

ENJOY *Arlington*

WINTER 2026

Guide to Recreation Classes and
Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS DECEMBER 2-4, 2025 @ NOON*

Tues
2

▪ Gymnastics

Wed
3

▪ Aquatics Classes
▪ Private Swim

Thurs
4

▪ Nature / History
▪ General Classes

Fri., December 5

* Resident Walk-In
Registration Begins at 8am

Wed., December 10

* Out-of-County
Registration Begins at 8am

[Details on p.62](#)



Go to registration.arlingtonva.us ▪ Classes begin January 12, 2026 unless noted otherwise





Wishing you a happy & healthy holiday season,

Jane Rudolph

Director, Department of
Parks and Recreation



Explore Winter Classes with Our Award-Winning Team!

Winter offers countless reasons to celebrate, and we can't imagine a better way to do it than with you. Fresh from winning the 2025 National Gold Medal Award for Excellence in Park and Recreation Management, plus four state honors, our team is more inspired than ever to bring you an action-packed season of programming!

Whether you're looking to kickstart your new year with a fitness class, discover a new art technique, or learn about nature while warming up next to a campfire, this winter's catalog is packed with programs designed to inspire, engage, and celebrate community and connection.

Need to keep your kids engaged during holiday breaks? We've added an entire section on break camp offerings (p. 50). Be sure to look through the entire catalog to find even more winter programs such as The REC after school program for teens, Skate Night and save-the-dates for our free winter events such as the 2026 Annual Martin Luther King, Jr. Tribute and Paint, Build, Create!

Stay up to date on upcoming opportunities and events by following us on social media at @arlparksrec or signing up at the bottom of our webpage to receive bi-weekly Parks and Recreation newsletters.

Nov
22

2025

Weekend Hours 9am-4pm

To help with your registration needs, our offices will be open for special hours on Sat., Nov. 22, 2025 at:

Lubber Run Community Center
300 N. Park Dr. Arlington, VA 22203
Contact us at: 703.228.4747

- Create an account
- Apply for a fee reduction
- Pay balances
- Get login information
- And more!



WHAT'S INSIDE!

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Some of the familiar faces at Arlington's

Department of Parks & Recreation

Congratulations Arlington!

WITH OUR THANKS & GRATITUDE

The Arlington County Department of Parks and Recreation has been named winner of the

2025 National Gold Medal Award

For Excellence in the Field of Park and Recreation Management

This award, presented by the National Recreation and Park Association (NRPA) is one of the highest honors in our field. It recognizes agencies that set the national standard for innovation, community impact, and excellence in service through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development, and agency recognition. It also honors the dedication of our staff, volunteers, and community members like you who make Arlington's parks and programs a place for everyone, everywhere, every day.

This Gold Medal win represents Arlington's ongoing commitment to equity, inclusion and access for all. It's a reminder of what happens when a community comes together to plan, play, and participate—because when we do, everyone benefits.

Watch the video that earned Arlington the Gold and see how we're connecting our community through play, wellness, and belonging.

SETTING THE NATIONAL STANDARD IN PARKS AND RECREATION





ARTS & CRAFTS

TOT & ADULT

Abrakadoodle Twoosy Doodlers

Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative! Each session has new activities where adults get to play too. There is a non-refundable \$32 supply fee included in the cost of the class. Adult participation is required. Inst.: Abrakadoodle.

Arlington Mill Center

Ages 20 months-3yrs **8 Sessions** **\$176**
210100A Sat., Jan. 24, 9-9:45am

Fairlington Center

Ages 20 months-3yrs **8 Sessions** **\$176**
210100B Fri., Jan. 23, 10-10:45am

Long Bridge Aquatics & Fitness Center

Ages 20 months-3yrs **8 Sessions** **\$176**
210100C Tues., Jan. 13, 10-10:45am

TOT

Storytime and Art

Join us for our newest class for ages 2-5, Storytime + Art! Each week, your child will enjoy story time and make an art project based on the book. Children will have the



opportunity to explore their creativity in different fun & imaginative ways each class. Caregivers and their children work together to create a variety of projects as their little artist explores their imagination. The creative process can be messy, so, please dress your child with that in mind. There is a non-refundable \$15 supply fee included in the cost of the class. Inst.: Anderson.

Fairlington Center

Ages 2-5 **4 Sessions** **\$111**
210104A Sat., Jan. 17, 10-11am
210104B Sat., Feb. 21, 10-11am

Abrakadoodle Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artist's materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A \$32 non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Fairlington Center

Ages 3-6 **8 Sessions** **\$176**
220104A Fri., Jan. 23, 11-11:45am

Arlington Mill Center

Ages 3-6 **8 Sessions** **\$176**
220104B Sat., Jan. 24, 10-10:45am



YOUTH

Art Around the World

This fun class is designed to bring out the big artists in your little ones! Each week the class will explore different artists from different time periods, backgrounds and cultures, exposing students to a wide variety of techniques, styles and points of view. Each week provides your child with a hands-on creative experience and great work of art to take home. The creative process can be messy, so, please dress your child with that in mind. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Anderson.

Fairlington Center

Ages 7-9 **7 Sessions** **\$183**
220105A Sat., Jan. 17, 12-1pm

Abrakadoodle: Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces new techniques and styles, helping children

develop art skills and confidence. A non-refundable \$32 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Arlington Mill Center

Ages 6-12 **8 Sessions** **\$277**
220107A Sat., Jan. 24, 11am-12pm

ADULT

Leathercraft Essentials: From Tools to Technique

In this hands-on leatherworking workshop, students will learn the essential techniques and skills needed to create a custom leather piece. We will cover the basics of leathercraft from understanding leather as a medium, to tooling and dyeing it, to make your final project. Throughout the workshop, students will explore how to add texture and detail to leather using various tools and methods, as well as how to enhance their work with color and finishes. Perfect for beginners, this class offers a comprehensive introduction to the art of leatherworking. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Frank.

Fairlington Center

Ages Adults **1 Session** **\$50**
240100A Sat., Jan. 24, 2-4:30pm
240100B Sat., Feb. 7, 2-4:30pm
240100C Sat., Feb. 28, 2-4:30pm



CERAMICS

YOUTH & ADULT

Ceramics: Handbuilding for Families

A weekend afternoon hasn't been this fun since you were a kid. In this class, you (or another adult) and your child learn basic handbuilding techniques as you both work on weekly ceramic projects together. Clay is messy, so, dress appropriately. To ensure that everyone has an enjoyable hands-on experience, ideally, each child should be accompanied by one adult. For families with more than two children, two adults should attend each class and the maximum number of children per family is 4. Only need to register each child. All materials included. A non-refundable \$25 supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

Walter Reed Center

Ages 6-12 **8 Sessions** **\$242**
220102A Sun., Jan. 18, 2-3:30pm



YOUTH & TEEN

Young Potters

A basic introduction to the potter's wheel with a focus on centering, throwing and decorating techniques. Lessons will include throwing bowl and cylinder forms along with finishing and glazing. A great class for beginners and for students who have some knowledge of throwing on a potter's wheel. Return students welcome. Wear a smock or clothes that can get messy and bring a towel. A non-refundable \$40 supply fee is included in the cost of the class. Inst.: Soper.

Thomas Jefferson Center

Ages 12-16 **9 Sessions** **\$281**
220115A Thurs., Jan. 15, 3:30-5:30pm

ADULT

Beginning Wheel

If you have ever wanted to know how to make pottery using a potter's wheel, this beginners-only class is what you've been looking for. In this class students will learn the fundamental skills needed to make functional pottery like mugs, bowls and vases. The instructor will demonstrate and teach wedging, centering and basic shaping methods. Students will be working in stoneware and learn how to use high-fire glazes to finish their pieces. This is a great opportunity to explore working with clay on the potter's wheel in a fun, relaxed and creative atmosphere. All beginners are welcome including repeat students who just need a little more time and guidance to build their confidence and skills before moving on to other wheel throwing classes. Students should bring a towel, notebook and \$12 to purchase tools at the first session. There is a non-refundable supply fee of \$40 included in the cost of this class. This supply fee includes 25lbs of clay, studio glazes and all firing of artwork. Additional clay may be purchased from the instructor.

Thomas Jefferson Center. Inst.: Kerr

Ages Adults **9 Sessions** **\$402**
240124A Mon., Jan. 12, 6-8:30pm

Thomas Jefferson Center. Inst.: Soper

Ages Adults **9 Sessions** **\$402**
240124B Thurs., Jan. 15, 6-8:30pm

Continuing Wheel

Now that you're comfortable with centering, creating bowls and cups, you are probably wanting to continue your practice. In this class you will be surrounded by other students who want to build on their skills and get better at making great pottery. Since everyone will have different

experience levels, the instructor will give demonstrations that are relevant to those enrolled in the class. Demos will introduce new forms and techniques that expand throwing proficiency. You must have experience with throwing on the wheel to take this class. Repeat students welcome. Working with clay is a messy process, so, please come dressed appropriately. Students should bring a towel, notebook and \$12 to purchase tools at the first session. There is a non-refundable supply fee of \$40 included in the cost of this class. This supply fee includes 25lbs of clay, studio glazes and all firing of artwork. Additional clay may be purchased from the instructor. Previous wheel experience REQUIRED. Inst.: Kerr.

Thomas Jefferson Center

Ages Adults **9 Sessions** **\$402**
240125A Tues., Jan. 13, 3-5:30pm
240125B Tues., Jan. 13, 6-8:30pm

Just Claying Around

This is a fun handbuilding class for adults where students will work with the instructor create weekly projects. The instructor will teach basic skills such as pinch pots and working with slabs to create things like, functional bowls, dishes and pots as well as more sculptural and decorative pieces. This class is a perfect way to escape the craziness of day-to-day stress while letting your creativity take over for a few hours. Both returning students and new students with no clay experience are welcome. A \$25 non-refundable supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

Walter Reed Center

Ages Adults **8 Sessions** **\$242**
240129A Thurs., Jan. 15, 7-8:30pm

DRAWING/PAINTING

YOUTH & TEEN

Art 101: Intro to Art

Does your child love to draw or paint or is otherwise creative? In this studio class, children will work with a variety of materials and techniques: printmaking, charcoal drawing, painting, design, collage, watercolors, sculpture, and more. Budding artists start by becoming familiar with art fundamentals including form, tone, color, the importance of light, creating textures and basic color theory. The creative process is sometimes messy, so, please dress accordingly. There

is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Staff.

Fairlington Center

Ages 10-12 **7 Sessions** **\$183**
220128A Sat., Jan. 17, 11:45am-1pm
Ages 12-14 **7 Sessions** **\$183**
220128B Sat., Jan. 17, 9:45-11am

Intro to Acrylics

A great way to start painting. Using Acrylic paint, students will explore the fundamental elements of painting (Color, Form, Value, and Line) and develop your own personal style in this introductory course. Learn through painting demonstrations, discussion, and hands-on practice with design, composition, paint mixing, and color theory all while painting your own artwork using direct and classic techniques. There is a non-refundable \$40 supply fee included in the cost of the class. All materials included. Inst.: Anderson.

Fairlington Center

Ages 16-Adult **8 Sessions** **\$234**
240140A Tues., Jan. 13, 6-8pm

Intro to Watercolor

Students will explore painting with the unique and translucent medium of watercolor. Each class will include instruction in techniques, such as composition, color theory and the basic elements of art to evoke mood and your creative aesthetic. There is a non-refundable \$40 supply fee included in the cost of the class. All materials included. Inst.: Anderson.

Fairlington Center

Ages 16-Adult **8 Sessions** **\$234**
240131A Wed., Jan. 14, 6-8pm

Painting Beginning & Beyond

This class provides a solid foundation in the fundamentals and intermediate aspects of painting. Emphasis is placed on individual development, so all levels are welcome. Instruction will focus on technique, composition, and color. Both oil and acrylic paints are permitted but oils are highly recommended by the instructor. Visit www.jameshalloran.com and view this instructor's work. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Halloran.

Fairlington Center

Ages 16-Adult **8 Sessions** **\$234**
240137A Thurs., Jan. 15, 6-7:45pm



JEWELRY



TEEN

Young Metalsmiths

The projects students will make in this class will give them fundamental skills and basic understanding of jewelry making. Techniques covered will be sawing, forming, filing, hammering and finishing. Other skills covered may include annealing, soldering, stamping and cold connections. If your teen is creative, loves working with their hands and wants to take an art class other than drawing or ceramics, this is the class for them. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages 14-17 **8 Sessions** **\$276**
230102A Thurs., Jan. 15, 3:45-5:30pm

ADULT

Intro to Jewelry I

In this 8-week beginner class, students will learn the essential skills and techniques needed to start creating handcrafted jewelry. Through guided instruction, you'll become familiar with the proper use of jewelry-making tools, materials, and studio safety practices. We'll cover foundational techniques such as sawing, filing, soldering, texturing, and finishing. Over the course of the class, you'll complete two projects custom-fit ring and a unique mixed metal pendant designed to build your confidence and understanding of basic metalworking. No experience is necessary, and all tools and materials will be provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$339**
240151A Mon., Jan. 26, 6-8:30pm

Intro to Jewelry II

Expand on your jewelry forming skills and unlock the foundational skills of stone setting in this hands-on workshop. In this class, you'll learn the essential techniques of securely setting stones in jewelry pieces, including bezel and basic prong setting. The instructor, Lisette, will guide you through the entire process, from selecting the right tools and materials to mastering precision and technique for including

stones in your designs. This class will equip you with the confidence to set stones and add details to your designs. Prerequisite: Intro to Jewelry Making I (240151A) or approval from instructor. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$339**
240152A Thurs., Jan. 15, 6-8:30pm

Stacked Rings Workshop

Learn to make your own sterling silver stacking ring! In this short workshop, we will learn how to cut, form, heat, solder, and texture metal - all in the process of making a simple, but elegant sterling silver stacking ring. Students will be able to make multiple rings, as time allows. There is a non-refundable \$20 supply fee included in the cost of the class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **1 Session** **\$167**
240154A Sat., Feb. 7, 10am-2:30pm

Fun with Resin

In this workshop, we will learn the basics of epoxy resin jewelry making. We will work with a two-part, non-toxic epoxy resin to create unique pieces of jewelry using gems, colorful dyes and accents. Using molds of your choice, you'll create the mini pieces of wearable art that you'll also set in silver! We'll provide you with materials, tools, and instructions, to guide you through the creation process. There is a non-refundable \$20 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages 16-Adult **1 Session** **\$86**
240155A Sat., Jan. 24, 10am-12:30pm
240155B Sat., Feb. 21, 10am-12:30pm
240155C Fri., Mar. 20, 6-8:30pm



Carving Wax to Make Silver Jewelry

Dive into the sculptural side of jewelry making in this 5-week introduction to wax carving. Perfect for beginners, this course explores the different types of wax, specialized tools, and techniques used to create intricate textures and detailed designs. Wax carving offers a unique way to add depth and character to your work, making it an ideal method for rings, pendants, and small sculptural pieces. Students will have the option to have their wax models cast in silver by the instructor or send your piece to be cast. In the final session, we'll focus on cleaning, finishing, and polishing your silver

pieces to bring your designs to life. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

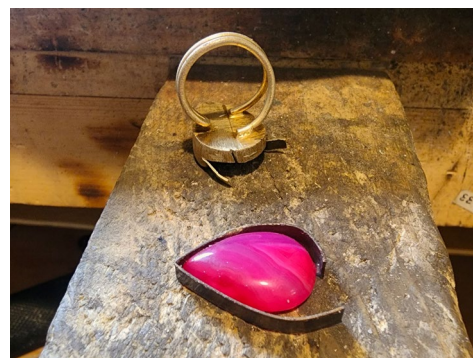
Ages Adults **3 Sessions** **\$148**
240156A Thurs., Mar. 19, 6-8:30pm

New! Creative Jewelry Lab

Take your jewelry skills to the next level in this open-format class designed for students with prior experience in metalsmithing and basic stone setting. Whether you're refining a technique, exploring a new design, or working on a personal project, this class offers guidance from an instructor and dedicated space to explore your ideas. Your projects are tailored to your goals while deepening your craftsmanship and creative voice. Bring your in-progress pieces or start something new. Different techniques will be covered and will vary depending on direction of students. Prior jewelry experience required. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$339**
240157A Wed., Jan. 14, 6-8:30pm

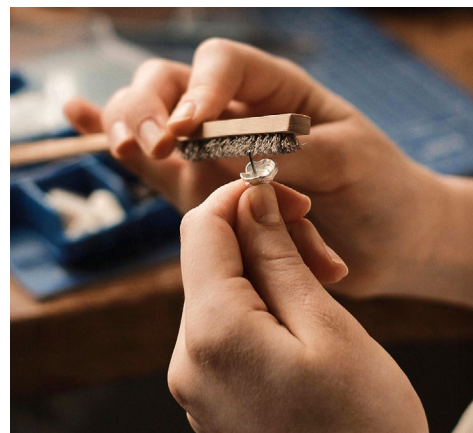


Stud Earring Workshop

In this fun and beginner-friendly 2½-hour workshop, you'll learn how to create your own pair of silver stud earrings from start to finish. We'll cover how to select the right type of metal, basic fabrication techniques, and how to design earrings that are both beautiful and wearable. No prior experience is necessary just bring your creativity! You'll leave with a completed pair of sterling silver studs and the confidence to keep creating. All tools and materials are provided. There is a non-refundable \$20 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **1 Session** **\$79**
240160A Sat., Mar. 7, 10am-12:30pm



SEWING & FIBER ARTS

ADULT

Intro to Sewing

For the absolute beginner sewer! This class will get the student familiar with a sewing machine, and it's uses for repairing or creating new fashions for the body and home. Follow directions for simple patterns and projects. Practice these skills in a low-key environment meant for relaxed learning. Skills that will be covered are basic knowledge of the sewing machine, straight and zig zag stitching, zipper insertion, types of needles, and appropriate fabric for future projects. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Jackson-Waldron.

Arlington Mill Center

Ages Adults **8 Sessions** **\$242**
[240112A](#) Sun., Jan. 18, 1:30–3:30pm

Sewing Next Steps

Sewing class for advanced learners and those who are familiar with basic sewing techniques or have taken the Sew Social or Intro to Sewing I class. Participants will make items like shawl, pillow, purse and wine bottle tote. Sewing machines and most materials needed are provided. There is a non-refundable \$40 supply fee for provided incidentals and notions included in the cost of this class. Inst.: Jackson-Waldron.

Arlington Mill Center

Ages Adults **8 Sessions** **\$242**
[240113A](#) Sun., Jan. 18, 4–6pm



New! Cozy Sweatpants

Ready to level up your beginner sewing skills? In this hands-on class, you'll learn how to make your very own sweatpants from measuring yourself to adding elastic waistbands and hemming like a pro. This class is ideal for students who already know how to thread a machine and sew straight lines with confidence. The instructor will contact participants prior to the first class with more details. Participants will need to purchase and bring to the first-class 2½ yards

of fabric (cotton brushed fleece or your choice of comfy material) and ribbed fabric for cuffs. There is a \$15 supply fee included in the cost of the class. Walk away with a cozy pair of sweatpants and the skills to keep creating! Inst.: Tran.

Arlington Mill Center

Ages Adults **5 Sessions** **\$183**
[240103A](#) Thurs., Jan. 15, 6–8pm

New! Cozy Hoodie

Take your beginner skills up a notch by sewing your very own hoodie! In this class, you'll learn how to take measurements, construct a hood, add ribbed cuffs and waistband, and assemble your garment with clean, confident stitching. Perfect for those who are already familiar with threading a machine and sewing straight lines. The instructor will contact participants prior to the first class with more details. Participants will need to purchase and bring to the first-class 2½ yards of fabric (cotton brushed fleece or your preferred fabric), ribbed fabric for cuffs and waistband. There is a \$15 supply fee included in the cost of the class. By the end of this class, you'll have a personalized hoodie and a serious confidence boost in your sewing skills! Inst.: Tran.

Arlington Mill Center

Ages Adults **6 Sessions** **\$204**
[240105A](#) Thurs., Feb. 19, 6–8pm

New! Intro to Sewing: Totes & Cute Pillows

New to sewing? This 8-week beginner-friendly course is designed just for you! You'll learn the foundations of sewing through fun, hands-on projects. We'll cover how to thread your machine, sew straight lines, cut fabric correctly, and understand essential sewing vocabulary. Our main project will be creating a fully lined tote bag with pockets to help you build practical skills and confidence. As a bonus, we'll explore making adorable dinosaur nugget-shaped pillows perfect for learning how to cut and sew curves! This class is ideal for complete beginners who want a supportive, patient, and encouraging environment to learn in. Let's bring your creative ideas to life one stitch at a time! There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Tran.

Arlington Mill Center

Ages Adults **8 Sessions** **\$242**
[240104A](#) Mon., Jan. 26, 6–8pm



WOODWORKING

ADULT

Intro to Woodshop

Did you know there is a community woodshop in Arlington right around the corner at TJ Art Studios? Join us in our basic introduction course on woodworking! In addition to learning fundamental safety guidelines, the course will introduce students to the core machines in our woodshop (band saw, planer, jointer, cut-off saw, drill press, disc and drum sanders and the ever-important table saw) as well as a brief instruction on the woodworking project concepts of planning, shaping/cutting lumber and sanding/finishing. You will make a cutting board as you become familiar with the equipment. The course cost covers all the materials for your first projects. Small class size of three or four to ensure individual instruction and time on the machines. Because this course is about teaching students proper tool use and safety practices, it is required to attend all classes. There is a non-refundable \$30 supply fee included in the cost of the class.

Thomas Jefferson Center. Inst.: Staff

Ages Adults **4 Sessions** **\$267**
[240180A](#) Tues., Jan. 13, 6–8:30pm
[240180B](#) Tues., Feb. 17, 6–8:30pm

Thomas Jefferson Center. Inst.: West

Ages Adults **4 Sessions** **\$267**
[240180C](#) Thurs., Jan. 15, 6–8:30pm
[240180D](#) Thurs., Feb. 19, 6–8:30pm

Thomas Jefferson Center. Inst.: Warfel

Ages Adults **4 Sessions** **\$267**
[240180E](#) Sun., Jan. 25, 2–4:30pm

Thomas Jefferson Center. Inst.: Alexander

Ages Adults **4 Sessions** **\$267**
[240180F](#) Mon., Mar. 9, 6–8:30pm

Intro to Lathe

Introduction to Woodturning: Perfect for students who have little or no woodturning experience, the goal of this class is to introduce, develop, and practice woodturning skills with an emphasis on shop safety. Each week, students will turn a small lathe project designed to develop their wood turning skills and techniques. Inst.: Alexander.

Thomas Jefferson Center

Ages Adults **4 Sessions** **\$267**
[240181A](#) Mon., Jan. 26, 6–8:30pm
[240181B](#) Fri., Jan. 30, 6–8:30pm
[240181C](#) Sat., Mar. 7, 10am–12:30pm



Crazy Like a Box: Miter Joints

A Miter joint is made by beveling two pieces of wood to form a corner. In this class students will make a simple box using miter joints and miter joints with splines. These simple wood biscuits are used for strength but can be decorative as well. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$45 supply fee included in the cost of the class. Inst.: Alexander.

Thomas Jefferson Center

Ages Adults **5 Sessions** **\$347**
240182A Sat., Jan. 24, 10am-12:30pm

New! Don't (Plant) Stand Too Close to Me

Ready to move beyond cutting boards and boxes? This class is for you! Learn advanced techniques like mortise and tenon joinery (wedged and pegged), and loose spline panel joinery. Intro to Woodshop or equivalent experience is required to enroll. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$45 supply fee included in the cost of the class. Inst.: Alexander.

Thomas Jefferson Center

Ages Adults **5 Sessions** **\$347**
240185A Fri., Mar. 6, 10am-12:30pm



COOKING

YOUTH

Cooking: Baroody Bakes

There's never a time to say no to fresh baked breads and pastries. Each day, children will get a chance to create a yummy treat from pies to loaves of bread, cupcakes and biscuits. There is SURE to be something they find irresistible. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5-11 **8 Sessions** **\$212**
220316A Wed., Jan. 14, 5-6pm
220316B Sat., Jan. 24, 4:30-5:30pm

Cooking: Breakfast Club

In this session, the kids will get to learn all sorts of breakfast treats, ranging from super simple, to a delicious meal to get excited over! They will be breakfast champions by the end, being able to crack eggs without a second thought and how to be a baking pro. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5-11 **8 Sessions** **\$212**
220317A Sun., Jan. 25, 10-11am

Cooking Around the World

Children will spend each day learning & creating cuisines from different countries & cultures. Throughout the course, children will collaborate while learning about the importance of safety & teamwork in the kitchen. They will master the different skills of cutting, like dicing, coring & slicing, and will also learn more about the customary units of volume, like teaspoons, tablespoons, cups, pints & gallons, all while baking delicious goodies! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5-11 **8 Sessions** **\$212**
220326A Wed., Jan. 14, 6:15-7:15pm

DOG OBEDIENCE

TEEN & ADULT

Dog Obedience Beginner

Dog owners and dogs who have had little or no previous training will learn leash, heeling and sit down, stay and recall commands. Problem solving for house soiling, biting, jumping and chewing will be addressed. Notify the instructor ahead of class if you suspect or know your dog is



aggressive so accommodations can be made. Dogs must be over six months of age; documentation of all required vaccinations is required. Female dogs in heat are prohibited from attending. Owners must clean up after their pets at all times. Bring a six-foot leather or nylon leash and proper fitting collar. The first class is a lecture class; please do not bring your dog. Register the person attending, not the dog. Questions? email Khealy@dogsolve.com. Inst.: Healy.

Quincy Street Deck

Ages 14-Adult **7 Sessions** **\$115**
240732A Wed., Jan. 14, 6:30-7:20pm

K-9 Nose Work Level 1

K9 Nose work is a great way to bond with you dog, stimulate their minds, hone their search and obedience skills and build their confidence and focus. This class encourages dogs to use their sense of smell and natural hunt instincts to search and problem solve as an outlet for their love of hunting. This is a low impact class with no prior obedience or training required. The class is perfect for all dogs of any age, size and personality. Inst.: Healy.

Quincy Street Deck

Ages 14-Adult **7 Sessions** **\$115**
240733A Wed., Jan. 14, 7:30-8:20pm

MUSIC

TOT & ADULT

Tiny Tunes Piano

Introduce your little one to the magic of music with this joyful, hands-on piano class designed just for preschoolers! Through songs, movement, and playful activities, kids develop their listening skills, finger coordination, and a love for the keys all in a fun, nurturing environment. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adults participation required. Inst.: Learn Now Music.

Long Bridge Aquatics & Fitness Center

Ages 3-6 **9 Sessions** **\$234**
210321A Wed., Jan. 14, 10-10:30am

Arlington Mill Center

Ages 3-6 **9 Sessions** **\$234**
210321B Sun., Jan. 25, 4:40-5:10pm
210321C Sun., Jan. 25, 5:20-5:50pm



Tiny Tunes Guitar

Strum, sing, and play! In this upbeat and interactive class, our youngest musicians will explore the guitar through playful songs, rhythm games, listening activities, creative projects, and more! Each week offers a new musical adventure, and students take their guitar and music home to keep the fun going. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adult participation required. Inst.: Learn Now Music.

Arlington Mill Center

Ages 4-7 **9 Sessions** **\$234**
210324A Sun., Jan. 25, 6-6:30pm

YOUTH

Frets & Fun! Beginner Guitar

Let the music begin! From the first chord to the final strum, students will learn notes, rhythms, and guitar basics while playing fun, age-appropriate songs in a supportive group setting. Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Arlington Mill Center

Ages 13-17 **10 Sessions** **\$278**
220319A Tues., Jan. 20, 7:05-8:05pm
Ages 5-12 **9 Sessions** **\$252**
220319B Sat., Jan. 24, 1:30-2:30pm

Lubber Run Center

Ages 5-12 **9 Sessions** **\$252**
220319C Thurs., Jan. 15, 6:30-7:30pm

Keys to Fun! Beginner Piano

Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment no experience needed! Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable

\$20 materials fee included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Arlington Mill Center

Ages 13-17 **10 Sessions** **\$278**
220320A Tues., Jan. 20, 6-7pm
Ages 5-12 **9 Sessions** **\$252**
220320B Sat., Jan. 24, 9:30-10:30am
220320C Sun., Jan. 25, 3:30-4:30pm

Lubber Run Center

Ages 5-12 **9 Sessions** **\$252**
220320D Thurs., Jan. 15, 5:15-6:15pm

Long Bridge Aquatics & Fitness Center

Ages 5-12 **8 Sessions** **\$226**
220320E Mon., Jan. 26, 5-6pm
220320F Fri., Jan. 23, 5-6pm



Bow & Go! Beginner Violin

Let's make strings sing! This energetic class introduces young musicians to the basics of violin through fun games, songs, and bowing magic. Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Arlington Mill Center

Ages 5-12 **9 Sessions** **\$252**
220321A Sat., Jan. 24, 12:15-1:15pm
220321B Sun., Jan. 25, 2:20-3:20pm

Strum & Smile! Beginner Ukulele

Tiny instrument, big fun! Kids will strum their way through tunes while learning notes, chords and rhythm in this cheerful intro to ukulele. Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee



included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Arlington Mill Center

Ages 5-12 **9 Sessions** **\$252**
220322A Sat., Jan. 24, 10:45-11:45am
220322B Sun., Jan. 25, 1:15-2:15pm

Long Bridge Aquatics & Fitness Center

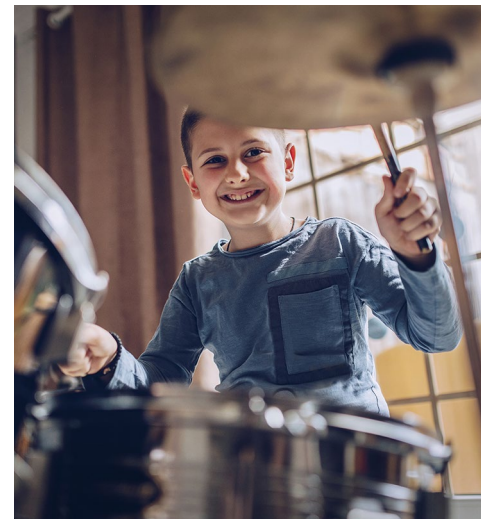
Ages 5-12 **8 Sessions** **\$226**
220322C Mon., Jan. 26, 6:15-7:15pm
220322D Fri., Jan. 23, 6:15-7:15pm

Rhythm Rockers! Beginner Drumming

Feel the beat and move your feet! Kids will drum up excitement while learning rhythm, coordination, and teamwork on real percussion instruments. Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Long Bridge Aquatics & Fitness Center

Ages 5-12 **8 Sessions** **\$226**
220323A Fri., Jan. 23, 7:20-8:20pm



SCIENCE & DISCOVERY



TOT & YOUTH

The Science Seed™

Check out this series of classes that introduces children to science! This includes topics in geology, chemistry, biology, physics and nature. Classes are taught in fun, interactive and age-appropriate ways to ensure that your child not only has fun but builds a foundation for a love of science and learning. Each class includes a note for the parents about what was taught and how you can continue the lesson at home. Each session will have a new series of topics allowing for this class to be taken multiple times. For more information, please visit thescienceseed.com Inst.: The Science Seed.

