ENJOY Arlington

WINTER 2027

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS DECEMBER 1-3, 2026 @ NOON*

Tues 1
- Gymnastics

Wed 2
- Aquatics Classes
- Private Swim

Thurs 3
- Nature / History
- General Classes

Fri., December 4
* Resident Walk-In Registration Begins at 8am

Wed., December 9
* Out-of-County Registration Begins at 8am

Details on p.62

ARLINGTON VIRGINIA
Parks & Recreation

Go to registration.arlingtonva.us ▪ Classes begin January 11, 2027 unless noted otherwise



Wishing you
good health,

Jane Rudolph

Director, Department of Parks and Recreation



Warm Up Your Winter with New Experiences from ENJOY Arlington!

Winter is the perfect season to try something new. Whether you're looking to stay active, get creative, learn a new skill or connect with nature, this season's Enjoy Arlington catalog is filled with opportunities for every age, interest and ability.

We're excited to introduce a variety of new programs this season. Try your hand at jewelry-making through new enameling classes (p.7), explore our expanded lineup of dance offerings (p.12), or build confidence and skills through new gymnastics programs, including cheer clinics, tumbling and specialized skills clinics (p.37). There's no shortage of new ways to get involved!

And don't forget to save the date for some of our favorite winter traditions, including Paint, Build, Create (p.55), Feel the Heritage (p.51), and something new to look forward to, WinterFest (p.44)!

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.

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Nov 21

2026

Extended Hours 9am-4pm

To help with your registration needs, our offices will be open late on Tuesdays and Thursdays 5-7pm, and special hours on Sat., Nov. 21, 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

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 supply fee ($40 for 10 sessions; $36 for 9 sessions) included in the cost of the class. Adult participation is required. Inst.: Abrakadoodle.

Long Bridge Aquatics & Fitness Center
Ages 20 months-3yrs **10 Sessions** **$230**
210100A Tues., Jan. 12, 10–10:45am

Fairlington Center
Ages 20 months-3yrs **10 Sessions** **$230**
210100B Fri., Jan. 15, 10–10:45am

Arlington Mill Center
Ages 20 months-3yrs **9 Sessions** **$207**
210100C Sat., Jan. 16, 9–9:45am

TOT & YOUTH

Abrakadoodle® Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A non-refundable supply fee ($40 for 10 sessions; $36 for 9 sessions) is included in the cost of the class. Adults are required to stay on the premises at all times. Inst.: Abrakadoodle.

Fairlington Center
Ages 3–6 **10 Sessions** **$230**
220104A Fri., Jan. 15, 11–11:45am

Arlington Mill Center
Ages 3–6 **9 Sessions** **$207**
220104B Sat., Jan. 16, 10–10:45am

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 $36 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 **9 Sessions** **$256**
220107A Sat., Jan. 16, 11am-12pm





New! Spanish Crafters: Learn Language Through Art

Children learn conversational Spanish naturally while painting, sculpting, and building projects. This vibrant, interactive class combines crafting with language learning, avoiding traditional textbook grammar instruction. There is a $20 non-refundable supply fee included in the cost of the class. Inst.: Art & Learning4Kids.

Lubber Run Center
Ages 5–8 **8 Sessions** **$220**
220119A Sat., Jan. 23, 2:45–3:45pm

Walter Reed Center
Ages 9–12 **6 Sessions** **$170**
220119B Wed., Jan. 20, 6:15–7:15pm

New! Squish, Sculpt & Air-Dry!

This high-energy, hands-on studio class invites young artists to explore the tactile world of clay and salt dough. Kids will transform simple materials into vibrant, durable masterpieces, focusing on messy exploration, artistic self-expression, and friendly collaboration. There is a non-refundable $24 supply fee included in the cost of the class. Inst.: Art & Learning4Kids.

Walter Reed Center
Ages 5–12 **6 Sessions** **$120**
220120A Wed., Jan. 20, 5–6pm

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**
240100A Sat., Jan. 9, 10am-12:30pm
240100B Sat., Jan. 30, 10am-12:30pm
240100C Sat., Feb. 13, 10am-12:30pm
240100D Sat., Feb. 27, 10am-12:30pm
240100E Sat., Mar. 6, 10am-12:30pm



CERAMICS

YOUTH & ADULT

New! Embossed Clay Valentines: Parent/Child

This is a kid-friendly workshop, but it's absolutely 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 valentine magnets. 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 yourself up. All materials included. A non-refundable $25 supply fee is included in the cost of the class. Inst.: Staff.

Walter Reed Center
Ages 6–12 **1 Session** **$56**
220103A Sat., Jan. 23, 10–11:30am

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.: Witchard.

Walter Reed Center
Ages 6–12 **7 Sessions** **$216**
220102A Sun., Jan. 24, 2–3:30pm



YOUTH & TEEN

Young Potters

A basic introduction to the potter's wheel with a focus on centering, throwing and decorating techniques. Lessons will include throwing bowl and cylinder forms along with finishing and glazing. A great class for beginners and for students who have some knowledge of throwing on a potter's wheel. Return students welcome. Wear a smock or clothes that can get messy and bring a towel. A non-refundable $45 supply fee is included in the cost of the class. Inst.: Leffler-Donnell.

Thomas Jefferson Center
Ages 12–16 **8 Sessions** **$289**
220115A Thurs., Jan. 14, 3:30–5:30pm



ADULT

New! Embossed Clay Valentines

This workshop is 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 valentine magnets. Pieces will be glazed and fired and ready to pick up at TJ Community Center two weeks after class. All materials included. A non-refundable $25 supply fee is included in the cost of the class. Inst.: Staff.

Walter Reed Center
Ages Adults **1 Session** **$56**
240116A Sat., Jan. 23, 12:30–2pm

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 **8 Sessions** **$365**
240124A Mon., Jan. 11, 6–8:30pm

Thomas Jefferson Center. Inst.: Marker
Ages Adults **8 Sessions** **$365**
240124B Sat., Jan. 30, 10am-12:30pm

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 **9 Sessions** **$413**
240125A Tues., Jan. 12, 3–5:30pm
240125B Tues., Jan. 12, 6–8:30pm
240125C Mon., Jan. 11, 3–5:30pm

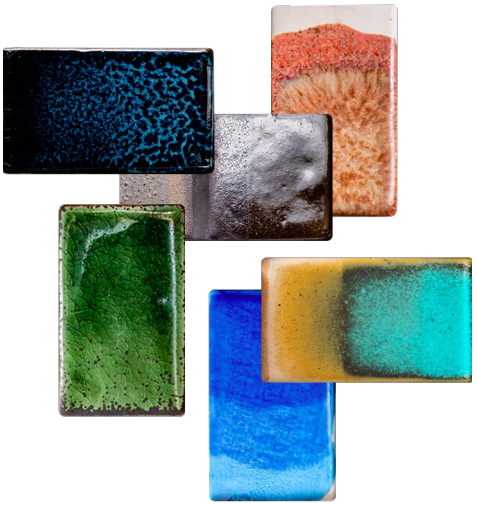
Thomas Jefferson Center. Inst.: Leffler-Donnell
Ages Adults **9 Sessions** **$413**
240125D Thurs., Jan. 14, 6–8:30pm

Thomas Jefferson Center. Inst.: Marker
Ages Adults **8 Sessions** **$365**
240125E Fri., Jan. 29, 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**
240129A Wed., Jan. 13, 6–7:30pm



New! Decorative Surfaces

This technique focused workshop will use underglazes to develop clay surfaces with color and texture. This two-day workshop will focus solely on surface design, and students will concentrate on making small sample tiles as they try out these new techniques. The following techniques will be covered: using commercial underglaze transfers, using sgraffito, glaze trailing, and finally making your own underglaze transfers and different ways to use them. Students should bring a towel and notebook. There is a non-refundable supply fee of $25 included in the cost of this class. This supply fee includes clay for tiles, underglazes and all firing of artwork. Some decorative tools are available to purchase, if students want them, but it is not required. Inst.: Staff.

Walter Reed Center
Ages Adults **2 Sessions** **$136**
240128A Sun., Feb. 21, 2–5pm

New! Get a Grip: Handles

In the workshop students will take an in-depth look at handles. How to make and attach them and the ergonomics of what makes a good handle. The focus will be on pulled handles but will also cover hand-built and decorative handles and ways to make this element of your pottery uniquely your own. Students should come to class with thrown cylinders. The instructor will reach out before class to give more details on what to bring. Students should bring a towel and notebook. There is a non-refundable supply fee of $25 included in the cost of this class. This supply fee includes clay and firing of work. Inst.: Staff.

Walter Reed Center
Ages Adults **2 Sessions** **$136**
240130A Sat., Apr. 3, 10am-12:30pm



DRAWING/PAINTING

YOUTH

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.: Dascalu.

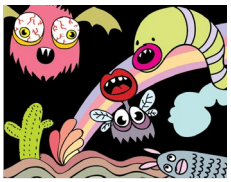
Fairlington Center
Ages 5–7 **8 Sessions** **$172**
220129A Sat., Jan. 16, 12–1pm

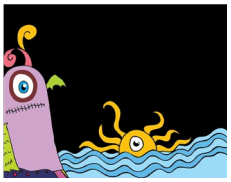
Art 101: Intro to Art

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.

Fairlington Center. Inst.: Dascalu
Ages 8–10 **8 Sessions** **$172**
220128A Tues., Jan. 12, 4–5pm

Fairlington Center. Inst.: Witchard
Ages 8–10 **8 Sessions** **$172**
220128B Sat., Jan. 16, 10–11am



New! Cartooning & Comics

Does your child love to draw or copy popular cartoons or make up their own characters? Well, this class will help them develop their own personal style and create characters from their imagination. Students will learn the basics in drawing, character design, composition, storytelling and page layout. No prior experience is necessary, so, all levels are welcomed. All materials are provided. There is a non-refundable $35 supply fee included in the cost of the class. Inst.: Dascalu.

Fairlington Center
Ages 8–10 **8 Sessions** **$172**
220122A Thurs., Jan. 14, 4–5pm
220122B Sat., Jan. 16, 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**
240137A Thurs., Jan. 14, 6–7:45pm

ADULT

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 **8 Sessions** **$224**
240142A Tues., Jan. 12, 1–3pm

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 **8 Sessions** **$224**
240131A Tues., Jan. 12, 10am-12pm

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**
240136A Sat., Jan. 30, 2–4:30pm
240136B Sat., Feb. 20, 2–4:30pm
240136C Sat., Mar. 6, 2–4:30pm



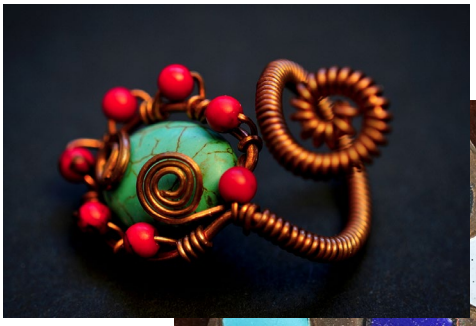
JEWELRY

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.: Staff.

