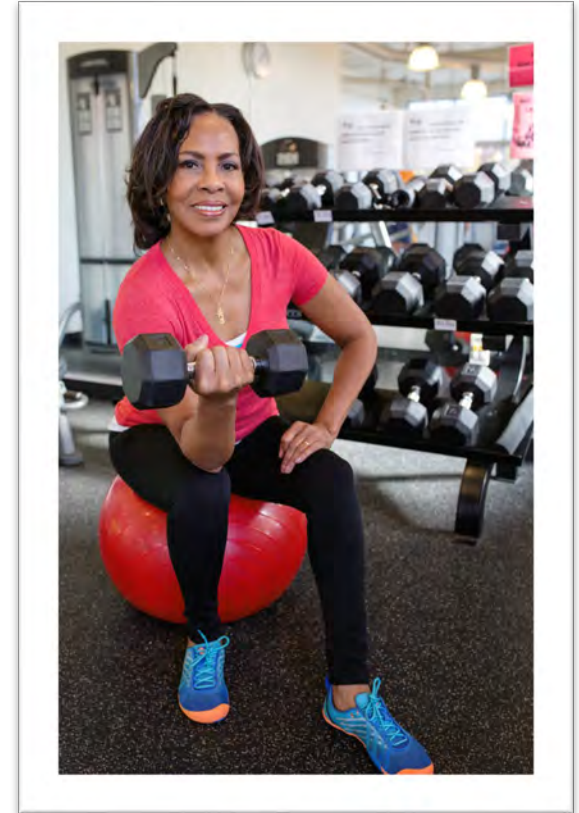
- [55+ Aqua Exercise - Deep Water Class](#): Mondays, March 10-May 19, 6-7 a.m. at [Long Bridge Aquatics](#). Cost: \$49.50. Register: [#913102-10](#)
- [Qigong](#): Mondays, March 10-May 19, 8:30-9:30 a.m. at [Arlington Mill](#). Cost: \$60.50. Register: [#913100-10](#)
- [Cardio Kickboxing](#): Tuesdays, March 11-May 27, 6-7 a.m. at [Long Bridge Aquatics](#). Cost: \$60. Register: [#913100-12](#)

Check out the [55+ Guide](#) to explore more new fitness classes this spring, including [Unwind & Stretch](#), [Advanced Mat Pilates](#), and more!

[55+ – Official Website of Arlington County Virginia Government](#)



# 55+ Programs In Demand





# 55+ Sports & Fitness





# 55+ Group Training

## 55+ GROUP TRAINING



### TRANSFORM YOUR WORKOUT ROUTINE

MERGED INDIVIDUALIZED TRAINING IN A GROUP SETTING LED BY EXPERT TRAINERS

This dynamic class maximizes motivation and accountability, propelling you toward your fitness goals like never before. Say hello to a supportive community and elevate your workout experience.

**55+**

**ARLINGTON VIRGINIA**  
Parks & Recreation

**ALL NEW CLASS!**  
ACCESS THE 55+ GUIDE  
FOR MORE INFO



SCAN THE QR CODE OR VISIT  
[arlingtonva.us/55plus](http://arlingtonva.us/55plus)







DEPARTMENT OF PARKS AND RECREATION





# 55+ Travel Program





*Social*  
60+ Café







**Access to meals and  
transportation, health promotion  
and nutritional education, community  
services, social events and more!**







## Social 60+ Gardens







# 55+<sup>+</sup> ARLINGTON COUNTY VIRTUAL PROGRAMS



<https://www.youtube.com/watch?v=trnVwvl0Qno>









## Visit the Virtual Center for Active Adults

*Find Connection, Stay Active and Have Fun!*

The Virtual Center for Active Adults is a multi-jurisdictional platform offering weekly virtual programming for older adults and adults with disabilities. The goal of the VCAA is to enrich the lives of participants while reducing feelings of isolation.

Older adults and adults with disabilities who live in Northern Virginia are welcome to use this free resource. Join us to participate in a variety of programs and classes, engage with your peers, and connect with your community. Programs range from fitness classes to special presentations to interactive games. You can also watch prerecorded classes and programs on demand.