Lubber Run Center

Ages 3–6 **6 Sessions** **\$141**

220279A Mon., Jan. 26, 3–3:45pm

220279B Sat., Jan. 24, 9–9:45am

220279C Sat., Jan. 24, 10–10:45am

Ages 5–8 **6 Sessions** **\$141**

220279D Mon., Jan. 26, 4:15–5pm

220279E Sat., Jan. 24, 11–11:45am

LEGO® STEAM Park

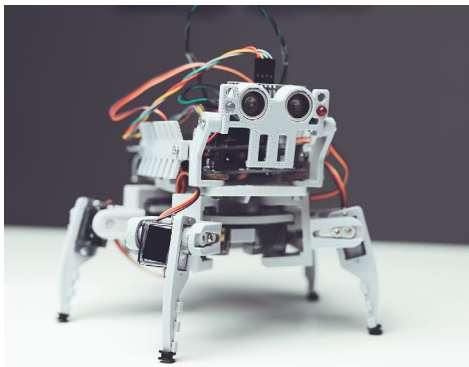
Created specifically for preschoolers, LEGO® STEAM Park aims to gently introduce children into structured learning environments. Our sessions maintain the spirit of playfulness, ensuring each child's enthusiasm remains ignited! Every lesson is oriented around a STEAM-based vocabulary word, with each project based on amusement parks. From understanding the pull of gravity through roller coasters to exploring the science of floatation with boat rides, our young builders will be challenged to dream and design their unique amusement attractions! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 3–5 **8 Sessions** **\$206**

220331A Sat., Jan. 24, 9:30–10:15am

220331B Sat., Jan. 24, 10:30–11:15am



YOUTH

LEGO® WeDo 2.0: Space & Aviation

Take off into the exciting world of LEGO® WeDo 2.0: Space and Aviation! In this course, children will have the opportunity to explore the wonders of the sky and beyond as they build and program their own aviation and space-themed robots. From helicopters and lunar rovers to flying animals and more, children will be able to bring their futuristic ideas to life through hands-on projects using the LEGO® WeDo 2.0 kit. With a range of project ideas and lesson plans to choose from, children will have the chance to soar through the world of LEGO® WeDo 2.0: Space and Aviation. Join us for this out-of-this-world adventure in the world of robotics! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5–7 **8 Sessions** **\$206**

220338A Thurs., Jan. 15, 5–6pm

LEGO® WeDo 2.0: Zooland Robotics

We will build, code, and have fun with LEGO® WeDo 2.0, a hands-on activity that combines LEGO® bricks, kid-friendly software, and engaging projects which inspire kids to explore the world of robotics! In Zooland, we will give your child a unique opportunity to bring their favorite Zoo animals to life. Each week, children build and code a different animal robot using axles, timing belts, gears, laptops and coding blocks while learning some fun facts about these animals. Using special programming software, children will be able to animate their projects. This program is designed to provide fun learning experiences that bring science to life in the classroom while helping to develop skills such as confidence, creativity and collaboration. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 7–12 **8 Sessions** **\$206**

220336A Thurs., Jan. 15, 6:15–7:15pm

New! Dungeons & Dragons: Create an Adventure

Welcome to the world of tabletop games. In this class we will create our own Dungeons & Dragons inspired adventures focusing on social, emotional, creative, and storytelling skills. We will dabble in different areas of playing and/or running a campaign to introduce the concepts of

story building in a tabletop game setting. Throughout the course we will develop characters, face conflicts and adapt, write stories, and use math concepts such as probability to determine outcomes. Children will collaborate in create a world for them and other players to participate in and get a chance to lead their very own adventure. Materials are provided so only imagination is needed on this magical journey. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5–12 **8 Sessions** **\$206**

220335A Sat., Jan. 24, 3–4pm

Science: Make It or Break It!

How were skyscrapers, Teslas, and tiny homes made? ENGINEERS!! What is an engineer you ask? Well, forget the dictionary definition. Engineers are dreamers, planners, problem solvers, and tinkerers. Over the course of our time together, your child will take on projects and hands-on challenges, in hopes of finding success. Every theme will begin with making a plan, then move on to the building & trials phase, and finally end with a final test. From egg drops and Rube Goldberg machines to earthquake simulators and tower challenges, there will be much to get excited about. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 6–12 **8 Sessions** **\$206**

220327A Sun., Jan. 25, 11:30am–12:30pm

THIS-N-THAT

Chess Club with Silver Knights

Learn chess with Silver Knights. We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments. All chess supplies provided. All skill levels are welcome. Inst.: Silver Knights Chess (formerly Magnus Chess Academy).

Madison Center

Ages 6–13 **11 Sessions** **\$272**

220299A Thurs., Jan. 15, 6–7pm

220299B Fri., Jan. 16, 6–7pm



DANCE

TOT & ADULT

Dance and Prance

Boys and girls who love to dance will love this class! They will enjoy creative movement with fun music and playful props. Kids also will dance like characters from storybooks, including their favorite animals. PLEASE NOTE: One adult per child attends these classes and actively participates as a guide for his/her dancer. Additional family members should not be in the classroom. If you have questions, email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 2-3	11 Sessions	\$220
210204A	Fri., Jan. 16, 10:15-10:45am	
Ages 2-3	6 Sessions	\$120
210204B	Sat., Feb. 21, 9:45-10:15am	
Ages 2-3	5 Sessions	\$100
210204C	Sat., Jan. 17, 9:45-10:15am	

Long Bridge Aquatics & Fitness Center

Ages 2-3	5 Sessions	\$100
210204D	Sun., Jan. 18, 9:30-10am	

Barcroft Sports & Fitness Center

Ages 2-3	9 Sessions	\$180
210204E	Mon., Jan. 12, 10-10:30am	

Let's Play Ballet

Let your little one experience the joy of being a ballet dancer! Playful exercises in pre-ballet and creative movement will include dancing with magic wands, flowers, ribbons and more! PLEASE NOTE: One adult per child attends these classes and actively participates as a guide for his/her dancer. Additional family members should not be in the classroom.

If you have questions, email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Fairlington Center

Ages 2-3	10 Sessions	\$200
210207A	Thurs., Jan. 22, 10-10:30am	

Langston-Brown Center

Ages 2-3	10 Sessions	\$200
210207B	Sat., Jan. 24, 9-9:30am	

Walter Reed Center

Ages 2-3	10 Sessions	\$200
210207C	Fri., Jan. 23, 10-10:30am	

Lubber Run Center

Ages 2-3	6 Sessions	\$120
210207D	Sat., Feb. 21, 10:30-11am	
Ages 2-3	5 Sessions	\$100
210207E	Tues., Jan. 13, 5:15-5:45pm	
210207F	Tues., Feb. 24, 5:15-5:45pm	
210207G	Sat., Jan. 17, 10:30-11am	

TOT

Pre-Ballet & Movement I

Do you have an aspiring ballet dancer? In this class kids will learn beginner ballet steps and explore creative movement with fun music. They also will practice important life skills like taking turns and following directions while they enjoy exercises that promote strength, flexibility and self-expression! Class can be repeated; new material is added each session. If you have questions email susannah@gobananasdancing.com. Parents and caregivers must remain outside the classroom during class. Inst.: Go Bananas Dancing.

Fairlington Center

Ages 3-5	9 Sessions	\$216
210210A	Mon., Jan. 12, 5:10-5:55pm	

Barcroft Sports & Fitness Center

Ages 3-5	11 Sessions	\$264
210210B	Tues., Jan. 13, 5:10-5:50pm	
Ages 3-5	9 Sessions	\$216
210210C	Mon., Jan. 12, 10:45-11:30am	

Langston-Brown Center

Ages 3-5	11 Sessions	\$264
210210D	Wed., Jan. 14, 5:10-5:50pm	
Ages 3-5	9 Sessions	\$216
210210E	Sat., Jan. 24, 9:45-10:30am	

Lubber Run Center

Ages 3-5	11 Sessions	\$264
210210F	Wed., Jan. 14, 4-4:45pm	
210210G	Fri., Jan. 16, 11-11:45am	
Ages 3-5	9 Sessions	\$216
210210H	Mon., Jan. 12, 4:45-5:25pm	
Ages 3-5	6 Sessions	\$144
210210I	Sat., Feb. 21, 11:15-11:55am	
Ages 3-5	5 Sessions	\$120
210210J	Sat., Jan. 17, 11:15-11:55am	

Pre-Ballet & Movement 2

This class is for children who have taken Pre-Ballet and Movement 1 or have comparable experience. Students will enrich their knowledge of ballet while having fun! If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 4-5	11 Sessions	\$264
210211A	Wed., Jan. 14, 5-5:45pm	
210211B	Sat., Jan. 17, 4-4:45pm	

All that Jazz & Ballet

This high-energy class is perfect for your young dancer! Children will enjoy Ballet and Jazz dancing to classical and contemporary music, focusing on musicality and dance technique. Ballet shoes or Jazz shoes are recommended.





If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center
Ages 4½-6 **11 Sessions** **\$264**
210205A Thurs., Jan. 15, 5-5:45pm

Langston-Brown Center
Ages 4½-6 **11 Sessions** **\$264**
210205B Wed., Jan. 14, 6-6:45pm

Lubber Run Center
Ages 4½-6 **10 Sessions** **\$240**
210205C Sun., Jan. 18, 3:45-4:30pm

TOT & YOUTH

Tap n' Ballet

Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the children's grace and musicality. Tap and leather Ballet shoes recommended. If you have questions, email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 4-6 **11 Sessions** **\$264**
210213A Tues., Jan. 13, 4:20-5:05pm

Barcroft Sports & Fitness Center
Ages 4-6 **9 Sessions** **\$216**
210213B Mon., Jan. 12, 5:45-6:30pm

Long Bridge Aquatics & Fitness Center
Ages 4-6 **9 Sessions** **\$216**
210213C Sun., Jan. 18, 10:15-11am

YOUTH

Ballet 1

Love to leap and twirl? This class is for children who have the coordination and discipline to focus on learning simple ballet combinations. Basic ballet technique will be presented in a fun and encouraging environment, allowing young dancers to express themselves as they explore this classic form of dance. Leather or canvas ballet shoes required. If you have questions, email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 5-7 **9 Sessions** **\$216**
220221A Mon., Jan. 12, 5:30-6:15pm

Barcroft Sports & Fitness Center

Ages 5-7 **11 Sessions** **\$264**
220221B Tues., Jan. 13, 6-6:45pm

Long Bridge Aquatics & Fitness Center
Ages 5-7 **9 Sessions** **\$216**
220221C Sun., Jan. 18, 11:10-11:55am

Ballet 2

Kids will enjoy this classical ballet class that includes exercises at the barre, center work and dancing across the floor. Dance students will focus on developing grace, strength, balance and musicality in a positive and encouraging environment. Older beginner students are welcome to enroll in this class as well as students looking for the next level after our Ballet 1 class. Email susannah@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 6½-8 **11 Sessions** **\$352**
220222A Wed., Jan. 14, 5:50-6:50pm

Ballet 2 & 3

Students may take this as a stand-alone class or as a second weekly class if they are also enrolled in Ballet 2. This intermediate class includes barre exercises, center work and dancing across the floor. Dance students will enjoy practicing their Ballet technique to classical and contemporary music while focusing on poise, grace and flexibility. Email susannah@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Walter Reed Center

Ages 6½-11 **10 Sessions** **\$320**
220225A Sun., Jan. 18, 4-5pm

Hip Hop & Jazz

Let your child move and groove to the rhythms of today's hottest music! This exciting class will introduce the latest techniques in Jazz & Hip Hop, a contemporary urban street dance style that kids love. Age-appropriate rap and pop music will be pumping during warmup exercises, body isolations and simple choreographed routines that help enhance flexibility, core strength and self-confidence.



Comfortable loose-fitting clothing and flat sole sneakers are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center

Ages 6–8 **11 Sessions** **\$264**
220200A Thurs., Jan. 15, 6–6:45pm

Lubber Run Center

Ages 6–8 **10 Sessions** **\$240**
220200B Sun., Jan. 18, 4:45–5:30pm

Fairlington Center

Ages 6–8 **9 Sessions** **\$216**
220200C Mon., Jan. 12, 6–6:45pm

Let's Dance

Boys and girls, come move and groove to your favorite songs! This high-energy class will include dancing, improvisation, creative movement exercises and physical fitness. Kids will burn off energy, build strength and express themselves! They should wear sneakers and stretchy clothing for movement. Email susannah@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Lubber Run Center

Ages 5–9 **11 Sessions** **\$264**
220214A Thurs., Jan. 15, 4:15–5pm
220214B Sat., Jan. 17, 12:05–12:50pm



Hip Hop

Does your child love Hip Hop? In this high-energy class kids will learn the fundamentals of Hip Hop, House and how to freestyle while exploring the culture and movements of street and club dance styles. They will focus on rhythm and choreography in an encouraging environment that promotes self-expression and confidence. It will be a blast! Comfortable loose-fitting clothing and flat-soled sneakers (like tennis or basketball shoes) are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Long Bridge Aquatics & Fitness Center

Ages 8–11 **11 Sessions** **\$264**
220212A Sun., Jan. 18, 12:30–1:15pm



TEEN & ADULT

Hawaiian Dance: Beginners

Beginning dancers are invited to learn basic foot, hip and hand movement to Hawaiian music and chants. Learn Hawaiian culture, language and customs as you exercise without knowing it! Comfortable clothes required; no shoes needed. Inst.: Titus.

Lubber Run Center

Ages Adults **8 Sessions** **\$94**
240231A Mon., Jan. 26, 6:30–7:30pm

Hawaiian Dance: Intermediate/Advanced

Intermediate and advanced dancers are invited to continue their study of Hawaiian dance, culture, language and customs. Learn more advanced dances and chants, some with instruments. Dancers from other areas and groups are welcome. Participants must have at least one year of previous Hawaiian dance or hula training. Comfortable clothes required; no shoes needed. Inst.: Titus.

Lubber Run Center

Ages Adults **8 Sessions** **\$94**
240232A Mon., Jan. 26, 7:45–8:45pm

MOVEMENT

TOT & ADULT

Music Together® Babies Only

The one-semester Music Together® Babies Only class was created especially for families with infants under nine months old. That's right: It's never too early to start our music classes. Maybe you've noticed that your baby responds when you play a song in the car or sing to soothe him. Babies are naturally musical, and you don't have to be a great singer or dancer to nurture their love of music. In this music class for babies aged 0-10 months, your Music Together teacher will show you how you can support your baby's music development through simple and fun activities. You'll learn lots of musical ways to connect with your little one through music, and you'll bond with the other new parents in your class, too. There is a \$42 non-refundable materials fee included in the cost of the class. Inst.: Wiebel.

Lubber Run Center

Ages Birth-10 months **8 Sessions** **\$249**
210209A Mon., Jan. 12, 11:30am-12:15pm

Music Together®

Music Together® is an internationally recognized mixed-age music and movement class. The Music Together® approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at www.littlesteps-music.com. A \$42 non-refundable materials fee is included in the cost of the class. Adult participation required.

Lubber Run Center. Inst.: Abramovitch

Ages Birth-5 **10 Sessions** **\$272**

210208A Tues., Jan. 13, 10–10:45am

210208B Tues., Jan. 13, 11–11:45am

Lubber Run Center. Inst.: Wiebel

Ages Birth-5 **10 Sessions** **\$272**

210208C Thurs., Jan. 15, 10–10:45am

210208D Thurs., Jan. 15, 11–11:45am

Ages Birth-5 **8 Sessions** **\$249**

210208E Mon., Jan. 12, 9:30–10:15am

210208F Mon., Jan. 12, 10:30–11:15am

Fairlington Center. Inst.: Abramovitch

Ages Birth-5 **10 Sessions** **\$272**

210208G Sat., Jan. 17, 9:30–10:15am

210208H Sat., Jan. 17, 10:30–11:15am

210208I Sat., Jan. 17, 11:30am-12:15pm

Madison Center. Inst.: Scott

Ages Birth-5 **10 Sessions** **\$272**

210208J Sat., Jan. 17, 10–10:45am

210208K Sat., Jan. 17, 11–11:45am





FITNESS

TOT

Zumba Adult/Tot

Strengthen your bond and have fun dancing, singing, wiggling and giggling together with your young child to upbeat music with lyrics, while facilitating all aspects of your child's development, including fine and gross motor skills, language and cognitive abilities, and social/emotional growth. Inst.: BodyMoves Fitness LLC.

Long Bridge Aquatics & Fitness Center
Ages 3-5 **11 Sessions** **\$242**
210300A Tues., Jan. 13, 5-5:45pm

YOUTH

Zumba Kids

This fun dance party is packed with kid-friendly dance routines that help develop a healthy lifestyle highlighting fitness as a natural part of children's lives. Lively and appealing classes comprise key childhood development

elements such as leadership, respect, teamwork, confidence and self-esteem, along with dance-focused skills including memory, creativity, coordination, and balance. Inst.: BodyMoves Fitness LLC.

Long Bridge Aquatics & Fitness Center
Ages 5-8 **11 Sessions** **\$242**
210301A Tues., Jan. 13, 6-6:45pm

TEEN & ADULT

WERQ

WERQ is a cardio dance workout set to trending pop and hip-hop music. This hour-long fitness class features pre-choreographed routines with easy-to-follow movements set in a pattern. This is a great class for people who like to dance and have fun when they exercise. You can expect grapevines, squats, hair flips, a great sweat, and a fantastic workout. WERQ is for everybody and modifications are provided for all movements. All experience levels, fitness levels, and ages from teenagers to retirees are welcome. For children under 18 an adult must remain in the room in order for them to participate. Inst.: Capital Dance Fitness LLC.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **11 Sessions** **\$165**
240312A Wed., Jan. 14, 6:30-7:30pm

Walter Reed Center
Ages 13-Adult **11 Sessions** **\$165**
240312B Thurs., Jan. 15, 7-8pm

Strong Camp 1

Your strength foundation starts here. The Strong Camp - Level 1 is a functional strength and conditioning class designed for beginners and those mastering the fundamentals. You'll learn proper form in a supportive, high-energy environment through a mix of strength exercises and HIIT circuits. We focus on building confidence, resilience, and full-body fitness in every session. Ready to train smart and build a powerful base? This is your tribe. Inst.: Strong Academy.

Long Bridge Aquatics & Fitness Center
Ages 15-Adult **10 Sessions** **\$150**
240304A Tues., Jan. 13, 7-8pm

New! Strong Camp 2

You've built the foundation. Now it's time to level up. The Strong Camp - Level 2 is an advanced class designed to amplify your strength and push your limits. We incorporate complex movements, heavier loads, and high-performance HIIT conditioning to forge elite fitness. This is your proving ground to break through plateaus and achieve new personal bests. Ascend to the next level of your training. Inst.: Strong Academy.

Long Bridge Aquatics & Fitness Center
Ages 15-Adult **10 Sessions** **\$135**
240305A Sat., Jan. 17, 9:15-10:15am

Zumba Try It!

Have you ever wanted to TRY a Zumba class? We invite you to "Try It" and experience a workout that feels more like a dance party! These easy-to-follow routines encourage aerobic fitness, using a combination of fast and slow Latin rhythms that includes basic Salsa, Merengue, Bachata, and Cumbia. Inst.: RitaRox.

Long Bridge Aquatics & Fitness Center
Ages 16-Adult **1 Session** **Free**
240343A Mon., Jan. 5, 7-8pm

Lubber Run Center
Ages 16-Adult **1 Session** **Free**
240343B Wed., Jan. 7, 7-8pm



Zumba

This dance inspired class is great for beginners. These easy-to-follow routines encourage aerobic fitness, using a combination of fast and slow Latin rhythms that includes basic Salsa, Merengue, Bachata, and Cumbia. Come on in and enjoy the fun.

Barcroft Sports & Fitness Center. Inst.: BodyMoves Fitness LLC

Ages Adults **11 Sessions** **\$165**
[240344A](#) Thurs., Jan. 15, 11:20am-12:20pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC

Ages Adults **11 Sessions** **\$165**
[240344B](#) Wed., Jan. 14, 9:30-10:30am

Lubber Run Center. Inst.: RitaRox

Ages 16-Adult **10 Sessions** **\$150**
[240344C](#) Wed., Jan. 14, 7-8pm

Long Bridge Aquatics & Fitness Center. Inst.: RitaRox

Ages 16-Adult **9 Sessions** **\$135**
[240344D](#) Mon., Jan. 12, 7-8pm



ADULT

Barre

Want to feel like a dancer and get a dancer's lean and long body? This total body workout serves to strengthen, lengthen and stretch your body to help you accomplish your fitness goals. It integrates fat-burning of interval training with muscle-shaping exercises to quickly and safely reshape the entire body. This one-hour workout targets all major muscle groups and improves posture. Bring an exercise mat. Inst.: Lanzillotta.

Langston-Brown Center

Ages Adults **11 Sessions** **\$187**
[240319A](#) Tues., Jan. 13, 6-7pm
[240319B](#) Thurs., Jan. 15, 6-7pm
[240319C](#) Thurs., Jan. 15, 7:10-8:10pm

Body Sculpting

Start your workout with a low-impact warm up, followed by 50 minutes of light weights and resistance band work to sculpt and tone your entire body. Cool down relaxation and yoga stretches follow. Wear comfortable clothing, bring a mat and hand weights. Inst.: Lanzillotta.

Madison Center

Ages Adults **11 Sessions** **\$165**
[240334A](#) Wed., Jan. 14, 6-7pm
Ages Adults **9 Sessions** **\$135**
[240334B](#) Mon., Jan. 12, 6-7pm

Cardio Body Sculpting

This fitness class combines cardio exercises and muscle sculpting moves. During the 60-minute workout, you will work all the major muscle groups and get a cardio kick. This class is designed for all levels of fitness with modifications given. Please bring a mat, water and 2 sets of hand weights. Inst.: Melnick.

Madison Center

Ages Adults **10 Sessions** **\$150**
[240306A](#) Wed., Jan. 14, 7:15-8:15pm

Langston-Brown Center

Ages Adults **9 Sessions** **\$135**
[240306B](#) Mon., Jan. 12, 7-8pm

Cycling

Get your heart pumping with an instructor led cycle class. Each class will help to enhance cardio conditioning in a safe, judgement free zone. Cycling is a great cardiovascular activity that is great for all ages, and ability levels. Students will warm-up, climb, sprint, interval train, and cool-down during these 45-minute sessions. Beginners are welcome to go at your own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class. Burn the calories away while having fun! No membership required.

Thomas Jefferson Center. Inst.: Davis

Ages Adults **11 Sessions** **\$121**
[240331A](#) Wed., Jan. 14, 7:15-8pm

Long Bridge Aquatics & Fitness Center. Inst.: Gomez

Ages Adults **10 Sessions** **\$110**
[240331B](#) Sun., Jan. 18, 8:15-9am

Essentrics

Enjoy a full body stretch that will work through all your joints and unlock tight muscles. Each workout includes deep stretch, balance focused and strength building sequences that are easy to follow and fun to perform. You'll notice improvements in your posture and flexibility and feel energized and refreshed. Effective for injury recovery and prevention, pain relief, stress release, and promoting healing. This class is suitable for all levels of fitness. Please bring a mat. Inst.: Zuniga.



Lubber Run Center

Ages Adults **11 Sessions** **\$165**
[240303A](#) Tues., Jan. 13, 8-9am
[240303B](#) Wed., Jan. 14, 8-9am

Barcroft Sports & Fitness Center

Ages Adults **11 Sessions** **\$165**
[240303C](#) Thurs., Jan. 15, 7:15-8:15pm

Strength & Sculpt

For all fitness levels. Shape and tone upper, middle and lower body, building and maintaining muscle strength, bone density, endurance and ease of movement, working all major and minor muscle groups. You will need aerobic shoes, hand weights, flex-bands and a mat. Inst.: BodyMoves Fitness LLC

Barcroft Sports & Fitness Center

Ages Adults **11 Sessions** **\$165**
[240308A](#) Thurs., Jan. 15, 10:15-11:15am

Get Your Heart Pumping!

An instructor led cycle class to help enhance cardio conditioning in a safe, judgement free zone. Cycling is a great cardiovascular activity that is great for all ages, and ability levels. Students will warm-up, climb, sprint, interval train, and cool-down. Beginners are welcome to go at your own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class. Burn the calories away while having fun!

Participants must have a valid fitness membership or must purchase a daily pass. Drop-in classes cost \$6 (\$5 for age 55 and older). Payment must be made on the day of the class. You may also purchase a 10-pass or a 3-month unlimited class pass.

Ages Adults. \$6 per session at class

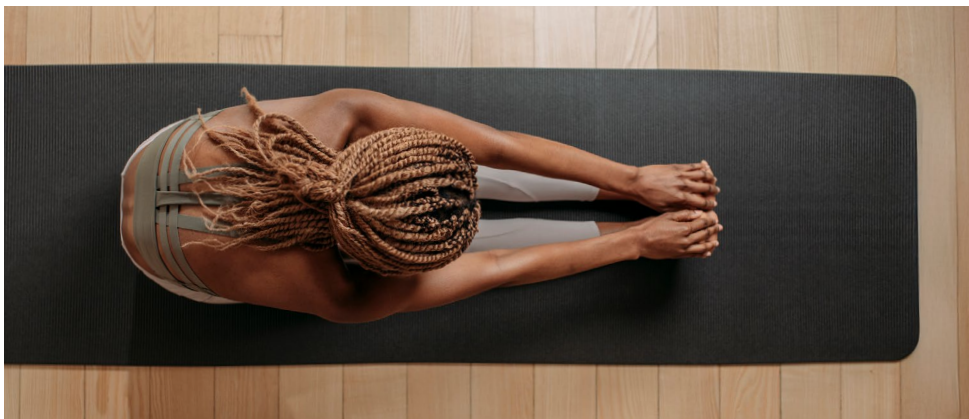
Long Bridge Aquatics Center

[790100](#) Mondays 6:30-7:15am
[790100](#) Thursdays 7-7:45pm
[790100](#) Sundays 8:15-9am

Thomas Jefferson Center

[790120](#) Wednesdays 7:15-8pm
[790120](#) Tuesdays 9-9:35am





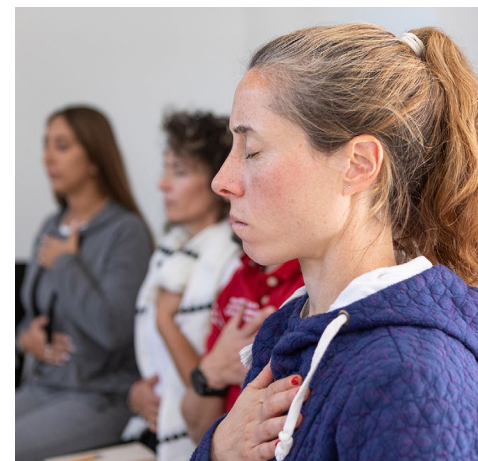
ADULT

New! Winter Reset: Protecting Our Peace

This winter let's ditch our devices and meet to explore what it means to protect our peace. Topics include intentional living, conscious decision making, boundary-setting, personal agency, and becoming more mindful of how we spend our personal energy. We'll seek pockets of joy in the everyday moments and pursue activities that invite calm into our nervous systems and replenish our well-being. Please bring an open mind, sense of humor, positive vibes, notebook and something to write with. Inst.: SjogiYogi Wellness LLC.

Fairlington Center

Ages Adults **6 Sessions** **\$92**
240813A Wed., Jan. 14, 7-8pm



YOGA

TOT & ADULT

Postpartum Yoga with Baby

Have fun with your baby (ages 6 weeks to active crawling) as you work to build strength and stretch your body with targeted toning and relaxing yoga poses. Class is geared toward mom but incorporates baby as well. For postpartum moms and babies only. Inst.: BodyMoves Fitness LLC.

Lubber Run Center

Ages Adults **9 Sessions** **\$139**
210302A Mon., Jan. 12, 10:45-11:45am

TEEN & ADULT

Mixed Level Yoga

Join this virtual yoga class to focus on centering, relaxation, and strengthening techniques while practicing classic yoga poses. Virtual class offers a well-rounded yoga experience in the comfort of your own space. You'll practice well-loved yoga poses, breathing and meditation techniques while flowing from one pose to the next. Virtual yoga is great for skilled or new yogis and those returning to practice after a break. Virtual classes are great for busy people. Finding the challenge while staying safe is the focus of this modern yoga experience. You will receive a direct link from the instructor to your email address on file. Inst.: Harper.

Virtual

Ages 16-Adult **10 Sessions** **\$154**
240912A Tues., Jan. 20, 5:45-6:45pm

PILATES

ADULT

Pilates 1

Experience new levels of core strength and flexibility. Utilize exercises and techniques that strengthen the mid-section and back, lengthen the spine and relieve back pain. Bring your own mat.

Lubber Run Center. Inst.: Ibrahim

Ages Adults **10 Sessions** **\$173**
240860A Thurs., Jan. 15, 10-11am

Lubber Run Center. Inst.: BodyMoves Fitness LLC

Ages Adults **9 Sessions** **\$156**
240860B Mon., Jan. 12, 9:30-10:30am
240860C Mon., Jan. 12, 12-12:45pm

Madison Center. Inst.: Ibrahim

Ages Adults **10 Sessions** **\$173**
240860D Tues., Jan. 13, 10-11am

Madison Center. Inst.: Lanzillotta

Ages Adults **9 Sessions** **\$156**
240860E Mon., Jan. 12, 7:10-8:10pm

Pilates 2

Try a more challenging mat routine that incorporates a faster pace, intermediate mat exercises, and shorter breaks. Build endurance, strength and flexibility in this total body workout. Completion of mat Pilates 1 preferred. Bring your own mat. Inst.: Ibrahim.

Madison Center

Ages Adults **10 Sessions** **\$173**
240862A Tues., Jan. 13, 11:15am-12:15pm

Pilates Mat Basics

This class focuses on the fundamentals of mat Pilates using a slow, gentle pace. Create awareness of your breath and the muscles used in each movement while improving coordination and flexibility. Bring your own mat. Inst.: Ibrahim.

Lubber Run Center

Ages Adults **9 Sessions** **\$156**
240864A Thurs., Jan. 15, 11:15am-12:15pm

WELLNESS

TEEN & ADULT

Intro. To Feldenkrais

Here's a one-time workshop to introduce you to the basics of Feldenkrais, an educational system centered on movement, aiming to expand and refine the use of the self through awareness. For more information on Feldenkrais go to www.wellnessinmotion.com. Inst.: McHugh.

Barcroft Sports & Fitness Center

Ages 15-Adult **1 Session** **\$16**
240851A Tues., Jan. 6, 7-8pm

Feldenkrais

If you are interested in introspective movement, you will like this class. The Feldenkrais Method is an educational system centered on movement. It aims to expand and refine the use of the self through awareness. You will often be lying down yet sometimes sitting, kneeling or standing. You will be outwardly moving the whole time, while simultaneously exploring a given inward focus. You will also learn more about anatomy. Feldenkrais increases your awareness of yourself. Over the sessions you are likely to find that you are more relaxed, nagging pains are diminishing, you are feeling more limber and energetic and new options are opening for you. Bring a bath towel to cover the County-supplied mats and, if you desire, a small pillow. For more information go to www.wellnessinmotion.com. Inst.: McHugh.

Barcroft Sports & Fitness Center

Ages 15-Adult **10 Sessions** **\$165**
240845A Tues., Jan. 13, 7-8pm

Lubber Run Center

Ages 15-Adult **10 Sessions** **\$165**
240845B Thurs., Jan. 15, 1-2pm



Arlington residents
55 and older get a 30% discount
 off the price for Enjoy classes



Energizing Yoga

Interested in restoring flexibility and strength while easing tensions? Join this well-rounded Yoga class and work at your own pace in a non-competitive environment. This 90-minute multi-level class is designed to support all levels of Yoga skill and those new to Yoga. The instructor can offer supportive techniques for most ages and abilities. Inst.: Harper.

Barcroft Sports & Fitness Center

Ages 16-Adult 10 Sessions \$231
[240918A](#) Wed., Jan. 21, 7-8:30pm

Restorative Yoga

Restorative practice focuses on a safe, gentle flow to meet you exactly where you are; be it less flexible, stiff or with a wandering mind. Students will learn how to use props such as straps, blocks, chairs and bolsters to make classic poses more accessible. Restorative poses are generally held longer to allow the body and mind to transform slowly. Classes include a complete yoga practice including stress-reduction techniques. Yoga props available. The series is appropriate for beginners or those renewing their practice after a time off. No yoga experience required. Inst.: Harper.

Barcroft Sports & Fitness Center

Ages 16-Adult 10 Sessions \$154
[240911A](#) Wed., Jan. 21, 5:45-6:45pm

Yoga for Every Body on the Lawn

Join us outdoors on the lawn (weather permitting) for this single session light-hearted hatha style yoga class. Students are encouraged to look inward, be present, and "go with the flow." Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are not a "one-size-fits-all". Let's approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment. Perhaps we'll have a Snow Yoga class!! Please dress appropriately in layers and warm shoes, bring a yoga mat, towel, water or warm beverage. In case of rain, hail, or a nasty wind-chill, class will move indoors. I'm game if you are! Inst.: SjogiYogi Wellness LLC.