Thomas Jefferson Center
Ages 12–17 **6 Sessions** **$220**
230102A Wed., Feb. 10, 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**
240151A Mon., Jan. 11, 6–8:30pm

Intro to Jewelry II: Cabs & Tabs

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 **6 Sessions** **$263**
240152A Tues., Feb. 9, 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 **6 Sessions** **$263**
240157A Wed., Feb. 10, 6–8:30pm

Flush Stone Setting

Prerequisite: Intro 1 and Intro 2, This 2½-hour workshop teaches the fundamentals of flush-setting a gemstone into sterling silver. Students will build on their foundational skills as they learn how to drill, bur, and set a stone so it sits smoothly and seamlessly within the metal surface. Through hands-on instruction, participants will practice proper tool control, stone safety, and professional finishing techniques to achieve a clean, modern flush-set look. Each student will flush-set a gemstone into a metal sheet. This is the next excellent step in refining precision skills and expanding stone-setting abilities. This workshop is perfect for those ready to advance their craftsmanship and add a new artistic technique to their jewelry-making skills. There is a non-refundable $40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center
Ages Adults **1 Session** **$88**
240158A Sun., Feb. 28, 2–4:30pm

New! Cocktail Spoon Workshop

Turn a piece of copper into a one-of-a-kind handcrafted spoon! In this beginner-friendly workshop, you'll forge copper wire into a handle, pierce and shape sheet copper into a spoon bowl, then bring the two together using traditional metalsmithing techniques. Along the way you'll learn forging, hammer forming, soldering, riveting and finishing skills while creating a functional spoon that stirs up conversation. This is the only time we encourage spooning with strangers There is a non-refundable $45 supply fee included in the cost of this class. This fee covers all tools and expendable supplies. Inst.: Shotton.

Thomas Jefferson Center
Ages Adults **1 Session** **$171**
240162A Sat., Mar. 6, 10am-2:30pm

New! Spinner Ring Workshop

Create a mixed metal spinner ring while learning the fundamentals of metalsmithing! Students will combine copper and sterling silver to create a ring with a freely moving spinner band in the middle. You'll learn basic jewelry techniques including measuring, sawing, filing, forming, texturing, soldering and polishing. This workshop is beginner friendly. Inst.: Bez.

Thomas Jefferson Center
Ages Adults **1 Session** **$171**
240165A Sat., Mar. 20, 10am-2:30pm

New! Color Meltdown: Enameling

Are you curious about the vibrant world of vitreous enameling? In this 8-week enameling course is designed for beginners and those looking to expand their metalsmithing skills. Meeting once a week, students will build a strong foundation in enamel preparation, firing, color application, and surface finishing before exploring more advanced techniques including champlevé, cloisonné, and Limoges-style painting. Through weekly projects and demonstrations, you'll learn how to transform copper into colorful, kiln-fired works of art while developing the confidence to continue exploring enamel in your own studio practice. 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**
240166A Thurs., Jan. 14, 6–8:30pm

New! Graphite Drawing on Enamel

Discover a unique approach to enameling by transforming graphite drawings into permanent kiln-fired imagery. In this one-day workshop, students will learn how to create detailed graphite illustrations that are fired directly into enamel, producing rich, monochromatic images with remarkable depth and permanence. The class will cover surface preparation, drawing techniques, firing schedules, and finishing methods while giving students the opportunity to complete their own finished enamel piece. This workshop is perfect for anyone interested in combining drawing with the luminous beauty of enamel-no prior enameling experience is required. 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 **1 Session** **$171**
240167A Sat., Feb. 13, 10am-2:30pm
240167B Sat., Feb. 27, 10am-2:30pm

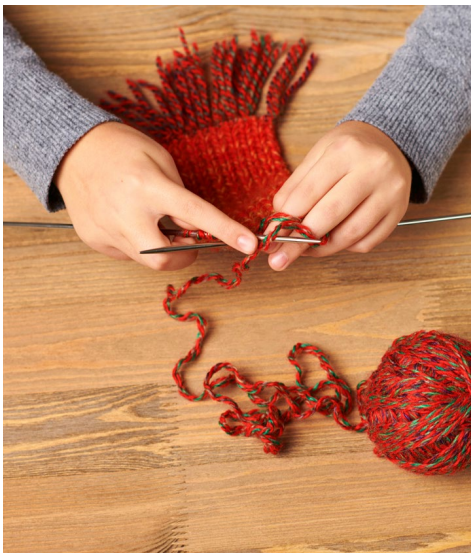
New! Get it Twisted

Explore the versatility of wire in this 8-week jewelry course, where you'll learn to transform simple wire into intricate, wearable art. Beginning with foundational wire wrapping and woven wire techniques, students will create jewelry using cold connections, decorative weaves, and wrapped settings for stones and found objects. As the course progresses, you'll expand your skills by fabricating wire settings for flat stones and other objects before being introduced to the elegant traditions of Russian filigree. Along the way, you'll develop precision, dexterity, and an appreciation for wire as both structural and decorative material, leaving with a collection of unique handmade jewelry and the confidence to continue exploring these techniques in your own work. 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**
240168A Fri., Jan. 29, 6–8:30pm

SEWING & FIBER ARTS



ADULT

New! Intro to Hand Knitting

This beginner-friendly course introduces the foundational skills needed to create cozy, handmade items. Working in a supportive and social group environment, students will learn core techniques and complete a project or two by the end of the session, gaining the confidence to work independently. There is a non-refundable $35 supply fee included in the cost of the class. Inst.: Art & Learning4Kids.

Lubber Run Center
Ages 16-Adult **8 Sessions** **$219**
240102A Sat., Jan. 23, 1–2:30pm

Intro to Sewing

For the absolute beginner sewer! This class will get the student familiar with a sewing machine, and it's uses for repairing or creating new fashions for the body and home. Follow directions for simple patterns and projects. Practice these skills in a low-key environment meant for relaxed learning. Skills that will be covered are basic knowledge of the sewing machine, straight and zig zag stitching, zipper insertion, types of needles, and appropriate fabric for future projects. There is a non-refundable $45 supply fee included in the cost of the class.

Arlington Mill Center. Inst.: Staff
Ages Adults **8 Sessions** **$248**
240112A Tues., Jan. 12, 6–8pm

Arlington Mill Center. Inst.: Jackson-Waldron
Ages Adults **8 Sessions** **$248**
240112B Sun., Jan. 17, 1:30–3:30pm
240112C Sun., Jan. 17, 4–6pm

WOODWORKING



ADULT

Intro to Woodshop

Did you know there is a community woodshop in Arlington right around the corner at TJ Art Studios? Join us in our basic introduction course on woodworking! In addition to learning fundamental safety guidelines, the course will introduce students to the core machines in our woodshop (band saw, planer, jointer, cut-off saw, drill press, disc and drum sanders and the ever-important table saw) as well as a brief instruction on the woodworking project concepts of planning, shaping/cutting lumber and sanding/finishing. You will make a cutting board as you become familiar with the equipment. The course cost covers all the materials for your first projects. Small class size of 3-5 to ensure individual instruction and time on the machines. Because this course is about teaching students proper tool use and safety practices, and it is a prerequisite before attending Independent Study sessions, it is required to attend all classes. There is a non-refundable $45 supply fee included in the cost of the class.

Thomas Jefferson Center. Inst.: West
Ages Adults **4 Sessions** **$373**
240180A Tues., Jan. 12, 6–8:30pm

Thomas Jefferson Center. Inst.: Lovehart
Ages Adults **4 Sessions** **$373**
240180B Thurs., Jan. 14, 6–8:30pm
240180C Mon., Feb. 22, 6–8:30pm

Fee Reductions

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



New! Intermediate Woodworking

Taken the Intro to woodshop, but want to continue learning to become more familiar and comfortable in the woodshop? Then this is the class for you. In this next step woodworking class, participants will make another project expanding on what they already know to gain some more experience with the tools and machines in the shop. Emphasis will be on safety and more complex cuts and simple joints. The 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. Attending the first class is required. 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**
240189A Sat., Jan. 30, 10am-12:30pm

Intro to Carving

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**
240184A Mon., Jan. 25, 6–8:30pm

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**
240187A Fri., Mar. 12, 6–8:30pm

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**
240185A Fri., Jan. 29, 6–8:30pm

Lathe 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. Inst.: Staff.

Thomas Jefferson Center
Ages Adults **1 Session** **$107**
240186A Sat., Jan. 16, 10am-12:30pm
240186B Thurs., Feb. 18, 6–8:30pm

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.: West.

Thomas Jefferson Center
Ages Adults **5 Sessions** **$415**
240188A Tues., Feb. 16, 6–8:30pm

COOKING



YOUTH

Cooking: No Bake Bonanza

Get ready to mix, munch, and create! Young chefs will whip up tasty no-bake favorites including wraps, dips, smoothies, sandwiches, desserts, and more while learning fun kitchen skills and creative food presentation. Every recipe is easy to recreate at home, making this the perfect class for budding chefs with big appetites and even bigger imaginations! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center
Ages 5–11 **8 Sessions** **$224**
220330A Wed., Jan. 20, 5–6pm
220330B Sat., Jan. 23, 4:30–5:30pm



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 **7 Sessions** **$196**
220317A Sun., Jan. 24, 10–11am

Cooking Around the World

Children will spend each class sampling various cuisines from different cultures, crafting traditional dishes while learning essential kitchen skills. Collaboration and kitchen safety are key as they delve into culinary techniques like dicing, coring, and slicing. They'll also learn more about customary units of volume by measuring with teaspoons, tablespoons, and more, all while baking delicious. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center
Ages 5–11 **8 Sessions** **$224**
220326A Wed., Jan. 20, 6:15–7:15pm

DOG OBEDIENCE

TEEN & ADULT

K-9 Nose Work Level 1

K9 Nose work is a great way to bond with your 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**
240733A Wed., Jan. 13, 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 the 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 3–6 **8 Sessions** **$220**
210321A Sun., Jan. 24, 4:40–5:10pm
210321B Sun., Jan. 24, 5:20–5:50pm

Tiny Tunes Guitar

Strum, sing, and play! In this upbeat and interactive class, our youngest musicians will explore the guitar through playful songs, rhythm games, listening activities, creative projects, and more! Each week offers a new musical adventure - and students take their guitar and music home to keep the fun going. A rental agreement must be signed, and instruments must be returned in the 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 **8 Sessions** **$220**
210324A Sun., Jan. 24, 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 the 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.

