ENJOY Arlington

FALL 2026

Guide to Recreation Classes and Nature & History Programs



NATIONAL GOLD MEDAL AWARD 2025 FOR EXCELLENCE IN THE FIELD OF PARK AND RECREATION MANAGEMENT

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 ▪ 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!

ARLINGTON VIRGINIA
Parks & Recreation

WHAT'S INSIDE!

CLASSES

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ARTS & CRAFTS

TOT & ADULT

Abrakadoodle® Twoosy Doodlers

Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative! Each session has new activities where adults get to play too. There is a non-refundable $24 supply fee included in the cost of the class. Adult participation is required. Inst.: Abrakadoodle.

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

Abrakadoodle® Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artist's materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A $24 non-refundable supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Arlington Mill Center
Ages 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

Abrakadoodle® Doodlers

Kids create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces new techniques and styles, helping children develop art skills and confidence. A non-refundable $24 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

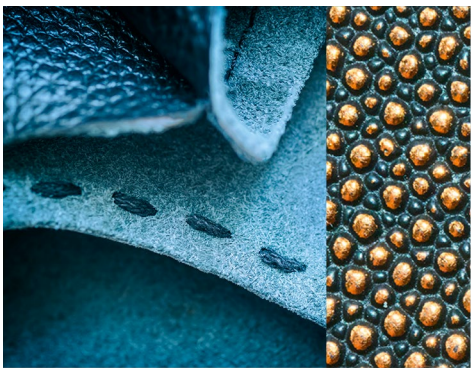
Arlington Mill Center
Ages 6–12 **6 Sessions** **$168**
120107A Sat., Sep. 12, 11am-12pm
120107B Sat., Nov. 7, 11am-12pm

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 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 of 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



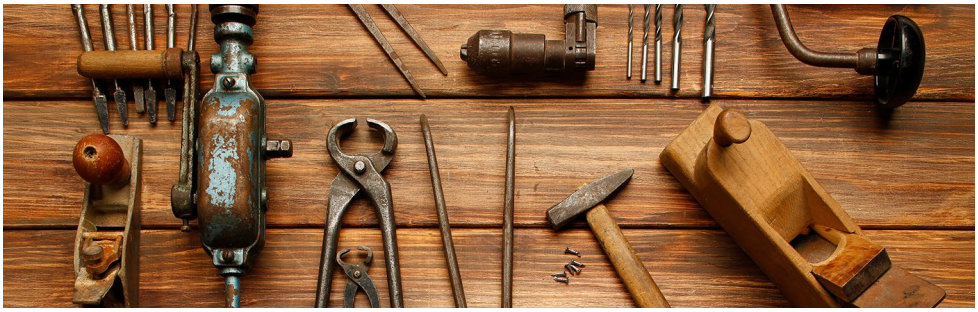
Sewing Next Steps

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.: Baroody 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.: Baroody 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.: Baroody 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: Baroody'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.: Baroody Camps.

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



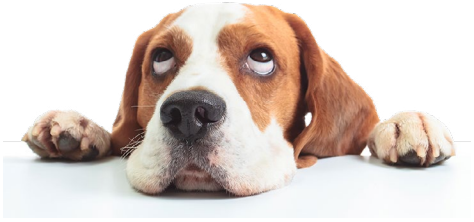
DOG OBEDIENCE

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

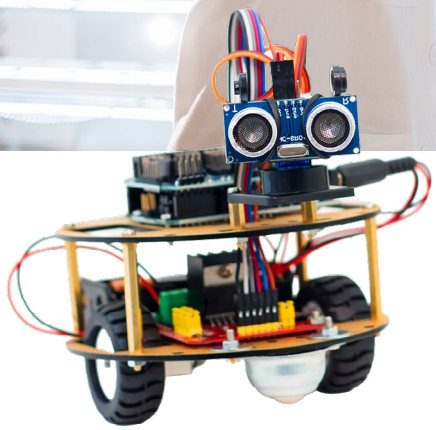
Lubber Run Center
Ages 5–12 **13 Sessions** **$371**
120319E Thurs., Sep. 17, 6:20–7:20pm

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 espanol 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 Inst.: The Science Seed.

Lubber Run Center

Ages 3–6	**6 Sessions**	**$150**
120279A	Mon., Sep. 28, 3–3:45pm	
120279B	Sat., Sep. 26, 9–9:45am	
120279C	Sat., Sep. 26, 10–10:45am	
Ages 5–8	**6 Sessions**	**$150**
120279D	Mon., Sep. 28, 4:15–5pm	
120279E	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

Ages 3–5	**6 Sessions**	**$162**
120331A	Wed., Oct. 28, 5–5:45pm	
Ages 3–5	**5 Sessions**	**$135**
120331B	Sat., Sep. 12, 9:30–10:15am	
120331C	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

Ages 5–7	**6 Sessions**	**$162**
120329A	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

Ages 5–7	**6 Sessions**	**$162**
120336A	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

Ages 5–7	**8 Sessions**	**$216**
120339A	Thurs., Sep. 17, 5–6pm	
Ages 8–12	**8 Sessions**	**$216**
120339B	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. 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. 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 1

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



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

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. 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. 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. 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. 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 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. 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. 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 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



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



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 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.



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

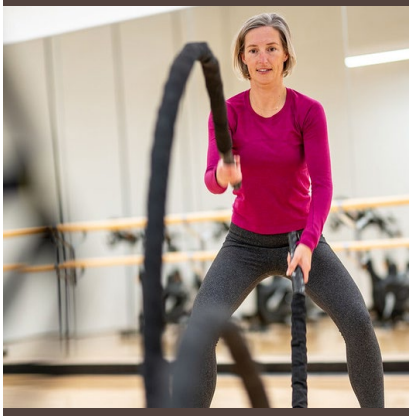
Start your workout with a low-impact warm up, followed by 50 minutes of light weights and resistance band work to sculpt and tone your entire body. Cool down relaxation and yoga stretches follow. Wear comfortable clothing, bring a mat and hand weights. Inst.: Lanzillotta.

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.

LONG BRIDGE aquatics & fitness center

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

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.



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



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



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. 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. 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

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



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**
110302A 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**
140912A 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**
140918A 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**
140911A Wed., Sep. 16, 5:45–6:45pm

Yoga for Every Body on the Lawn

Join us outdoors on the lawn (weather permitting) for this single session light-hearted hatha style yoga class. Students are encouraged to look inward, be present, and "go with the flow." Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are 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**
140910A Sat., Sep. 12, 9–10am
140910B Sat., Oct. 3, 9–10am
140910C Sat., Oct. 31, 9–10am
140910D Sat., Nov. 21, 9–10am
140910E 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**
140919A Mon., Sep. 14, 5–6:30pm
140919B Mon., Sep. 14, 6:45–8:15pm

Fairlington Center. Inst.: Interdonato
Ages 14-Adult **12 Sessions** **$288**
140919C Wed., Sep. 16, 6:45–8:15pm
140919D Fri., Sep. 18, 5–6:30pm





ADULT

Chair Yoga for Every Body

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

Lubber Run Center
Ages Adults **1 Session** **$17**
140908A Mon., Sep. 14, 12:30–1:30pm
140908B Mon., Oct. 5, 12:30–1:30pm
140908C Mon., Nov. 2, 12:30–1:30pm
140908D 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
Ages Adults **13 Sessions** **$208**
140903A Thurs., Sep. 10, 6–7pm

Barcroft Sports & Fitness Center
Ages Adults **12 Sessions** **$192**
140903B 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
Ages Adults **14 Sessions** **$280**
140902A Wed., Sep. 9, 10–11:15am

Lubber Run Center
Ages 16-Adult **14 Sessions** **$280**
140902B 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
Ages Adults **13 Sessions** **$208**
140904A 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
Ages Adults **11 Sessions** **$176**
140905A Tues., Sep. 15, 9:30–10:30am
140905B 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
Ages Adults **14 Sessions** **$224**
140906A Tues., Sep. 8, 6–7pm

Lubber Run Center
Ages Adults **13 Sessions** **$208**
140906B Thurs., Sep. 10, 7:15–8:15pm

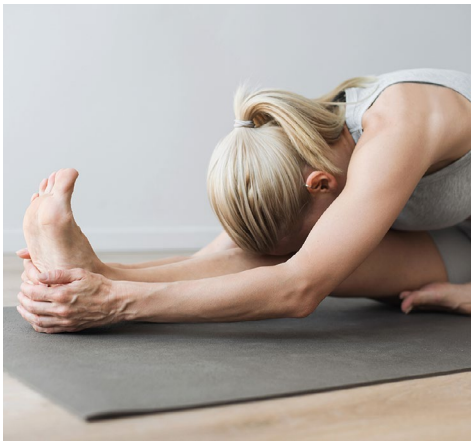
Yoga for Every Body

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
Ages Adults **12 Sessions** **$192**
140907A Tues., Sep. 8, 10–11am

Walter Reed Center
Ages Adults **12 Sessions** **$192**
140907B Tues., Sep. 8, 7:15–8:15pm

Fairlington Center
Ages Adults **12 Sessions** **$192**
140907C 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
Ages 16-Adult **14 Sessions** **$280**
140913A 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
Ages Adults **12 Sessions** **$192**
140914A Mon., Sep. 14, 10–11am



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

Ages 4–7 **12 Sessions** **$132**
120301A Sun., Sep. 13, 1–1:40pm
Ages 7–12 **12 Sessions** **$132**
120301B 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

Ages 4–7 **10 Sessions** **$210**
120308A Mon., Sep. 14, 4:45–5:30pm
120308B Sat., Sep. 12, 9:30–10:15am
120308C Sat., Sep. 12, 10:30–11:15am
Ages 5–9 **10 Sessions** **$210**
120308D Mon., Sep. 14, 5:45–6:30pm
Ages 5–12 **10 Sessions** **$210**
120308E Mon., Sep. 14, 6:45–7:30pm
120308F 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, warms-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

Ages 5–13 **14 Sessions** **$154**
120305A 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

Ages 5–14 **28 Sessions** **$297**
120307A Tues./Thurs., Sep. 8, 7:10–8:10pm
Ages 5–13 **14 Sessions** **$154**
120307B 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 can be purchased from the instructor for an additional cost. *Previous judo experience required. Inst.: Landstreet.