Lubber Run Center

Ages 14-Adult 1 Session \$16
[240910A](#) Sat., Jan. 24, 9-10am
[240910B](#) Sat., Feb. 21, 9-10am
[240910C](#) Sat., Mar. 14, 9-10am

Yoga for Flexibility Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We work on traditional warm up exercises; balance exercises and poses. Class ends with a yoga Nidra relaxation exercise. No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Inst.: Interdonato.

Fairlington Center

Ages 14-Adult 11 Sessions \$254
[240919A](#) Wed., Jan. 14, 6:45-8:15pm
[240919B](#) Fri., Jan. 16, 5-6:30pm

Walter Reed Center

Ages 14-Adult 9 Sessions \$208
[240919C](#) Mon., Jan. 12, 5-6:30pm
[240919D](#) Mon., Jan. 12, 6:45-8:15pm

ADULT

Chair Yoga for Every Body

A gentle, light-hearted class that aligns seated movement with mindful breathing. Enjoy the benefits of yoga from the support of a chair: mitigate stress, improve flexibility, and increase body awareness. Variations are shared and students are encouraged to adapt the movements to what is best for their own bodies. No experience necessary. Let's approach yoga and life with fun, compassion, and gratitude. Inst.: SjogiYogi Wellness LLC.

Lubber Run Center

Ages Adults 1 Session \$16
[240908A](#) Mon., Jan. 26, 12:30-1:30pm
[240908B](#) Mon., Feb. 23, 12:30-1:30pm
[240908C](#) Mon., Mar. 16, 12:30-1:30pm

Core Yoga

Begin or enhance your yoga journey with a yoga practice that emphasizes core strength to help improve stability, balance, and daily functionality. This class blends vinyasa yoga (linking poses into a flow) with traditional and mind-body core exercise to increase overall strength and flexibility. Breathwork and body awareness are a key focus. The format includes warm-up, yoga practice, core work, stretching and relaxation. Bring a yoga mat. Inst.: Johnson.

Lubber Run Center

Ages Adults 10 Sessions \$154
[240903A](#) Thurs., Jan. 15, 6-7pm

Barcroft Sports & Fitness Center

Ages Adults 8 Sessions \$123
[240903B](#) Mon., Jan. 12, 6:45-7:45pm

pilates studio



Try Pilates on the Reformer!

Available at Thomas Jefferson Community Center with experienced instructors.

For more information visit the [website](#) or contact Fitness Manager [Michelle Atkin](#).

AT LONG BRIDGE AQUATICS & FITNESS CENTER, MEMBERSHIP HAS ITS PERKS



Need another reason to love the Long Bridge Aquatics & Fitness Center? Memberships and passes will now include drop-in fitness classes at Long Bridge. Learn more [here](#).

LONG BRIDGE
 aquatics & fitness center



Gentle Yoga

If you are interested in restoring flexibility and strength while easing tensions, join this class and work at your own pace in a non-competitive yoga class. This multi-level class is designed to fit participants needs at all levels. The instructor can give special attention to senior adults or participants with physical limitations. Inst.: Eubank.

Madison Center
Ages Adults **11 Sessions** **\$169**
240902A Wed., Jan. 14, 10–11:15am

Lubber Run Center
Ages 16-Adult **10 Sessions** **\$154**
240902B Sun., Jan. 18, 5:40–6:50pm

Sculpting Yoga

Add strength to your yoga practice! This class blends Vinyasa yoga with body sculpting techniques using light dumbbells and body weight to help improve stability, balance, and daily functionality. Class practice focuses on breathwork, body awareness, and finding the delicate balance between



strength and flexibility. Bring a pair of light weights (1, 2, or 3 lbs. each weight), yoga mat, and water bottle. Inst.: Johnson.

Madison Center
Ages Adults **10 Sessions** **\$154**
240906A Tues., Jan. 13, 6–7pm

Lubber Run Center
Ages Adults **10 Sessions** **\$154**
240906B Thurs., Jan. 15, 7:15–8:15pm

Yin Yoga

Looking for a more quiet and introspective yoga experience? Want to slow down and ease into poses more gradually? This Yin Yoga class is for you! This class focuses on the slow-paced styles of Yin Yoga, meant to give us a chance to fully reflect in poses that are more supported and held for longer periods of time, releasing tension in the muscles and our connective tissues. Yin Yoga gives us a chance to slow our practice, still our poses, and draw our intentions inward, relaxing and releasing both physical and emotional tensions. We will spend most of our time on the floor and close to the ground. Please bring a blanket in addition to your yoga mat. The center has plenty of blocks and straps that we will also use for props. Inst.: Eubank.

Lubber Run Center
Ages 16-Adult **11 Sessions** **\$212**
240913A Tues., Jan. 13, 6:30–7:45pm

Yoga for Balance

This class uses yoga poses, mindful breathing techniques and current exercise theory to enhance your balance--both physical and mental! Whether you are a beginner or more experienced yoga student, balance is always a rich area of exploration and practice. Pose modifications and alternatives will be offered, so that each session suits your needs. Bring your yoga mat and discover this invigorating, interesting and fun way to work toward balanced, whole-body health. Inst.: Clardy.

Madison Center
Ages Adults **10 Sessions** **\$154**
240905A Tues., Jan. 13, 9:30–10:30am
240905B Fri., Jan. 16, 9:30–10:30am

Yoga for Fitness

Fundamentals of yoga practice are presented, including asanas (poses), breathing techniques, and body awareness, in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely to

restore/increase flexibility and range of motion, build stamina, and improve coordination and balance. All levels welcome. You will need a yoga mat. Inst.: BodyMoves Fitness LLC.

Barcroft Sports & Fitness Center
Ages Adults **9 Sessions** **\$139**
240914A Mon., Jan. 12, 10–11am

Yoga 1

This class teaches yoga fundamentals and progressively incorporates new postures into the practice. This class is open to true beginners as well as those who want to deepen their ongoing yoga practice. Participants must bring their own mat and yoga props.

Madison Center. Inst.: Melnick
Ages Adults **10 Sessions** **\$154**
240904A Tues., Jan. 13, 7:15–8:15pm

Madison Center. Inst.: Johnson
Ages Adults **10 Sessions** **\$154**
240904B Fri., Jan. 16, 8:15–9:15am



Yoga for Every Body

A light-hearted hatha style yoga class designed to align postures with breath. Students are encouraged to look inward, be present, and “go with the flow.” Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are not “one-size-fits-all.” Let’s approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment! Please bring a yoga mat, water bottle and towel. For the virtual class, you will receive a direct link from the instructor to your email address on file. Inst.: SjogiYogi Wellness LLC.

Barcroft Sports & Fitness Center
Ages Adults **10 Sessions** **\$154**
240907A Tues., Jan. 13, 10–11am

Walter Reed Center
Ages Adults **10 Sessions** **\$154**
240907B Tues., Jan. 13, 7:15–8:15pm

Virtual
Ages Adults **10 Sessions** **\$154**
240907C Thurs., Jan. 15, 10–11am

MARTIAL ARTS



TOT & YOUTH

ABC's of Fencing

The A, B, C's of Fencing is a beginner-friendly class designed to help young children develop Agility, Balance, and Coordination the building blocks of athletic movement. Through fun games and age-appropriate activities, participants will explore the basics of fencing in a safe, non-competitive environment. This program is a great way to build confidence, improve motor skills, and spark an interest in physical activity. No equipment or prior experience required! Inst.: Nova Fencing Club.

NOVA Fencing and Archery Club

Ages 4-6 **8 Sessions** **\$176**
220306A Sat., Jan. 24, 10-11am

Tip Top Ninjas 1

Learn the fun and fundamentals of Taekwondo! Children will learn the basics including kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred. This is a no combat no contact zone/no sparring, where Ninjas are born. Inst.: Tip Top Sports.

Barcroft Sports & Fitness Center

Ages 4-7 **11 Sessions** **\$224**

220308A Wed., Jan. 14, 4:45-5:30pm

Ages 4-7 **10 Sessions** **\$204**

220308B Mon., Jan. 12, 4:45-5:30pm

220308C Sat., Jan. 24, 9:30-10:15am

220308D Sat., Jan. 24, 10:30-11:15am

Ages 6-12 **10 Sessions** **\$204**

220308E Sat., Jan. 24, 11:30am-12:15pm

Ages 7-11 **10 Sessions** **\$204**

220308F Mon., Jan. 12, 5:45-6:30pm

Fee Reductions

You may qualify for fee reductions based on your income. Call 703.228.4747 to find out more.

YOUTH

Tip Top Ninjas 2

Learn the fun and fundamentals of Taekwondo! Children will develop learning more advanced techniques: including board breaking, target practice, shadowing sparring, punching bags, kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect and group interaction, teamwork and exercise. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred. This is a no combat no contact zone/no sparring, where Ninjas are born. This is not a beginner class. One year of Tip Top Ninjas Martial Arts is required. Inst.: Tip Top Sports.

Barcroft Sports & Fitness Center

Ages 6-12 **11 Sessions** **\$204**

220311A Wed., Jan. 14, 5:45-6:30pm

Junior Judo

Junior Judo is an ongoing program for students who have completed a judo course or who have judo experience. Class will encompass learning Kodokan Judo with a focus on improving break fall techniques, throws, mat work, randori, kata and shiai. Older juniors will also learn choking techniques and kata. Students are required to join the USJF Shufu Yudanshakai or USA Virginia Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars and clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. *previous judo experience required. Inst.: Landstreet.

Dawson Terrace Center

Ages 5-13 **22 Sessions** **\$220**

220307A Tues./Thurs., Jan. 13, 6-7pm

220307B Tues./Thurs., Jan. 13, 7:10-8:10pm

Judo Advanced Workout

Advanced Judo Workout is an advance practice for students who have completed a judo course or who have judo experience. Class will encompass practicing Kodokan Judo techniques that they have learned and drills. It will also provide a time to practice Kata and other advanced techniques. Students are required to join the USJF or USA Judo. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. *previous judo experience required. Inst.: Landstreet.

Dawson Terrace Center

Ages 5-13 **9 Sessions** **\$90**

220309A Mon., Jan. 12, 7-8pm

Ages 13-Adult **9 Sessions** **\$90**

220309B Mon., Jan. 12, 8:10-9:10pm

Traditional Japanese Karate Youth/Teen

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-control, etiquette, and concentration skills, as well as developing technical skill. Individual pace is honored. Testing is done periodically. Inst.: Fill.

Arlington Mill Center

Ages 6-17 **6 Sessions** **\$100**

220313A Fri., Jan. 16, 5-6pm

Ages 6-17 **5 Sessions** **\$83**

220313B Fri., Mar. 6, 5-6pm

Lubber Run Center

Ages 6-17 **6 Sessions** **\$100**

220313C Sat., Jan. 17, 2-2:50pm

Ages 6-17 **5 Sessions** **\$83**

220313D Sat., Mar. 7, 2-2:50pm



YOUTH /TEEN/ADULT

Introduction to Olympic Fencing

Nova Fencing Club welcomes students to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included. NOVA Fencing Club is located at 3505 Carlin Springs Rd. Falls Church, VA.

NOVA Fencing and Archery Club

Ages 7-12 **8 Sessions** **\$176**

[220310A](#) Mon./Wed., Jan. 14, 5-6pm

[220310B](#) Mon./Wed., Feb. 18, 5-6pm

[220310C](#) Tues./Thurs., Jan. 13, 6-7pm

[220310D](#) Mon./Wed., Jan. 14, 6-7pm

[220310E](#) Mon./Wed., Feb. 18, 6-7pm

[220310F](#) Tues./Thurs., Feb. 19, 6-7pm

Ages 13-Adult **8 Sessions** **\$176**

[220310G](#) Tues./Thurs., Jan. 13, 7-8pm

[220310H](#) Mon./Wed., Jan. 14, 7-8pm

[220310I](#) Mon./Wed., Feb. 18, 7-8pm

Senior Judo

All aspects of Judo will be taught. Senior Judo is an ongoing Judo program for those students who have completed a Judo course or have previous experience in Judo. Students are required to join the USJF Shufu Yudanshakai or USA Virginia Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars and clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. Previous Judo experience required. Inst.: Landstreet.

Dawson Terrace Center

Ages 13-Adult **22 Sessions** **\$220**

[240353A](#) Tues./Thurs., Jan. 13, 8:20-9:20pm

ADULT

Traditional Japanese Karate Adult

Strengthen both body and mind! Studied internationally in 20 countries, Itosu-Kai is a traditional style of Japanese Karate focusing on self-defense and character development. Gain physical skills, increase stamina, and develop self-discipline while learning to overcome challenges and limitations both physical and mental. Training includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). From beginner through advanced. Individual pace is honored. Testing is done periodically for participants seeking to progress from White Belt to Black Belt. Inst.: Fill.

Lubber Run Center

Ages Adults **6 Sessions** **\$100**

[240351A](#) Sat., Jan. 17, 1-1:50pm

Ages Adults **5 Sessions** **\$83**

[240351B](#) Sat., Mar. 7, 1-1:50pm

Arlington Mill Center

Ages Adults **6 Sessions** **\$100**

[240351C](#) Fri., Jan. 16, 6:15-7:15pm

Ages Adults **5 Sessions** **\$83**

[240351D](#) Fri., Mar. 6, 6:15-7:15pm



PICKLEBALL

TEEN & ADULT

Pickleball Try It Clinic

What is pickleball? It's one of the fastest growing sports in the country. Come and see what all the excitement is about in this introductory clinic. Bounce-Boom coaches will go over all the basics of how the game is played plus how to keep score. Try it. You'll love it! Pickleball paddles are provided for the Pickleball Try It Clinic only. Inst.: Bounce-Boom (First Serve Tennis).

Hayes Park

Ages 15-Adult **1 Session** **\$40**

[240614A](#) Sat., Mar. 7, 10:30-11:30am

YOUTH/TEEN/ADULT

Pickleball 1

Beginner. Players learn the fundamentals, scoring, and how to boost consistency by minimizing errors. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. Inst.: Bounce-Boom (First Serve Tennis).

Marcey Road Park

Ages 7-10 **5 Sessions** **\$151**

[240615A](#) Wed., Feb. 25, 4:30-5:20pm

Ages 15-Adult **6 Sessions** **\$182**

[240615B](#) Thurs., Jan. 15, 10:30-11:20am

Ages 15-Adult **5 Sessions** **\$151**

[240615C](#) Mon., Feb. 23, 9:30-10:20am

[240615D](#) Mon., Feb. 23, 4:30-5:20pm

[240615E](#) Mon., Feb. 23, 5:30-6:20pm

[240615F](#) Wed., Feb. 25, 5:30-6:20pm

[240615G](#) Thurs., Feb. 26, 5:30-6:20pm

Fort Scott Park

Ages 15-Adult **5 Sessions** **\$151**

[240615H](#) Thurs., Feb. 26, 9:30-10:20am

Hayes Park

Ages 15-Adult **5 Sessions** **\$151**

[240615I](#) Mon., Feb. 23, 6:30-7:20pm

[240615J](#) Mon., Feb. 23, 7:30-8:20pm

TEEN & ADULT

Pickleball 2

Advanced beginner. Prerequisite: 1-2 seasons of Pickleball 1 and/or a coach's recommendation. Players build upon fundamentals to learn important match-play skills that will improve results in competition. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. Inst.: Bounce-Boom (First Serve Tennis).

Marcey Road Park

Ages 15-Adult **6 Sessions** **\$182**

[240616A](#) Thurs., Jan. 15, 11:30am-12:20pm

Ages 15-Adult **5 Sessions** **\$151**

[240616B](#) Mon., Feb. 23, 10:30-11:20am

[240616C](#) Mon., Feb. 23, 6:30-7:20pm

[240616D](#) Wed., Feb. 25, 6:30-7:20pm

[240616E](#) Wed., Feb. 25, 7:30-8:20pm

[240616F](#) Thurs., Feb. 26, 6:30-7:20pm

[240616G](#) Wed., Feb. 25, 5:30-6:20pm

[240616H](#) Thurs., Feb. 26, 7:30-8:20pm

We'd like to hear from you!

If you have a question or concern, or have a suggestion as to how we can improve our services, please email us at registration@arlingtonva.us

Hayes Park

Ages 15-Adult **6 Sessions** **\$182**

[240616I](#) Tues., Jan. 13, 11:30am-12:20pm

Ages 15-Adult **5 Sessions** **\$151**

[240616J](#) Mon., Feb. 23, 5:30-6:20pm

[240616K](#) Mon., Feb. 23, 6:30-7:20pm

Fort Scott Park

Ages 15-Adult **5 Sessions** **\$151**

[240616L](#) Tues., Feb. 24, 10:30-11:20am

[240616M](#) Wed., Feb. 25, 9:30-10:20am

[240616N](#) Thurs., Feb. 26, 10:30-11:20am

[240616O](#) Thurs., Feb. 26, 5:30-6:20pm

[240616P](#) Thurs., Feb. 26, 7:30-8:20pm

Pickleball 3

Intermediate. Prerequisite: 2-4 seasons of Pickleball 2 and/or a coach's recommendation. Players increase power and accuracy while learning advanced match-play techniques and tactics to prepare for tournament play. Please wear court shoes. Paddles required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. Inst.: Bounce-Boom (First Serve Tennis).

Hayes Park

Ages 15-Adult **6 Sessions** **\$182**

[240617A](#) Tues., Jan. 13, 10:30-11:20am

Ages 15-Adult **5 Sessions** **\$151**

[240617B](#) Mon., Feb. 23, 5:30-6:20pm

[240617C](#) Thurs., Feb. 26, 6:30-7:20pm

Fort Scott Park

Ages 15-Adult **5 Sessions** **\$151**

[240617D](#) Tues., Feb. 24, 9:30-10:20am

[240617E](#) Wed., Feb. 25, 8:30-9:20am

[240617F](#) Wed., Feb. 25, 10:30-11:20am

Marcey Road Park

Ages 15-Adult **5 Sessions** **\$151**

[240617G](#) Wed., Feb. 25, 6:30-7:20pm

[240617H](#) Thurs., Feb. 26, 5:30-6:20pm

[240617I](#) Thurs., Feb. 26, 7:30-8:20pm

Pickleball 4

Prerequisite: 3-6 seasons of Pickleball 3 and/or a coach's recommendation. Designed for experienced players who regularly participate in open play and compete in tournaments at a 3½ level or higher. Players refine strategy, shot selection, and court positioning through fast-paced drills and competitive play. Emphasis is placed on consistency, communication, and advanced tactics such as stacking, poaching, and resetting. Ideal for those seeking to elevate their tournament performance and competitive edge. Please wear court shoes. Paddles required. Ratio 5:1 Inst.: Bounce-Boom (First Serve Tennis).

Marcey Road Park

Ages 15-Adult **5 Sessions** **\$151**

[240619A](#) Thurs., Feb. 26, 6:30-7:20pm

New! Pickleball 3 & 4

Intermediate-Advanced. Prerequisite: 3-6 seasons of Pickleball 2, current participation in levels 3 or 4, and/or a coach's recommendation. Designed for experienced players who regularly participate in open play and/or compete in tournaments at a 3½ level or higher. Players refine strategy, shot selection, and court positioning through fast-paced drills and competitive play. Ideal for those seeking to elevate their performance and competitive edge. Please wear court shoes. Paddles required. Ratio 6:1 Inst.: Bounce-Boom (First Serve Tennis).

Hayes Park

Ages 15-Adult **5 Sessions** **\$151**

[240622A](#) Mon., Feb. 23, 7:30-8:20pm

Marcey Road Park

Ages 15-Adult **5 Sessions** **\$151**

[240622B](#) Mon., Feb. 23, 11:30am-12:20pm

[240622C](#) Mon., Feb. 23, 7:30-8:20pm

[240622D](#) Wed., Feb. 25, 7:30-8:20pm

SPORTS



TOT & ADULT

Grand Slam T-Ball & Me

The emphasis at this age is to have fun. This class focuses on children's fine motor skills by introducing them to fun T-ball activities and developmental practice. This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required. Inst.: Tip Top Sports.

Lubber Run Center

Ages 2-3 **11 Sessions** **\$224**

[210618A](#) Sat., Jan. 17, 11-11:45am

Little Athletes & Me

This fun and wacky Adult & Me Sports and fitness class is designed to introduce children to a variety of sports, games and group activities, all with the help of an adult! This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required. Inst.: Tip Top Sports.

Gunston Tent

Ages 2-3 **11 Sessions** **\$224**

[210615A](#) Tues., Jan. 13, 9-9:45am

Arlington Mill Center

Ages 2-3 **11 Sessions** **\$224**

[210615B](#) Sat., Jan. 17, 9-9:45am

Lubber Run Center

Ages 2-3 **11 Sessions** **\$224**

[210615C](#) Sat., Jan. 17, 9-9:45am

[210615D](#) Sun., Jan. 18, 4-4:45pm



Your One-Stop-Shop.

For registration and facilities scheduling needs call 703.228.4747. The system informs you of your place in the queue during high volume times, provides more agents during peak times, and gives Spanish speakers direct access to assistance. For registration services, press 1; for scheduling, press 2; para español presione 9.



Little Kicks Soccer & Me

This fun and wacky Parent & Me Soccer class is designed to introduce children to soccer through games and group activities, all with the help of Mom or Dad! Inst.: Tip Top Sports.

Gunston Tent

Ages 2-3 **11 Sessions** **\$224**
[210605A](#) Tues., Jan. 13, 10-10:45am

Fairlington Center

Ages 2-3 **11 Sessions** **\$224**
[210605B](#) Sat., Jan. 17, 9-9:45am

Arlington Mill Center

Ages 2-3 **11 Sessions** **\$224**
[210605C](#) Sat., Jan. 17, 10-10:45am

Lubber Run Center

Ages 2-3 **11 Sessions** **\$224**
[210605D](#) Sat., Jan. 17, 10-10:45am

Thomas Jefferson Center

Ages 2-3 **11 Sessions** **\$224**
[210605E](#) Sun., Jan. 18, 4:15-5pm

TOT & YOUTH

Grand Slam T-Ball

The emphasis at this age is to have fun. This class is geared toward helping establish the true passion and excitement of T-BALL while learning the fundamentals of the sport. Inst.: Tip Top Sports.

Fairlington Center

Ages 4-6 **11 Sessions** **\$224**
[210617A](#) Sat., Jan. 17, 12-12:45pm

Little Athletes

This fun and exciting class is a young athlete's dream. It is filled with various sports, games, and lead in activities that will allow kids to develop their true passion for sports. Inst.: Tip Top Sports.

Lubber Run Center

Ages 4-6 **11 Sessions** **\$224**
[210616A](#) Sat., Jan. 17, 12-12:45pm
[210616B](#) Sun., Jan. 18, 3:10-3:55pm

Little Kicks Soccer

Soccer is an energetic sport that gives preschoolers the opportunity to improve skills and increase endurance while having fun and learning. Children learn the basic skills of the game, focusing on kicking, dribbling, shooting and passing. This class strives not only to teach soccer skills, but also to teach teamwork, sportsmanship and cooperative play. Inst.: Tip Top Sports.

Gunston Tent

Ages 4-6 **11 Sessions** **\$224**
[210610A](#) Tues., Jan. 13, 11-11:45am

Fairlington Center

Ages 4-6 **11 Sessions** **\$224**
[210610B](#) Wed., Jan. 14, 4:45-5:30pm
[210610C](#) Sat., Jan. 17, 10-10:45am

Arlington Mill Center

Ages 4-6 **11 Sessions** **\$224**
[210610D](#) Sat., Jan. 17, 11-11:45am

Thomas Jefferson Center

Ages 4-6 **11 Sessions** **\$260**
[210610E](#) Sun., Jan. 18, 3:10-4:10pm

Kicks for Tots Soccer

Improve individual ball skills in a fun, energetic environment. The primary method of instruction is based on the US Soccer Federation Youth soccer development program. Coaching methods revolve around developing player's social, physical and technical skills in an active, positive environment. Sessions accommodate all skill levels. Equipment Needed: Size 3 soccer ball. Adults required to remain on premises at all times. Inst.: Stockton Soccer.

Fairlington Center

Ages 2-3 **11 Sessions** **\$234**

[210612A](#) Wed., Jan. 14, 9:15-9:55am

[210612B](#) Thurs., Jan. 15, 4:15-4:55pm

Ages 3-6 **11 Sessions** **\$234**

[210612C](#) Sat., Jan. 17, 3-3:45pm

Ages 5-8 **11 Sessions** **\$234**

[210612D](#) Sat., Jan. 17, 3:55-4:50pm

Gunston Tent

Ages 3-6 **11 Sessions** **\$234**

[210612E](#) Thurs., Jan. 15, 4-4:45pm

[210612F](#) Thurs., Jan. 15, 5-5:50pm

Lubber Run Center

Ages 3-6 **11 Sessions** **\$234**

[210612G](#) Sat., Jan. 17, 8:05-8:45am



Run Shoot Basketball

Kids learn basic basketball fundamentals and teamwork through fun drills. Adults must remain on premises at all times. *Adult Participation Required. Inst.: Stockton Soccer.

Fairlington Center

Ages 3-4 **11 Sessions** **\$224**

[210619A*](#) Sat., Jan. 17, 11-11:45am

Ages 3-4 **10 Sessions** **\$204**

[210619B*](#) Mon., Jan. 12, 4:30-5:15pm

Ages 4-6 **11 Sessions** **\$260**

[210619C](#) Thurs., Jan. 15, 5:20-6:20pm

Ages 5-6 **10 Sessions** **\$237**

[210619D](#) Mon., Jan. 12, 5:20-6:20pm

Lubber Run Center

Ages 5-6 **11 Sessions** **\$260**

[210619E](#) Sat., Jan. 17, 12:55-1:55pm

[210619F](#) Sun., Jan. 18, 2:05-3:05pm





YOUTH

First Down Flag Football

This class teaches kids basic skills and concepts of flag football. That includes fun group games, technique drills, and mini practice scrimmages to introduce young athletes to the sport. While providing a fun and safe environment, First Down Flag Football will help develop players technique, fine motor skills, and overall passion for flag football! Adults required to remain on premises at all times. Inst.: Tip Top Sports.

Fairlington Center

Ages 5-8 **11 Sessions** **\$224**
220610A Sat., Jan. 17, 1-1:45pm

Little Champions Soccer

This class includes energetic games that enhance kid's soccer skills, teamwork, and overall sportsmanship. Inst.: Tip Top Sports.

Arlington Mill Center

Ages 7-9 **11 Sessions** **\$260**
210621A Sat., Jan. 17, 12-1pm

Thomas Jefferson Center

Ages 7-9 **11 Sessions** **\$260**
210621B Sun., Jan. 18, 2:05-3:05pm

Tip Top Sticks: Hockey & Lacrosse

Tip Top Sticks offer exposure to two different stick sports all in one session. Kids will begin learning hockey first, then lacrosse. Students will learn the fundamentals of each sport while developing stickhandling, passing and scoring through scrimmage games and learning about sportsmanship. Excellent opportunity to learn multiple sports in a safe and dynamic environment. Inst.: Tip Top Sports.

Fairlington Center

Ages 7-9 **11 Sessions** **\$224**
210609A Sat., Jan. 17, 2-2:45pm

Fee Reductions

You may qualify for fee reductions based on your income. Call 703.228.4747 to find out more.

YOUTH & TEEN

Game Time Hoops

Game Time Hoops is a class where children can enjoy playing just basketball games. The purpose of this class is to give children an environment to practice their skills in a game setting. Each class will include 2 to 3 games that last 8 minutes each. Focus on teamwork, making new friends, and having fun are the goals for this class. Inst.: Tip Top Sports.

Fairlington Center

Ages 7-9 **11 Sessions** **\$260**
220609A Wed., Jan. 14, 5:45-6:45pm
Ages 10-13 **11 Sessions** **\$260**
220609B Wed., Jan. 14, 6:50-7:50pm

Girls Hoops Basketball

Girls Hoops is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling,



and defense. The emphasis is to create general fitness, develop their athletic interest, and to have fun building values and confidence through teamwork. Adults must remain on premises at all times. Inst.: Tip Top Sports.

Fairlington Center

Ages 4-6 **12 Sessions** **\$284**
220615A Tues., Jan. 13, 5:20-6:20pm
Ages 7-9 **12 Sessions** **\$284**
220615B Tues., Jan. 13, 6:30-7:30pm
Ages 10-13 **12 Sessions** **\$284**
220615C Tues., Jan. 13, 7:40-8:40pm

Triple Threat Basketball

Kids learn basic basketball fundamentals and techniques through fun drills. Adults must remain on premises at all times. Inst.: Tip Top Sports.

Lubber Run Center

Ages 7-10 **11 Sessions** **\$260**
220613A Sun., Jan. 18, 1-2pm

Fairlington Center

Ages 9-13 **11 Sessions** **\$224**
220613B Thurs., Jan. 15, 6:30-7:15pm
Ages 7-11 **10 Sessions** **\$237**
220613C Mon., Jan. 12, 6:30-7:30pm

World Cup Soccer

World Cup Soccer includes energetic drills and all-inclusive games that help teach kids the fundamentals of soccer, specific soccer skills, and the importance of teamwork. Inst.: Tip Top Sports.

Thomas Jefferson Center

Ages 10-13 **11 Sessions** **\$260**
220616A Sun., Jan. 18, 1-2pm

YOUTH/TEEN/ADULT

Explore Archery

Learn the basics of Olympic archery. We cover range safety and proper shooting form. All equipment is provided and classes are taught in our indoor facility. NOVA Fencing Club is located at 3505 Carlin Springs Rd. Falls Church, VA.

NOVA Fencing and Archery Club

Ages 8-Adult **6 Sessions** **\$132**
220312A Wed., Jan. 14, 5-6pm
220312B Wed., Feb. 25, 5-6pm



Thomas Jefferson Center

Ages 7-9	5 Sessions	\$151
220602O	Mon., Feb. 23, 5:30-6:20pm	
220602P	Wed., Feb. 25, 5:30-6:20pm	
Ages 10-13	5 Sessions	\$151
220602Q	Mon., Feb. 23, 4:30-5:20pm	
220602R	Wed., Feb. 25, 4:30-5:20pm	

Tuckahoe Park

Ages 7-9	5 Sessions	\$151
220602S	Thurs., Feb. 26, 5:30-6:20pm	

Virginia Highlands Park

Ages 7-9	5 Sessions	\$151
220602T	Mon., Feb. 23, 4:30-5:20pm	
220602U	Thurs., Feb. 26, 4:30-5:20pm	
220602V	Thurs., Feb. 26, 6:30-7:20pm	
Ages 10-13	5 Sessions	\$151
220602W	Mon., Feb. 23, 5:30-6:20pm	
220602X	Thurs., Feb. 26, 5:30-6:20pm	

Langston-Brown Center

Ages 10-13	5 Sessions	\$151
220602Y	Wed., Feb. 25, 5:30-6:20pm	

Tennis 3 Drill & Match Play

Intermediate. Prerequisite: 2-4 seasons of Level 1&2 classes in the corresponding age range, ability to rally and coach's recommendation. This program teaches the skills necessary to play matches for the first time emphasizing serving, positioning, and peer-to-peer hitting. Each session is a mix of instruction and competitive situations. Ideal for intermediate players ready to transition from our Tennis 1&2 program. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 8:1. Inst.: Bounce-Boom (First Serve Tennis).

Tuckahoe Park

Ages 8-10	5 Sessions	\$190
220603A	Tues., Feb. 24, 4:30-5:40pm	
Ages 11-14	5 Sessions	\$190
220603B	Tues., Feb. 24, 5:50-7pm	

TENNIS

YOUTH & TEEN

Tennis 1 & 2

Beginner - advanced beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports programs use innovative teaching techniques and games in a fun, friendly and supportive learning environment. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. Inst.: Bounce-Boom (First Serve Tennis).

