

# ENJOY *Arlington*

## FALL 2026

Guide to Recreation Classes and  
Nature & History Programs



Arlington Resident Online/Phone

**REGISTRATION BEGINS AUGUST 4-6, 2026 @ NOON\***

**Tues  
4**

- Gymnastics

**Wed  
5**

- Aquatics Classes
- Private Swim

**Thurs  
6**

- Nature / History
- General Classes

- Fri., August 7**  
\* Resident Walk-In  
Registration Begins at 8am  
**Wed., August 12**  
\* Out-of-County  
Registration Begins at 8am

Details on p.70



**ARLINGTON  
VIRGINIA**  
Parks & Recreation

Go to [registration.arlingtonva.us](https://registration.arlingtonva.us) ■ Classes begin September 8, 2026 unless noted otherwise







Wishing you  
good health,

*Jane Rudolph*

Director, Department of  
Parks and Recreation



## New Season, New Skills, and New Adventures!

Arlington has been named America's Fittest City for the ninth year in a row, and our fall lineup keeps that momentum going. Whether you're looking to stay active, learn a new skill, express your creativity, or connect with your community, Enjoy Arlington offers opportunities for every age, interest and ability.

From fitness classes and sports offerings to arts programs, enrichment courses and family activities, this season's catalog is packed with ways to make the most of fall. There's never been a better time to try something new, revisit a favorite hobby or discover a new passion.

Be sure to mark your calendar for the return of our **Pumpkin Walk** (p.60), a family-friendly October event featuring illuminated pumpkin displays and seasonal fun for all ages. And don't forget to flip through the entire catalog for the full lineup of fall events, including **Festival Latinoamericano** (p.65).

Stay up to date on upcoming opportunities and events by following us on social media @arlparksrec or [signing up on our webpage](#) to receive our bi-weekly Parks and Recreation eNews.

August  
**1**

2026

**Weekend Hours  
9am-4pm**

To help with your registration needs, our offices will be open for special hours on Sat., Aug 1, 2026 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!



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## ARTS & CRAFTS

### TOT & ADULT

#### Abakadoodle® 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 \$24 supply fee included in the cost of the class. Adult participation is required. Inst.: Abakadoodle.

**Long Bridge Aquatics & Fitness Center**  
Ages 20 months-3yrs 6 Sessions **\$138**  
[110100A](#) Tues., Sep. 8, 10-10:45am

**Arlington Mill Center**  
Ages 20 months-3yrs 6 Sessions **\$138**  
[110100B](#) Sat., Sep. 12, 9-9:45am  
[110100C](#) Mon., Sep. 14, 11-11:45am  
[110100D](#) Sat., Nov. 7, 9-9:45am

**Fairlington Center**  
Ages 20 months-3yrs 6 Sessions **\$138**  
[110100E](#) Fri., Sep. 11, 10-10:45am  
[110100F](#) Fri., Oct. 30, 10-10:45am

### TOT & YOUTH

#### Abakadoodle® 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 \$24 non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abakadoodle.

**Arlington Mill Center**  
Ages 3-6 6 Sessions **\$138**  
[120104A](#) Sat., Sep. 12, 10-10:45am  
[120104B](#) Sat., Nov. 7, 10-10:45am

**Fairlington Center**  
Ages 3-6 6 Sessions **\$138**  
[120104C](#) Fri., Oct. 30, 11-11:45am

### YOUTH

#### Abakadoodle® 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 \$24 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abakadoodle.

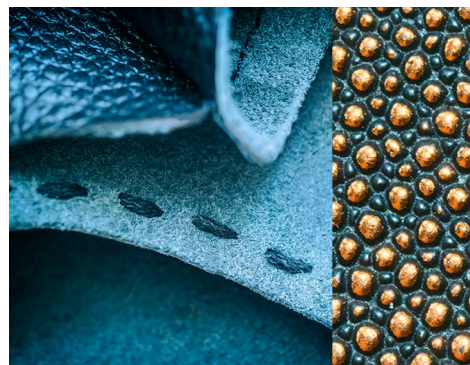
**Arlington Mill Center**  
Ages 6-12 6 Sessions **\$168**  
[120107A](#) Sat., Sep. 12, 11am-12pm  
[120107B](#) Sat., Nov. 7, 11am-12pm

### 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 **\$56**  
[140100A](#) Wed., Oct. 7, 6-8:30pm  
[140100B](#) Fri., Oct. 16, 6-8:30pm  
[140100C](#) Wed., Oct. 21, 6-8:30pm  
[140100D](#) Fri., Nov. 13, 6-8:30pm  
[140100E](#) Sat., Nov. 21, 10am-12:30pm



## CERAMICS

### YOUTH/TEEN/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 \$40 supply fee is included in the cost of the class. Inst.: Staff.

**Walter Reed Center**  
Ages 6-15 8 Sessions **\$249**  
[120102A](#) Sun., Sep. 13, 2-3:30pm



#### New! Embossed Clay Ornaments Family Pottery Project

This is a kid-friendly workshop, but it's NOT just for kids! It's for anyone who loves low-stakes creativity, and really cute things. Participants will use found objects, lace or textured stamps to create patterns in clay then cut out simple shapes to make small magnets or ornaments. This workshop is open to crafters 8 to adult. Children under 16 must be accompanied by an adult. Pieces will be glazed and fired and ready to pick up at TJ Community Center two weeks after class. For Parents: only need to register each child. Just yourself? Totally ok. You do not need a child to enroll -sign up. All materials included. A non-refundable \$25 supply fee is included in the cost of the class. Inst.: Staff.

**Walter Reed Center**  
Ages 8-Adult 1 Session **\$56**  
[120106A](#) Sat., Nov. 7, 10-11:30am  
[120106B](#) Sat., Nov. 7, 12:30-2pm





## New! Little Spins Big Wins: Family Wheel Throwing

This beginner-friendly workshop provides a wonderful opportunity to get creative with your child! Sharing a wheel, each guardian + child pair will cheer each other on as they take turns making a pot on the wheel under the guidance of an instructor. No experience necessary. To ensure that everyone has an enjoyable hands-on experience, each child must be accompanied by one adult. Only need to register each child. All materials included. A non-refundable \$45 supply fee is included in the cost of the class. Inst.: Marker.

**Thomas Jefferson Center**  
**Ages 12-Adult** **8 Sessions** **\$365**  
**120109A** Sat., Sep. 12, 9:30am-12pm

## 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 \$45 supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

**Thomas Jefferson Center**  
**Ages 12-17** **8 Sessions** **\$289**  
**120115A** Thurs., Sep. 10, 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 \$14 to purchase tools at the first session. There is a non-refundable supply fee of \$45 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.: Milano**  
**Ages Adults** **9 Sessions** **\$413**  
**140124A** Tues., Sep. 8, 6-8:30pm

**Thomas Jefferson Center. Inst.: Marker**  
**Ages Adults** **9 Sessions** **\$413**  
**140124B** Fri., Sep. 11, 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 their tools to the first session. There is a non-refundable supply fee of \$45 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.

**Thomas Jefferson Center. Inst.: Kerr**  
**Ages Adults** **8 Sessions** **\$367**  
**140125A** Mon., Sep. 14, 3-5:30pm  
**140125B** Mon., Sep. 14, 6-8:30pm

**Thomas Jefferson Center. Inst.: Leffler-Donnell**  
**Ages Adults** **9 Sessions** **\$413**  
**140125C** Thurs., Sep. 10, 6-8:30pm



## Fall Interim Wheel Throwing

Keep up with your wheel throwing practice in this short interim class! Participants should have experience with centering, creating cups, bowls and other vessels on the wheel. In this class you will be surrounded by other students who want to build on their skills and improve their pottery making ability. 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 will expand your throwing proficiency. This class is not for beginners or those without wheel throwing experience. Working with clay is a messy process, so, please come dressed appropriately. Students should bring a towel, their tools and a notebook. If you need to purchase a basic tool kit, you may do so at the first class for \$14. There is a non-refundable supply fee of \$35 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 because this class only meets a few times.

**Thomas Jefferson Center. Inst.: Leffler-Donnell**  
**Ages 16-Adult** **4 Sessions** **\$179**  
**140127A** Thurs., Nov. 19, 6-8:30pm

**Thomas Jefferson Center. Inst.: Kerr**  
**Ages Adults** **4 Sessions** **\$179**  
**140127B** Mon., Nov. 30, 6-8:30pm  
**140127C** Tues., Dec. 1, 3-5:30pm  
**140127D** Tues., Dec. 1, 6-8:30pm

## Just Claying Around

This is a fun handbuilding class for adults where students will work with the instructor to 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 \$40 non-refundable supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

**Walter Reed Center**  
**Ages Adults** **8 Sessions** **\$249**  
**140129A** Wed., Sep. 9, 6-7:30pm

## DRAWING/PAINTING

## YOUTH

### 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 \$35 supply fee included in the cost of the class. Inst.: Staff.

**Fairlington Center**  
**Ages 10-13** **6 Sessions** **\$129**  
**120128A** Sat., Nov. 7, 10-11am

### Art 101: Drawing

In this foundational class students will develop their drawing skills by working from life as well as their imagination. No experience required, just a love of making art and drawing. Students will use a range of materials like charcoal, pen and ink, pastel and graphite and variety of techniques to learn the basics of capturing what they see on paper. The fundamentals such as line, shape, texture, composition, balance, light and shadow will be explored. Children will be excited to expand their horizons with weekly projects that are as fun as they are educational. Making art is a messy process, so, please come dressed appropriately. A non-refundable \$35 supply fee is included in the cost of this class. Inst.: Staff.

**Fairlington Center**  
**Ages 10-13** **7 Sessions** **\$151**  
**120129A** Sat., Sep. 12, 10-11am



## TEEN & ADULT

### 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 oil paints are highly recommended by the instructor. Visit [www.jameshalloran.com](http://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** **\$224**  
**140137A** Thurs., Sep. 10, 6–7:45pm

## ADULT

### New! Beginner/Intermediate Watercolor

Unlock the magic of pigment, water, and paper in a welcoming, hands-on environment. Tailored for both true beginners and intermediate artists, this course bridges foundational techniques with advanced practices to help you build confidence and develop your unique artistic voice. This class is perfect for students looking to dive into a new medium or students who haven't painted in watercolors in a while and want to get back into it. All materials are provided. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Anderson.

#### Fairlington Center

**Ages Adults** **6 Sessions** **\$193**  
**140131A** Tues., Sep. 8, 10am–12pm  
**140131B** Tues., Oct. 20, 10am–12pm



### New! Botanical Watercolor

This botanical watercolor class is a welcoming, hands-on workshop designed to help you capture the beauty of nature. You will learn foundational skills like mixing vibrant colors, wet-on-wet blending, and brush techniques to paint delicate flower petals and vibrant leaves step-by-step. You'll be guided through a relaxing and approachable painting process, focusing on observing plant structures and bringing life to your paper. All materials are provided. A non-refundable \$40 supply fee is included in the cost of the class. Inst.: Anderson.

#### Fairlington Center

**Ages Adults** **6 Sessions** **\$193**  
**140142A** Tues., Sep. 8, 1–3pm  
**140142B** Tues., Oct. 20, 1–3pm



### New! A Moment of ZENTangle

A Zentangle workshop is a relaxing, meditative art session where you learn to draw structured patterns called "tangles" one stroke at a time. Requiring no prior artistic experience, these sessions use basic lines, curves, and shading on small paper "tiles" to help relieve stress, build focus, and unlock your creativity. There is a non-refundable \$25 supply fee included in the cost of the class and includes a small blank journal and a Micron pen for students to take home and practice with. Inst.: Anderson.

#### Fairlington Center

**Ages Adults** **1 Session** **\$56**  
**140136A** Sat., Sep. 12, 2–4:30pm  
**140136B** Sat., Oct. 17, 2–4:30pm  
**140136C** Sat., Nov. 14, 2–4:30pm

## JEWELRY

## YOUTH & 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. Working in the jewelry studio can be a dirty process, so, be sure your child is dressed appropriately and wears closed-toe shoes. 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 12–17** **8 Sessions** **\$284**  
**130102A** Tues., Oct. 6, 3:30–5:30pm

## 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 build your confidence and understanding of basic metalworking. No experience is necessary. Working in the jewelry studio can be 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 this class. This fee covers all tools and expendable supplies used plus \$20 towards the purchase of silver or stones for projects, if students choose to do so. Additional materials (silver at market rate) are available to purchase. Inst.: Shotton.

#### Thomas Jefferson Center

**Ages Adults** **8 Sessions** **\$348**  
**140151A** Wed., Sep. 9, 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. Working in the jewelry studio can be 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 this class. This fee covers all tools and expendable supplies used plus \$20 towards the purchase of silver or stones for projects, if students choose to do so. Additional materials (silver at market rate) are available to purchase. Inst.: Bez.

#### Thomas Jefferson Center

**Ages Adults** **8 Sessions** **\$348**  
**140152A** Tues., Sep. 8, 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 \$45 supply fee included in the cost of this class. This fee covers all tools and expendable supplies used plus \$20 towards the cost of the silver (enough for 2 rings). If students have enough time and choose to make more rings, additional silver (at market rate) is available to purchase. Inst.: Bez.

#### Thomas Jefferson Center

**Ages Adults** **1 Session** **\$171**  
**140154A** Sat., Sep. 19, 10am–2:30pm  
**140154B** Sat., Nov. 14, 10am–2:30pm

### New! Resin Workshop: Inlay Techniques

Resin inlay is a quick and easy way to create jewelry with a striking, colorful, or illustrative aesthetic without the need for a kiln. When resin is combined with sterling silver and





essential metalsmithing skills like sawing and piercing, the design possibilities are endless! In this workshop, students will combine basic metalsmithing and jewelry fabrication skills with colorful resin inlay. Students will learn and practice how to cut out designs with a jeweler's saw and given the choice of making a pendant, or a pair of earrings. There is a non-refundable \$30 supply fee included in the cost of this class. This fee covers all tools and expendable supplies used plus \$15 towards the purchase of silver for projects. Additional materials (silver at market rate) are available to purchase. Inst.: Bez.

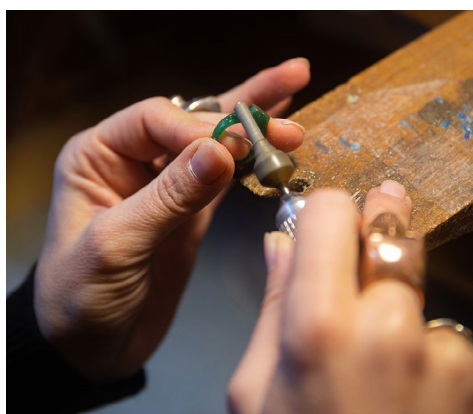
#### Thomas Jefferson Center

**Ages Adults** **1 Session** **\$88**  
**140155A** Sat., Oct. 10, 10am-12:30pm



### New! Lost Wax Casting Process

Have wax carving skills? Did you just take the Intro to Wax Carving class and want to cast your handcrafted pieces yourself? Take advantage of our on-site casting equipment with this eight-week course where students will start off with fundamental wax carving skills and learn the entire process of lost wax casting from start to finish. Students will take their wax model and learn proper spruing techniques, investing and casting using a centrifugal casting system. The final step will be how to finish and polish their piece. Working in the jewelry studio can be 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 this class. This fee covers all tools and expendable



supplies used plus \$20 towards the purchase of silver for their projects. Additional materials (silver at market rate) are available to purchase. Inst.: Shotton.

#### Thomas Jefferson Center

**Ages Adults** **8 Sessions** **\$348**  
**140156A** Thurs., Sep. 10, 6-8:30pm

### 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. Working in the jewelry studio can be 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 this class. This fee covers all tools and expendable supplies used plus \$20 towards the purchase of silver or stones for projects, if students choose to do so. Additional materials (silver at market rate) are available to purchase. Inst.: Bez.

#### Thomas Jefferson Center

**Ages Adults** **8 Sessions** **\$348**  
**140157A** Mon., Sep. 14, 6-8:30pm



### New! Connect More: Cold Connections

Explore the art of cold connections in this beginner-friendly 3-week class, where you'll learn how to join metal components without using heat or soldering. Through riveting, tabs, and other mechanical fastening techniques, you'll create a dynamic pendant with moving parts that showcase your creativity and craftsmanship. This hands-on course covers essential skills in tool use, design, and finishing, making it perfect for those new to jewelry making or anyone looking to expand their technique skill set. Working in the jewelry studio can be 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 this class. This fee covers all tools and expendable supplies used plus \$20 towards the purchase of silver or stones for projects, if students choose to do so. Additional materials (silver at market rate) are available to purchase. Inst.: Bez.

#### Thomas Jefferson Center

**Ages Adults** **3 Sessions** **\$143**  
**140161A** Fri., Oct. 9, 6-8:30pm



## SEWING & FIBER ARTS

### ADULT

#### Intro to Sewing 1

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 \$45 supply fee included in the cost of the class. Inst.: Staff.

#### Arlington Mill Center

**Ages Adults** **8 Sessions** **\$248**  
**140112A** Sun., Sep. 13, 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 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 \$45 supply fee for provided incidentals and notions included in the cost of this class. Inst.: Jackson-Waldron.

#### Arlington Mill Center

**Ages Adults** **8 Sessions** **\$248**  
**140113A** Sun., Sep. 13, 4-6pm



## WOODWORKING

### ADULT

#### Intro to Woodshop

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 table saw) as well as a brief instruction on the woodworking project concepts of planning, shaping/cutting lumber and sanding/finishing. Make a cutting board as you become familiar with the equipment. Course cost covers all the materials for your first projects. Small class size of 3-5 to ensure individual instruction and time on the machines. Because this course teaches proper tool use and safety, it's a prerequisite before attending Independent Study sessions, and is required to attend all classes. A non-refundable \$45 supply fee is included in the cost of the class.

**Thomas Jefferson Center.** Inst.: West  
**Ages Adults** 4 Sessions **\$373**  
**140180A** Tues., Sep. 8, 6-8:30pm  
**140180B** Tues., Oct. 6, 6-8:30pm

**Thomas Jefferson Center.** Inst.: Lovehart  
**Ages Adults** 4 Sessions **\$373**  
**140180C** Sat., Oct. 3, 10am-12:30pm  
**140180D** Thurs., Oct. 22, 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. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. The course cost covers all the materials for your first projects There is a non-refundable \$45 supply fee included in the cost of the class. Inst.: Staff.

**Thomas Jefferson Center**  
**Ages Adults** 4 Sessions **\$373**  
**140181A** Fri., Sep. 11, 1-3:30pm

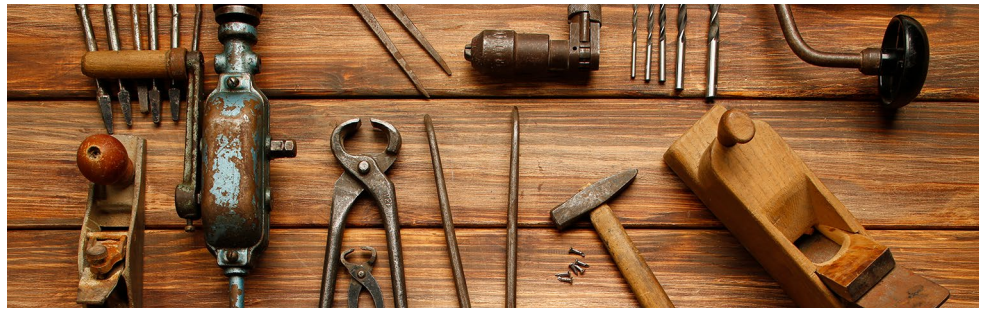
#### Crazy like a Box: Miter Joints

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. The course cost covers all the materials for your project. There is a non-refundable \$60 supply fee included in the cost of the class. Inst.: Alexander.

**Thomas Jefferson Center**  
**Ages Adults** 5 Sessions **\$415**  
**140182A** Mon., Nov. 2, 6-8:30pm

#### Crazy Like a Box: Box Joints

Sometimes called a finger joint, sometimes a box joint or even a comb joint. Whatever you call it, it is a fundamental woodworking jointing technique made by cutting a set of complementary, interlocking profiles in two pieces of wood, then fitting and gluing them together. The cross-section of the joint resembles the interlocking of fingers between two hands. In this small class, students will make a simple box using this traditional technique. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. The course cost covers all the materials



for your project. There is a non-refundable \$60 supply fee included in the cost of the class. Inst.: Alexander.

**Thomas Jefferson Center**  
**Ages Adults** 5 Sessions **\$415**  
**140183A** Mon., Sep. 14, 6-8:30pm

#### Intro to Woodcarving

Unlock the potential of your rotary tool in this hands-on, beginner-friendly workshop. Designed specifically for those new to power carving, this class demystifies the process of using a Dremel to transform ordinary blocks of wood into textured art and custom crafts. You will learn to control the tool for both deep relief carving and delicate texturing, bridging the gap between a simple rotary tool and a versatile carving studio. All tools, materials and safety equipment provided. There is a non-refundable \$30 supply fee included in the cost of the class. Inst.: Alexander.

**Thomas Jefferson Center**  
**Ages Adults** 2 Sessions **\$224**  
**140184A** Sat., Sep. 12, 10am-12:30pm

#### Don't (Plant) Stand Too Close to Me

Ready to move beyond cutting boards and boxes? Maybe try some new fancy joints? 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 \$60 supply fee included in the cost of the class. Inst.: Alexander.



**Thomas Jefferson Center**  
**Ages Adults** 5 Sessions **\$415**  
**140185A** Fri., Oct. 9, 6-8:30pm

#### New! Lathe Turned Pen

This is a beginner level one-day workshop-no prior experience required. Using a lathe, you will turn your own elegant wood pen. Friends and family won't believe you made it yourself! Students will receive wood blanks ready to turn. They will get instruction on how to use turning tools, sanding and finishing techniques on the lathe. All tools and materials provided. Working in the woodshop is a dirty process, so,

be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$25 supply fee included in the cost of the class.

**Thomas Jefferson Center.** Inst.: Alexander  
**Ages Adults** 1 Session **\$107**  
**140186A** Sat., Dec. 5, 10am-12:30pm

**Thomas Jefferson Center.** Inst.: Lovehart  
**Ages Adults** 1 Session **\$107**  
**140186B** Thurs., Dec. 10, 6-8:30pm

#### New! Intro to Hand Tools

An introduction to the use and care of the most important woodworking hand tools in the wood studio, including: hand planes, cabinet scrapers, dovetail saws, veneer saws, scratch stocks, marking gauges, and other hand tools. Participants will also be shown the basics of sharpening hand tools -the most important skill to have when using hand tools. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$30 supply fee included in the cost of the class. Inst.: Alexander.

**Thomas Jefferson Center**  
**Ages Adults** 2 Sessions **\$224**  
**140187A** Sat., Nov. 14, 10am-12:30pm

#### New! Rustic Stick Chair

Stick chairs are a simple form of furniture that was built by farmers or any non-professional woodworker. In this class participants will construct a classic stick chair, using the materials and tools we have on hand plus a variety of methods. Despite these limitations, stick chairs have a rugged beauty and a somewhat pastoral nature. All tools and materials provided. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$60 supply fee included in the cost of the class. Inst.: Staff.

**Thomas Jefferson Center**  
**Ages Adults** 5 Sessions **\$415**  
**140188A** Tues., Nov. 10, 6-8:30pm





## COOKING



## YOUTH

### Cooking: Breakfast Club

Breakfast Club is where morning magic happens! This program focuses on a range of breakfast treats, from quick and simple to the more elaborate and exciting. Children will master the art of cracking eggs, mixing, and baking, turning them into breakfast champions. They'll leave ready to start every day with a delicious, self-made breakfast feast! Inst.: Baroodly Camps.

**Long Bridge Aquatics & Fitness Center**  
**Ages 5-11** **6 Sessions** **\$168**  
120317A Sat., Nov. 7, 3-4pm  
**Ages 5-11** **4 Sessions** **\$112**  
120317B Sun., Sep. 13, 10-11am

### Cooking Around the World

Children will explore and create cuisines from a variety of countries and cultures in each class. Throughout the course, they will work collaboratively, gaining an understanding of the importance of safety and teamwork in the kitchen. Students will develop essential culinary skills, including cutting techniques such as dicing, coring, and slicing. They will also build foundational knowledge of customary units of volume—such as teaspoons, tablespoons, cups, pints, and gallons—while baking delicious treats and dishes. Inst.: Baroodly Camps.

**Long Bridge Aquatics & Fitness Center**  
**Ages 5-11** **6 Sessions** **\$168**  
120326A Sat., Sep. 12, 4:30-5:30pm



### Cooking: Savory & Sweet

Just like the name suggests! Each day will feature a sweet treat that will go perfectly with dinner or one savory dish that is sure to become a family favorite! We'll work on learning new baking skills like creaming, whisking, melting and cooking skills such as stewing, stir-frying, and sautéing.

Gluten free and dairy free options available upon request. Inst.: Baroodly Camps.

**Long Bridge Aquatics & Fitness Center**  
**Ages 5-11** **6 Sessions** **\$168**  
120327A Wed., Sep. 9, 5-6pm  
120327B Sat., Nov. 7, 4:30-5:30pm

### Cooking: Baroodly's No Bake Bonanza

In this session, the kids will get to learn in a no-bake no-stove cooking class designed for appetizers, dips, wraps, salads, finger foods, sandwiches, smoothies, desserts, and more! The young chefs will get their hands moving and taste buds singing as we dive into different culinary techniques, presentation, and easy to repeat at home recipes. Get those chef hats on, whisks ready, and appetites big for our new Mix & Munch No Bake Bonanza Class. Inst.: Baroodly Camps.

**Long Bridge Aquatics & Fitness Center**  
**Ages 5-11** **6 Sessions** **\$168**  
120330A Wed., Sep. 9, 6:15-7:15pm



## DOG OBEDIENCE

## TEEN & ADULT

### 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** **\$119**  
140733A Wed., Sep. 16, 6:30-7:30pm



## 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. Adult participation required. Inst.: Learn Now Music.

**Long Bridge Aquatics & Fitness Center**  
**Ages 3-6** **13 Sessions** **\$345**  
110321A Wed., Sep. 16, 10-10:30am

**Arlington Mill Center**  
**Ages 3-6** **13 Sessions** **\$345**  
110321B Sun., Sep. 13, 4:40-5:10pm  
110321C Sun., Sep. 13, 5:20-5:50pm

## TOT/YOUTH & ADULT

### 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** **13 Sessions** **\$345**  
110324A Sun., Sep. 13, 6-6:30pm

## YOUTH

### 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.

**Long Bridge Aquatics & Fitness Center**  
**Ages 5-12** **14 Sessions** **\$398**  
120320A Mon., Sep. 14, 5-6pm  
**Ages 5-12** **13 Sessions** **\$371**  
120320B Fri., Sep. 18, 5-6pm





### Arlington Mill Center

**Ages 5-12** **13 Sessions** **\$371**  
**120320C** Sun., Sep. 13, 1:15-2:15pm  
**120320D** Wed., Sep. 16, 6:10-7:10pm  
**120320E** Sat., Sep. 19, 9:30-10:30am

### Langston-Brown Center

**Ages 5-12** **13 Sessions** **\$371**  
**120320F** Tues., Sep. 15, 6-7pm

### Lubber Run Center

**Ages 5-12** **13 Sessions** **\$371**  
**120320G** Thurs., Sep. 17, 5:15-6:15pm  
**Ages 13-Adult** **13 Sessions** **\$371**  
**120320H** Thurs., Sep. 17, 7:25-8:25pm

## 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** **13 Sessions** **\$371**  
**120321A** Sun., Sep. 13, 2:20-3:20pm  
**120321B** Sat., Sep. 19, 12:15-1:15pm

### Langston-Brown Center

**Ages 5-12** **13 Sessions** **\$371**  
**120321C** Tues., Sep. 15, 7:10-8:10pm



## 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.

### Long Bridge Aquatics & Fitness Center

**Ages 5-12** **14 Sessions** **\$398**  
**120322A** Mon., Sep. 14, 6:10-7:10pm  
**Ages 5-12** **13 Sessions** **\$371**  
**120322B** Fri., Sep. 18, 7:10-8:10pm

### Arlington Mill Center

**Ages 5-12** **13 Sessions** **\$371**  
**120322C** Wed., Sep. 16, 5-6pm

## 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** **13 Sessions** **\$371**  
**120323A** Fri., Sep. 18, 6:10-7:10pm

### Arlington Mill Center

**Ages 5-12** **13 Sessions** **\$371**  
**120323B** Sat., Sep. 19, 1:30-2:30pm

## YOUTH/TEEN/ADULT

## 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 5-12** **13 Sessions** **\$371**  
**120319A** Sat., Sep. 19, 10:45-11:45am  
**120319B** Sun., Sep. 13, 3:30-4:30pm  
**Ages 13-Adult** **13 Sessions** **\$371**  
**120319C** Wed., Sep. 16, 7:20-8:20pm

### Long Bridge Aquatics & Fitness Center

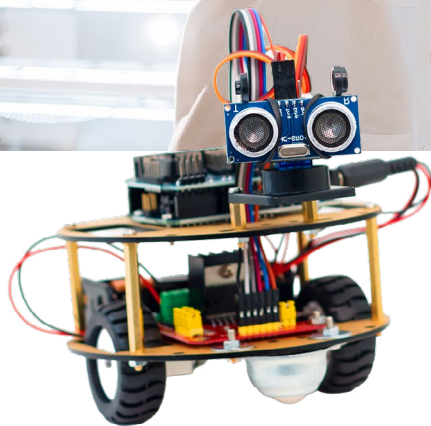
**Ages 13-Adult** **14 Sessions** **\$398**  
**120319D** Mon., Sep. 14, 7:20-8:20pm

### Lubber Run Center

**Ages 5-12** **13 Sessions** **\$371**  
**120319E** Thurs., Sep. 17, 6:20-7:20pm

## 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.



## SCIENCE & DISCOVERY

### TOT & YOUTH

#### The Science Seed

Check out this series of classes that introduce 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 this class to be taken multiple times. For more information, please visit [thescienceseed.com](http://thescienceseed.com) Inst.: The Science Seed.

#### Lubber Run Center

|                 |                           |              |
|-----------------|---------------------------|--------------|
| <b>Ages 3-6</b> | <b>6 Sessions</b>         | <b>\$150</b> |
| <b>120279A</b>  | Mon., Sep. 28, 3-3:45pm   |              |
| <b>120279B</b>  | Sat., Sep. 26, 9-9:45am   |              |
| <b>120279C</b>  | Sat., Sep. 26, 10-10:45am |              |
| <b>Ages 5-8</b> | <b>6 Sessions</b>         | <b>\$150</b> |
| <b>120279D</b>  | Mon., Sep. 28, 4:15-5pm   |              |
| <b>120279E</b>  | Sat., Sep. 26, 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

|                 |                              |              |
|-----------------|------------------------------|--------------|
| <b>Ages 3-5</b> | <b>6 Sessions</b>            | <b>\$162</b> |
| <b>120331A</b>  | Wed., Oct. 28, 5-5:45pm      |              |
| <b>Ages 3-5</b> | <b>5 Sessions</b>            | <b>\$135</b> |
| <b>120331B</b>  | Sat., Sep. 12, 9:30-10:15am  |              |
| <b>120331C</b>  | Sat., Sep. 12, 10:30-11:15am |              |

### YOUTH

#### LEGO® Robotics: BricQ Motion Train to Win

In this fitness-themed LEGO® program, children will use LEGO® creations to explore concepts of motion, physics, and kinesthetics. Through hands-on LEGO® activities and investigations, children will be challenged to ask questions, analyze data, and observe results. They will also learn how to design and test solutions to change the speed or direction of an object using push and pull forces. Inst.: Baroody Camps.

#### Long Bridge Aquatics & Fitness Center

|                 |                               |              |
|-----------------|-------------------------------|--------------|
| <b>Ages 5-7</b> | <b>6 Sessions</b>             | <b>\$162</b> |
| <b>120329A</b>  | Sun., Nov. 1, 11:30am-12:30pm |              |

#### LEGO® Robotics: BricQ Motion Winning with Science

In this program, children will use the LEGO® Education BricQ Motion set to explore physical science by investigating the effects of balanced and unbalanced forces. Children will focus on identifying patterns and then using their learned knowledge to predict motion. Children will build collaborative skills and work to complete a variety of robotic tasks. Inst.: Baroody Camps.

#### Long Bridge Aquatics & Fitness Center

|                 |                       |              |
|-----------------|-----------------------|--------------|
| <b>Ages 5-7</b> | <b>6 Sessions</b>     | <b>\$162</b> |
| <b>120336A</b>  | Sun., Nov. 1, 10-11am |              |



### STEM Adventures

This program is a tour of STEM education, where children get a taste of everything from robotics and coding to chemistry and gaming. Hands-on experiences include creating science experiments, coding Scratch programs, making fun robotic contraptions using LEGO® kits, and testing their Minecraft skills! Our focus is to help spark a genuine interest in STEM and foster curiosity, creativity, critical thinking, and collaboration. Don't miss this exciting adventure! Inst.: Baroody Camps.