Lubber Run Center
Ages 5–12 **9 Sessions** **$263**
220320A Thurs., Jan. 14, 5:15–6:15pm

Arlington Mill Center
Ages 5–12 **8 Sessions** **$236**
220320B Sat., Jan. 23, 9:30–10:30am
220320C Sun., Jan. 24, 3:30–4:30pm

Long Bridge Aquatics & Fitness Center
Ages 5–12 **8 Sessions** **$236**
220320D Fri., Jan. 22, 6:10–7:10pm

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 the 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 **8 Sessions** **$236**
220321A Sat., Jan. 23, 12:15–1:15pm
220321B Sun., Jan. 24, 2:20–3:20pm



Strum & Smile! Beginner Ukulele

Tiny instrument, big fun! Kids will strum their way through tunes while learning notes, chords and rhythm in this cheerful intro to ukulele. Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in the 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 **8 Sessions** **$236**
220322A Sat., Jan. 23, 10:45–11:45am

Long Bridge Aquatics & Fitness Center
Ages 5–12 **7 Sessions** **$209**
220322B Mon., Jan. 25, 6:15–7:15pm

Rhythm Rockers! Beginner Drumming

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

Long Bridge Aquatics & Fitness Center
Ages 5–12 **8 Sessions** **$236**
220323A Fri., Jan. 22, 7:20–8:20pm

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.

Lubber Run Center
Ages 5–12 **9 Sessions** **$263**
220319A Thurs., Jan. 14, 6:30–7:30pm

Arlington Mill Center
Ages 5–12 **8 Sessions** **$236**
220319B Sat., Jan. 23, 1:30–2:30pm

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **7 Sessions** **$209**
220319C Mon., Jan. 25, 7:20–8:20pm

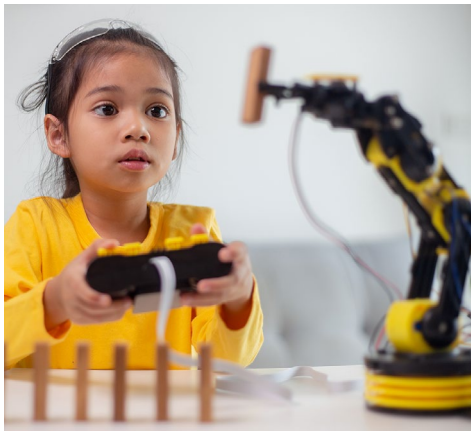
SCIENCE & DISCOVERY

TOT

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 **7 Sessions** **$189**
220331A Sat., Jan. 23, 9:30–10:15am
220331B Sat., Jan. 23, 10:30–11:15am



TOT & YOUTH

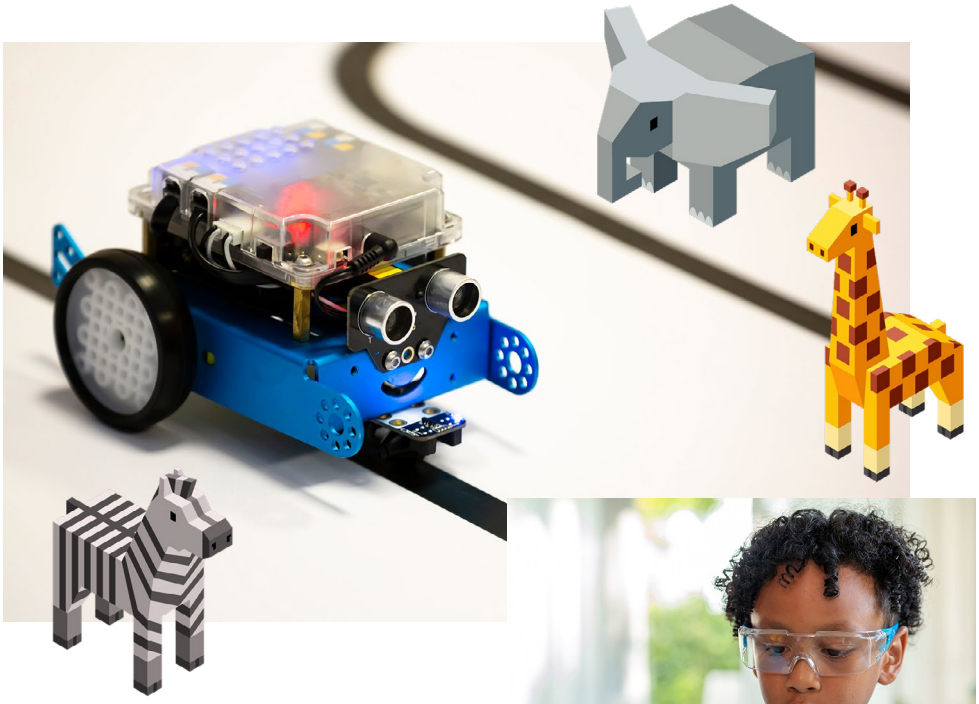
The Science Seed™

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**
220279A Mon., Jan. 25, 3–3:45pm
220279B Sat., Jan. 23, 9–9:45am
220279C Sat., Jan. 23, 10–10:45am
Ages 5–8 **6 Sessions** **$150**
220279D Mon., Jan. 25, 4:15–5pm
220279E Sat., Jan. 23, 11–11:45am

LEGO® WeDo 2.0: Space & Aviation

Children will have the opportunity to explore the sky and beyond as they build and program their own aviation and space-themed robots using LEGO® WeDo kits. With projects that include helicopters and lunar rovers to flying animals and more, children will be able to bring the future right



into their hands through programmable LEGO® sets. With a range of project ideas and lesson plans to choose from, children will have the chance to soar through the world of space and aviation! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center
Ages 5–7 **8 Sessions** **$216**
220338A Thurs., Jan. 14, 5–6pm

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 **7 Sessions** **$189**
220339A Sun., Jan. 24, 11:30am-12:30pm





YOUTH

Science: Make It or Break It!

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

Long Bridge Aquatics & Fitness Center
Ages 6–12 **7 Sessions** **$189**
220327A Sat., Jan. 23, 11:30am-12:30pm

New! Dungeons & Dragons: Heroes Club

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, create stories, and use math concepts such as probability to determine outcomes. Children will collaborate and build a world together to explore. Materials are provided so only imagination is needed on this magical journey. Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center
Ages 8–11 **8 Sessions** **$216**
220335A Sat., Jan. 23, 3–4pm

LEGO® WeDo 2.0: Zooland Robotics

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

Long Bridge Aquatics & Fitness Center
Ages 7–12 **8 Sessions** **$216**
220336A Thurs., Jan. 14, 6:15–7:15pm

THIS-N-THAT



YOUTH & TEEN

Chess Club with Silver Knights Chess

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 5–13 **10 Sessions** **$260**
220299A Fri., Jan. 15, 1:50–2:50pm
Ages 6–13 **10 Sessions** **$260**
220299B Thurs., Jan. 14, 6–7pm

Lubber Run Center
Ages 6–13 **10 Sessions** **$260**
220299C Fri., Jan. 15, 6–7pm

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.



DANCE

TOT & ADULT

New! Baby Ballerina: Adult & Me

This class is an introduction to learning ballet. Students will learn basic ballet movement and terminology. Parents/adults must participate with students. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Fairlington Center
Ages 2–4 **10 Sessions** **$168**
210216A Tues., Jan. 12, 4:30–5pm

Dance & 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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.



Barcroft Sports & Fitness Center
Ages 2–3 **8 Sessions** **$168**
210204A Sat., Jan. 23, 11–11:30am
Ages 2–3 **7 Sessions** **$147**
210204B Mon., Jan. 11, 9:45–10:15am

Lubber Run Center
Ages 2–3 **9 Sessions** **$189**
210204C Fri., Jan. 15, 10:30–11am
210204D Sat., Jan. 16, 4:15–4:45pm

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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center
Ages 2–3 **9 Sessions** **$189**
210207B Wed., Jan. 13, 10–10:30am
Ages 2–3 **8 Sessions** **$168**
210207A Sat., Jan. 23, 10:20–10:50am

Walter Reed Center
Ages 2–3 **9 Sessions** **$189**
210207C Thurs., Jan. 14, 5:15–5:45pm
210207D Fri., Jan. 15, 10–10:30am

Lubber Run Center
Ages 2–3 **9 Sessions** **$189**
210207E Sat., Jan. 16, 9:45–10:15am

Long Bridge Aquatics & Fitness Center
Ages 2–3 **8 Sessions** **$168**
210207F Sun., Jan. 17, 10:30–11am



TOT

Pre-Ballet & Movement I

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

Barcroft Sports & Fitness Center
Ages 3–5 **9 Sessions** **$225**
210210A Tues., Jan. 12, 5:10–5:50pm
Ages 3–5 **8 Sessions** **$200**
210210B Sat., Jan. 23, 9:30–10:10am
Ages 3–5 **7 Sessions** **$175**
210210C Mon., Jan. 11, 10:30–11:10am
210210D Mon., Jan. 11, 5:10–5:50pm

Lubber Run Center
Ages 3–5 **9 Sessions** **$225**
210210E Fri., Jan. 15, 11:10–11:55am
210210F Sat., Jan. 16, 10:30–11:10am
210210G Sun., Jan. 17, 3:30–4:10pm
Ages 3–5 **7 Sessions** **$175**
210210H Mon., Jan. 11, 4–4:40pm



Langston-Brown Center
Ages 3–5 **9 Sessions** **$225**
210210I Wed., Jan. 13, 5:10–5:50pm
210210J Thurs., Jan. 14, 5:10–5:50pm

Long Bridge Aquatics & Fitness Center
Ages 3–5 **9 Sessions** **$225**
210210K Sun., Jan. 17, 4:20–5pm

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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 4–5 **9 Sessions** **$225**
210211A Tues., Jan. 12, 4:30–5:15pm
210211B Sat., Jan. 16, 11:15am-12pm

New! Hip-Hop Tots

Tots are introduced to basic hip hop steps and combinations. Class focuses on creativity, coordination, and rhythm. All moves are set to age-appropriate music. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Fairlington Center
Ages 3–5 **10 Sessions** **$250**
210217A Tues., Jan. 12, 5:05–5:50pm

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

TOT & YOUTH

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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Langston-Brown Center
Ages 4–6 **9 Sessions** **$225**
210205A Wed., Jan. 13, 6–6:45pm

Barcroft Sports & Fitness Center
Ages 4–6 **9 Sessions** **$225**
210205B Thurs., Jan. 14, 5:10–5:55pm