Greenbrier Park

Ages 5-6	5 Sessions	\$151
220602A	Sun., Feb. 22, 10-10:50am	
Ages 7-9	5 Sessions	\$151
220602B	Sun., Feb. 22, 9-9:50am	
220602C	Sun., Feb. 22, 10-10:50am	
220602D	Sun., Feb. 22, 11-11:50am	
Ages 10-13	5 Sessions	\$151
220602E	Sun., Feb. 22, 12-12:50pm	

Barcroft Park

Ages 7-9	5 Sessions	\$151
220602F	Tues., Feb. 24, 4:30-5:20pm	
Ages 10-13	5 Sessions	\$151
220602G	Tues., Feb. 24, 5:30-6:20pm	

Jennie Dean Park

Ages 7-9	5 Sessions	\$151
220602H	Wed., Feb. 25, 5:30-6:20pm	

Lyon Village Park

Ages 7-9	5 Sessions	\$151
220602I	Thurs., Feb. 26, 5:10-6pm	
220602J	Tues., Feb. 24, 5:30-6:20pm	
Ages 10-13	5 Sessions	\$151
220602K	Tues., Feb. 24, 4:30-5:20pm	

Stratford Park

Ages 7-9	5 Sessions	\$151
220602L	Mon., Feb. 23, 4:30-5:20pm	
220602M	Wed., Feb. 25, 5:30-6:20pm	
Ages 10-13	5 Sessions	\$151
220602N	Mon., Feb. 23, 5:30-6:20pm	

We want to ensure you have The Best Experience!

If, after the first class, you feel that the class is not a good fit for you or your schedule, give us a call at 703.228.4747 within the first 48 business hours after the first class and we will refund your money less the \$20 cancellation fee. We are open M-F, 8am-5pm.

Refunds: No refund fees are charged for cancellations until after 8am Dec.10; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747.



TEEN

Tennis 4 JV Tennis Drill & Match Play

Advanced. Prerequisite: 3-6 seasons of Level 3 Ages 11-14 classes, reliable serve, and coach's recommendation. Students learn advanced techniques and tactics to refine match play skills with the goal of making their high school team. Each session is a mix of instruction and competitive situations. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 8:1. Inst.: Bounce-Boom (First Serve Tennis).

Quincy Park

Ages 13-17 **6 Sessions** **\$248**
220604A Tues., Jan. 13, 4:30-5:40pm

Tuckahoe Park

Ages 13-17 **5 Sessions** **\$206**
220604B Tues., Feb. 24, 7:10-8:20pm

Kenmore MS

Ages 13-17 **5 Sessions** **\$206**
220604C Sat., Feb. 28, 10:30-11:50am

TEEN & ADULT

Tennis Try It Clinic

Ever think about playing tennis and don't know where to start? Bounce-Boom coaches are here to help. We will go over all the basics of how the game is played and start you on your way to a lifelong love of tennis. Try it. You'll love it! Tennis racquets are provided. Inst.: Bounce-Boom (First Serve Tennis).

Kenmore MS

Ages 15-Adult **1 Session** **\$40**
240600A Sat., Mar. 7, 1:20-2:50pm

Tennis 1

Beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. Inst.: Bounce-Boom (First Serve Tennis).

Barcroft Park

Ages 15-Adult **5 Sessions** **\$206**
240601A Tues., Feb. 24, 6:30-7:40pm

Jennie Dean Park

Ages 15-Adult **5 Sessions** **\$206**
240601B Wed., Feb. 25, 6:30-7:40pm

Kenmore MS

Ages 15-Adult **5 Sessions** **\$206**
240601C Sat., Feb. 28, 12-1:10pm

Lyon Village Park

Ages 15-Adult **5 Sessions** **\$206**
240601D Tues., Feb. 24, 9:45-10:55am
240601E Wed., Feb. 25, 9:45-10:55am
240601F Thurs., Feb. 26, 6:10-7:20pm

Maury Park

Ages 15-Adult **5 Sessions** **\$206**
240601G Sat., Feb. 28, 11:40am-12:50pm



Stratford Park

Ages 15-Adult **5 Sessions** **\$206**
240601H Thurs., Feb. 26, 6:30-7:40pm

Thomas Jefferson Center

Ages 15-Adult **5 Sessions** **\$206**
240601I Mon., Feb. 23, 6:30-7:40pm
240601J Wed., Feb. 25, 6:30-7:40pm

Tuckahoe Park

Ages 15-Adult **5 Sessions** **\$206**
240601K Tues., Feb. 24, 7:10-8:20pm

Virginia Highlands Park

Ages 15-Adult **5 Sessions** **\$206**
240601L Mon., Feb. 23, 6:30-7:40pm

Tennis 2

Advanced beginner. Prerequisite: 1-2 seasons of Tennis 1 and/or a coach's recommendation. Players drill strokes, develop rallying skills, and are introduced to situations and positioning for singles and/or doubles play. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. Inst.: Bounce-Boom (First Serve Tennis).

Barcroft Park

Ages 15-Adult **5 Sessions** **\$206**
240602A Tues., Feb. 24, 7:50-9pm

Jennie Dean Park

Ages 15-Adult **5 Sessions** **\$206**
240602B Wed., Feb. 25, 7:50-9pm

Lyon Village Park

Ages 15-Adult **5 Sessions** **\$206**
240602C Tues., Feb. 24, 11:05am-12:15pm
240602D Tues., Feb. 24, 6:30-7:40pm
240602E Wed., Feb. 25, 11:05am-12:15pm
240602F Thurs., Feb. 26, 8:50-10pm

Maury Park

Ages 15-Adult **5 Sessions** **\$206**
240602G Sat., Feb. 28, 10:20-11:30am

Quincy Park

Ages 15-Adult **6 Sessions** **\$248**
240602H Tues., Jan. 13, 11:50am-1pm
240602I Wed., Jan. 14, 10:30-11:40am
240602J Thurs., Jan. 15, 10:30-11:40am

Ages 15-Adult

5 Sessions **\$206**
240602K Thurs., Feb. 26, 9:45-10:55am

Stratford Park

Ages 15-Adult **5 Sessions** **\$206**
240602L Wed., Feb. 25, 6:30-7:40pm
240602M Thurs., Feb. 26, 7:50-9pm

Thomas Jefferson Center

Ages 15-Adult **5 Sessions** **\$206**
240602N Mon., Feb. 23, 6:30-7:40pm
240602O Wed., Feb. 25, 7:50-9pm

Tuckahoe Park

Ages 15-Adult **5 Sessions** **\$206**
240602P Thurs., Feb. 26, 6:30-7:40pm

Virginia Highlands Park

Ages 15-Adult **5 Sessions** **\$206**
240602Q Mon., Feb. 23, 7:50-9pm
240602R Thurs., Feb. 26, 8:50-10pm

Tennis 3

Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or a coach's recommendation. Techniques for more reliable strokes, tactics and strategy-based drilling combine with match play situations. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom (First Serve Tennis).

Langston-Brown Center

Ages 15-Adult **5 Sessions** **\$206**
240603A Wed., Feb. 25, 6:30-7:40pm

Lyon Village Park

Ages 15-Adult **5 Sessions** **\$206**
240603B Tues., Feb. 24, 11:05am-12:15pm
240603C Tues., Feb. 24, 7:50-9pm

Quincy Park

Ages 15-Adult **6 Sessions** **\$248**
240603D Tues., Jan. 13, 2-3:10pm
240603E Wed., Jan. 14, 11:50am-1pm
Ages 15-Adult **5 Sessions** **\$206**
240603F Mon., Feb. 23, 11:05am-12:15pm

Stratford Park		
Ages 15-Adult	5 Sessions	\$206
240603G	Mon., Feb. 23, 7:50–9pm	
240603H	Wed., Feb. 25, 7:50–9pm	
Thomas Jefferson Center		
Ages 15-Adult	5 Sessions	\$206
240603I	Mon., Feb. 23, 7:50–9pm	
Tuckahoe Park		
Ages 15-Adult	5 Sessions	\$206
240603J	Thurs., Feb. 26, 7:50–9pm	
Virginia Highlands Park		
Ages 15-Adult	5 Sessions	\$206
240603K	Thurs., Feb. 26, 7:30–8:40pm	

Tennis 4

Advanced. Prerequisite: 3-6 seasons of Tennis 3 and/or a coach's recommendation. Techniques for more reliable strokes, tactics and strategy-based drilling combine with match play situations. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom (First Serve Tennis).

Langston-Brown Center		
Ages 15-Adult	5 Sessions	\$206
240604A	Wed., Feb. 25, 7:50–9pm	

Lyon Village Park		
Ages 15-Adult	5 Sessions	\$206
240604B	Tues., Feb. 24, 9:45–10:55am	
240604C	Thurs., Feb. 26, 7:30–8:40pm	

Quincy Park		
Ages 15-Adult	6 Sessions	\$248
240604D	Wed., Jan. 14, 2–3:10pm	
240604E	Thurs., Jan. 15, 2–3:10pm	

Stratford Park		
Ages 15-Adult	5 Sessions	\$206
240604F	Mon., Feb. 23, 6:30–7:40pm	

Thomas Jefferson Center		
Ages 15-Adult	5 Sessions	\$206
240604G	Mon., Feb. 23, 7:50–9pm	

Virginia Highlands Park		
Ages 15-Adult	5 Sessions	\$206
240604H	Thurs., Feb. 26, 6:10–7:20pm	



Tennis 3 & 4

Intermediate-Advanced. Prerequisite: 3-6 seasons of Tennis 3 and/or a coach's recommendation. Players work on developing reliable strokes and situational understanding through match-based drills. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom (First Serve Tennis).

Quincy Park		
Ages 15-Adult	6 Sessions	\$248
240607A	Thurs., Jan. 15, 11:50am–1pm	
Ages 15-Adult	5 Sessions	\$206
240607B	Mon., Feb. 23, 9:45–10:55am	

Maury Park		
Ages 15-Adult	5 Sessions	\$206
240607C	Sat., Feb. 28, 9–10:10am	

Tennis Match Play Level 2-3

Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or coach's recommendation. Singles and/or doubles round-robin style play under coach's supervision. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Inst.: First Serve Tennis.

Quincy Park		
Ages 15-Adult	6 Sessions	\$248
240608A	Sat., Jan. 17, 10:30am–12pm	

Tennis Match Play Level 3-4

Advanced. Prerequisite: 3-6 seasons of Tennis 3 and/or coach's recommendation. Singles and/or doubles round robin style play under coach's supervision. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Inst.: Bounce-Boom (First Serve Tennis).

Kenmore MS		
Ages 15-Adult	5 Sessions	\$214
240609A	Sat., Feb. 28, 9–10:20am	

Private Lesson

For players who would like more individual attention, you can book private lessons with coaches. For two or three-person semi-private lessons, please contact Laurie Reid at ireid1@arlingtonva.us to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Tennis racquets are not provided please email stephan.firstservetennis@gmail.com if you have any further questions. Inst.: Bounce-Boom (First Serve Tennis).

Quincy Park		
Ages 6-Adult	6 Sessions	\$600
240612A	Tues., Jan. 13, 3:20–4:15pm	
240612B	Wed., Jan. 14, 3:20–4:15pm	
240612C	Thurs., Jan. 15, 3:20–4:15pm	

Langston-Brown Center		
Ages 6-Adult	5 Sessions	\$500
240612D	Fri., Feb. 27, 11–11:55am	
240612E	Fri., Feb. 27, 12–12:55pm	
240612F	Fri., Feb. 27, 1–1:55pm	
240612G	Fri., Feb. 27, 2–2:55pm	

Quincy Park		
Ages 6-Adult	5 Sessions	\$500
240612H	Thurs., Feb. 26, 11:05am–12pm	

Stratford Park		
Ages 6-Adult	5 Sessions	\$500
240612I	Thurs., Feb. 26, 5:30–6:25pm	



Fee Reductions

You may qualify for fee reductions based on your income. Call 703.228.4747 to find out more.

AQUATICS

TOT & ADULT

Water Babies

Babies will begin swimming readiness and learn safety skills in a fun environment. Parents will learn how to hold and support their baby, and children will learn elementary water exploration techniques. Adults do not need to know how to swim but one parent must participate in the water. Babies must wear snug swim diapers. No prior experience in the water is needed to take this course.

Long Bridge Aquatics & Fitness Center

Ages 6 months-1½ 11 Sessions \$110

[210400A](#) Tues., Jan. 13, 10-10:30am

[210400B](#) Tues., Jan. 13, 4-4:30pm

[210400C](#) Wed., Jan. 14, 4-4:30pm

[210400D](#) Thurs., Jan. 15, 10-10:30am

[210400E](#) Thurs., Jan. 15, 4-4:30pm

[210400F](#) Fri., Jan. 16, 4-4:30pm

Ages 6 months-1½ 9 Sessions \$90

[210400G](#) Sat., Jan. 10, 9:05-9:35am

[210400H](#) Sat., Jan. 10, 10:50-11:20am

[210400I](#) Sun., Jan. 11, 8:30-9am

[210400J](#) Sun., Jan. 11, 9:40-10:10am

[210400K](#) Mon., Jan. 12, 10-10:30am

[210400L](#) Mon., Jan. 12, 4-4:30pm

Water Tots

Toddlers will build swimming readiness and learn safety skills in a fun environment. Parents and children will learn how to safely practice elementary swimming skills together. Adults do not need to know how to swim but they must participate in the water. Toddlers who are not toilet trained must wear snug swim diapers. No prior experience in the water is needed to take this course.

Long Bridge Aquatics & Fitness Center

Ages 1½-2½ 11 Sessions \$110

[210401A](#) Tues., Jan. 13, 10:35-11:05am

[210401B](#) Tues., Jan. 13, 4:35-5:05pm

[210401C](#) Wed., Jan. 14, 4:35-5:05pm

[210401D](#) Thurs., Jan. 15, 10:35-11:05am

[210401E](#) Thurs., Jan. 15, 4:35-5:05pm

[210401F](#) Fri., Jan. 16, 4:35-5:05pm



Ages 1½-2½ 9 Sessions \$90

[210401G](#) Sat., Jan. 10, 8:30-9am

[210401H](#) Sat., Jan. 10, 10:15-10:45am

[210401I](#) Sun., Jan. 11, 10:20-10:50am

[210401J](#) Sun., Jan. 11, 11:30am-12pm

[210401K](#) Mon., Jan. 12, 10:35-11:05am

[210401L](#) Mon., Jan. 12, 4:35-5:05pm

Pre-Fin & Me

This class is meant for children who have taken a parent and child class, have previous exposure in the pool or who are ready to swim but will not leave their parent for Pre-Fin yet. One adult is required to participate. This class is meant to allow maximum interaction with the instructor. When children are willing to work with the instructor individually or in a group they are ready to take the next course (Pre-Fin) on their own. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics & Fitness Center

Ages 2½-3 11 Sessions \$110

[210402A](#) Tues., Jan. 13, 11:10-11:40am

[210402B](#) Tues., Jan. 13, 5:10-5:40pm

[210402C](#) Wed., Jan. 14, 5:10-5:40pm

[210402D](#) Thurs., Jan. 15, 11:10-11:40am

[210402E](#) Thurs., Jan. 15, 5:10-5:40pm

[210402F](#) Fri., Jan. 16, 5:10-5:40pm

Ages 2½-3 9 Sessions \$90

[210402G](#) Sat., Jan. 10, 9:40-10:10am

[210402H](#) Sun., Jan. 11, 9:05-9:35am

[210402I](#) Sun., Jan. 11, 10:55-11:25am

[210402J](#) Mon., Jan. 12, 11:10-11:40am

[210402K](#) Mon., Jan. 12, 5:10-5:40pm

TOT

Pre-Fin

This class is meant for children who have taken a parent and child class and are ready to try taking swimming classes without a parent in the water with them. Pre-Fin has a low student to teacher ratio to maximize student interaction with the instructor. When children can confidently attempt back and front floats with assistance, full submersion of their heads in the water, and meet the minimum 3 years and 3 months age requirement for Fin 1, they will be ready to take Fin 1 in the following session. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics & Fitness Center

Ages 3 11 Sessions \$85

[210403A](#) Tues., Jan. 13, 10-10:20am

[210403B](#) Tues., Jan. 13, 11:45am-12:05pm

[210403C](#) Tues., Jan. 13, 4-4:20pm

[210403D](#) Tues., Jan. 13, 5:35-5:55pm

[210403E](#) Wed., Jan. 14, 4-4:20pm

[210403F](#) Wed., Jan. 14, 5:35-5:55pm

[210403G](#) Thurs., Jan. 15, 10-10:20am

[210403H](#) Thurs., Jan. 15, 11:45am-12:05pm

[210403I](#) Thurs., Jan. 15, 4-4:20pm

[210403J](#) Thurs., Jan. 15, 5:35-5:55pm

[210403K](#) Fri., Jan. 16, 4-4:20pm

[210403L](#) Fri., Jan. 16, 5:35-5:55pm

Ages 3 9 Sessions \$70

[210403M](#) Sat., Jan. 10, 8:30-8:50am

[210403N](#) Sat., Jan. 10, 9:30-9:50am

[210403O](#) Sat., Jan. 10, 11:30-11:50am

[210403P](#) Sat., Jan. 10, 11:55am-12:15pm

[210403Q](#) Sun., Jan. 11, 9:05-9:25am

[210403R](#) Sun., Jan. 11, 10:10-10:30am

[210403S](#) Sun., Jan. 11, 11:10-11:30am

[210403T](#) Mon., Jan. 12, 10-10:20am

[210403U](#) Mon., Jan. 12, 11:45am-12:05pm

[210403V](#) Mon., Jan. 12, 4-4:20pm

[210403W](#) Mon., Jan. 12, 5:35-5:55pm

Fin 1

This beginner class is for 3-year-olds who have passed Pre-Fin or a comparable course, and for 4- or 5-year-olds who have little to no prior experience. For 3-year-olds with little to no experience, we recommend the Pre-Fin class. Children must willingly participate without a parent/guardian. Once participants can fully submerge their head and perform front and back floats with assistance, they will be ready to take Fin 2. Toddlers who are not toilet trained must wear snug swim diapers.

Long Bridge Aquatics & Fitness Center

Ages 3yr 3mths-5 11 Sessions \$110

[210404A](#) Tues., Jan. 13, 10:25-10:55am

[210404B](#) Tues., Jan. 13, 4:25-4:55pm

[210404C](#) Tues., Jan. 13, 5:45-6:15pm

[210404D](#) Tues., Jan. 13, 7:15-7:45pm

[210404E](#) Wed., Jan. 14, 4:25-4:55pm

[210404F](#) Wed., Jan. 14, 5:45-6:15pm

[210404G](#) Wed., Jan. 14, 7:15-7:45pm

[210404H](#) Thurs., Jan. 15, 10:25-10:55am

210404I Thurs., Jan. 15, 4:25–4:55pm
210404J Thurs., Jan. 15, 5:45–6:15pm
210404K Thurs., Jan. 15, 7:15–7:45pm
210404L Fri., Jan. 16, 4:25–4:55pm
210404M Fri., Jan. 16, 5:45–6:15pm
210404N Fri., Jan. 16, 7:15–7:45pm
Ages 3yr 3mths-5 9 Sessions \$90
210404O Sat., Jan. 10, 8:55–9:25am
210404P Sat., Jan. 10, 11:55am–12:25pm
210404Q Sun., Jan. 11, 8:30–9am
210404R Sun., Jan. 11, 9:30–10am
210404S Sun., Jan. 11, 10:35–11:05am
210404T Mon., Jan. 12, 10:25–10:55am
210404U Mon., Jan. 12, 11:35am–12:05pm
210404V Mon., Jan. 12, 4:25–4:55pm
210404W Mon., Jan. 12, 5:45–6:15pm
210404X Mon., Jan. 12, 7:15–7:45pm

Fin 2

This class is for children who are comfortable in the water and have successfully completed Fin 1 or have comparable skills. Participants will build upon Fin 1 exit skills by working toward performing those skills independently and will be introduced to level-appropriate safety topics. Once participants can float, glide and swim a short distance on their fronts and backs, they will be ready to take Fin 3.

Long Bridge Aquatics & Fitness Center
Ages 3yr 3mths-5 11 Sessions \$110
210405A Tues., Jan. 13, 11:35am–12:05pm
210405B Tues., Jan. 13, 5–5:30pm
210405C Tues., Jan. 13, 6:20–6:50pm
210405D Wed., Jan. 14, 5–5:30pm
210405E Wed., Jan. 14, 6:20–6:50pm
210405F Thurs., Jan. 15, 11:35am–12:05pm
210405G Thurs., Jan. 15, 5–5:30pm
210405H Thurs., Jan. 15, 6:20–6:50pm
210405I Fri., Jan. 16, 5–5:30pm
210405J Fri., Jan. 16, 6:20–6:50pm
Ages 3yr 3mths-5 9 Sessions \$90
210405K Sat., Jan. 10, 8:30–9am
210405L Sat., Jan. 10, 9:55–10:25am
210405M Sat., Jan. 10, 11:20–11:50am
210405N Sun., Jan. 11, 8:30–9am
210405O Sun., Jan. 11, 9:50–10:20am
210405P Sun., Jan. 11, 11:35am–12:05pm
210405Q Mon., Jan. 12, 11–11:30am
210405R Mon., Jan. 12, 5–5:30pm
210405S Mon., Jan. 12, 6:20–6:50pm

Fin 3

This class is for children who have successfully completed Fin 2 or have comparable skills. Participants will learn to coordinate the front crawl and safety skills like treading water. By the end of the course, participants should be able to swim using combined arm and leg action on both their front and back for 5-10 yards without support.

Long Bridge Aquatics & Fitness Center
Ages 4–5 11 Sessions \$110
210406A Tues., Jan. 13, 11–11:30am
210406B Tues., Jan. 13, 4–4:30pm
210406C Tues., Jan. 13, 6–6:30pm
210406D Tues., Jan. 13, 6:40–7:10pm
210406E Wed., Jan. 14, 4–4:30pm
210406F Wed., Jan. 14, 6–6:30pm
210406G Wed., Jan. 14, 6:40–7:10pm
210406H Thurs., Jan. 15, 11–11:30am
210406I Thurs., Jan. 15, 4–4:30pm
210406J Thurs., Jan. 15, 6–6:30pm
210406K Thurs., Jan. 15, 6:40–7:10pm
210406L Fri., Jan. 16, 4–4:30pm
210406M Fri., Jan. 16, 6–6:30pm
210406N Fri., Jan. 16, 6:40–7:10pm
Ages 4–5 9 Sessions \$90
210406O Sat., Jan. 10, 9:50–10:20am
210406P Sat., Jan. 10, 12–12:30pm
210406Q Sun., Jan. 11, 8:30–9am
210406R Sun., Jan. 11, 9:50–10:20am
210406S Sun., Jan. 11, 11:15–11:45am
210406T Mon., Jan. 12, 4–4:30pm
210406U Mon., Jan. 12, 6–6:30pm
210406V Mon., Jan. 12, 6:40–7:10pm

Fin 4

This class is for children who have successfully completed Fin 3 or have comparable skills. Participants will learn breaststroke, butterfly and diving, and will refine front crawl, backstroke and elementary backstroke. Once participants can tread for 30 seconds, swim front crawl for 15 yards with rotary breathing, and swim backstroke unsupported for 15 yards, they will be ready for Level 3. If students reach age 7 prior to completing these skills, they should go to Level 2.

Long Bridge Aquatics & Fitness Center
Ages 5–6 11 Sessions \$110
210407A Tues., Jan. 13, 4–4:30pm
210407B Tues., Jan. 13, 6:05–6:35pm
210407C Wed., Jan. 14, 4–4:30pm



210407D Wed., Jan. 14, 6:05–6:35pm
210407E Thurs., Jan. 15, 4–4:30pm
210407F Thurs., Jan. 15, 6:05–6:35pm
210407G Fri., Jan. 16, 4–4:30pm
210407H Fri., Jan. 16, 6:05–6:35pm
Ages 5–6 9 Sessions \$90
210407I Sat., Jan. 10, 10:50–11:20am
210407J Sun., Jan. 11, 8:30–9am
210407K Sun., Jan. 11, 10:35–11:15am
210407L Mon., Jan. 12, 4–4:30pm
210407M Mon., Jan. 12, 6:05–6:35pm

YOUTH

Level 1: Youth Swim

This class is for beginners with little or no experience in the water who are unable to submerge or float on their back. The class will focus on beginning swimming techniques and basic safety skills. Children who have never taken a swim class before or who have aged out of Fin 1 should start here.

Long Bridge Aquatics & Fitness Center
Ages 6–12 11 Sessions \$132
220400A Tues., Jan. 13, 4:35–5:15pm
220400B Tues., Jan. 13, 6:55–7:35pm
220400C Wed., Jan. 14, 4:35–5:15pm
220400D Wed., Jan. 14, 6:55–7:35pm
220400E Thurs., Jan. 15, 4:35–5:15pm
220400F Thurs., Jan. 15, 6:55–7:35pm
220400G Fri., Jan. 16, 4:35–5:15pm
220400H Fri., Jan. 16, 5:30–6:10pm
220400I Fri., Jan. 16, 6:55–7:35pm



Are You Taking Swimming Lessons?

Arlington County is proud to provide lessons that are based on the American Red Cross Learn-to-Swim Program. When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

Students must have successfully completed previous level or have comparable skills from another swim program or instructor permission to skip levels or take a higher level course. It is anticipated that participants take classes more than once to meet skill requirements for the next level. Students who are not at the right level hinder the classes' ability to function. Please remember that everyone progresses at different speeds and all participants will be required to pass a "pre-test" on the first day of the new session of classes. At that time the instructor may recommend a different course or may ask you to contact the main office to coordinate a transfer up or down.

Public Health requires pools to close when contaminated. Swim diapers must be worn by anyone who is not potty trained or incontinent. Also please do not eat within 30 minutes of swimming. Students registered in swim classes should bring a bathing suit, towel and goggles (if desired, but will not be used for levels that are below Fin 2). All other equipment is provided. The first day of class we will issue each class member a pass to enter the pool. This pass must be shown to the front desk each week to gain entry to the pool. Locker Rooms and family changing rooms are available, if you wish to lock your items up you must bring a lock (recommended).

Students are ONLY allowed to swim during the class time, participants will not be able to access the pool outside of their normal class times/days. NO swimming is allowed to class participants before or after the class time unless the customer pays a general admission or has a monthly or annual pass.

For more information on Swimming classes visit: arlingtonva.us/sports and click on Aquatics

OVERVIEW OF SWIM LEVELS FOR CHILDREN THROUGH AGE 6

Please see details below for children ages 2½-6 and how they will be placed. Instructors will assess skills on the first day of class, so attendance on this day is important. If the instructor deems that your child is not in the appropriate course, we will make every effort to transfer to the indicated level but we cannot guarantee placement in an alternative class. Please make sure you register for the correct level.

Class	Age (years)	Class Description
Pre-Fin & Me (w/parent)	2½-3	Children will participate with a parent/guardian; the goal is to build independence to prepare for the Fin program where they participate without a parent. This class has a smaller ratio than the other parent and child programs, to provide maximum interaction with the instructor.
Pre-Fin	3	Pre-Fin is for 3 year olds who are able to leave parent. The class focus is on comfort in water with instructor (no parent). This class has a small ratio to provide maximum interaction with the instructor.
Fin 1	3 yrs 3 mo-5	Fin 1 is for 3 years 3 month-5 year olds. Children who are under 4 years old are recommended to take Pre-Fin first as the same skills are taught in both Pre-Fin and Fin 1. The main difference is there is a larger ratio and longer time frame. Participants need no prior experience but must leave parent willingly.
Fin 2	3 yrs 3 mo-5	Fin 2 is for children 3 years 3 month-5 year who have successfully completed Fin 1 or have comparable skills. Participants must be able to submerge confidently and float comfortably on the front and back with limited assistance.
Fin 3	4-5	Fin 3 is for children 4-5 who have successfully completed Fin 2 or have comparable skills. Participants must be able to swim a short distance on front and float on back. This class is for intermediate young swimmers, do not register beginner swimmers in this course.
Fin 4	5-6	Fin 4 is for children 4½-6 who have successfully completed Fin 3 or have comparable skills. Participants must be able to swim 5-10 yards on front and back with combined arm and leg actions. This class is for advanced young swimmers.

Determining Your Child's Swim Level

In order to provide a positive learning experience and maintain a safe environment, it is important that children are properly placed in an aquatics program. Class placements are based first on age, due to specific cognitive development needs, learning and listening abilities and ability to focus. Some classes also have pre-requisites-specific skills necessary to guide placement—which ensure the group can progress successfully together. Age is defined as the participants age on the start date of each class.

Children under the age of 4 who have not taken a swimming class before or have limited experience should consider taking a Parent/Tot class. These classes are specific to the age group defined and no exceptions are made to the ages listed.

Children ages 3 through 6 years can participate in the Fin programs. More information on these programs can be found in the chart above. It is typical that participants repeat these courses to gain confidence in the skills required to move to the next level. Once the child is 6 years old, they are eligible to enter the Youth swim level program. Participants at the Fin 4 level may continue with that course until they turn 7 or the instructor recommends moving up.

Children ages 6 through 12 years should find the appropriate youth swim course based on their skill level with swimming. If children have participated in Fin programs successfully they will most likely be able to skip Level 1.

New to swim lessons?

Use our handy dandy swim lesson description chart online to help place yourself & children in the correct level:

[Click here for swim level chart](#)

If you place yourself in the wrong level, we'll do our best to assist with the correct level, but cannot guarantee placement when classes are full.



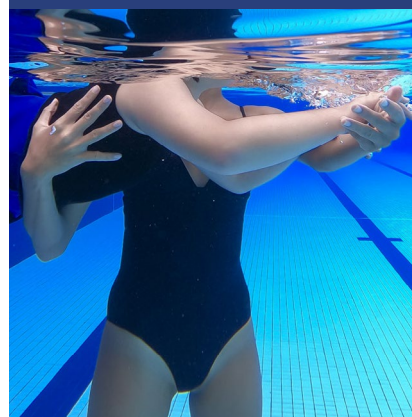
Private Swim Lessons

Arlington County offers private swim lessons for tots, youth, and adults. These lessons are popular and we recommend all those interested to try a group lesson first.

Fee reductions are available for individuals under 18 years old. Questions? Email privateswim@arlingtonva.us or call 703.228.4747.

Long Bridge Aquatics Center

Tots 3½+ [740201](#)
 Youth [740202](#)
 Adults [740204](#)





Ages 6–12 **9 Sessions** **\$108**
220400J Sat., Jan. 10, 10:35–11:15am
220400K Sat., Jan. 10, 11:15–11:55am
220400L Sun., Jan. 11, 9:05–9:45am
220400M Sun., Jan. 11, 11:15–11:55am
220400N Mon., Jan. 12, 4:35–5:15pm
220400O Mon., Jan. 12, 6:55–7:35pm

Level 2: Youth Swim

This class is for children who have successfully completed Level 1 or who can otherwise independently enter the pool via steps or ladder, bob 5 times, float for 5 seconds on back and glide for two body lengths on front and back. The class will focus on developing safety skills and learning to swim independently. Once participants can tread water for 15 seconds and swim using combined arm and leg action on both their front and back for 5 body lengths without support they will be ready to take Level 3.

Long Bridge Aquatics & Fitness Center
Ages 6–12 **11 Sessions** **\$132**
220401A Tues., Jan. 13, 5:20–6pm
220401B Tues., Jan. 13, 6:35–7:15pm
220401C Wed., Jan. 14, 5:20–6pm
220401D Wed., Jan. 14, 6:35–7:15pm
220401E Thurs., Jan. 15, 5:20–6pm
220401F Thurs., Jan. 15, 6:35–7:15pm
220401G Fri., Jan. 16, 5:20–6pm
220401H Fri., Jan. 16, 6:35–7:15pm
Ages 6–12 **9 Sessions** **\$108**
220401I Sat., Jan. 10, 9:05–9:45am
220401J Sat., Jan. 10, 10:25–11:05am

220401K Sun., Jan. 11, 9:05–9:45am
220401L Sun., Jan. 11, 10:30–11:10am
220401M Mon., Jan. 12, 5:20–6pm
220401N Mon., Jan. 12, 6:35–7:15pm

Level 3: Youth Swim

This class is for children who have successfully completed Level 2 or can otherwise swim on front and back for 5 body lengths, tread water and float for 15 seconds respectively, and fully submerge underwater. The class will focus on developing specific strokes, getting acclimated to deep water and learning diving basics. Once participants can jump into the pool, tread or float for 1 minute and swim 25 yards using a combination of front crawl or elementary backstroke, they will be ready to take Level 4.