#### Long Bridge Aquatics & Fitness Center

|                  |                              |              |
|------------------|------------------------------|--------------|
| <b>Ages 5-7</b>  | <b>8 Sessions</b>            | <b>\$216</b> |
| <b>120339A</b>   | Thurs., Sep. 17, 5-6pm       |              |
| <b>Ages 8-12</b> | <b>8 Sessions</b>            | <b>\$216</b> |
| <b>120339B</b>   | Thurs., Sep. 17, 6:15-7:15pm |              |

#### Slime Time

Who doesn't LOVE slime?! It's easy to make and is guaranteed to be FUN! Some are magnetic, some are inspired by famous wizarding books. Others are glittery or glow in the dark. It doesn't matter how we make it, it's the fun that comes in figuring it out. Our slime program is designed to see just how many ways and kinds of slime we can create. We'll discuss what an activator is and why no slime



is complete without it. And we will learn how different ingredients will change the outcome, texture and use of slime. Slime is awesome but learning why it works is pretty cool too! Inst.: Baroody Camps.

### Long Bridge Aquatics & Fitness Center

**Ages 5-10 6 Sessions \$162**

**120315A** Sat., Sep. 12, 3-4pm

**120315B** Wed., Oct. 28, 6-7pm

## Science: Potions & Explosions

Let's have fun with Chemistry! In this program, we will create "magic" potions and exciting chemical reactions that will blow your mind. Erupt a volcano, make indoor snow, step inside a giant bubble, grow a giant crystal, blast a rocket into the air, and more. We will learn about the states of matter and how things change with mixtures, solutions and chemical reactions. Join us to channel your inner Professor Snape! Inst.: Baroody Camps.

### Long Bridge Aquatics & Fitness Center

**Ages 5-10 4 Sessions \$108**

**120318A** Sun., Sep. 13, 11:30am-12:30pm

## LEGO® SPIKE: Essential Robotics: Great Adventures

In this program, children will be introduced to computational thinking. They'll begin to understand what a sequence is, be able to follow instructions to create a sequence, and describe the sequence to their peers. They'll learn how to break problems down into smaller parts, identify cause and effect, and understand simple loops. Finally, they'll explore the process of testing and debugging programs to ensure that their programs work as intended. Children will find ways of helping the main characters, and practice recounting an experience using relevant details, which will help to develop their collaborative conversation skills. Inst.: Baroody Camps.

### Long Bridge Aquatics & Fitness Center

**Ages 5-12 6 Sessions \$162**

**120332A** Sat., Nov. 7, 10:30-11:15am

## LEGO® Spike: Essential Robotics

Get ready for a fun, hands-on experience with LEGO® SPIKE Robotics! In this course, children will have the chance to unleash their creativity and bring their STEAM ideas to



life through hands-on projects using everyday themes. By combining the use of LEGO® bricks, a multi-port Hub, and programming with Scratch, children of all learning levels will have the opportunity to build and code their very own robots. With the use of the latest codable hubs, cameras, motion sensors, tilting sensors, poles and axles, children will be able to create robots that dance, mimic, follow routes, and even drive themselves. Each lesson will focus on building a robot that serves a practical purpose in daily life, while also developing crucial skills such as literacy, math, and coding skills. Inst.: Baroody Camps.

### Long Bridge Aquatics & Fitness Center

**Ages 5-12 6 Sessions \$162**

**120334A** Sat., Nov. 7, 9:30-10:15am

## 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 9-12 4 Sessions \$108**

**CANCELLED** Sun., Sep. 13, 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

### Arlington Mill Center

**Ages 6-13 10 Sessions \$260**

**120299A** Thurs., Sep. 17, 6-7pm

### Lubber Run Center

**Ages 6-13 10 Sessions \$260**

**120299B** Fri., Sep. 18, 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

##### Lubber Run Center

**Ages 2-3** **13 Sessions** **\$273**

**110204A** Fri., Sep. 11, 10:30-11am

**Ages 2-3** **12 Sessions** **\$252**

**110204B** Sat., Sep. 12, 4:15-4:45pm

##### Barcroft Sports & Fitness Center

**Ages 2-3** **10 Sessions** **\$210**

**110204C** Sat., Sep. 19, 11-11:30am

**Ages 2-3** **14 Sessions** **\$294**

**110204D** Mon., Sep. 14, 9:45-10:15am

#### 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

##### Walter Reed Center

**Ages 2-3** **13 Sessions** **\$273**

**110207A** Fri., Sep. 11, 10-10:30am

**Ages 2-3** **6 Sessions** **\$126**

**110207B** Thurs., Sep. 10, 5:15-5:45pm

**110207C** Thurs., Oct. 29, 5:15-5:45pm

##### Barcroft Sports & Fitness Center

**Ages 2-3** **12 Sessions** **\$252**

**110207D** Wed., Sep. 9, 10-10:30am

**Ages 2-3** **10 Sessions** **\$210**

**110207E** Sat., Sep. 19, 10:20-10:50am

##### Lubber Run Center

**Ages 2-3** **12 Sessions** **\$252**

**110207F** Sat., Sep. 12, 9:45-10:15am

##### Long Bridge Aquatics & Fitness Center

**Ages 2-3** **5 Sessions** **\$105**

**110207G** Sun., Nov. 1, 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](mailto:susannah@gobananasdancing.com).



Parents and caregivers must remain outside the classroom during class. Inst.: Go Bananas Dancing.

##### Lubber Run Center

**Ages 3-5** **14 Sessions** **\$350**

**110210A** Mon., Sep. 14, 4:45-5:25pm

**Ages 3-5** **13 Sessions** **\$325**

**110210B** Fri., Sep. 11, 11:10-11:55am

**Ages 3-5** **12 Sessions** **\$300**

**110210C** Sat., Sep. 12, 10:30-11:10am

**110210D** Sun., Sep. 13, 3:30-4:15pm

##### Barcroft Sports & Fitness Center

**Ages 4-6** **14 Sessions** **\$350**

**110210E** Mon., Sep. 14, 10:30-11:15am

**110210F** Mon., Sep. 14, 5:10-5:55pm

**Ages 3-5** **13 Sessions** **\$325**

**110210G** Tues., Sep. 8, 5:10-5:50pm

**Ages 3-5** **12 Sessions** **\$300**

**110210H** Sat., Sep. 12, 9:30-10:10am

##### Fairlington Center

**Ages 3-5** **13 Sessions** **\$325**

**110210I** Thurs., Sep. 10, 5-5:45pm

##### Langston-Brown Center

**Ages 3-5** **12 Sessions** **\$300**

**110210J** Wed., Sep. 9, 5:10-5:50pm

**Ages 3-5** **11 Sessions** **\$275**

**110210K** Sat., Sep. 12, 10:10-10:50am

#### 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

##### Lubber Run Center

**Ages 4-5** **13 Sessions** **\$325**

**110211A** Tues., Sep. 8, 5:15-6pm

**Ages 4-5** **12 Sessions** **\$300**

**110211B** Sat., Sep. 12, 11:15am-12pm

### TOT & YOUTH

#### New! FALL in Love with Ballet!

Join us for a magical ballet adventure designed especially for little dancers ages 3-6! In this fun class, children will twirl, skip, leap, and explore the joy of movement while learning the basics of ballet. Through imaginative stories, creative games, and enchanting music, young dancers will build coordination, balance, confidence, and grace in a warm and supportive environment. Whether they're fluttering like autumn leaves or dancing like fairy-tale characters, every child will discover the beauty of ballet while making new friends and having fun. No experience necessary—just bring your imagination and a love for movement! Inst.: Go Bananas Dancing.

##### Long Bridge Aquatics & Fitness Center

**Ages 3-6** **11 Sessions** **\$275**

**110206A** Sun., Sep. 13, 4:15-5pm

#### 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

##### Barcroft Sports & Fitness Center

**Ages 4-6** **13 Sessions** **\$325**

**110205A** Thurs., Sep. 10, 5:10-5:55pm

##### Langston-Brown Center

**Ages 4-6** **11 Sessions** **\$275**

**110205B** Sat., Sep. 12, 11-11:45am

#### 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 4-6** **12 Sessions** **\$300**  
**110213A** Wed., Sep. 9, 5-5:45pm  
**110213B** Sat., Sep. 12, 3:15-4pm

### Barcroft Sports & Fitness Center

**Ages 4-6** **13 Sessions** **\$325**  
**110213C** Tues., Sep. 8, 6-6:45pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 5-7** **14 Sessions** **\$350**  
**120221A** Mon., Sep. 14, 5:30-6:15pm

### Barcroft Sports & Fitness Center

**Ages 5-7** **13 Sessions** **\$325**  
**120221B** Thurs., Sep. 10, 6-6:45pm

### 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](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

### Lubber Run Center

**Ages 6½-10** **12 Sessions** **\$396**  
**120222A** Wed., Sep. 9, 5:50-6:50pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Fairlington Center

**Ages 6-8** **13 Sessions** **\$325**  
**120200A** Thurs., Sep. 10, 6-6:45pm

### Langston-Brown Center

**Ages 6-8** **12 Sessions** **\$300**  
**120200B** Wed., Sep. 9, 6-6:45pm

### Lubber Run Center

**Ages 6-8** **12 Sessions** **\$300**  
**120200C** Sun., Sep. 13, 4:30-5:15pm

## 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](mailto:susannah@gobananasdancing.com). Inst.: Go Bananas Dancing.

### Walter Reed Center

**Ages 8-11** **12 Sessions** **\$300**  
**120212A** Sun., Sep. 13, 1-1:45pm

## 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](mailto:susannah@gobananasdancing.com) with questions. Inst.: Go Bananas Dancing.

### Barcroft Sports & Fitness Center

**Ages 5-9** **14 Sessions** **\$350**  
**120214A** Mon., Sep. 14, 6-6:45pm

## TEEN & ADULT

### New! World Dance

Get ready to dance around the world! World dance is all about embracing new cultures through movement and experience. This class offers beginner friendly folk and world dance instruction from a variety of different countries including but not limited to; Israel, Romania, Canada, England, India and Mexico. Each class will be dedicated to a different dance from a different location, giving you the opportunity to immerse yourself in new movements and celebrate world dance. This course is beginner friendly. Wear breathable clothing, non-skid sneakers, and prepare to sweat! Inst.: McQuarrie.

### Walter Reed Center

**Ages 16-Adult** **1 Session** **\$13**  
**140210A** Wed., Sep. 9, 7:15-8:15pm  
**Ages 16-Adult** **8 Sessions** **\$97**  
**140210B** Wed., Sep. 16, 7:15-8:15pm



## Fee Reductions

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

## New! Beginner Ballet

Perfect for adults with little to no dance experience! Learn the fundamentals of ballet, including posture, balance, flexibility, and technique in a welcoming, supportive environment. No experience required. Inst.: Bell.

### Fairlington Center

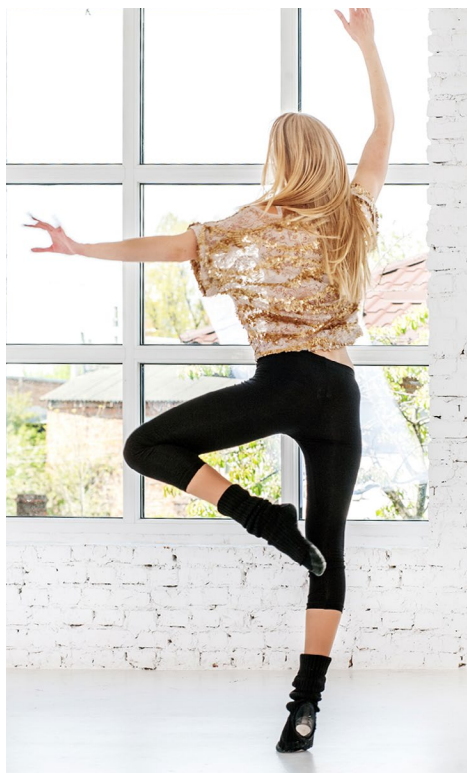
**Ages 16-Adult** **11 Sessions** **\$143**  
**140203A** Thurs., Sep. 10, 7-8pm

## New! Beginner Jazz

A fun, high-energy class for adults new to jazz! Build confidence while learning basic jazz technique, musicality, and beginner choreography. No experience required. Inst.: Bell.

### Fairlington Center

**Ages 16-Adult** **11 Sessions** **\$143**  
**140208A** Thurs., Sep. 10, 8-9pm



## 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 \$44 non-refundable materials fee included in the cost of the class. Inst.: Wiebel.

### Lubber Run Center

**Ages Birth-10mths** **12 Sessions** **\$332**  
**110209A** Mon., Sep. 14, 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](http://www.littlesteps-music.com). A \$44 non-refundable materials fee is included in the cost of the class. Adult participation required.

### Fairlington Center. Inst.: Abramovitch

**Ages Birth-5** **12 Sessions** **\$332**  
**110208A** Sat., Sep. 12, 9:30-10:15am  
**110208B** Sat., Sep. 12, 10:30-11:15am  
**110208C** Sat., Sep. 12, 11:30am-12:15pm

### Lubber Run Center. Inst.: Wiebel

**Ages Birth-5** **12 Sessions** **\$332**  
**110208D** Mon., Sep. 14, 9:30-10:15am  
**110208E** Mon., Sep. 14, 10:30-11:15am  
**110208F** Thurs., Sep. 10, 10-10:45am  
**110208G** Thurs., Sep. 10, 11-11:45am

### Lubber Run Center. Inst.: Abramovitch

**Ages Birth-5** **12 Sessions** **\$332**  
**110208H** Tues., Sep. 15, 9:30-10:15am  
**110208I** Tues., Sep. 15, 10:30-11:15am

### Lubber Run Center. Inst.: Scott

**Ages Birth-5** **10 Sessions** **\$284**  
**110208J** Sat., Sep. 26, 10-10:45am  
**110208K** Sat., Sep. 26, 11-11:45am



## Music Together Jingle Jam

Join your favorite Music Together instructor for a special one-time holiday themed 45-minute music class. Activities will include singing, dancing, and jingling to your favorite holiday music, in the fun-filled and educational way that only Music Together can deliver. Inst.: Wiebel.

### Lubber Run Center

**Ages Birth-5** **1 Session** **\$24**  
**110221A** Mon., Dec. 7, 9:30-10:15am  
**110221B** Mon., Dec. 7, 10:30-11:15am  
**110221C** Tues., Dec. 8, 9:30-10:15am  
**110221D** Tues., Dec. 8, 10:30-11:15am  
**110221E** Thurs., Dec. 10, 9:30-10:15am  
**110221F** Thurs., Dec. 10, 10:30-11:15am

## 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](mailto:LReid1@arlingtonva.us).

## 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** **\$97**  
**140231A** Mon., Sep. 14, 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** **\$97**  
**140232A** Mon., Sep. 14, 7:45-8:45pm





## FITNESS

### TEEN & ADULT

#### Strong Camp 1

Your strength foundation starts here. 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** 13 Sessions \$208

**140304A** Tues., Sep. 15, 7:10–8:10pm

**Ages 15-Adult** 12 Sessions \$192

**140304B** Sat., Sep. 12, 9:15–10:15am

#### EverStrong

Welcome to EverStrong, an exclusive -week functional strength & conditioning program designed specifically for active adults. This isn't about grunting lifts or chasing fads. It's a smart, supportive, and progressive journey to longevity and becoming your most capable self. We focus on fundamental movements that matter most: building resilience in your joints, developing core stability for balance, and building practical strength for everything from lifting overhead to mastering bodyweight moves. Accept the challenge and sign up today! Inst.: Strong Academy.

#### Long Bridge Aquatics & Fitness Center

**Ages 15-Adult** 12 Sessions \$192

**140307A** Sat., Sep. 12, 10:30–11:30am

#### 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 include basic Salsa, Merengue, Bachata, and Cumbia. Come on in and enjoy the fun.

#### Long Bridge Aquatics & Fitness Center. Inst.: RitaRox

**Ages 16-Adult** 13 Sessions \$208

**140344A** Mon., Sep. 28, 7–8pm

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

**Ages Adults** 13 Sessions \$208

**140344B** Thurs., Sep. 10, 11:20am–12:20pm

#### Lubber Run Center. Inst.: BodyMoves Fitness LLC

**Ages Adults** 12 Sessions \$192

**140344C** Wed., Sep. 9, 9:30–10:30am

#### Lubber Run Center. Inst.: RitaRox

**Ages 16-Adult** 10 Sessions \$160

**140344D** Wed., Sep. 30, 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** 14 Sessions \$252

**140319A** Tues., Sep. 15, 6–7pm

**Ages Adults** 13 Sessions \$234

**140319B** Thurs., Sep. 17, 6–7pm

#### Walter Reed Center

**Ages Adults** 13 Sessions \$234

**140319C** Wed., Sep. 16, 4:30–5:30pm

#### 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.

#### Barcroft Sports & Fitness Center

**Ages Adults** 14 Sessions \$224

**140334A** Fri., Sep. 11, 9–10am

#### Langston-Brown Center

**Ages Adults** 14 Sessions \$224

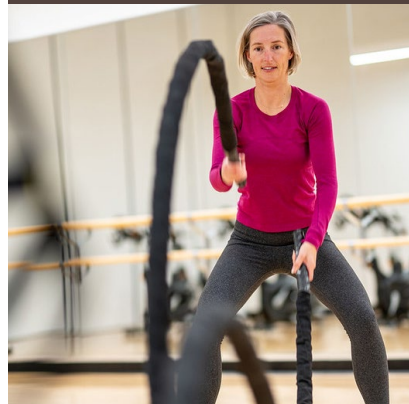
**140334B** Mon., Sep. 14, 6–7pm

#### Walter Reed Center

**Ages Adults** 13 Sessions \$208

**140334C** Wed., Sep. 9, 6–7pm

## 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](#).



### Reduced Fees are available!

Be sure to apply  
before registration begins!

Arlington has resources to help keep residents of all incomes and abilities participating in our programs and classes. For more information refer to [page 70](#)

### 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](mailto:registration@arlingtonva.us)

### 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](mailto:TRinfo@arlingtonva.us).



## New! Body Strength Express Try It by Oula Fitness

Build strength and stability in a fun, approachable class using bodyweight exercises set to energizing music. Perfect for beginners, with options to challenge all levels while improving mind-muscle connection. No experience needed just bring a mat and be ready to move! Inst.: For Movement Training LLC.

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **1 Session** **\$16**  
**140316A** Tues., Sep. 8, 5:35–6:05pm

## New! Body Strength Express by Oula Fitness

Body Strength Express is designed to build strong stable joints through bodyweight exercises choreographed to exciting playlists. Perfect for beginners to establish foundational strength and adaptable to challenge exercise enthusiasts while improving mind-muscle connections and recruitment patterns. Bring a mat. Inst.: For Movement Training LLC.

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **13 Sessions** **\$208**  
**140315A** Tues., Sep. 15, 5:35–6:05pm

## 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.

**Langston-Brown Center**  
**Ages Adults** **14 Sessions** **\$224**  
**140306A** Tues., Sep. 8, 7:15–8:15pm  
**Ages Adults** **13 Sessions** **\$208**  
**140306B** Mon., Sep. 14, 7:10–8:10pm  
**Ages Adults** **12 Sessions** **\$192**  
**140306C** Wed., Sep. 9, 7:15–8:15pm

## Cycling

An instructor led cycle class to help enhance cardio conditioning in a safe, judgement free zone. Cycling is an activity for all 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 with motivational music.

**Thomas Jefferson Center.** Inst.: Davis  
**Ages Adults** **13 Sessions** **\$208**  
**140331A** Wed., Sep. 9, 7:15–8pm

**Long Bridge Aquatics & Fitness Center.** Inst.: Gomez  
**Ages Adults** **11 Sessions** **\$176**  
**140331B** Sun., Sep. 13, 8:15–9am

## Essentrics

Enjoy a full body stretch that will work through all of 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** **13 Sessions** **\$208**  
**140303A** Tues., Sep. 8, 8–9am  
**Ages Adults** **12 Sessions** **\$192**  
**140303B** Wed., Sep. 9, 8–9am

**Barcroft Sports & Fitness Center**  
**Ages Adults** **13 Sessions** **\$208**  
**140303C** Thurs., Sep. 10, 7:15–8:15pm

## New! Oula Dance Fitness Try It

Get a workout, build confidence, and connect with community all in one fun class. Move, dance, and let go no experience needed. Oula blends easy fitness moves with hip-hop, Latin, and contemporary dance. It's not about how it looks, it's about how it feels! Inst.: For Movement Training LLC.

**Long Bridge Aquatics & Fitness Center**  
**Ages Adults** **1 Session** **\$16**  
**140310A** Tues., Sep. 8, 6:15–7pm

## 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 \$7 (\$6 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. \$7 per session at class**

**Long Bridge Aquatics Center**  
**790100** Sundays 8:15–9am

**Thomas Jefferson Center**  
**790120** Tuesdays 9–9:35am  
**790120** Wednesdays 7:15–8pm





## New! Oula Dance Fitness

Give yourself permission to play, dance, and have fun! It's not about how it looks it's about how it feels. Oula Fitness welcomes everybody to experience the power of music and movement while building a deeper connection to self and community. This unique workout blends traditional fitness exercises with hip-hop, Latin, and contemporary dance for an energizing, expressive, and inclusive experience. Inst.: For Movement Training LLC.

### Long Bridge Aquatics & Fitness Center

**Ages Adults** **13 Sessions** **\$208**  
**140309A** Tues., Sep. 15, 6:15–7pm

## 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** **13 Sessions** **\$208**  
**140308A** Thurs., Sep. 10, 10:15–11:15am



## 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.

**Langston-Brown Center.** Inst.: Lanzillotta  
**Ages Adults** **13 Sessions** **\$234**  
**140860A** Thurs., Sep. 17, 7:10–8:10pm

**Dawson Terrace Center.** Inst.: Ibrahim  
**Ages Adults** **12 Sessions** **\$216**  
**140860B** Tues., Sep. 8, 10–11am

**Lubber Run Center.** Inst.: Ibrahim  
**Ages Adults** **12 Sessions** **\$216**  
**140860C** Wed., Sep. 9, 10:45–11:45am  
**140860D** Thurs., Sep. 10, 10–11am

**Lubber Run Center.** Inst.: BodyMoves Fitness LLC  
**Ages Adults** **12 Sessions** **\$216**  
**140860E** Mon., Sep. 14, 9:30–10:30am  
**140860F** Mon., Sep. 14, 12–12:45pm

#### 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.

**Dawson Terrace Center**  
**Ages Adults** **12 Sessions** **\$216**  
**140862A** Tues., Sep. 8, 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** **11 Sessions** **\$216**  
**140864A** Thurs., Sep. 10, 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](http://www.wellnessinmotion.com). Inst.: McHugh.

**Barcroft Sports & Fitness Center**  
**Ages 15-Adult** **1 Session** **\$17**  
**140851A** Tues., Sep. 1, 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 up 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](http://www.wellnessinmotion.com). Inst.: McHugh.

**Barcroft Sports & Fitness Center**  
**Ages 15-Adult** **13 Sessions** **\$221**  
**140845A** Tues., Sep. 8, 7–8pm

**Lubber Run Center**  
**Ages 15-Adult** **13 Sessions** **\$221**  
**140845B** Thurs., Sep. 10, 1–2pm



## 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 and fitness levels are welcome! Inst.: Capital Dance Fitness LLC.

### Long Bridge Aquatics & Fitness Center

**Ages Adults** **13 Sessions** **\$208**  
**140312A** Wed., Sep. 9, 6:30–7:30pm

### Walter Reed Center

**Ages Adults** **14 Sessions** **\$224**  
**140312B** Thurs., Sep. 10, 7–8pm

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



## 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 definitely 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. In case of rain, class may move indoors. Inst.: SjogiYogi Wellness LLC.

### Lubber Run Center

| Ages 14-Adult           | 1 Session             | \$17 |
|-------------------------|-----------------------|------|
| <a href="#">140910A</a> | Sat., Sep. 12, 9-10am |      |
| <a href="#">140910B</a> | Sat., Oct. 3, 9-10am  |      |
| <a href="#">140910C</a> | Sat., Oct. 31, 9-10am |      |
| <a href="#">140910D</a> | Sat., Nov. 21, 9-10am |      |
| <a href="#">140910E</a> | Sat., Dec. 12, 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.

### Walter Reed Center

| Ages 14-Adult           | 13 Sessions                | \$312 |
|-------------------------|----------------------------|-------|
| <a href="#">140919A</a> | Mon., Sep. 14, 5-6:30pm    |       |
| <a href="#">140919B</a> | Mon., Sep. 14, 6:45-8:15pm |       |

**Fairlington Center.** Inst.: Interdonato

| Ages 14-Adult           | 12 Sessions                | \$288 |
|-------------------------|----------------------------|-------|
| <a href="#">140919C</a> | Wed., Sep. 16, 6:45-8:15pm |       |
| <a href="#">140919D</a> | Fri., Sep. 18, 5-6:30pm    |       |

## 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             | 12 Sessions                  | \$192 |
|-------------------------|------------------------------|-------|
| <a href="#">110302A</a> | Mon., Sep. 14, 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           | 13 Sessions                 | \$208 |
|-------------------------|-----------------------------|-------|
| <a href="#">140912A</a> | Tues., Sep. 15, 5:45-6:45pm |       |

#### 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 is able to offer supportive techniques for most ages and abilities. Inst.: Harper.

### Barcroft Sports & Fitness Center

| Ages 16-Adult           | 12 Sessions             | \$288 |
|-------------------------|-------------------------|-------|
| <a href="#">140918A</a> | Wed., Sep. 16, 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           | 12 Sessions                | \$192 |
|-------------------------|----------------------------|-------|
| <a href="#">140911A</a> | Wed., Sep. 16, 5:45-6:45pm |       |







## 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

|                    |                             |             |
|--------------------|-----------------------------|-------------|
| <b>Ages Adults</b> | <b>1 Session</b>            | <b>\$17</b> |
| <b>140908A</b>     | Mon., Sep. 14, 12:30–1:30pm |             |
| <b>140908B</b>     | Mon., Oct. 5, 12:30–1:30pm  |             |
| <b>140908C</b>     | Mon., Nov. 2, 12:30–1:30pm  |             |
| <b>140908D</b>     | Mon., Dec. 7, 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

|                    |                        |              |
|--------------------|------------------------|--------------|
| <b>Ages Adults</b> | <b>13 Sessions</b>     | <b>\$208</b> |
| <b>140903A</b>     | Thurs., Sep. 10, 6–7pm |              |

#### Barcroft Sports & Fitness Center

|                    |                      |              |
|--------------------|----------------------|--------------|
| <b>Ages Adults</b> | <b>12 Sessions</b>   | <b>\$192</b> |
| <b>140903B</b>     | Mon., Sep. 14, 7–8pm |              |

### 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.

#### Fairlington Center

|                    |                          |              |
|--------------------|--------------------------|--------------|
| <b>Ages Adults</b> | <b>14 Sessions</b>       | <b>\$280</b> |
| <b>140902A</b>     | Wed., Sep. 9, 10–11:15am |              |

#### Lubber Run Center

|                      |                            |              |
|----------------------|----------------------------|--------------|
| <b>Ages 16-Adult</b> | <b>14 Sessions</b>         | <b>\$280</b> |
| <b>140902B</b>       | Sun., Sep. 13, 5:30–6:45pm |              |

## Yoga 1

This class teaches fundamentals of yoga 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. Inst.: Johnson.

#### Lubber Run Center

|                    |                      |              |
|--------------------|----------------------|--------------|
| <b>Ages Adults</b> | <b>13 Sessions</b>   | <b>\$208</b> |
| <b>140904A</b>     | Fri., Sep. 11, 8–9am |              |

### 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.

#### Lubber Run Center

|                    |                              |              |
|--------------------|------------------------------|--------------|
| <b>Ages Adults</b> | <b>11 Sessions</b>           | <b>\$176</b> |
| <b>140905A</b>     | Tues., Sep. 15, 9:30–10:30am |              |
| <b>140905B</b>     | Fri., Sep. 18, 9:10–10:10am  |              |

### 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.

#### Walter Reed Center

|                    |                      |              |
|--------------------|----------------------|--------------|
| <b>Ages Adults</b> | <b>14 Sessions</b>   | <b>\$224</b> |
| <b>140906A</b>     | Tues., Sep. 8, 6–7pm |              |

#### Lubber Run Center

|                    |                              |              |
|--------------------|------------------------------|--------------|
| <b>Ages Adults</b> | <b>13 Sessions</b>           | <b>\$208</b> |
| <b>140906B</b>     | Thurs., Sep. 10, 7:15–8:15pm |              |

### 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 definitely 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. Inst.: SjogiYogi Wellness LLC.

#### Barcroft Sports & Fitness Center

|                    |                        |              |
|--------------------|------------------------|--------------|
| <b>Ages Adults</b> | <b>12 Sessions</b>     | <b>\$192</b> |
| <b>140907A</b>     | Tues., Sep. 8, 10–11am |              |

#### Walter Reed Center

|                    |                            |              |
|--------------------|----------------------------|--------------|
| <b>Ages Adults</b> | <b>12 Sessions</b>         | <b>\$192</b> |
| <b>140907B</b>     | Tues., Sep. 8, 7:15–8:15pm |              |

#### Fairlington Center

|                    |                          |              |
|--------------------|--------------------------|--------------|
| <b>Ages Adults</b> | <b>12 Sessions</b>       | <b>\$192</b> |
| <b>140907C</b>     | Thurs., Sep. 10, 10–11am |              |



## 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

|                      |                             |              |
|----------------------|-----------------------------|--------------|
| <b>Ages 16-Adult</b> | <b>14 Sessions</b>          | <b>\$280</b> |
| <b>140913A</b>       | Tues., Sep. 15, 6:30–7:45pm |              |

### 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

|                    |                        |              |
|--------------------|------------------------|--------------|
| <b>Ages Adults</b> | <b>12 Sessions</b>     | <b>\$192</b> |
| <b>140914A</b>     | Mon., Sep. 14, 10–11am |              |



can be purchased from the instructor for an additional cost. \*Previous judo experience required. Inst.: Landstreet.