Dawson Terrace Center

Ages 5–13 **13 Sessions** **$143**
120309A Mon., Sep. 14, 7–8pm
Ages 13-Adult **13 Sessions** **$143**
120309B 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

Ages 6–17 **8 Sessions** **$136**
120313A Fri., Sep. 11, 5–6pm
Ages 6–17 **7 Sessions** **$119**
120313B Sat., Sep. 12, 10–11am
Ages 6–17 **5 Sessions** **$85**
120313C Fri., Nov. 6, 5–6pm
120313D Sat., Nov. 7, 10–11am

Lubber Run Center

Ages 6–17 **7 Sessions** **$119**
120313E Sat., Sep. 12, 2–2:50pm
Ages 6–17 **5 Sessions** **$85**
120313F 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

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

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, warms-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



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. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

Fort Scott Park

Ages 15-Adult — 11 Sessions — $352
140615A Tues., Sep. 8, 10:30–11:20am
140615B Thurs., Sep. 10, 10:30–11:20am

Ages 15-Adult — 10 Sessions — $320
140615C Wed., Sep. 9, 11:30am-12:20pm

Hayes Park

Ages 15-Adult — 11 Sessions — $352
140615D Thurs., Sep. 10, 7:30–8:20pm

Marcey Road Park

Ages 15-Adult — 11 Sessions — $352
140615E Thurs., Sep. 10, 4:30–5:20pm

Ages 15-Adult — 10 Sessions — $320
140615F Wed., Sep. 9, 5:30–6:20pm
140615G Wed., Sep. 9, 6:30–7:20pm
140615H Wed., Sep. 9, 8:30–9:20pm

Ages 15-Adult — 9 Sessions — $288
140615I Mon., Sep. 14, 9:30–10:20am
140615J Mon., Sep. 14, 5:30–6:20pm
140615K Mon., Sep. 14, 6:30–7:20pm
140615L 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. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

Hayes Park

Ages 10–14 — 11 Sessions — $352
140616A Thurs., Sep. 10, 4:30–5:20pm

Ages 15-Adult — 11 Sessions — $352
140616B Thurs., Sep. 10, 5:30–6:20pm
140616C Thurs., Sep. 10, 6:30–7:20pm

Marcey Road Park

Ages 10–14 — 10 Sessions — $320
140616D Wed., Sep. 9, 4:30–5:20pm

Ages 15-Adult — 10 Sessions — $320
140616E Wed., Sep. 9, 5:30–6:20pm
140616F Wed., Sep. 9, 6:30–7:20pm
140616G Wed., Sep. 9, 8:30–9:20pm
140616H Wed., Sep. 9, 7:30–8:20pm

Ages 15-Adult — 9 Sessions — $288
140616I Mon., Sep. 14, 10:30–11:20am
140616J Mon., Sep. 14, 5:30–6:20pm
140616K Mon., Sep. 14, 6:30–7:20pm

Fort Scott Park

Ages 15-Adult — 11 Sessions — $352
140616L Tues., Sep. 8, 9:30–10:20am
140616M Thurs., Sep. 10, 9:30–10:20am

Ages 15-Adult — 10 Sessions — $320
140616N 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. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

Fort Scott Park

Ages 15-Adult — 11 Sessions — $352
140617A Tues., Sep. 8, 11:30am-12:20pm

Ages 15-Adult — 10 Sessions — $320
140617B Wed., Sep. 9, 9:30–10:20am

Hayes Park

Ages 15-Adult — 11 Sessions — $352
140617C Thurs., Sep. 10, 6:30–7:20pm
140617D Thurs., Sep. 10, 7:30–8:20pm

Marcey Road Park

Ages 15-Adult — 10 Sessions — $320
140617E Wed., Sep. 9, 5:30–6:20pm
140617F Wed., Sep. 9, 6:30–7:20pm
140617G Wed., Sep. 9, 7:30–8:20pm

Ages 15-Adult — 9 Sessions — $288
140617H Mon., Sep. 14, 11:30am-12:20pm
140617I 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

Ages 15-Adult — 10 Sessions — $320
140619A Wed., Sep. 9, 7:30–8:20pm

Ages 15-Adult — 9 Sessions — $288
140619B 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

Ages 15-Adult — 11 Sessions — $286
140620A 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

Ages 15-Adult — 11 Sessions — $286
140621A 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

Ages 15-Adult — 11 Sessions — $352
140622A 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. Ration 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



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 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 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



Tennis 1 & 2

Beginner–advanced beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports programs use innovative teaching techniques and games in a fun, friendly and supportive learning environment. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. Inst.: Bounce-Boom 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 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 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 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 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 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 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 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 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 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 lreid1@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 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

Ages 2–3 **9 Sessions** **$198**
110612A Thurs., Sep. 10, 10:30–11:10am

Ages 2–3 **8 Sessions** **$176**
110612B Sun., Sep. 13, 3–3:40pm

Ages 3–6 **8 Sessions** **$176**
110612C Sun., Sep. 13, 4–4:45pm

Ages 5–8 **8 Sessions** **$176**
110612D Sun., Sep. 13, 5–5:50pm

Fairlington Center

Ages 2–3 **8 Sessions** **$176**
110612E Fri., Sep. 11, 11–11:45am

Ages 3–6 **8 Sessions** **$176**
110612F Fri., Sep. 11, 11:50am-12:35pm

Mosaic Park

Ages 2–3 **8 Sessions** **$176**
110612G Sat., Sep. 12, 12:30–1:10pm

Ages 3–6 **8 Sessions** **$176**
110612H Sat., Sep. 12, 1:20–2:05pm

Rocky Run Park

Ages 2–3 **8 Sessions** **$176**
110612I Sat., Sep. 12, 8–8:40am

Ages 3–6 **8 Sessions** **$176**
110612J Sat., Sep. 12, 9–9:45am
110612K Sat., Sep. 12, 10–10:45am

Ages 5–8 **8 Sessions** **$176**
110612L Sat., Sep. 12, 11–11:50am

Lubber Run Center

Ages 3–6 **7 Sessions** **$154**
110612M 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

Ages 3–4 **14 Sessions** **$294**
110619A* Mon., Sep. 14, 4:30–5:15pm

Ages 3–4 **13 Sessions** **$273**
110619B* Sat., Sep. 12, 12–12:45pm

Ages 5–6 **14 Sessions** **$350**
110619C Mon., Sep. 14, 5:20–6:20pm

Lubber Run Center

Ages 3–4 **12 Sessions** **$252**
110619D* Sat., Sep. 12, 12–12:45pm

Ages 5–6 **12 Sessions** **$300**
110619E Sat., Sep. 12, 1–2pm

Ages 5–6 **13 Sessions** **$325**
110619F 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

Ages 4–6 **13 Sessions** **$325**
110609A 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

Ages 7–10 **9 Sessions** **$225**
120607A Sun., Sep. 13, 10:30–11:30am

Ages 10–12 **9 Sessions** **$225**
120607B 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.

Fairlington Center
Ages 5–8 **13 Sessions** **$325**
120610A Sat., Sep. 12, 2:05–3:05pm

Barrett Elem. School Outdoor Field
Ages 5–8 **11 Sessions** **$275**
120610B Sat., Sep. 12, 1:05–2:05pm

Gunston Tent
Ages 7–9 **9 Sessions** **$225**
120610C 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.

Arlington Mill Center
Ages 7–9 **13 Sessions** **$273**
110621A Sat., Sep. 12, 11–11:45am

Gunston Tent
Ages 7–9 **9 Sessions** **$189**
110621B 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.

Fairlington Center
Ages 7–9 **12 Sessions** **$300**
120609A 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.



Fairlington Center
Ages 4–6 **13 Sessions** **$325**
120615A Tues., Sep. 15, 5:20–6:20pm
Ages 7–9 **13 Sessions** **$325**
120615B Tues., Sep. 15, 6:30–7:30pm
Ages 10–12 **13 Sessions** **$325**
120615C 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.

Fairlington Center
Ages 7–9 **14 Sessions** **$350**
120613A Mon., Sep. 14, 6:30–7:30pm
Ages 10–13 **14 Sessions** **$350**
120613B Mon., Sep. 14, 7:40–8:40pm

Lubber Run Center
Ages 7–9 **13 Sessions** **$325**
120613C 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.

Lubber Run Center
Ages 8–10 **6 Sessions** **$159**
120611A Wed., Sep. 23, 6–7pm
Ages 9–11 **6 Sessions** **$159**
120611B Mon., Sep. 21, 6–7pm
Ages 11–13 **6 Sessions** **$159**
120611C Wed., Sep. 23, 4:45–5:45pm
Ages 12–14 **6 Sessions** **$159**
120611D 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.