Long Bridge Aquatics & Fitness Center
Ages 6–12 **11 Sessions** **\$132**
220402A Tues., Jan. 13, 4:35–5:15pm
220402B Tues., Jan. 13, 7:20–8pm
220402C Wed., Jan. 14, 4:35–5:15pm
220402D Wed., Jan. 14, 7:20–8pm
220402E Thurs., Jan. 15, 4:35–5:15pm
220402F Thurs., Jan. 15, 7:20–8pm
220402G Fri., Jan. 16, 4:35–5:15pm
220402H Fri., Jan. 16, 7:20–8pm
Ages 6–12 **9 Sessions** **\$108**
220402I Sat., Jan. 10, 8:30–9:10am
220402J Sat., Jan. 10, 10–10:40am
220402K Sat., Jan. 10, 10:05–10:45am
220402L Sat., Jan. 10, 11:25am–12:05pm
220402M Sun., Jan. 11, 9:05–9:45am

220402N Sun., Jan. 11, 10:30–11:10am
220402O Sun., Jan. 11, 11:20am–12pm
220402P Mon., Jan. 12, 4:35–5:15pm
220402Q Mon., Jan. 12, 7:20–8pm

Level 4: Youth Swim

This class is for children who have successfully passed Youth Swim: Level 3 or can otherwise swim front crawl, elementary backstroke, back crawl and breaststroke kick for at least 15 yards each and be able to swim 25 yards. Students will focus on developing confidence in deep water, refining their front crawl, back crawl, and elementary backstroke, and improving treading and other survival skills. They will also begin butterfly and breaststroke and continue refining shallow-angle diving skills.

Ages 6–12 **11 Sessions** **\$132**
220403A Tues., Jan. 13, 5:20–6pm
220403B Tues., Jan. 13, 6:50–7:30pm
220403C Wed., Jan. 14, 5:20–6pm
220403D Wed., Jan. 14, 6:50–7:30pm
220403E Thurs., Jan. 15, 5:20–6pm
220403F Thurs., Jan. 15, 6:50–7:30pm
220403G Fri., Jan. 16, 4–4:40pm
220403H Fri., Jan. 16, 5:20–6pm
Ages 6–12 **9 Sessions** **\$108**
220403I Sat., Jan. 10, 8:30–9:10am
220403J Sat., Jan. 10, 9:15–9:55am
220403K Sun., Jan. 11, 9:50–10:30am
220403L Sun., Jan. 11, 10:20–11am
220403M Mon., Jan. 12, 5:20–6pm
220403N Mon., Jan. 12, 6:50–7:30pm

Level 5: Youth Swim

This class is for children who have successfully passed Youth Swim: Level 4 or who can otherwise comfortably swim at least 25 yards front crawl and elementary backstroke, as well as 15 yards breaststroke, back crawl and butterfly. Students will focus on refining strokes, building endurance, and improving diving and aquatic safety skills.

Ages 6–12 **11 Sessions** **\$132**
220404A Tues., Jan. 13, 6:05–6:45pm
220404B Tues., Jan. 13, 7:50–8:30pm
220404C Wed., Jan. 14, 6:05–6:45pm
220404D Wed., Jan. 14, 7:50–8:30pm
220404E Thurs., Jan. 15, 6:05–6:45pm
220404F Thurs., Jan. 15, 7:50–8:30pm
220404G Fri., Jan. 16, 4:45–5:25pm
220404H Fri., Jan. 16, 6:05–6:45pm
Ages 6–12 **9 Sessions** **\$108**
220404I Sat., Jan. 10, 9:15–9:55am
220404J Sat., Jan. 10, 11:50am–12:30pm
220404K Sun., Jan. 11, 9:30–10:10am
220404L Mon., Jan. 12, 6:05–6:45pm
220404M Mon., Jan. 12, 7:50–8:30pm



Swim Prep 1

The Swim Team Prep program for swimmers ages 6-8 will focus on developing legal stroke techniques for all four competitive strokes - freestyle, backstroke, breaststroke, and butterfly. Through engaging drills and personalized coaching, swimmers learn proper body positioning, efficient arm movements, legal kick techniques, starts, and turns in a fun, supportive environment. No prior competitive experience is required, but swimmers must be comfortable in deep water and able to swim 25 yards unassisted.

Long Bridge Aquatics & Fitness Center

Ages 6-8 **9 Sessions** **\$108**
220415A Sat., Jan. 10, 12:35-1:15pm

Swim Prep 2

For swimmers who are just shy of making a swim team (having passed Level 5 or equivalent), the program refines stroke techniques, builds endurance, improves breathing, and introduces advanced swim team skills like flip turns, racing starts, pace awareness, and lane etiquette. Students must be able to swim 50 yards of freestyle, backstroke, and breaststroke continuously, tread water for one minute, and perform at least 15 yards of butterfly. Additional focus includes front and back flips, body positioning, and timed sets to enhance speed and consistency. Both groups receive structured, targeted coaching to build confidence and prepare for swim team tryouts. Swim caps and goggles are required; long hair may need to be tied back or covered with a cap. Join us to dive into the fundamentals of competitive swimming and close the gap to swim team success!

Long Bridge Aquatics & Fitness Center

Ages 6-8 **9 Sessions** **\$108**
220416A Sat., Jan. 10, 1:20-2pm



Youth Beginning Diving

Children will learn the proper way to perform the hurdle step and basic dive techniques by working primarily on getting comfortable with entering the water headfirst at several different levels, culminating with a front dive off the diving board and possibly a back dive. All students must be able to swim in deep water.

Long Bridge Aquatics & Fitness Center

Ages 6-12 **9 Sessions** **\$126**
220406A Sun., Jan. 11, 3:15-3:55pm



Youth Intermediate Diving

Students interested in this class must be able to do a three-step approach followed by a front dive off a one-meter diving board and be able to swim in deep water. This class will concentrate on front and back dives; front and back flips and front 1/2 twist will be introduced.

Long Bridge Aquatics & Fitness Center

Ages 6-12 **9 Sessions** **\$126**
220407A Sun., Jan. 11, 4-4:40pm

Youth Advanced Diving

Students who have mastered the front and back dive will work on front and back flips, twists and more advanced diving. Recommendation from the instructor is required.

Long Bridge Aquatics & Fitness Center

Ages 6-12 **9 Sessions** **\$126**
220408A Sun., Jan. 11, 4:55-5:35pm

YOUTH & TEEN

Youth Advanced Swim

This advanced class is for children who have successfully passed Youth Swim: Level 5 or can otherwise swim front crawl and elementary backstroke 50 yards each and backstroke, sidestroke, butterfly, and breaststroke 25 yards each, perform front and back flip turns, and tread water for 5 minutes. Students will focus on further refining strokes, learn advanced swim concepts, and increase endurance for swimming. Ideal for swimmers looking to pursue other aquatic activities, such as swim team, fitness swimming, life guarding, or diving.

Long Bridge Aquatics & Fitness Center

Ages 8-13 **11 Sessions** **\$154**
220405A Tues., Jan. 13, 7:35-8:25pm
220405B Wed., Jan. 14, 7:35-8:25pm
220405C Thurs., Jan. 15, 7:35-8:25pm
220405D Fri., Jan. 16, 6:50-7:45pm

Ages 8-13 **9 Sessions** **\$126**

220405E Sat., Jan. 10, 10:45-11:40am

220405F Sun., Jan. 11, 8:30-9:25am

220405G Mon., Jan. 12, 7:35-8:25pm

TEEN

Teen Intermediate

This class is for teenage swimmers who have successfully completed Teen Beginner or who can otherwise swim 25 yards of front crawl and elementary backstroke. Participants should already be comfortable in deeper water, able to tread, and familiar with the basics of backstroke and breaststroke. This class will focus on refining technique for front crawl, backstroke and breaststroke as well as building endurance and confidence.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **9 Sessions** **\$126**
230401A Sun., Jan. 11, 11:05-11:45am

TEEN & ADULT

American Red Cross Lifeguard Certification

This course is for the person who wants to be a lifeguard at a community pool. Skills and knowledge necessary to respond to aquatic emergencies are covered, including first aid and CPR for the professional rescuer. Students must be at least 15 years old before course completion (no exceptions). Must be able to pass the American Red Cross Lifeguard Prerequisite Swim Assessment, dive 7-10 feet, retrieve 10-pound brick, surface and then swim 20 yards back to starting point and exit the water without use of ladder or stairs; tread water two minutes. Students who pass the class receive a certificate valid for two years. Note: This program qualifies you to be a lifeguard for Arlington Parks & Recreation. For more information about this course please call 703-228-1822 or email aquatics@arlingtonva.us.

Long Bridge Aquatics & Fitness Center

Ages 15-Adult **3 Sessions** **\$315**
230404A Mon./Sat./Sun., Mar. 28, 8am-5pm

Water Safety Instruction

Learn how to teach the American Red Cross swimming and water safety programs (Parent and Child, Learn-to-Swim and Water Safety). Prerequisites: 1. Complete a mandatory American Red Cross web-based preliminary course prior to the first day of class (information will be provided) 2. Pass a skill screening to include stroke proficiency in front





crawl, back crawl, elementary backstroke, breaststroke, sidestroke and basic butterfly stroke mechanics. 3. Be at least 16 years old by the last day of class (no exceptions). For more information call the aquatic staff at 703-228-4671 or email aquatics@arlingtonva.us. Attendance at all sessions is mandatory. A non-refundable fee of \$35 is included in the cost of the class for the WSI cert.

Long Bridge Aquatics & Fitness Center

Ages 16-Adult **3 Sessions** **\$295**
230405A Fri.-Sun., Jan. 2, 8am-5pm

Teen/Adult Beginner

This class is for adult swimmers who have little to no swimming experience or who may be fearful of the water. Students will learn to submerge underwater, blow bubbles and float/glide on the front and back independently.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240400A Tues., Jan. 13, 7:40-8:20pm
240400B Wed., Jan. 14, 7:40-8:20pm
240400C Thurs., Jan. 15, 7:40-8:20pm
240400D Fri., Jan. 16, 6:15-6:55pm

Ages 13-Adult **9 Sessions** **\$126**

240400E Sat., Jan. 10, 11:20am-12pm
240400F Sun., Jan. 11, 11:20am-12pm
240400G Mon., Jan. 12, 7:40-8:20pm

Teen/Adult Advanced Beginner

This class is for adult swimmers who have completed adult beginner or can otherwise submerge, blow bubbles and glide and float independently on front and back. Students will work on treading water, gaining experience in deeper water and building endurance towards swimming 25 yards of front crawl and elementary backstroke. Students will also be introduced to backstroke and breaststroke.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240401A Tues., Jan. 13, 8:05-8:45pm
240401B Wed., Jan. 14, 8:05-8:45pm
240401C Thurs., Jan. 15, 8:05-8:45pm
240401D Fri., Jan. 16, 7-7:40pm

Ages 13-Adult **9 Sessions** **\$126**

240401E Sat., Jan. 10, 10:35-11:15am
240401F Sun., Jan. 11, 8:30-9:10am
240401G Mon., Jan. 12, 8:05-8:45pm

Teen/Adult Intermediate

This class is for adult swimmers who have successfully completed adult advanced beginner or who can otherwise swim 25 yards of front crawl and elementary backstroke. Participants should already be comfortable in deeper water, able to tread, and familiar with the basics of backstroke and breaststroke. This class will focus on refining technique for front crawl, backstroke and breaststroke as well as building endurance and confidence.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **9 Sessions** **\$126**

240402A Sat., Jan. 10, 9:30-10:25am
240402B Sun., Jan. 11, 9:15-10:10am

Teen/Adult Lap Swim

This class is for adult swimmers who have successfully completed Adult Intermediate and can swim 50's of front crawl, backstroke and breaststroke. This class will introduce sets, intervals and other cardiovascular training representative of a master's or competitive swim workout routine. In addition, students will refine strokes and be introduced to butterfly and flip turns.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240404A Tues., Jan. 13, 7-7:55am
240404B Thurs., Jan. 15, 7-7:55am

Ages 13-Adult **9 Sessions** **\$126**

240404C Sat., Jan. 10, 8:30-9:25am
240404D Sun., Jan. 11, 10:20-11:15am

Teen/Adult Diving

Learn basic diving techniques, concentrating on front and back dives. All students must be able to swim in deep water. Class progression will be based on the experience and skills of the students in the class.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$231**

240405A Tues., Jan. 13, 6:45-8am

240405B Wed., Jan. 14, 8:05-8:55pm

240405C Thurs., Jan. 15, 6:45-8am

Ages 13-Adult **9 Sessions** **\$126**

240405D Mon., Jan. 12, 8:05-8:55pm

240405E Sun., Jan. 11, 2:30-3:10pm

240405F Sun., Jan. 11, 5:40-6:20pm

Aqua Cycle

This deep-water class is a great interval workout in the pool. Try a high-energy, no-impact workout for adults. "Use your noodle" in class to "cycle" around the pool. This class incorporates upper and lower body muscles simultaneously.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240409A Tues., Jan. 13, 11-11:55am

240409B Wed., Jan. 14, 11-11:55am

Aqua Tabata

This High intensity interval Training or (HiIT) program is adapted for water use from the land version with the same name. This program combines simple athletic moves with intense intervals to burn calories and increase aerobic exercise levels.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240410A Tues., Jan. 13, 10-10:55am

240410B Wed., Jan. 14, 10-10:55am

Cardio Deep Water Combo

This deep-water class combines water resistance with no impact using a variety of equipment and exercises.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **9 Sessions** **\$126**

240408A Sat., Jan. 10, 9:05-10am



Deep Aqua Fitness

Participants must be comfortable in water over their heads. You will use a variety of deep-water exercises to enhance cardiovascular fitness while strengthening and toning muscles. Aqua Fitness belts are provided, or you can bring your own.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult 11 Sessions \$154

[240407A](#) Tues., Jan. 13, 8–8:55am

[240407B](#) Thurs., Jan. 15, 8–8:55am

Shallow Aqua Fitness

You don't have to be a swimmer to condition your heart and lungs and increase muscle flexibility and tone in this low-impact workout. Great for those with joint pain and arthritis.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult 11 Sessions \$154

[240406A](#) Tues., Jan. 13, 9–9:55am

[240406B](#) Thurs., Jan. 15, 9–9:55am

Ages 13-Adult 9 Sessions \$126

[240406C](#) Sat., Jan. 10, 7:30–8:25am

S'WET

This class is a lower impact, higher intensity class designed to challenge seasoned aqua fitness participants or individuals looking to add a new workout to their fitness routine.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult 11 Sessions \$154

[240419A](#) Fri., Jan. 16, 8–8:55am

[240419B](#) Fri., Jan. 16, 9–9:55am



ADULT

Pre-Natal Aqua Fitness

Say good-bye to the myth of the “delicate” condition and hello to pregnancy in the 21st century! Current research shows that women can safely exercise and maintain their fitness levels during the prenatal period with both short- and long-term benefits for moms-to-be and their unborn children. This specialty class will give mothers-to-be a full body workout without the stress from land exercise.

Long Bridge Aquatics & Fitness Center

Ages Adults 11 Sessions \$154

[240412A](#) Fri., Jan. 16, 10–10:55am

Fee Reductions

You may qualify for fee reductions based on your income. Call 703.228.4747 to find out more.

GYMNASTICS

TOT & ADULT

Tiny Time

Get ready to move, play, and bond! This upbeat class is perfect for one-year-olds and their grown-up sidekicks. Together, you and your little will explore crawling, climbing, and tumbling. Enjoy guided activities that support early motor development with soft mats and lots of giggles. Your little one will build coordination, confidence, and joy one tiny tumble at a time!

Barcroft Sports & Fitness Center

Ages 1 10 Sessions \$138

[210500A](#) Wed., Jan. 21, 9:30–10:15am

Family Gymnastics

Big kids, little kids, one or many; everyone's welcome at Family Gymnastics! With active parent participation, this playful class is perfect for families with siblings or just one tot (each child must be registered for the class). Little ones build coordination, confidence, and social skills while families move, laugh, and learn together. More bonding, more action, more fun for everyone!

Barcroft Sports & Fitness Center

Ages 1½-5 10 Sessions \$138

[210501A](#) Tues., Jan. 20, 1–1:45pm

[210501B](#) Wed., Jan. 21, 10:30–11:15am

[210501C](#) Wed., Jan. 21, 1–1:45pm

[210501D](#) Thurs., Jan. 22, 9:30–10:15am

[210501E](#) Thurs., Jan. 22, 11:30am–12:15pm

[210501F](#) Thurs., Jan. 22, 1–1:45pm

[210501G](#) Fri., Jan. 23, 9:30–10:15am

[210501H](#) Fri., Jan. 23, 2–2:45pm

[210501I](#) Sat., Jan. 24, 8:30–9:15am

[210501J](#) Sun., Jan. 25, 1–1:45pm

Ages 1½-5 9 Sessions \$124

[210501K](#) Tues., Jan. 27, 11:30am–12:15pm

Ages 1½-5 8 Sessions \$110

[210501L](#) Mon., Jan. 26, 10:30–11:15am

[210501M](#) Mon., Jan. 26, 2–2:45pm

Tumbling for Toddlers

Jump, roll, and play together! This playful class gets little movers climbing, jumping, and exploring while parents join in the fun. Together, you'll boost confidence, build coordination, motor skills, and social awareness all while having a blast side by side!

Barcroft Sports & Fitness Center

Ages 1½-2 10 Sessions \$138

[210502A](#) Wed., Jan. 21, 1–1:45pm

[210502B](#) Thurs., Jan. 22, 11:30am–12:15pm

[210502C](#) Thurs., Jan. 22, 2–2:45pm

[210502D](#) Fri., Jan. 23, 11:30am–12:15pm

[210502E](#) Sat., Jan. 24, 8:30–9:15am

[210502F](#) Sun., Jan. 25, 12–12:45pm

Ages 1½-2 9 Sessions \$124

[210502G](#) Tues., Jan. 27, 9:30–10:15am

[210502H](#) Tues., Jan. 27, 11:30am–12:15pm

Ages 1½-2 8 Sessions \$110

[210502I](#) Mon., Jan. 26, 9:30–10:15am



TOT

Tumbling for 3's

Get ready for smiles, jumps, and high-fives! This fun-filled class helps your energetic three-year-old build gymnastics skills and important life skills like listening, sharing, and making new friends. This high-energy class blends basic gymnastics with fun activities that boost coordination, confidence, and cooperation all in a safe, supportive space made for growing bodies and minds!

Barcroft Sports & Fitness Center

Ages 3 10 Sessions \$138

[210503A](#) Tues., Jan. 20, 1–1:45pm

[210503B](#) Tues., Jan. 20, 2–2:45pm

[210503C](#) Wed., Jan. 21, 10:30–11:15am

[210503D](#) Wed., Jan. 21, 11:30am–12:15pm

[210503E](#) Wed., Jan. 21, 2–2:45pm

[210503F](#) Thurs., Jan. 22, 10:30–11:15am

[210503G](#) Thurs., Jan. 22, 2–2:45pm

[210503H](#) Fri., Jan. 23, 10:30–11:15am

[210503I](#) Fri., Jan. 23, 1–1:45pm

[210503J](#) Sat., Jan. 24, 8:30–9:15am

[210503K](#) Sat., Jan. 24, 9:30–10:15am

[210503L](#) Sat., Jan. 24, 10:30–11:15am

Ages 3 9 Sessions \$124

[210503M](#) Tues., Jan. 27, 10:30–11:15am

[210503N](#) Tues., Jan. 27, 11:30am–12:15pm

Ages 3 8 Sessions \$110

[210503O](#) Mon., Jan. 26, 11:30am–12:15pm

[210503P](#) Mon., Jan. 26, 2–2:45pm

[210503Q](#) Mon., Jan. 26, 3–3:45pm

Gymnasticats

Bounce, flip, and fly through this action-packed class designed just for fours! With exciting challenges, obstacle courses, and non-stop movement, your little gymnast will build strength while boosting coordination, flexibility, and confidence all in one happy tumble!

Barcroft Sports & Fitness Center

Ages 4 10 Sessions \$138

[210505A](#) Tues., Jan. 20, 1–1:45pm

[210505B](#) Tues., Jan. 20, 2–2:45pm

[210505C](#) Wed., Jan. 21, 11:30am–12:15pm

[210505D](#) Wed., Jan. 21, 2–2:45pm

[210505E](#) Wed., Jan. 21, 3–3:45pm

[210505F](#) Thurs., Jan. 22, 10:30–11:15am

[210505G](#) Thurs., Jan. 22, 1–1:45pm

[210505H](#) Thurs., Jan. 22, 3–3:45pm



Did you know?

It takes about 4 sessions or a year to master the skills at each gymnastics level.

210505I Fri., Jan. 23, 2–2:45pm

210505J Fri., Jan. 23, 3–3:45pm

210505K Sat., Jan. 24, 9:30–10:15am

210505L Sat., Jan. 24, 10:30–11:15am

Ages 4 **9 Sessions** **\$124**

210505M Tues., Jan. 27, 10:30–11:15am

Ages 4 **8 Sessions** **\$110**

210505N Mon., Jan. 26, 1–1:45pm

210505O Mon., Jan. 26, 3–3:45pm

YOUTH

Junior Gymnast

Swings, rolls, and cartwheels; oh my! This high-energy class is perfect for five-year-olds ready to build strength, focus, and confidence. With fun drills, challenges, and tons of excitement, your junior gymnast will shine bright and stay moving!

Barcroft Sports & Fitness Center

Ages 5 **10 Sessions** **\$138**

210506A Wed., Jan. 21, 4–4:45pm

210506B Thurs., Jan. 22, 3–3:45pm

210506C Fri., Jan. 23, 4–4:45pm

Ages 5 **8 Sessions** **\$110**

210506D Mon., Jan. 26, 4–4:45pm

Gymnastics: Girls Level 1

Jump, roll, and play together! This playful class gets little movers climbing, jumping, and exploring while parents join in the fun. Together, you'll boost confidence, build coordination, motor skills, and social awareness all while having a blast side by side!

Barcroft Sports & Fitness Center

Ages 5–6 **10 Sessions** **\$198**

220500A Tues., Jan. 20, 4:30–5:30pm

220500B Tues., Jan. 20, 5:45–6:45pm

220500C Wed., Jan. 21, 4:15–5:15pm

220500D Wed., Jan. 21, 5:30–6:30pm

220500E Thurs., Jan. 22, 4:15–5:15pm

220500F Fri., Jan. 23, 4:30–5:30pm

220500G Sat., Jan. 24, 12–1pm

220500H Sun., Jan. 25, 2:15–3:15pm

220500I Sun., Jan. 25, 3:30–4:30pm

Ages 5–6 **8 Sessions** **\$158**

220500J Mon., Jan. 26, 5:30–6:30pm

Ages 7–8 **10 Sessions** **\$198**

220500K Tues., Jan. 20, 4:30–5:30pm

220500L Wed., Jan. 21, 4:15–5:15pm

220500M Thurs., Jan. 22, 4:15–5:15pm

220500N Thurs., Jan. 22, 5:30–6:30pm

220500O Fri., Jan. 23, 5:45–6:45pm

220500P Sat., Jan. 24, 1:15–2:15pm

220500Q Sun., Jan. 25, 3:30–4:30pm

Ages 7–8 **8 Sessions** **\$158**

220500R Mon., Jan. 26, 5:30–6:30pm

Ages 9–12 **10 Sessions** **\$198**

220500S Tues., Jan. 20, 4:30–5:30pm

220500T Wed., Jan. 21, 5:30–6:30pm

220500U Thurs., Jan. 22, 4:15–5:15pm

220500V Thurs., Jan. 22, 6:45–7:45pm

220500W Fri., Jan. 23, 5:45–6:45pm

220500X Sat., Jan. 24, 2:30–3:30pm

220500Y Sat., Jan. 24, 3:45–4:45pm

220500Z Sun., Jan. 25, 4:45–5:45pm

Ages 9–12 **8 Sessions** **\$158**

220500Z1 Mon., Jan. 26, 6:45–7:45pm

Gymnastics: Girls Level 2

Already mastered the basics? Let's flip higher, balance longer, and swing stronger! In Level 2, gymnasts build on their Level 1 skills while leveling up on vault, bars, beam, and floor. With bigger skills, stronger technique, and tons of encouragement, confidence soars right along with the fun! Prerequisite: Girls Level 1.

Barcroft Sports & Fitness Center

Ages 6–8 **10 Sessions** **\$220**

220502A Tues., Jan. 20, 5:45–7:15pm

220502B Wed., Jan. 21, 5:30–7pm

220502C Thurs., Jan. 22, 5:30–7pm

Ages 6–8 **8 Sessions** **\$176**

220502D Mon., Jan. 26, 5:30–7pm

Ages 9–12 **10 Sessions** **\$220**

220502E Tues., Jan. 20, 5:45–7:15pm

220502F Wed., Jan. 21, 6:45–8:15pm

220502G Fri., Jan. 23, 7–8:30pm

Ages 9–12 **8 Sessions** **\$198**

220502H Mon., Jan. 26, 6:45–8:15pm

Gymnastics: Girls 3+

Big skills, big energy, and big fun! This advanced class helps gymnasts fine-tune their technique, tackle higher-level progressions, and unlock new elements—all in a fun, non-competitive setting! Gymnasts continue their progress on vault, bars, beam, and floor while building focus, strength, flexibility, and confidence with every flip, leap, and turn. Prerequisite: Girls Level 2.

Ages 7–13 **10 Sessions** **\$297**

220504A Thurs., Jan. 22, 5:30–7:30pm

220504B Sat., Jan. 24, 2:30–4:30pm

Gymnastics: Boys Level 1

Gear up for an action-packed journey! Boys will conquer vaults, swing across parallel and high bars, master the pommel horse and rings, and power through floor moves. This beginner class builds strength, agility, and courage—all while having a blast exploring the exciting world of gymnastics!



Are You Taking Gymnastics Lessons?

Arlington County is proud to provide gymnastics class with staff trained through USA Gymnastics. When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

Students must have instructor recommendation or have comparable skills from another gymnastics program or instructor evaluation to skip levels or take a higher level course. It is anticipated that participants take classes more than once to meet skill requirements for the next level. Students who are not at the right level may experience additional challenges making classes less safe or fun. Please remember that everyone progresses at different speeds and all participants are evaluated by instructors during each class to monitor progress. Prior to registration instructors will complete formal evaluations to recommend the appropriate class level for the next session.

[Click here to see more information on Gymnastics classes online.](#)

Barcroft Sports & Fitness Center

Ages 5-7 10 Sessions \$198

220511A Tues., Jan. 20, 4:30-5:30pm
220511B Wed., Jan. 21, 4:15-5:15pm
220511C Wed., Jan. 21, 5:30-6:30pm
220511D Thurs., Jan. 22, 4:15-5:15pm
220511E Fri., Jan. 23, 4:30-5:30pm
220511F Sat., Jan. 24, 12-1pm
220511G Sun., Jan. 25, 2:15-3:15pm

Ages 8-12 10 Sessions \$198

220511H Tues., Jan. 20, 5:45-6:45pm
220511I Wed., Jan. 21, 6:45-7:45pm
220511J Fri., Jan. 23, 5:45-6:45pm
220511K Sat., Jan. 24, 1:15-2:15pm

Gymnastics: Boys Level 2

Ready to crush new challenges? This intermediate class is all about power, precision and progress. Boys will be challenged to build serious strength and perform clean execution of skills on vault, parallel bars, high bar, pommel horse, rings, and floor. Get ready to build focus and show off polished skills with confidence! Prerequisite: Boys Level 1.

Barcroft Sports & Fitness Center

Ages 6-12 10 Sessions \$220

220513A Fri., Jan. 23, 7-8:30pm

Gymnastics: Home School

Home-schooled children can improve balance, develop basic gymnastics skills and learn a variety of exercises using the vault, uneven bars, balance beam and floor exercise. The class teaches gymnastics in a safe, creative and supportive environment while gaining strength, flexibility and self-confidence.

Barcroft Sports & Fitness Center

Ages 5-7 8 Sessions \$110

220515A Mon., Jan. 26, 1-1:45pm

Ages 8-12 10 Sessions \$138

220515B Fri., Jan. 23, 1-1:45pm

TEEN

Teen Gymnastics

New to gymnastics or looking to sharpen your skills? This class helps teens build strength and flexibility across men's and women's events while boosting confidence and skill. With a focus on technique and fun, you'll gain the power and grace to take your gymnastics to the next level!

Students registered in gymnastics classes should wear appropriate activewear, no socks or shoes, and have hair pulled back out of the face. The first day of class, we will review our General Information with parents and guardians. This information is also provided by email prior to the beginning of the session. Cubbies are located in the hallway to store belongings and any loose items (recommended).

Participants are **ONLY** allowed inside the gym during the class time, participants will not be able to attend classes outside of their normal class times/days without approval from the Recreation Class Manager.

Barcroft Sports & Fitness Center

Ages 13-17 10 Sessions \$207

230500A Wed., Jan. 21, 7:15-8:45pm

ADULT

Gymnastics: Adult Beginner

Always wanted to try gymnastics? It's never too late to start! Our Beginner Adult Gymnastics class is a high-energy, low-pressure way to build strength and flexibility. Learn the basics and proper technique with coaches who know how to make it fun and help you progress at your own pace. No pressure, just progress. Let's flip the script on what adults can do!

Barcroft Sports & Fitness Center

Ages Adults 10 Sessions \$220

240500A Tues., Jan. 20, 7:15-8:45pm

Ages Adults 8 Sessions \$176

240500B Mon., Jan. 26, 7:15-8:45pm

Gymnastics: Adult Advanced

Designed for adults with prior gymnastics experience, this class focuses on advancing technique, building strength, and expanding skill sets in an energetic and supportive environment. From tumbling to bar work let's raise the bar (literally)! Prerequisite: Beginner Adult Gymnastics or previous competitive gymnastics.

Barcroft Sports & Fitness Center

Ages Adults 10 Sessions \$220

240501A Thurs., Jan. 22, 7:15-8:45pm

Instructors Needed!

Interested in becoming an instructor
for Arlington County Parks and Recreation?
Contact LReid1@arlingtonva.us.

Wanted! Great Ideas for New Classes.

Let us know if you'd like to take a recreation class that we don't offer. Email LReid1@arlingtonva.us.



Attention Arlington Gymnastics Participants:

Please review the chart below to determine the appropriate class for your child. Visit our [website](#) for specific class descriptions. If you have questions, please contact us at: gymnastics@arlingtonva.us

PRESCHOOL GYMNASTICS PROGRAM

CLASSES	AGE	DURATION
Tiny Time	1-1½ years old	45 mins
Family Gymnastics	1½-5 years old	45 mins
Tumbling for Toddler's	1½-2 years old	45 mins
Tumbling for 3s	3 years old	45 mins
Gymnasticats	4 years old	45 mins
Junior Gymnast	5 years old	45 mins

RECREATIONAL GYMNASTICS PROGRAM

PREVIOUS LEVEL	NEW LEVEL	DURATION
Girls Level 1 Beginner	Girls Level 1	1 hour
Girls Level 1 Advanced		
Girls Level 2 Beginner	Girls Level 2	1 hr 30mins
Girls Level 2 Advanced		
Girls Level 3+	Girls Level 3	2 hours
Boys Level 1 Beginner	Boys Level 1	1 hour
Boys Level 1 Advanced		
Boys Level 2	Boys Level 2	1 hr 30mins
Boys Level 3	Boys Level 3	2 hours



ARTS

Adapted Art

In this engaging art program, participants will explore a variety of materials and techniques, focusing on the creative process rather than the final project. Designed for individuals with disabilities, this program encourages self-expression and invites participants to experiment with unconventional art materials in fresh, imaginative ways. Through activities like papermaking, brush painting, collage, and crafting with recycled materials, you'll discover new methods of artistic creation. Emphasis is placed on exploration and creativity, allowing you to express yourself without the pressure of a completed project. Let your creativity flow and enjoy the journey of artistic discovery!