#### Dawson Terrace Center

|                                           |                    |              |
|-------------------------------------------|--------------------|--------------|
| <b>Ages 5-13</b>                          | <b>13 Sessions</b> | <b>\$143</b> |
| <b>120309A</b> Mon., Sep. 14, 7-8pm       |                    |              |
| <b>Ages 13-Adult</b>                      | <b>13 Sessions</b> | <b>\$143</b> |
| <b>120309B</b> Mon., Sep. 14, 8:10-9:10pm |                    |              |

### Traditional Japanese Karate Youth/Teen

Learn a traditional style of Japanese Karate, Itosu-Kai. Classes include 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

|                                       |                   |              |
|---------------------------------------|-------------------|--------------|
| <b>Ages 6-17</b>                      | <b>8 Sessions</b> | <b>\$136</b> |
| <b>120313A</b> Fri., Sep. 11, 5-6pm   |                   |              |
| <b>Ages 6-17</b>                      | <b>7 Sessions</b> | <b>\$119</b> |
| <b>120313B</b> Sat., Sep. 12, 10-11am |                   |              |
| <b>Ages 6-17</b>                      | <b>5 Sessions</b> | <b>\$85</b>  |
| <b>120313C</b> Fri., Nov. 6, 5-6pm    |                   |              |
| <b>120313D</b> Sat., Nov. 7, 10-11am  |                   |              |

#### Lubber Run Center

|                                        |                   |              |
|----------------------------------------|-------------------|--------------|
| <b>Ages 6-17</b>                       | <b>7 Sessions</b> | <b>\$119</b> |
| <b>120313E</b> Sat., Sep. 12, 2-2:50pm |                   |              |
| <b>Ages 6-17</b>                       | <b>5 Sessions</b> | <b>\$85</b>  |
| <b>120313F</b> Sat., Nov. 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

|                                             |                   |              |
|---------------------------------------------|-------------------|--------------|
| <b>Ages 7-12</b>                            | <b>8 Sessions</b> | <b>\$184</b> |
| <b>120310A</b> Mon./Wed., Sep. 14, 5-6pm    |                   |              |
| <b>120310B</b> Mon./Wed., Oct. 12, 5-6pm    |                   |              |
| <b>120310C</b> Mon./Wed., Nov. 9, 5-6pm     |                   |              |
| <b>120310D</b> Tues./Thurs., Nov. 10, 5-6pm |                   |              |
| <b>120310E</b> Mon./Wed., Sep. 14, 6-7pm    |                   |              |
| <b>120310F</b> Mon./Wed., Oct. 12, 6-7pm    |                   |              |
| <b>120310G</b> Mon./Wed., Nov. 9, 6-7pm     |                   |              |
| <b>120310H</b> Tues./Thurs., Sep. 15, 5-6pm |                   |              |
| <b>120310I</b> Tues./Thurs., Oct. 13, 5-6pm |                   |              |
| <b>120310J</b> Tues./Thurs., Sep. 15, 6-7pm |                   |              |
| <b>120310K</b> Tues./Thurs., Oct. 13, 6-7pm |                   |              |
| <b>120310L</b> Tues./Thurs., Nov. 10, 6-7pm |                   |              |
| <b>Ages 13-Adult</b>                        | <b>8 Sessions</b> | <b>\$184</b> |
| <b>120310M</b> Mon./Wed., Sep. 14, 7-8pm    |                   |              |
| <b>120310N</b> Mon./Wed., Oct. 12, 7-8pm    |                   |              |
| <b>120310O</b> Mon./Wed., Nov. 9, 7-8pm     |                   |              |
| <b>120310P</b> Tues./Thurs., Sep. 15, 7-8pm |                   |              |
| <b>120310Q</b> Tues./Thurs., Oct. 13, 7-8pm |                   |              |
| <b>120310R</b> Tues./Thurs., Nov. 10, 7-8pm |                   |              |

## MARTIAL ARTS

### TOT & YOUTH

#### AIM USA Self Defense

Students will learn personal safety skills, situational awareness, bully prevention strategies, and age-appropriate self-defense techniques while progressing through our belt-level curriculum. Each class focuses on building confidence, respect, discipline, and positive decision-making skills that can be applied in everyday life. Inst.: AIM USA

#### Barcroft Sports & Fitness Center

|                                           |                    |              |
|-------------------------------------------|--------------------|--------------|
| <b>Ages 4-7</b>                           | <b>12 Sessions</b> | <b>\$132</b> |
| <b>120301A</b> Sun., Sep. 13, 1-1:40pm    |                    |              |
| <b>Ages 7-12</b>                          | <b>12 Sessions</b> | <b>\$132</b> |
| <b>120301B</b> Sun., Sep. 13, 1:45-2:25pm |                    |              |

#### 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

|                                               |                    |              |
|-----------------------------------------------|--------------------|--------------|
| <b>Ages 4-7</b>                               | <b>10 Sessions</b> | <b>\$210</b> |
| <b>120308A</b> Mon., Sep. 14, 4:45-5:30pm     |                    |              |
| <b>120308B</b> Sat., Sep. 12, 9:30-10:15am    |                    |              |
| <b>120308C</b> Sat., Sep. 12, 10:30-11:15am   |                    |              |
| <b>Ages 5-9</b>                               | <b>10 Sessions</b> | <b>\$210</b> |
| <b>120308D</b> Mon., Sep. 14, 5:45-6:30pm     |                    |              |
| <b>Ages 5-12</b>                              | <b>10 Sessions</b> | <b>\$210</b> |
| <b>120308E</b> Mon., Sep. 14, 6:45-7:30pm     |                    |              |
| <b>120308F</b> Sat., Sep. 12, 11:30am-12:15pm |                    |              |

## Fee Reductions

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

### YOUTH & TEEN

#### Beginner Judo for Youth

Here's a course for students who are new to Judo and need to learn a basic foundation. This course will be limited to learning basic Kodokan Judo history and philosophy, customs and courtesies, warm-ups, posture, movement, balance, proper break fall techniques and a few selected throws and pins best suited for children. Classes are taught with fun and safety in mind. Judo uniforms can be purchased from the instructor for an additional cost. Upon completion of this course, students will have the option of joining Junior Judo. Inst.: Landstreet.

#### Dawson Terrace Center

|                                     |                    |              |
|-------------------------------------|--------------------|--------------|
| <b>Ages 5-13</b>                    | <b>14 Sessions</b> | <b>\$154</b> |
| <b>120305A</b> Tues., Sep. 8, 6-7pm |                    |              |

#### 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

|                                                  |                    |              |
|--------------------------------------------------|--------------------|--------------|
| <b>Ages 5-14</b>                                 | <b>28 Sessions</b> | <b>\$297</b> |
| <b>120307A</b> Tues./Thurs., Sep. 8, 7:10-8:10pm |                    |              |
| <b>Ages 5-13</b>                                 | <b>14 Sessions</b> | <b>\$154</b> |
| <b>120307B</b> Thurs., Sep. 10, 6-7pm            |                    |              |

#### Judo Advanced Workout

Advanced Judo Workout is an advanced practice for students who have completed a judo course or who have judo experience. Classes 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



TEEN & ADULT

Beginner Judo for  
Teens/Adults

Here's a course for students who are new to Judo and need to learn a basic foundation. This course will be limited to learning basic Kodokan Judo history and philosophy, customs and courtesies, warm-ups, posture, movement, balance, proper break fall techniques and a few selected throws and pins. Judo uniforms can be purchased from the instructor for an additional cost. Upon completion of this course, students will have the option of joining Senior Judo. Inst.: Landstreet.

**Dawson Terrace Center**  
**Ages 13-Adult**                      **14 Sessions**                      **\$154**  
**140354A** Thurs., Sep. 10, 8:20-9:20pm

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**                      **28 Sessions**                      **\$297**  
**140353A** Tues./Thurs., Sep. 8, 8:20-9:20pm

Kickboxing

Improve your fitness level and gain practical self defense skills with our MMA based stand-up striking program. Blending essential elements of Mixed Martial Arts, Western Boxing, JiuJitsu, Muay Thai and Dutch Kickboxing -this course will equip you with a foundational skillset of striking and stand up grappling techniques that are practically applicable for self-defense, while simultaneously developing your physical attributes such as stamina, cardiovascular endurance and



functional strength to new heights in a safe and learning conducive environment. No prior experience necessary. Additional equipment is required for the class: boxing gloves, wrist wraps, and a jump rope at an additional cost to purchase on your own. Inst.: Atanasson.

**Barcroft Sports & Fitness Center**  
**Ages 16-Adult**                      **26 Sessions**                      **\$306**  
**140357A** Tues./Thurs., Sep. 15, 6-7pm

Tai Chi

Discover the art of gentle movement and mindful breathing in this beginner-friendly Tai Chi class. Rooted in ancient Chinese martial traditions, Tai Chi combines slow, intentional motions with deep, rhythmic breathing to cultivate strength, flexibility, and inner peace. Inst.: Atanasson

**Barcroft Sports & Fitness Center**  
**Ages 16-Adult**                      **26 Sessions**                      **\$442**  
**140356A** Tues./Thurs., Sep. 15, 7:10-8:10pm

Self Defense

Learn essential Self Defense skills such as situational awareness, how to escape from a grab or headlock, safely take a fall and get back up in a tactically sound fashion and other considerations such as distance management and assessment of common threats like multiple attackers, weapons, and ambush attacks, that are vital in protecting yourself and your family in today's society of sensory overload and predatory exploitation. Inst.: Atanasson.

**Barcroft Sports & Fitness Center**  
**Ages 16-Adult**                      **1 Session**                      **\$34**  
**140359A** Tues., Sep. 8, 5:30-7:30pm

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.

**Arlington Mill Center**  
**Ages Adults**                      **8 Sessions**                      **\$136**  
**140351A** Fri., Sep. 11, 6:15-7:15pm  
**Ages Adults**                      **5 Sessions**                      **\$85**  
**140351B** Fri., Nov. 6, 6:15-7:15pm

**Lubber Run Center**  
**Ages Adults**                      **7 Sessions**                      **\$119**  
**140351C** Sat., Sep. 12, 1-1:50pm  
**Ages Adults**                      **5 Sessions**                      **\$85**  
**140351D** Sat., Nov. 7, 1-1:50pm



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](mailto:registration@arlingtonva.us)



## RACQUET SPORTS

### 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](mailto:info@bounceboom.com). Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

##### Fort Scott Park

|                      |                                |              |
|----------------------|--------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>             | <b>\$352</b> |
| <b>140615A</b>       | Tues., Sep. 8, 10:30–11:20am   |              |
| <b>140615B</b>       | Thurs., Sep. 10, 10:30–11:20am |              |
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>             | <b>\$320</b> |
| <b>140615C</b>       | Wed., Sep. 9, 11:30am–12:20pm  |              |

##### Hayes Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140615D</b>       | Thurs., Sep. 10, 7:30–8:20pm |              |

##### Marcey Road Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140615E</b>       | Thurs., Sep. 10, 4:30–5:20pm |              |
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>           | <b>\$320</b> |
| <b>140615F</b>       | Wed., Sep. 9, 5:30–6:20pm    |              |
| <b>140615G</b>       | Wed., Sep. 9, 6:30–7:20pm    |              |
| <b>140615H</b>       | Wed., Sep. 9, 8:30–9:20pm    |              |
| <b>Ages 15-Adult</b> | <b>9 Sessions</b>            | <b>\$288</b> |
| <b>140615I</b>       | Mon., Sep. 14, 9:30–10:20am  |              |
| <b>140615J</b>       | Mon., Sep. 14, 5:30–6:20pm   |              |
| <b>140615K</b>       | Mon., Sep. 14, 6:30–7:20pm   |              |
| <b>140615L</b>       | Mon., Sep. 14, 7:30–8:20pm   |              |

#### 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](mailto:info@bounceboom.com). Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

##### Hayes Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 10–14</b>    | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140616A</b>       | Thurs., Sep. 10, 4:30–5:20pm |              |
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140616B</b>       | Thurs., Sep. 10, 5:30–6:20pm |              |
| <b>140616C</b>       | Thurs., Sep. 10, 6:30–7:20pm |              |

##### Marcey Road Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 10–14</b>    | <b>10 Sessions</b>           | <b>\$320</b> |
| <b>140616D</b>       | Wed., Sep. 9, 4:30–5:20pm    |              |
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>           | <b>\$320</b> |
| <b>140616E</b>       | Wed., Sep. 9, 5:30–6:20pm    |              |
| <b>140616F</b>       | Wed., Sep. 9, 6:30–7:20pm    |              |
| <b>140616G</b>       | Wed., Sep. 9, 8:30–9:20pm    |              |
| <b>140616H</b>       | Wed., Sep. 9, 7:30–8:20pm    |              |
| <b>Ages 15-Adult</b> | <b>9 Sessions</b>            | <b>\$288</b> |
| <b>140616I</b>       | Mon., Sep. 14, 10:30–11:20am |              |
| <b>140616J</b>       | Mon., Sep. 14, 5:30–6:20pm   |              |
| <b>140616K</b>       | Mon., Sep. 14, 6:30–7:20pm   |              |

##### Fort Scott Park

|                      |                               |              |
|----------------------|-------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>            | <b>\$352</b> |
| <b>140616L</b>       | Tues., Sep. 8, 9:30–10:20am   |              |
| <b>140616M</b>       | Thurs., Sep. 10, 9:30–10:20am |              |
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>            | <b>\$320</b> |
| <b>140616N</b>       | Wed., Sep. 9, 10:30–11:20am   |              |

#### 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](mailto:info@bounceboom.com). Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

##### Fort Scott Park

|                      |                                |              |
|----------------------|--------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>             | <b>\$352</b> |
| <b>140617A</b>       | Tues., Sep. 8, 11:30am–12:20pm |              |
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>             | <b>\$320</b> |
| <b>140617B</b>       | Wed., Sep. 9, 9:30–10:20am     |              |

##### Hayes Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140617C</b>       | Thurs., Sep. 10, 6:30–7:20pm |              |
| <b>140617D</b>       | Thurs., Sep. 10, 7:30–8:20pm |              |

##### Marcey Road Park

|                      |                                |              |
|----------------------|--------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>             | <b>\$320</b> |
| <b>140617E</b>       | Wed., Sep. 9, 5:30–6:20pm      |              |
| <b>140617F</b>       | Wed., Sep. 9, 6:30–7:20pm      |              |
| <b>140617G</b>       | Wed., Sep. 9, 7:30–8:20pm      |              |
| <b>Ages 15-Adult</b> | <b>9 Sessions</b>              | <b>\$288</b> |
| <b>140617H</b>       | Mon., Sep. 14, 11:30am–12:20pm |              |
| <b>140617I</b>       | Mon., Sep. 14, 7:30–8:20pm     |              |

#### Pickleball 4

Advanced. 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 Racquet Sports.

##### Marcey Road Park

|                      |                            |              |
|----------------------|----------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>10 Sessions</b>         | <b>\$320</b> |
| <b>140619A</b>       | Wed., Sep. 9, 7:30–8:20pm  |              |
| <b>Ages 15-Adult</b> | <b>9 Sessions</b>          | <b>\$288</b> |
| <b>140619B</b>       | Mon., Sep. 14, 8:30–9:20pm |              |

#### Pickleball Coached Play Levels 2-3

Intermediate. Prerequisite: Participation in Pickleball 2 or 3 and/or a coach's recommendation. Build confidence and consistency in this coached play session for intermediate players. Enjoy fun, guided match play with real-time tips on rules, positioning, shot selection, and teamwork. Perfect for players looking to strengthen fundamentals while gaining competitive experience in a supportive, low-pressure environment. Please wear court shoes. Paddles required. Ratio 10:1. Inst.: Bounce-Boom Racquet Sports.

##### Marcey Road Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$286</b> |
| <b>140620A</b>       | Thurs., Sep. 10, 5:30–6:50pm |              |

#### Pickleball Coached Play Levels 3-4

Advanced. Prerequisite: Participation in Pickleball 3 or 4 and/or a coach's recommendation. Play competitive doubles with real-time coaching to improve strategy, shot selection, and court positioning. Designed for intermediate to advanced players looking to sharpen skills and elevate match performance in a fun, supportive environment. Please wear court shoes. Paddles required. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

##### Marcey Road Park

|                      |                           |              |
|----------------------|---------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>        | <b>\$286</b> |
| <b>140621A</b>       | Thurs., Sep. 10, 7–8:20pm |              |

#### Pickleball 3 & 4

Intermediate-Advanced. Prerequisite: 3-6 seasons of Pickleball 3, current participation in levels 3 or 4, and/or a coach's recommendation. Designed for experienced players who regularly participate in open play. 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 Racquet Sports.

##### Hayes Park

|                      |                              |              |
|----------------------|------------------------------|--------------|
| <b>Ages 15-Adult</b> | <b>11 Sessions</b>           | <b>\$352</b> |
| <b>140622A</b>       | Thurs., Sep. 10, 8:30–9:20pm |              |



## New! Pickleball Clinic Adult Advanced

Geared for the experienced player who regularly participates in Mixed Open Play & has participated in competitive play. Players will explore multiple game situations that cover the soft game. Players will sharpen skills through a fast paced regiment of drills and match play. Ideal for those who desire to elevate Pickleball skills. Court shoes, eye protection and paddles required. Ratio 4:1 Instructor Coach Ronnie PPR LEVEL 2 Certified. Inst.: Bounce-Boom Racquet Sports.

**Hayes Park**  
**Ages 15-Adult** **1 Session** **\$99**  
**140623A** Sat., Sep. 26, 9am-12pm

## New! 50+ Advanced Pickleball Clinic

Geared for experienced players who regularly compete in Mixed Open play/tournaments. Players will explore multiple game situations that will allow them to adapt to today's fast paced game. Players will enhance skills through a battery of drills and match play. Ideal for those who desire to adapt to the modern game. Court shoes, eye protection and paddles are required. Ratio 4:1. Instructor: Coach Ronnie PPR LEVEL 2 Certified. Inst.: Bounce-Boom Racquet Sports.

**Hayes Park**  
**Ages 50+** **1 Session** **\$99**  
**140624A** Sat., Oct. 10, 9am-12pm



designed for speed and accessibility, with simplified rules and scoring that keep play moving and easy to learn. As an emerging sport, formats and equipment may vary, but its appeal lies in its energetic, social style. Inst.: Bounce-Boom Racquet Sports.

**Hayes Park**  
**Ages 15-Adult** **10 Sessions** **\$320**  
**140626A** Thurs., Sep. 17, 5:30-6:20pm

## Little Shots

Beginner - An introduction to the fundamental strokes of tennis through fun games and activities designed to build eye-hand coordination. 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 5:1. Instructor: FirstServe / Bounce-Boom Racquet Sports. Inst.: Bounce-Boom Racquet Sports.

**Langston-Brown Center**  
**Ages 5-6** **11 Sessions** **\$352**  
**110602A** Thurs., Sep. 10, 4:30-5:20pm  
**110602B** Thurs., Sep. 10, 5:30-6:20pm  
**110602C** Thurs., Sep. 10, 6:30-7:20pm  
**Ages 5-6** **9 Sessions** **\$288**  
**110602D** Mon., Sep. 14, 4:30-5:20pm  
**110602E** Mon., Sep. 14, 5:30-6:20pm  
**110602F** Mon., Sep. 14, 6:30-7:20pm

**Quincy Park**  
**Ages 5-6** **11 Sessions** **\$352**  
**110602G** Tues., Sep. 8, 4:30-5:20pm  
**110602H** Tues., Sep. 8, 5:30-6:20pm  
**110602I** Tues., Sep. 8, 6:30-7:20pm  
**Ages 5-6** **9 Sessions** **\$288**  
**110602J** Sat., Sep. 12, 9-9:50am  
**110602K** Sat., Sep. 12, 10-10:50am  
**110602L** Sat., Sep. 12, 11-11:50am  
**110602M** Sat., Sep. 12, 12-12:50pm

**Greenbrier Park**  
**Ages 5-6** **10 Sessions** **\$320**  
**110602N** Sun., Sep. 13, 9-9:50am

**Jennie Dean Park**  
**Ages 5-6** **10 Sessions** **\$320**  
**110602O** Wed., Sep. 9, 4:30-5:20pm  
**110602P** Wed., Sep. 9, 5:30-6:20pm  
**110602Q** Wed., Sep. 9, 6:30-7:20pm

## Red Ball Tennis

This fun and engaging program introduces children to the foundational skills of tennis using smaller courts, shorter rackets, and low-compression red balls. Players will develop essential tennis-specific skills agility, balance, coordination, and speed (ABC skills) that support long-term athletic growth. Through interactive games and adapted play, kids will learn the basics of forehands, backhands, serving, rallying, and scoring in a positive, social environment. Designed to build confidence and enjoyment rather than emphasize competition, this program is the perfect first step in learning the sport of tennis. Inst.: Virginia Hurricanes Sports.

**Quincy Street Deck**  
**Ages 7-10** **9 Sessions** **\$288**  
**120605A** Sun., Sep. 13, 9-10am  
**Ages 10-12** **9 Sessions** **\$288**  
**120605B** Sun., Sep. 13, 9-10am



## New! Typti Try it Clinic

Typti is a fast-paced sport that blends elements of tennis, pickleball, and table tennis. It's played on a standard pickleball court with 22-inch rackets. The sport emphasizes quick reflexes, positioning, and continuous rallies. The game is designed for speed and accessibility, with simplified rules and scoring that keep play moving and easy to learn. Look for our Typti 1 class beginning this season! Inst.: Bounce-Boom Racquet Sports.

**Hayes Park**  
**Ages 15-Adult** **1 Session** **\$42**  
**140625A** Sat., Sep. 12, 9-10:15am  
**140625B** Sat., Sep. 12, 10:30-11:45am

## New! Typti 1

Typti is a fast-paced sport that blends elements of tennis, pickleball, and table tennis. It's played on a standard pickleball court with 22-inch rackets. The sport emphasizes quick reflexes, positioning, and continuous rallies. The game is



## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

### Barcroft Park

**Ages 7–9** **11 Sessions** **\$352**

**120602A** Tues., Sep. 8, 5:30–6:20pm

**120602B** Thurs., Sep. 10, 5:10–6pm

**Ages 7–9** **10 Sessions** **\$320**

**120602C** Wed., Sep. 9, 5:30–6:20pm

**Ages 10–13** **11 Sessions** **\$352**

**120602D** Tues., Sep. 8, 6:30–7:20pm

**120602E** Thurs., Sep. 10, 5:10–6pm

### Greenbrier Park

**Ages 7–9** **10 Sessions** **\$320**

**120602F** Sun., Sep. 13, 10–10:50am

**120602G** Sun., Sep. 13, 11–11:50am

**Ages 10–13** **10 Sessions** **\$320**

**120602H** Sun., Sep. 13, 12–12:50pm

### Lyon Village Park

**Ages 7–9** **10 Sessions** **\$320**

**120602I** Wed., Sep. 9, 5:30–6:20pm

**Ages 10–13** **10 Sessions** **\$320**

**120602J** Wed., Sep. 9, 4:30–5:20pm

### Thomas Jefferson Center

**Ages 7–9** **11 Sessions** **\$352**

**120602K** Thurs., Sep. 10, 5:10–6pm

**Ages 10–13** **11 Sessions** **\$352**

**120602L** Thurs., Sep. 10, 5:10–6pm

### Virginia Highlands Park

**Ages 7–9** **11 Sessions** **\$352**

**120602M** Tues., Sep. 8, 5:10–6pm

**120602N** Thurs., Sep. 10, 4:30–5:20pm

**Ages 10–13** **11 Sessions** **\$352**

**120602O** Tues., Sep. 8, 5:10–6pm

**120602P** Thurs., Sep. 10, 5:30–6:20pm

**Ages 13–16** **11 Sessions** **\$352**

**120602Q** Thurs., Sep. 10, 6:30–7:20pm

### Stratford Park

**Ages 10–13** **11 Sessions** **\$352**

**120602R** Tues., Sep. 8, 5:10–6pm

## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

### Tuckahoe Park

**Ages 8–10** **11 Sessions** **\$440**

**120603A** Thurs., Sep. 10, 4:30–5:40pm

**Ages 11–14** **11 Sessions** **\$440**

**120603B** Thurs., Sep. 10, 6–7:10pm



### Greenbrier Park

**Ages 8–10** **10 Sessions** **\$400**

**120603C** Sun., Sep. 13, 9:10–10:20am

**Ages 11–14** **10 Sessions** **\$400**

**120603D** Sun., Sep. 13, 10:30–11:40am

## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 8:1. Inst.: Bounce-Boom Racquet Sports.

### Greenbrier Park

**Ages 13–17** **10 Sessions** **\$400**

**120604A** Sun., Sep. 13, 11:50am–1pm

### Tuckahoe Park

**Ages 13–17** **10 Sessions** **\$400**

**120604B** Wed., Sep. 9, 6–7:10pm

## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 5:1. Inst.: Bounce-Boom Racquet Sports.

### Barcroft Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601A** Tues., Sep. 8, 7:30–8:40pm

**140601B** Thurs., Sep. 10, 6:10–7:20pm

**140601C** Thurs., Sep. 10, 7:30–8:40pm

**Ages 15-Adult** **10 Sessions** **\$430**

**140601D** Wed., Sep. 9, 6:30–7:40pm

### Bon Air Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601E** Thurs., Sep. 10, 9:45–10:55am

### Jennie Dean Park

**Ages 15-Adult** **9 Sessions** **\$387**

**140601F** Mon., Sep. 14, 7:30–8:40pm

### Langston-Brown Center

**Ages 15-Adult** **10 Sessions** **\$430**

**140601G** Wed., Sep. 9, 5:10–6:20pm

### Lyon Village Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601H** Tues., Sep. 8, 9:45–10:55am

**140601I** Thurs., Sep. 10, 11:05am–12:15pm

**Ages 15-Adult** **10 Sessions** **\$430**

**140601J** Wed., Sep. 9, 6:30–7:40pm

**Ages 15-Adult** **9 Sessions** **\$473**

**140601K** Mon., Sep. 14, 6:30–7:40pm

### Maury Park

**Ages 15-Adult** **9 Sessions** **\$387**

**140601L** Sat., Sep. 12, 10:30–11:40am

### Quincy Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601M** Tues., Sep. 8, 7:30–8:40pm

**Ages 15-Adult** **9 Sessions** **\$387**

**140601N** Mon., Sep. 14, 11:05am–12:15pm

### Stratford Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601O** Tues., Sep. 8, 6:10–7:20pm

### Thomas Jefferson Center

**Ages 15-Adult** **11 Sessions** **\$473**

**140601P** Thurs., Sep. 10, 6:10–7:20pm

### Virginia Highlands Park

**Ages 15-Adult** **11 Sessions** **\$473**

**140601Q** Tues., Sep. 8, 6:10–7:20pm

**140601R** Tues., Sep. 8, 6:10–7:20pm

## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 5:1. Inst.: Bounce-Boom Racquet Sports.

#### Barcroft Park

**Ages 15-Adult 11 Sessions \$473**

**140602A** Tues., Sep. 8, 7:30–8:40pm

**140602B** Thurs., Sep. 10, 7:30–8:40pm

**Ages 15-Adult 10 Sessions \$430**

**140602C** Wed., Sep. 9, 7:50–9pm

#### Bon Air Park

**Ages 15-Adult 11 Sessions \$473**

**140602D** Tues., Sep. 8, 9:45–10:55am

**140602E** Thurs., Sep. 10, 11:05am–12:15pm

#### Lyon Village Park

**Ages 15-Adult 11 Sessions \$473**

**140602F** Thurs., Sep. 10, 11:05am–12:15pm

**Ages 15-Adult 9 Sessions \$387**

**140602G** Mon., Sep. 14, 7:50–9pm

#### Maury Park

**Ages 15-Adult 9 Sessions \$387**

**140602H** Sat., Sep. 12, 9:10–10:20am

**140602I** Sat., Sep. 12, 11:50am–1pm

#### Quincy Park

**Ages 15-Adult 10 Sessions \$430**

**140602J** Wed., Sep. 9, 9:45–10:55am

**Ages 15-Adult 9 Sessions \$387**

**140602K** Mon., Sep. 14, 11:05am–12:15pm

#### Stratford Park

**Ages 15-Adult 11 Sessions \$473**

**140602L** Tues., Sep. 8, 6:10–7:20pm

**Ages 15-Adult 9 Sessions \$387**

**140602M** Mon., Sep. 14, 6–7:10pm

#### Thomas Jefferson Center

**Ages 15-Adult 11 Sessions \$473**

**140602N** Thurs., Sep. 10, 7:30–8:40pm



#### Tuckahoe Park

**Ages 15-Adult 11 Sessions \$473**

**140602O** Thurs., Sep. 10, 8:50–10pm

#### Virginia Highlands Park

**Ages 15-Adult 11 Sessions \$473**

**140602P** Tues., Sep. 8, 7:30–8:40pm

**140602Q** Thurs., Sep. 10, 7:30–8:40pm

### 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom Racquet Sports.

#### Bon Air Park

**Ages 15-Adult 11 Sessions \$473**

**140603A** Tues., Sep. 8, 11:05am–12:15pm

#### Jennie Dean Park

**Ages 15-Adult 9 Sessions \$387**

**140603B** Mon., Sep. 14, 6:10–7:20pm

#### Langston-Brown Center

**Ages 15-Adult 10 Sessions \$430**

**140603C** Wed., Sep. 9, 7:50–9pm

#### Lyon Village Park

**Ages 15-Adult 11 Sessions \$473**

**140603D** Tues., Sep. 8, 11:05am–12:15pm

**140603E** Thurs., Sep. 10, 9:45–10:55am

**Ages 15-Adult 10 Sessions \$430**

**140603F** Wed., Sep. 9, 7:50–9pm

**Ages 15-Adult 9 Sessions \$387**

**140603G** Mon., Sep. 14, 5:10–6:20pm

#### Quincy Park

**Ages 15-Adult 10 Sessions \$430**

**140603H** Wed., Sep. 9, 11:05am–12:15pm

**Ages 15-Adult 9 Sessions \$387**

**140603I** Mon., Sep. 14, 9:45–10:55am

#### Stratford Park

**Ages 15-Adult 11 Sessions \$473**

**140603J** Tues., Sep. 8, 7:30–8:40pm

**Ages 15-Adult 10 Sessions \$430**

**140603K** Wed., Sep. 9, 7:50–9pm

**Ages 15-Adult 9 Sessions \$387**

**140603L** Mon., Sep. 14, 7:20–8:30pm

#### Thomas Jefferson Center

**Ages 15-Adult 11 Sessions \$473**

**140603M** Thurs., Sep. 10, 8:50–10pm

#### Tuckahoe Park

**Ages 15-Adult 11 Sessions \$473**

**140603N** Thurs., Sep. 10, 7:30–8:40pm

**Ages 15-Adult 10 Sessions \$430**

**140603O** Wed., Sep. 9, 7:30–8:40pm

#### Virginia Highlands Park

**Ages 15-Adult 11 Sessions \$473**

**140603P** Tues., Sep. 8, 7:30–8:40pm

**140603Q** Thurs., Sep. 10, 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom Racquet Sports.

#### Barcroft Park

**Ages 15-Adult 11 Sessions \$473**

**140604A** Tues., Sep. 8, 8:50–10pm

#### Jennie Dean Park

**Ages 15-Adult 9 Sessions \$387**

**140604B** Mon., Sep. 14, 8:50–10pm

#### Langston-Brown Center

**Ages 15-Adult 10 Sessions \$430**

**140604C** Wed., Sep. 9, 6:30–7:40pm

#### Lyon Village Park

**Ages 15-Adult 11 Sessions \$473**

**140604D** Thurs., Sep. 10, 9:45–10:55am

#### Stratford Park

**Ages 15-Adult 11 Sessions \$473**

**140604E** Tues., Sep. 8, 7:30–8:40pm

**Ages 15-Adult 10 Sessions \$430**

**140604F** Wed., Sep. 9, 6:30–7:40pm

**Ages 15-Adult 9 Sessions \$387**

**140604G** Mon., Sep. 14, 8:40–9:50pm

#### Tuckahoe Park

**Ages 15-Adult 10 Sessions \$430**

**140604H** Wed., Sep. 9, 8:50–10pm



## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Ratio 4:1. Inst.: Bounce-Boom Racquet Sports.

### Barcroft Park

**Ages 15-Adult** **11 Sessions** **\$473**  
**140607A** Thurs., Sep. 10, 8:50-10pm

### Quincy Park

**Ages 15-Adult** **10 Sessions** **\$430**  
**140607B** Wed., Sep. 9, 9:45-10:55am

**Ages 15-Adult** **9 Sessions** **\$387**  
**140607C** Mon., Sep. 14, 9:45-10:55am

### Stratford Park

**Ages 15-Adult** **11 Sessions** **\$473**  
**140607D** Tues., Sep. 8, 8:50-10pm

**Ages 15-Adult** **10 Sessions** **\$430**  
**140607E** Wed., Sep. 9, 5:10-6:20pm

### Virginia Highlands Park

**Ages 15-Adult** **11 Sessions** **\$473**  
**140607F** Tues., Sep. 8, 8:50-10pm

**140607G** Thurs., Sep. 10, 8:50-10pm

## 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](mailto:info@bounceboom.com) for program and equipment recommendations. Inst.: Bounce-Boom Racquet Sports.

### Kenmore MS

**Ages 15-Adult** **9 Sessions** **\$387**  
**140608A** Sat., Sep. 12, 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](mailto:info@bounceboom.com) for program and equipment recommendations. Inst.: Bounce-Boom Racquet Sports.

### Kenmore MS

**Ages 15-Adult** **9 Sessions** **\$387**  
**140609A** Sat., Sep. 12, 9-10:30am

## Tennis Tournament Levels 2-3

Intermediate. This Round Robin Tennis Tournament event welcomes levels 2&3 players to compete in a fun and friendly atmosphere. Each participant will play at least 2 doubles matches against different opponents, ensuring a variety of matchups and plenty of action. A partner is not needed at sign-up. Matches will begin on Friday night with the semi-finals and finals on Saturday. Inst.: Bounce-Boom Racquet Sports.

### Thomas Jefferson Center

**Ages 15-Adult** **4 Sessions** **\$47**  
**140610A** Fri., Sep. 11, 5:30-8:30pm

## Tennis Tournament Levels 3-4

Advanced. This Round Robin Tennis Tournament event welcomes levels 3&4 players to compete in a fun and friendly atmosphere. Each participant will play at least 2 doubles matches against different opponents, ensuring a variety of matchups and plenty of action. A partner is not needed at sign-up. Matches will begin on Friday night with the semi-finals and finals on Saturday. Inst.: Bounce-Boom Racquet Sports.

### Thomas Jefferson Center

**Ages 15-Adult** **4 Sessions** **\$47**  
**140611A** Fri., Oct. 9, 5:30-8:30pm

## Tennis: 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 [Irleid1@arlingtonva.us](mailto:Irleid1@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 [info@bounceboom.com](mailto:info@bounceboom.com) if you have any further questions. Inst.: Bounce-Boom Racquet Sports.