Arlington Mill Center
Ages 9–13 **13 Sessions** **$325**
120616A 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.

NOVA Fencing and Archery Club
Ages 8–12 **6 Sessions** **$138**
120312A Wed., Sep. 16, 5–6pm
120312B 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.

Gunston Tent
Ages 8–11 **9 Sessions** **$225**
120618A Sun., Sep. 13, 1:05–2:05pm





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

Ages 1½-2½ 6 Sessions $66
110401M Sat., Oct. 31, 8:30–9am
110401N Sat., Oct. 31, 9:05–9:35am
110401O Sat., Oct. 31, 10:15–10:45am
110401P Sat., Oct. 31, 10:50–11:20am
110401Q Sat., Oct. 31, 12–12:30pm
110401R Sun., Nov. 1, 10:20–10:50am
110401S Sun., Nov. 1, 11:30am-12pm
110401T Wed., Nov. 4, 4–4:30pm
110401U Thurs., Nov. 5, 10:35–11:05am
110401V Thurs., Nov. 5, 4:35–5:05pm
110401W Fri., Nov. 6, 4:35–5:05pm

Ages 1½-2½ 5 Sessions $55
110401X Sat., Sep. 12, 8:30–9am
110401Y Sat., Sep. 12, 9:05–9:35am
110401Z Sat., Sep. 12, 10:15–10:45am
110401AA Sat., Sep. 12, 10:50–11:20am
110401AB Sat., Sep. 12, 12–12:30pm

Ages 1½-2½ 4 Sessions $44
110401AC Sun., Sep. 13, 10:20–10:50am
110401AD Sun., Sep. 13, 11:30am-12pm

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 breaststroke, butterfly and diving, and will refine front crawl, backstroke and elementary backstroke. Once participants can tread for 30 seconds, swim front crawl for 15 yards with rotary breathing, and swim backstroke unsupported for 15 yards, they will be ready for Level 3. If students reach age 7 prior to completing these skills, they should go to Level 2.

Long Bridge Aquatics & Fitness Center

Ages 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 thatare based on the American Red Cross Learn-to-Swim Program. When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

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

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

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

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

OVERVIEW OF SWIM LEVELS FOR CHILDREN THROUGH AGE 6

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

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

Determining Your Child's Swim Level

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

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

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

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

New to swim lessons?

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

Click here for swim level chart

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



Private Swim Lessons

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

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

Long Bridge Aquatics Center

Tots 3½+	740101
Youth	740102
Adults	740104



Ages 4½-6 **6 Sessions** **$66**
110407N Sat., Oct. 31, 8:30–9am
110407O Sat., Oct. 31, 11:15–11:45am
110407P Sat., Oct. 31, 12–12:30pm
110407Q Sun., Nov. 1, 8:30–9am
110407R Sun., Nov. 1, 11:25–11:55am
110407S Wed., Nov. 4, 4–4:30pm
110407T Wed., Nov. 4, 6:55–7:25pm
110407U Thurs., Nov. 5, 4–4:30pm
110407V Fri., Nov. 6, 4:45–5:15pm
110407W Fri., Nov. 6, 6:50–7:20pm
Ages 4½-6 **5 Sessions** **$55**
110407X Sat., Sep. 12, 8:30–9am
110407Y Sat., Sep. 12, 11:15–11:45am
110407Z Sat., Sep. 12, 12–12:30pm
Ages 4½-6 **4 Sessions** **$44**
110407AA Sun., Sep. 13, 8:30–9am
110407AB 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
Ages 6–12 **8 Sessions** **$104**
120400A Tues., Sep. 8, 5:45–6:25pm
120400B Wed., Sep. 9, 6:45–7:25pm
120400C Thurs., Sep. 10, 5:45–6:25pm
120400D Fri., Sep. 11, 4:35–5:15pm
120400E Fri., Sep. 11, 6:05–6:45pm
Ages 6–12 **7 Sessions** **$91**
120400F Mon., Sep. 14, 6:45–7:25pm
120400G Mon., Nov. 2, 6:45–7:25pm
120400H Tues., Nov. 3, 5:45–6:25pm
Ages 6–12 **6 Sessions** **$78**
120400I Sat., Oct. 31, 8:30–9:10am
120400J Sat., Oct. 31, 9:05–9:45am
120400K Sat., Oct. 31, 10:30–11:10am
120400L Sat., Oct. 31, 11:55am-12:35pm
120400M Sun., Nov. 1, 9:05–9:45am
120400N Sun., Nov. 1, 11:10–11:50am
120400O Wed., Nov. 4, 6:45–7:25pm
120400P Thurs., Nov. 5, 5:45–6:25pm
120400Q Fri., Nov. 6, 4:35–5:15pm
120400R Fri., Nov. 6, 6:05–6:45pm
Ages 6–12 **5 Sessions** **$65**
120400S Sat., Sep. 12, 8:30–9:10am
120400T Sat., Sep. 12, 9:05–9:45am
120400U Sat., Sep. 12, 10:30–11:10am
120400V Sat., Sep. 12, 11:55am-12:35pm
Ages 6–12 **4 Sessions** **$52**
120400W Sun., Sep. 13, 9:05–9:45am
120400X Sun., Sep. 13, 11:10–11:50am

Instructors Needed!

Interested in becoming an instructor for Arlington County Parks and Recreation? Contact 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
Ages 6–12 **8 Sessions** **$104**
120401A Tues., Sep. 8, 4:35–5:15pm
120401B Tues., Sep. 8, 6:05–6:45pm
120401C Wed., Sep. 9, 4:35–5:15pm
120401D Wed., Sep. 9, 6:05–6:45pm
120401E Thurs., Sep. 10, 4:35–5:15pm
120401F Thurs., Sep. 10, 6:05–6:45pm
120401G Fri., Sep. 11, 4–4:40pm
120401H Fri., Sep. 11, 5:20–6pm
Ages 6–12 **7 Sessions** **$91**
120401I Mon., Sep. 14, 4:35–5:15pm
120401J Mon., Sep. 14, 5:55–6:35pm
120401K Mon., Sep. 14, 6:40–7:20pm
120401L Mon., Nov. 2, 4:35–5:15pm
120401M Mon., Nov. 2, 5:55–6:35pm
120401N Mon., Nov. 2, 6:40–7:20pm
120401O Tues., Nov. 3, 4:35–5:15pm
120401P Tues., Nov. 3, 6:05–6:45pm
Ages 6–12 **6 Sessions** **$78**
120401Q Sat., Oct. 31, 9:05–9:45am
120401R Sat., Oct. 31, 10:25–11:05am
120401S Sat., Oct. 31, 10:35–11:15am
120401T Sun., Nov. 1, 9:05–9:45am
120401U Sun., Nov. 1, 10:25–11:05am
120401V Wed., Nov. 4, 4:35–5:15pm
120401W Wed., Nov. 4, 6:05–6:45pm
120401X Thurs., Nov. 5, 4:35–5:15pm
120401Y Thurs., Nov. 5, 6:05–6:45pm
120401Z Fri., Nov. 6, 4–4:40pm
120401AA Fri., Nov. 6, 5:20–6pm
Ages 6–12 **5 Sessions** **$65**
120401AB Sat., Sep. 12, 9:05–9:45am
120401AC Sat., Sep. 12, 10:25–11:05am
120401AD Sat., Sep. 12, 10:35–11:15am
Ages 6–12 **4 Sessions** **$52**
120401AE Sun., Sep. 13, 9:05–9:45am
120401AF 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
Ages 6–12 **8 Sessions** **$104**
120402A Tues., Sep. 8, 4:35–5:15pm
120402B Tues., Sep. 8, 5:20–6pm
120402C Tues., Sep. 8, 6:50–7:30pm
120402D Wed., Sep. 9, 4:35–5:15pm
120402E Wed., Sep. 9, 5:20–6pm
120402F Wed., Sep. 9, 6:50–7:30pm
120402G Wed., Sep. 9, 7:30–8:10pm
120402H Thurs., Sep. 10, 4:35–5:15pm
120402I Thurs., Sep. 10, 5:20–6pm
120402J Thurs., Sep. 10, 6:50–7:30pm
120402K Fri., Sep. 11, 4–4:40pm
120402L Fri., Sep. 11, 5:20–6pm
Ages 6–12 **7 Sessions** **$91**
120402M Mon., Sep. 14, 4:35–5:15pm
120402N Mon., Sep. 14, 5:20–6pm
120402O Mon., Sep. 14, 6:40–7:20pm
120402P Mon., Sep. 14, 7:25–8:05pm
120402Q Mon., Nov. 2, 4:35–5:15pm
120402R Mon., Nov. 2, 5:20–6pm
120402S Mon., Nov. 2, 6:40–7:20pm
120402T Mon., Nov. 2, 7:25–8:05pm
120402U Tues., Nov. 3, 4:35–5:15pm
120402V Tues., Nov. 3, 5:20–6pm
120402W Tues., Nov. 3, 6:50–7:30pm
Ages 6–12 **6 Sessions** **$78**
120402X Sat., Oct. 31, 9:50–10:30am
120402Y Sat., Oct. 31, 11:10–11:50am
120402Z Sat., Oct. 31, 11:20am-12pm
120402AA Sun., Nov. 1, 9:05–9:45am
120402AB Sun., Nov. 1, 10:30–11:10am
120402AC Sun., Nov. 1, 10:40–11:20am
120402AD Wed., Nov. 4, 4:35–5:15pm
120402AE Wed., Nov. 4, 5:20–6pm
120402AF Wed., Nov. 4, 6:50–7:30pm
120402AG Wed., Nov. 4, 7:30–8:10pm
120402AH Thurs., Nov. 5, 4:35–5:15pm
120402AI Thurs., Nov. 5, 5:20–6pm
120402AJ Thurs., Nov. 5, 6:50–7:30pm
120402AK Fri., Nov. 6, 4–4:40pm
120402AL Fri., Nov. 6, 5:20–6pm
Ages 6–12 **5 Sessions** **$65**
120402AM Sat., Sep. 12, 9:50–10:30am
120402AN Sat., Sep. 12, 11:10–11:50am
120402AO 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