Lubber Run Center
Ages 4–6 **7 Sessions** **$175**
210205C Mon., Jan. 11, 4:45–5:30pm

New! Ballet & Tap

This class is a introductory class to learn the foundation of ballet and tap dance. Students will learn terminology, coordination, and flexibility. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Fairlington Center
Ages 3–5 **9 Sessions** **$225**
210218A Sat., Jan. 16, 2:40–3:25pm

New! Dance Combo

Students will learn the foundation of ballet, tap, and jazz dance. This class helps students explore many different dance styles along with terminology, flexibility, and coordination. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Fairlington Center
Ages 5–8 **10 Sessions** **$250**
220228A Tues., Jan. 12, 5:55–6:40pm

New! Lyrical

Lyrical dance blends ballet's precision with modern dances emotional expression to tell stories through fluid, continuous movement. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Fairlington Center
Ages 8–13 **9 Sessions** **$225**
220229A Sat., Jan. 16, 3:30–4:15pm

Tap n' Ballet

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

Lubber Run Center
Ages 4–6 **9 Sessions** **$225**
210213A Tues., Jan. 12, 5:30–6:15pm
210213B Sat., Jan. 16, 3:15–4pm
210213C Sun., Jan. 17, 2:30–3:15pm

Long Bridge Aquatics & Fitness Center
Ages 4–6 **9 Sessions** **$225**
210213D Sun., Jan. 17, 3:30–4:15pm





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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 5–7 **9 Sessions** **$225**
220221A Wed., Jan. 13, 4:15–5pm
Ages 5–7 **7 Sessions** **$175**
220221B Mon., Jan. 11, 5:35–6:20pm

Barcroft Sports & Fitness Center
Ages 5–7 **9 Sessions** **$225**
220221C Thurs., Jan. 14, 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 info@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 6½-10 **9 Sessions** **$216**
220222A Wed., Jan. 13, 5:05–6:05pm

New! Ballet 1 & 2

Looking to jété and arabesque? This class is for children who have the coordination and discipline to focus on learning ballet combinations, including exercises at the barre, center work and dancing across the floor. Ballet technique will be presented in a fun and encouraging environment, focusing on grace, strength, balance and musicality. Dancers who have taken Pre-Ballet or Ballet 1 are welcome to enroll in this class. Email info@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Long Bridge Aquatics & Fitness Center
Ages 5–9 **8 Sessions** **$200**
220226A Sun., Jan. 17, 9:30–10:15am

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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Lubber Run Center
Ages 6–8 **9 Sessions** **$225**
220200A Sun., Jan. 17, 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 info@gobananasdancing.com. Inst.: Go Bananas Dancing.

Walter Reed Center
Ages 8–11 **9 Sessions** **$225**
220212A Sun., Jan. 17, 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 info@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center
Ages 5–9 **7 Sessions** **$175**
220214A Mon., Jan. 11, 6–6:45pm

TEEN & ADULT

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 **8 Sessions** **$104**
240203A Mon., Jan. 11, 7–8pm

New! Ballet 1

Build upon basic ballet fundamentals while developing technique, coordination, flexibility, and musicality. Participants will practice barre and center exercises designed to improve







balance, strength, body alignment, and movement quality. Ideal for adults with some previous ballet experience or those ready to progress beyond the beginner level. Inst.: Bell.

Fairlington Center
Ages 16-Adult **8 Sessions** **$104**
240204A Mon., Jan. 11, 8–9pm

New! Belly Dance

Students will learn Middle Eastern Arabic dance movements featuring hips, isolations, and coordination. This class is a great full body workout. If you have questions email Ericafitnessanddance@gmail.com. Inst.: Envision Dance & Fitness LLC.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **9 Sessions** **$225**
240211A Thurs., Jan. 14, 7:15–8pm

Fairlington Center
Ages 13-Adult **9 Sessions** **$225**
240211B Sat., Jan. 16, 1–1:45pm
240211C Sat., Jan. 16, 1:50–2:35pm

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 in new movements and celebrate world dance. This course is beginner friendly. Wear breathable clothing, non-skid sneakers, and prepare to sweat! Inst.: McQuarrie.

Fairlington Center
Ages 14-Adult **8 Sessions** **$104**
240210A Tues., Jan. 19, 7–8pm

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**
240231A Mon., Jan. 11, 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**
240232A Mon., Jan. 11, 7:45–8:45pm

MOVEMENT



TOT & ADULT

Music Together®

Music Together® is an internationally recognized educational mixed-age music and movement educational 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.littlestepsmusic.com A $44 non-refundable materials fee is included in the cost of the class. Adult participation required.

Lubber Run Center. Inst.: Abramovitch
Ages Birth-5 **10 Sessions** **$283**
210208A Tues., Jan. 12, 9:30–10:15am
210208B Tues., Jan. 12, 10:30–11:15am

Fairlington Center. Inst.: Abramovitch
Ages Birth-5 **10 Sessions** **$283**
210208C Sat., Jan. 16, 9:30–10:15am
210208D Sat., Jan. 16, 10:30–11:15am
210208E Sat., Jan. 16, 11:30am-12:15pm

Lubber Run Center. Inst.: Wiebel
Ages Birth-5 **10 Sessions** **$283**
210208F Thurs., Jan. 14, 10–10:45am
210208G Thurs., Jan. 14, 11–11:45am
Ages Birth-5 **8 Sessions** **$235**
210208H Mon., Jan. 11, 9:30–10:15am
210208I Mon., Jan. 11, 10:30–11:15am

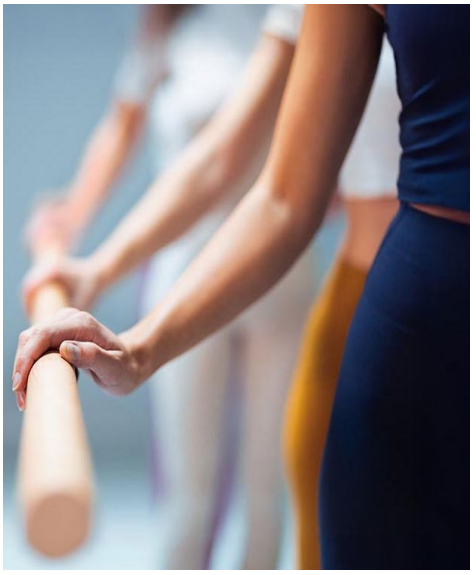
Lubber Run Center. Inst.: Scott
Ages Birth-5 **8 Sessions** **$235**
210208J Sat., Jan. 16, 10–10:45am
210208K Sat., Jan. 16, 11–11:45am

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 **8 Sessions** **$235**
210209A Mon., Jan. 11, 11:30am-12:15pm





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 **10 Sessions** **$160**
240304A Tues., Jan. 12, 7:15–8:15pm
Ages 15-Adult **9 Sessions** **$144**
240304B Sat., Jan. 16, 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 50+ **9 Sessions** **$144**
240307A Sat., Jan. 16, 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.

Lubber Run Center. Inst.: RitaRox
Ages 16-Adult **10 Sessions** **$160**
240344A Wed., Jan. 13, 7–8pm

Long Bridge Aquatics & Fitness Center. Inst.: RitaRox
Ages 16-Adult **8 Sessions** **$128**
240344B Mon., Jan. 11, 7–8pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **10 Sessions** **$160**
240344C Wed., Jan. 13, 9:30–10:30am

Barcroft Sports & Fitness Center. Inst.: BodyMoves Fitness LLC
Ages Adults **9 Sessions** **$144**
240344D Thurs., Jan. 14, 11:20am-12:20pm

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 **10 Sessions** **$180**
240319A Tues., Jan. 12, 6–7pm
240319B Thurs., Jan. 14, 6–7pm

Walter Reed Center
Ages Adults **10 Sessions** **$180**
240319C Wed., Jan. 13, 4:45–5:45pm

Body Sculpting

Start your workout with a low-impact warm-up designed to prepare your body for movement. Then enjoy 50 minutes of light weight and resistance band exercises focused on strengthening, sculpting, and toning the entire body. Class concludes with a relaxing cool-down featuring gentle yoga-inspired stretches to improve flexibility and promote overall wellness. Wear comfortable clothing, bring a mat and hand weights. Inst.: Lanzillotta.

Langston-Brown Center
Ages Adults **8 Sessions** **$128**
240334A Mon., Jan. 11, 5–6pm
240334B Mon., Jan. 11, 6:05–7:05pm

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 20-class punch 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**



Walter Reed Center
Ages Adults **10 Sessions** **$160**
240334C Wed., Jan. 13, 6–7pm

Barcroft Sports & Fitness Center
Ages Adults **9 Sessions** **$144**
240334D Fri., Jan. 22, 9–10am

Body Strength

Body Strength 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 **10 Sessions** **$160**
240315A Tues., Jan. 12, 5–5:50pm

Walter Reed Center
Ages Adults **9 Sessions** **$144**
240315B Sat., Jan. 23, 9–9:50am

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 **10 Sessions** **$160**
240306A Tues., Jan. 12, 7:15–8:15pm
240306B Wed., Jan. 13, 7:15–8:15pm
Ages Adults **8 Sessions** **$128**
240306C Mon., Jan. 11, 7:15–8:15pm

Cycling

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

Thomas Jefferson Center. Inst.: Davis
Ages Adults **10 Sessions** **$160**
240331A Wed., Jan. 13, 7:15–8pm

Long Bridge Aquatics & Fitness Center. Inst.: Gomez
Ages Adults **9 Sessions** **$144**
240331B Sun., Jan. 17, 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 **10 Sessions** **$160**
240303A Tues., Jan. 12, 8–9am
240303B Wed., Jan. 13, 8–9am
240303C Thurs., Jan. 14, 8–9am

Barcroft Sports & Fitness Center
Ages Adults **10 Sessions** **$160**
240303D Thurs., Jan. 14, 7:15–8:15pm



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 cardio 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 **10 Sessions** **$160**
240309A Tues., Jan. 12, 6–7pm

Walter Reed Center
Ages Adults **9 Sessions** **$144**
240309B Sat., Jan. 23, 10–11am

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 **9 Sessions** **$144**
240308A Thurs., Jan. 14, 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 **10 Sessions** **$160**
240312A Wed., Jan. 13, 6:30–7:30pm

Walter Reed Center
Ages Adults **10 Sessions** **$160**
240312B Thurs., Jan. 14, 7–8pm

LONG BRIDGE AQUATICS & FITNESS CENTER MEMBERSHIP HAS ITS PERKS*



*DROP-INS INCLUDED
WITH LONG BRIDGE MEMBERSHIP

Drop-in fitness classes are available at Long Bridge Aquatics & Fitness Center (included with membership) and at Lubber Run and Thomas Jefferson Community Centers ($7 per class).