Virtual programming is presented by these partners:



Visit the Virtual  
Center for  
Active Adults:



[bit.ly/novaVCAA](https://bit.ly/novaVCAA)



# DIGITAL EQUITY PROGRAMS

## FY24- AASP held classes at:

- Columbia Grove/Columbia Hills
- The Apex
- Arlington Mill Community Center
- The Cadence
- Arlington Mill Residences
- Queens Court
- Walter Reed Community Center
- Fort Henry Gardens
- Terraces at Arlington View





# Questions?

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55+ Programs Section Manager  
[jcollins@arlingtonva.us](mailto:jcollins@arlingtonva.us)  
703-228-4745



# 2025 Summer Camp Overview

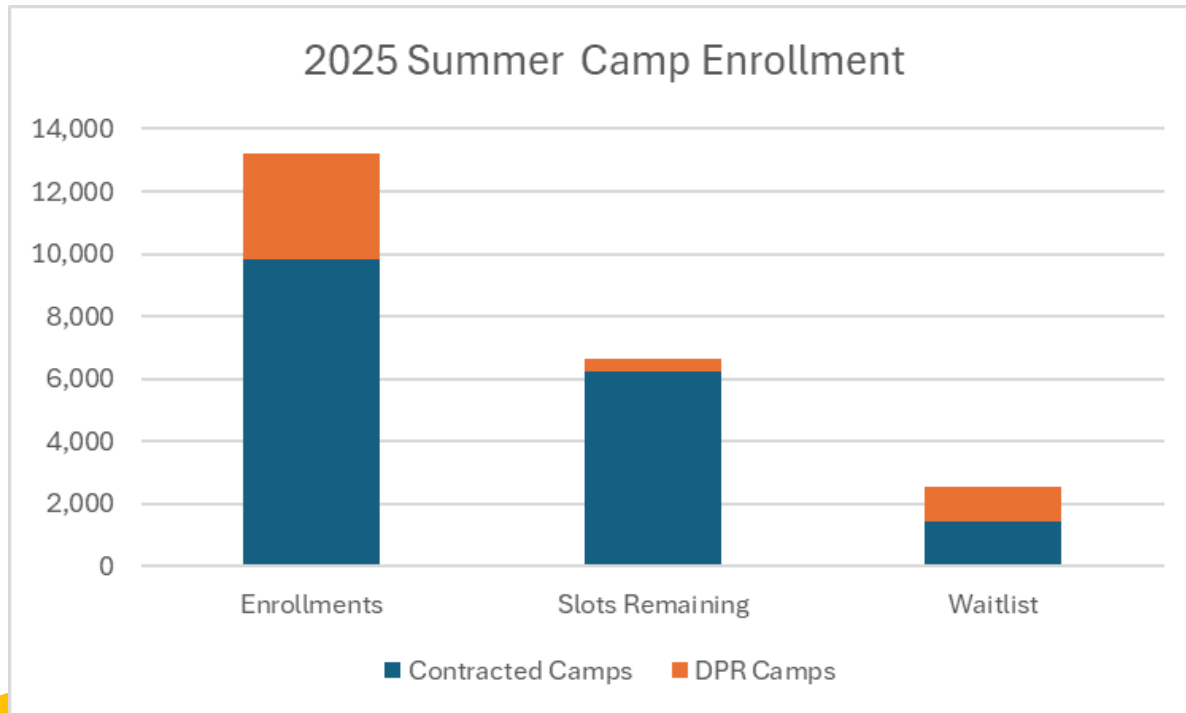
Parks and Recreation  
Commission  
March 25, 2025

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# Summer 2025 By the Numbers....



13,169  
enrollments

514 Camp  
Sessions Offered

3,415 DPR Camp  
Enrollments

9,810 Contracted  
Camp  
Enrollments

6,631 Open Slots

2,539 Waitlisted  
Enrollments



# 2025 Camp Updates

## APS Summer Collaboration

- Increased Camp Slots
- Referral Slots
- APS staff hiring opportunities

## Teen Opportunities

- 88 Volunteers
- Teen Camp Staff
- DPR Internship Program
- Drop-In Programming and Teen Trip Series

## Registration

- Early Registration



# Summer 2025

## What's happening now..

- Cancellation Changes
- Continued Marketing
- Hiring
- Training