Ages 13-Adult **6 Sessions** **$90**
140402J Sat., Oct. 31, 9:30–10:25am
140402K Sun., Nov. 1, 9:30–10:25am
140402L Wed., Nov. 4, 7:35–8:30pm
140402M Thurs., Nov. 5, 6:55–7:50pm
140402N Thurs., Nov. 5, 7:35–8:30pm
Ages 13-Adult **5 Sessions** **$75**
140402O Sat., Sep. 12, 9:30–10:25am
Ages 13-Adult **4 Sessions** **$60**
140402P 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140404A Tues., Sep. 8, 7–7:55am
140404B Tues., Sep. 8, 7:50–8:45pm
140404C Thurs., Sep. 10, 7–7:55am
Ages 13-Adult **7 Sessions** **$105**
140404D Tues., Nov. 3, 7–7:55am
140404E Tues., Nov. 3, 7:50–8:45pm
Ages 13-Adult **6 Sessions** **$90**
140404F Sat., Oct. 31, 8:30–9:25am
140404G Sun., Nov. 1, 8:30–9:25am
140404H Thurs., Nov. 5, 7–7:55am
Ages 13-Adult **5 Sessions** **$75**
140404I Sat., Sep. 12, 8:30–9:25am
Ages 13-Adult **4 Sessions** **$60**
140404J 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$176**
140405A Tues., Sep. 8, 6:45–8am
140405B Thurs., Sep. 10, 6:45–8am
Ages 13-Adult **8 Sessions** **$120**
140405C Wed., Sep. 9, 8:05–9pm
Ages 13-Adult **7 Sessions** **$105**
140405D Mon., Sep. 14, 8:05–9pm
140405E Mon., Nov. 2, 8:05–9pm
Ages 13-Adult **7 Sessions** **$154**
140405F Tues., Nov. 3, 6:45–8am
Ages 13-Adult **6 Sessions** **$90**
140405G Sun., Nov. 1, 2:30–3:10pm
140405H Sun., Nov. 1, 5:40–6:20pm
140405I Wed., Nov. 4, 8:05–9pm
Ages 13-Adult **6 Sessions** **$132**
140405J Thurs., Nov. 5, 6:45–8am
Ages 13-Adult **4 Sessions** **$60**
140405K Sun., Sep. 13, 2:30–3:10pm
140405L 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140406A Tues., Sep. 8, 9:05–10am
140406B Thurs., Sep. 10, 9:05–10am
Ages 13-Adult **7 Sessions** **$105**
140406C Tues., Nov. 3, 9:05–10am
Ages 13-Adult **6 Sessions** **$90**
140406D Sat., Oct. 31, 7:30–8:25am
140406E Thurs., Nov. 5, 9:05–10am
Ages 13-Adult **5 Sessions** **$75**
140406F 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140407A Tues., Sep. 8, 8–8:55am
140407B Thurs., Sep. 10, 8–8:55am
Ages 13-Adult **7 Sessions** **$105**
140407C Tues., Nov. 3, 8–8:55am
Ages 13-Adult **6 Sessions** **$90**
140407D 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140408A Wed., Sep. 9, 7:05–8pm
Ages 13-Adult **7 Sessions** **$105**
140408B Mon., Sep. 14, 7:10–8:05pm
140408C Mon., Nov. 2, 7:10–8:05pm
Ages 13-Adult **6 Sessions** **$90**
140408D Sat., Oct. 31, 9:05–10am
140408E Wed., Nov. 4, 7:05–8pm
Ages 13-Adult **5 Sessions** **$75**
140408F 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140409A Tues., Sep. 8, 11:05am-12pm
140409B Wed., Sep. 9, 11–11:55am
Ages 13-Adult **7 Sessions** **$105**
140409C Tues., Nov. 3, 11:05am-12pm
Ages 13-Adult **6 Sessions** **$90**
140409D 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140410A Tues., Sep. 8, 10:05–11am
140410B Wed., Sep. 9, 10–10:55am
Ages 13-Adult **7 Sessions** **$105**
140410C Tues., Nov. 3, 10:05–11am
Ages 13-Adult **6 Sessions** **$90**
140410D 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.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$120**
140419A Fri., Sep. 11, 8–8:55am
140419B Fri., Sep. 11, 9–9:55am
Ages 13-Adult **6 Sessions** **$90**
140419C Fri., Nov. 6, 8–8:55am
140419D 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**
110500A	Tues., Sep. 15, 8:30–9:15am	
110500B	Tues., Nov. 3, 8:30–9:15am	
110500C	Wed., Sep. 16, 9:30–10:15am	
Ages 1	**6 Sessions**	**$126**
110500D	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**
110501A	Sun., Sep. 13, 12–12:45pm	
110501B	Mon., Sep. 14, 10:30–11:15am	
110501C	Mon., Nov. 2, 10:30–11:15am	
110501D	Tues., Sep. 15, 10:30am-11:15am	
110501E	Tues., Nov. 3, 10:30am-11:15am	
110501F	Tues., Sep. 15, 2–2:45pm	
110501G	Tues., Nov. 3, 2–2:45pm	
110501H	Wed., Sep. 16, 11:30am-12:15pm	
110501I	Wed., Sep. 16, 3–3:45pm	
110501J	Thurs., Sep. 17, 9:30–10:15am	
110501K	Fri., Sep. 18, 11:30am-12:15pm	
110501L	Fri., Sep. 18, 2–2:45pm	
Ages 1½-5	**6 Sessions**	**$126**
110501M	Wed., Nov. 4, 11:30am-12:15pm	
110501N	Wed., Nov. 4, 3–3:45pm	
110501O	Thurs., Nov. 5, 9:30–10:15am	
110501P	Sat., Sep. 26, 8:30–9:15am	
Ages 1½-5	**5 Sessions**	**$105**
110501Q	Sun., Nov. 1, 12–12:45pm	
110501R	Fri., Nov. 6, 11:30am-12:15pm	
110501S	Fri., Nov. 6, 2–2:45pm	
110501T	Sat., Nov. 7, 8:30–9:15am	

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

Ages 1½-5	**7 Sessions**	**$147**
110501U	Tues., Sep. 15, 9:30–10:15am	
110501V	Tues., Nov. 3, 9:30–10:15am	
110501W	Wed., Sep. 16, 8:30–9:15am	
110501X	Wed., Nov. 4, 8:30–9:15am	
Ages 1½-5	**6 Sessions**	**$126**
110501Y	Sat., Sep. 26, 10:30–11:15am	
Ages 1½-5	**5 Sessions**	**$105**
110501Z	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**
110502A	Mon., Sep. 14, 9:30–10:15am	
110502B	Mon., Nov. 2, 9:30–10:15am	
110502C	Mon., Sep. 14, 10:30–11:15am	
110502D	Mon., Nov. 2, 10:30–11:15am	
110502E	Tues., Sep. 15, 9:30–10:15am	
110502F	Tues., Nov. 3, 9:30–10:15am	
110502G	Tues., Sep. 15, 11:30am-12:15pm	
110502H	Tues., Nov. 3, 11:30am-12:15pm	
110502I	Wed., Sep. 16, 9:30–10:15am	
110502J	Wed., Sep. 16, 2–2:45pm	
110502K	Thurs., Sep. 17, 10:30–11:15am	
110502L	Fri., Sep. 18, 9:30–10:15am	
Ages 1½-2	**6 Sessions**	**$126**
110502M	Sat., Sep. 26, 8:30–9:15am	
110502N	Sat., Sep. 26, 9:30–10:15am	
110502O	Wed., Nov. 4, 9:30–10:15am	
110502P	Wed., Nov. 4, 2–2:45pm	
110502Q	Thurs., Nov. 5, 10:30–11:15am	
Ages 1½-2	**5 Sessions**	**$105**
110502R	Fri., Nov. 6, 9:30–10:15am	
110502S	Sat., Nov. 7, 8:30–9:15am	
110502T	Sat., Nov. 7, 9:30–10:15am	