Learn more at arlingtonva.us/drop-ins

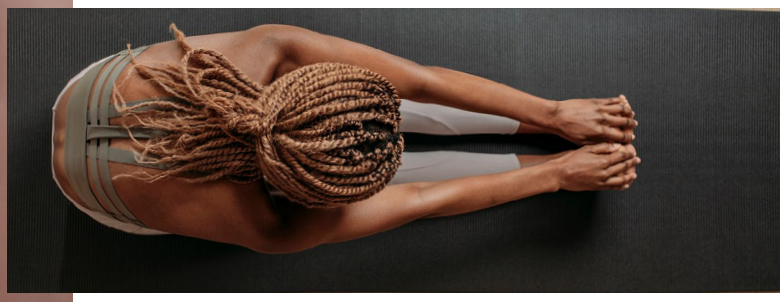
LONG BRIDGE aquatics & fitness center

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.







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 **10 Sessions** **$180**
240860A Thurs., Jan. 14, 7:10–8:10pm

Dawson Terrace Center. Inst.: Ibrahim
Ages Adults **9 Sessions** **$162**
240860B Tues., Jan. 19, 10–11am

Lubber Run Center. Inst.: Ibrahim
Ages Adults **9 Sessions** **$162**
240860C Wed., Jan. 20, 10:45–11:45am
240860D Thurs., Jan. 21, 10–11am

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **8 Sessions** **$144**
240860E Mon., Jan. 11, 9:30–10:30am
240860F Mon., Jan. 11, 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 **9 Sessions** **$162**
240862A Tues., Jan. 19, 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 **8 Sessions** **$144**
240864A Thurs., Jan. 21, 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 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**
240851A Tues., Jan. 5, 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 **9 Sessions** **$153**
240845A Tues., Jan. 12, 7–8pm

Lubber Run Center
Ages 15-Adult **9 Sessions** **$153**
240845B Thurs., Jan. 14, 1–2pm

ADULT

Winter Reset: Protecting Our Peace

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

Fairlington Center
Ages Adults **6 Sessions** **$96**
240813A Wed., Jan. 13, 7–8pm

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

YOGA

INFANT & 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 **8 Sessions** **$128**
210302A Mon., Jan. 11, 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 **9 Sessions** **$144**
240912A Tues., Jan. 19, 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 can offer supportive techniques for most ages and abilities. Inst.: Harper.

Barcroft Sports & Fitness Center
Ages 16-Adult **9 Sessions** **$216**
240918A Wed., Jan. 20, 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 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 **9 Sessions** **$144**
240911A Wed., Jan. 20, 5:45–6:45pm

Yoga for Every Body on the Lawn

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

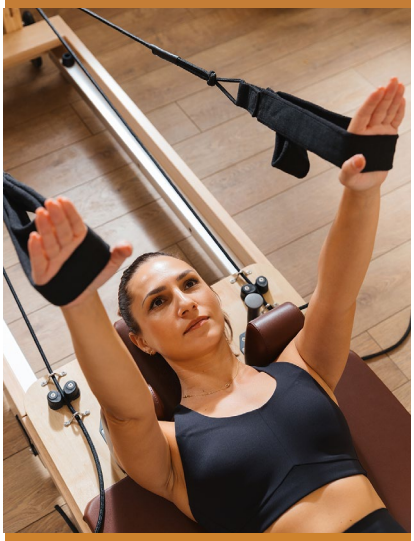
Lubber Run Center
Ages 14-Adult **1 Session** **$17**
240910A Sat., Jan. 23, 8:45–9:45am
240910B Sat., Feb. 20, 8:45–9:45am
240910C Sat., Mar. 13, 8:45–9:45am

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



pilates studio



Try Pilates on the Reformer!

Available at Thomas Jefferson Community Center with experienced instructors.

For more information visit the website or contact Fitness Manager Michelle Atkin.

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 62.

We want to ensure you have

The Best Experience!

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

Refunds: No refund fees are charged for cancellations until after 8am Dec. 9; 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.



poses. Class ends with a yoga nidra relaxation exercise. No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Inst.: Interdonato.

Fairlington Center
Ages 14-Adult **10 Sessions** **$240**
240919A Wed., Jan. 13, 6:45–8:15pm
240919B Fri., Jan. 15, 5–6:30pm

Walter Reed Center
Ages 14-Adult **8 Sessions** **$192**
240919C Mon., Jan. 11, 5–6:30pm
240919D Mon., Jan. 11, 6:45–8:15pm

ADULT

Chair Yoga for Every Body

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

Lubber Run Center
Ages Adults **1 Session** **$17**
240908A Mon., Jan. 25, 12:30–1:30pm
240908B Mon., Feb. 22, 12:30–1:30pm
240908C Mon., Mar. 15, 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 key focuses. The format includes warm-up, yoga practice, core work, stretching and relaxation. Bring a yoga mat. Inst.: Johnson.

Lubber Run Center
Ages Adults **10 Sessions** **$160**
240903A Thurs., Jan. 14, 6–7pm

Barcroft Sports & Fitness Center
Ages Adults **8 Sessions** **$128**
240903B Mon., Jan. 11, 7–8pm

Walter Reed Center
Ages Adults **9 Sessions** **$144**
240903C Wed., Jan. 13, 7:15–8:15pm

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.

Lubber Run Center
Ages 16-Adult **9 Sessions** **$180**
240902A Sun., Jan. 17, 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 **10 Sessions** **$160**
240904A Fri., Jan. 15, 8–9am
240904B Fri., Jan. 15, 9:15–10:15am

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. You will discover an invigorating, interesting, and fun way to work toward balanced, whole-body health. Bring yoga blocks and mat. Inst.: Clardy.

Lubber Run Center
Ages Adults **10 Sessions** **$160**
240905A Tues., Jan. 19, 9:15–10:15am

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.

Lubber Run Center
Ages Adults **10 Sessions** **$160**
240906A Thurs., Jan. 14, 7:15–8:15pm

Walter Reed Center
Ages Adults **10 Sessions** **$160**
240906B Tues., Jan. 12, 6–7pm

Yoga for Every Body

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

Barcroft Sports & Fitness Center
Ages Adults **9 Sessions** **$144**
240907A Tues., Jan. 12, 10–11am

Walter Reed Center
Ages Adults **9 Sessions** **$144**
240907B Tues., Jan. 12, 7:15–8:15pm

Fairlington Center
Ages Adults **9 Sessions** **$144**
240907C Thurs., Jan. 14, 10–11am

Yin Yoga

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

Lubber Run Center
Ages 16-Adult **11 Sessions** **$220**
240913A Tues., Jan. 12, 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 **8 Sessions** **$128**
240914A Mon., Jan. 11, 10–11am

MARTIAL ARTS

TOT & YOUTH

ABC's of Fencing

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

NOVA Fencing and Archery Club

Ages 4–6	**8 Sessions**	**$184**
220306A	Sat., Jan. 23, 9–9:50am	
220306B	Sat., Jan. 23, 10–10:50am	





Tip Top Ninjas

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 condition. Uniforms are not required, comfortable casual 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	**8 Sessions**	**$168**
220308A	Sat., Jan. 23, 9:30–10:15am	
Ages 4–7	**7 Sessions**	**$147**
220308B	Mon., Jan. 25, 4:45–5:30pm	
Ages 5–9	**8 Sessions**	**$168**
220308C	Sat., Jan. 23, 10:30–11:15am	
Ages 5–9	**7 Sessions**	**$147**
220308D	Mon., Jan. 25, 5:45–6:30pm	

Junior Judo

Junior Judo is an ongoing program for students who have COMPLETED A JUDO COURSE OR WHO HAVE JUDO EXPERIENCE. Class will encompass learning Kodokan Judo with a focus on improving break fall techniques, throws, mat work, randori, kata and shiai. Older juniors will also learn choking techniques and kata. Students are required to join the USJF or USA Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars/clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. *PREVIOUS JUDO EXPERIENCE REQUIRED. Inst.: Landstreet.

Dawson Terrace Center

Ages 5–13	**20 Sessions**	**$220**
220307A	Tues./Thurs., Jan. 12, 6–7pm	
220307B	Tues./Thurs., Jan. 12, 7:10–8:10pm	

TOT/YOUTH/TEEN

AIM USA Self Defense & Safety Awareness: White Belts

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 4–8	**8 Sessions**	**$98**
220300A	Sun., Jan. 24, 1–1:40pm	
Ages 8–13	**8 Sessions**	**$98**
220300B	Sun., Jan. 24, 1:45–2:25pm	

New! AIM USA Self Defense & Safety Awareness: Yellow Belts

For Yellow Belt Students Only. This class builds upon the skills learned in the White Belt course, including personal safety, situational awareness, voice projection, bully prevention, and age-appropriate self-defense techniques. Students must have completed a White Belt course and passed their belt test to advance to Yellow Belt. Inst.: AIM USA.

Barcroft Sports & Fitness Center

Ages 4–13	**8 Sessions**	**$98**
220301A	Sun., Jan. 24, 2:30–3:10pm	



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 to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars/clinics. Students are required to wear a Judo uniform, which can be purchased from the instructor for an additional cost. *PREVIOUS JUDO EXPERIENCE REQUIRED. Inst.: Landstreet.

Dawson Terrace Center

Ages 5–13 **8 Sessions** **$88**
220309A Mon., Jan. 11, 7–8pm

Ages 13-Adult **8 Sessions** **$88**
220309B Mon., Jan. 11, 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 skills. Individual pace is honored. Testing is done periodically. Inst.: Fill.

Arlington Mill Center

Ages 6–17 **10 Sessions** **$170**
220313A Fri., Jan. 15, 5–6pm
220313B Sat., Jan. 16, 10–11am

Lubber Run Center

Ages 6–17 **10 Sessions** **$170**
220313C Sat., Jan. 16, 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. Inst.: Nova Fencing Club.

NOVA Fencing and Archery Club

Ages 7–12 **8 Sessions** **$184**
220310A Mon./Wed., Jan. 11, 5–6pm
220310B Mon./Wed., Jan. 11, 6–7pm
220310C Tues./Thurs., Jan. 12, 5–6pm
220310D Tues./Thurs., Jan. 12, 6–7pm
220310E Mon./Wed., Feb. 22, 5–6pm
220310F Mon./Wed., Feb. 22, 6–7pm
220310G Tues./Thurs., Feb. 23, 5–6pm
220310H Tues./Thurs., Feb. 23, 6–7pm





Ages 13-Adult **8 Sessions** **$184**
220310I Mon./Wed., Jan. 11, 7–8pm
220310J Tues./Thurs., Jan. 12, 7–8pm
220310K Mon./Wed., Feb. 22, 7–8pm
220310L Tues./Thurs., Feb. 23, 7–8pm

TEEN & ADULT

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 or USA Judo to be examined for promotions to higher rank, compete in sanctioned tournaments or attend seminars/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 **20 Sessions** **$220**
240353A Tues./Thurs., Jan. 12, 8:20–9:20pm

ADULT

Traditional Japanese Karate Adult

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

Arlington Mill Center

Ages Adults **10 Sessions** **$170**
240351A Fri., Jan. 15, 6:15–7:15pm

Lubber Run Center

Ages Adults **10 Sessions** **$170**
240351B Sat., Jan. 16, 1–1:50pm

RACQUET SPORTS

YOUTH

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. Inst.: Bounce-Boom Racquet Sports.

