

# Great Options if you are 55 or older

## Get Connected in Arlington!

Sign up for the [55+ Pass](#) and you'll receive access to a world of enrichment, wellness, fitness, and social connections. Check out the [digital quarterly 55+ GUIDE](#) that's filled with things to do and places to go for adults 55 and older.

Want access to Arlington County fitness equipment? Consider the [55+ GOLD Pass](#), which gives you all the benefits of the regular 55+ Pass PLUS access to all Arlington Community Center fitness facilities (except Long Bridge Aquatics & Fitness Center) anytime the facility is open. Now there's no excuse not to have fun, make new connections and stay healthy.

### [Arlington's 55+ Centers](#)

#### **ARLINGTON MILL**

909 S. Dinwiddie St., 22204 703-228-7369

#### **AURORA HILLS**

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

### [Other Activity Sites with 55+ programs](#)

#### **BARCROFT**

4200 S. Four Mile Run Dr., 22206 703-228-0701

#### **FAIRLINGTON**

3308 S. Stafford St., 22206 703-228-6588

#### **LONG BRIDGE AQUATICS & FITNESS CENTER**

333 Long Bridge Dr., 22202 703-228-3338

#### **MADISON**

3829 N. Stafford St., 22207 703-228-5310

#### **THOMAS JEFFERSON**

3501 S. 2nd St., 22204 703-228-5920

### Get a 55+ Pass or 55+ Gold Pass

Stop by any [55+ Center](#), visit the DPR Registration Office at Lubber Run Community Center (1<sup>st</sup> floor), or check out [arlingtonva.us/55PLUS](http://arlingtonva.us/55PLUS) to register online.

Make checks payable to: **Treasurer, Arlington County.**

Mail 55+ Registration form to:

**Registration Office, 300 N. Park Drive, Arlington, VA 22203.**

(Annual)	55+ Pass	55+ Gold Pass
Arlington County resident	\$30	\$75
Arlington County household	\$40	\$105
Non-Arlington County resident	\$55	\$105
Non-Arlington County household	\$80	\$155

Note: [Long Bridge Aquatics & Fitness Center](#) senior memberships are not associated with the 55+ Program (including the 55+ Pass or 55+ Gold Pass). Learn the difference between [Long Bridge memberships and other Parks & Recreation memberships](#).

Questions? Call 703-228-4747 or email [55Plus@arlingtonva.us](mailto:55Plus@arlingtonva.us)

Arlington County will provide reasonable modifications for people with disabilities upon request. Two weeks advance notice is preferred. Call 703-228-4747. TTY 711. Likewise, Arlington County does not want fee to be a barrier for those to participate. Call 703-228-4747 to learn how to qualify for reduced fees. El Condado de Arlington esta comprometido a proveer programas abiertos y accesibles a todo residente. llamando al 703-228-4747. Para información acerca de descuentos y traducciones llame al 703-228-4747. TTY 711.

# 55+ PASS Registration Form



Name (First, MI, Last)	Date of Birth (Month/Day/Year)
Address	Gender
City State	Zip Code
Home phone number (     )	Email address
Emergency contact Person	Phone Number (     )

## HOLD HARMLESS AGREEMENT

The undersigned is aware that there are certain inherent risks involved in participating in the Arlington County Department of Parks and Recreation programs, including but not limited to the risk of theft or damage to my property, and the risk of personal injury from participation in these programs. On behalf of myself and in consideration of my being granted permission to participate in these activities and use the facilities of the County and/or other activities and services provided by Arlington County Department of Parks and Recreation, its agents and employees, including food service, I, on behalf of myself, my executors, administrator, heirs, next of kin, and successors, hereby covenant to hold harmless and indemnify the County and all of its officers, departments, agencies, volunteers, agents, and employees from any and all claims, (except for claims based on malicious conduct by County officers and employees), lessees, damages, injuries, fines, penalties, and costs, (including court costs and attorney's fees) charges, liabilities, or exposures, however caused, resulting from, arising out of, or in any way connected to my or my family's participation in the program and/or use of a DPR facility. I have read and understand this HOLD HARMLESS AGREEMENT, and by my signature below agree to its terms.

**EMERGENCY TREATMENT:** Arlington County DPR has permission, in the event of an emergency, at my expense, to utilize the most convenient rescue squad or ambulance to transport me to the nearest hospital.

**PHOTO RELEASE:** I hereby give permission without restrictions to Arlington County and its assignees to photograph, film or videotape myself and my family during participation in DPR activities/programs and use of DPR facilities. Photographs may be used to promote DPR activities.

Yes \_\_\_\_\_ No \_\_\_\_\_

**PERMISSION TO SHARE INFORMATION:** DPR staff has permission to seek out and share information with other Arlington County Service Providers.

Yes \_\_\_\_\_ No \_\_\_\_\_

**Note: In order to help ensure the safety and security of our customers, pictures are required to access fitness center memberships and passes.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_