Lubber Run Center. Inst.: Frazier

Ages 13-Adult **8 Sessions** **\$85**
202005A Tues., Jan. 13, 5:30–6:30pm

Fairlington Center. Inst.: Droblyen/Halloran

Ages Adults **8 Sessions** **\$85**
202005B Mon., Jan. 26, 6–7pm

AQUATICS

Aquatics: Adapted Pre-Fin & Me

In this beginner swim class with a modified environment, participants are accompanied in the water by a parent or guardian for 1:1 support. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and how to submerge their heads underwater. Additionally, participants will learn to interact with instructors in order to transition to swim classes unaccompanied by parents.

Long Bridge Aquatics & Fitness Center

Ages 2½-4 **9 Sessions** **\$90**
210411A Sun., Jan. 11, 1:05–1:35pm

Need Program Modifications?

Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703.228.4740 or email TRinfo@arlingtonva.us.

Aquatics: Adapted Pre-Fin

In this beginner swim class with a modified environment, participants will work with instructors in a reduced ratio, unaccompanied by a parent or guardian. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions and how to put their heads underwater.

Long Bridge Aquatics & Fitness Center

Ages 3yr 3mths-5 **9 Sessions** **\$90**
210412A Sun., Jan. 11, 1:05–1:35pm

Aquatics: Adapted Youth Splash

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center

Ages 6-12 **9 Sessions** **\$90**
220411A Sun., Jan. 11, 1:40–2:10pm

Aquatics: Adapted Open Swim

This program is for participants who wish to exercise and leisurely utilize the pool in a more fluid structure and a modified environment. Activities can include (but are not limited to) lap swimming, aqua jogging, and kicking with a kick board. This is an open swim environment, there is no structured guidance from an instructor during the program, though instructors will be available to answer questions if needed. Participants needing 1:1 support in the water must be accompanied by a parent or guardian.

Long Bridge Aquatics & Fitness Center

Ages 6-Adult **9 Sessions** **\$108**
220414A Sun., Jan. 11, 12:20–1pm

Aquatics: Adapted Teen/Adult Swim Exploration

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **11 Sessions** **\$154**

240415A Tues., Jan. 13, 9–9:55am

240415B Thurs., Jan. 15, 9–9:55am

Ages 13-Adult **9 Sessions** **\$90**

240415C Sun., Jan. 11, 2:20–2:50pm

FITNESS

Adapted Group Fitness w/SPIRIT Club

Get your workout on with SPIRIT Club! These adapted fitness classes, designed for individuals with disabilities, focus on improving balance, strength, flexibility, endurance, coordination, speed, and agility. Exercises are taught in a High-Intensity Interval Training (HIIT) format, with visual demonstrations and clear verbal cues for easy understanding. To learn more about SPIRIT Club, visit www.spirit-club.com. Inst.: SPIRIT Club





ACCESS FOR ALL

Everyone, Everywhere, Every Day.

Arlington County residents may request a fee reduction! Apply for a fee reduction prior to registration; discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information [click here](#).

Langston-Brown Center

Total Body Strength

Ages 13-Adult 1 Session \$17
204003A Sat., Jan. 24, 9:45–10:45am

Balance & Agility

Ages 13-Adult 1 Session \$17
204003B Sat., Feb. 21, 9:45–10:45am

Stretch & Flex

Ages 13-Adult 1 Session \$17
204003C Sat., Mar. 21, 9:45–10:45am

Adapted Zumba w/SPIRIT Club

Join us for Adapted Zumba with SPIRIT Club. Designed specifically for individuals with disabilities, this vibrant, music based workout aims to boost cardiovascular endurance, balance, flexibility, and more while experiencing the joy of dance and movement. Each session creates an energetic, welcoming atmosphere that encourages everyone to stay as active as possible. Learn more about SPIRIT Club at www.spirit-club.com. Inst.: SPIRIT Club

Langston-Brown Center

Ages 13-Adult 8 Sessions \$180
204007A Sat., Jan. 17, 11am–12pm

Adapted Yoga for Adults

Yoga can enhance body awareness, emotional well-being, and mental focus. This specialized yoga class, tailored for adults with disabilities, incorporates gentle sound therapy (chanting), eye exercises, breathing techniques, body postures, deep relaxation, and affirmations. Led by a certified yoga therapist (International Association of Yoga Therapists) who is experienced in accommodating various ages and abilities. Brief individual consultations are available with the instructor before or after class. Since yoga practices can also benefit care providers too, a parent or guardian may attend free of charge. If you'd like to register a guardian or caregiver, please email trinfo@arlingtonva.us prior to the first class. Inst.: Sheetz

Lubber Run Center

Ages Adults 6 Sessions \$90
204008A Wed., Jan. 14, 5:30–6:20pm
204008B Wed., Feb. 25, 5:30–6:20pm



GYMNASTICS

Gymnastics: Parent/Tot

Tots with disabilities work with a parent to learn basic gymnastics skills. Gymnastics is a great activity to enhance balance, movement and coordination in a social atmosphere. Adult participation required. Inst.: Sheetz

Barcroft Sports & Fitness Center

Ages 3–5 10 Sessions \$138
210520A Sun., Jan. 25, 9:30–10:15am

Gymnastics: Adapted Level 1

Children with disabilities learn basic gymnastics skills on men's and women's gymnastics events to enhance balance, movement, and coordination in a social atmosphere.

Barcroft Sports & Fitness Center

Ages 5–7 10 Sessions \$138
220521A Sun., Jan. 25, 9:30–10:15am

Ages 8–12 10 Sessions \$138
220521B Sun., Jan. 25, 8:30–9:15am

Gymnastics: Adapted Teen/Adult

This is a class designed for teens/adults with disabilities who are interested in trying gymnastics for the first time or continuing after level classes. Participants will learn a variety of gymnastics skills on men's and women's gymnastics events.

Barcroft Sports & Fitness Center

Ages 13-Adult 10 Sessions \$198
230503A Sun., Jan. 25, 10:30–11:30am

Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

Adapted Aquatics is a learn-to-swim program for children and adults with developmental disabilities. Volunteers will work one-on-one with participants in the water to strengthen and develop basic swim skills. Volunteers must be strong swimmers, comfortable in the water and enthusiastic about helping people learn.

[Apply Here!](#)



● Therapeutic Recreation Family Night Out

The Arlington County TR Office is excited to host monthly fun and exciting recreation events for families that include a member with a disability. Families will get the chance to enjoy a variety of recreational activities and connect with other families.

Registration will be required for all who plan on attending. Check out upcoming program information below or sign up for our E-Newsletter for event details and registration information. Contact: Trinfo@arlingtonva.us

● ADAPTED ICE SKATING

Join us on Sunday, December 21, 11:40am–1:40pm at MedStar Iceplex for an afternoon of ice skating designed for families who have a member with a disability.

Whether you're stepping onto the ice for the first time or returning after a break, this is a great opportunity to spend time together and enjoy the season.

What to Know Before You Go:

- All participating family members must be registered
- Helmets and personal safety gear are strongly encouraged (not provided at the event)
- Skate rentals must be reserved in advance—on-site purchases are not available

Bundle up, bring your energy, and come share the rink with other families. We look forward to seeing you there!

MedStar Iceplex

Sunday, December 21, 2025

Cost: \$1 for skate rental

Activity #922226-03 11:40am–1:40pm



TUMBLE TOGETHER

TR Family Night Out is excited to announce the return of Tumble Together, a gymnastics event for individuals with disabilities and their families.

Come out to the Barcroft Sports & Fitness Center on Saturday, January 10, 2026, for an afternoon of Adapted Gymnastics.

Participants will experience gymnastics by moving through obstacle courses, jumping on the trampoline, swinging on the rings and bars, and exploring the foam pit. All family members who plan on attending must register.

Barcroft Sports & Fitness Center

Ages 3–Adult

Saturday, January 10, 2026

Cost: \$10

Activity #220523A 2–3:30pm





Therapeutic Recreation SoCiaL CLuBS

Teens and adults with disabilities are invited to join one of our social clubs. Each social club offers a variety of activities per month. Get out, have some fun, and come join us!

Members will get the opportunity to enjoy a variety of recreation activities as well as connect with other members. Registration will be required for all who plan on attending, so be sure to sign up for our [E-News](#) to receive event details.



Teens Social Club: Ages 12-17
Adult Social Club: Ages 18+

SoCiaL CLuBS membership is \$60 for the season, granting access to monthly Socials on the first Friday of each month with unique program offerings. Members can also register for special events on the third Friday of each month, with additional fees and varying dates and times.

Beginning Aug. 27, 2025, returning 2024-25 members can renew their membership by calling our registration office: 703.228.4747. New to the club? We'd love to have you! Email TRInfo@arlingtonva.us to complete a new member intake before registering.



SPARC in Arlington

SPARC Solutions (SPecially Adapted Resource Club) empowers adults with disabilities to use their imaginations to express themselves through a variety of activities, such as cooking, art, community outings, and group games. SPARC enriches the lives of these young adults by enabling them to learn skills that will improve the quality of their lives and their families.

Age range: 18+

Program information:

<https://sparcsolutions.org/>



sparc
specially adapted resource clubs





Explore Nature Outdoor & Virtual Programs



DAILY H.A.M.S (HOLIDAY ANIMAL MEETUPS)

Take a break from the holiday rush to just sit down and enjoy meeting some of our local nature center animals. Each day, a naturalist will share stories, tales and offer direct encounters with 2 different live or preserved animal friends. No registration required. Just show up in our classroom and enjoy learning about local wildlife. Adults must accompany children, no drop offs please.

Free. Long Branch Nature Center

Tues., Dec. 23, 12-1pm

Wed., Dec. 24, 12-1pm

Sat., Dec. 27, 12-1pm

Tue., Dec. 30, 12-1pm

Wed., Dec. 31, 12-1pm

Fri., Jan. 2, 12-1pm

Sat., Jan. 3, 12-1pm



SPELLBINDERS STORY FEST

The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Participants may choose a well-loved book to take home! Book donations provided in collaboration with the Friends of Arlington Public Library. Meet in the classroom. Ages 4+.

Free. Long Branch Nature Center

Sun., Jan. 11, 1:30-2pm

622950-K

Gulf Branch Nature Center

Sat., Feb. 21, 11:30am-12pm

622850-P



Winter Highlights



WOMEN'S OUTDOOR SKILLS

Learn about important outdoor skills within a supportive, women-focused group! Learn about how to build a fire, use a compass, and plan a hiking or camping trip. Adults and Teens ages 16+.

\$12. Gulf Branch Nature Center

Sat., Mar. 28, 2-4pm

622840-I



Spring Equinox Walk & Campfire

Come welcome in the time of year when daytime equals nighttime and spring begins to awaken. Sing songs, hear stories, drink hot chocolate, go on a short evening walk then roast marshmallows for s'mores. Families.

\$9. Long Branch Nature Center

Sat., Mar. 21, 6:30-8pm

622950-CC





Family Campfires

The whole family is invited to join us at the Gulf Branch Nature Center fire pit, Long Branch Nature Center amphitheater or Fort C.F. Smith Park for lots of old-fashioned fun. This engaging program will be filled with entertaining activities which may include stories, special animal guests, games, songs and of course, S'mores! We'll provide the marshmallows, chocolate & graham crackers.

\$7. Gulf Branch Nature Center

-  **Cozy Cabin Campfire**
Sat., Dec. 20, 4–5pm 622850-A
-  **Wolf Campfire**
Sat., Jan. 24, 4:30–5:30pm 622850-B
-  **Bald Eagle Campfire**
Sat., Feb. 7, 4:30–5:30pm 622850-C
-  **Hawk Talk Campfire**
Sat., Feb. 21, 4:30–5:30pm 622850-D
-  **Wake Up Hibernators! Campfire**
Sat., Mar. 7, 4:30–5:30pm 622850-E
-  **Native American Stories Campfire**
Fri., Mar. 20, 6–7pm 622850-F
-  **The Forgotten Ape Campfire**
Sat., Mar. 28, 6–7pm 622850-G

\$7. Long Branch Nature Center

-  **Bats Campfire**
Fri., Jan. 9, 5:30–6:30pm 622950-A
-  **Food Webs Campfire**
Fri., Feb. 27, 5–6pm 622950-B

\$7. Fort CF Smith Park

-  **A Valentine's Day Campfire**
Sat., Feb. 14, 1–2pm 622750-B



Pre-K & Tiny Tot Programs

Our Tiny Tot and Preschool programs provide opportunities to interact one-on-one with your child while discovering the wonders of nature.

Each program will engage your child with hands-on learning and may include a variety of activities like songs, games, crafts and mini-hikes. Tiny Tot and Preschool programs are offered throughout the year at Gulf and Long Branch Nature Centers. Each program has a theme which incorporates wildlife or the natural world. Themes repeat so please register for only one program at each center per month. Caretakers must stay with their child during the program.

Tiny Tot Ages 18-35 months

\$7. Gulf Branch Nature Center

Tiny Tot: Whales

- Thurs., Jan. 8, 10–10:45am 622810-A
- Sat., Jan. 10, 10–10:45am 622810-B
- Thurs., Jan. 15, 10–10:45am 622810-C

Tiny Tot: Raccoons

- Thurs., Feb. 5, 10–10:45am 622810-D
- Sat., Feb. 7, 10–10:45am 622810-E
- Tues., Feb. 10, 11–11:45am 622810-F

Tiny Tot: Birds

- Thurs., Mar. 5, 10–10:45am 622810-G
- Sat., Mar. 7, 10–10:45am 622810-H
- Thurs., Mar. 26, 10–10:45am 622810-I

\$7 Long Branch Nature Center

Tiny Tot: Mushrooms

- Tues., Jan. 6, 10–10:45am 622910-A
- Sat., Jan. 17, 10:30–11:15am 622910-B
- Thurs., Jan. 22, 11–11:45am 622910-C

Tiny Tot: Animal Safari

- Tues., Feb. 3, 11–11:45am 622910-D
- Sun., Feb. 8, 1–1:45pm 622910-E
- Fri., Feb. 20, 10–10:45am 622910-F

Tiny Tot: Night Sky

- Tues., Mar. 10, 10:30–11:15am 622910-G
- Sat., Mar. 21, 10–10:45am 622910-H
- Wed., Mar. 25, 11–11:45am 622910-I



Preschool Ages 3 to 5

\$7. Gulf Branch Nature Center

Pre-K: Weather

- Thurs., Jan. 8, 11am–12pm 622810-J
- Sat., Jan. 10, 11am–12pm 622810-K
- Thurs., Jan. 15, 11am–12pm 622810-L
- Thurs., Jan. 22, 1–2pm 622810-M

Pre-K: Rainforest

- Thurs., Feb. 5, 11am–12pm 622810-N
- Fri., Feb. 6, 1–2pm 622810-O
- Sat., Feb. 7, 11am–12pm 622810-P
- Tues., Feb. 10, 11am–12pm 622810-Q

Pre-K: Animal Noses

- Tues., Mar. 3, 1–2pm 622810-R
- Thurs., Mar. 5, 11am–12pm 622810-S
- Sat., Mar. 7, 11am–12pm 622810-T
- Thurs., Mar. 26, 11am–12pm 622810-U

\$7 Long Branch Nature Center

Pre-K: Furry Friends

- Wed., Jan. 14, 10:30–11:30am 622910-J
- Tues., Jan. 20, 11am–12pm 622910-K
- Sat., Jan. 24, 10:30–11:30am 622910-L
- Thurs., Jan. 29, 10–11am 622910-M

Pre-K: Owl Pellet Dissection

- Sat., Feb. 14, 10:30–11:30am 622910-N
- Wed., Feb. 18, 10:30–11:30am 622910-O
- Sun., Feb. 22, 1:30–2:30pm 622910-P
- Fri., Feb. 27, 3–4pm 622910-Q

Pre-K: Frog Hop

- Fri., Mar. 13, 10–11am 622910-R
- Sat., Mar. 14, 11am–12pm 622910-S
- Wed., Mar. 18, 10:30–11:30am 622910-T
- Tues., Mar. 31, 10:30–11:30am 622910-U

Nature Storytime

Come enjoy interactive stories about different nature topics, exploring hands-on with different items along with a small craft. Ages 1-5.

Free. Gulf Branch Nature Center

- Wed., Jan. 7, 10:30–11am 622810-V
- Wed., Jan. 28, 10:30–11am 622810-W
- Wed., Feb. 11, 10:30–11am 622810-X
- Wed., Feb. 25, 10:30–11am 622810-Y
- Wed., Mar. 11, 10:30–11am 622810-Z

Groundhog Day Storytime

Join us for story time about groundhogs just in time for Groundhog Day. Adults are expected to remain with their children. Ages 2-5.

Free. Long Branch Nature Center

- Sun., Feb. 1, 1:30–2pm 622910-V



Kids Programs

☺ No School? No Problem!

NSNP! We've highlighted our nature programs scheduled during Arlington Public School Teacher Workdays or Parent-Teacher Conference Days so kids can stay active and engaged!

Eco-friendly Bird Feeders

Winter is a time when food is scarce, but our feathered friends still need to eat! We will learn about our resident winter birds and create bird feeders out of eco-friendly materials. Ages 5 to 9.

\$7. Gulf Branch Nature Center
Sat., Jan. 3, 10:30–11:30am

622820-A

☺ Mammal Mania!

NSNP! Learn about local mammals and how they keep warm in winter! We will go on a short hike and get to feel animal furs! Dress for the weather! Ages 5 to 12.

\$7. Gulf Branch Nature Center
Wed., Jan. 14, 2:30–3:15pm

622820-B

Furry Friends

As the temperature starts to drop, come learn about all the furry friends that call Arlington home and why fur is so important for survival. Animal pelts will be available to touch and feel! Ages 6 to 10.

\$7. Gulf Branch Nature Center
Sun., Jan. 18, 2–3pm

622820-C

\$7. Long Branch Nature Center
Sun., Mar. 1, 2–3pm

622920-G

Animal Tracks and Scat

As we approach the snowier season, learn how to identify animals based on clues they leave behind! Learn about scat and tracks, and why they are so important to understanding the ecosystem around us! Ages 8 to 12.

\$7. Long Branch Nature Center
Thurs., Jan. 22, 4–5pm

622920-A



Dissecting Owl Pellets

Come find out what our wild owls have been eating with hands-on investigating! We'll dissect sterilized owl pellets and see what we can learn. Ages 6 to 12.

\$7. Long Branch Nature Center
Sat., Jan. 24, 3–4pm

622920-B

☺ Fun with Ice Science

NSNP! Come explore the world of ice—learn how it forms, how we use it, and how we get rid of it! Experiment making “sticky ice” and melting ice in different ways. Ages 5 to 9.

Free. Gulf Branch Nature Center
Fri., Jan. 30, 2:30–3:30pm

622820-D

Cooking with Kids

Make some no bake treats at Long Branch Nature Center! During this program, kids will learn where their food comes from, about eating seasonally and locally, and make a delicious treat to enjoy! Caregiver must be present during the program. Ages 6 to 12.

\$9. Long Branch Nature Center
Sat., Jan. 31, 11am–12pm

622950-V

Animal Sketching

Join us to learn how to sketch animals. We'll use animal models for inspiration and sketch with colored pencils. Ages 6 to 12.

\$7. Long Branch Nature Center
Sun., Feb. 1, 3:30–4:30pm

622920-C

Valentine's Day Craft

Make adorable Valentine's Day crafts to give to friends, loved ones, or even animals at the Nature Center! Ages 6 to 12.

\$7. Long Branch Nature Center
Sun., Feb. 8, 3:30–4:30pm

622920-D

☺ Turtle Feeding Time

Turtle time! Learn about, meet, and feed some of the Nature Center's turtles! Kids 6 to 12.

\$7. Long Branch Nature Center
NSNP! Wed., Feb. 11, 2:30–3:15pm

622920-E

\$7. Gulf Branch Nature Center
Sat., Feb. 21, 10:30–11:15am

622820-E



Geology for Kids

Kids can become their own geologists by handling rock samples in our classroom. Then we'll take a short hike to find, examine and identify rocks and soils in the park. Ages 6 to 12.

\$7. Long Branch Nature Center
Sun., Feb. 22, 3:30–4:30pm

622920-F

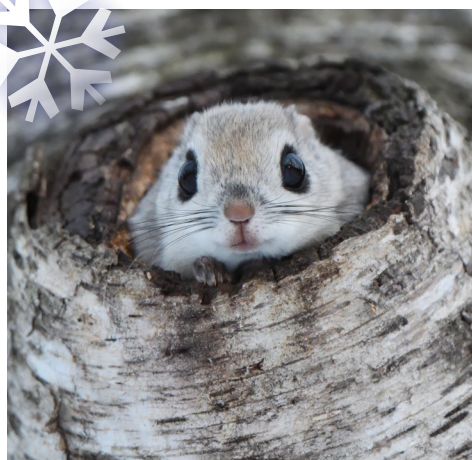


Celebrate World Wildlife

March 3 every year is the celebration of world wildlife. Celebrate a few days early with us by meeting a variety of animals from different parts of the world! Participants will get a chance to meet and touch animals up close. Ages 6 to 12.

Free. Gulf Branch Nature Center
Fri., Feb. 27, 5–6pm

622820-F





😊 Decorate the Nature Center!

NSNP! Spring is almost here and we could use your art to help make the nature center beautiful! Join us for fun crafts that can be displayed in the nature center-or you can bring them home instead! Ages 6 to 12.

Free. Gulf Branch Nature Center
Fri., Mar. 13, 4-5pm

622820-G

Virginia's State Fossil— a Scallop!

We will learn about Virginia's State fossil mollusk seashell as well as seashells you might find on the Atlantic beach. Shell activity included. Ages 8 to 13.

\$7. Gulf Branch Nature Center
Sun., Mar. 15, 4-5pm

622820-H

😊 Backyard Weather Station

NSNP! Are you curious about how weather forecasts are made? Wondering how you can tell if it you will have nice weather tomorrow? Come learn about our backyard weather station and how the simple information it collects can tell us so much. Ages 6 to 12.

Free. Gulf Branch Nature Center
Fri., Mar. 20, 1-2pm

622820-I



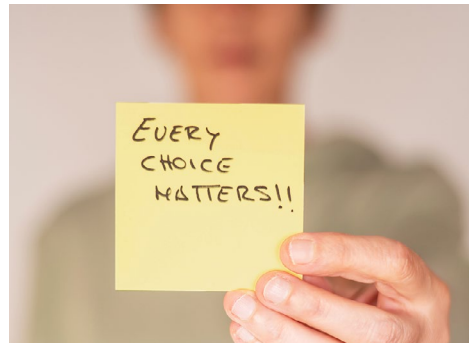
Teen Programs

2026 Vision Board Bullet Journals

Make a 2026 vision board collage as a cover for a bullet journal! Join us at Long Branch Nature Center to map out your vision for 2026. Hot chocolate, magazines and craft supplies will be provided, but feel free to bring any extra materials! Ages 11 to 17.

Free. Long Branch Nature Center
Tues., Jan. 6, 5-6pm

622930-A



Environmental Action: Teens

Learning about climate change and the challenges the environment is facing can be intimidating. Join us for an hour of action, where we brainstorm how to take concrete steps to advocate for our local environment! Ages 11 to 17.

Free. Gulf Branch Nature Center
Tues., Feb. 17, 5-6pm

622830-A

Nature Photography for Teens

Bring your digital camera of your choice and see the nature to be discovered on our walk outside in the surrounding Glencarlyn Park. Camera guidance and tips will be provided before the outing and there will be opportunities to photograph the resident nature center animals and objects inside. Warm up with some hot chocolate. Ages 13 to 17.

\$9. Long Branch Nature Center
Sun., Mar. 8, 3-4:30pm

622930-B

Adult Programs

Wednesday Walkabouts- Free Seasonal Nature Tours

The natural world is constantly changing... yearly, monthly, daily and even hourly. The only way to see it all is to go out on a regular basis and explore. Every 2nd and 4th Wednesday, join a naturalist to briefly meet one of our nature center critters (living or preserved) then go for a walk to see what is out and about this time of year. Learn about the creatures you can see in winter, and focus on healthy walking. No registration required. Just show up ready to be amazed. Ages 15+.

Free. Long Branch Nature Center

Wed., Dec. 10, 12-1pm

Wed., Jan. 14, 12-1pm

Wed., Jan. 28, 12-1pm

Wed., Feb. 11, 12-1pm

Wed., Feb. 25, 12-1pm

Wed., Mar. 11, 12-1pm

Wed., Mar. 25, 12-1pm



Seed Cleaning & Viewing Party

Sort, sift, pick and socialize! Join us to help us sort and clean native seeds while checking out some nature videos. Clean seeds will be shared for free in the spring..

Free. Long Branch Nature Center

Sun., Dec. 14, 6:30-7:30pm

622940-A

Winter Trees & Their Hidden Stories

Our trees may be resting but they still have stories to tell. Stories of life, medicines, human history, and tales of survival. Learn to ID the trees in winter while learning their mysteries.

\$7. Long Branch Nature Center

Thurs., Jan. 8, 11:30am-12:30pm

622940-E

Thurs., Feb. 5, 11:30am-12:30pm

622940-F

Explore the natural world in Arlington!
More classes are available online
at arlingtonva.us/parks and search
Nature & History.

VIRTUAL DEEP DIVES:

Take a Deep Dive into a natural history topic that scratches more than just the surface.



Watersheds in Winter

Join us for a virtual talk to explore how snow, ice, and road salt impact water quality—and learn simple actions you can take to protect your watershed during the colder months.

Free. Virtual Program

Wed., Dec. 17, 7–8pm

[622940-B](#)

Winter Sparrow Workshop

Get ready for winter by brushing up on sparrow identification! Every season brings its own challenges for birdwatching. In winter, similar-looking sparrows can be hard to tell apart, and they are singing less and calling more. Join expert birder Bert Harris to learn tips for identifying winter sparrows. Intended for beginning and intermediate birders.

Free. Virtual Program

Thurs., Dec. 18, 6–7pm

[622940-C](#)

Salamanders of Virginia

This online talk will cover the common species of salamanders in Northern Virginia as well as the diversity and biology of these elusive amphibians.

Free. Virtual Program

Wed., Jan. 28, 7–8pm

[622940-I](#)

Unique Geological Features of Virginia

The rocks don't sleep in winter! Virginia hosts some incredible geological features like caves, gorges, and waterfalls. These geological features in turn host unusual species and natural communities. Come learn about these special parts of our natural heritage!

Free. Virtual Program

Thurs., Jan. 29, 12–1pm

[622940-J](#)

Free. Virtual Program

Wed., Feb. 18, 6–7pm

[622940-K](#)

Learn About the History of Wolves!

Virtual. Learn about the complicated history of wolves in the United States, an important keystone species. Watch videos, see photos, and discuss the state of their range today.

Free. Virtual Program

Wed., Feb. 4, 7–8pm

[622940-L](#)



Urban Wildlife

What are Arlington's common wildlife? What should you do if you encounter wildlife? We'll answer these questions in an interactive online program.

Free. Virtual Program

Thurs., Feb. 12, 7–8pm

[622940-M](#)

A Year in the Life of a Box Turtle

A naturalist will discuss life history through the seasons, the threats facing turtle populations, and what you can do to be a friend to box turtles!

Free. Virtual Program

Tues., Feb. 24, 7–8pm

[622940-O](#)

Rare Plants of Virginia Photo Tour

From the top of Mount Rogers to the beaches of the Eastern Shore, Virginia hosts an incredible diversity of plants and plant communities including cacti, orchids, and carnivorous plants. Join our naturalist on a photographic journey of some of the most unusual, uncommon, and threatened plants found in the commonwealth.

Free. Virtual Program

Thurs., Mar. 12, 12–1pm

[622940-Q](#)

Free. Virtual Program

Wed., Mar. 25, 6–7pm

[622940-R](#)

How Do Birds Get Their Names?

What's in a name? From indigenous languages to famous naturalists to simple descriptors, the names of birds convey information about the history of our feathered friends. Discover the hidden meanings in the names of local birds. Hear about recent plans to re-name some bird species.

Free. Virtual Program

Thurs., Mar. 19, 7–8pm

[622940-T](#)

A Long History of Arlington County

Arlington County has changed a lot from its prehistoric landscape to the bustling urban landscape of today. Or has it? Join this virtual exploration of the themes that have defined the history of this piece of Earth we call Arlington.

Free. Virtual Program

Tues., Mar. 24, 6:30–7:30pm

[622740-E](#)

Zoonotic Diseases

Zoonotic diseases are infectious diseases that can be transmitted between animals and humans. Learn about some zoonotic diseases in Virginia, and the simple precautions that can help keep you, your pets and wildlife healthy.

Free. Virtual Program

Thurs., Mar. 26, 7–8pm

[622840-G](#)





Brew Your Own Chai Tea

Brew your own chai tea at Long Branch Nature Center! Learn about the different components of chai tea, it's cultural history, and brew and enjoy your own!

\$7. Gulf Branch Nature Center

Sat., Jan. 17, 10–11am

622840-A

MLK Day of Service

Make a difference in your community on Martin Luther King Jr. Day! Volunteers are needed to help clear out invasive plants and vines that are keeping our local plants and animals from thriving. Come dressed for the weather, with sturdy footwear, and be prepared to get dirty. Work gloves will be provided, but please bring your own if you have them. Teens ages 12+ are welcome with a registered adult.

Free. Long Branch Nature Center

Mon., Jan. 19, 2–3:30pm

622940-G

Cozy Winter Craft Night for Adults

Embrace the warmth of creativity this winter at our cozy winter craft night—a relaxing evening just for adults at the nature center. Sip tea or hot cocoa and unwind with nature-inspired crafts and good company. Materials provided. Adults and Teens 16+.

\$10. Long Branch Nature Center

Sun., Jan. 25, 4–5pm

622940-H



Introduction to iNaturalist

iNaturalist is an awesome tool to document and learn about the natural world around us. Come learn how to use the phone/tablet app and explore observations on the website, then put it into practice with a walk outside! Teens ages 12+ are welcome to attend with a registered adult.

\$7. Gulf Branch Nature Center

Sat., Jan. 31, 10–11am

622840-B



Wellness Walk

Join us for a stroll through the forest as we immerse ourselves in nature. Adult and Teens 16+.

Free. Gulf Branch Nature Center

Sun., Feb. 15, 10–11am

622840-C

Sun., Mar. 8, 10–11am

622840-D

Winter Stream Ecology Hike

Bundle up and join us for a winter nature hike full of frosty discoveries! Ever wonder what fish do when streams freeze over? How life keeps moving under the ice? On this guided walk, we'll explore stream ecology in winter and uncover how aquatic life—especially fish—adapts to survive the freezing temperatures, slower currents, and reduced food supply. Teens 16+ welcome with a registered adult.

\$7. Long Branch Nature Center

Sat., Feb. 21, 11am–12pm

622940-N



Environmental Action: Adults

Learning about climate change and the challenges that the environment is facing can be intimidating. Join us for an hour of action where we brainstorm how to take concrete steps to advocate for our local environment!

\$7. Gulf Branch Nature Center

Tues., Feb. 24, 5:30–6:30pm

622840-E

Backpacking 101

Ever wanted to go backpacking, but were unsure about what to bring, how to plan, or what skills are needed? Join us for our backpacking information session, led by a former backpacking guide, to get your questions answered and leave with more backcountry confidence! Teens ages 12+ welcome with a registered adult.

\$7. Long Branch Nature Center

Thurs., Mar. 5, 6:30–7:30pm

622940-P



Spring Buds Abound

Spring has sprung and so have some wildflowers. As they breach the frozen ground, come search for their hidden beauty.

\$7. Long Branch Nature Center

Thurs., Mar. 19, 12–1pm

622940-S

Spring Wildflowers & Their Stories

Though roses haven't started to emerge, spring wildflowers are popping up all over Bon Air Park and they have some amazing stories to tell. Medicines, food, folklore and tales of life, love and survival. We'll start at the Rose Garden and explore the entire park. Teens ages 12+ are welcome to attend with a registered adult.

\$7. Bon Air Park

Fri., Mar. 20, 11am–12pm

622940-U





Behind the Scenes: Arlington Farmers Markets

Ever wonder what the Behind-the-Scenes of a Farmers Market looks like? Join us at Westover Farmers Market to learn about how these lovely weekend events are organized, meet vendors, and hopefully try some samples! Please come dressed for the weather. Teens 12+ welcome with a registered adult.