Greenbrier Park
Ages 5–6 **5 Sessions** **$160**
210602A Sun., Feb. 28, 10–10:50am
210602B Sun., Feb. 28, 11–11:50am



YOUTH & TEEN

Tennis 1 & 2

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

Barcroft Park
Ages 7–9 **5 Sessions** **$160**
220602A Tues., Feb. 23, 4:30–5:20pm
Ages 10–13 **5 Sessions** **$160**
220602B Tues., Feb. 23, 5:30–6:20pm

Greenbrier Park
Ages 7–9 **5 Sessions** **$160**
220602C Sun., Feb. 28, 10–10:50am
220602D Sun., Feb. 28, 11–11:50am
Ages 10–13 **5 Sessions** **$160**
220602E Sun., Feb. 28, 12–12:50pm

Jennie Dean Park
Ages 7–9 **5 Sessions** **$160**
220602F Wed., Feb. 24, 5:30–6:20pm



Lyon Village Park
Ages 7–9 **5 Sessions** **$160**
220602G Tues., Feb. 23, 5:30–6:20pm
220602H Thurs., Feb. 25, 5:10–6pm
Ages 10–13 **5 Sessions** **$160**
220602I Tues., Feb. 23, 4:30–5:20pm

Quincy Park
Ages 7–9 **5 Sessions** **$160**
220602J Mon., Feb. 22, 5:30–6:20pm
Ages 10–13 **5 Sessions** **$160**
220602K Mon., Feb. 22, 4:30–5:20pm

Stratford Park
Ages 7–9 **5 Sessions** **$160**
220602L Mon., Feb. 22, 4:30–5:20pm
Ages 10–13 **5 Sessions** **$160**
220602M Mon., Feb. 22, 5:30–6:20pm
220602N Thurs., Feb. 25, 4:30–5:20pm

Thomas Jefferson Center
Ages 7–9 **5 Sessions** **$160**
220602O Wed., Feb. 24, 4:30–5:20pm
Ages 10–13 **5 Sessions** **$160**
220602P Wed., Feb. 24, 5:30–6:20pm

Tuckahoe Park
Ages 7–9 **5 Sessions** **$160**
220602Q Tues., Feb. 23, 5:30–6:20pm
220602R Thurs., Feb. 25, 5:30–6:20pm
Ages 10–13 **5 Sessions** **$160**
220602S Tues., Feb. 23, 4:30–5:20pm

Virginia Highlands Park
Ages 10–13 **5 Sessions** **$160**
220602T Mon., Feb. 22, 5:30–6:20pm

Tennis 3 Drill & Match Play

Intermediate. Prerequisite: 2-4 seasons of Level 1&2 classes in the corresponding age range, ability to rally and coach's recommendation. This program teaches the skills necessary to play matches for the first time emphasizing serving, positioning, and peer-to-peer hitting. Each session is a mix of instruction and competitive situations. Ideal for intermediate players ready to transition from our Tennis 1&2 program. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. Inst.: Bounce-Boom Racquet Sports.

Towers Park
Ages 11–14 **5 Sessions** **$215**
220603A Fri., Feb. 26, 4:30–6pm

TEEN

Tennis 4 JV Tennis Drill & Match Play

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

Quincy Park
Ages 13–17 **6 Sessions** **$258**
220604A Tues., Jan. 12, 4:30–6pm

Towers Park
Ages 13–17 **5 Sessions** **$215**
220604B Fri., Feb. 26, 6:10–7:40pm





TEEN & ADULT

Tennis Try It Clinic

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

Langston-Brown Center
Ages 15-Adult **1 Session** **$42**
240600A Sat., Mar. 13, 9–10:30am
240600B Sat., Mar. 13, 10:45am-12:15pm

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.

Quincy Park
Ages 15-Adult **6 Sessions** **$258**
240601A Tues., Jan. 12, 3:20–4:15pm
240601B Wed., Jan. 13, 2–3:10pm
240601C Thurs., Jan. 14, 3:20–4:15pm
Ages 15-Adult **5 Sessions** **$215**
240601D Mon., Feb. 22, 6:30–7:40pm

Barcroft Park
Ages 15-Adult **5 Sessions** **$215**
240601E Tues., Feb. 23, 6:30–7:40pm

Kenmore MS
Ages 15-Adult **5 Sessions** **$215**
240601F Sat., Feb. 27, 12:20–1:30pm

Lyon Village Park
Ages 15-Adult **5 Sessions** **$215**
240601G Tues., Feb. 23, 9:45–10:55am
240601H Wed., Feb. 24, 9:45–10:55am
240601I Thurs., Feb. 25, 6:10–7:20pm

Maury Park
Ages 15-Adult **5 Sessions** **$215**
240601J Sat., Feb. 27, 10:20–11:30am

Virginia Highlands Park
Ages 15-Adult **5 Sessions** **$215**
240601K Mon., Feb. 22, 6:30–7:40pm

Jennie Dean Park
Ages 15-Adult **5 Sessions** **$215**
240601L Wed., Feb. 24, 6:30–7:40pm

Thomas Jefferson Center
Ages 15-Adult **5 Sessions** **$215**
240601M Wed., Feb. 24, 6:30–7:40pm

Tennis 2

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

Quincy Park
Ages 15-Adult **6 Sessions** **$258**
240602A Tues., Jan. 12, 12:40–1:50pm
240602B Wed., Jan. 13, 10:30–11:40am
240602C Thurs., Jan. 14, 10:30–11:40am
Ages 15-Adult **5 Sessions** **$215**
240602D Mon., Feb. 22, 7:50–9pm
240602E Thurs., Feb. 25, 9:45–10:55am

Jennie Dean Park
Ages 15-Adult **5 Sessions** **$215**
240602F Wed., Feb. 24, 7:50–9pm

Lyon Village Park
Ages 15-Adult **5 Sessions** **$215**
240602G Tues., Feb. 23, 11:05am-12:15pm
240602H Tues., Feb. 23, 6:30–7:40pm
240602I Wed., Feb. 24, 11:05am-12:15pm

Maury Park
Ages 15-Adult **5 Sessions** **$215**
240602J Sat., Feb. 27, 9–10:10am

Stratford Park
Ages 15-Adult **5 Sessions** **$215**
240602K Wed., Feb. 24, 6:30–7:40pm
240602L Thurs., Feb. 25, 7:30–8:40pm

Thomas Jefferson Center
Ages 15-Adult **5 Sessions** **$215**
240602M Wed., Feb. 24, 7:50–9pm

Tuckahoe Park
Ages 15-Adult **5 Sessions** **$215**
240602N Tues., Feb. 23, 6:30–7:40pm
240602O Thurs., Feb. 25, 6:30–7:40pm

Virginia Highlands Park
Ages 15-Adult **5 Sessions** **$215**
240602P Mon., Feb. 22, 7:50–9pm

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.

Quincy Park
Ages 15-Adult **6 Sessions** **$258**
240603A Tues., Jan. 12, 2–3:10pm
240603B Wed., Jan. 13, 11:50am-1pm
240603C Thurs., Jan. 14, 11:50am-1pm
240603D Sat., Jan. 16, 12:10–1:20pm
Ages 15-Adult **5 Sessions** **$215**
240603E Mon., Feb. 22, 9:45–10:55am
240603F Mon., Feb. 22, 11:05am-12:15pm

Barcroft Park
Ages 15-Adult **5 Sessions** **$215**
240603G Tues., Feb. 23, 7:50–9pm

Langston-Brown Center
Ages 15-Adult **5 Sessions** **$215**
240603H Wed., Feb. 24, 6:30–7:40pm

Lyon Village Park
Ages 15-Adult **5 Sessions** **$215**
240603I Tues., Feb. 23, 11:05am-12:15pm
240603J Tues., Feb. 23, 7:50–9pm

Stratford Park
Ages 15-Adult **5 Sessions** **$215**
240603K Mon., Feb. 22, 7:50–9pm
240603L Wed., Feb. 24, 7:50–9pm

Tuckahoe Park
Ages 15-Adult **5 Sessions** **$215**
240603M Tues., Feb. 23, 7:50–9pm
240603N Thurs., Feb. 25, 7:50–9pm

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.

Quincy Park
Ages 15-Adult **6 Sessions** **$258**
240604A Thurs., Jan. 14, 2–3:10pm

Langston-Brown Center
Ages 15-Adult **5 Sessions** **$215**
240604B Wed., Feb. 24, 7:50–9pm

Lyon Village Park
Ages 15-Adult **5 Sessions** **$215**
240604C Tues., Feb. 23, 9:45–10:55am
240604D Thurs., Feb. 25, 7:30–8:40pm

Stratford Park
Ages 15-Adult **5 Sessions** **$215**
240604E Mon., Feb. 22, 6:30–7:40pm

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.

Quincy Park
Ages 15-Adult **5 Sessions** **$215**
240607A Thurs., Feb. 25, 11:05am-12:15pm

Stratford Park
Ages 15-Adult **5 Sessions** **$215**
240607B Thurs., Feb. 25, 6:10–7:20pm

Maury Park
Ages 15-Adult **5 Sessions** **$215**
240607C Sat., Feb. 27, 11:40am-12:50pm

Tennis Serving Clinics Level 1-2

Beginner - Advanced Beginner. Build confidence for match play with our specialized serving lessons. Learn to master the basic serve while receiving personalized tips from our experienced coaches. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Inst.: Bounce-Boom Racquet Sports.

Stratford Park
Ages 15-Adult **5 Sessions** **$130**
240605A Wed., Feb. 24, 5:50–6:20pm
240605B Thurs., Feb. 25, 5:30–6pm

Tennis Serving Clinics Level 3-4

Intermediate - Advanced. Elevate your game with our specialized serving lessons. Refine your serve and be introduced to types of serves while receiving personalized tips from our experienced coaches. This class focuses on consistency, depth, and accuracy. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Inst.: Bounce-Boom Racquet Sports.