### Langston-Brown Center

**Ages 6-Adult** **5 Sessions** **\$515**

**140612A** Fri., Sep. 11, 9-9:55am  
**140612B** Fri., Sep. 11, 10-10:55am  
**140612C** Fri., Sep. 11, 11-11:55am  
**140612D** Fri., Sep. 11, 12-12:55pm  
**140612E** Fri., Sep. 11, 2-2:55pm  
**140612F** Fri., Sep. 11, 3-3:55pm  
**140612G** Fri., Sep. 11, 4-4:55pm  
**140612H** Fri., Oct. 16, 9-9:55am  
**140612I** Fri., Oct. 16, 10-10:55am  
**140612J** Fri., Oct. 16, 11-11:55am  
**140612K** Fri., Oct. 16, 12-12:55pm  
**140612L** Fri., Oct. 16, 2-2:55pm  
**140612M** Fri., Oct. 16, 3-3:55pm  
**140612N** Fri., Oct. 16, 4-4:55pm



## Fee Reductions

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





## 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. Field Inst.: Tip Top Sports.

**Barrett Elem. School Outdoor Field**  
**Ages 2-3 11 Sessions \$231**  
**110618A** Sat., Sep. 12, 9-9:45am  
**110618B** Sun., Sep. 13, 9-9:45am

#### 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.



#### Fairlington Center

**Ages 2-3 13 Sessions \$273**  
**110615A** Sat., Sep. 12, 9-9:45am

**Ages 2-3 12 Sessions \$252**  
**110615B** Wed., Sep. 16, 5-5:45pm

#### Lubber Run Center

**Ages 2-3 13 Sessions \$273**  
**110615C** Sun., Sep. 13, 4-4:45pm

**Ages 2-3 12 Sessions \$252**  
**110615D** Sat., Sep. 12, 10-10:45am

#### Gunston Tent

**Ages 4-6 9 Sessions \$189**  
**110615E** Sun., Sep. 13, 10-10:45am

#### 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.

#### Arlington Mill Center

**Ages 2-3 13 Sessions \$273**  
**110605A** Sat., Sep. 12, 9-9:45am

#### Fairlington Center

**Ages 2-3 13 Sessions \$273**  
**110605B** Sat., Sep. 12, 10-10:45am

#### Barrett Elem. School Outdoor Field

**Ages 2-3 11 Sessions \$231**  
**110605C** Sat., Sep. 12, 11-11:45am  
**110605D** Sun., Sep. 13, 11-11:45am

#### Tip Top Fit Together & Me

A fun class to get active with your young one. Friendly environment that develops coordination, motor skills, communication, speed and agility. A great class for children that like to run, jump, laugh where we invite light competition. A fun way to make friends, prepare for other sports and spend quality time with your little athlete. We focus on stamina and endurance by introducing various relays, obstacle course and flexibility. Adult/Tot class. Inst.: Tip Top Sports.

#### Lubber Run Center

**Ages 2-4 12 Sessions \$252**  
**110606A** Sat., Sep. 12, 9-9:45am

#### Gunston Tent

**Ages 2-4 9 Sessions \$189**  
**110606B** Sun., Sep. 13, 9-9:45am

## 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.

#### Barrett Elem. School Outdoor Field

**Ages 4-6 11 Sessions \$231**  
**110617A** Sat., Sep. 12, 10-10:45am  
**110617B** Sun., Sep. 13, 10-10:45am

### 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.

#### Lubber Run Center

**Ages 4-6 12 Sessions \$252**  
**110616A** Sat., Sep. 12, 11-11:45am



### 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.

#### Arlington Mill Center

**Ages 4-6 13 Sessions \$273**  
**110610A** Sat., Sep. 12, 10-10:45am

#### Fairlington Center

**Ages 4-6 13 Sessions \$273**  
**110610B** Sat., Sep. 12, 11-11:45am

#### Lubber Run Center

**Ages 4-6 13 Sessions \$273**  
**110610C** Sun., Sep. 13, 3:10-3:55pm

#### Barrett Elem. School Outdoor Field

**Ages 4-6 11 Sessions \$275**  
**110610D** Sat., Sep. 12, 12-1pm





## 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 stay on premises at all times. Inst.: Stockton Soccer.

### Lacey Woods Park

|                 |                                |              |
|-----------------|--------------------------------|--------------|
| <b>Ages 2-3</b> | <b>9 Sessions</b>              | <b>\$198</b> |
| <b>110612A</b>  | Thurs., Sep. 10, 10:30-11:10am |              |
| <b>Ages 2-3</b> | <b>8 Sessions</b>              | <b>\$176</b> |
| <b>110612B</b>  | Sun., Sep. 13, 3-3:40pm        |              |
| <b>Ages 3-6</b> | <b>8 Sessions</b>              | <b>\$176</b> |
| <b>110612C</b>  | Sun., Sep. 13, 4-4:45pm        |              |
| <b>Ages 5-8</b> | <b>8 Sessions</b>              | <b>\$176</b> |
| <b>110612D</b>  | Sun., Sep. 13, 5-5:50pm        |              |

### Fairlington Center

|                 |                                |              |
|-----------------|--------------------------------|--------------|
| <b>Ages 2-3</b> | <b>8 Sessions</b>              | <b>\$176</b> |
| <b>110612E</b>  | Fri., Sep. 11, 11-11:45am      |              |
| <b>Ages 3-6</b> | <b>8 Sessions</b>              | <b>\$176</b> |
| <b>110612F</b>  | Fri., Sep. 11, 11:50am-12:35pm |              |

### Mosaic Park

|                 |                             |              |
|-----------------|-----------------------------|--------------|
| <b>Ages 2-3</b> | <b>8 Sessions</b>           | <b>\$176</b> |
| <b>110612G</b>  | Sat., Sep. 12, 12:30-1:10pm |              |
| <b>Ages 3-6</b> | <b>8 Sessions</b>           | <b>\$176</b> |
| <b>110612H</b>  | Sat., Sep. 12, 1:20-2:05pm  |              |

### Rocky Run Park

|                 |                           |              |
|-----------------|---------------------------|--------------|
| <b>Ages 2-3</b> | <b>8 Sessions</b>         | <b>\$176</b> |
| <b>110612I</b>  | Sat., Sep. 12, 8-8:40am   |              |
| <b>Ages 3-6</b> | <b>8 Sessions</b>         | <b>\$176</b> |
| <b>110612J</b>  | Sat., Sep. 12, 9-9:45am   |              |
| <b>110612K</b>  | Sat., Sep. 12, 10-10:45am |              |
| <b>Ages 5-8</b> | <b>8 Sessions</b>         | <b>\$176</b> |
| <b>110612L</b>  | Sat., Sep. 12, 11-11:50am |              |

### Lubber Run Center

|                 |                            |              |
|-----------------|----------------------------|--------------|
| <b>Ages 3-6</b> | <b>7 Sessions</b>          | <b>\$154</b> |
| <b>110612M</b>  | Sat., Sep. 12, 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.: Tip Top Sports.

### Fairlington Center

|                 |                            |              |
|-----------------|----------------------------|--------------|
| <b>Ages 3-4</b> | <b>14 Sessions</b>         | <b>\$294</b> |
| <b>110619A*</b> | Mon., Sep. 14, 4:30-5:15pm |              |
| <b>Ages 3-4</b> | <b>13 Sessions</b>         | <b>\$273</b> |
| <b>110619B*</b> | Sat., Sep. 12, 12-12:45pm  |              |
| <b>Ages 5-6</b> | <b>14 Sessions</b>         | <b>\$350</b> |
| <b>110619C</b>  | Mon., Sep. 14, 5:20-6:20pm |              |

### Lubber Run Center

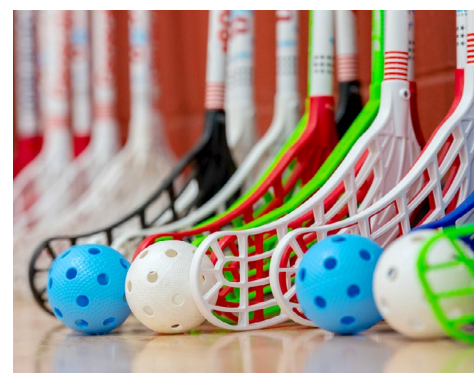
|                 |                            |              |
|-----------------|----------------------------|--------------|
| <b>Ages 3-4</b> | <b>12 Sessions</b>         | <b>\$252</b> |
| <b>110619D*</b> | Sat., Sep. 12, 12-12:45pm  |              |
| <b>Ages 5-6</b> | <b>12 Sessions</b>         | <b>\$300</b> |
| <b>110619E</b>  | Sat., Sep. 12, 1-2pm       |              |
| <b>Ages 5-6</b> | <b>13 Sessions</b>         | <b>\$325</b> |
| <b>110619F</b>  | Sun., Sep. 13, 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

|                 |                      |              |
|-----------------|----------------------|--------------|
| <b>Ages 4-6</b> | <b>13 Sessions</b>   | <b>\$325</b> |
| <b>110609A</b>  | Sat., Sep. 12, 1-2pm |              |



## YOUTH

### Ball Hockey

Get ready for fast-paced fun with our Ball Hockey program designed just for kids! Players will learn essential skills like stick handling, passing, shooting, and teamwork while playing on a smooth surface no ice required. Using a lightweight ball instead of a puck, this program focuses on building coordination, agility, and confidence through drills and exciting games. Perfect for beginners and young athletes looking for an energetic, social sport experience. All equipment is provided. Please wear sneakers. Inst.: Virginia Hurricanes Sports.

### Quincy Street Deck

|                   |                              |              |
|-------------------|------------------------------|--------------|
| <b>Ages 7-10</b>  | <b>9 Sessions</b>            | <b>\$225</b> |
| <b>120607A</b>    | Sun., Sep. 13, 10:30-11:30am |              |
| <b>Ages 10-12</b> | <b>9 Sessions</b>            | <b>\$225</b> |
| <b>120607B</b>    | Sun., Sep. 13, 10:30-11:30am |              |

### 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 stay on premises at all times. Inst.: Tip Top Sports.





|                                           |                            |              |
|-------------------------------------------|----------------------------|--------------|
| <b>Fairlington Center</b>                 |                            |              |
| <b>Ages 5-8</b>                           | <b>13 Sessions</b>         | <b>\$325</b> |
| <b>120610A</b>                            | Sat., Sep. 12, 2:05-3:05pm |              |
| <b>Barrett Elem. School Outdoor Field</b> |                            |              |
| <b>Ages 5-8</b>                           | <b>11 Sessions</b>         | <b>\$275</b> |
| <b>120610B</b>                            | Sat., Sep. 12, 1:05-2:05pm |              |
| <b>Gunston Tent</b>                       |                            |              |
| <b>Ages 7-9</b>                           | <b>9 Sessions</b>          | <b>\$225</b> |
| <b>120610C</b>                            | Sun., Sep. 13, 12-1pm      |              |

## Little Champions Soccer

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

|                              |                           |              |
|------------------------------|---------------------------|--------------|
| <b>Arlington Mill Center</b> |                           |              |
| <b>Ages 7-9</b>              | <b>13 Sessions</b>        | <b>\$273</b> |
| <b>110621A</b>               | Sat., Sep. 12, 11-11:45am |              |
| <b>Gunston Tent</b>          |                           |              |
| <b>Ages 7-9</b>              | <b>9 Sessions</b>         | <b>\$189</b> |
| <b>110621B</b>               | Sun., Sep. 13, 11-11:45am |              |

## 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.

|                           |                            |              |
|---------------------------|----------------------------|--------------|
| <b>Fairlington Center</b> |                            |              |
| <b>Ages 7-9</b>           | <b>12 Sessions</b>         | <b>\$300</b> |
| <b>120609A</b>            | Wed., Sep. 16, 6:05-7:05pm |              |



## 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.

|                           |                             |              |
|---------------------------|-----------------------------|--------------|
| <b>Fairlington Center</b> |                             |              |
| <b>Ages 4-6</b>           | <b>13 Sessions</b>          | <b>\$325</b> |
| <b>120615A</b>            | Tues., Sep. 15, 5:20-6:20pm |              |
| <b>Ages 7-9</b>           | <b>13 Sessions</b>          | <b>\$325</b> |
| <b>120615B</b>            | Tues., Sep. 15, 6:30-7:30pm |              |
| <b>Ages 10-12</b>         | <b>13 Sessions</b>          | <b>\$325</b> |
| <b>120615C</b>            | Tues., Sep. 15, 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.

|                           |                            |              |
|---------------------------|----------------------------|--------------|
| <b>Fairlington Center</b> |                            |              |
| <b>Ages 7-9</b>           | <b>14 Sessions</b>         | <b>\$350</b> |
| <b>120613A</b>            | Mon., Sep. 14, 6:30-7:30pm |              |
| <b>Ages 10-13</b>         | <b>14 Sessions</b>         | <b>\$350</b> |
| <b>120613B</b>            | Mon., Sep. 14, 7:40-8:40pm |              |
| <b>Lubber Run Center</b>  |                            |              |
| <b>Ages 7-9</b>           | <b>13 Sessions</b>         | <b>\$325</b> |
| <b>120613C</b>            | Sun., Sep. 13, 1-2pm       |              |

## Momentum3 Varsity Skills: Basketball

Varsity Skills Academy group training sessions offer participants comprehensive basketball instructions. VSA is designed to teach proper fundamentals techniques such as ball handling, shooting, passing, shooting, defense, rebounding and offensive development. Sessions are taught in a low student to coach ratio to maximize the quality of instruction. Inst.: Momentum3.

|                          |                            |              |
|--------------------------|----------------------------|--------------|
| <b>Lubber Run Center</b> |                            |              |
| <b>Ages 8-10</b>         | <b>6 Sessions</b>          | <b>\$159</b> |
| <b>120611A</b>           | Wed., Sep. 23, 6-7pm       |              |
| <b>Ages 9-11</b>         | <b>6 Sessions</b>          | <b>\$159</b> |
| <b>120611B</b>           | Mon., Sep. 21, 6-7pm       |              |
| <b>Ages 11-13</b>        | <b>6 Sessions</b>          | <b>\$159</b> |
| <b>120611C</b>           | Wed., Sep. 23, 4:45-5:45pm |              |
| <b>Ages 12-14</b>        | <b>6 Sessions</b>          | <b>\$159</b> |
| <b>120611D</b>           | Mon., Sep. 21, 4:45-5:45pm |              |

## 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.

|                              |                       |              |
|------------------------------|-----------------------|--------------|
| <b>Arlington Mill Center</b> |                       |              |
| <b>Ages 9-13</b>             | <b>13 Sessions</b>    | <b>\$325</b> |
| <b>120616A</b>               | Sat., Sep. 12, 12-1pm |              |

## 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.

|                                      |                      |              |
|--------------------------------------|----------------------|--------------|
| <b>NOVA Fencing and Archery Club</b> |                      |              |
| <b>Ages 8-12</b>                     | <b>6 Sessions</b>    | <b>\$138</b> |
| <b>120312A</b>                       | Wed., Sep. 16, 5-6pm |              |
| <b>120312B</b>                       | Wed., Oct. 28, 5-6pm |              |

## YOUTH & ADULT

### Little Giants Soccer

Join our Parent and Me Soccer Scrimmage, where moms, dads, and kids aged 8-12 come together for an unforgettable soccer experience! This dynamic class features thrilling scrimmages that encourage teamwork, skill development, and loads of fun. Picture this: you and your child racing down the field, sharing laughs, and scoring goals side by side! Whether you're a seasoned player or just want to have a blast, this is the perfect way to bond and create cherished memories. Don't miss out on the excitement, sign up today and let the competition begin! Inst.: Tip Top Sports.

|                     |                            |              |
|---------------------|----------------------------|--------------|
| <b>Gunston Tent</b> |                            |              |
| <b>Ages 8-11</b>    | <b>9 Sessions</b>          | <b>\$225</b> |
| <b>120618A</b>      | Sun., Sep. 13, 1:05-2:05pm |              |







|                                 |                               |             |
|---------------------------------|-------------------------------|-------------|
| <b>Ages 1½-2½</b>               | <b>6 Sessions</b>             | <b>\$66</b> |
| <a href="#"><u>110401M</u></a>  | Sat., Oct. 31, 8:30-9am       |             |
| <a href="#"><u>110401N</u></a>  | Sat., Oct. 31, 9:05-9:35am    |             |
| <a href="#"><u>110401O</u></a>  | Sat., Oct. 31, 10:15-10:45am  |             |
| <a href="#"><u>110401P</u></a>  | Sat., Oct. 31, 10:50-11:20am  |             |
| <a href="#"><u>110401Q</u></a>  | Sat., Oct. 31, 12-12:30pm     |             |
| <a href="#"><u>110401R</u></a>  | Sun., Nov. 1, 10:20-10:50am   |             |
| <a href="#"><u>110401S</u></a>  | Sun., Nov. 1, 11:30am-12pm    |             |
| <a href="#"><u>110401T</u></a>  | Wed., Nov. 4, 4-4:30pm        |             |
| <a href="#"><u>110401U</u></a>  | Thurs., Nov. 5, 10:35-11:05am |             |
| <a href="#"><u>110401V</u></a>  | Thurs., Nov. 5, 4:35-5:05pm   |             |
| <a href="#"><u>110401W</u></a>  | Fri., Nov. 6, 4:35-5:05pm     |             |
| <b>Ages 1½-2½</b>               | <b>5 Sessions</b>             | <b>\$55</b> |
| <a href="#"><u>110401X</u></a>  | Sat., Sep. 12, 8:30-9am       |             |
| <a href="#"><u>110401Y</u></a>  | Sat., Sep. 12, 9:05-9:35am    |             |
| <a href="#"><u>110401Z</u></a>  | Sat., Sep. 12, 10:15-10:45am  |             |
| <a href="#"><u>110401AA</u></a> | Sat., Sep. 12, 10:50-11:20am  |             |
| <a href="#"><u>110401AB</u></a> | Sat., Sep. 12, 12-12:30pm     |             |
| <b>Ages 1½-2½</b>               | <b>4 Sessions</b>             | <b>\$44</b> |
| <a href="#"><u>110401AC</u></a> | Sun., Sep. 13, 10:20-10:50am  |             |
| <a href="#"><u>110401AD</u></a> | Sun., Sep. 13, 11:30am-12pm   |             |

## AQUATICS

### ADULT/TOT

#### 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** **8 Sessions** **\$88**

[110400A](#) Tues., Sep. 8, 10-10:30am  
[110400B](#) Tues., Sep. 8, 4-4:30pm  
[110400C](#) Wed., Sep. 9, 5:10-5:40pm  
[110400D](#) Thurs., Sep. 10, 10-10:30am  
[110400E](#) Thurs., Sep. 10, 4-4:30pm  
[110400F](#) Fri., Sep. 11, 4-4:30pm

**Ages 6 months-1½** **7 Sessions** **\$77**

[110400G](#) Mon., Sep. 14, 10-10:30am  
[110400H](#) Mon., Sep. 14, 4:35-5:05pm  
[110400I](#) Mon., Nov. 2, 10-10:30am  
[110400J](#) Mon., Nov. 2, 4:35-5:05pm  
[110400K](#) Tues., Nov. 3, 10-10:30am  
[110400L](#) Tues., Nov. 3, 4-4:30pm

**Ages 6 months-1½** **6 Sessions** **\$66**

[110400M](#) Sat., Oct. 31, 9:05-9:35am  
[110400N](#) Sat., Oct. 31, 9:40-10:10am  
[110400O](#) Sat., Oct. 31, 11:25-11:55am  
[110400P](#) Sat., Oct. 31, 11:25-11:55am  
[110400Q](#) Sun., Nov. 1, 8:30-9am  
[110400R](#) Sun., Nov. 1, 9:40-10:10am  
[110400S](#) Wed., Nov. 4, 5:10-5:40pm  
[110400T](#) Thurs., Nov. 5, 10-10:30am  
[110400U](#) Thurs., Nov. 5, 4-4:30pm  
[110400V](#) Fri., Nov. 6, 4-4:30pm

**Ages 6 months-1½** **5 Sessions** **\$55**

[110400W](#) Sat., Sep. 12, 9:05-9:35am  
[110400X](#) Sat., Sep. 12, 9:40-10:10am  
[110400Y](#) Sat., Sep. 12, 11:25-11:55am  
[110400Z](#) Sat., Sep. 12, 11:25-11:55am

**Ages 6 months-1½** **4 Sessions** **\$44**

[110400AA](#) Sun., Sep. 13, 8:30-9am  
[110400AB](#) Sun., Sep. 13, 9:40-10:10am

### 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** **8 Sessions** **\$88**

[110401A](#) Tues., Sep. 8, 10:35-11:05am  
[110401B](#) Tues., Sep. 8, 4:35-5:05pm  
[110401C](#) Wed., Sep. 9, 4-4:30pm  
[110401D](#) Thurs., Sep. 10, 10:35-11:05am  
[110401E](#) Thurs., Sep. 10, 4:35-5:05pm  
[110401F](#) Fri., Sep. 11, 4:35-5:05pm

**Ages 1½-2½** **7 Sessions** **\$77**

[110401G](#) Mon., Sep. 14, 10:35-11:05am  
[110401H](#) Mon., Sep. 14, 5:10-5:40pm  
[110401I](#) Mon., Nov. 2, 10:35-11:05am  
[110401J](#) Mon., Nov. 2, 5:10-5:40pm  
[110401K](#) Tues., Nov. 3, 10:35-11:05am  
[110401L](#) Tues., Nov. 3, 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** **8 Sessions** **\$88**

[110402A](#) Tues., Sep. 8, 11:10-11:40am  
[110402B](#) Tues., Sep. 8, 5:10-5:40pm  
[110402C](#) Wed., Sep. 9, 4:35-5:05pm  
[110402D](#) Thurs., Sep. 10, 11:10-11:40am  
[110402E](#) Thurs., Sep. 10, 5:10-5:40pm  
[110402F](#) Fri., Sep. 11, 5:10-5:40pm

**Ages 2½-3** **7 Sessions** **\$77**

[110402G](#) Mon., Sep. 14, 11:10-11:40am  
[110402H](#) Mon., Sep. 14, 4-4:30pm  
[110402I](#) Mon., Nov. 2, 11:10-11:40am  
[110402J](#) Mon., Nov. 2, 4-4:30pm  
[110402K](#) Tues., Nov. 3, 11:10-11:40am  
[110402L](#) Tues., Nov. 3, 5:10-5:40pm





**Ages 2½-3 6 Sessions \$66**

**110402M** Sat., Oct. 31, 8:30–9am  
**110402N** Sat., Oct. 31, 9:40–10:10am  
**110402O** Sat., Oct. 31, 10:15–10:45am  
**110402P** Sat., Oct. 31, 10:50–11:20am  
**110402Q** Sat., Oct. 31, 12–12:30pm  
**110402R** Sun., Nov. 1, 9:05–9:35am  
**110402S** Sun., Nov. 1, 10:55–11:25am  
**110402T** Wed., Nov. 4, 4:35–5:05pm  
**110402U** Thurs., Nov. 5, 11:10–11:40am  
**110402V** Thurs., Nov. 5, 5:10–5:40pm  
**110402W** Fri., Nov. 6, 5:10–5:40pm

**Ages 2½-3 5 Sessions \$55**

**110402X** Sat., Sep. 12, 8:30–9am  
**110402Y** Sat., Sep. 12, 9:40–10:10am  
**110402Z** Sat., Sep. 12, 10:15–10:45am  
**110402AA** Sat., Sep. 12, 10:50–11:20am  
**110402AB** Sat., Sep. 12, 12–12:30pm

**Ages 2½-3 4 Sessions \$44**

**110402AC** Sun., Sep. 13, 9:05–9:35am  
**110402AD** Sun., Sep. 13, 10:55–11:25am



## 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 8 Sessions \$72**

**110403A** Tues., Sep. 8, 10–10:20am  
**110403B** Tues., Sep. 8, 11:45am–12:05pm  
**110403C** Tues., Sep. 8, 4–4:20pm  
**110403D** Tues., Sep. 8, 5:35–5:55pm  
**110403E** Wed., Sep. 9, 4–4:20pm  
**110403F** Wed., Sep. 9, 5:45–6:05pm  
**110403G** Wed., Sep. 9, 5:55–6:15pm  
**110403H** Thurs., Sep. 10, 10–10:20am  
**110403I** Thurs., Sep. 10, 11:45am–12:05pm  
**110403J** Thurs., Sep. 10, 4–4:20pm  
**110403K** Thurs., Sep. 10, 5:55–6:15pm  
**110403L** Fri., Sep. 11, 4:35–4:55pm  
**110403M** Fri., Sep. 11, 5:45–6:05pm  
**110403N** Fri., Sep. 11, 6:05–6:25pm



**Ages 3 7 Sessions \$63**

**110403O** Mon., Sep. 14, 10–10:20am  
**110403P** Mon., Sep. 14, 11:45am–12:05pm  
**110403Q** Mon., Sep. 14, 4–4:20pm  
**110403R** Mon., Sep. 14, 5:45–6:05pm  
**110403S** Mon., Nov. 2, 10–10:20am  
**110403T** Mon., Nov. 2, 11:45am–12:05pm  
**110403U** Mon., Nov. 2, 4–4:20pm  
**110403V** Mon., Nov. 2, 5:45–6:05pm  
**110403W** Tues., Nov. 3, 10–10:20am  
**110403X** Tues., Nov. 3, 11:45am–12:05pm  
**110403Y** Tues., Nov. 3, 4–4:20pm  
**110403Z** Tues., Nov. 3, 5:35–5:55pm

**Ages 3 6 Sessions \$54**

**110403AA** Sat., Oct. 31, 8:30–8:50am  
**110403AB** Sat., Oct. 31, 9:30–9:50am  
**110403AC** Sat., Oct. 31, 9:50–10:10am  
**110403AD** Sun., Nov. 1, 9:05–9:25am  
**110403AE** Sun., Nov. 1, 10:05–10:25am  
**110403AF** Sun., Nov. 1, 11:05–11:25am  
**110403AG** Wed., Nov. 4, 4–4:20pm  
**110403AH** Wed., Nov. 4, 5:45–6:05pm  
**110403AI** Wed., Nov. 4, 5:55–6:15pm  
**110403AJ** Thurs., Nov. 5, 10–10:20am  
**110403AK** Thurs., Nov. 5, 11:45am–12:05pm  
**110403AL** Thurs., Nov. 5, 4–4:20pm  
**110403AM** Thurs., Nov. 5, 5:55–6:15pm  
**110403AN** Fri., Nov. 6, 4:35–4:55pm  
**110403AO** Fri., Nov. 6, 5:45–6:05pm  
**110403AP** Fri., Nov. 6, 6:05–6:25pm

**Ages 3 5 Sessions \$45**

**110403AQ** Sat., Sep. 12, 8:30–8:50am  
**110403AR** Sat., Sep. 12, 9:30–9:50am  
**110403AS** Sat., Sep. 12, 9:50–10:10am

**Ages 3 4 Sessions \$36**

**110403AT** Sun., Sep. 13, 9:05–9:25am  
**110403AU** Sun., Sep. 13, 10:05–10:25am  
**110403AV** Sun., Sep. 13, 11:05–11:25am

### 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 8 Sessions \$88**

**110404A** Tues., Sep. 8, 10:25–10:55am  
**110404B** Tues., Sep. 8, 4–4:30pm

**110404C** Tues., Sep. 8, 4:25–4:55pm

**110404D** Tues., Sep. 8, 6–6:30pm  
**110404E** Wed., Sep. 9, 4–4:30pm  
**110404F** Wed., Sep. 9, 4:25–4:55pm  
**110404G** Wed., Sep. 9, 6:10–6:40pm  
**110404H** Thurs., Sep. 10, 10:25–10:55am  
**110404I** Thurs., Sep. 10, 4–4:30pm  
**110404J** Thurs., Sep. 10, 4:25–4:55pm  
**110404K** Thurs., Sep. 10, 6:10–6:40pm  
**110404L** Fri., Sep. 11, 4–4:30pm  
**110404M** Fri., Sep. 11, 5–5:30pm  
**110404N** Fri., Sep. 11, 6:10–6:40pm

**Ages 3yr 3mths-5 7 Sessions \$77**

**110404O** Mon., Sep. 14, 10:25–10:55am  
**110404P** Mon., Sep. 14, 4–4:30pm  
**110404Q** Mon., Sep. 14, 4:25–4:55pm  
**110404R** Mon., Sep. 14, 6:10–6:40pm  
**110404S** Mon., Nov. 2, 10:25–10:55am  
**110404T** Mon., Nov. 2, 4–4:30pm  
**110404U** Mon., Nov. 2, 4:25–4:55pm  
**110404V** Mon., Nov. 2, 6:10–6:40pm  
**110404W** Tues., Nov. 3, 10:25–10:55am  
**110404X** Tues., Nov. 3, 4–4:30pm  
**110404Y** Tues., Nov. 3, 4:25–4:55pm  
**110404Z** Tues., Nov. 3, 6–6:30pm

**Ages 3yr 3mths-5 6 Sessions \$66**

**110404AA** Sat., Oct. 31, 8:55–9:25am  
**110404AB** Sat., Oct. 31, 9:15–9:45am  
**110404AC** Sat., Oct. 31, 10:15–10:45am  
**110404AD** Sat., Oct. 31, 12–12:30pm  
**110404AE** Sun., Nov. 1, 8:30–9am  
**110404AF** Sun., Nov. 1, 9:30–10am  
**110404AG** Sun., Nov. 1, 10:30–11am  
**110404AH** Wed., Nov. 4, 4–4:30pm  
**110404AI** Wed., Nov. 4, 4:25–4:55pm  
**110404AJ** Wed., Nov. 4, 6:10–6:40pm  
**110404AK** Thurs., Nov. 5, 10:25–10:55am  
**110404AL** Thurs., Nov. 5, 4–4:30pm  
**110404AM** Thurs., Nov. 5, 4:25–4:55pm  
**110404AN** Thurs., Nov. 5, 6:10–6:40pm

**110404AO** Fri., Nov. 6, 4–4:30pm

**110404AP** Fri., Nov. 6, 5–5:30pm  
**110404AQ** Fri., Nov. 6, 6:10–6:40pm

**Ages 3yr 3mths-5 5 Sessions \$55**

**110404AR** Sat., Sep. 12, 8:55–9:25am  
**110404AS** Sat., Sep. 12, 9:15–9:45am  
**110404AT** Sat., Sep. 12, 10:15–10:45am  
**110404AU** Sat., Sep. 12, 12–12:30pm

**Ages 3yr 3mths-5 4 Sessions \$44**

**110404AV** Sun., Sep. 13, 8:30–9am  
**110404AW** Sun., Sep. 13, 9:30–10am  
**110404AX** Sun., Sep. 13, 10:30–11am

## 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 8 Sessions \$88**

**110405A** Tues., Sep. 8, 11–11:30am  
**110405B** Thurs., Sep. 10, 11–11:30am  
**110405C** Tues., Sep. 8, 4–4:30pm  
**110405D** Tues., Sep. 8, 5–5:30pm  
**110405E** Tues., Sep. 8, 5:20–5:50pm  
**110405F** Tues., Sep. 8, 6:35–7:05pm  
**110405G** Wed., Sep. 9, 4–4:30pm  
**110405H** Wed., Sep. 9, 5–5:30pm  
**110405I** Wed., Sep. 9, 5:20–5:50pm  
**110405J** Wed., Sep. 9, 6:10–6:40pm  
**110405K** Thurs., Sep. 10, 4–4:30pm  
**110405L** Thurs., Sep. 10, 5–5:30pm  
**110405M** Thurs., Sep. 10, 5:20–5:50pm  
**110405N** Fri., Sep. 11, 4–4:30pm  
**110405O** Fri., Sep. 11, 6:30–7pm  
**110405P** Fri., Sep. 11, 6:45–7:15pm

**Ages 3yr 3mths-5 7 Sessions \$77**

**110405Q** Mon., Sep. 14, 11–11:30am  
**110405R** Mon., Sep. 14, 4–4:30pm  
**110405S** Mon., Sep. 14, 5–5:30pm  
**110405T** Mon., Sep. 14, 6:10–6:40pm  
**110405U** Mon., Nov. 2, 11–11:30am  
**110405V** Mon., Nov. 2, 4–4:30pm  
**110405W** Mon., Nov. 2, 5–5:30pm  
**110405X** Mon., Nov. 2, 6:10–6:40pm  
**110405Y** Tues., Nov. 3, 11–11:30am  
**110405Z** Tues., Nov. 3, 4–4:30pm  
**110405AA** Tues., Nov. 3, 5–5:30pm  
**110405AB** Tues., Nov. 3, 5:20–5:50pm  
**110405AC** Tues., Nov. 3, 6:35–7:05pm

**Ages 3yr 3mths-5 6 Sessions \$66**

**110405AD** Sat., Oct. 31, 8:30–9am  
**110405AE** Sat., Oct. 31, 9:55–10:25am  
**110405AF** Sat., Oct. 31, 10:50–11:20am  
**110405AG** Sun., Nov. 1, 8:30–9am  
**110405AH** Sun., Nov. 1, 9:50–10:20am  
**110405AI** Sun., Nov. 1, 11:30am–12pm  
**110405AJ** Wed., Nov. 4, 4–4:30pm

**110405AK** Wed., Nov. 4, 5–5:30pm  
**110405AL** Wed., Nov. 4, 5:20–5:50pm  
**110405AM** Wed., Nov. 4, 6:10–6:40pm  
**110405AN** Thurs., Nov. 5, 11–11:30am  
**110405AO** Thurs., Nov. 5, 4–4:30pm  
**110405AP** Thurs., Nov. 5, 5–5:30pm  
**110405AQ** Thurs., Nov. 5, 5:20–5:50pm  
**110405AR** Fri., Nov. 6, 4–4:30pm  
**110405AS** Fri., Nov. 6, 6:30–7pm  
**110405AT** Fri., Nov. 6, 6:45–7:15pm