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

Ages 1½-2	**7 Sessions**	**$147**
110502U	Sun., Sep. 13, 12–12:45pm	
Ages 1½-2	**5 Sessions**	**$105**
110502V	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**
110503A	Sun., Sep. 13, 1–1:45pm	
110503B	Mon., Sep. 14, 11:30am-12:15pm	
110503C	Mon., Nov. 2, 11:30am-12:15pm	
110503D	Mon., Sep. 14, 2–2:45pm	
110503E	Mon., Nov. 2, 2–2:45pm	
110503F	Mon., Sep. 14, 3–3:45pm	
110503G	Mon., Nov. 2, 3–3:45pm	
110503H	Tues., Sep. 15, 2–2:45pm	
110503I	Tues., Nov. 3, 2–2:45pm	
110503J	Wed., Sep. 16, 2–2:45pm	
110503K	Wed., Sep. 16, 3–3:45pm	
110503L	Thurs., Sep. 17, 9:30–10:15am	
110503M	Thurs., Sep. 17, 2–2:45pm	
110503N	Fri., Sep. 18, 10:30–11:15am	
110503O	Fri., Sep. 18, 2–2:45pm	
Ages 3	**6 Sessions**	**$126**
110503P	Sat., Sep. 26, 9:30–10:15am	
110503Q	Sat., Sep. 26, 10:30–11:15am	
110503R	Wed., Nov. 4, 2–2:45pm	
110503S	Wed., Nov. 4, 3–3:45pm	
110503T	Thurs., Nov. 5, 9:30–10:15am	
110503U	Thurs., Nov. 5, 2–2:45pm	
Ages 3	**5 Sessions**	**$105**
110503V	Sun., Nov. 1, 1–1:45pm	
110503W	Fri., Nov. 6, 10:30–11:15am	
110503X	Fri., Nov. 6, 2–2:45pm	
110503Y	Sat., Nov. 7, 10:30–11:15am	
110503Z	Sat., Nov. 7, 9:30–10:15am	

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

Ages 3	**7 Sessions**	**$147**
110503ZA	Tues., Sep. 15, 10:30–11:15am	
110503ZB	Tues., Nov. 3, 10:30–11:15am	
110503ZC	Wed., Sep. 16, 10:30–11:15am	
Ages 3	**6 Sessions**	**$126**
110503ZD	Sat., Sep. 26, 8:30–9:15am	
110503ZE	Wed., Nov. 4, 10:30–11:15am	
Ages 3	**5 Sessions**	**$105**
110503ZF	Sat., Nov. 7, 8:30–9:15am	

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

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 Advanced	Girls Level 1	1 hour
Girls Level 2 Beginner Girls Level 2 Advanced	Girls Level 2	1 hr 30 mins
Girls Level 3+	Girls Level 3	2 hours
Boys Level 1 Beginner Boys Level 1 Advanced	Boys Level 1	1 hour
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

120500A Mon., Sep. 14, 5:30–6:30pm
120500B Mon., Nov. 2, 5:30–6:30pm
120500C Tues., Sep. 15, 4:30–5:30pm
120500D Tues., Nov. 3, 4:30–5:30pm
120500E Wed., Sep. 16, 4:15–5:15pm
120500F Wed., Sep. 16, 5:30–6:30pm
120500G Thurs., Sep. 17, 4:15–5:15pm
120500H Thurs., Sep. 17, 5:30–6:30pm
120500I Fri., Sep. 18, 4:30–5:30pm

Ages 5–6 — 6 Sessions — $180

120500J Wed., Nov. 4, 4:15–5:15pm
120500K Wed., Nov. 4, 5:30–6:30pm
120500L Thurs., Nov. 5, 4:15–5:15pm
120500M Thurs., Nov. 5, 5:30–6:30pm

Ages 5–6 — 5 Sessions — $150

120500N Sat., Sep. 26, 12:15–1:15pm
120500O Sat., Nov. 7, 12:15–1:15pm
120500P Fri., Nov. 6, 4:30–5:30pm

Ages 7–8 — 7 Sessions — $210

120500Q Sun., Sep. 13, 3:30–4:30pm
120500R Mon., Sep. 14, 5:30–6:30pm
120500S Mon., Nov. 2, 5:30–6:30pm
120500T Tues., Sep. 15, 4:30–5:30pm
120500U Tues., Nov. 3, 4:30–5:30pm
120500V Tues., Sep. 15, 5:45–6:45pm
120500W Tues., Nov. 3, 5:45–6:45pm
120500X Wed., Sep. 16, 4:15–5:15pm
120500Y Thurs., Sep. 17, 4:15–5:15pm
120500Z Thurs., Sep. 17, 5:30–6:30pm
120500AA Fri., Sep. 18, 5:45–6:45pm

Ages 7–8 — 6 Sessions — $180

120500AB Wed., Nov. 4, 4:15–5:15pm
120500AC Thurs., Nov. 5, 4:15–5:15pm
120500AD Thurs., Nov. 5, 5:30–6:30pm

Ages 7–8 — 5 Sessions — $150

120500AE Sat., Sep. 26, 1:30–2:30pm
120500AF Sat., Nov. 7, 1:30–2:30pm
120500AG Sat., Sep. 26, 2:45–3:45pm
120500AH Sat., Nov. 7, 2:45–3:45pm
120500AI Sun., Nov. 1, 3:30–4:30pm
120500AJ Fri., Nov. 6, 5:45–6:45pm

Ages 9–12 — 7 Sessions — $210

120500AK Mon., Sep. 14, 6:45–7:45pm
120500AL Mon., Nov. 2, 6:45–7:45pm
120500AM Tues., Sep. 15, 4:30–5:30pm
120500AN Tues., Nov. 3, 4:30–5:30pm
120500AO Wed., Sep. 16, 5:30–6:30pm
120500AP Thurs., Sep. 17, 4:15–5:15pm
120500AQ Thurs., Sep. 17, 6:45–7:45pm
120500AR Fri., Sep. 18, 5:45–6:45pm

Ages 9–12 — 6 Sessions — $180

120500AS Wed., Nov. 4, 5:30–6:30pm
120500AT Thurs., Nov. 5, 4:15–5:15pm
120500AU Thurs., Nov. 5, 6:45–7:45pm

Ages 9–12 — 5 Sessions — $150

120500AV Sat., Sep. 26, 4–5pm
120500AW Sat., Nov. 7, 4–5pm
120500AX Fri., Nov. 6, 5:45–6:45pm

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

Ages 5–6 — 7 Sessions — $210

120500ZA Sun., Sep. 13, 2:15–3:15pm
120500ZB Sun., Sep. 13, 3:30–4:30pm

Ages 5–6 — 5 Sessions — $150

120500ZC Sun., Nov. 1, 2:15–3:15pm
120500ZD Sun., Nov. 1, 3:30–4:30pm

Ages 9–12 — 7 Sessions — $210

120500ZE Sun., Sep. 13, 4:45–5:45pm

Ages 9–12 — 5 Sessions — $150

120500ZF Sat., Sep. 26, 1:45–2:45pm
120500ZG Sun., Nov. 1, 4:45–5:45pm
120500ZH 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

120502A Mon., Sep. 14, 5:30–7pm
120502B Mon., Nov. 2, 5:30–7pm
120502C Tues., Sep. 15, 5:45–7:15pm
120502D Tues., Nov. 3, 5:45–7:15pm
120502E Wed., Sep. 16, 5:30–7pm
120502F Thurs., Sep. 17, 5:30–7pm

Ages 6–8 — 6 Sessions — $198

120502G Wed., Nov. 4, 5:30–7pm
120502H Thurs., Nov. 5, 5:30–7pm

Ages 9–12 — 7 Sessions — $231

120502I Mon., Sep. 14, 6:45–8:15pm
120502J Mon., Nov. 2, 6:45–8:15pm
120502K Tues., Sep. 15, 5:45–7:15pm
120502L Tues., Nov. 3, 5:45–7:15pm
120502M Wed., Sep. 16, 6:45–8:15pm
120502N Fri., Sep. 18, 7–8:30pm

Ages 9–12 — 6 Sessions — $198

120502O Wed., Nov. 4, 6:45–8:15pm

Ages 9–12 — 5 Sessions — $165

120502P Fri., Nov. 6, 7–8:30pm

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

Ages 6–8 — 5 Sessions — $165

120502Q Sat., Sep. 26, 12–1:30pm
120502R 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 â€" 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

120504A Thurs., Sep. 17, 5:30–7:30pm

Ages 7–13 — 6 Sessions — $270

120504B Thurs., Nov. 5, 5:30–7:30pm

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

Ages 7–13 — 5 Sessions — $225

120504C Sat., Sep. 26, 3–5pm
120504D 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

120511A Sun., Sep. 13, 2:15–3:15pm
120511B Tues., Sep. 15, 4:30–5:30pm
120511C Wed., Sep. 16, 4:15–5:15pm



120511D Wed., Sep. 16, 5:30–6:30pm
120511E Thurs., Sep. 17, 4:15–5:15pm
120511F Fri., Sep. 18, 4:30–5:30pm
120511G Tues., Nov. 3, 4:30–5:30pm

Ages 5–7 — 6 Sessions — $180

120511H Wed., Nov. 4, 4:15–5:15pm
120511I Wed., Nov. 4, 5:30–6:30pm
120511J Thurs., Nov. 5, 4:15–5:15pm

Ages 5–7 — 5 Sessions — $150

120511K Sat., Sep. 26, 12:15–1:15pm
120511L Sun., Nov. 1, 2:15–3:15pm
120511M Fri., Nov. 6, 4:30–5:30pm
120511N Sat., Nov. 7, 12:15–1:15pm

Ages 8–12 — 7 Sessions — $210

120511O Tues., Sep. 15, 5:45–6:45pm
120511P Wed., Sep. 16, 6:45–7:45pm
120511Q Fri., Sep. 18, 5:45–6:45pm
120511R Tues., Nov. 3, 5:45–6:45pm

Ages 8–12 — 6 Sessions — $180

120511S Wed., Nov. 4, 6:45–7:45pm

Ages 8–12 — 5 Sessions — $150

120511T Fri., Nov. 6, 5:45–6:45pm
120511U Sat., Sep. 26, 1:30–2:30pm
120511V 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

Barcroft Sports & Fitness Center

Ages 6–12 — 7 Sessions — $231

120513A Fri., Sep. 18, 7–8:30pm

Ages 6–12 — 5 Sessions — $165

120513B 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.