Stratford Park
Ages 15-Adult **5 Sessions** **$130**
240606A Mon., Feb. 22, 7:50–8:20pm

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.

Quincy Park
Ages 15-Adult **6 Sessions** **$258**
240608A Sat., Jan. 16, 10:30am-12pm

Kenmore MS
Ages 15-Adult **5 Sessions** **$215**
240608B Sat., Feb. 27, 10:40am-12:10pm





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 **5 Sessions** **$215**
240609A Sat., Feb. 27, 9–10:30am

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.

Quincy Park
Ages 6-Adult **6 Sessions** **$618**
240612A Wed., Jan. 13, 3:20–4:15pm

Langston-Brown Center
Ages 6-Adult **5 Sessions** **$515**
240612B Wed., Feb. 24, 5:30–6:25pm
240612C Fri., Feb. 26, 11–11:55am
240612D Fri., Feb. 26, 12–12:55pm
240612E Fri., Feb. 26, 1–1:55pm
240612F Fri., Feb. 26, 2–2:55pm

Pickleball Try It Clinic

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

Hayes Park
Ages 15-Adult **1 Session** **$42**
240614A Sat., Mar. 13, 9–10:15am
240614B Sat., Mar. 13, 10:30–11:45am



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.

Marcey Road Park

Ages 7–10 **5 Sessions** **$160**
240615A Wed., Feb. 24, 4:30–5:20pm

Ages 15-Adult **6 Sessions** **$192**
240615B Thurs., Jan. 14, 10:30–11:20am

Ages 15-Adult **5 Sessions** **$160**
240615C Mon., Feb. 22, 9:30–10:20am
240615D Wed., Feb. 24, 5:30–6:20pm
240615E Thurs., Feb. 25, 9:30–10:20am
240615F Thurs., Feb. 25, 5:30–6:20pm

Hayes Park

Ages 15-Adult **5 Sessions** **$160**
240615G Mon., Feb. 22, 6:30–7:20pm
240615H Mon., Feb. 22, 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 15-Adult **6 Sessions** **$192**
240616A Tues., Jan. 12, 11:30am-12:20pm

Ages 15-Adult **5 Sessions** **$160**
240616B Mon., Feb. 22, 5:30–6:20pm
240616C Mon., Feb. 22, 6:30–7:20pm
240616D Thurs., Feb. 25, 5:30–6:20pm

Fort Scott Park

Ages 15-Adult **5 Sessions** **$160**
240616E Tues., Feb. 23, 10:30–11:20am
240616F Wed., Feb. 24, 9:30–10:20am

Marcey Road Park

Ages 15-Adult **6 Sessions** **$192**
240616G Thurs., Jan. 14, 11:30am-12:20pm

Ages 15-Adult **5 Sessions** **$160**
240616H Mon., Feb. 22, 10:30–11:20am
240616I Wed., Feb. 24, 5:30–6:20pm
240616J Wed., Feb. 24, 7:30–8:20pm
240616K Thurs., Feb. 25, 10:30–11:20am
240616L Thurs., Feb. 25, 5:30–6:20pm
240616M Thurs., Feb. 25, 6:30–7:20pm
240616N Thurs., Feb. 25, 7:30–8:20pm

Pickleball 3

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

Hayes Park

Ages 15-Adult **6 Sessions** **$192**
240617A Tues., Jan. 12, 10:30–11:20am

Ages 15-Adult **5 Sessions** **$160**
240617B Mon., Feb. 22, 5:30–6:20pm

Marcey Road Park

Ages 15-Adult **5 Sessions** **$160**
240617C Mon., Feb. 22, 11:30am-12:20pm
240617D Wed., Feb. 24, 6:30–7:20pm

Fort Scott Park

Ages 15-Adult **5 Sessions** **$160**
240617E Tues., Feb. 23, 9:30–10:20am
240617F Wed., Feb. 24, 10:30–11:20am

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.

Hayes Park

Ages 15-Adult **5 Sessions** **$160**
240621A Mon., Feb. 22, 7:30–8:50pm

Marcey Road Park

Ages 15-Adult **5 Sessions** **$160**
240621B Wed., Feb. 24, 7:30–8:50pm
240621C Thurs., Feb. 25, 6:30–7:50pm

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**
240625A Sat., Mar. 20, 9–10:15am
240625B Sat., Mar. 20, 10:30–11:45am

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.

Marcey Road Park

Ages 15-Adult **5 Sessions** **$160**
240626A Wed., Feb. 24, 6:30–7:20pm

Hayes Park

Ages 15-Adult **5 Sessions** **$160**
240626B Thurs., Feb. 25, 6:30–7:20pm
240626C Thurs., Feb. 25, 7:30–8:20pm





SPORTS

TOT & ADULT

Grand Slam T-Ball & Me

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

Lubber Run Center
Ages 2–3 **10 Sessions** **$210**
210618A Sat., Jan. 16, 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 **10 Sessions** **$210**
210615A Wed., Jan. 13, 5–5:45pm
210615B Sat., Jan. 16, 9–9:45am

Arlington Mill Center
Ages 2–3 **10 Sessions** **$210**
210615C Sat., Jan. 16, 10–10:45am

Lubber Run Center
Ages 2–3 **10 Sessions** **$210**
210615D Sat., Jan. 16, 10–10:45am
Ages 2–3 **9 Sessions** **$189**
210615E Sun., Jan. 17, 4–4:45pm

Fee Reductions

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

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..

Fairlington Center
Ages 2–3 **10 Sessions** **$210**
210605A Sat., Jan. 16, 10–10:45am

Lubber Run Center
Ages 2–3 **10 Sessions** **$210**
210605B Sat., Jan. 16, 11–11:45am

Thomas Jefferson Center
Ages 2–3 **9 Sessions** **$189**
210605C Sun., Jan. 17, 4:15–5pm

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.

Arlington Mill Center
Ages 2–4 **10 Sessions** **$210**
210606A Sat., Jan. 16, 9–9:45am

TOT & YOUTH

Little Athletes

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

Lubber Run Center
Ages 4–6 **9 Sessions** **$189**
210616A Sun., Jan. 17, 3:10–3:55pm

Little Kicks Soccer

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

Arlington Mill Center
Ages 4–6 **10 Sessions** **$250**
210610A Sat., Jan. 16, 11am-12pm

Fairlington Center
Ages 4–6 **10 Sessions** **$210**
210610B Sat., Jan. 16, 12–12:45pm

Thomas Jefferson Center
Ages 4–6 **9 Sessions** **$225**
210610C Sun., Jan. 17, 3:10–4:10pm

Kicks for Tots Soccer

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

Fairlington Center
Ages 2–3 **9 Sessions** **$198**
210612A Thurs., Jan. 14, 4:15–4:55pm
Ages 3–6 **9 Sessions** **$198**
210612B Thurs., Jan. 14, 5:05–5:50pm
Ages 3–6 **7 Sessions** **$154**
210612C Sat., Jan. 23, 3–3:45pm
Ages 5–8 **7 Sessions** **$154**
210612D Sat., Jan. 23, 3:55–4:50pm

Lubber Run Center
Ages 2–3 **7 Sessions** **$154**
210612E Sat., Jan. 23, 8:05–8:45am

Gunston Tent
Ages 3–6 **9 Sessions** **$198**
210612F Thurs., Jan. 14, 4–4:45pm
Ages 5–8 **9 Sessions** **$198**
210612G Thurs., Jan. 14, 5–5:50pm





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.

Lubber Run Center

Ages 3–4 — **10 Sessions** — **$210**
210619A* Sat., Jan. 16, 12–12:45pm

Ages 5–7 — **10 Sessions** — **$250**
210619B Sat., Jan. 16, 12:55–1:55pm

Ages 5–6 — **9 Sessions** — **$225**
210619C Sun., Jan. 17, 2:05–3:05pm

Fairlington Center

Ages 3–4 — **8 Sessions** — **$168**
210619D* Mon., Jan. 11, 4:30–5:15pm

Ages 4–6 — **10 Sessions** — **$210**
210619E Sat., Jan. 16, 11–11:45am

Ages 5–6 — **8 Sessions** — **$200**
210619F Mon., Jan. 11, 5:20–6:20pm

YOUTH

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 5–8 — **10 Sessions** — **$210**
210609A Sat., Jan. 16, 2–2:45pm

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 — **10 Sessions** — **$210**
220610A Sat., Jan. 16, 1–1:45pm

Little Champions Soccer

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

Thomas Jefferson Center

Ages 7–9 — **9 Sessions** — **$225**
210621A Sun., Jan. 17, 2:05–3:05pm

Arlington Mill Center

Ages 7–9 — **10 Sessions** — **$250**
210621B Sat., Jan. 16, 12:05–1:05pm

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 7–11 — **10 Sessions** — **$250**
220609A Wed., Jan. 13, 6–7pm

Ages 10–13 — **10 Sessions** — **$250**
220609B Wed., Jan. 13, 7:05–8:05pm

Girls Hoops Basketball

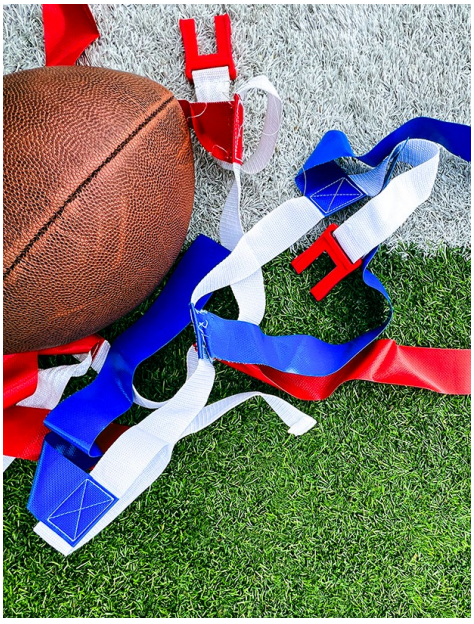
Girls Hoops is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific 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 — **10 Sessions** — **$250**
220615A Tues., Jan. 12, 5:20–6:20pm

Ages 7–11 — **10 Sessions** — **$250**
220615B Tues., Jan. 12, 6:30–7:30pm

Ages 10–13 — **10 Sessions** — **$250**
220615C Tues., Jan. 12, 7:40–8:40pm



Triple Threat Basketball

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

Lubber Run Center

Ages 7–9 — **9 Sessions** — **$225**
220613A Sun., Jan. 17, 1–2pm

Fairlington Center

Ages 7–11 — **8 Sessions** — **$200**
220613B Mon., Jan. 11, 6:30–7:30pm



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. Inst.: Nova Fencing Club.