**Ages 3yr 3mths-5 5 Sessions \$55**

**110405AU** Sat., Sep. 12, 8:30–9am  
**110405AV** Sat., Sep. 12, 9:55–10:25am  
**110405AW** Sat., Sep. 12, 10:50–11:20am

**Ages 3yr 3mths-5 4 Sessions \$44**

**110405AX** Sun., Sep. 13, 8:30–9am  
**110405AY** Sun., Sep. 13, 9:50–10:20am  
**110405AZ** Sun., Sep. 13, 11:30am–12pm

## 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 8 Sessions \$88**

**110406A** Tues., Sep. 8, 11:35am–12:05pm  
**110406B** Tues., Sep. 8, 5:55–6:25pm  
**110406C** Tues., Sep. 8, 7:10–7:40pm  
**110406D** Wed., Sep. 9, 5:35–6:05pm  
**110406E** Wed., Sep. 9, 6:20–6:50pm  
**110406F** Thurs., Sep. 10, 11:35am–12:05pm  
**110406G** Thurs., Sep. 10, 5:35–6:05pm  
**110406H** Thurs., Sep. 10, 6:20–6:50pm  
**110406I** Fri., Sep. 11, 4:45–5:15pm  
**110406J** Fri., Sep. 11, 6:50–7:20pm

**Ages 4-5 7 Sessions \$77**

**110406K** Mon., Sep. 14, 11:35am–12:05pm  
**110406L** Mon., Sep. 14, 5:35–6:05pm  
**110406M** Mon., Sep. 14, 6:05–6:35pm  
**110406N** Mon., Nov. 2, 11:35am–12:05pm  
**110406O** Mon., Nov. 2, 5:35–6:05pm  
**110406P** Mon., Nov. 2, 6:05–6:35pm  
**110406Q** Tues., Nov. 3, 11:35am–12:05pm  
**110406R** Tues., Nov. 3, 5:55–6:25pm  
**110406S** Tues., Nov. 3, 7:10–7:40pm

**Ages 4-5 6 Sessions \$66**

**110406T** Sat., Oct. 31, 9:50–10:20am  
**110406U** Sat., Oct. 31, 11:25–11:55am  
**110406V** Sat., Oct. 31, 11:50am–12:20pm  
**110406W** Sun., Nov. 1, 8:30–9am  
**110406X** Sun., Nov. 1, 9:50–10:20am  
**110406Y** Sun., Nov. 1, 11:15–11:45am  
**110406Z** Wed., Nov. 4, 5:35–6:05pm  
**110406AA** Wed., Nov. 4, 6:20–6:50pm  
**110406AB** Thurs., Nov. 5, 11:35am–12:05pm  
**110406AC** Thurs., Nov. 5, 5:35–6:05pm  
**110406AD** Thurs., Nov. 5, 6:20–6:50pm  
**110406AE** Fri., Nov. 6, 4:45–5:15pm  
**110406AF** Fri., Nov. 6, 6:50–7:20pm

**Ages 4-5 5 Sessions \$55**

**110406AG** Sat., Sep. 12, 9:50–10:20am  
**110406AH** Sat., Sep. 12, 11:25–11:55am  
**110406AI** Sat., Sep. 12, 11:50am–12:20pm

**Ages 4-5 4 Sessions \$44**

**110406AJ** Sun., Sep. 13, 8:30–9am  
**110406AK** Sun., Sep. 13, 9:50–10:20am  
**110406AL** Sun., Sep. 13, 11:15–11:45am

## Fin 4

This class is for children who have successfully completed Fin 3 or have comparable skills. Participants will learn breast-stroke, 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 4½-6 8 Sessions \$88**

**110407A** Tues., Sep. 8, 4–4:30pm  
**110407B** Tues., Sep. 8, 6:30–7pm  
**110407C** Wed., Sep. 9, 4–4:30pm  
**110407D** Wed., Sep. 9, 6:55–7:25pm  
**110407E** Thurs., Sep. 10, 4–4:30pm  
**110407F** Fri., Sep. 11, 4:45–5:15pm  
**110407G** Fri., Sep. 11, 6:50–7:20pm

**Ages 4½-6 7 Sessions \$77**

**110407H** Mon., Sep. 14, 4–4:30pm  
**110407I** Mon., Sep. 14, 5:20–5:50pm  
**110407J** Mon., Nov. 2, 4–4:30pm  
**110407K** Mon., Nov. 2, 5:20–5:50pm  
**110407L** Tues., Nov. 3, 4–4:30pm  
**110407M** Tues., Nov. 3, 6:30–7pm



## 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](http://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.



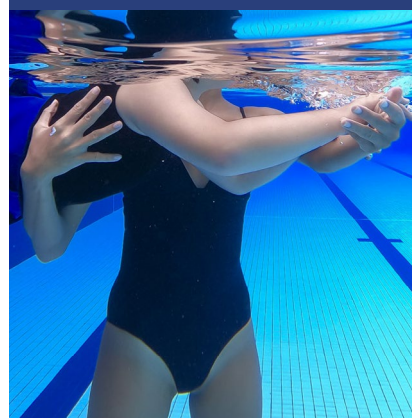
## Private Swim Lessons

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](mailto:privateswim@arlingtonva.us) or call 703.228.4747.

### Long Bridge Aquatics Center

|          |                                 |
|----------|---------------------------------|
| Tots 3½+ | <a href="tel:740101">740101</a> |
| Youth    | <a href="tel:740102">740102</a> |
| Adults   | <a href="tel:740104">740104</a> |



|                  |                              |             |
|------------------|------------------------------|-------------|
| <b>Ages 4½-6</b> | <b>6 Sessions</b>            | <b>\$66</b> |
| <b>110407N</b>   | Sat., Oct. 31, 8:30–9am      |             |
| <b>110407O</b>   | Sat., Oct. 31, 11:15–11:45am |             |
| <b>110407P</b>   | Sat., Oct. 31, 12–12:30pm    |             |
| <b>110407Q</b>   | Sun., Nov. 1, 8:30–9am       |             |
| <b>110407R</b>   | Sun., Nov. 1, 11:25–11:55am  |             |
| <b>110407S</b>   | Wed., Nov. 4, 4–4:30pm       |             |
| <b>110407T</b>   | Wed., Nov. 4, 6:55–7:25pm    |             |
| <b>110407U</b>   | Thurs., Nov. 5, 4–4:30pm     |             |
| <b>110407V</b>   | Fri., Nov. 6, 4:45–5:15pm    |             |
| <b>110407W</b>   | Fri., Nov. 6, 6:50–7:20pm    |             |
| <b>Ages 4½-6</b> | <b>5 Sessions</b>            | <b>\$55</b> |
| <b>110407X</b>   | Sat., Sep. 12, 8:30–9am      |             |
| <b>110407Y</b>   | Sat., Sep. 12, 11:15–11:45am |             |
| <b>110407Z</b>   | Sat., Sep. 12, 12–12:30pm    |             |
| <b>Ages 4½-6</b> | <b>4 Sessions</b>            | <b>\$44</b> |
| <b>110407AA</b>  | Sun., Sep. 13, 8:30–9am      |             |
| <b>110407AB</b>  | Sun., Sep. 13, 11:25–11:55am |             |

## 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

|                  |                                |              |
|------------------|--------------------------------|--------------|
| <b>Ages 6–12</b> | <b>8 Sessions</b>              | <b>\$104</b> |
| <b>120400A</b>   | Tues., Sep. 8, 5:45–6:25pm     |              |
| <b>120400B</b>   | Wed., Sep. 9, 6:45–7:25pm      |              |
| <b>120400C</b>   | Thurs., Sep. 10, 5:45–6:25pm   |              |
| <b>120400D</b>   | Fri., Sep. 11, 4:35–5:15pm     |              |
| <b>120400E</b>   | Fri., Sep. 11, 6:05–6:45pm     |              |
| <b>Ages 6–12</b> | <b>7 Sessions</b>              | <b>\$91</b>  |
| <b>120400F</b>   | Mon., Sep. 14, 6:45–7:25pm     |              |
| <b>120400G</b>   | Mon., Nov. 2, 6:45–7:25pm      |              |
| <b>120400H</b>   | Tues., Nov. 3, 5:45–6:25pm     |              |
| <b>Ages 6–12</b> | <b>6 Sessions</b>              | <b>\$78</b>  |
| <b>120400I</b>   | Sat., Oct. 31, 8:30–9:10am     |              |
| <b>120400J</b>   | Sat., Oct. 31, 9:05–9:45am     |              |
| <b>120400K</b>   | Sat., Oct. 31, 10:30–11:10am   |              |
| <b>120400L</b>   | Sat., Oct. 31, 11:55am–12:35pm |              |
| <b>120400M</b>   | Sun., Nov. 1, 9:05–9:45am      |              |
| <b>120400N</b>   | Sun., Nov. 1, 11:10–11:50am    |              |
| <b>120400O</b>   | Wed., Nov. 4, 6:45–7:25pm      |              |
| <b>120400P</b>   | Thurs., Nov. 5, 5:45–6:25pm    |              |
| <b>120400Q</b>   | Fri., Nov. 6, 4:35–5:15pm      |              |
| <b>120400R</b>   | Fri., Nov. 6, 6:05–6:45pm      |              |
| <b>Ages 6–12</b> | <b>5 Sessions</b>              | <b>\$65</b>  |
| <b>120400S</b>   | Sat., Sep. 12, 8:30–9:10am     |              |
| <b>120400T</b>   | Sat., Sep. 12, 9:05–9:45am     |              |
| <b>120400U</b>   | Sat., Sep. 12, 10:30–11:10am   |              |
| <b>120400V</b>   | Sat., Sep. 12, 11:55am–12:35pm |              |
| <b>Ages 6–12</b> | <b>4 Sessions</b>              | <b>\$52</b>  |
| <b>120400W</b>   | Sun., Sep. 13, 9:05–9:45am     |              |
| <b>120400X</b>   | Sun., Sep. 13, 11:10–11:50am   |              |

### Instructors Needed!

Interested in becoming an instructor  
for Arlington County Parks and Recreation?  
Contact [LReid1@arlingtonva.us](mailto:LReid1@arlingtonva.us).



### 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

|                  |                              |              |
|------------------|------------------------------|--------------|
| <b>Ages 6–12</b> | <b>8 Sessions</b>            | <b>\$104</b> |
| <b>120401A</b>   | Tues., Sep. 8, 4:35–5:15pm   |              |
| <b>120401B</b>   | Tues., Sep. 8, 6:05–6:45pm   |              |
| <b>120401C</b>   | Wed., Sep. 9, 4:35–5:15pm    |              |
| <b>120401D</b>   | Wed., Sep. 9, 6:05–6:45pm    |              |
| <b>120401E</b>   | Thurs., Sep. 10, 4:35–5:15pm |              |
| <b>120401F</b>   | Thurs., Sep. 10, 6:05–6:45pm |              |
| <b>120401G</b>   | Fri., Sep. 11, 4–4:40pm      |              |
| <b>120401H</b>   | Fri., Sep. 11, 5:20–6pm      |              |
| <b>Ages 6–12</b> | <b>7 Sessions</b>            | <b>\$91</b>  |
| <b>120401I</b>   | Mon., Sep. 14, 4:35–5:15pm   |              |
| <b>120401J</b>   | Mon., Sep. 14, 5:55–6:35pm   |              |
| <b>120401K</b>   | Mon., Sep. 14, 6:40–7:20pm   |              |
| <b>120401L</b>   | Mon., Nov. 2, 4:35–5:15pm    |              |
| <b>120401M</b>   | Mon., Nov. 2, 5:55–6:35pm    |              |
| <b>120401N</b>   | Mon., Nov. 2, 6:40–7:20pm    |              |
| <b>120401O</b>   | Tues., Nov. 3, 4:35–5:15pm   |              |
| <b>120401P</b>   | Tues., Nov. 3, 6:05–6:45pm   |              |
| <b>Ages 6–12</b> | <b>6 Sessions</b>            | <b>\$78</b>  |
| <b>120401Q</b>   | Sat., Oct. 31, 9:05–9:45am   |              |
| <b>120401R</b>   | Sat., Oct. 31, 10:25–11:05am |              |
| <b>120401S</b>   | Sat., Oct. 31, 10:35–11:15am |              |
| <b>120401T</b>   | Sun., Nov. 1, 9:05–9:45am    |              |
| <b>120401U</b>   | Sun., Nov. 1, 10:25–11:05am  |              |
| <b>120401V</b>   | Wed., Nov. 4, 4:35–5:15pm    |              |
| <b>120401W</b>   | Wed., Nov. 4, 6:05–6:45pm    |              |
| <b>120401X</b>   | Thurs., Nov. 5, 4:35–5:15pm  |              |
| <b>120401Y</b>   | Thurs., Nov. 5, 6:05–6:45pm  |              |
| <b>120401Z</b>   | Fri., Nov. 6, 4–4:40pm       |              |
| <b>120401AA</b>  | Fri., Nov. 6, 5:20–6pm       |              |
| <b>Ages 6–12</b> | <b>5 Sessions</b>            | <b>\$65</b>  |
| <b>120401AB</b>  | Sat., Sep. 12, 9:05–9:45am   |              |
| <b>120401AC</b>  | Sat., Sep. 12, 10:25–11:05am |              |
| <b>120401AD</b>  | Sat., Sep. 12, 10:35–11:15am |              |
| <b>Ages 6–12</b> | <b>4 Sessions</b>            | <b>\$52</b>  |
| <b>120401AE</b>  | Sun., Sep. 13, 9:05–9:45am   |              |
| <b>120401AF</b>  | Sun., Sep. 13, 10:25–11:05am |              |

### 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

|                  |                              |              |
|------------------|------------------------------|--------------|
| <b>Ages 6–12</b> | <b>8 Sessions</b>            | <b>\$104</b> |
| <b>120402A</b>   | Tues., Sep. 8, 4:35–5:15pm   |              |
| <b>120402B</b>   | Tues., Sep. 8, 5:20–6pm      |              |
| <b>120402C</b>   | Tues., Sep. 8, 6:50–7:30pm   |              |
| <b>120402D</b>   | Wed., Sep. 9, 4:35–5:15pm    |              |
| <b>120402E</b>   | Wed., Sep. 9, 5:20–6pm       |              |
| <b>120402F</b>   | Wed., Sep. 9, 6:50–7:30pm    |              |
| <b>120402G</b>   | Wed., Sep. 9, 7:30–8:10pm    |              |
| <b>120402H</b>   | Thurs., Sep. 10, 4:35–5:15pm |              |
| <b>120402I</b>   | Thurs., Sep. 10, 5:20–6pm    |              |
| <b>120402J</b>   | Thurs., Sep. 10, 6:50–7:30pm |              |
| <b>120402K</b>   | Fri., Sep. 11, 4–4:40pm      |              |
| <b>120402L</b>   | Fri., Sep. 11, 5:20–6pm      |              |
| <b>Ages 6–12</b> | <b>7 Sessions</b>            | <b>\$91</b>  |
| <b>120402M</b>   | Mon., Sep. 14, 4:35–5:15pm   |              |
| <b>120402N</b>   | Mon., Sep. 14, 5:20–6pm      |              |
| <b>120402O</b>   | Mon., Sep. 14, 6:40–7:20pm   |              |
| <b>120402P</b>   | Mon., Sep. 14, 7:25–8:05pm   |              |
| <b>120402Q</b>   | Mon., Nov. 2, 4:35–5:15pm    |              |
| <b>120402R</b>   | Mon., Nov. 2, 5:20–6pm       |              |
| <b>120402S</b>   | Mon., Nov. 2, 6:40–7:20pm    |              |
| <b>120402T</b>   | Mon., Nov. 2, 7:25–8:05pm    |              |
| <b>120402U</b>   | Tues., Nov. 3, 4:35–5:15pm   |              |
| <b>120402V</b>   | Tues., Nov. 3, 5:20–6pm      |              |
| <b>120402W</b>   | Tues., Nov. 3, 6:50–7:30pm   |              |
| <b>Ages 6–12</b> | <b>6 Sessions</b>            | <b>\$78</b>  |
| <b>120402X</b>   | Sat., Oct. 31, 9:50–10:30am  |              |
| <b>120402Y</b>   | Sat., Oct. 31, 11:10–11:50am |              |
| <b>120402Z</b>   | Sat., Oct. 31, 11:20am–12pm  |              |
| <b>120402AA</b>  | Sun., Nov. 1, 9:05–9:45am    |              |
| <b>120402AB</b>  | Sun., Nov. 1, 10:30–11:10am  |              |
| <b>120402AC</b>  | Sun., Nov. 1, 10:40–11:20am  |              |
| <b>120402AD</b>  | Wed., Nov. 4, 4:35–5:15pm    |              |
| <b>120402AE</b>  | Wed., Nov. 4, 5:20–6pm       |              |
| <b>120402AF</b>  | Wed., Nov. 4, 6:50–7:30pm    |              |
| <b>120402AG</b>  | Wed., Nov. 4, 7:30–8:10pm    |              |
| <b>120402AH</b>  | Thurs., Nov. 5, 4:35–5:15pm  |              |
| <b>120402AI</b>  | Thurs., Nov. 5, 5:20–6pm     |              |
| <b>120402AJ</b>  | Thurs., Nov. 5, 6:50–7:30pm  |              |
| <b>120402AK</b>  | Fri., Nov. 6, 4–4:40pm       |              |
| <b>120402AL</b>  | Fri., Nov. 6, 5:20–6pm       |              |
| <b>Ages 6–12</b> | <b>5 Sessions</b>            | <b>\$65</b>  |
| <b>120402AM</b>  | Sat., Sep. 12, 9:50–10:30am  |              |
| <b>120402AN</b>  | Sat., Sep. 12, 11:10–11:50am |              |
| <b>120402AO</b>  | Sat., Sep. 12, 11:20am–12pm  |              |



**Ages 6–12** **4 Sessions** **\$52**  
**120402AP** Sun., Sep. 13, 9:05–9:45am  
**120402AQ** Sun., Sep. 13, 10:30–11:10am  
**120402AR** Sun., Sep. 13, 10:40–11:20am

## 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.

### Long Bridge Aquatics & Fitness Center

**Ages 6–12** **8 Sessions** **\$104**

**120403A** Tues., Sep. 8, 4:35–5:15pm  
**120403B** Tues., Sep. 8, 6:05–6:45pm  
**120403C** Wed., Sep. 9, 4:35–5:15pm  
**120403D** Wed., Sep. 9, 6:05–6:45pm  
**120403E** Thurs., Sep. 10, 4:35–5:15pm  
**120403F** Thurs., Sep. 10, 6:05–6:45pm  
**120403G** Fri., Sep. 11, 6:05–6:45pm

**Ages 6–12** **7 Sessions** **\$91**

**120403H** Mon., Sep. 14, 4:35–5:15pm  
**120403I** Mon., Sep. 14, 6:05–6:45pm  
**120403J** Mon., Nov. 2, 4:35–5:15pm  
**120403K** Mon., Nov. 2, 6:05–6:45pm  
**120403L** Tues., Nov. 3, 4:35–5:15pm  
**120403M** Tues., Nov. 3, 6:05–6:45pm

**Ages 6–12** **6 Sessions** **\$78**

**120403N** Sat., Oct. 31, 8:30–9:10am  
**120403O** Sat., Oct. 31, 10–10:40am  
**120403P** Sat., Oct. 31, 11:45am–12:25pm  
**120403Q** Sun., Nov. 1, 9:50–10:30am  
**120403R** Sun., Nov. 1, 10:15–10:55am  
**120403S** Wed., Nov. 4, 4:35–5:15pm  
**120403T** Wed., Nov. 4, 6:05–6:45pm  
**120403U** Thurs., Nov. 5, 4:35–5:15pm  
**120403V** Thurs., Nov. 5, 6:05–6:45pm  
**120403W** Fri., Nov. 6, 6:05–6:45pm

**Ages 6–12** **5 Sessions** **\$65**

**120403X** Sat., Sep. 12, 8:30–9:10am  
**120403Y** Sat., Sep. 12, 10–10:40am  
**120403Z** Sat., Sep. 12, 11:45am–12:25pm

**Ages 6–12** **4 Sessions** **\$52**

**120403AA** Sun., Sep. 13, 9:50–10:30am  
**120403AB** Sun., Sep. 13, 10:15–10:55am



## 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.

### Long Bridge Aquatics & Fitness Center

**Ages 6–12** **8 Sessions** **\$104**

**120404A** Tues., Sep. 8, 5:20–6pm  
**120404B** Tues., Sep. 8, 6:50–7:30pm  
**120404C** Wed., Sep. 9, 5:20–6pm  
**120404D** Wed., Sep. 9, 6:50–7:30pm  
**120404E** Thurs., Sep. 10, 5:20–6pm  
**120404F** Thurs., Sep. 10, 6:50–7:30pm  
**120404G** Fri., Sep. 11, 5:20–6pm

**Ages 6–12** **7 Sessions** **\$91**

**120404H** Mon., Sep. 14, 5:20–6pm  
**120404I** Mon., Sep. 14, 6:50–7:30pm  
**120404J** Mon., Nov. 2, 5:20–6pm  
**120404K** Mon., Nov. 2, 6:50–7:30pm  
**120404L** Tues., Nov. 3, 5:20–6pm  
**120404M** Tues., Nov. 3, 6:50–7:30pm

**Ages 6–12** **6 Sessions** **\$78**

**120404N** Sat., Oct. 31, 9:15–9:55am  
**120404O** Sun., Nov. 1, 9:30–10:10am  
**120404P** Wed., Nov. 4, 5:20–6pm  
**120404Q** Wed., Nov. 4, 6:50–7:30pm  
**120404R** Thurs., Nov. 5, 5:20–6pm  
**120404S** Thurs., Nov. 5, 6:50–7:30pm  
**120404T** Fri., Nov. 6, 5:20–6pm

**Ages 6–12** **5 Sessions** **\$65**

**120404U** Sat., Sep. 12, 9:15–9:55am

**Ages 6–12** **4 Sessions** **\$52**

**120404V** Sun., Sep. 13, 9:30–10:10am

## 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** **8 Sessions** **\$120**

**120405A** Tues., Sep. 8, 7:35–8:30pm  
**120405B** Wed., Sep. 9, 7:35–8:30pm  
**120405C** Thurs., Sep. 10, 7:35–8:30pm

**Ages 8–13** **7 Sessions** **\$105**

**120405D** Mon., Sep. 14, 7:35–8:30pm  
**120405E** Mon., Nov. 2, 7:35–8:30pm  
**120405F** Tues., Nov. 3, 7:35–8:30pm

**Ages 8–13** **6 Sessions** **\$90**

**120405G** Sat., Oct. 31, 10:45–11:40am  
**120405H** Sun., Nov. 1, 8:30–9:25am  
**120405I** Wed., Nov. 4, 7:35–8:30pm  
**120405J** Thurs., Nov. 5, 7:35–8:30pm

**Ages 8–13** **5 Sessions** **\$75**

**120405K** Sat., Sep. 12, 10:45–11:40am

**Ages 8–13** **4 Sessions** **\$60**

**120405L** Sun., Sep. 13, 8:30–9:25am



## Youth Beginning Diving

This class is designated for kids under the age of 13 looking to be introduced into the sport of diving. People in this class should have little to no experience jumping or diving off a diving board. In this class you will learn the diving foundations. Kids will learn to jump feet first off the 1 meter and 3-meter diving board and dive headfirst off the 1 meter.

### Long Bridge Aquatics & Fitness Center

**Ages 6–12** **6 Sessions** **\$78**

**120406A** Sun., Nov. 1, 3:15–3:55pm

**Ages 6–12** **4 Sessions** **\$52**

**120406B** Sun., Sep. 13, 3:15–3:55pm

## Youth Intermediate Diving

This class is designated for kids under the age of 13 who have completed the youth beginner class and feel comfortable jumping off the 3-meter diving board and can go headfirst off the 1 meter successfully. The class is also available for kids who have little experience with diving, and it may not be their first time taking a registered class. In this class, kids will learn to do a front dive on the 1-meter diving board, go headfirst off the 3-meter diving board, back jumps, and back dives.

### Long Bridge Aquatics & Fitness Center

**Ages 6–12** **6 Sessions** **\$78**

**120407A** Sun., Nov. 1, 4–4:40pm

**Ages 6–12** **4 Sessions** **\$52**

**120407B** Sun., Sep. 13, 4–4:40pm

## Youth Advanced Diving

This is for kids under the age of 13 who have taken several official diving classes prior. Kids in this class should feel very comfortable jumping and diving off the 3-meter diving board, able to do front and back dives, and be working towards flips and jumping off the 5-meter platform.

### Long Bridge Aquatics & Fitness Center

**Ages 6–12** **6 Sessions** **\$78**

**120408A** Sun., Nov. 1, 4:55–5:35pm

**Ages 6–12** **4 Sessions** **\$52**

**120408B** Sun., Sep. 13, 4:55–5:35pm

## Swim Prep 1

The Swim Team Prep program 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 6–12** **6 Sessions** **\$78**

**120415A** Sat., Oct. 31, 12:35–1:15pm

**Ages 6–12** **5 Sessions** **\$65**

**120415B** Sat., Sep. 12, 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 8–12** **6 Sessions** **\$78**

**120416A** Sat., Oct. 31, 1:20–2pm

**Ages 8–12** **5 Sessions** **\$65**

**120416B** Sat., Sep. 12, 1:20–2pm

## TEEN

### Teen Beginner

This class is for teenage 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 13–18** **8 Sessions** **\$104**

**130400A** Tues., Sep. 8, 7:15–7:55pm

**130400B** Thurs., Sep. 10, 7:15–7:55pm

**Ages 13–18** **7 Sessions** **\$91**

**130400C** Tues., Nov. 3, 7:15–7:55pm

**Ages 13–18** **6 Sessions** **\$78**

**130400D** Thurs., Nov. 5, 7:15–7:55pm

### 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 13–18** **8 Sessions** **\$104**

**130401A** Tues., Sep. 8, 6:30–7:10pm

**130401B** Thurs., Sep. 10, 6:30–7:10pm

**Ages 13–18** **7 Sessions** **\$91**

**130401C** Tues., Nov. 3, 6:30–7:10pm

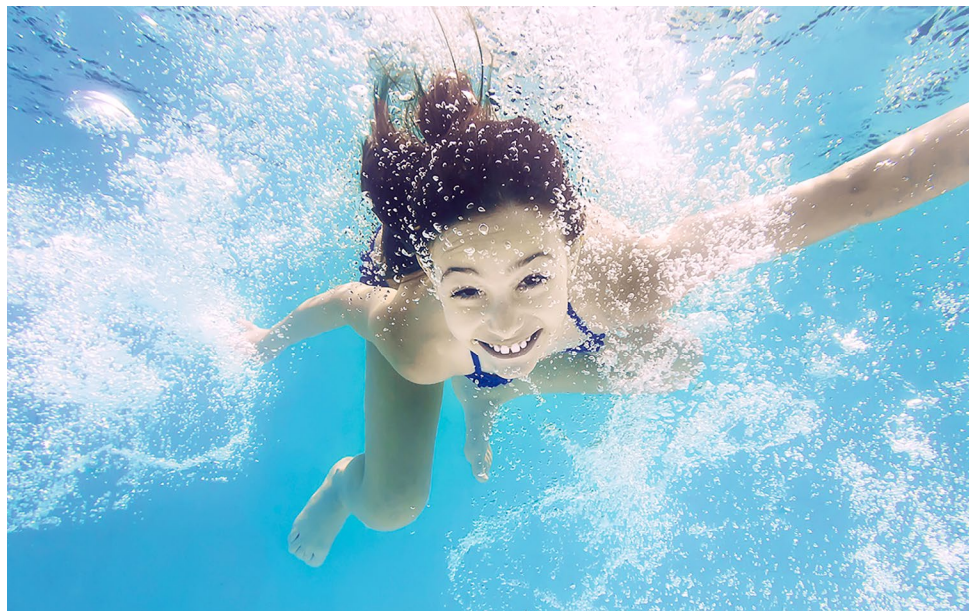
**Ages 13–18** **6 Sessions** **\$78**

**130401D** Sun., Nov. 1, 11–11:40am

**130401E** Thurs., Nov. 5, 6:30–7:10pm

**Ages 13–18** **4 Sessions** **\$52**

**130401F** Sun., Sep. 13, 11–11:40am



## TEEN & ADULT

### 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** **8 Sessions** **\$104**

**140400A** Tues., Sep. 8, 8–8:40pm

**140400B** Wed., Sep. 9, 6:45–7:25pm

**140400C** Wed., Sep. 9, 7:30–8:10pm

**140400D** Thurs., Sep. 10, 6:45–7:25pm

**140400E** Thurs., Sep. 10, 8–8:40pm

**140400F** Fri., Sep. 11, 5:35–6:15pm

**Ages 13-Adult** **7 Sessions** **\$91**

**140400G** Mon., Sep. 14, 7:25–8:05am

**140400H** Mon., Sep. 14, 6:45–7:25pm

**140400I** Mon., Sep. 14, 7:30–8:10pm

**140400J** Mon., Nov. 2, 7:25–8:05am

**140400K** Mon., Nov. 2, 6:45–7:25pm

**140400L** Mon., Nov. 2, 7:30–8:10pm

**140400M** Tues., Nov. 3, 8–8:40pm

**Ages 13-Adult** **6 Sessions** **\$78**

**140400N** Sat., Oct. 31, 11:15–11:55am

**140400O** Sun., Nov. 1, 11:15–11:55am

**140400P** Wed., Nov. 4, 6:45–7:25pm

**140400Q** Wed., Nov. 4, 7:30–8:10pm

**140400R** Thurs., Nov. 5, 6:45–7:25pm

**140400S** Thurs., Nov. 5, 8–8:40pm

**140400T** Fri., Nov. 6, 5:35–6:15pm

**Ages 13-Adult** **5 Sessions** **\$65**

**140400U** Sat., Sep. 12, 11:15–11:55am

**Ages 13-Adult** **4 Sessions** **\$52**

**140400V** Sun., Sep. 13, 11:15–11:55am

### 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** **8 Sessions** **\$104**

**140401A** Tues., Sep. 8, 7:05–7:45pm

**140401B** Wed., Sep. 9, 7:30–8:10pm

**140401C** Thurs., Sep. 10, 7:30–8:10pm

**140401D** Fri., Sep. 11, 6:20–7pm

**Ages 13-Adult** **7 Sessions** **\$91**

**140401E** Mon., Sep. 14, 7:30–8:10pm

**140401F** Mon., Nov. 2, 7:30–8:10pm

**140401G** Tues., Nov. 3, 7:05–7:45pm

**Ages 13-Adult** **6 Sessions** **\$78**

**140401H** Sat., Oct. 31, 10:30–11:10am

**140401I** Sun., Nov. 1, 10:30–11:10am

**140401J** Wed., Nov. 4, 7:30–8:10pm

**140401K** Thurs., Nov. 5, 7:30–8:10pm

**140401L** Fri., Nov. 6, 6:20–7pm

**Ages 13-Adult** **5 Sessions** **\$65**

**140401M** Sat., Sep. 12, 10:30–11:10am

**Ages 13-Adult** **4 Sessions** **\$52**

**140401N** Sun., Sep. 13, 10:30–11:10am

### 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** **8 Sessions** **\$120**

**140402A** Tues., Sep. 8, 7:35–8:30pm

**140402B** Tues., Sep. 8, 7:45–8:40pm

**140402C** Wed., Sep. 9, 7:35–8:30pm

**140402D** Thurs., Sep. 10, 6:55–7:50pm

**140402E** Thurs., Sep. 10, 7:35–8:30pm

**Ages 13-Adult** **7 Sessions** **\$105**

**140402F** Mon., Sep. 14, 7:25–8:20pm

**140402G** Mon., Nov. 2, 7:25–8:20pm

**140402H** Tues., Nov. 3, 7:35–8:30pm

**140402I** Tues., Nov. 3, 7:45–8:40pm



|                                                            |                   |             |
|------------------------------------------------------------|-------------------|-------------|
| <b>Ages 13-Adult</b>                                       | <b>6 Sessions</b> | <b>\$90</b> |
| <a href="#"><u>140402J</u></a> Sat., Oct. 31, 9:30–10:25am |                   |             |
| <a href="#"><u>140402K</u></a> Sun., Nov. 1, 9:30–10:25am  |                   |             |
| <a href="#"><u>140402L</u></a> Wed., Nov. 4, 7:35–8:30pm   |                   |             |
| <a href="#"><u>140402M</u></a> Thurs., Nov. 5, 6:55–7:50pm |                   |             |
| <a href="#"><u>140402N</u></a> Thurs., Nov. 5, 7:35–8:30pm |                   |             |
| <b>Ages 13-Adult</b>                                       | <b>5 Sessions</b> | <b>\$75</b> |
| <a href="#"><u>140402O</u></a> Sat., Sep. 12, 9:30–10:25am |                   |             |
| <b>Ages 13-Adult</b>                                       | <b>4 Sessions</b> | <b>\$60</b> |
| <a href="#"><u>140402P</u></a> Sun., Sep. 13, 9:30–10:25am |                   |             |