Barcroft Sports & Fitness Center

Ages 5–7 — 7 Sessions — $147

120515A Mon., Sep. 14, 2–2:45pm
120515B Mon., Nov. 2, 2–2:45pm

Ages 8–12 — 7 Sessions — $147

120515C Fri., Sep. 18, 2–2:45pm

Ages 8–12 — 5 Sessions — $147

120515D 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!

Barcroft Sports & Fitness Center

Ages 13–17 — 7 Sessions — $231

130500A Wed., Sep. 16, 7:15–8:45pm

Ages 13–17 — 6 Sessions — $198

130500B 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!

Barcroft Sports & Fitness Center

Ages Adults — 7 Sessions — $231

140500A Mon., Sep. 14, 7:15–8:45pm
140500B Mon., Nov. 2, 7:15–8:45pm
140500C Tues., Sep. 15, 1–2pm
140500D Tues., Sep. 15, 7:15–8:45pm
140500E Tues., Nov. 3, 1–2pm
140500F Tues., Nov. 3, 7:15–8:45pm
140500G Wed., Sep. 16, 1–2pm
140500H Thurs., Sep. 17, 1–2pm

Ages Adults — 6 Sessions — $198

140500I Wed., Nov. 4, 1–2pm
140500J 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.

Barcroft Sports & Fitness Center

Ages Adults — 7 Sessions — $231

140501A Thurs., Sep. 17, 7:15–8:45pm

Ages Adults — 6 Sessions — $198

140501B 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.

Barcroft Sports & Fitness Center

Ages Adults — 7 Sessions — $231

140502A Tues., Sep. 15, 7:15–8:45pm
140502B 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.

Barcroft Sports & Fitness Center

All Ages — 1 Session — $20

140510A Sat., Sep. 19, 11am-12:30pm
140510B 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



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. 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. 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. 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 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 awelcoming 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**
110520A 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 if you have questions.

Long Bridge Aquatics and Fitness Center
All Ages! 1 Session $5
922227–01 Saturday, October 10
5:15–7:15pm

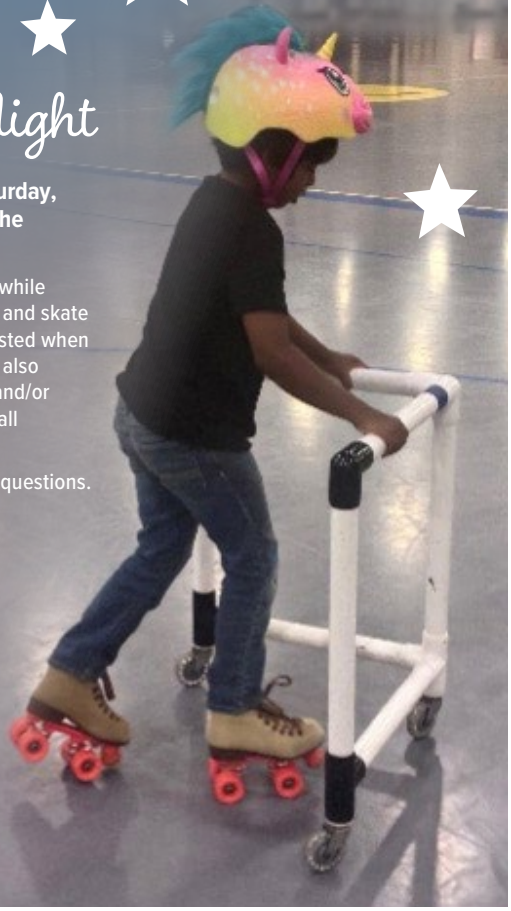
Family Skate Night

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 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.

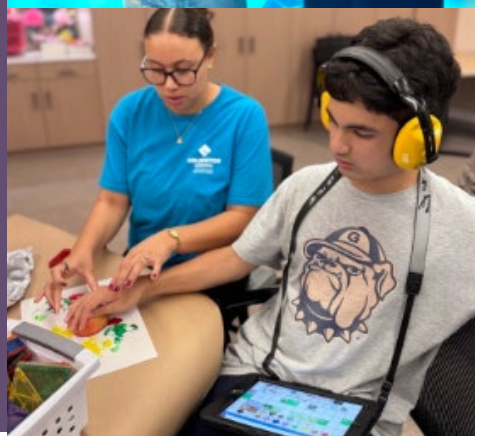
SoCiaL CLuB membership is $62 for the season, granting access to monthly Socials on the first Friday of each month with unique program offerings. Members can also register for special events on the third Friday of each month, with additional fees and varying dates and times.

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 to complete a new member intake before registering.

For more information visit our website or contact us at TRinfo@arlingtonva.us or 703.228.4740.

Teens Social Club: Ages 12-18+
Adult Social Club: Ages 18+



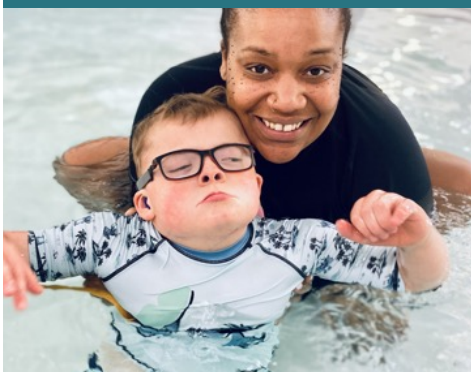


Become An Adapted Aquatics Volunteer!

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 to support participants 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





Fall Highlights

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



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 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



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

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

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

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 histories 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 outsie (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 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 restoritive 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





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 612950-C
Sat., Sept. 12, 2–3pm 612950-D
Sat., Sept. 19, 2–3pm 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 612950-F
Sat., Nov. 14, 12:30–1pm 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-I

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-H

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 cab find.

$8. Long Branch Nature Center
Sat., Sept. 26, 5–6pm 612950-J

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-K

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-L





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-M



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-N

Magizoology

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! More classes are available online at arlingtonva.us/parks and search Nature & History.

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 612950-O
Fri., Nov. 13, 6:30–7:30pm 612950-P

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-Q

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-R

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-S

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

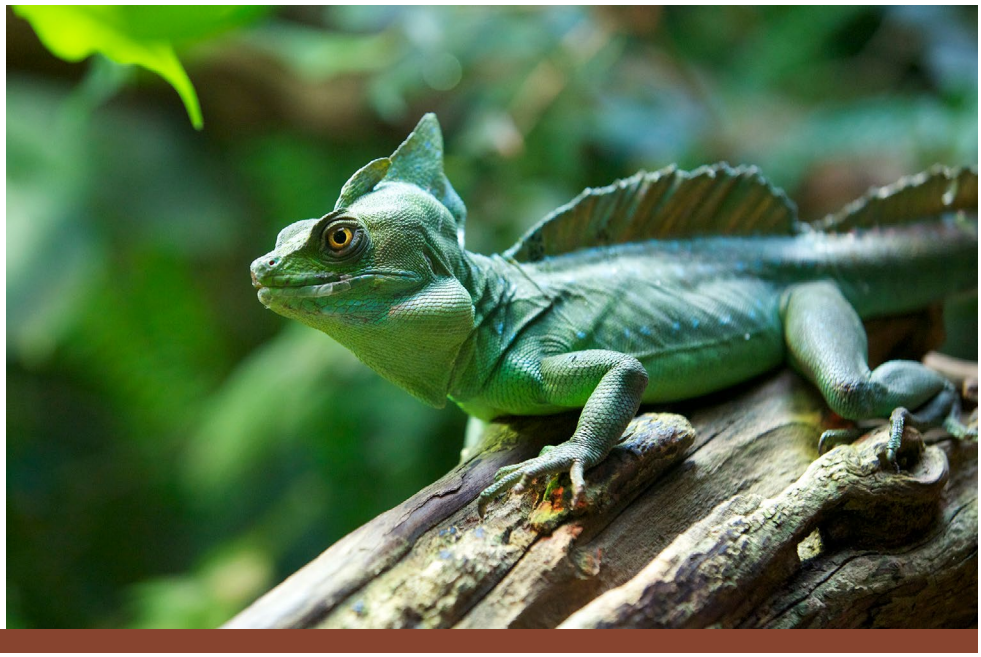


Letters to Santa

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 612820-G
Sat., Dec. 12, 2–3pm 612820-H



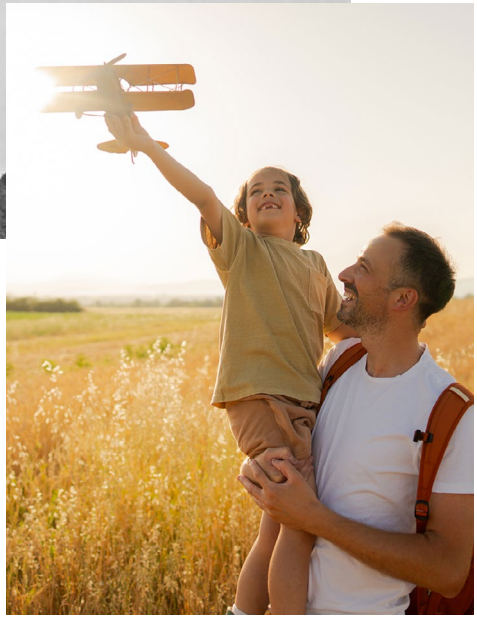


Explore History



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 propellor airplane! Learn how Arlington was important to the early history of flight and step into the shoes of the Wright Brothers by testing your own airplane. Will it soar into the skies? Fee includes model airplane kit. Ages 5 to 12.