\$7. Westover Park

Sun., Mar. 22, 10–11am

622740-D

Leave No Trace for Pet Owners

Learn how you and your dog can explore responsibly and help protect our natural spaces by practicing Leave No Trace principles. Enjoy the outdoors together while making a positive impact—dogs are welcome! Adults and Teens 16+.

\$7. Gulf Branch Nature Center

Sun., Mar. 22, 1–2pm

622840-F

Spring Ephemerals Hike

Join us for a guided nature walk to discover the beauty of spring ephemerals—those fleeting, early blooming wildflowers that appear before the forest canopy fills in. These native plants make the most of early spring sunlight and play a vital role in supporting pollinators emerging after winter. Come learn how these short-lived blooms help bring the forest to life! Teens ages 12+ are welcome to attend with a registered adult.

\$7. Gulf Branch Nature Center

Sat., Mar. 28, 11am–12pm

622840-H



Family Programs

Flying Squirrel Lore

Flying squirrels are found throughout the wooded neighborhoods of Arlington, but are seldom seen. Join us after dark to learn about these nocturnal creatures. Dress for the weather, we will venture out into the cold night to look for wild flying squirrels. All participants must register.

\$7. Long Branch Nature Center

Fri., Dec. 12, 5–6pm

622950-C

Sat., Jan. 10, 5:30–6:30pm

622950-D

Fri., Jan. 23, 5:30–6:30pm

622950-E

Fri., Feb. 6, 6–7pm

622950-F

Sun., Feb. 15, 6–7pm

622950-G



Nocturnal Animal Hike

Learn about the animals active at night (nocturnal) and try to find some! There will be a short introductory presentation in the nature center followed by a hike outside around the park. We will stay on the walking paths; dress for the weather.

\$7. Long Branch Nature Center

Fri., Dec. 19, 6:30–7:30pm

622950-H

Fri., Feb. 20, 6:30–7:30pm

622950-I

Fri., Mar. 6, 6:30–7:30pm

622950-J

\$7. Gulf Branch Nature Center

Fri., Jan. 2, 6:30–7:30pm

622850-H

Fri., Jan. 16, 6:30–7:30pm

622850-I

Fri., Feb. 27, 6:30–7:30pm

622850-J

Fri., Mar. 13, 7:30–8:30pm

622850-K

Fri., Mar. 27, 7:30–8:30pm

622850-L

Pelts and Coats

Meet some scaly friends, touch some pelts and coats, and learn about how different animals use their skins.

\$7. Long Branch Nature Center

Sun., Jan. 11, 3pm–4pm

622950-L



Nature Origami

Chilly winter is a great time to cozy up inside and make some crafts inspired by nature. Come learn about the ancient Japanese art of origami and fold a few different paper plants and animals!

\$7. Long Branch Nature Center

Sat., Jan. 17, 11am–12pm

622950-M

\$7. Gulf Branch Nature Center

Sat., Feb. 28, 11am–12pm

622850-S

Turtle Time!

Come to the nature center to meet our resident turtles! We'll learn about their unique characteristics, how we care for them, and what they eat.

Free. Long Branch Nature Center

Tues., Jan. 20, 3:30–4:30pm

622950-N

Thurs., Feb. 12, 3:30–4:30pm

622950-O

Learn to Finger-Knit

Families. Take a break from your busy day to learn a cozy craft: finger-knitting! We'll provide the yarn, and you'll bring your own fingers and a little patience, which is all you'll need to access an enjoyable hobby for kids, teens, and adults. Kids ages 9–12 must be accompanied by a registered adult; teens ages 13–17 may attend without an adult.

\$7. Gulf Branch Nature Center

Wed., Jan. 21, 4–5pm

622850-M

Sun., Jan. 25, 1:30–2:30pm

622850-N

**Explore the natural world in Arlington!
More classes are available online
at arlingtonva.us/parks and search
Nature & History.**

Pond Life: Winter Edition

Our ponds may be frozen, but they're still full of life. Come learn about our winter pond dwellers, and find out where the critters you don't see in winter have gone. Dress for the weather.

Free. Long Branch Nature Center

Tues., Jan. 27, 11am-12pm

Tues., Feb. 24, 11am-12pm

Tues., Mar. 17, 11am-12pm

[622950-P](#)

[622950-Q](#)

[622950-R](#)



Lunar New Year Celebration

Happy Year of the Horse! Come by Long Branch Nature and participate in festivities such as making crafts, trying cultural foods, listening to folktales, and witnessing the Chinese Lion Dance!

\$9. Long Branch Nature Center

Sun., Feb. 1, 11am-12:30pm

[622950-Y](#)

Likin' Lichen!

The winter months are an amazing time to explore lichen! A partnership between algae and fungi, lichen come in a variety of colors and structures. We will learn about lichen in the classroom and then go on an exploration hike to find some outside. Dress for the weather.

\$7. Long Branch Nature Center

Sat., Feb. 7, 11am-12pm

[622950-Z](#)

Odd Couples

Have you ever wondered how a clownfish lives inside of an anemone? Join us to learn about odd relationships in the animal kingdom.

Free. Gulf Branch Nature Center

Sun., Feb. 15, 12:30-1:30pm

[622850-O](#)

Learn to Weave a Rug

Families. Weaving is a fun activity for these dark winter days... In this class, you'll use a bit of cardboard and scraps of yarn to make a tiny rug for a dollhouse or a pretty coaster for your bedside table. Kids ages 9-12 must be accompanied by a registered adult; teens ages 13-17 may attend without an adult.

\$7. Gulf Branch Nature Center

Sun., Feb. 22, 1:30-2:30pm

[622850-Q](#)

Wed., Feb. 25, 4-5pm

[622850-R](#)

Salamander Search

We will search for salamanders along Long Branch Creek. Dress warmly and bring a flashlight if you have one. Event will take place rain or shine!

\$7. Long Branch Nature Center

Sun., Mar. 1, 3:30-4:30pm

[622950-AA](#)

Serpent Showcase

Come to the nature center and meet our resident snakes! We'll learn about the different species of snakes that call the nature center home, how we care for them, and why they're so important to our ecosystem.

Free. Long Branch Nature Center

Tues., Jan. 27, 3:30-4:30pm

Thurs., Feb. 19, 3:30-4:30pm

Tues., Mar. 10, 3:30-4:30pm

[622950-S](#)

[622950-T](#)

[622950-U](#)

Owl Prowl & Cocoa

Join us for an evening nature hike when the leaves aren't on the trees, making owls easier to spot. Give a hoot... literally as we learn about and try to call to our native nocturnal raptors. Dress for the weather.

\$9. Long Branch Nature Center

Sat., Jan. 31, 6-7:30pm

Sat., Mar. 28, 7:30-9pm

[622950-V](#)

[622950-W](#)



Spotted Lanternfly Egg Removal

Join us in scraping Spotted Lanternfly egg masses off trees in the park. These invasive insects are damaging our native trees and vines and you can help protect these vital plants!

Free. Gulf Branch Nature Center

Fri., Mar. 13, 2:30-3:30pm

[622850-T](#)

Potomac River Hike

Join us for a hike down to the Potomac River! Along the way, we will talk about plant and animal species we encounter and do a bit of rock scrambling. The dirt path can be uneven, so please bring sturdy footwear, plenty of water, and dress in layers for the weather. Families with kids ages 12+.

Free. Gulf Branch Nature Center

Sat., Mar. 14, 10-11:30am

[622850-U](#)

Pet Responsibility

Do you love animals? Have you thought about welcoming a pet into your home some day? Come learn about what goes into caring for an animal and meet some of our scaly friends.

Free. Gulf Branch Nature Center

Fri., Mar. 20, 3-4pm

[622850-V](#)

Wake Up: Amphibians in Spring

It's time for our slimy skinned, jelly egged creatures to start waking up... maybe. Any warm winter day or evening may cause an awakening of wood frogs and other amphibians as they emerge, try to avoid predators, and finally lay their eggs. Join us to find their hiding spots before the predators do!

\$7. Long Branch Nature Center

Fri., Mar. 27, 5-6pm

[622950-DD](#)



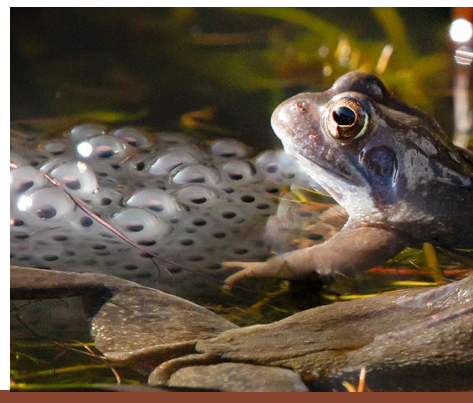
Migration of the Coconut

"Are you suggesting that coconuts migrate?" Come learn about how coconuts spread from Southeast Asia to Tropics all around the globe by human migration.

\$7. Long Branch Nature Center

Sat., Mar. 7, 2pm-3pm

[622950-BB](#)



Explore History

NEW RECORD MADE BY WRIGHT AIRSHIP

Flight to Alexandria First of
Kind in the World.



Bystanders work to free Lt. Selfridge, FT. Myer 1908
COURTESY OF LIBRARY OF CONGRESS

Kids Programs

☺ No School? No Problem!

NSNP! We've highlighted our history program scheduled during Arlington Public School Teacher Workdays or Parent-Teacher Conference Days so kids can stay active and engaged!

Fly Your Own Airplane!

Step into the shoes of the aeronauts of the past by creating and decorating your own propellor airplane! Learn how Arlington was important to the early history of flight and step into the shoes of the Wright Brothers by testing your own airplane. Will it soar into the skies? Fee includes model airplane kit. Ages 5 to 12.

\$12. Fort CF Smith Park

Sat., Jan. 17, 1-2pm

Sat., Mar. 21, 3-4pm

622720-A

622720-B



☺ Spy Boot Camp

NSNP! Come to Spy Boot camp to find out what it takes to be a good spy! Learn how to make and write with invisible ink, decode messages using ciphers, and use a compass and map to navigate. Ages 8 to 12.

\$12. Long Branch Nature Center

Fri., Jan. 30, 10am-12pm

622720-C

☺ Artillery Games

NSNP! Work as a team practicing the steps to load and aim a replica Civil War cannon. Play artillery-themed games to put your skills to the test. Ages 7 to 12.

\$7. Fort CF Smith Park

Fri., Jan. 30, 1-2pm

622720-D

**Explore the natural world in Arlington!
More classes are available online
at arlingtonva.us/parks and search
Nature & History.**

Family Programs

Fort C.F. Smith Walking Tour

Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort, and the soldiers stationed there during the Civil War.

Free.

Sat., Dec. 20, 1-2pm

Sat., Jan. 10, 1-2pm

Sat., Feb. 21, 11am-12pm

Sat., Mar. 21, 1-2pm



The Remarkable Story of Coffee

Learn how a simple seed created a drink, coffee, that conquered the world. Explore its impact on world and local history as you enjoy a fresh cup of campfire coffee (regular or decaf) in the great outdoors..

\$7. Fort CF Smith Park

Sat., Jan. 24, 1-2pm

622750-A

History Hike: Stories of the American Revolution

As America commemorates its 250th birthday, dive into the little-known chapters of our founding in this 1-mile round trip hike from Brandymore Castle to Banneker Park. Learn why American revolutionaries rebelled against their leaders and see evidence of when Arlington was at the center of the American experiment in democracy. Ages 12 and up.

\$9. Madison Manor Park

Sat., Mar. 28, 3-4:30pm

622750-C



Benjamin Banneker: Surveyor-Inventor-Astronomer

MURAL BY MAXIME SEELBINDER, LIBRARY OF CONGRESS



Arlington, Virginia Band of 107th U.S. Colored Infantry
CIVIL WAR 1861-1865, LIBRARY OF CONGRESS

Adult Programs

The United States Colored Troops

During the Civil War, thousands of soldiers came to Arlington to defend the Union and the Constitution. None had a story quite like the Black soldiers of the United States Colored Troops. Learn about their story and their sacrifices in this live multimedia presentation.

\$7. Long Branch Nature Center

Tues., Feb. 10, 6:30–7:30pm

622740-A

Robert Hanssen Spy Talk

Back by popular demand! The infamous spy and traitor, Robert Hanssen, worked in secrecy all around the nation's capital for years before being discovered. Some of those clandestine affairs were conducted right here in the woods of the Long Branch Nature Center. Join us near the anniversary of his capture as we unfold the dramatic story of this notorious spy, his eventual downfall and arrest, including the FBI's nature center operations. Teens ages 16+ welcome with a registered adult.

\$9. Long Branch Nature Center

Sun., Feb. 15, 2–3:30pm

622740-B



The Irish Volunteers of Arlington

Join the Park Historian for an evening deep dive into the Irish volunteer soldiers who encamped, built forts and roads, and trained in Arlington County during the Civil War. Who were they? Why did they fight? What was their impact on the county? And what glory did they win on the battlefield? Teens ages 16+ welcome with a registered adult.

\$7. Long Branch Nature Center

Mon., Mar. 16, 7–8pm

622740-C

❄ Letters to Santa Claus ❄

• Santa wants to hear from you! •



A special mailbox will be set up just for your Santa letters! To ensure timely delivery to the North Pole, put your letter in the mailbox between:



Wednesday, Nov. 26 – Sunday, Dec. 24*

at one of these locations:

• Gulf Branch Nature Center

Robert Walker Log Cabin, 3608 Military Road, Arlington

• Long Branch Nature Center

625 S Carlin Springs Road, Arlington

* Letters received by Dec. 19 will get a postcard from Santa. Be sure to include your home address so Santa knows where to send you a postcard!

In the spirit of giving, please also bring any canned food items for the Arlington Food Assistance Center and place them in the labeled box next to the Santa mailbox.



Winter Break & Out of School Camps '25-'26

Registration Opens Dec. 4



Need something fun for the kids to do on 'no school' days while you're at work?

Check out our program offerings to keep kids engaged on holiday breaks or during Arlington Public School Teacher Workdays and/or Parent-Teacher Conference Days.

Optional extended hours* are offered by select camps for an additional fee. Hours and fees vary by provider and are noted below each camp if they are offered.

CLASSIC CAMPS

Parks & Rec Winter Break Blast

It's an APS school break day, which means fun at camp! Children in grades K-5 will enjoy a variety of activities including active play, games, arts & crafts, STEM, cooperative activities, and more, offered by Arlington Parks & Rec! Participants must bring a shelf-stable lunch and snack to camp.

Carver Center

Ages 5-11	1 Session	\$55
710126A	Mon., Dec. 22, 8am-4pm	
710126B	Tues., Dec. 23, 8am-4pm	
710126C	Mon., Dec. 29, 8am-4pm	
710126D	Tues., Dec. 30, 8am-4pm	
710126E	Fri., Jan. 2, 8am-4pm	
710126F	Fri., Jan. 30, 8am-4pm	

***Extended: 4-6pm \$16**

SPORTS

M3 Basketball Camp

Spend Winter Break leveling up your game at the Momentum³ Winter Break Basketball Camp! Enjoy high-quality instruction, competitive games, and small-sided play. Improve your skills with drills, challenges, and fun team competitions. Open to all skill levels—don't miss out on this action-packed, fun-filled basketball experience! For general questions and inquiries please contact programs@momentum-3.com.

Williamsburg MS

Ages 8-13	2 Sessions	\$170
750126A	Mon./Tues., Dec. 22, 9am-3pm	
750126J	Mon./Tues., Dec. 29, 9am-3pm	

***Extended: 8-9am/ 3-5:30pm Fee: \$40/\$60**

Love The Ball: Winter Break Soccer Camp

Do more than just play soccer! Campers will make friends, learn about teamwork and have positive, memorable experiences while learning about the game of soccer. Drills, skills, moves and scrimmages are fundamentals of this camp; soccer will be used as a medium to achieve happiness, enjoyment and self-confidence! Campers will be primarily outdoors and should come prepared for outdoor and indoor activities.

Kenmore MS

Ages 6-14	2 Sessions	\$150
750126G	Mon./Tues., Dec. 22, 9am-4pm	
750126Q	Mon./Tues., Dec. 29, 9am-4pm	

***Extended: 8-9am/4-5pm Fee: \$15/\$40**

Ages 6-14	1 Session	\$79
750126Y	Fri., Jan. 30, 9am-4pm	

***Extended: 8-9am/4-5pm Fee: \$30/\$20**

M3 Basketball Mini-Camp

Spend Winter Break leveling up your game at the Momentum³ Winter Break Basketball Camp! Enjoy high-quality instruction, competitive games, and small-sided play. Improve your skills with drills, challenges, and fun team competitions. Open to all skill levels—don't miss out on this action-packed, fun-filled basketball experience! For general questions and inquiries please contact programs@momentum-3.com.

Williamsburg MS

Ages 8-13	1 Session	\$85
750126S	Fri., Jan. 30, 9am-3pm	

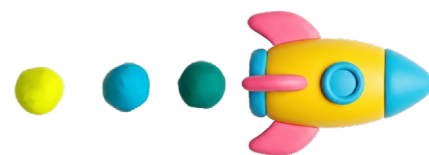
***Extended: 8-9am/3-5:30pm Fee: \$20/\$30**

Arlington Soccer Break Camp

This day camp is run by Arlington Soccer and will provide fun, age appropriate activities for boys and girls of all abilities. Activities will develop soccer skills, promote cooperation and teamwork, and help all kids improve and enjoy soccer.

Gunston Center

Ages 6-14	1 Session	\$55
750126U	Fri., Jan. 30, 9am-12pm	
Ages 6-14	1 Session	\$75
750126V	Fri., Jan. 30, 9am-4pm	



VISUAL & PERFORMING ARTS

P.S. Karma Mini Makers: Magical Clay Lab Camp

Hands in the mud, minds in the clouds! Kids will mix creativity and curiosity as they explore clay while making playful magical projects like star wands, moon plates, and charm stones. Perfect for younger artists who love hands-on fun. For general questions and inquiries please contact pskar-magifts@gmail.com.

Tuckahoe ES

Ages 5-11	2 Sessions	\$225
750126B	Mon./Tues., Dec. 22, 9am-4pm	
750126K	Mon./Tues., Dec. 29, 9am-4pm	

***Extended: 8-9am/3-5:30pm Fee: \$30/\$35**

Learn Now Music: The Ultimate Music Camp

Learn Now Music Group introduces campers to a variety of musical instruments and concepts including piano, guitar, violin, drums, voice and movement. Campers participate in musical games, crafts, musical listening excerpts, related projects and MORE!!! No Experience Necessary! Instrument rentals are provided to borrow for in camp use and at-home exploration (LNMG Camp Agreement must be signed). Instruments must be returned at the end of the week (Instruments in AM session piano, drum. Instruments in PM session guitar and violin). Campers in both morning and afternoon sessions will be supervised during a lunch break. All campers should bring a snack and drink daily; full-day campers should also bring a bag lunch.

Madison Center

Ages 5-12	2 Sessions	\$200
750126D	Mon./Tues., Dec. 22, 9am-4pm	
750126O	Mon./Tues., Dec. 29, 9am-4pm	
Ages 5-12	1 Session	\$105
750126X	Fri., Jan. 30, 9am-4pm	

***Extended: 8-9am/4-5pm Fee: \$12/\$12**



Baroody: Dance Camp

Campers are going to love this full day dance camp where staff will be teaching choreography and movement using some of the most popular songs out today. Arts & crafts will also be incorporated as campers decorate props and shirts. After a week of hard work, campers will show off their new dance moves on the final day of camp. A welcome email for camp will be sent during the week prior. For general questions and inquiries please contact camps@baroodycamps.com.

Gunston Center

Ages 7-11 **2 Sessions** **\$300**
750126H Mon./Tues., Dec. 22, 9am-3pm
750126R Mon./Tues., Dec. 29, 9am-3pm

AbraKadoodle: Art in the Giving Season Camp

'Tis the season for Giving! Create Thanksgiving cornucopias and Family portraits. Join in the Fall celebration with artist Jamie Wyeth and his pumpkins. Cozy up with winter bears in sweaters. It is the perfect time to use your imagination and create a Giving Season!

Madison Center

Ages 5.5-12 **2 Sessions** **\$130**
750126I Mon./Tues., Dec. 22, 9am-3pm

*Extended: 7:30-9am/3-6pm Fee: \$32/\$48

AbraKadoodle: Let it Snow Art Camp

Create whimsical winter cats, fun gingerbread houses and snowy hats! Celebrate the season with inspirations from Charley Harper, Dale Chihuly and Vincent Van Gogh! Get Cozy and let it snow!

Madison Center

Ages 5.5-12 **2 Sessions** **\$130**
750126L Mon./Tues., Dec. 29, 9am-3pm

*Extended: 7:30-9am/3-6pm Fee: \$32/\$48

AbraKadoodle: Up, Up & Away Art Camp

Like balloons in the sky, we are up, up and away! Blast off as you sculpt a rocket! Explore art about things that fly while you paint, sculpt and collage!

Madison Center

Ages 5.5-12 **1 Session** **\$65**
750126Z Fri., Jan. 30, 9am-3pm

*Extended: 7:30-9am/3-6pm Fee: \$16/\$24

SPECIALTY, IMAGINATION & EXPLORATION

SPARK Business Academy: Chain Reaction Engineers Camp

Let's learn about Rube Goldberg machines! In this hands-on program, campers build a variety of complex contraptions to complete a simple task—such as ringing a bell—while learning the basic physics concepts of work, gravity, force and momentum. Using simple machines like levers, wedges, wheels, axles, pulleys and inclined planes, campers learn to understand mechanical concepts in a fun way, while using their imagination!

Lubber Run

Ages 10-13 **2 Sessions** **\$208**
750126C Mon./Tues., Dec. 22, 9am-4pm

Chess Camp by Silver Knights Chess

Play and learn chess with Silver Knights (formerly Magnus Academy)! We've taught 100,000 children including national champions, but most students are beginners looking to learn and have fun! Campers are grouped by skill level. Chess lessons and games will be done throughout the day, along with recess breaks.

Madison Center

Ages 6-13 **2 Sessions** **\$178**
750126F Mon./Tues., Dec. 22, 9am-4pm
750126P Mon./Tues., Dec. 29, 9am-4pm

SPARK Business Academy: My First Hot Cocoa Stand Camp

Let's sell hot cocoa! Young campers become "hot cocoa entrepreneurs" and learn how to make yummy hot cocoa and earn money selling it! From designing marketing flyers to estimating profits to experimenting with recipes, campers have fun all week while developing business savvy.

Lubber Run

Ages 6-9 **2 Sessions** **\$208**
750126M Mon./Tues., Dec. 29, 9am-4pm

Baroody: LEGO® WeDo 2.0: Zooland Robotics Camp

Children will use LEGO® WeDo kits to craft their favorite animals, from mighty jungle beasts to fun sea creatures. Each animal-themed robot challenges their creativity and enhances problem-solving skills. Alongside building these zoological machines, they'll learn how to program robotic components like motors, hubs, and sensors using Scratch based programming. For general questions and inquiries please contact camps@baroodycamps.com.

Tuckahoe ES

Ages 7-12 **1 Session** **\$90**
750126T Fri., Jan. 30, 9am-3pm



COOKING & WELLNESS

Disclaimer: *Tiny Chefs reviews products for allergy warnings indicated on the label. Tiny Chefs is not held liable for allergens not listed on product packaging, and environmental factors or cross-contamination. Tiny Chefs can accommodate some mild allergies based on our discretion. Examples of ingredients used in our class: dairy, egg, wheat/gluten, soy, coconut, sesame. We cannot guarantee a completely allergen-free environment.*

Tiny Chefs: Cookie Explosion Camp

Cookies are one of the most popular sweet treats! In this fun Tiny Chefs camp, kids dive into baking, measuring, mixing, creaming, folding, and rolling dough. They'll master essential skills like oven safety, timing, and decorating while making delicious cookies. It's the perfect hands-on way to explore cookie making!

Lubber Run

Ages 6-10 **2 Sessions** **\$255**
750126E Mon./Tues., Dec. 22, 9am-3pm

Tiny Chefs: Cupcake Wars Camp

Cupcakes are all the rage! Join this fun-filled week to measure, mix, bake, and frost amazing cupcakes. Then, compete in a cupcake showdown where teams battle for the title of "Best Cupcake." It's the perfect chance to get creative, learn baking skills, and have a deliciously good time!

Lubber Run

Ages 6-10 **2 Sessions** **\$255**
750126N Mon./Tues., Dec. 29, 9am-3pm

Tiny Chefs: Flavors of the Season Camp

Holidays are full of magic, and food makes them even more memorable! In this festive camp, Tiny Chefs will whip up delicious seasonal dishes while learning essential cooking skills. From sweet treats to savory bites, each recipe brings holiday cheer and fun to the kitchen. Let's cook, celebrate, and create together!

Lubber Run

Ages 6-10 **1 Session** **\$155**
750126W Fri., Jan. 30, 9am-3pm

preschoolers!

Creative Preschoolers Program @ Gunston Community Center

Ages 3-5

This full day, year-round option for ages 3-5 blends play, movement, nature and social development with plenty of hands-on learning and enrichment activities that make every day meaningful. Spots available for the 2025-2026 program year at Gunston and other select locations. Learn more and [register here](#).

Interested in visiting before you register?
Contact us at preschoolprograms@arlingtonva.us



Stay & Play

Ages 12-36 mos

Join us for 90 minutes of fun and exploration in our toddler-friendly playrooms! Designed for children ages 12 to 36 months, this program offers a safe and stimulating environment where little ones can discover new toys, make new friends, and enjoy early social experiences.

Caregivers stay throughout the session to supervise their children and connect with other families in the community. Our friendly staff may lead optional group activities such as story time, art, sensory play, and movement games. Learn more and [register here](#).

Spring 2026 Session

March 9 - May 29, 2026

Resident Registration: Tues., Jan. 20, 10am

Out-of-County Registration: Tues., Jan. 27, 10am




ARLINGTON
VIRGINIA
Parks & Recreation



Red Cross Babysitting Class

This class will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe.

Monday, December 22, 9-4pm

Friday, January 30, 9-4pm

Saturday, February 28, 9-4pm

[Learn more and register here.](#)

Parents Night Out

Need a night out without the kids?

Parent's Night Out is a drop-off program for kids ages 5-10 for an evening of fun and games. The program is held twice monthly on Fridays 6-10pm through May at Lubber Run and Walter Reed Community Center locations.

Cost is \$35 per participant.

Register online at:
arlingtonva.us/Parents-Night-Out

OPEN BOUNCE

Bounce on over Saturdays for Open Bounce!

Children ages 3-9 can bounce freely indoors with three bounce houses at Lubber Run and Madison Community Centers! Cost: Free. Adults (age 18+) must remain on site.

Birthday party options also available!

Register online at:
arlingtonva.us, search Open Bounce



FAMILY Art Lab programs are designed to give families the opportunity to create with each other in a fun and recreational setting. These programs provide new ways to Learn, Grow and Play together as a family!

Each person (including adults) attending the program must register, and all children must be supervised by a participating adult. \$8 per person. For more info, visit arlingtonva.us search "Family Art Lab" or register with code 730026

HOLIDAY ORNAMENT DECORATING

730026-C Saturday, Dec. 6, 10am-noon,
Arlington Mill Community Center



DIY Tote Bags

730026-D Saturday, Jan. 3, 10am-noon
Arlington Mill Community Center



Ceramic Coasters

730026-F Saturday, March 7, 10am-12pm
Arlington Mill Community Center.



Valentine Boxes & Cards

730026-E Saturday, Feb. 7, 10am-12pm
Arlington Mill Community Center.

Valentine's Day Paint Along Kit

730026-EE Kits available Feb 2-6, 2026.



Spring Paint Along Kit

730026-GG Kits available for pick up April 6-10, 2026.



FAMILY Art Lab at Home Art-to-Go Boxes

Get everything you need to create fun family memories in one box, at home on your own time! Follow along with an instructional video or written instructions. Boxes contain supplies for up to four paintings. Must register ahead to pick up your box from Fairlington Community Center.



Formerly Families Unplugged

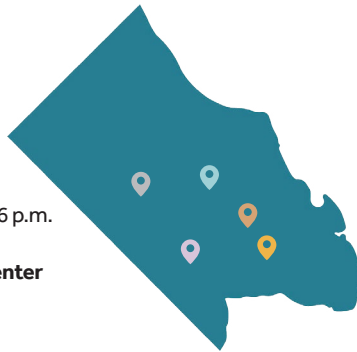
Free, Fun & Safe Spots for Teens!



Introducing The REC

The REC after-school programs are safe spaces where teens can drop in for activities they get to choose themselves. From sports and cooking classes to tutoring, art and nature visits, there's something for every teen at The REC!

- Arlington Mill Community Center**
Monday-Friday • 2:30-7 p.m.
Middle + High School
- Gunston Community Center**
Monday-Friday • 2:30-6 p.m.
Middle School
- Kenmore Middle School**
Monday, Wednesday, Friday • 2:30-6 p.m.
Middle School
- Thomas Jefferson Community Center**
Monday-Friday • 2:30-6 p.m.
Middle School
- Walter Reed Community Center**
Tuesdays, Thursdays • 2:30-6 p.m.
Middle + High School



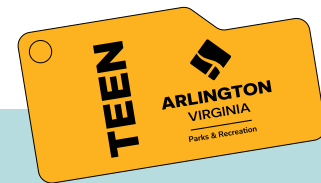
Teen Night Events are Back!



Get the latest line up of Teen Nights— now rotating between select REC locations on Fridays from 6-9 p.m.! It's all the fun you'd expect including music, games, art, eSports—plus, free dinner! And don't miss Teen Takeovers, taking over various locations on select Saturdays.

Get it all with the Teen Pass!

With the ease of a swipe, middle and high schoolers can access free Department of Parks and Recreation after-school and weekend programming like The REC and Teen Nights. Teen Pass holders get access to all* of Arlington County's fitness centers for free!



It's free to register, auto-renews until age 18, and physical cards can be picked up at any community center. Get a Teen Pass today!

**Excludes Long Bridge Aquatics & Fitness Center. Must be at least 13 years of age.*

Expanded Gym Drop-in Hours for Teens!

We've added even more drop-in gymnasium hours for youth and teens at select community centers. See what's new!

For the full list, visit our website!

CENTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carver		Basketball 6-9pm			
Charles Drew	Pickleball 6-9pm*		Basketball 6-9pm		Open Gym 6-9pm
Gunston				Basketball 6-9pm	
Langston-Brown			Basketball 3:30-6:30pm Volleyball 6:30-9pm		
Lubber Run					Open Gym 3:30-6pm* Basketball 6-9pm
Walter Reed	Basketball 4-9pm*		Open Gym 3-6pm* Basketball 6-9pm		Open Gym 3-6pm*

● = Teens ● = *Youth and Teens

arlingtonva.us/dprteens



FAMILY SKATE NIGHT

SKATE NIGHT RETURNS TO TJ!
SELECT SATURDAYS STARTING
NOVEMBER 1, 6-9PM

Enjoy family-friendly skating fun with moon bounces, live DJ and café. Register online to guarantee skates! Skates can run out. Have your own skates? Register early online or walk in. Skate Night registration opens one week before the next event date.

Family Skate Night will require a chaperone for all participants under the age of 18. Chaperones must be at least 21 years old and can supervise up to four kids. Middle & High School teens: looking for an alternative? Check out Teen Night events!



Save the Date!

Saturday, January 10, 2026, 10am-1pm
Fairlington Community Center

Paint
Build
Create



2nd Saturday Crafternoons! LET'S GET CRAFTY!

Welcome to Second Saturday Crafternoons! Each month we will present a new, fun, free hands-on art project. This program is for all ages, however children must be accompanied by an adult. Drop in to the Fairlington Community Center Art Studio (room 130) any time between 1:30-3pm. No need to pre-register.

Saturday, February 14
Just in time for a simple valentine!

Saturday, March 14
Make some dreamy art with a fun
watercolor cyanotype project.

[Learn more here](#)



Save the Date FOR THESE *Free* WINTER EVENTS

2026 Tribute To
DR. MARTIN LUTHER KING

DREAMS, FAITH & JUSTICE IN ACTION

**SUNDAY
JANUARY 18, 2026
5-6:30PM**

Annual event with live performances to honor
Rev. Dr. Martin Luther King, Jr.