## 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 flipturns.

|                                                           |                   |              |
|-----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>          |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140404A</u></a> Tues., Sep. 8, 7–7:55am    |                   |              |
| <a href="#"><u>140404B</u></a> Tues., Sep. 8, 7:50–8:45pm |                   |              |
| <a href="#"><u>140404C</u></a> Thurs., Sep. 10, 7–7:55am  |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140404D</u></a> Tues., Nov. 3, 7–7:55am    |                   |              |
| <a href="#"><u>140404E</u></a> Tues., Nov. 3, 7:50–8:45pm |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140404F</u></a> Sat., Oct. 31, 8:30–9:25am |                   |              |
| <a href="#"><u>140404G</u></a> Sun., Nov. 1, 8:30–9:25am  |                   |              |
| <a href="#"><u>140404H</u></a> Thurs., Nov. 5, 7–7:55am   |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>5 Sessions</b> | <b>\$75</b>  |
| <a href="#"><u>140404I</u></a> Sat., Sep. 12, 8:30–9:25am |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>4 Sessions</b> | <b>\$60</b>  |
| <a href="#"><u>140404J</u></a> Sun., Sep. 13, 8:30–9:25am |                   |              |

## Teen/Adult Diving

This class is for students ages 13 and up. Divers with any experience are welcome, whether beginner or advanced. In this class, you'll learn to jump and dive off the 1-meter and 3-meter platforms.

|                                                          |                   |              |
|----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>         |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>8 Sessions</b> | <b>\$176</b> |
| <a href="#"><u>140405A</u></a> Tues., Sep. 8, 6:45–8am   |                   |              |
| <a href="#"><u>140405B</u></a> Thurs., Sep. 10, 6:45–8am |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140405C</u></a> Wed., Sep. 9, 8:05–9pm    |                   |              |

|                                                           |                   |              |
|-----------------------------------------------------------|-------------------|--------------|
| <b>Ages 13-Adult</b>                                      | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140405D</u></a> Mon., Sep. 14, 8:05–9pm    |                   |              |
| <a href="#"><u>140405E</u></a> Mon., Nov. 2, 8:05–9pm     |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>7 Sessions</b> | <b>\$154</b> |
| <a href="#"><u>140405F</u></a> Tues., Nov. 3, 6:45–8am    |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140405G</u></a> Sun., Nov. 1, 2:30–3:10pm  |                   |              |
| <a href="#"><u>140405H</u></a> Sun., Nov. 1, 5:40–6:20pm  |                   |              |
| <a href="#"><u>140405I</u></a> Wed., Nov. 4, 8:05–9pm     |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>6 Sessions</b> | <b>\$132</b> |
| <a href="#"><u>140405J</u></a> Thurs., Nov. 5, 6:45–8am   |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>4 Sessions</b> | <b>\$60</b>  |
| <a href="#"><u>140405K</u></a> Sun., Sep. 13, 2:30–3:10pm |                   |              |
| <a href="#"><u>140405L</u></a> Sun., Sep. 13, 5:40–6:20pm |                   |              |

## 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.

|                                                           |                   |              |
|-----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>          |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140406A</u></a> Tues., Sep. 8, 9:05–10am   |                   |              |
| <a href="#"><u>140406B</u></a> Thurs., Sep. 10, 9:05–10am |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140406C</u></a> Tues., Nov. 3, 9:05–10am   |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140406D</u></a> Sat., Oct. 31, 7:30–8:25am |                   |              |
| <a href="#"><u>140406E</u></a> Thurs., Nov. 5, 9:05–10am  |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>5 Sessions</b> | <b>\$75</b>  |
| <a href="#"><u>140406F</u></a> Sat., Sep. 12, 7:30–8:25am |                   |              |

## 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.

|                                                          |                   |              |
|----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>         |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140407A</u></a> Tues., Sep. 8, 8–8:55am   |                   |              |
| <a href="#"><u>140407B</u></a> Thurs., Sep. 10, 8–8:55am |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140407C</u></a> Tues., Nov. 3, 8–8:55am   |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140407D</u></a> Thurs., Nov. 5, 8–8:55am  |                   |              |



## Cardio Deep-Water Combo

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

|                                                           |                   |              |
|-----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>          |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140408A</u></a> Wed., Sep. 9, 7:05–8pm     |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140408B</u></a> Mon., Sep. 14, 7:10–8:05pm |                   |              |
| <a href="#"><u>140408C</u></a> Mon., Nov. 2, 7:10–8:05pm  |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140408D</u></a> Sat., Oct. 31, 9:05–10am   |                   |              |
| <a href="#"><u>140408E</u></a> Wed., Nov. 4, 7:05–8pm     |                   |              |
| <b>Ages 13-Adult</b>                                      | <b>5 Sessions</b> | <b>\$75</b>  |
| <a href="#"><u>140408F</u></a> Sat., Sep. 12, 9:05–10am   |                   |              |

## 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.

|                                                            |                   |              |
|------------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>           |                   |              |
| <b>Ages 13-Adult</b>                                       | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140409A</u></a> Tues., Sep. 8, 11:05am–12pm |                   |              |
| <a href="#"><u>140409B</u></a> Wed., Sep. 9, 11–11:55am    |                   |              |
| <b>Ages 13-Adult</b>                                       | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140409C</u></a> Tues., Nov. 3, 11:05am–12pm |                   |              |
| <b>Ages 13-Adult</b>                                       | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140409D</u></a> Wed., Nov. 4, 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.

|                                                          |                   |              |
|----------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>         |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140410A</u></a> Tues., Sep. 8, 10:05–11am |                   |              |
| <a href="#"><u>140410B</u></a> Wed., Sep. 9, 10–10:55am  |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>7 Sessions</b> | <b>\$105</b> |
| <a href="#"><u>140410C</u></a> Tues., Nov. 3, 10:05–11am |                   |              |
| <b>Ages 13-Adult</b>                                     | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140410D</u></a> Wed., Nov. 4, 10–10:55am  |                   |              |

## 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.

|                                                        |                   |              |
|--------------------------------------------------------|-------------------|--------------|
| <b>Long Bridge Aquatics &amp; Fitness Center</b>       |                   |              |
| <b>Ages 13-Adult</b>                                   | <b>8 Sessions</b> | <b>\$120</b> |
| <a href="#"><u>140419A</u></a> Fri., Sep. 11, 8–8:55am |                   |              |
| <a href="#"><u>140419B</u></a> Fri., Sep. 11, 9–9:55am |                   |              |
| <b>Ages 13-Adult</b>                                   | <b>6 Sessions</b> | <b>\$90</b>  |
| <a href="#"><u>140419C</u></a> Fri., Nov. 6, 8–8:55am  |                   |              |
| <a href="#"><u>140419D</u></a> Fri., Nov. 6, 9–9:55am  |                   |              |



## GYMNASTICS



### TOT & ADULT

#### Gymnastics: 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.** Inst.: Ready Set Gymnastics

| Ages 1         | 7 Sessions                  | \$147 |
|----------------|-----------------------------|-------|
| <b>110500A</b> | Tues., Sep. 15, 8:30–9:15am |       |
| <b>110500B</b> | Tues., Nov. 3, 8:30–9:15am  |       |
| <b>110500C</b> | Wed., Sep. 16, 9:30–10:15am |       |
| Ages 1         | 6 Sessions                  | \$126 |
| <b>110500D</b> | Wed., Nov. 4, 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      | 7 Sessions                      | \$147 |
|----------------|---------------------------------|-------|
| <b>110501A</b> | Sun., Sep. 13, 12–12:45pm       |       |
| <b>110501B</b> | Mon., Sep. 14, 10:30–11:15am    |       |
| <b>110501C</b> | Mon., Nov. 2, 10:30–11:15am     |       |
| <b>110501D</b> | Tues., Sep. 15, 10:30am–11:15am |       |
| <b>110501E</b> | Tues., Nov. 3, 10:30am–11:15am  |       |
| <b>110501F</b> | Tues., Sep. 15, 2–2:45pm        |       |
| <b>110501G</b> | Tues., Nov. 3, 2–2:45pm         |       |
| <b>110501H</b> | Wed., Sep. 16, 11:30am–12:15pm  |       |
| <b>110501I</b> | Wed., Sep. 16, 3–3:45pm         |       |
| <b>110501J</b> | Thurs., Sep. 17, 9:30–10:15am   |       |
| <b>110501K</b> | Fri., Sep. 18, 11:30am–12:15pm  |       |
| <b>110501L</b> | Fri., Sep. 18, 2–2:45pm         |       |
| Ages 1½-5      | 6 Sessions                      | \$126 |
| <b>110501M</b> | Wed., Nov. 4, 11:30am–12:15pm   |       |
| <b>110501N</b> | Wed., Nov. 4, 3–3:45pm          |       |
| <b>110501O</b> | Thurs., Nov. 5, 9:30–10:15am    |       |
| <b>110501P</b> | Sat., Sep. 26, 8:30–9:15am      |       |
| Ages 1½-5      | 5 Sessions                      | \$105 |
| <b>110501Q</b> | Sun., Nov. 1, 12–12:45pm        |       |
| <b>110501R</b> | Fri., Nov. 6, 11:30am–12:15pm   |       |
| <b>110501S</b> | Fri., Nov. 6, 2–2:45pm          |       |
| <b>110501T</b> | Sat., Nov. 7, 8:30–9:15am       |       |

**Barcroft Sports & Fitness Center.** Inst.: Ready Set Gymnastics

| Ages 1½-5      | 7 Sessions                   | \$147 |
|----------------|------------------------------|-------|
| <b>110501U</b> | Tues., Sep. 15, 9:30–10:15am |       |
| <b>110501V</b> | Tues., Nov. 3, 9:30–10:15am  |       |
| <b>110501W</b> | Wed., Sep. 16, 8:30–9:15am   |       |
| <b>110501X</b> | Wed., Nov. 4, 8:30–9:15am    |       |
| Ages 1½-5      | 6 Sessions                   | \$126 |
| <b>110501Y</b> | Sat., Sep. 26, 10:30–11:15am |       |
| Ages 1½-5      | 5 Sessions                   | \$105 |
| <b>110501Z</b> | Sat., Nov. 7, 10:30–11:15am  |       |

#### 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      | 7 Sessions                      | \$147 |
|----------------|---------------------------------|-------|
| <b>110502A</b> | Mon., Sep. 14, 9:30–10:15am     |       |
| <b>110502B</b> | Mon., Nov. 2, 9:30–10:15am      |       |
| <b>110502C</b> | Mon., Sep. 14, 10:30–11:15am    |       |
| <b>110502D</b> | Mon., Nov. 2, 10:30–11:15am     |       |
| <b>110502E</b> | Tues., Sep. 15, 9:30–10:15am    |       |
| <b>110502F</b> | Tues., Nov. 3, 9:30–10:15am     |       |
| <b>110502G</b> | Tues., Sep. 15, 11:30am–12:15pm |       |
| <b>110502H</b> | Tues., Nov. 3, 11:30am–12:15pm  |       |
| <b>110502I</b> | Wed., Sep. 16, 9:30–10:15am     |       |
| <b>110502J</b> | Wed., Sep. 16, 2–2:45pm         |       |
| <b>110502K</b> | Thurs., Sep. 17, 10:30–11:15am  |       |
| <b>110502L</b> | Fri., Sep. 18, 9:30–10:15am     |       |
| Ages 1½-2      | 6 Sessions                      | \$126 |
| <b>110502M</b> | Sat., Sep. 26, 8:30–9:15am      |       |
| <b>110502N</b> | Sat., Sep. 26, 9:30–10:15am     |       |
| <b>110502O</b> | Wed., Nov. 4, 9:30–10:15am      |       |
| <b>110502P</b> | Wed., Nov. 4, 2–2:45pm          |       |
| <b>110502Q</b> | Thurs., Nov. 5, 10:30–11:15am   |       |
| Ages 1½-2      | 5 Sessions                      | \$105 |
| <b>110502R</b> | Fri., Nov. 6, 9:30–10:15am      |       |
| <b>110502S</b> | Sat., Nov. 7, 8:30–9:15am       |       |
| <b>110502T</b> | Sat., Nov. 7, 9:30–10:15am      |       |

**Barcroft Sports & Fitness Center.** Inst.: Ready Set Gymnastics

| Ages 1½-2      | 7 Sessions                | \$147 |
|----------------|---------------------------|-------|
| <b>110502U</b> | Sun., Sep. 13, 12–12:45pm |       |
| Ages 1½-2      | 5 Sessions                | \$105 |
| <b>110502V</b> | Sun., Nov. 1, 12–12:45pm  |       |



### TOT

#### Tumbling for 3s

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          | 7 Sessions                     | \$147 |
|-----------------|--------------------------------|-------|
| <b>110503A</b>  | Sun., Sep. 13, 1–1:45pm        |       |
| <b>110503B</b>  | Mon., Sep. 14, 11:30am–12:15pm |       |
| <b>110503C</b>  | Mon., Nov. 2, 11:30am–12:15pm  |       |
| <b>110503D</b>  | Mon., Sep. 14, 2–2:45pm        |       |
| <b>110503E</b>  | Mon., Nov. 2, 2–2:45pm         |       |
| <b>110503F</b>  | Mon., Sep. 14, 3–3:45pm        |       |
| <b>110503G</b>  | Mon., Nov. 2, 3–3:45pm         |       |
| <b>110503H</b>  | Tues., Sep. 15, 2–2:45pm       |       |
| <b>110503I</b>  | Tues., Nov. 3, 2–2:45pm        |       |
| <b>110503J</b>  | Wed., Sep. 16, 2–2:45pm        |       |
| <b>110503K</b>  | Wed., Sep. 16, 3–3:45pm        |       |
| <b>110503L</b>  | Thurs., Sep. 17, 9:30–10:15am  |       |
| <b>110503M</b>  | Thurs., Sep. 17, 2–2:45pm      |       |
| <b>110503N</b>  | Fri., Sep. 18, 10:30–11:15am   |       |
| <b>110503O</b>  | Fri., Sep. 18, 2–2:45pm        |       |
| Ages 3          | 6 Sessions                     | \$126 |
| <b>110503P</b>  | Sat., Sep. 26, 9:30–10:15am    |       |
| <b>110503Q</b>  | Sat., Sep. 26, 10:30–11:15am   |       |
| <b>110503R</b>  | Wed., Nov. 4, 2–2:45pm         |       |
| <b>110503S</b>  | Wed., Nov. 4, 3–3:45pm         |       |
| <b>110503T</b>  | Thurs., Nov. 5, 9:30–10:15am   |       |
| <b>110503U</b>  | Thurs., Nov. 5, 2–2:45pm       |       |
| Ages 3          | 5 Sessions                     | \$105 |
| <b>110503V</b>  | Sun., Nov. 1, 1–1:45pm         |       |
| <b>110503W</b>  | Fri., Nov. 6, 10:30–11:15am    |       |
| <b>110503X</b>  | Fri., Nov. 6, 2–2:45pm         |       |
| <b>110503Y</b>  | Sat., Nov. 7, 10:30–11:15am    |       |
| <b>110503Z</b>  | Sat., Nov. 7, 9:30–10:15am     |       |
| Ages 3          | 7 Sessions                     | \$147 |
| <b>110503ZA</b> | Tues., Sep. 15, 10:30–11:15am  |       |
| <b>110503ZB</b> | Tues., Nov. 3, 10:30–11:15am   |       |
| <b>110503ZC</b> | Wed., Sep. 16, 10:30–11:15am   |       |
| Ages 3          | 6 Sessions                     | \$126 |
| <b>110503ZD</b> | Sat., Sep. 26, 8:30–9:15am     |       |
| <b>110503ZE</b> | Wed., Nov. 4, 10:30–11:15am    |       |
| Ages 3          | 5 Sessions                     | \$105 |
| <b>110503ZF</b> | Sat., Nov. 7, 8:30–9:15am      |       |

**Barcroft Sports & Fitness Center.** Inst.: Ready Set Gymnastics



# \* new to **gymnastics!**



## \* **cheer clinics!**

Check out our new Cheerleading Clinics!



## \* **gymnastics clinics!**

Interested in gymnastics and tumbling? You're in luck!  
New Gymnastics & Tumbling clinics!



## \* **break camps!**

New Gymnastics Break Camps! Registration is August 15 at 12pm.  
For more information visit our [webpage](#).

### **Cheerleading Clinic**

**Barcroft Sports & Fitness Center.** Inst.: AIM USA  
**Ages 5-17** **1 Session** **\$60**  
**120519A** Sun., Sep. 13, 5-7pm  
**120519B** Sun., Oct. 11, 5-7pm  
**120519C** Sun., Nov. 8, 5-7pm

### **Gymnastics: Beginner Tumbling Clinics**

**Barcroft Sports & Fitness Center**  
**Ages 6-8** **1 Session** **\$50**  
**120516A** Tues., Sep. 8, 5-6:30pm  
**120516B** Mon., Dec. 21, 3:30-5pm  
**Ages 9-12** **1 Session** **\$50**  
**120516C** Wed., Sep. 9, 5-6:30pm  
**120516D** Mon., Dec. 21, 5:30-7pm  
**Ages 13-17** **1 Session** **\$50**  
**120516E** Thurs., Sep. 10, 5-6:30pm

### **Gymnastics: Back Handspring Clinic**

**Barcroft Sports & Fitness Center**  
**Ages 6-8** **1 Session** **\$40**  
**120517A** Sun., Oct. 4, 5-6pm  
**120517B** Tues., Dec. 22, 3:30-4:30pm  
**Ages 9-12** **1 Session** **\$40**  
**120517C** Sun., Oct. 18, 5-6pm  
**120517D** Tues., Dec. 22, 5-6pm  
**Ages 13-17** **1 Session** **\$40**  
**120517E** Sun., Oct. 25, 5-6pm

### **Gymnastics: Bar Clinic**

**Barcroft Sports & Fitness Center**  
**Ages 6-8** **1 Session** **\$40**  
**120518A** Sun., Nov. 1, 5-6pm  
**Ages 9-12** **1 Session** **\$40**  
**120518B** Sun., Nov. 15, 5-6pm

Stay in the loop on all things gymnastics by signing up for our [eNews here](#).

## 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](mailto: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 30 mins |
| 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 30 mins |
| Boys Level 3           | Boys Level 3  | 2 hours      |

## 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** **7 Sessions** **\$147**

**110505A** Mon., Sep. 14, 11:30am-12:15pm  
**110505B** Mon., Nov. 2, 11:30am-12:15pm  
**110505C** Mon., Sep. 14, 3–3:45pm  
**110505D** Mon., Nov. 2, 3–3:45pm  
**110505E** Mon., Sep. 14, 4–4:45pm  
**110505F** Mon., Nov. 2, 4–4:45pm  
**110505G** Tues., Sep. 15, 10:30–11:15am  
**110505H** Tues., Nov. 3, 10:30–11:15am  
**110505I** Tues., Sep. 15, 11:30am-12:15pm  
**110505J** Tues., Nov. 3, 11:30am-12:15pm  
**110505K** Tues., Sep. 15, 2–2:45pm  
**110505L** Tues., Nov. 3, 2–2:45pm  
**110505M** Wed., Sep. 16, 10:30–11:15am  
**110505N** Wed., Sep. 16, 11:30am-12:15pm  
**110505O** Wed., Sep. 16, 2–2:45pm  
**110505P** Wed., Sep. 16, 3–3:45pm  
**110505Q** Thurs., Sep. 17, 10:30–11:15am  
**110505R** Thurs., Sep. 17, 2–2:45pm  
**110505S** Thurs., Sep. 17, 3–3:45pm  
**110505T** Fri., Sep. 18, 11:30am-12:15pm  
**110505U** Fri., Sep. 18, 2–2:45pm  
**110505V** Fri., Sep. 18, 3–3:45pm

**Ages 4** **6 Sessions** **\$126**

**110505W** Sat., Sep. 26, 10:30–11:15am  
**110505X** Wed., Nov. 4, 10:30–11:15am  
**110505Y** Wed., Nov. 4, 11:30am-12:15pm  
**110505Z** Wed., Nov. 4, 2–2:45pm  
**110505AA** Wed., Nov. 4, 3–3:45pm  
**110505AB** Thurs., Nov. 5, 10:30–11:15am  
**110505AC** Thurs., Nov. 5, 2–2:45pm  
**110505AD** Thurs., Nov. 5, 3–3:45pm

**Ages 4** **5 Sessions** **\$105**

**110505AE** Fri., Nov. 6, 11:30am-12:15pm  
**110505AF** Fri., Nov. 6, 2–2:45pm  
**110505AG** Fri., Nov. 6, 3–3:45pm  
**110505AH** Sat., Nov. 7, 10:30–11:15am

**Barcroft Sports & Fitness Center.** Inst.: Ready Set Gymnastics

**Ages 4** **7 Sessions** **\$147**

**110505ZA** Sun., Sep. 13, 1–1:45pm

**Ages 4** **6 Sessions** **\$126**

**110505ZB** Sat., Sep. 26, 9:30–10:15am

**Ages 4** **5 Sessions** **\$105**

**110505ZC** Sun., Nov. 1, 1–1:45pm

**110505ZD** Sat., Nov. 7, 9:30–10:15am

## YOUTH

### Junior Gymnast

Swings, rolls, and cartwheels; oh my! This high-energy class is perfect for five-year-old's 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** **7 Sessions** **\$147**

**110506A** Mon., Sep. 14, 4–4:45pm

**110506B** Wed., Sep. 16, 4–4:45pm

**110506C** Thurs., Sep. 17, 3–3:45pm

**110506D** Fri., Sep. 18, 4–4:45pm

**110506E** Mon., Nov. 2, 4–4:45pm

**Ages 5** **6 Sessions** **\$126**

**110506F** Wed., Nov. 4, 4–4:45pm

**110506G** Thurs., Nov. 5, 3–3:45pm

**Ages 5** **5 Sessions** **\$105**

**110506H** Fri., Nov. 6, 4–4:45pm

### Gymnastics: Open Gym Preschool

Big fun for little movers! This single session, supervised, and unstructured playtime lets preschoolers jump, climb, roll, and explore in a safe, colorful gym environment. With soft mats and plenty of room to move, kids build confidence, coordination, and friendships-all while burning energy and having a blast! Parent Participation is required.

### Barcroft Sports & Fitness Center

**Ages 1½-6** **1 Session** **\$20**

**110525A** Tues., Sep. 8, 10–11am

**110525B** Tues., Sep. 8, 2–3pm

**110525C** Wed., Sep. 9, 10–11am

**110525D** Wed., Sep. 9, 2–3pm

**110525E** Thurs., Sep. 10, 10–11am

**110525F** Thurs., Sep. 10, 2–3pm

**110525G** Fri., Sep. 11, 10–11am

**110525H** Fri., Sep. 11, 2–3pm

## 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.

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.

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





## Did you know?

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



## Gymnastics: Girls Level 1

Ready to leap into gymnastics? This beginner class introduces young athletes to the fundamentals of the sport while learning skills on vault, bars, beam, and floor. With a focus on strength, coordination, and confidence, it's the perfect place to start their gymnastics journey!

### Barcroft Sports & Fitness Center

| Ages 5-6                 | 7 Sessions                   | \$210 |
|--------------------------|------------------------------|-------|
| <a href="#">120500A</a>  | Mon., Sep. 14, 5:30-6:30pm   |       |
| <a href="#">120500B</a>  | Mon., Nov. 2, 5:30-6:30pm    |       |
| <a href="#">120500C</a>  | Tues., Sep. 15, 4:30-5:30pm  |       |
| <a href="#">120500D</a>  | Tues., Nov. 3, 4:30-5:30pm   |       |
| <a href="#">120500E</a>  | Wed., Sep. 16, 4:15-5:15pm   |       |
| <a href="#">120500F</a>  | Wed., Sep. 16, 5:30-6:30pm   |       |
| <a href="#">120500G</a>  | Thurs., Sep. 17, 4:15-5:15pm |       |
| <a href="#">120500H</a>  | Thurs., Sep. 17, 5:30-6:30pm |       |
| <a href="#">120500I</a>  | Fri., Sep. 18, 4:30-5:30pm   |       |
| Ages 5-6                 | 6 Sessions                   | \$180 |
| <a href="#">120500J</a>  | Wed., Nov. 4, 4:15-5:15pm    |       |
| <a href="#">120500K</a>  | Wed., Nov. 4, 5:30-6:30pm    |       |
| <a href="#">120500L</a>  | Thurs., Nov. 5, 4:15-5:15pm  |       |
| <a href="#">120500M</a>  | Thurs., Nov. 5, 5:30-6:30pm  |       |
| Ages 5-6                 | 5 Sessions                   | \$150 |
| <a href="#">120500N</a>  | Sat., Sep. 26, 12:15-1:15pm  |       |
| <a href="#">120500O</a>  | Sat., Nov. 7, 12:15-1:15pm   |       |
| <a href="#">120500P</a>  | Fri., Nov. 6, 4:30-5:30pm    |       |
| Ages 7-8                 | 7 Sessions                   | \$210 |
| <a href="#">120500Q</a>  | Sun., Sep. 13, 3:30-4:30pm   |       |
| <a href="#">120500R</a>  | Mon., Sep. 14, 5:30-6:30pm   |       |
| <a href="#">120500S</a>  | Mon., Nov. 2, 5:30-6:30pm    |       |
| <a href="#">120500T</a>  | Tues., Sep. 15, 4:30-5:30pm  |       |
| <a href="#">120500U</a>  | Tues., Nov. 3, 4:30-5:30pm   |       |
| <a href="#">120500V</a>  | Tues., Sep. 15, 5:45-6:45pm  |       |
| <a href="#">120500W</a>  | Tues., Nov. 3, 5:45-6:45pm   |       |
| <a href="#">120500X</a>  | Wed., Sep. 16, 4:15-5:15pm   |       |
| <a href="#">120500Y</a>  | Thurs., Sep. 17, 4:15-5:15pm |       |
| <a href="#">120500Z</a>  | Thurs., Sep. 17, 5:30-6:30pm |       |
| <a href="#">120500AA</a> | Fri., Sep. 18, 5:45-6:45pm   |       |
| Ages 7-8                 | 6 Sessions                   | \$180 |
| <a href="#">120500AB</a> | Wed., Nov. 4, 4:15-5:15pm    |       |
| <a href="#">120500AC</a> | Thurs., Nov. 5, 4:15-5:15pm  |       |
| <a href="#">120500AD</a> | Thurs., Nov. 5, 5:30-6:30pm  |       |

| Ages 7-8                                                      | 5 Sessions                   | \$150 |
|---------------------------------------------------------------|------------------------------|-------|
| <a href="#">120500AE</a>                                      | Sat., Sep. 26, 1:30-2:30pm   |       |
| <a href="#">120500AF</a>                                      | Sat., Nov. 7, 1:30-2:30pm    |       |
| <a href="#">120500AG</a>                                      | Sat., Sep. 26, 2:45-3:45pm   |       |
| <a href="#">120500AH</a>                                      | Sat., Nov. 7, 2:45-3:45pm    |       |
| <a href="#">120500AI</a>                                      | Sun., Nov. 1, 3:30-4:30pm    |       |
| <a href="#">120500AJ</a>                                      | Fri., Nov. 6, 5:45-6:45pm    |       |
| Ages 9-12                                                     | 7 Sessions                   | \$210 |
| <a href="#">120500AK</a>                                      | Mon., Sep. 14, 6:45-7:45pm   |       |
| <a href="#">120500AL</a>                                      | Mon., Nov. 2, 6:45-7:45pm    |       |
| <a href="#">120500AM</a>                                      | Tues., Sep. 15, 4:30-5:30pm  |       |
| <a href="#">120500AN</a>                                      | Tues., Nov. 3, 4:30-5:30pm   |       |
| <a href="#">120500AO</a>                                      | Wed., Sep. 16, 5:30-6:30pm   |       |
| <a href="#">120500AP</a>                                      | Thurs., Sep. 17, 4:15-5:15pm |       |
| <a href="#">120500AQ</a>                                      | Thurs., Sep. 17, 6:45-7:45pm |       |
| <a href="#">120500AR</a>                                      | Fri., Sep. 18, 5:45-6:45pm   |       |
| Ages 9-12                                                     | 6 Sessions                   | \$180 |
| <a href="#">120500AS</a>                                      | Wed., Nov. 4, 5:30-6:30pm    |       |
| <a href="#">120500AT</a>                                      | Thurs., Nov. 5, 4:15-5:15pm  |       |
| <a href="#">120500AU</a>                                      | Thurs., Nov. 5, 6:45-7:45pm  |       |
| Ages 9-12                                                     | 5 Sessions                   | \$150 |
| <a href="#">120500AV</a>                                      | Sat., Sep. 26, 4-5pm         |       |
| <a href="#">120500AW</a>                                      | Sat., Nov. 7, 4-5pm          |       |
| <a href="#">120500AX</a>                                      | Fri., Nov. 6, 5:45-6:45pm    |       |
| Barcroft Sports & Fitness Center. Inst.: Ready Set Gymnastics |                              |       |
| Ages 5-6                                                      | 7 Sessions                   | \$210 |
| <a href="#">120500ZA</a>                                      | Sun., Sep. 13, 2:15-3:15pm   |       |
| <a href="#">120500ZB</a>                                      | Sun., Sep. 13, 3:30-4:30pm   |       |
| Ages 5-6                                                      | 5 Sessions                   | \$150 |
| <a href="#">120500ZC</a>                                      | Sun., Nov. 1, 2:15-3:15pm    |       |
| <a href="#">120500ZD</a>                                      | Sun., Nov. 1, 3:30-4:30pm    |       |
| Ages 9-12                                                     | 7 Sessions                   | \$210 |
| <a href="#">120500ZE</a>                                      | Sun., Sep. 13, 4:45-5:45pm   |       |
| Ages 9-12                                                     | 5 Sessions                   | \$150 |
| <a href="#">120500ZF</a>                                      | Sat., Sep. 26, 1:45-2:45pm   |       |
| <a href="#">120500ZG</a>                                      | Sun., Nov. 1, 4:45-5:45pm    |       |
| <a href="#">120500ZH</a>                                      | Sat., Nov. 7, 1:45-2:45pm    |       |

## 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                                                      | 7 Sessions                  | \$231 |
|---------------------------------------------------------------|-----------------------------|-------|
| <a href="#">120502A</a>                                       | Mon., Sep. 14, 5:30-7pm     |       |
| <a href="#">120502B</a>                                       | Mon., Nov. 2, 5:30-7pm      |       |
| <a href="#">120502C</a>                                       | Tues., Sep. 15, 5:45-7:15pm |       |
| <a href="#">120502D</a>                                       | Tues., Nov. 3, 5:45-7:15pm  |       |
| <a href="#">120502E</a>                                       | Wed., Sep. 16, 5:30-7pm     |       |
| <a href="#">120502F</a>                                       | Thurs., Sep. 17, 5:30-7pm   |       |
| Ages 6-8                                                      | 6 Sessions                  | \$198 |
| <a href="#">120502G</a>                                       | Wed., Nov. 4, 5:30-7pm      |       |
| <a href="#">120502H</a>                                       | Thurs., Nov. 5, 5:30-7pm    |       |
| Ages 9-12                                                     | 7 Sessions                  | \$231 |
| <a href="#">120502I</a>                                       | Mon., Sep. 14, 6:45-8:15pm  |       |
| <a href="#">120502J</a>                                       | Mon., Nov. 2, 6:45-8:15pm   |       |
| <a href="#">120502K</a>                                       | Tues., Sep. 15, 5:45-7:15pm |       |
| <a href="#">120502L</a>                                       | Tues., Nov. 3, 5:45-7:15pm  |       |
| <a href="#">120502M</a>                                       | Wed., Sep. 16, 6:45-8:15pm  |       |
| <a href="#">120502N</a>                                       | Fri., Sep. 18, 7-8:30pm     |       |
| Ages 9-12                                                     | 6 Sessions                  | \$198 |
| <a href="#">120502O</a>                                       | Wed., Nov. 4, 6:45-8:15pm   |       |
| Ages 9-12                                                     | 5 Sessions                  | \$165 |
| <a href="#">120502P</a>                                       | Fri., Nov. 6, 7-8:30pm      |       |
| Barcroft Sports & Fitness Center. Inst.: Ready Set Gymnastics |                             |       |
| Ages 6-8                                                      | 5 Sessions                  | \$165 |
| <a href="#">120502Q</a>                                       | Sat., Sep. 26, 12-1:30pm    |       |
| <a href="#">120502R</a>                                       | Sat., Nov. 7, 12-1:30pm     |       |

## 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

### Barcroft Sports & Fitness Center

| Ages 7-13                                                     | 7 Sessions                   | \$315 |
|---------------------------------------------------------------|------------------------------|-------|
| <a href="#">120504A</a>                                       | Thurs., Sep. 17, 5:30-7:30pm |       |
| Ages 7-13                                                     | 6 Sessions                   | \$270 |
| <a href="#">120504B</a>                                       | Thurs., Nov. 5, 5:30-7:30pm  |       |
| Barcroft Sports & Fitness Center. Inst.: Ready Set Gymnastics |                              |       |
| Ages 7-13                                                     | 5 Sessions                   | \$225 |
| <a href="#">120504C</a>                                       | Sat., Sep. 26, 3-5pm         |       |
| <a href="#">120504D</a>                                       | Sat., Nov. 7, 3-5pm          |       |