$12. Fort CF Smith Park
Sat., 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! More classes are available online at 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 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.





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.

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

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 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





ARLINGTON VIRGINIA
Parks & Recreation

COMMUNITY arts IN ARLINGTON













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 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
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

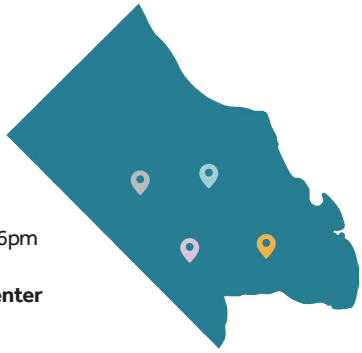
The REC after-school programs are safe spaces where teens can drop in for activities they get to choose themselves. From sports and cooking classes to tutoring, art and nature visits, there's something for every teen at The REC!

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



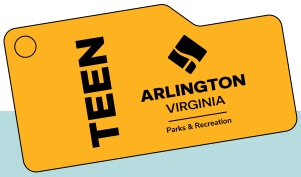
Teen Night Events are Back!

TEEN NIGHT

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!

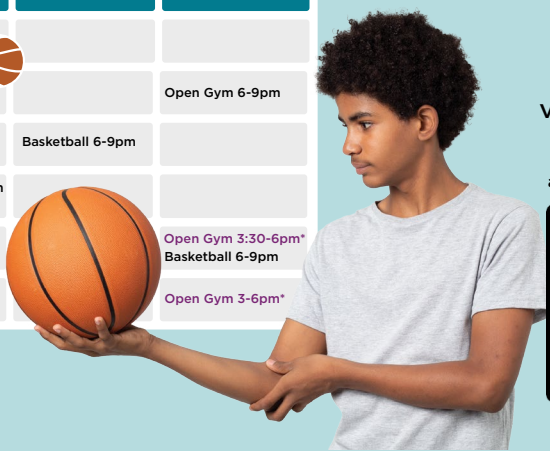
**Excludes Long Bridge Aquatics & Fitness Center. Must be at least 13 years of age.*

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 Volleyball 6:30-9pm		
Lubber Run					Open Gym 3:30-6pm* Basketball 6-9pm
Walter Reed	Basketball 4-9pm*		Open Gym 3-6pm* Basketball 6-9pm		Open Gym 3-6pm*

● = Teens ● = *Youth and Teens



For the full list, visit our website!

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 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 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



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, 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!

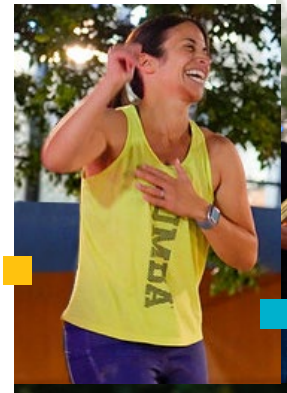
LATINO AMERICAN FESTIVAL! • 2026 •

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!





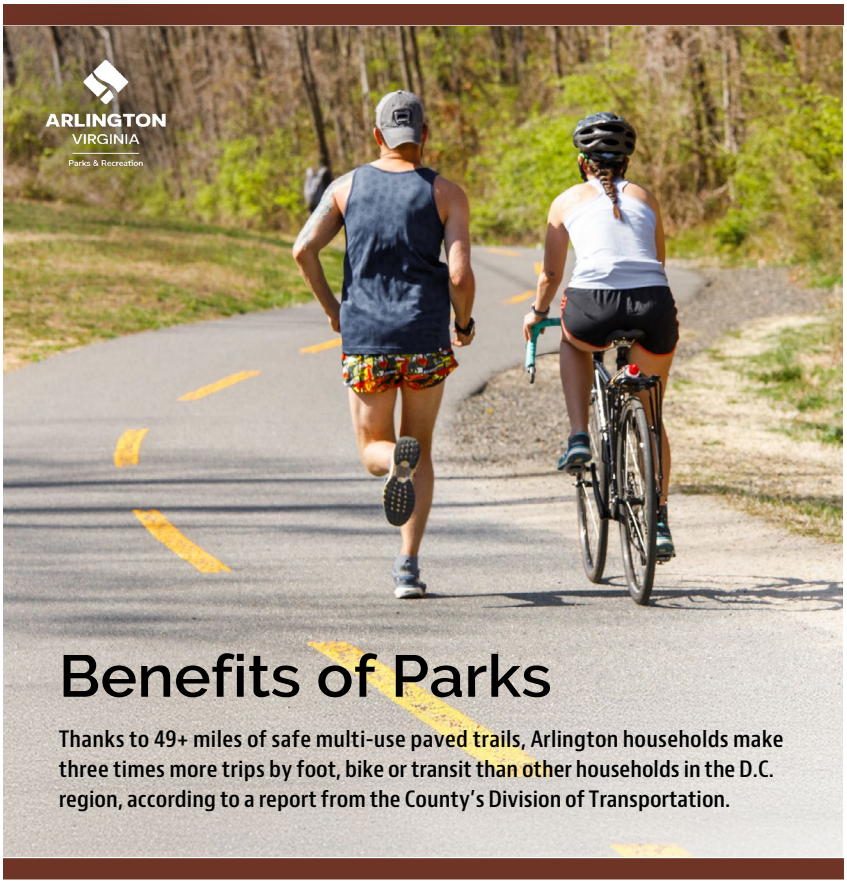








FOOD • MUSIC • DANCE • ARTISANS • FREE ACTIVITIES • CULTURE • FUN!



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*

ARLINGTON VIRGINIA
Parks & Recreation

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 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

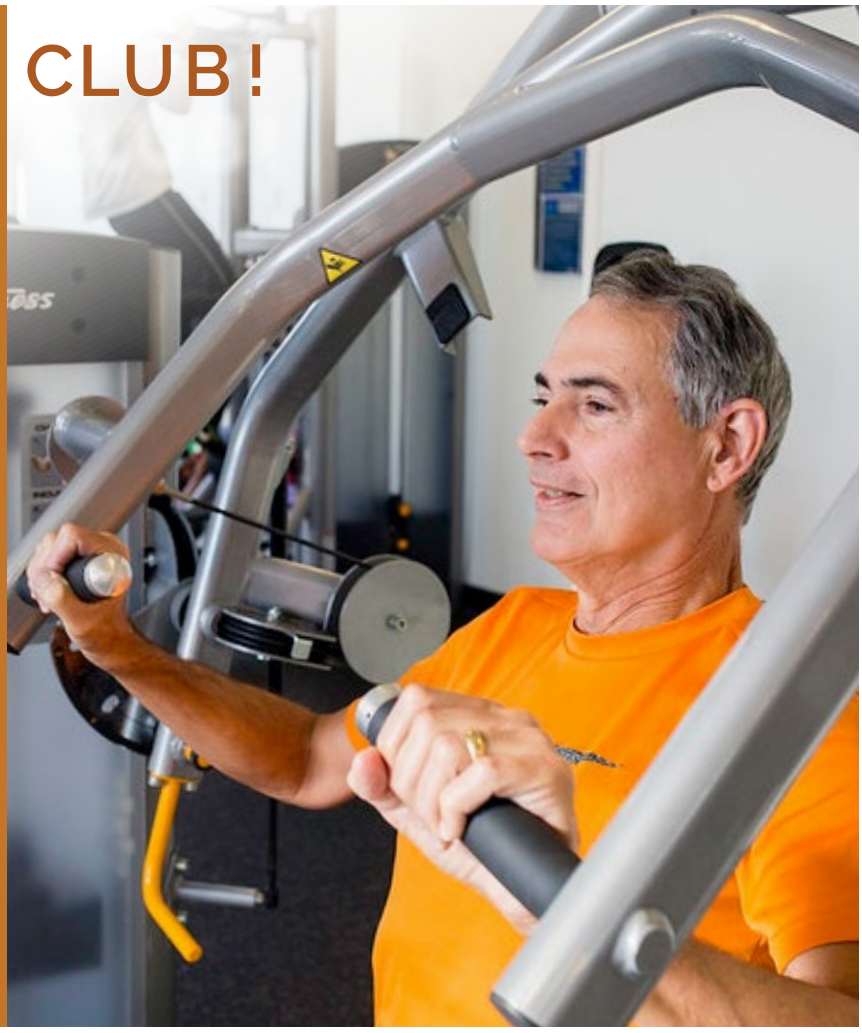
55+ GOLD PASS

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



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!

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

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.

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 Info for Classes

ONLINE REGISTRATION PROCESS • You must have an account to register online. New customers: visit registration.arlingtonva.us to establish an account. Confirmations are sent via email or mail, the day they are processed. If you already have an account: You will need your ID & password. If you know your household ID, you can use the automated ID/password reminder function on the online registration system. If you have forgotten your user ID and password, contact the main registration office (703.228.4747 option 1 or registration@arlingtonva.us). Please ensure that your contact information is correct—we use it to communicate important program announcements (if a spot becomes available in a waitlisted class, if a class gets cancelled/added, etc.)

TECHNICAL PROBLEMS • Idle web sessions time out after 5 minutes. If your session times out or, you logout, ALL pending registrations in your households are removed. Please have only one computer logged into your household account when you are registering. If you experience a technical problem, please submit an incident review using this form within 3 days of the registration day. All incident review requests will be compiled and reviewed within 10 business days.