Wakefield High School
1325 S Dinwiddie Street, 22204

Visit arlingtonva.us, search MLK Tribute



2026 FEEL THE HERITAGE FESTIVAL



**SATURDAY
FEBRUARY 21, 2026
NOON-5PM**

Annual Black History Month event to celebrate
Arlington's rich African-American heritage with live
performances, food vendors, artisan and community
exhibitors, kids' activities and lots more!

Charles Drew Community Center
3500 23rd Street, 22206

Visit arlingtonva.us, search
Feel the Heritage Festival

Adopt-A-Park!

Be an environmental hero and help us make Arlington a great place to live, work and play

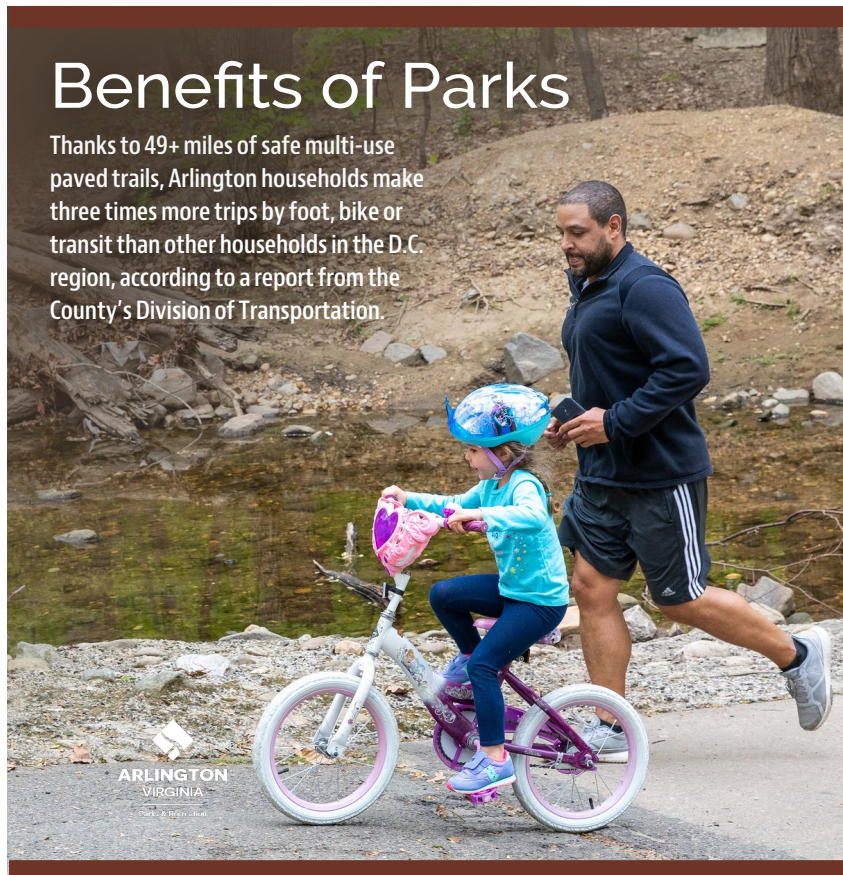
Any group, business, or individual 18 years or older can adopt a park, playground, trail, sports field, stream or other area in our parks and recreation facilities. Your help is appreciated.

[Learn more here](#)



Benefits of Parks

Thanks to 49+ miles of safe multi-use paved trails, Arlington households make three times more trips by foot, bike or transit than other households in the D.C. region, according to a report from the County's Division of Transportation.



ARLINGTON OFFERS A VARIETY OF FARMERS MARKETS TO SHOP FOR FRESH, LOCAL PRODUCE.



View the [map](#), pick a market and join your neighbors for fresh and local fruits, vegetables and other yummy treats in Arlington.

Arlington Farmers Market

Saturdays, 9am–12pm

Ballston Farmers Market

Thursdays, 3–7pm

Cherrydale Farmers Market

Saturdays, 8am –12pm

Columbia Pike Farmers Market

Sundays, 9am–1pm

Fairlington Farmers Market

Sundays, 9am–1pm

Lubber Run Farmers Market

Saturdays, 8am –12pm

Rosslyn Farmers Market

Wednesdays, 3pm –7pm

Westover Farmers Market

Sundays, 8am–12pm (through April),
8am–12pm (through November)

READY-SWEAT-GO!

SIGN UP FOR ARLINGTON COUNTY'S BEST DEAL ON FITNESS MEMBERSHIPS*



Access EIGHT fitness facilities for one low price!

At these fitness rooms you'll never miss the chance to get fit and improve your health anywhere in Arlington!

1. Thomas Jefferson Fitness Center
2. Arlington Mill
3. Barcroft
4. Fairlington
5. Gunston
6. Langston-Brown
7. Lubber Run Center
8. Madison Community Center

- Huge variety of equipment
- Convenient locations
- Indoor Track
- Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

MEMBERS

Arlington Residents

Non-Resident

ADULT 12-month (Ages 18-54)

\$225

\$295

55+ GOLD PASS 12-month (Ages 55+)

\$75

\$105

DAILY GUEST PASS (Ages 18-54)

\$7

\$9

55+ DAILY GUEST PASS (Ages 55+)

\$5

\$7

3 MONTH PASS (Ages 18-54)

\$65

\$85

6 MONTH PASS (Ages 18-54)

\$120

\$160

*Long Bridge Aquatics & Fitness Center is not included. [Click here to learn more about the different memberships.](#)

For more information and special offers call 703.228.5920 or go to: arlingtonva.us/parks search 'fitness'

JOIN THE 55+ CLUB!

THIS IS AN ANNUAL PASS

You now have two options for enjoying discounted access to engaging programs, classes, trips PLUS access to Arlington County's fitness facilities*

55+ PASS

Provides access to quarterly digital issues of the 55+ GUIDE, which include fun & engaging programs, classes and trips, with a new choice of programs each season.

Arlington County resident	\$25
Arlington County household	\$35
Non-Arlington County resident	\$50
Non-Arlington County household	\$70

55+ GOLD PASS

Gives you all the benefits of the regular pass plus access to 8 of the County's fitness centers* any time during fitness center community hours.

Arlington County resident	\$65
Arlington County household	\$95
Non-Arlington County resident	\$95
Non-Arlington County household	\$140

*Long Bridge Aquatics & Fitness Center is not included. [Click here to learn more about the different memberships.](#)

To learn more visit arlingtonva.us/dpr and search 55+ Pass.



WE LOVE TREES!

ARLINGTON TREES MAKE A DIFFERENCE

Arlington has about **755,400**
trees worth about **\$1.41 billion**.
Did you know that our trees:

REMOVE

about 1,235 tons/year of
air pollution a year, making us
healthier, preventing disease
and hospital visits

REDUCE

10,730,168 cubic feet/year
of storm and floodwater
runoff, equal to 122 Olympic-
sized pools.

STORE

about 30,900 cars' worth of
carbon emissions, and store
1,500 more cars worth
every year

PRESERVE

over \$1 million annually in
avoided energy costs.

Our trees can do so much for us!
Help our community's health and wooded
character by protecting trees and planting
native trees!





take care of trees

Beautiful sunny days
make trees thirsty.
Don't forget to give
them drink.

Learn more [here](#).



Get Engaged with Arlington's Natural Environment!

Arlington County's Forestry and Natural Resources Plan (FNRP) a sub-element of the Public Spaces Master Plan (PSMP), is a master plan that will serve as the guiding document for Arlington County's management practices related to trees, plants, wildlife and more. To learn more or sign up for updates, [click here](#).

When and How to Register!

Registration Info for Classes

Arlington Resident Registration



Resident Online Registration Begins @ Noon for All Days:

Gymnastics:	Tues., Dec. 2
Aquatics:	Wed., Dec. 3
Private Swim Classes:	Wed., Dec. 3
Nature/History:	Thurs., Dec. 4
General Classes:	Thurs., Dec. 4

Go to: registration.arlingtonva.us

Pay by e-check or credit card.

Credit and debit card purchases will include a 3% non-refundable convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee.



Resident Phone Registration Begins @ Noon for All Days:

Gymnastics:	Tues., Dec. 2
Aquatics:	Wed., Dec. 3
Private Swim Classes:	Wed., Dec. 3
Nature/History:	Thurs., Dec. 4
General Classes:	Thurs., Dec. 4

Credit cards only: Visa, Mastercard, AMEX and Discover.

Have class numbers ready before calling 703.228.4747 (voice) option 1 or 711 (TTY), Monday-Friday, 8am-5pm



Resident Walk-in Registration Begins Fri., Dec. 5 @ 8am



Mail-In

Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics:	Tues., Dec. 2
Aquatics:	Wed., Dec. 3
Private Swim Classes:	Wed., Dec. 3
Nature/History:	Thurs., Dec. 4
General Classes:	Thurs., Dec. 4

Complete Registration Form and mail anytime to 300 N. Park Drive, Arlington, VA 22203. If the course is scheduled to meet within seven days, call or carry in the registration. Forms must be received by 5pm on Dec. 1 in order to be processed in the random draw beginning at noon next day. Please note that submitting a form in person does not guarantee space in a class. Forms received after deadline will be processed in the order received, after all random-draw forms have been processed. Please do not mail in a form if you plan to register online. Our staff cannot process registrations in your account while you are logged in, and your registration will not be processed and they will move on to the next registration.

Out-of-County Registration

Begins Wed., Dec. 10 @ 8am

Residents outside of Arlington County pay \$20 more than the listed fee.

INTERNATIONAL REGISTRATIONS

For security reasons, our registration system does not allow for connections outside the United States. If you know you will be traveling internationally during our registration period and would like to register for a class or two, please contact the Department of Parks and Recreation (703.228.4747) in advance, or mail in a registration form for processing.

ONLINE REGISTRATION PROCESS • You must have an account to register online. New customers: visit registration.arlingtonva.us to establish an account. Confirmations are sent via email or mail, the day they are processed. If you already have an account: You will need your ID & password. If you know your household ID, you can use the automated ID/password reminder function on the online registration system. If you have forgotten your user ID and password, contact the main registration office (703.228.4747 option 1 or registration@arlingtonva.us). Please ensure that your contact information is correct—we use it to communicate important program announcements (if a spot becomes available in a waitlisted class, if a class gets cancelled/added, etc.)

TECHNICAL PROBLEMS • Idle web sessions time out after 5 minutes. If your session times out or, you logout, ALL pending registrations in your households are removed. Please have only one computer logged into your household account when you are registering. If you experience a technical problem, please submit an incident review using this form within 3 days of the registration day. All incident review requests will be compiled and reviewed within 10 business days.

WAITLIST • Once a class has reached maximum capacity, you may enroll in a waitlist. We do use waitlists to expand capacity in current or future programs. Once a spot becomes available, you will be contacted via email (the information that we have on your household account) and will be given up to 24 hours to respond before the next person on the waitlist is offered the available spot. Waitlisted participants can be contacted starting a week after first day of registration and up to the start of the second class. After the second class, all waitlists are voided. If the first class has already started, fees will not be prorated for past classes (you will be charged the full price) and there is no opportunity to cancel or transfer after the first scheduled class. Being on the wait list does not guarantee enrollment.

HOLD HARMLESS AGREEMENT • All participants need to sign one at the time of registration or the first day of class. Adults must sign for children. Refusal to sign this agreement will prohibit participation in the program.

FEES • Payment is required at the time of registration. Checks or money orders are payable to Treasurer, Arlington County. The registrant's name, address and phone number must appear on each check. Pursuant to Arlington County Code, an assessment fee of \$50 is charged for a returned check. Acceptable charge payments are VISA, MasterCard or Discover. Arlington residents 55 and over receive a 30% discount on the fee shown in the Enjoy Arlington catalog unless otherwise stated.

PLEASE NOTE: If you have a balance on your household account, you will be unable to register for future enrollments and possibly have a temporary block placed on your account. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

REDUCED FEES • Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747 option 1 or [click here to apply online](#). Fee reductions are

not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

REFUNDS • No refund fees are charged for cancellations until after 8am Dec.10; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

REQUESTING MODIFICATIONS • Arlington County is committed to providing accessible programs to all of our participants. If you require a modification for a disability, please call 703.228.4740 or email TRinfo@arlingtonva.us. Advanced notice is welcome.

CHANGES, CANCELLATIONS AND CLOSINGS • Classes may be cancelled for a variety of reasons: low enrollment, on County holidays, in case of storms or other dangerous conditions, or at the discretion of the instructor. County-wide cancellations will be broadcast online at arlingtonva.us/parks, Facebook, Twitter, eNews, and at 703.228.4715. Please keep your household contact information up to date as we use this information to contact you directly by email if classes are cancelled. We will contact you one-week prior to the start date if a class is canceled due to low enrollment. Due to the early publication deadline, instructors may be changed before classes begin.

AGE EXCEPTIONS • Exception requests to the ages listed in the catalog must be received by the Program Staff in writing one week prior to the first day of registration. Verify the dates of birth of all registrants prior to registration. Do not enter an incorrect date of birth to bypass an age restriction. Participants who fall outside the age requirements for a class will be removed without refund. Administrative fees may apply.

- Age exception requests may take up to 5 business days for a response.
- Approved age exceptions will not be eligible to register online.
- Age exceptions are required for any participant who falls outside of the age range
- Age exceptions are reviewed on a case-by-case basis and are not always approved.
- An approved age exception does not guarantee enrollment into the class.

Find Out if You Qualify for a Fee Reduction

Current Fee-Reduction Processing Locations: *Not for registrations*

Arlington Mill Community Center
909 S. Dinwiddie St. 22204

Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206

Fairlington Community Center
3308 S Stafford St., 22206 / Closed Sundays

Gunston Community Center
2700 S. Lang St. 22206 / Closed Sundays

Langston-Brown Community Center
2121 N Culppeper St., 22207 / Closed Sundays

Long Bridge Aquatics & Fitness Center
333 Long Bridge Dr., 22202

Lubber Run Community Center
300 N Park Dr., 22203

Madison Community Center
3829 N. Stafford St. 22207 / Closed Sundays

Thomas Jefferson Community Center
3501 2nd St. S., 22204 / Closed Sundays

Walter Reed Community Center
2909 16th St. S. 22204

The Arlington Parks and Recreation Call Center 703.228.4747 is your one-stop-shop for registration and facilities scheduling needs.

The new system informs you of your place in the queue during high volume times, provides more agents available during peak times, and gives Spanish speakers direct access to assistance. For registration services press 1.

Registration Form

Mail-In Registration

You need an account number to use the mail-in option. Processing dates are first come, first served, following eligibility criteria for registration dates. Submitting this registration form does not guarantee space in a class. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.



1. Account Information

Parent/Guardian Name _____
Account Number _____
E-Mail _____
Phone Number _____

2. Participant(s) Registration

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3. Payment

Send your payment (payable to *Treasurer Arlington County*) along with this form to:

**Department of Parks and Recreation
Administrative Services Office
300 N. Park Drive
Arlington, VA 22203**

Check here if you wish to pay by check or money order. Make payable to: "Treasurer Arlington County"

You can pay by e-check online or include a check or money order with your registration form. For security purposes, check and money orders will be **processed upon receipt**, for the amount of your enrollment and the amount added as a credit on your account until your registration is processed. If you are waitlisted for a class and would like a refund, please call the Administrative Services at 703.228.4747

Check here if you wish to pay with a credit card online

Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

Check here if you would like a member of our staff to contact you for payment

NOTE: Payment for these classes are due by 5pm, the day of this enrollment. If staff are not able to reach you for payment, or you do not pay your balance due online directly, your enrollment will be cancelled.

Parks & Rec Administrative Services Office

1 300 N. Park Drive 22203

COMMUNITY CENTERS

- 1 Lubber Run Community Center
300 N. Park Drive 22203
- 2 Long Bridge Aquatics + Fitness Center
333 Long Bridge Dr. 22202
- 3 Arlington Mill Community Center
909 S. Dinwiddie St. 22204
- 4 Aurora Hills Community Center
735 18th St. S. 22202
- 5 Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206
- 6 Carver Community Center
1415 S. Queen St. 22204
- 7 Charles Drew Community Center
3500 S. 23rd St. 22206
- 8 Fairlington Community Center
3308 S. Stafford St. 22206
- 9 Gunston Community Center
2700 S. Lang St. 22206
- 10 Langston-Brown Community Center
2121 Culpeper St. 22207
- 12 Madison Community Center
3829 N. Stafford St. 22207
- 13 Thomas Jefferson Community Center
3501 2nd St. S. 22204
- 14 Walter Reed Community Center
2909 16th St. S. 22204

NATURE CENTERS

- 15 Gulf Branch Nature Center
3608 N. Military Rd. 22207
- 16 Long Branch Nature Center
625 S. Carlin Springs Rd. 22204
- 17 Potomac Overlook Park
2845 N. Marcey Rd. 22207

PARKS & PLAYGROUNDS

- 18 Arlington Heights Park
S. 9th St. & S. Irving St. 22204
- 19 Barcroft Park
4200 S. Four Mile Run Dr. 22206
- 20 Bluemont Park
601 N. Manchester St. 22203
- 21 Bon Air Park
850 N. Lexington St. 22205
- 22 Doctors Run Park
1301 S. George Mason Dr. 22204
- 23 Fort Barnard Park
2102 S. Pollard St. 22204
- 24 Fort C.F. Smith Park
2411 N. 24th St. 22207
- 25 Fort Scott Park
2800 S. Fort Scott Dr. 22202
- 26 Glebe Road Park
4211 N. Old Glebe Rd. 22207
- 27 Glencarlyn Park
301 S. Harrison St. 22204
- 28 Greenbrier Park
5201 N. 28th St. 22207
- 29 Gunston Park
1401 S. 28th St. 22206
- 30 Hayes Park
1516 N. Lincoln St. 22201
- 31 High View Park
1945 N. Dinwiddie St. 22207
- 32 Jennie Dean Park
3630 S. 27th St. 22206
- 33 Long Bridge Park
475 Long Bridge Dr. 22202
- 34 Lacey Woods Park
1200 N. George Mason Dr. 22205
- 35 Lyon Village Park
1800 N. Highland St. 22201
- 36 Madison Manor Park
6225 N. 12th Rd. 22205
- 37 Marcey Road Park
2722 N. Marcey Rd. 22207
- 38 Maury Park
3550 Wilson Blvd. 22201

- 39 Nauck Park
2600 S. 19th St. 22204
- 40 Penrose Park
2200 S. 6th St. 22204
- 41 Powhatan Springs Park
6020 Wilson Blvd. 22205
- 42 Quincy Park
1021 N. Quincy St. 22201
- 43 Rocky Run Park
1109 N. Barton St. 22201
- 44 Towers Park
801 S. Scott St. 22204
- 45 Tuckahoe Park
2400 N. Sycamore St. 22213
- 46 Tyrol Hill Park
5101 S. 7th Rd. 22204
- 47 Virginia Highlands Park
1600 S. Hayes St. 22202
- 48 Westover Park
1001 N. Kennebec St. 22205
- 97 John Robinson, Jr. Town Square
2406 Shirlington Rd. 22206
- 98 Zitkala-Sa Park
3011 7th St N. 22201

COMMUNITY LOCATIONS

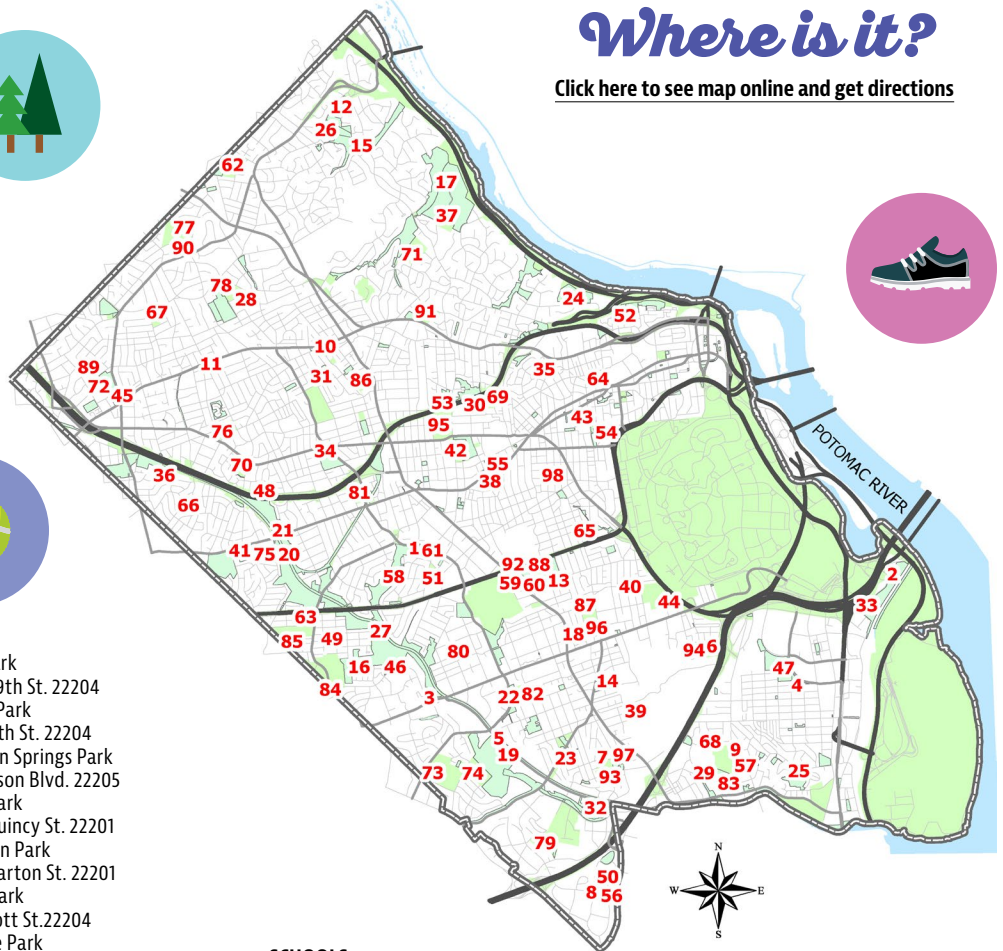
- 49 Carlin Hall Center
5711 S. 4th St. 22204
- 50 Cooperative Extension Services
3308 S. Stafford St. 22206
- 51 Culpeper Garden
4435 N. Pershing Dr. 22203
- 52 Dawson Terrace
2133 N. Taft St. 22201
- 53 Quincy Parking Deck
N. 15th St. & N. Quincy St. 22201
- 54 Woodbury Park
2335 N. 11th St. 22205

ART FACILITIES

- 55 Arlington Arts Center
3550 Wilson Blvd. 22201
- 56 Fairlington Arts Studio
3308 S. Stafford St. 22206
- 57 Gunston Arts Center
2700 S. Lang St. 22206
- 58 Lubber Run Amphitheatre
N. 2nd & N. Columbus St. 22203
- 59 Thomas Jefferson Community Theatre
125 S. Old Glebe. Rd. 22204
- 60 Thomas Jefferson Art Studios
3501 S. 2nd St. 22204
Theater on the Run
3700 S. Four Mile Run Dr. 22206

Where is it?

[Click here to see map online and get directions](#)



SCHOOLS

- 61 Barrett Elementary School
4401 N. Henderson Rd. 22203
- 62 Jamestown Elementary School
3700 N. Delaware St. 22207
- 63 Kenmore Middle School
200 S. Carlin Springs Rd. 22204
- 64 Innovation Elementary School
2300 Key Blvd. 22201
- 65 Long Branch Elementary School
33 N. Fillmore St. 22201
- 66 Arlington Traditional School
1030 N. McKinley Rd. 22205
- 67 Nottingham School
5900 Little Falls Rd. 22207
- 68 Oakridge Elementary School
1414 S. 24th St. 22202
- 69 Arlington Science Focus School
1501 N. Lincoln St. 22201
- 70 Swanson Middle School
5800 N. Wash. Blvd. 22205
- 71 Taylor Elementary School
2600 N. Stuart St. 22207
- 72 Tuckahoe Elementary School
6550 N. 26th St. 22213
- 73 Wakefield High School
4901 S. Chesterfield Rd. 22206
- 74 Claremont Elementary School
4700 S. Chesterfield Rd. 22205
- 75 Ashlawn Elementary School
5950 N. 8th Rd. 22205
- 76 Cardinal Elementary School
1644 N. McKinley Rd. 22205
- 77 Williamsburg Middle School
3600 N. Harrison St. 22207
- 78 Yorktown High School
5201 N. 28th St. 22207
- 79 Abingdon Elementary
3035 S. Abingdon St. 22206
- 80 Barcroft Elementary School
625 S. Wakefield St. 22204
- 81 Key Elementary School
855 N Edison St. 22205
- 82 Randolph Elementary School
1306 S. Quincy St. 22204
- 83 Gunston Middle School
2700 S. Lang Street 22206
- 84 Campbell Elementary School
737 S. Carlin Springs Rd. 22204
- 85 Carlin Springs Elementary School
5995 S. 5th Road 22204
- 86 Glebe Elementary School
1770 N Glebe Rd. 22207
- 87 Montessori Public School
701 S. Highland St. 22204
- 88 Thomas Jefferson Middle School
125 S. Old Glebe Rd. 22204
- 89 Bishop O'Connell School
6600 Little Falls Rd. 22213
- 90 Discovery Elementary School
5241 36th St N. 22207
- 91 Dorothy Hamm Middle School
4100 Vacation Lane 22207
- 92 Fleet Elementary School
115 S. Old Glebe Rd. 22204
- 93 Drew Model Elementary School
3500 South 23rd St. 22206
- 94 H-B Elementary School
1415 S. Queen Street 22204
- 95 Washington-Liberty High School
1300 N. Stafford St. 22201
- 96 Arlington Career Center
816 S. Walter Reed Dr. 22204



CONNECT-WITH-US!

BY PHONE

GENERAL INFORMATION

Parks & Recreation Main Number	703.228.4747
Classes & Camps Registration	703.228.4747, press 1
Closures & Cancellations Hotline	703.228.4747, press 5
Community Canine Areas (Dog Parks)	703.228.4747, press 4
Downed Trees	703.228.4747, press 4
Facility Rentals	703.228.4747, press 2
Police/Fire Non-Emergency	703.558.2222
Sports	703.228.4747, press 1
Teen Programs	703.228.4747
Therapeutic Recreation	703.228.4740
TTY Service	711

SPORTS

Sports General Information	703.228.4747, press 1
Aerial/Tigers Gymnastics Teams	703.228.0712
Arlington Aquatics Club	703.228.0706

ART STUDIO

Thomas Jefferson	703.228.5925
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COMMUNITY CENTERS

Arlington Mill	703.228.7790
Barcroft Sports & Fitness	703.228.0701
Carver	703.228.5706
Charles Drew	703.228.5725
Fairlington	703.228.6588
Gunston	703.228.6980
Langston-Brown	703.228.5210
Long Bridge Aquatics & Fitness	703.228.3338
Lubber Run	703.228.4712
Madison	703.228.5310
Thomas Jefferson	703.228.5920
Walter Reed	703.228.0935

55+ PROGRAMS & CENTERS

55+ Programs Info	703.228.4747, press 3
Arlington Mill	703.228.7369
Aurora Hills	703.228.5722
Langston-Brown	703.228.6300
Lubber Run	703.228.4767
Walter Reed	703.228.0955

GYMNASTICS & AQUATIC CENTERS

Barcroft Sports & Fitness	703.228.0701
Long Bridge Aquatics & Fitness	703.228.3338

NATURE & HISTORY CENTERS

Gulf Branch	703.228.3403
Long Branch	703.228.6535
Fort CF Smith	703.228.4775

PARKS & NATURAL RESOURCES

Parks & Trail Maintenance	703.228.4747, press 4
Park Rangers	703.228.4747, press 4
Parks After Hours	571.238.0265
Community Gardens	703.228.6426
Graffiti Removal	703.228.4747, press 4
Horticultural Information	703.228.6414
Invasive Plant Control	703.228.4747, press 4
Leaf Collection	703.228.4747, press 4
Mulch	703.228.6570

ONLINE

EMAIL: registration@arlingtonva.us

FACEBOOK: facebook.com/arlparksrec

INSTAGRAM: instagram.com/arlparksrec

X (formerly Twitter): x.com/arlparksrec

REPORT A PROBLEM

<https://www.arlingtonva.us/A-Z-Index/reportproblem/>

THERE'S ALWAYS SOMETHING FUN HAPPENING IN AN ARLINGTON PARK

Learn more at arlingtonva.us/dpr



NATURE PARKS & TRAILS • VOLLEYBALL & TENNIS COURTS • PLAYGROUNDS • DOG PARKS
BASKETBALL COURTS • POWHATAN SPRINGS SKATE PARK • SPRAYGROUNDS

SUBSCRIBE TO PARKS & RECREATION ENEWS:

arlingtonva.us/dpr

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

NATURE & HISTORY

News from Our Nature Centers



COMMUNITY CENTER CENTRAL

Local Info



PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates



Arlington Resident Online/Phone

REGISTRATION BEGINS DEC. 2-4, 2025 @ NOON*

Go to registration.arlingtonva.us ■ Classes begin January 12, 2026 unless noted otherwise

Tues

2

■ Gymnastics

Wed

3

■ Aquatics Classes
■ & Private Swim

Thurs

4

■ Nature/History
■ General Classes

Fri., December 5

* Resident Walk-In Registration Begins at 8am

Wed., December 10

* Out-of-County Registration Begins at 8am

[Details on p. 62](#)



We Aim to Please!

Our vision is be powered by sustainability and rooted in Belonging, Arlington's Parks and Recreation system will deliver dynamic experiences that benefit everyone, everywhere, every day. We strive to live our mission as dedicated Parks and Recreation professionals committed to stewarding sustainable resources and equitable access through inclusive programs, services, and public spaces. Arlington County's Department of Parks and Recreation is one of 220 agencies in the U.S. to have national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA), by meeting all 154 standards.

Did you know? Registration Staff is available the first day of registration starting at noon. Give us a call at 703.228.4747 if you need online registration assistance. For registration services, press 1; for scheduling, press 2; para español presione 9.

We welcome folks from all around the DC Metropolitan area to our recreation programs. Residents outside of Arlington County pay an additional fee of \$20 per class.

ACCESS FOR ALL

Parks & Recreation camps, classes, fitness memberships, preschools, programs and more are at a price you can afford!

Our fee reduction program helps Everyone, Everywhere, Every Day! Access for All. Easy to apply! Whether you have a short-term setback or something longer-term. Details [here](#).

Additionally, all Parks & Recreation programs, classes, and camps can put modifications in place to promote an enjoyable and successful program experience for participants of all abilities. Advance notice is welcome. Call 703.228.4740 or email TRinfo@arlingtonva.us



REDUCED FEES ARE AVAILABLE!

Arlington has resources to help keep residents of all incomes and abilities participating in our programs and classes. For more information, call 703.228.4747.

Modifications

Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703.228.4740 or email TRinfo@arlingtonva.us

Fee Reductions

Arlington County residents may request a fee reduction for classes! Apply for a fee reduction before you register for a class—discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information, [click here](#).

DO YOU SPEAK ANOTHER LANGUAGE?

Free language assistance services are available to you. Call 703.228.4747 or visit parks.arlingtonva.us

SPANISH: Si habla español, tiene a su disposición servicios de asistencia lingüística gratuitos. Llame al 703.228.4747 o visite parks.arlingtonva.us

MONGOLIAN: хэрэв та монгол хэлээр ярьдаг бол хэлний тусламжийн үйлчилгээ үнэ төлбөргүй үйлчлэх боломжтой. 703.228.4747 руу залгах буюу parks.arlingtonva.us руу зочилно уу

BENGALI: আপন যদি বাংলা কথা বলেন, বনিমূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: ከግርግር የሚናገሩ ከሆነ ፡ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ እርስዎ ይገኛሉ ። በ 703.228.4747 ደደውሉ ወይም ፓርክ.አርሊንግተን ቫ ላ ን ይጎብኙ

ARABIC: parks.arlingtonva.us اتصل إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية مجاناً. بالرقم 703.228.4747 أو قم بزيارة

Arlington's goal is for all County residents to benefit from County programs. There are resources so that age, ability or income is not a barrier. For more information call 703.228.4747.