## 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!

### Barcroft Sports & Fitness Center

| Ages 5-7                | 7 Sessions                  | \$210 |
|-------------------------|-----------------------------|-------|
| <a href="#">120511A</a> | Sun., Sep. 13, 2:15-3:15pm  |       |
| <a href="#">120511B</a> | Tues., Sep. 15, 4:30-5:30pm |       |
| <a href="#">120511C</a> | Wed., Sep. 16, 4:15-5:15pm  |       |



|                  |                              |              |
|------------------|------------------------------|--------------|
| <b>120511D</b>   | Wed., Sep. 16, 5:30–6:30pm   |              |
| <b>120511E</b>   | Thurs., Sep. 17, 4:15–5:15pm |              |
| <b>120511F</b>   | Fri., Sep. 18, 4:30–5:30pm   |              |
| <b>120511G</b>   | Tues., Nov. 3, 4:30–5:30pm   |              |
| <b>Ages 5–7</b>  | <b>6 Sessions</b>            | <b>\$180</b> |
| <b>120511H</b>   | Wed., Nov. 4, 4:15–5:15pm    |              |
| <b>120511I</b>   | Wed., Nov. 4, 5:30–6:30pm    |              |
| <b>120511J</b>   | Thurs., Nov. 5, 4:15–5:15pm  |              |
| <b>Ages 5–7</b>  | <b>5 Sessions</b>            | <b>\$150</b> |
| <b>120511K</b>   | Sat., Sep. 26, 12:15–1:15pm  |              |
| <b>120511L</b>   | Sun., Nov. 1, 2:15–3:15pm    |              |
| <b>120511M</b>   | Fri., Nov. 6, 4:30–5:30pm    |              |
| <b>120511N</b>   | Sat., Nov. 7, 12:15–1:15pm   |              |
| <b>Ages 8–12</b> | <b>7 Sessions</b>            | <b>\$210</b> |
| <b>120511O</b>   | Tues., Sep. 15, 5:45–6:45pm  |              |
| <b>120511P</b>   | Wed., Sep. 16, 6:45–7:45pm   |              |
| <b>120511Q</b>   | Fri., Sep. 18, 5:45–6:45pm   |              |
| <b>120511R</b>   | Tues., Nov. 3, 5:45–6:45pm   |              |
| <b>Ages 8–12</b> | <b>6 Sessions</b>            | <b>\$180</b> |
| <b>120511S</b>   | Wed., Nov. 4, 6:45–7:45pm    |              |
| <b>Ages 8–12</b> | <b>5 Sessions</b>            | <b>\$150</b> |
| <b>120511T</b>   | Fri., Nov. 6, 5:45–6:45pm    |              |
| <b>120511U</b>   | Sat., Sep. 26, 1:30–2:30pm   |              |
| <b>120511V</b>   | Sat., Nov. 7, 1:30–2:30pm    |              |

## 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

|                                             |                         |              |
|---------------------------------------------|-------------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                         |              |
| <b>Ages 6–12</b>                            | <b>7 Sessions</b>       | <b>\$231</b> |
| <b>120513A</b>                              | Fri., Sep. 18, 7–8:30pm |              |
| <b>Ages 6–12</b>                            | <b>5 Sessions</b>       | <b>\$165</b> |
| <b>120513B</b>                              | Fri., Nov. 6, 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.

|                                             |                         |              |
|---------------------------------------------|-------------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                         |              |
| <b>Ages 5–7</b>                             | <b>7 Sessions</b>       | <b>\$147</b> |
| <b>120515A</b>                              | Mon., Sep. 14, 2–2:45pm |              |
| <b>120515B</b>                              | Mon., Nov. 2, 2–2:45pm  |              |
| <b>Ages 8–12</b>                            | <b>7 Sessions</b>       | <b>\$147</b> |
| <b>120515C</b>                              | Fri., Sep. 18, 2–2:45pm |              |
| <b>Ages 8–12</b>                            | <b>5 Sessions</b>       | <b>\$147</b> |
| <b>120515D</b>                              | Fri., Nov. 6, 2–2:45pm  |              |

## 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!

|                                             |                   |              |
|---------------------------------------------|-------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                   |              |
| <b>Ages 13-17</b>                           | <b>7 Sessions</b> | <b>\$231</b> |
| <b>130500A</b> Wed., Sep. 16, 7:15-8:45pm   |                   |              |
| <b>Ages 13-17</b>                           | <b>6 Sessions</b> | <b>\$198</b> |
| <b>130500B</b> Wed., Nov. 4, 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 techniques 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!

|                                             |                             |              |
|---------------------------------------------|-----------------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                             |              |
| <b>Ages Adults</b>                          | <b>7 Sessions</b>           | <b>\$231</b> |
| <b>140500A</b>                              | Mon., Sep. 14, 7:15–8:45pm  |              |
| <b>140500B</b>                              | Mon., Nov. 2, 7:15–8:45pm   |              |
| <b>140500C</b>                              | Tues., Sep. 15, 1–2pm       |              |
| <b>140500D</b>                              | Tues., Sep. 15, 7:15–8:45pm |              |
| <b>140500E</b>                              | Tues., Nov. 3, 1–2pm        |              |
| <b>140500F</b>                              | Tues., Nov. 3, 7:15–8:45pm  |              |
| <b>140500G</b>                              | Wed., Sep. 16, 1–2pm        |              |
| <b>140500H</b>                              | Thurs., Sep. 17, 1–2pm      |              |
| <b>Ages Adults</b>                          | <b>6 Sessions</b>           | <b>\$198</b> |
| <b>140500I</b>                              | Wed., Nov. 4, 1–2pm         |              |
| <b>140500J</b>                              | Thurs., Nov. 5, 1–2pm       |              |

### 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.

|                                             |                   |              |
|---------------------------------------------|-------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                   |              |
| <b>Ages Adults</b>                          | <b>7 Sessions</b> | <b>\$231</b> |
| <b>140501A</b> Thurs., Sep. 17, 7:15–8:45pm |                   |              |
| <b>Ages Adults</b>                          | <b>6 Sessions</b> | <b>\$198</b> |
| <b>140501B</b> Thurs., Nov. 5, 7:15–8:45pm  |                   |              |

### Gymnastics: Adult Intermediate

Ready to take your skills to the next level? This high-energy class is designed for adults who have mastered the basics and want to refine technique, build strength, and connect skills with confidence. Each session blends strength, flexibility, and skill progressions to help you move with precision and control. Perfect for former gymnasts or dedicated recreational athletes looking for challenge, progress, and serious fun.

|                                             |                             |              |
|---------------------------------------------|-----------------------------|--------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                             |              |
| <b>Ages Adults</b>                          | <b>7 Sessions</b>           | <b>\$231</b> |
| <b>140502A</b>                              | Tues., Sep. 15, 7:15–8:45pm |              |
| <b>140502B</b>                              | Tues., Nov. 3, 7:15–8:45pm  |              |

## ALL AGES

### Gymnasta-Bash!

Join us for Gymnasta-Bash, the ultimate family gymnastics event! Get ready for a high-energy day of fun, filled with tumbling, obstacle courses, trampoline fun, games, music, and more. Whether you're a gymnast or just in it for the laughs, there's something for everyone. Parent participation is required, families with multiple children require one adult per child.

|                                             |                             |             |
|---------------------------------------------|-----------------------------|-------------|
| <b>Barcroft Sports &amp; Fitness Center</b> |                             |             |
| <b>All Ages</b>                             | <b>1 Session</b>            | <b>\$20</b> |
| <b>140510A</b>                              | Sat., Sep. 19, 11am-12:30pm |             |
| <b>140510B</b>                              | Sat., Sep. 19, 1:30-3pm     |             |



high energy fun music laughter games tumbling trampoline obstacle courses

# gymnasta-bash!

For all ages! The ultimate family gymnastics event. Adult participation required for each child.



See page 42 for sessions and registration details. Cost is \$20 for Residents.

## saturday, september 19

games tumbling trampoline obstacle courses high energy fun music laughter

## INDIVIDUALS WITH DISABILITIES



### 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!

**Fairlington Center.** Inst.: Droblyen/Halloran  
**Ages 13-Adult** **10 Sessions** **\$110**  
**102005A** Mon., Sep. 14, 6–7pm

**Lubber Run Center.** Inst.: Frazier  
**Ages 13-Adult** **10 Sessions** **\$110**  
**102005B** Tues., Sep. 8, 5:30–6:30pm

### 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** **6 Sessions** **\$66**  
**110411A** Sun., Nov. 1, 1:05–1:35pm  
**Ages 2½-4** **4 Sessions** **\$44**  
**110411B** Sun., Sep. 13, 1:05–1:35pm

#### 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** **6 Sessions** **\$66**  
**110412A** Sun., Nov. 1, 1:05–1:35pm  
**Ages 3yr 3mths-5** **4 Sessions** **\$44**  
**110412B** Sun., Sep. 13, 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** **6 Sessions** **\$66**  
**120411A** Sun., Nov. 1, 1:40–2:10pm  
**Ages 6-12** **4 Sessions** **\$44**  
**120411B** Sun., Sep. 13, 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** **6 Sessions** **\$78**  
**120414A** Sun., Nov. 1, 12:20–1pm  
**Ages 6-Adult** **4 Sessions** **\$52**  
**120414B** Sun., Sep. 13, 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** **8 Sessions** **\$120**  
**140415A** Tues., Sep. 8, 9–9:55am  
**140415B** Thurs., Sep. 10, 9–9:55am  
**Ages 13-Adult** **7 Sessions** **\$105**  
**140415C** Tues., Nov. 3, 9–9:55am  
**Ages 13-Adult** **6 Sessions** **\$66**  
**140415D** Sun., Nov. 1, 2:20–2:50pm  
**Ages 13-Adult** **6 Sessions** **\$90**  
**140415E** Thurs., Nov. 5, 9–9:55am  
**Ages 13-Adult** **4 Sessions** **\$44**  
**140415F** Sun., Sep. 13, 2:20–2:50pm

### FITNESS

#### Adapted Group Fitness w/ SPIRIT: Club Cardio Workout

Get your heart pumping with SPIRIT Club! These adapted fitness classes, designed for individuals with disabilities, emphasize a fun and energizing cardio workout to boost stamina, endurance, and overall fitness. Through a High-Intensity Interval Training (HIIT) format, participants stay active with continuous, engaging movement while also building coordination, speed, and agility. Exercises are supported by clear verbal instruction and visual demonstrations to ensure everyone can follow along with confidence. To learn more about SPIRIT Club, visit [www.spirit-club.com](http://www.spirit-club.com). Inst.: SPIRIT Club.

**Langston-Brown Center**  
**Ages 13-Adult** **1 Session** **\$18**  
**104003A** Sat., Sep. 26, 9:45–10:45am  
**104003B** Sat., Oct. 31, 9:45–10:45am  
**104003C** Sat., Nov. 21, 9:45–10:45am  
**104003D** Sat., Dec. 12, 9:45–10:45am

#### Adapted Group Fitness w/ SPIRIT Club: Strength Training

Build strength and confidence with SPIRIT Club! These adapted fitness classes, designed for individuals with disabilities, focus on developing muscular strength, stability, and control through engaging, accessible workouts. Participants will use equipment such as resistance bands to work on improving overall muscle tone, balance, and functional movement. Each exercise is supported by clear verbal instruction and visual demonstrations to ensure safe, effective participation for all. To learn more about SPIRIT Club, visit [www.spirit-club.com](http://www.spirit-club.com). Inst.: SPIRIT Club.

**Langston-Brown Center**  
**Ages 13-Adult** **1 Session** **\$18**  
**104005A** Sat., Oct. 17, 9:45–10:45am  
**104005B** Sat., Nov. 14, 9:45–10:45am  
**104005C** Sat., Dec. 5, 9:45–10:45am



## Adapted Try-athlon Training Sessions

Our Try-Athlon training sessions and main event is a program designed for individuals with disabilities to strive to become a triple power athlete! Sign up and “try” it out. Using standard equipment, instruction will be offered in swimming, stationary biking, and treadmill walking/running. Join the training sessions to gain endurance and build strength as you prepare for the Try-Athlon main event! Prerequisite skills for swimming: ability to tread water, float and swim across the pool independently. A test swim will be conducted during the first session. Separate registration required for the Try-Athlon main event on November 7th for no additional cost. Inst.: Cook

### Long Bridge Aquatics & Fitness Center

**Ages 14-Adult** **9 Sessions** **\$150**  
**104004A** Thurs., Sep. 10, 6–7pm

## Try-Athlon Main Event

At this year's Try-Athlon Main Event, it's your chance to push limits, build confidence, and celebrate what your body can do. Bike, run/walk, and swim your way to your personal best during the Main Event, and join our vibrant community of Try-Athletes who show up, try hard, and cheer each other on. Mandatory registration for training sessions is required and includes entry to this Main Event. Training prepares you, supports you, and connects you with the team spirit that makes this event unforgettable. Let's make this Try-Athlon our most unforgettable year yet! Inst.: Cook.

### Long Bridge Aquatics & Fitness Center

**Ages 14-Adult** **1 Session** **Free**  
**104006A** Sat., Nov. 7, 11am–1pm

## 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](http://www.spirit-club.com). Inst.: SPIRIT Club.

### Langston-Brown Center

**Ages 13-Adult** **10 Sessions** **\$232**  
**104007A** Sat., Sep. 26, 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](mailto:trinfo@arlingtonva.us) prior to the first class. Inst.: Sheetz.

### Lubber Run Center

**Ages Adults** **8 Sessions** **\$128**  
**104008A** Wed., Sep. 16, 5:30–6:20pm  
**Ages Adults** **6 Sessions** **\$96**  
**104008B** Wed., Nov. 18, 5:30–6:20pm



## GYMNASTICS

### Gymnastics: Adapted: Family Gymnastics

Little movers with disabilities and their grown-ups will explore the exciting world of gymnastics together! In this class, tots practice basic gymnastics skills like balancing, rolling, climbing, and jumping in a playful and supportive setting. Our program features a modified environment, a reduced participant-to-coach ratio, and plenty of time to learn at each child's pace. Gymnastics is a wonderful way to build balance, coordination, strength, and confidence while



## ★ ADAPTED ★ TRY-ATHLON!

Get Ready to Challenge Yourself  
at Adapted Try-Athlon!



REGISTRATION OPENS IN AUGUST

This fall, push your limits, build confidence, and be part of an incredible community at our Adapted Try-Athlon program! Whether you're looking to enhance your skills, stay active, or make new friends, this event is designed to empower athletes of all abilities in a fun, supportive, and inclusive environment.

Train for cycling, running/walking, and swimming legs as you prepare to showcase your progress at the thrilling Adapted Try-Athlon Main Event! With expert guidance and a welcoming atmosphere, you'll gain strength, endurance, and confidence every step of the way.

**DON'T MISS YOUR CHANCE TO BE PART OF THIS UNFORGETTABLE EXPERIENCE! WE CAN'T WAIT TO CHEER YOU ON!**

having fun with friends. Adult participation is required, so come ready to move, cheer, and celebrate every new skill!

### Barcroft Sports & Fitness Center

**Ages 3-5** **12 Sessions** **\$180**  
**120520A** Sun., Sep. 13, 9:30-10:15am

### Gymnastics: Adapted Level 1

Kids with disabilities explore the fun of gymnastics while learning basic skills on both men's and women's equipment. In a supportive setting with a modified environment and a reduced participant-to-coach ratio, participants build balance, coordination, and movement skills while enjoying an active, social experience.

### Barcroft Sports & Fitness Center

**Ages 5-7** **12 Sessions** **\$180**  
**120521A** Sun., Sep. 13, 9:30-10:15am

**Ages 8-12** **12 Sessions** **\$180**  
**120521B** Sun., Sep. 13, 8:30-9:15am

### Gymnastics: Adapted Teen/Adult

Teens and adults with disabilities can explore gymnastics in a fun, supportive setting whether they're trying it for the first time or looking to build new skills. Participants practice a variety of moves on both men's and women's equipment in a modified environment with a reduced participant-to-coach ratio, allowing everyone to learn at a comfortable pace while building strength, coordination, and confidence.

### Barcroft Sports & Fitness Center

**Ages 13-Adult** **12 Sessions** **\$252**  
**130503A** Sun., Sep. 13, 10:30-11:30am

## OUTDOORS

### Adapted Family Campfire

Immerse yourself in nature by joining us for our Adapted Family Campfire -a program for families that include a member(s) with a disability to learn, laugh, and recreate together! Gather round the fire for storytelling, interesting facts about the local environment and creatures, and enjoying a yummy treat made over the fire. At least one parent or guardian within the household must register to attend. Inst.: Barnovsky.

### Lubber Run Center

**Ages 3-Adult** **1 Session** **\$8**  
**104001A** Sat., Sep. 26, 6-7:30pm

## 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 Sept. 2; 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.



## 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.

## FAMILY FLOAT

Help us kick off the TRFNO season with our Family Float on Saturday, October 10 from 5:15-7:15pm at the Long Bridge Aquatic and Fitness Center.

This event is for families who have a member with a disability, and all participating family members must register. Enjoy the lazy river, shoot some hoops with friends and get active in the water. We hope to see you out there! Registration will be required for all who plan to attend. Contact [trinfo@arlingtonva.us](mailto:trinfo@arlingtonva.us) if you have questions.

Long Bridge Aquatics and Fitness Center

All Ages! 1 Session \$5

**922227-01** Saturday, October 10  
5:15-7:15pm

## Family Skate Night

Join us for our Family Skate Night Saturday, November 14 from 5:30-7:30pm at the Thomas Jefferson Community Center!

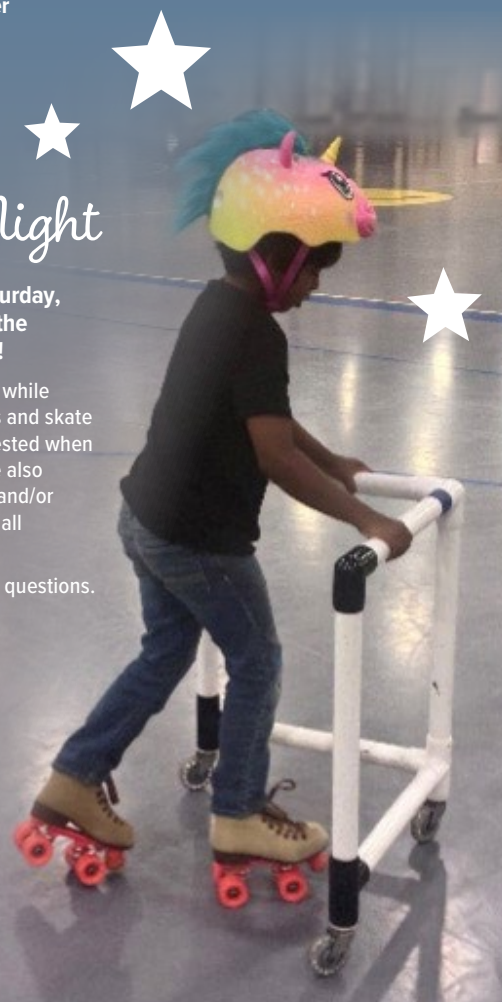
Come roller skate with family and friends while listening to some fun music. Roller skates and skate walkers (limited availability) can be requested when registering for this event. Participants are also welcome to bring their own roller skates and/or helmets. Registration will be required for all who plan to attend.

Contact [trinfo@arlingtonva.us](mailto:trinfo@arlingtonva.us) if you have questions.

Thomas Jefferson Community Center

All Ages! 1 Session \$5

**922227-02** Saturday, November 14  
5:30-7:30pm





# Therapeutic Recreation SoCiaL CLuBS



Teens and adults with disabilities are invited to become a member of one of our vibrant Social Clubs! Each club offers a supportive, engaging, and inclusive community where members can build lasting friendships and explore exciting activity opportunities.

SoCiaL CLuB membership is \$62 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. 26, 2026, returning 2025-26 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](mailto:TRInfo@arlingtonva.us) to complete a new member intake before registering.

For more information visit our [website](https://www.arlingtonva.us) or contact us at [TRInfo@arlingtonva.us](mailto:TRInfo@arlingtonva.us) or 703.228.4740.

**Teens Social Club: Ages 12-18+**  
**Adult Social Club: Ages 18+**



# Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers on Sundays!

**Adapted Aquatics** is a learn-to-swim program for children and adults with developmental disabilities. Volunteers will be paired with instructors in the water, helping them strengthen and develop foundational swimming skills. Volunteers must be strong swimmers, comfortable in the water, and enthusiastic about helping people learn.

[Apply to be a Volunteer Here!](#)



# 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+**

**Cost & more information:**

<https://sparcsolutions.org/>



**sparc**  
specially adapted resource clubs



## Explore Nature Outdoor & Virtual Programs



### Fall Highlights

#### Fall Native Plant Sale

Time to create habitat and beautify your garden! Native plants are accustomed to local climate and support wildlife. This fall choose from various perennials, trees, and shrubs. Visit the website for plant descriptions and information. This is a pre-order only sale. Get your order submitted online at [registration.arlingtonva.us](http://registration.arlingtonva.us) or by calling 703.228.4747. Order deadline is Sept. 19th, pick up is on Sept. 26th.

**Fort CF Smith Park**

Sat., Sept. 26, 10am-1pm



### Fall Heritage Festival

Families. Each fall we gather to celebrate our nation's heritage with a family-friendly day of fun. Step back into history and try your hand at some old-time games and crafts, make a corn husk doll, churn butter, dip candles and work the cider press! All family members who attend must register.

**Free. Fort CF Smith Park**

Sat., Oct. 10, 12-4pm

**612750-F**

### HISTORY HAPPY HOURS!

Adults. These interactive multimedia programs take you on a journey through the past in a historic setting, with a cup of coffee or tea. From prehistory to the present, engage with the stories living around us. Ages 16 and up.

#### Indigenous Arlington

**\$8. Fort CF Smith Park**

Weds., Oct. 14, 6-7pm

**612740-A**

#### The USCT in Arlington

**\$8. Fort CF Smith Park**

Tues., Nov. 10, 6-7pm

**612740-B**





## Family Campfires

Families. The whole family is invited to join us at the Gulf Branch, Long Branch and Fort C.F. Smith fire rings for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores! (We will provide the marshmallows, chocolate & graham crackers).

### \$8. Gulf Branch Nature Center

**Great Migrations Campfire**  
Sat., Sept. 5, 6-7pm **612850-A**

**Fat Bear Campfire**  
Sat., Oct. 3, 6-7pm **612850-B**

**Animals in the Fall Campfire**  
Fri., Nov. 6, 5:30-6:30pm **612850-C**

**Turkeys Campfire**  
Fri., Nov. 20, 5:30-6:30pm **612850-D**

### \$8. Long Branch Nature Center

**Pajama Party Campfire**  
Fri., Sept. 4, 5-6:30pm **612950-A**

**Bilingual Campfire Stories**  
Sat., Nov. 7, 5-6pm **612950-B**

### \$8. Fort C.F. Smith

**Ghost Stories Campfire**  
Sat., Oct. 31, 3-4pm **612750-A**



## Preschool & Tiny Tots

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, imaginative play, and mini hikes. These programs are offered throughout the year at Gulf Branch and Long Branch Nature Centers. Each program has a monthly theme that is repeated, so please register your child for only one program at each center per month. Caretakers must stay with their child during the program.

### Tiny Tot Ages 18- 35 months with adult

#### \$8. Gulf Branch Nature Center

**Tiny Tot: Bats**  
Thurs., Sept. 3, 10-10:45am **612810-A**  
Thurs., Sept. 10, 10-10:45am **612810-B**  
Sat., Sept. 26, 10-10:45am **612810-C**

**Tiny Tot: Acorns**  
Thurs., Oct. 1, 10-10:45am **612810-D**  
Sat., Oct. 3, 10-10:45am **612810-E**  
Fri., Oct. 23, 10-10:45am **612810-F**

**Tiny Tot: Moon**  
Thurs., Nov. 5, 10-10:45am **612810-G**  
Sat., Nov. 21, 10-10:45am **612810-H**  
Tues., Nov. 24, 10-10:45am **612810-I**

**Tiny Tot: Arctic Creatures**  
Tues., Dec. 1, 10-10:45am **612810-J**

#### \$8. Long Branch Nature Center

**Tiny Tot: Spiders**  
Fri., Sept. 4, 10-10:45am **612910-A**  
Fri., Sept. 11, 10-10:45am **612910-B**  
Sat., Sept. 12, 10-10:45am **612910-C**

**Tiny Tot: Owls**  
Fri., Oct. 2, 10-10:45am **612910-D**  
Thurs., Oct. 8, 10-10:45am **612910-E**  
Sat., Oct. 10, 10-10:45am **612910-F**

**Tiny Tot: Squirrels**  
Fri., Nov. 6, 10-10:45am **612910-G**  
Sat., Nov. 14, 10-10:45am **612910-H**  
Thurs., Nov. 19, 10-10:45am **612910-I**

**Tiny Tot: Marsupials**  
Thurs., Dec. 3, 10-10:45am **612910-J**  
Tues., Dec. 8, 10-10:45am **612910-K**

## More Tot Programs

### Nature Storytime

Enjoy interactive stories, each date with a different nature topic! Ages 1 to 5.

**Free. Gulf Branch Nature Center**  
Weds., Sept. 16, 10:30-11am **612810-Y**  
Weds., Oct. 14, 10:30-11am **612810-Z**  
Weds., Nov. 4, 10:30-11am **612810-AA**  
Weds., Dec. 2, 10:30-11am **612810-BB**

**Free. Long Branch Nature Center**  
Tues., Sept. 1, 10:30-11am **612910-AA**  
Tues., Nov. 3, 10:30-11am **612910-BB**

### Preschool Ages 3- 5 years

#### \$8. Gulf Branch Nature Center

**Pre-K: Extinct Species**  
Thurs., Sept. 3, 11am-12pm **612810-K**  
Thurs., Sept. 10, 11am-12pm **612810-L**  
Fri., Sept. 25, 11am-12pm **612810-M**  
Sat., Sept. 26, 1-2pm **612810-N**

**Pre-K: Owls**  
Thurs., Oct. 1, 11am-12pm **612810-O**  
Sat., Oct. 3, 11am-12pm **612810-P**  
Fri., Oct. 16, 1-2pm **612810-Q**  
Fri., Oct. 23, 11am-12pm **612810-R**

**Pre-K: Trees**  
Thurs., Nov. 5, 11am-12pm **612810-S**  
Thurs., Nov. 12, 1-2pm **612810-T**  
Sat., Nov. 21, 11am-12pm **612810-U**  
Tues., Nov. 24, 11am-12pm **612810-V**

**Pre-K: Primates**  
Tues., Dec. 1, 11am-12pm **612810-W**  
Thurs., Dec. 3, 1-2pm **612810-X**

#### \$8. Long Branch Nature Center

**Pre-K: Solar System**  
Fri., Sept. 4, 11am-12pm **612910-L**  
Fri., Sept. 11, 11am-12pm **612910-M**  
Sat., Sept. 12, 11am-12pm **612910-N**  
Thurs., Sept. 24, 1-2pm **612910-O**

**Pre-K: Crickets**  
Fri., Oct. 2, 11am-12pm **612910-P**  
Thurs., Oct. 8, 11am-12pm **612910-Q**  
Sat., Oct. 10, 11am-12pm **612910-R**  
Thurs., Oct. 15, 1-2pm **612910-S**

**Pre-K: Beavers**  
Fri., Nov. 6, 11am-12pm **612910-T**  
Fri., Nov. 13, 1-2pm **612910-U**  
Sat., Nov. 14, 11am-12pm **612910-V**  
Thurs., Nov. 19, 11am-12pm **612910-W**

**Pre-K: Fossils**  
Thurs., Dec. 3, 11am-12pm **612910-X**  
Tues., Dec. 8, 11am-12pm **612910-Y**  
Thurs., Dec. 10, 1-2pm **612910-Z**



### Nature Storytime: Spanish

Enjoy interactive stories, each date with a different nature topic in Spanish! Ages 1 to 5.

**Free. Long Branch Nature Center**  
Tues., Oct. 6, 10:30-11am **642910-CC**  
Tues., Dec. 1, 10:30-11am **642910-DD**



## Kids

### ☺ 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!

### ☺ Make a Tricorn

**NSNP!** Create and decorate your own tricorn hats—just like those worn during the American Revolution—using simple materials and their imagination. Perfect for young history lovers, this activity combines creativity, learning, and a touch of Revolutionary flair. Ages 5 to 12.

**\$8. Long Branch Nature Center**

Fri., Sept. 4, 12–1pm

[612920-A](#)

### ☺ Hike to the Potomac

**NSNP!** Take a walk to overlook the Potomac River from the ridgeline. Cross the rocks of Gulf Branch stream and explore the woods on the way to see a variety of different habitats. Wear closed toed shoes and pants that can get wet! Ages 8 to 12.

**Free. Gulf Branch Nature Center**

Fri., Sept. 4, 1:30–3pm

[612820-A](#)



### Budding Herpetologists

Do you love frogs, snakes, and turtles? If so, this program is for you! Join us as we investigate these amazing animals and meet some who live at the nature center. Ages 6 to 10.

**Free. Gulf Branch Nature Center**

Weds., Sept. 23, 5–6pm

[612820-B](#)

### Birding for Kids

Calling all young birders and bird enthusiasts! Learn about local birds, how to identify, and how to use binoculars. Then, we'll comb the woods around Gulf Branch for commonly seen birds. Includes a short hike outside (weather permitting). Ages 7 to 12.

**Free. Gulf Branch Nature Center**

Weds., Oct. 7, 2:30–3:45pm

[612820-C](#)

### Camouflage Time

How good are you at spotting camouflaged animals? Learn about the best camouflaged animals in the world and then we'll test your eyes searching for camouflaged critters! Ages 6 to 9.

**Free. Gulf Branch Nature Center**

Thurs., Oct. 8, 3–3:45pm

[612820-D](#)



### Dinosaurs: Can You Dig It?

Ever want to be an archeologist or paleontologist. Learn to dig up the history to find some of history's most interesting creature. Go on a hunt and end up digging for bones. Plan to get a little dirty. Ages 7 to 11.

**\$8. Long Branch Nature Center**

Fri., Oct. 9, 3–4:30pm

[612920-B](#)

### Fun with Pumpkins

Discover pumpkins and their many amazing uses. Try some pumpkin treats and make a pumpkin craft to take home! Ages 6 to 12.

**\$8. Long Branch Nature Center**

Sat., Oct. 31, 11am–12pm

[612920-C](#)

### Backyard Weather Station

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 make your own weather instruments! Ages 6 to 12.

**Free. Gulf Branch Nature Center**

Tues., Nov. 3, 1–2pm

[612820-E](#)

### Turkey Call Craft

Gobble up some educational turkey trivia! Learn about turkeys and where they are from, then craft up your own turkey call! Ages 6 to 12.

**\$8. Gulf Branch Nature Center**

Weds., Nov. 25, 1–2pm

[612820-F](#)



## Teens

### Reptile Care for Teens

Are you a teen interested in owning a reptile or already own one? Come and learn some helpful care tips ranging from diet and tank setups to enrichment ideas and meet some of our ambassador reptiles as well. Ages 12 to 17.

**Free. Long Branch Nature Center**

Fri., Sept. 25, 5–6pm

[612930-A](#)

### Teen Fire Building Basics

How to build a fire with little to no skill or equipment. There are tricks to how to make things burn with little effort. Finish by roasting marshmallows over your successes. Ages 12 to 17.

**\$8. Long Branch Nature Center**

Sat., Sept. 19, 5–6pm

[612930-B](#)

### Gulf Branch Teen BioBlitz

Help us catalog the many wonderful plants, fungi and animals that call Gulf Branch stream and park home! We'll use iNaturalist to record and log our observations, and then come back next year after our stream resilience project is complete to see how things have changed! Ages 12 to 17.

**Free. Gulf Branch Nature Center**

Sat., Oct. 17, 10am–12pm

[612830-A](#)

### Birding for Teens

Calling all young birders or birding enthusiasts! Learn about local birds, how to identify, and how to use binoculars. Then, we'll comb the woods around Gulf Branch for commonly seen birds. Includes a short hike outside (weather permitting). Ages 12 to 17.

**Free. Gulf Branch Nature Center**

Weds., Oct. 28, 2:30–3:45pm

[612830-B](#)



# Adults

## Wednesday Walkabout

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. 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 creatures you may 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

Weds., Sept. 9, 12-1pm  
Weds., Sept. 23, 12-1pm  
Weds., Oct. 14, 12-1pm  
Weds., Oct. 28, 12-1pm  
Weds., Nov. 18, 12-1pm  
Weds., Dec. 9, 12-1pm



## Friday Fall Foliage Forays

As fall arrives, the natural world around us begins to change. Come for a bit of exercise while exploring some of Arlington's hidden park gems during this series of walks in search of changing fall foliage, shifting of animals, and the fluctuating fall temperatures.