WAITLIST • Once a class has reached maximum capacity, you may enroll in a waitlist. We do use waitlists to expand capacity in current or future programs. Once a spot becomes available, you will be contacted via email (the information that we have on your household account) and will be given up to 24 hours to respond before the next person on the waitlist is offered the available spot. Waitlisted participants can be contacted starting a week after first day of registration and up to the start of the second class. After the second class, all waitlists are voided. If the first class has already started, fees will not be prorated for past classes (you will be charged the full price) and there is no opportunity to cancel or transfer after the first scheduled class. Being on the wait list does not guarantee enrollment.

HOLD HARMLESS AGREEMENT • All participants need to sign one at the time of registration or the first day of class. Adults must sign for children. Refusal to sign this agreement will prohibit participation in the program.

FEES • Payment is required at the time of registration. Checks or money orders are payable to Treasurer, Arlington County. The registrant's name, address and phone number must appear on each check. Pursuant to Arlington County Code, an assessment fee of $50 is charged for a returned check. Acceptable charge payments are VISA, MasterCard or Discover. Arlington residents 55 and over receive a 30% discount on the fee shown in the Enjoy Arlington catalog unless otherwise stated.

PLEASE NOTE: If you have a balance on your household account, you will be unable to register for future enrollments and possibly have a temporary block placed on your account. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

REDUCED FEES • Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747 option 1 or click here to apply online. Fee reductions are not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

REFUNDS • No refund fees are charged for cancellations until after 8am 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. 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 cancelations will be broadcast online at arlingtonva.us/parks, Facebook, Twitter, eNews, and at 703.228.4715. Please keep your household contact information up to date as we use this information to contact you directly by email if classes are cancelled. We will contact you one-week prior to the start date if a class is canceled due to low enrollment. Due to the early publication deadline, instructors may be changed before classes begin.

AGE EXCEPTIONS • Exception requests to the ages listed in the catalog must be received by the Program Staff in writing one week prior to the first day of registration. Verify the dates of birth of all registrants prior to registration. Do not enter an incorrect date of birth to bypass an age restriction. Participants who fall outside the age requirements for a class will be removed without refund. Administrative fees may apply.

- Age exception requests may take up to 5 business days for a response.
- Approved age exceptions will not be eligible to register online.
- Age exceptions are required for any participant who falls outside of the age range
- Age exceptions are reviewed on a case-by-case basis and are not always approved.
- An approved age exception does not guarantee enrollment into the class.

Registration Form

Mail-In Registration

You need an account number to use the mail-in option. Processing dates are first come, first served, following elegibility criteria for registration dates. Submitting this registration form does not guarantee space in a class. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

ARLINGTON VIRGINIA
Parks & Recreation

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 classand would like a refund, please call the Administrative Services at 703.228.4747

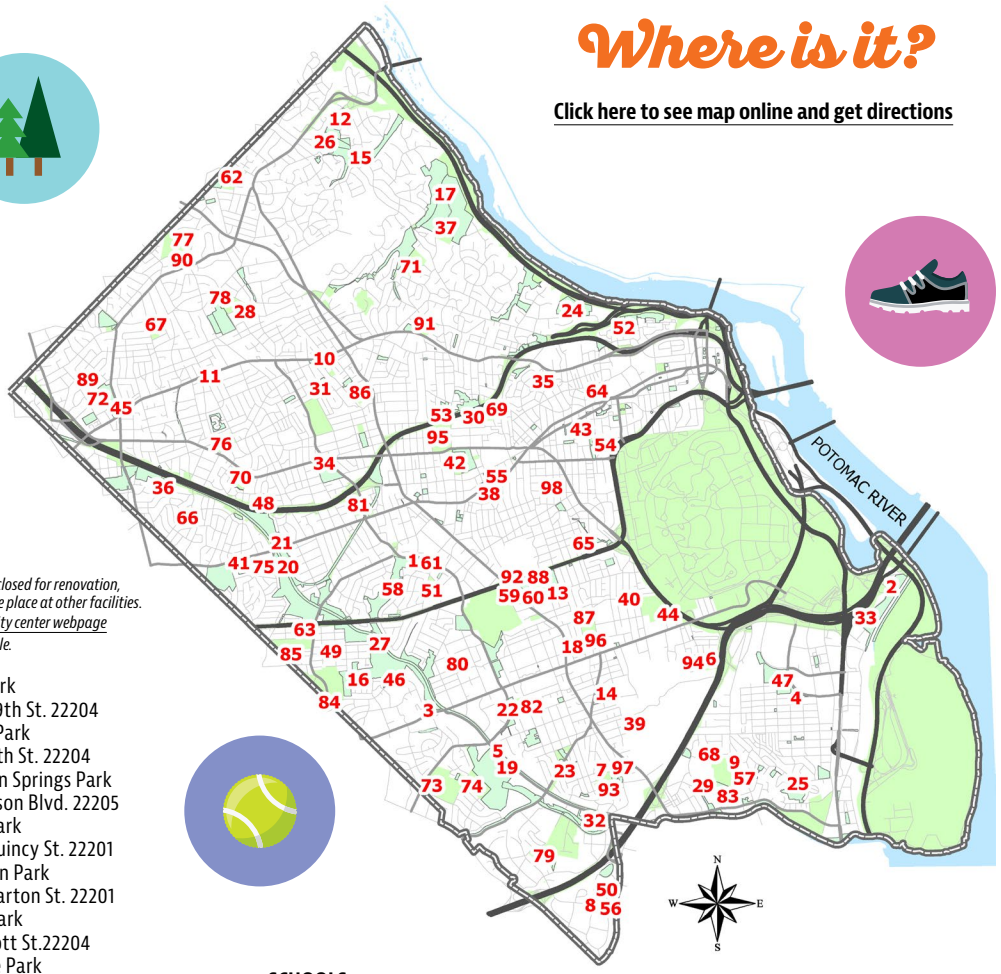
☐ **Check here if you wish to pay with a credit card online**
Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

☐ **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.

Where is it?

Click here to see map online and get directions



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. 2207
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-Ša 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

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

ARLINGTON
VIRGINIA

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
FACEBOOK: facebook.com/arlparksrec
INSTAGRAM: instagram.com/arlparksrec
X (formerly Twitter): x.com/arlparksrec

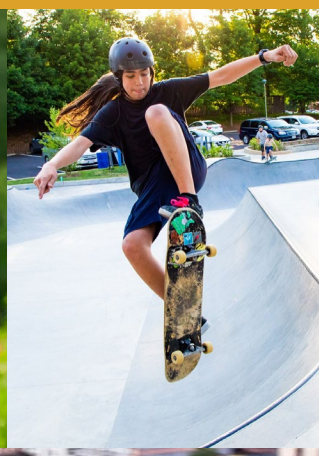
REPORT A PROBLEM

https://www.arlingtonva.us/A-Z-Index/reportproblem/

THERE'S ALWAYS SOMETHING FUN HAPPENING IN AN ARLINGTON PARK

Learn more at arlingtonva.us/dpr









NATURE PARKS & TRAILS • VOLLEYBALL & TENNIS COURTS • PLAYGROUNDS • DOG PARKS
BASKETBALL COURTS • POWHATAN SPRINGS SKATE PARK • SPRAYGROUNDS

SUBSCRIBE TO PARKS & RECREATION ENEWS:

arlingtonva.us/dpr

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

NATURE & HISTORY

News from Our Nature Centers

COMMUNITY CENTER CENTRAL

Local Info

PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates

Arlington Resident Online/Phone

REGISTRATION BEGINS AUG. 4-6, 2026 @ NOON*

Go to 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

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

DO YOU SPEAK ANOTHER LANGUAGE?

Free language assistance services are available to you. Call 703.228.4747 or visit parks.arlingtonva.us

SPANISH: Si habla español, tiene a su disposición servicios de asistencia lingüística gratuitos. Llame al 703.228.4747 o visite parks.arlingtonva.us

MONGOLIAN: хэрэв та монгол хэлээр ярьдаг бол хэлний тусламжийн үйлчилгээ үнэ төлбөргүй үйлчлэх боломжтой. 703.228.4747 руу залгах буюу parks.arlingtonva.us руу зочилно уу

BENGALI: আপনি যদি বাংলা কথা বলেন, বিনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: አማርኛ የሚናገሩ ከሆነ ፣ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ አርስዎ ይገኛሉ ። በ 703. 228.4747 ይደውሉ ወይም ፓርክ.አርሊንግተን va ን ይጎብኙ

ARABIC: إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية مجانًا. اتصل parks.arlingtonva.us بالرقم 703.228.4747 أو قم بزيارة

CAPRA ACCREDITED

We Aim to Please!

Our vision is be powered by sustainability and rooted in Belonging, Arlington's Parks and Recreation system will deliver dynamic experiences that benefit everyone, everywhere, every day. We strive to live our mission as dedicated Parks and Recreation professionals committed to stewarding sustainable resources and equitable access through inclusive programs, services, and public spaces. Arlington County's Department of Parks and Recreation is one of 220 agencies in the U.S. to have national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA), by meeting all 154 standards.

REDUCED FEES ARE AVAILABLE!

Arlington has resources to help keep residents of all incomes and abilities participating in our programs and classes. For more information, call 703.228.4747.

Modifications

Arlington County can provide reasonable modifications for people with disabilities upon request. Advance notice is welcome. Call 703.228.4740 or email TRinfo@arlingtonva.us

Fee Reductions

Arlington County residents may request a fee reduction for classes! Apply for a fee reduction before you register for a class—discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information, click here.

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.