-  **Free. Fort CF Smith Park**  
Fri., Sept. 11, 10-11am **612940-A**
-  **Free. Bon Air Park**  
Fri., Sept. 25, 10-11am **612940-B**
-  **Free. Donaldson Run Park**  
Fri., Oct. 9, 10-11am **612940-C**
-  **Free. Barcroft Park**  
Fri., Oct. 23, 10-11am **612940-D**
-  **Free. Lacey Woods Park**  
Fri., Nov. 6, 10-11am **612940-E**

**Explore the natural world in Arlington!**  
**More classes are available online**  
**at [arlingtonva.us/parks](https://arlingtonva.us/parks) and search**  
**Nature & History.**

## Wingspan Game Night

Come learn and play the popular boardgame "Wingspan" about birds! We will provide the game. Teens are welcome to register and attend with a registered adult.

### Free. Long Branch Nature Center

Fri., Oct. 9, 5-7pm

**612940-F**

## How to Draw Naturally

Join us for drawing lessons at the nature center using real specimens and live animals. We will begin our sessions by learning about our subject and you will have an opportunity to take pictures for your own collection of drawing references. Follow step-by-step lessons and learn various drawing techniques with dedicated time at the end to draw independently. Teens ages 12+ welcome to attend with registered adult.

### \$10. Long Branch Nature Center

#### Trees in Autumn

Sat., Oct. 17, 11am-12:30pm

**612940-G**

#### Mammals in Winter

Sat., Dec. 12, 11am-12:30pm

**612940-H**

## Protecting Our Watershed

Learn about local conservation efforts for keeping our waterways clean by exploring ongoing action in the watershed. Includes a short walk outside along the ongoing stream restoration project.

### \$8. Gulf Branch Nature Center

Sat., Oct. 24, 11am-12:15pm

**612840-A**

## Amazing Owl Adaptations

The amazing adaptations of owls allow these beautiful feathered predators to rule the night. Learn about the biology behind their keen senses and meet a live owl up close. Teens 12+ welcome with a registered adult.

### Free. Gulf Branch Nature Center

Sat., Oct. 31, 11am-12pm

**612840-B**

## Forest Bathing

Forest bathing is a unique way of exploring the natural world by focusing our senses to a keen visceral state. This process can be remarkably restorative as you are guided to ways of experiencing the wild earth just waiting in our local parks.



Fall is a revealing, slow-motion process of preparing for winter. Dress for the weather and the possibility of sitting on the ground or a log.

### Free. Long Branch Nature Center

Sat., Nov. 7, 10am-12pm

**612940-I**

### Free. Zachary Taylor Park.

Sat., Nov. 14, 10am-12pm

**612940-J**

## Wreath Workshop

Holiday crafters are invited to create their own evergreen wreath to spruce up your home or give as special gifts. We'll provide music, refreshments, basic instruction and enough materials for each participant to make a wreath and we'll have extra for arrangements or swags. Participants should bring hand pruners or wire cutters (if you have them) and any extra materials or special decorations you may wish to add. Teens ages 12 and up are welcome, but must be accompanied by a registered adult.

### \$50. Long Branch Nature Center

Sat., Dec. 5, 10am-12pm

**612940-K**

Sat., Dec. 5, 1-3pm

**612940-L**





## Restore Habitat!



## Families

### Restore Habitat!

Join us in restoring habitat in our parks! We meet regularly in over a dozen parks to remove invasives, plant natives, protect tree seedlings, and do other environmental stewardship work. Volunteers improve habitat, meet fellow do-gooders, get exercise, and learn about native plants and wildlife all while making a difference in the great outdoors. Learn more on our [Invasive Plants webpage](#). Adults, teens and families ages 9 and up.

#### Free. Long Branch Nature Center

Sun., Sept. 20, 2-4pm

Sun., Oct. 18, 2-4pm

Sun., Nov. 15, 2-4pm

#### Free. Gulf Branch Nature Center

Fri., Sept. 11, 10am-12pm

Fri., Oct. 9, 10am-12pm

Fri., Nov. 13, 10am-12pm

Fri., Dec. 11, 10am-12pm

### Park Pop Up

Join us at the park! You can meet a naturalist or historian at one of our neighborhood parks to discover the nature and history of Arlington. The staff person may bring hands-on learning items, artifacts or activities. Cancelled if raining.



#### Free. Tyrol Hill Park

Sat., Sept. 5, 11am-1pm



#### Free. Chestnut Hill Park

Thurs., Sept. 10, 3:30-4:30pm



#### Free. Arlington Hall Park

Thurs., Oct. 1, 3:30-4:30pm



#### Free. Bluemont Park

Thurs., Oct. 15, 11am-12pm

### Nature Scavenger Hunt

We'll walk on the trails to complete our nature scavenger hunt list. Together we'll search for acorns, rocks, leaves, bugs, other animals and more! We will meet in Glen Carlyn park to embark on the scavenger hunt. Canceled if raining.

#### \$8. Long Branch Nature Center

Sat., Sept. 5, 2-3pm

Sat., Sept. 12, 2-3pm

Sat., Sept. 19, 2-3pm

**612950-C**

**612950-D**

**612950-E**

### Spellbinders

Ages 4+. 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.

#### Free. Long Branch Nature Center

Sat., Sept. 12, 3:30-4pm

Sat., Nov. 14, 12:30-1pm

**612950-F**

**612950-G**

### Meet Earl, Our Turkey Vulture with Superpowers!

Come meet Earl, our new resident turkey vulture. He'd love to share his story and his amazing life as a flying scavenger. Learn about his amazing adaptations.

#### \$8. Long Branch Nature Center

Sat., Sept. 19, 11:30am-12:30pm

**612950-J**

### Moth Baiting: Exploration & Campfire

Before the summer is gone and the temperatures drop, come hear stories and search out some of our forest fliers. Search for moths using food and other baits, see who is drawn to some special lights and find out about their relationship to bats. End at the campfire to roast a s'more.

#### \$10. Long Branch Nature Center

Sat., Sept. 19, 7-8:30pm

**612950-I**

### The Textures of Nature

Nature is full of different textures: smooth, rough, bumpy, grainy, slippery. We'll make clay prints using natural materials, make art while exploring tree bark, and go on a nature walk to see what textures we can find.

#### \$8. Long Branch Nature Center

Sat., Sept. 26, 5-6pm

**612950-K**

### Fall Fungus Foray

Come join us for a light walk through the woods to explore the diversity of the fungus kingdom, from the littlest mushrooms to giant shelf fungi, to bizarre lichens. We'll discuss the secret lives of our fungal friends, including their ecology and identification. Teens ages 12 and up welcome to attend with a registered adult.

#### \$8. Long Branch Nature Center

Sat., Oct. 3, 11am-12pm

**612950-L**

### Super Seedlings

We'll talk about the parts of a plant, its life cycle, explore pine cones and other seed pods, do some plant-inspired yoga, and go on an acorn hunt.

#### Free. Long Branch Nature Center

Sat., Oct. 10, 5-6pm

**612950-M**





## George Washington Survey Marker Walk to Glencarlyn Park

We will begin at the Glencarlyn Library and learn about George Washington's survey marker and take a nature & history walk to the original park location where a tree once marked the spot. Walking path to stream valley is mostly paved with some hills. Park Naturalist is bilingual (English/Spanish). Meet at Glencarlyn Library.

**\$10. Glencarlyn Library**  
Sun., Oct. 18, 3:30–5pm

**612950-H**

## Fall Owl Prowl

Join a naturalist on a walk along Long Branch in search of some of our local nighttime noisemakers. Meet some local wildlife up close and learn to call an owl or two. Learn what it's like to be a nocturnal animal.

**\$10. Long Branch Nature Center**  
Fri., Oct. 23, 6–7:30pm

**612950-N**



## Nocturnal Animal Hike

We'll explore nocturnal animals in a classroom discussion and walk the trails to look for them after dark. Dress for the weather.

**\$8. Long Branch Nature Center**  
Fri., Nov. 6, 6:30–7:30pm  
Fri., Nov. 13, 6:30–7:30pm

**612950-P**  
**612950-Q**

## Turkey Vulture vs Black Vulture

Both turkey vultures and black vultures live around here and have a very important role in the natural world. Come meet Earl, our new resident turkey vulture, and learn how he differs from black vultures.

**\$8. Long Branch Nature Center**  
Sat., Nov. 7, 11:30am–12:30pm

**612950-R**

## Virginia's State Snake

Learn about Virginia's official State snake, the eastern garter snake and other local snake neighbors. Meet a snake that lives at the nature center closeup! The park naturalist is bilingual (Spanish/English). Meet at Long Branch Nature Center.

**\$8. Long Branch Nature Center**  
Sun., Nov. 8, 3–4pm

**612950-S**

## Wiggling Worms

Have you ever wondered about the life of a worm? Why do worms wiggle? How do worms survive winter cold? We'll explore live red earthworms in compost, make wiggling paper worms, and mix gooey slime worms.

**Free. Long Branch Nature Center**  
Sat., Nov. 21, 5–6pm

**612950-T**

## Natural Ornaments

Join us to make animal ornaments with natural materials: acorn owl, pinecone chipmunk, and more! Materials provided.

**\$8. Gulf Branch Nature Center**  
Sun., Dec. 6, 2:30–3:30pm

**612850-F**



## Letters to Santa

Write a letter to Santa Claus in style! Blend holiday magic with hands-on history by trying different old-timey writing tools to create your special message, and finishing it with a custom wax seal. To ensure it reaches the North Pole, we will put in a special mailbox direct to the North Pole. Ages 5 to 12.

**\$8. Gulf Branch Nature Center**  
Sat., Dec. 5, 10–11am  
Sat., Dec. 12, 2–3pm

**612820-G**  
**612820-H**



## Going Batty Walk & Campfire

Come explore the world of bats on this gentle walk in our park. Campfire will follow with s'mores.

**\$10. Long Branch Nature Center**  
Sat., Oct. 24, 6–7:30pm

**612950-O**

## Magizooology

Did you know many of the mythical creatures in Harry Potter stories are based on real animals? Learn about these magnificent animals that inspired those creatures in the wizarding world.

**Free. Gulf Branch Nature Center**  
Fri., Oct. 30, 6–7pm

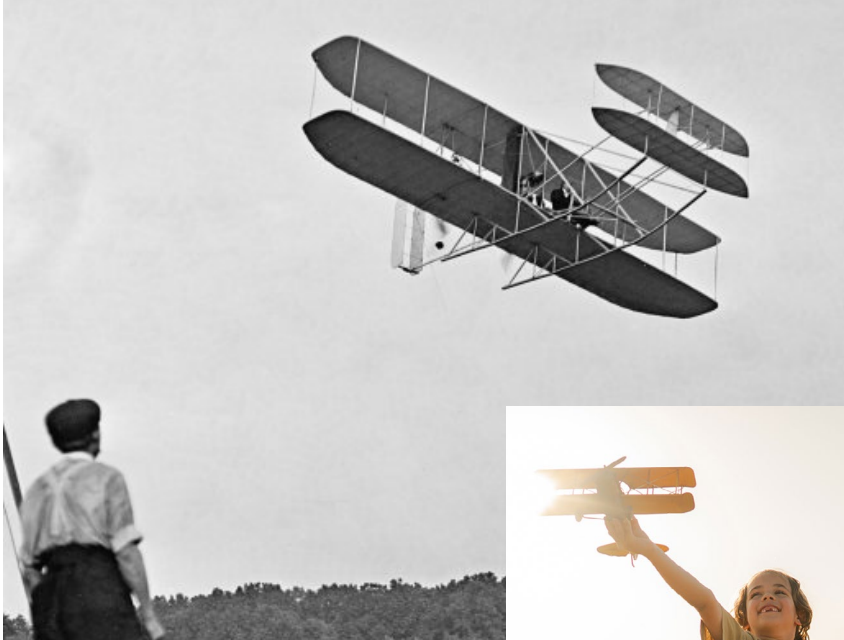
**612850-E**

**Explore the natural world in Arlington!**  
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**Nature & History.**





# Explore History



COURTESY OF LIBRARY OF CONGRESS

Orville Wright flying at Fort Myer, July 1909

## Tots

### Fort Adventure

This program includes a short walk and facilitated play. Participants will go on a trail scavenger hunt, build a campsite, and work together to wash the camp's laundry. Caretakers must stay with their child during the program. Ages 3 to 5.

**\$8. Fort CF Smith Park**

Weds., Sept. 30, 12–1pm

**612710-A**



## Kids

### Fly Your Own Airplane

Step into the shoes of the aeronauts of the past by creating and decorating your own propeller 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., Oct. 3, 2–3pm

**612720-A**

## Families

### History Hike: Boundary Stones

Local and national history meet during this 2-mile round-trip hike connecting two of D.C.'s original boundary stones. Along the way, we will explore the stories of the original D.C. surveyors and the surprising controversy over the fate of the new capital city.

**\$16. Benjamin Banneker Park**

Sat., Sept. 12, 1–3pm

**612750-B**



### Camp Casey Historical Marker Dedication

Every place has a story. Meet us in Towers Park, 801 S Scott Street to commemorate the installation of a new historical marker. We'll explore the history of Camp Casey, one of Arlington's most important Civil War training centers for African-American soldiers.

**Free. Towers Park**

Sat., Sept. 19, 12–2pm

**612750-C**

### 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. Fort CF Smith Park**

Sat., Sept. 19, 11am–12pm

**612750-D**

### History Through the Eyes of Trees

Blending natural history with powerful human stories, this program invites visitors to see the park's trees not just as scenery, but as silent witnesses to pivotal moments in our nation's past. Suitable for all ages, this walk offers a fresh perspective on the Civil War through the living landscape of Fort C.F. Smith.

**\$8. Fort CF Smith Park**

Sat., Sept. 26, 3–4pm

**612750-E**



### Backyard History: Zitkala-Sa Park

Every place has a story. Meet us at Zitkala-Sa Park, 3011 7th St. N. We'll explore this park's connection to our Indeginios People's community.

**Free. Zitkala-Sa Park**

Thurs., Nov. 5, 12–2pm

**612750-G**

**Explore the natural world in Arlington!**  
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**at [arlingtonva.us/parks](http://arlingtonva.us/parks) and search**  
**Nature & History.**





# ❄ Letters to Santa Claus ❄

● **Santa wants to hear from you!** ●

A special mailbox will be set up for your Santa letters! To ensure timely delivery to the North Pole, put your letter in the mailbox between:

● **Wednesday, Nov. 25 –Wednesday, Dec. 23\***

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. 14th 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.





# preschoolers!



## Half-Day Creative Preschoolers Program ages 3–5

### 2026-27 Half-Day Creative Preschoolers Program

Begins Tuesday, September 8, 2026  
Operates 9:30am–12:30pm  
Carlin Hall & Fairlington

We still have space available in our 2026-27 Half-Day Creative Preschoolers Programs for ages 3-5. Full day programs are currently full (Gunston & Lubber Run)

This program blends play, movement, nature and social development with plenty of hands-on learning and enrichment activities that make every day meaningful.

Families can email [preschoolprograms@arlingtonva.us](mailto:preschoolprograms@arlingtonva.us) for more information and to schedule visits.



## Stay & Play ages 12–36mos

### Fall 2026 Stay & Play Program

Sessions: Sept. 8–Nov. 20, 2026  
Resident Registration: 10am, Tues. Aug. 11  
Out-of-County: 10am, Tues. Aug. 14

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](#).



  
**ARLINGTON**  
VIRGINIA  
Parks & Recreation





# break blasts are back!



**Looking for fun when school's out? Explore our Break Blast Camps!**

Need to find something fun and engaging for the kids to do on APS Teacher Work Days? Break Blasts are full day recreational programs for kids in grades K-5 on Teacher Work Days and Parent-Teacher Conference Days!

Kids in grades K-5 will enjoy a variety of engaging activities including cooperative games, physical activities, nature fun and creative arts! Participants must bring a lunch and snack. Visit our [web page](#) for details. For more info, contact [DPR-YouthandFamily@arlingtonva.us](mailto:DPR-YouthandFamily@arlingtonva.us).



## Fall 2026 Schedule

**Charles Drew Community Center**

Core Hours: 8am–3pm Fee: \$44

Extended Hours: 3–6pm Fee: \$15

Mon., Sept. 21

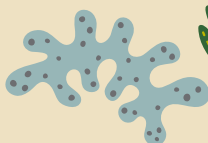
Mon., Oct. 12

Tues., Nov. 3\*

Mon., Dec. 23

Dec. 28, 29, 30

*\*Camp held at Fairlington CC for Election Day*





Learn, grow and Play together as a family on select Saturdays!



**FAMILY Art Lab** programs are designed to give families the opportunity to create with each other in a fun and recreational setting.

Each person (including adults) attending the program must register, and all children must be supervised by a participating adult. \$9 per person, \$10.50 non-resident. For more info, visit [arlingtonva.us](http://arlingtonva.us) search "Family Art Lab" or register with code #730025

We request that you arrive on time as Family Art Lab is designed for families to participate in activities for the entirety of the program. To reduce waste, we will utilize all designated supplies and materials during the class time.

Family Art Lab is from 10-12pm at Arlington Mill Community Center.

## PAINTED PUMPKINS

Saturday, October 3, 10am-noon



## Fall Table Runners

Saturday, November 7, 10am-noon



## HOLIDAY ORNAMENT DECORATING

Saturday, December 5, 10am-noon

## FAMILY Art Lab at Home

**Art-to-Go Boxes** provide all of the supplies you need to create fun paintings in your own home, on your own time. Create beautiful works of art you can display year after year. Your family will have the option to follow along with the step-by-step video, or with the written instructions. Boxes contain supplies for up to four paintings. \$20.

## HALLOWEEN PAINT ALONG

Registration opens Aug. 1,  
Pickup week of Oct. 5

## Fall Paint Along

Registration opens Sep. 1,  
Pickup week of Nov. 2

## Winter Paint Along

Registration opens Oct. 1,  
Pickup week of Nov. 30

Formerly Families Unplugged





# 2nd Saturday CrafterNoons!

**LET'S GET CRAFTY!**

## Welcome to 2nd 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. Pre-registration is required. Drop in to the Fairlington Community Center Art Studio (room 130) any time between 1:30-3pm.

### Halloween Lanterns

Saturday, Oct. 10, 1:30-3pm

### Glass Bead Magnets

Saturday, Nov. 14, 1:30-3pm

### 3D Snowflakes

Saturday, Dec. 12, 1:30-3pm

[Learn more here](#)







Saturday, Oct. 17, 5:30-8:30pm  
@ Lubber Run Community Center

Join in costumed free family fun this Halloween season.  
Guarantee entry by pre-registering for a timeslot online.  
For more info, visit [arlingtonva.us](http://arlingtonva.us) search Trunk  
or Treat or [click here](#).

# PuMpkIN WaLk!





Arlington County Aqua Fitness Presents



# HALLOWEEN SPLASH!

FRIDAY, OCT. 23, 10AM-12:15PM

LONG BRIDGE AQUATICS & FITNESS CENTER

## CURIOUS ABOUT AQUA FITNESS?

You're invited to sample up to SIX Aqua Fit classes:

|                 |        |                      |
|-----------------|--------|----------------------|
| 10-10:30am      | ●●●●●● | Aqua Tabata          |
| 10-10:30am      | ●●●●●● | Lazy River Arthritis |
| 10:35-11:05am   | ●●●●●● | S'WET                |
| 10:35-11:05am   | ●●●●●● | Deep Water Fitness*  |
| 11:10-11:40am   | ●●●●●● | Shallow Aqua Fitness |
| 11:45am-12:15pm | ●●●●●● | Aqua Bootcamp        |

\* Takes place in Competition Pool. All other classes located in Leisure Pool.



Scan QR Code or register with #140430A at [registration.arlingtonva.us](https://registration.arlingtonva.us)

Open to Arlington County residents and out-of-county participants.

\$9 Residents / \$10 Out-of-County Residents

**BRING YOUR WATER BOTTLE, AQUA SHOES AND FUN HALLOWEEN VIBES!**

We can provide reasonable modifications for people with disabilities upon request. Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703.228.4747. TTY 711.



**ARLINGTON  
VIRGINIA**

Parks & Recreation

# Free, Fun & Safe Spots for Teens!



## Introducing The REC

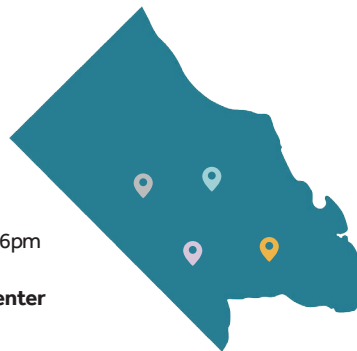
The REC after-school programs are safe spaces where teens can drop in for activities they get to choose themselves. From sports and cooking classes to tutoring, art and nature visits, there's something for every teen at The REC!

**Arlington Mill Community Center**  
Monday-Friday • 2:30-7pm  
*Middle + High School*

**Gunston Community Center**  
Monday-Friday • 2:30-6pm  
*Middle School*

**Kenmore Middle School**  
Monday, Wednesday, Friday • 2:30-6pm  
*Middle School*

**Thomas Jefferson Community Center**  
Monday-Friday • 2:30-6pm  
*Middle School*



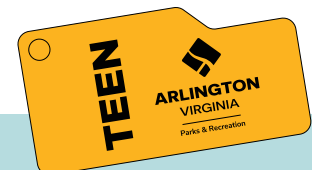
## Teen Night Events are Back!



Get the latest line up of Teen Nights—now rotating between select REC locations on Fridays from 6-9 pm! It's all the fun you'd expect including music, games, art, eSports—plus, free dinner!

## 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!

| 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<br>Volleyball 6:30-9pm |                  |                                        |
| Lubber Run     |                   |                  |                                               |                  | Open Gym 3:30-6pm*<br>Basketball 6-9pm |
| Walter Reed    | Basketball 4-9pm* |                  | Open Gym 3-6pm*<br>Basketball 6-9pm           |                  | Open Gym 3-6pm*                        |

● = Teens    ● = \*Youth and Teens



For the full list, visit our website!

[arlingtonva.us/dprteens](http://arlingtonva.us/dprteens)





# FAMILY SKATE NIGHT

SKATE NIGHT RETURNS TO TJ!  
SELECT SATURDAYS STARTING  
NOVEMBER 7, 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. No outside food allowed. For more info, visit [arlingtonva.us](http://arlingtonva.us) search Skate Night or [click here](#).



## 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, September 21, 9-4pm**

**Saturday, October 24, 9-4pm**

**Tuesday, November 3, 9-4pm**

[Learn more and register here.](#)

# FAMILY NIGHT @ DREW

Join us for free, family fun on select dates from 6-8pm at Charles Drew Community Center



Activities include moon bounces, arts & crafts, music, games and more! Bring your whole family!

Learn more at [arlingtonva.us](http://arlingtonva.us) search Family Night or [click 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 through May at both locations.

Cost is \$42 per participant.

- Lubber Run Community Center**  
Friday, Sept. 11, 6-10pm  
Friday, Oct. 9, 6-10pm  
Friday, Nov. 6, 6-10pm
- Walter Reed Community Center**  
Friday, Sep. 25, 6-10pm  
Friday, Oct. 23, 6-10pm  
Friday, Nov. 20, 6-10pm

Register online at [arlingtonva.us/Parents-Night-Out](http://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 Fairlington Community Centers! Cost: \$7. Adults (age 18+) must remain on site.

Birthday party options also available! Register online at [arlingtonva.us](http://arlingtonva.us), search Open Bounce.

**Fairlington Community Center**  
Saturdays, November 14 & 21  
9:30am-2:30pm

**Lubber Run Community Center**  
Saturday, November 7  
9:30am-2pm



FREE ACTIVITIES • CULTURE • ARTISANS • DANCE • MUSIC • FOOD • FUN!

# LATINO AMERICAN FESTIVAL! - 2026 -

**SATURDAY, OCT. 3, 2026**

ARLINGTON CELEBRATES ITS RICH LATINO DIVERSITY  
AT THE 2026 LATINO AMERICAN FESTIVAL  
at Arlington Mill Community Center

Held annually during Hispanic Heritage Month, the event features live music and dance, dozens of artisan and community vendors, authentic Latino food, free activities for kids and more!



FOOD • MUSIC • DANCE • ARTISANS • FREE ACTIVITIES • CULTURE • FUN!





# 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.

# 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](#)



# 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\*



Fees effective July 1, 2026.

Access **SEVEN** 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

- Huge variety of equipment
- Convenient locations
- Indoor Track
- Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

## MEMBERS

Arlington Residents

Out-of-County

**ADULT** 12-month (Ages 18-54)

**\$232**

**\$304**

**55+ GOLD PASS** 12-month (Ages 55+)

**\$78**

**\$109**

**DAILY GUEST PASS** (Ages 18-54)

**\$8**

**\$10**

**55+ DAILY GUEST PASS** (Ages 55+)

**\$6**

**\$8**

**3 MONTH PASS** (Ages 18-54)

**\$67**

**\$88**

**6 MONTH PASS** (Ages 18-54)

**\$124**

**\$165**

\*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](http://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      | \$31 |
| Arlington County household     | \$42 |
| Non-Arlington County resident  | \$57 |
| Non-Arlington County household | \$83 |

#### 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      | \$78  |
| Arlington County household     | \$109 |
| Non-Arlington County resident  | \$109 |
| Non-Arlington County household | \$160 |

\*Long Bridge Aquatics & Fitness Center is not included. [Click here to learn more about the different memberships.](#)

To learn more visit [arlingtonva.us/55plus](http://arlingtonva.us/55plus)





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:



### REDUCE

10,730,168 cubic feet/year  
of storm and floodwater  
runoff, equal to 122 Olympic-  
sized pools.

### REMOVE

about 1,235 tons/year of  
air pollution a year, making us  
healthier, preventing disease  
and hospital visits



### 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



### Web

**Resident Online Registration Begins @ Noon for All Days:**

|                       |                |
|-----------------------|----------------|
| Gymnastics:           | Tues., Aug. 4  |
| Aquatics:             | Wed., Aug. 5   |
| Private Swim Classes: | Wed., Aug. 5   |
| Nature/History:       | Thurs., Aug. 6 |
| General Classes:      | Thurs., Aug. 6 |

**Go to:** [registration.arlingtonva.us](https://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.*



### Phone-In

**Resident Phone Registration Begins @ Noon for All Days:**

|                       |                |
|-----------------------|----------------|
| Gymnastics:           | Tues., Aug. 4  |
| Aquatics:             | Wed., Aug. 5   |
| Private Swim Classes: | Wed., Aug. 5   |
| Nature/History:       | Thurs., Aug. 6 |
| General Classes:      | Thurs., Aug. 6 |

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



### Walk-Ins

**Resident Walk-in Registration Begins Fri., Aug. 7 @ 8am**



### Mail-In

**Resident Mail-In Registration Processing Begins @ Noon:**

|                       |                |
|-----------------------|----------------|
| Gymnastics:           | Tues., Aug. 4  |
| Aquatics:             | Wed., Aug. 5   |
| Private Swim Classes: | Wed., Aug. 5   |
| Nature/History:       | Thurs., Aug. 6 |
| General Classes:      | Thurs., Aug. 6 |

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 Aug. 3 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., Aug. 12 @ 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](https://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](mailto: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](mailto: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 Aug. 12; 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](mailto: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](https://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 Culpeper St., 22207 / Closed Sundays

**Long Bridge Aquatics & Fitness Center**  
333 Long Bridge Dr., 22202

**Lubber Run Community Center**  
300 N Park Dr., 22203

**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 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](mailto: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

\* While Madison is closed for renovation, programs will take place at other facilities. Visit the [community center webpage](#) for the full schedule.

- 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

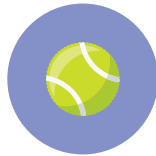
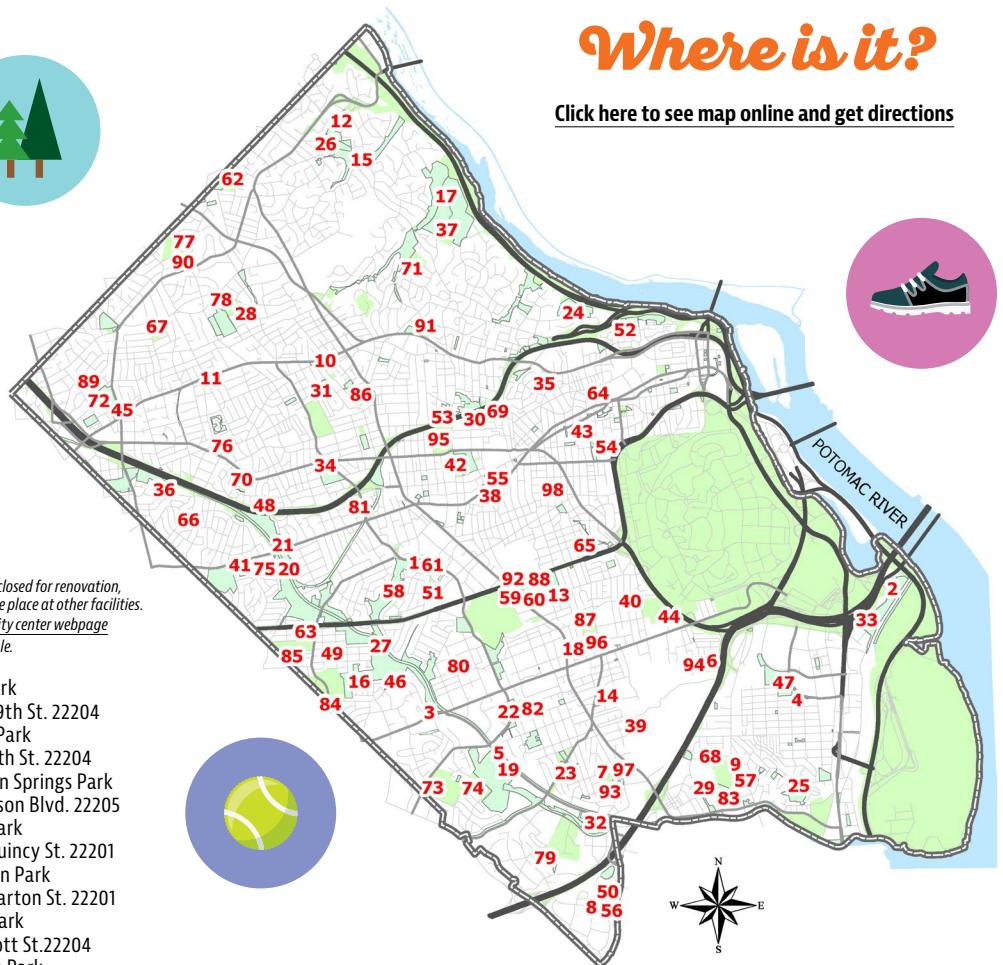
- 49 Carlin Hall Center  
5711 S. 4th St. 22204
- 50 Cooperative Extension Services  
3308 S. Stafford St. 22206
- 51 Culpepper Garden  
4435 N. Pershing Dr. 22203
- 52 Dawson Terrace  
2133 N. Taft St. 22201
- 53 Quincy Parking Deck  
N. 15th St. & N. Quincy St. 22201
- 54 Woodbury Park  
2335 N. 11th 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 |
|------------------|--------------|

### 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](mailto:registration@arlingtonva.us)

FACEBOOK: [facebook.com/arlparksrec](https://facebook.com/arlparksrec)

INSTAGRAM: [instagram.com/arlparksrec](https://instagram.com/arlparksrec)

X (formerly Twitter): [x.com/arlparksrec](https://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](https://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](https://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 AUG. 4-6, 2026 @ NOON\***

Go to [registration.arlingtonva.us](https://registration.arlingtonva.us) ■ Classes begin September 8, 2026 unless noted otherwise

**Tues  
4**

■ Gymnastics

**Wed  
5**

■ Aquatics Classes  
& Private Swim

**Thurs  
6**

■ Nature/History  
■ General Classes

**Fri., August 7**

\* Resident Walk-In Registration Begins at 8am

**Wed., August 12**

\* Out-of-County Registration Begins at 8am

Details on p.70



## We *Qim* 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 espanol 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](mailto: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](mailto: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](https://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](https://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](https://parks.arlingtonva.us) руу зочилно уу

**BENGALI:** আপন যিদি বাংলা কথা বলেন, বনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা [parks.arlingtonva.us](https://parks.arlingtonva.us) দেখুন

**AMHARIC:** ከግርግር የሚናገሩ ከሆኑ ፡ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ እርስዎ ይገኛሉ ። በ 703.228.4747 ይደውሉ ወይም ፓርክ.አርሊንግተን ቫ ላ ን ይጎብኙ

**ARABIC:** إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية مجاناً. اتصل بالرقم 703.228.4747 أو قم بزيارة [parks.arlingtonva.us](https://parks.arlingtonva.us)

**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.