NOVA Fencing and Archery Club

Ages 8–12 — **6 Sessions** — **$138**
220312A Wed., Jan. 13, 5–6pm

YOUTH & TEEN

World Cup Soccer

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

Thomas Jefferson Center

Ages 10–13 — **9 Sessions** — **$225**
220616A Sun., Jan. 17, 1–2pm

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.

AQUATICS

TOT & ADULT

Water Babies

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

Long Bridge Aquatics & Fitness Center

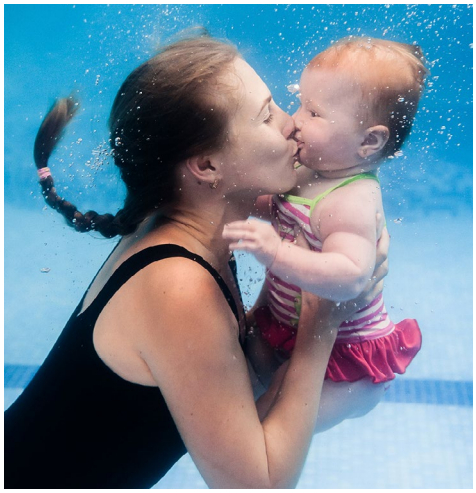
Ages 6 months-1½ 10 Sessions $110
210400A Tues., Jan. 12, 10–10:30am
210400B Tues., Jan. 12, 4:25–4:55pm
210400C Thurs., Jan. 14, 10–10:30am
210400D Thurs., Jan. 14, 4:25–4:55pm
210400E Fri., Jan. 15, 4–4:30pm

Ages 6 months-1½ 8 Sessions $88
210400F Mon., Jan. 11, 10–10:30am

Ages 6 months-1½ 7 Sessions $77
210400G Sat., Jan. 23, 9:05–9:35am
210400H Sat., Jan. 23, 9:40–10:10am
210400I Sat., Jan. 23, 11:20–11:50am
210400J Sun., Jan. 24, 8:30–9am
210400K Sun., Jan. 24, 10:15–10:45am
210400L Mon./Wed., Feb. 1, 4–4:30pm

Ages 6 months-1½ 6 Sessions $66
210400M Mon./Wed., Mar. 1, 4–4:30pm

Ages 6 months-1½ 5 Sessions $55
210400N Mon./Wed., Jan. 11, 4–4:30pm



Water Tots

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

Long Bridge Aquatics & Fitness Center

Ages 1½-2½ 10 Sessions $110
210401A Tues., Jan. 12, 10:35–11:05am
210401B Tues., Jan. 12, 5–5:30pm
210401C Thurs., Jan. 14, 10:35–11:05am
210401D Thurs., Jan. 14, 5–5:30pm
210401E Fri., Jan. 15, 4:35–5:05pm



Ages 1½-2½ 8 Sessions $88
210401F Mon., Jan. 11, 10:35–11:05am

Ages 1½-2½ 7 Sessions $77
210401G Sat., Jan. 23, 8:30–9am
210401H Sat., Jan. 23, 9:05–9:35am
210401I Sat., Jan. 23, 10:15–10:45am
210401J Sat., Jan. 23, 10:50–11:20am
210401K Sun., Jan. 24, 9:05–9:35am
210401L Sun., Jan. 24, 11:25–11:55am
210401M Mon./Wed., Feb. 1, 4:35–5:05pm

Ages 1½-2½ 6 Sessions $66
210401N Mon./Wed., Mar. 1, 4:35–5:05pm

Ages 1½-2½ 5 Sessions $55
210401O Mon./Wed., Jan. 11, 4:35–5:05pm

Pre-Fin & Me

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

Long Bridge Aquatics & Fitness Center

Ages 2½-3 10 Sessions $110
210402A Tues., Jan. 12, 11:10–11:40am
210402B Tues., Jan. 12, 5:35–6:05pm
210402C Thurs., Jan. 14, 11:10–11:40am
210402D Thurs., Jan. 14, 5:35–6:05pm
210402E Fri., Jan. 15, 5:10–5:40pm

Ages 2½-3 8 Sessions $88
210402F Mon., Jan. 11, 11:10–11:40am

Ages 2½-3 7 Sessions $77
210402G Sat., Jan. 23, 8:30–9am
210402H Sat., Jan. 23, 9:40–10:10am
210402I Sat., Jan. 23, 10:15–10:45am
210402J Sat., Jan. 23, 11:25–11:55am
210402K Sun., Jan. 24, 9:40–10:10am
210402L Sun., Jan. 24, 10:50–11:20am
210402M Mon./Wed., Feb. 1, 5:10–5:40pm

Ages 2½-3 6 Sessions $66
210402N Mon./Wed., Mar. 1, 5:10–5:40pm

Ages 2½-3 5 Sessions $55
210402O Mon./Wed., Jan. 11, 5:10–5:40pm

TOT

Pre-Fin

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

Long Bridge Aquatics & Fitness Center

Ages 3 10 Sessions $90
210403A Tues., Jan. 12, 10–10:20am
210403B Tues., Jan. 12, 4–4:20pm
210403C Tues., Jan. 12, 5:10–5:30pm
210403D Tues., Jan. 12, 6:10–6:30pm
210403E Thurs., Jan. 14, 10–10:20am
210403F Thurs., Jan. 14, 4–4:20pm
210403G Thurs., Jan. 14, 5:10–5:30pm
210403H Thurs., Jan. 14, 6:10–6:30pm
210403I Fri., Jan. 15, 4:35–4:55pm
210403J Fri., Jan. 15, 5:45–6:05pm
210403K Fri., Jan. 15, 6:05–6:25pm

Ages 3 8 Sessions $72
210403L Mon., Jan. 11, 11:45am-12:05pm
210403M Mon., Jan. 11, 10–10:20am

Ages 3 7 Sessions $63
210403N Sat., Jan. 23, 8:30–8:50am
210403O Sat., Jan. 23, 9:30–9:50am
210403P Sat., Jan. 23, 10:15–10:35am
210403Q Sat., Jan. 23, 10:50–11:10am
210403R Sat., Jan. 23, 12–12:20pm
210403S Sun., Jan. 24, 8:30–8:50am
210403T Sun., Jan. 24, 10:05–10:25am
210403U Sun., Jan. 24, 11:40am-12pm
210403V Mon./Wed., Feb. 1, 4–4:20pm
210403W Mon./Wed., Feb. 1, 5:35–5:55pm

Ages 3 6 Sessions $54
210403X Mon./Wed., Mar. 1, 4–4:20pm
210403Y Mon./Wed., Mar. 1, 5:35–5:55pm

Ages 3 5 Sessions $45
210403Z Mon./Wed., Jan. 11, 4–4:20pm
210403ZA Mon./Wed., Jan. 11, 5:35–5:55pm



Fin 1

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

Long Bridge Aquatics & Fitness Center

Ages 3yr 3mths-5 — 10 Sessions — $110

210404A Tues., Jan. 12, 10:25–10:55am
210404B Tues., Jan. 12, 11:45am-12:15pm
210404C Tues., Jan. 12, 4–4:30pm
210404D Tues., Jan. 12, 4:35–5:05pm
210404E Tues., Jan. 12, 6:35–7:05pm
210404F Thurs., Jan. 14, 10:25–10:55am
210404G Thurs., Jan. 14, 11:45am-12:15pm
210404H Thurs., Jan. 14, 4:35–5:05pm
210404I Thurs., Jan. 14, 6:35–7:05pm
210404J Fri., Jan. 15, 4–4:30pm
210404K Fri., Jan. 15, 5–5:30pm

Ages 3yr 3mths-5 — 8 Sessions — $88

210404L Mon., Jan. 11, 10:25–10:55am

Ages 3yr 3mths-5 — 7 Sessions — $77

210404M Sat., Jan. 23, 8:30–9am
210404N Sat., Jan. 23, 8:55–9:25am
210404O Sat., Jan. 23, 11:50am-12:20pm
210404P Sun., Jan. 24, 8:30–9am
210404Q Sun., Jan. 24, 9:30–10am
210404R Sun., Jan. 24, 10:30–11am
210404S Mon./Wed., Feb. 1, 4–4:30pm
210404T Mon./Wed., Feb. 1, 4:25–4:55pm
210404U Mon./Wed., Feb. 1, 6–6:30pm

Ages 3yr 3mths-5 — 6 Sessions — $66

210404V Mon./Wed., Mar. 1, 4–4:30pm
210404W Mon./Wed., Mar. 1, 4:25–4:55pm
210404X Mon./Wed., Mar. 1, 6–6:30pm

Ages 3yr 3mths-5 — 5 Sessions — $55

210404Y Mon./Wed., Jan. 11, 4–4:30pm
210404Z Mon./Wed., Jan. 11, 4:25–4:55pm
210404ZA Mon./Wed., Jan. 11, 6–6:30pm

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 — 10 Sessions — $110

210405A Tues., Jan. 12, 11–11:30am
210405B Tues., Jan. 12, 4–4:30pm
210405C Tues., Jan. 12, 5:35–6:05pm
210405D Tues., Jan. 12, 7:10–7:40pm
210405E Thurs., Jan. 14, 11–11:30am
210405F Thurs., Jan. 14, 4–4:30pm
210405G Thurs., Jan. 14, 4:35–5:05pm
210405H Thurs., Jan. 14, 5:35–6:05pm
210405I Thurs., Jan. 14, 7:10–7:40pm
210405J Fri., Jan. 15, 4:35–5:05pm
210405K Fri., Jan. 15, 5:35–6:05pm
210405L Fri., Jan. 15, 6:30–7pm

Ages 3yr 3mths-5 — 8 Sessions — $88

210405M Mon., Jan. 11, 11–11:30am

Ages 3yr 3mths-5 — 7 Sessions — $77

210405N Sat., Jan. 23, 8:30–9am
210405O Sat., Jan. 23, 9:05–9:35am
210405P Sat., Jan. 23, 9:55–10:25am
210405Q Sat., Jan. 23, 10:40–11:10am
210405R Sat., Jan. 23, 11:50am-12:20pm
210405S Sun., Jan. 24, 8:30–9am
210405T Sun., Jan. 24, 8:55–9:25am
210405U Sun., Jan. 24, 9:50–10:20am
210405V Sun., Jan. 24, 11:05–11:35am
210405W Sun., Jan. 24, 12–12:30pm
210405X Mon./Wed., Feb. 1, 4–4:30pm
210405Y Mon./Wed., Feb. 1, 5–5:30pm
210405Z Mon./Wed., Feb. 1, 6:30–7pm

Ages 3yr 3mths-5 — 6 Sessions — $66

210405ZA Mon./Wed., Mar. 1, 4–4:30pm
210405ZB Mon./Wed., Mar. 1, 5–5:30pm
210405ZC Mon./Wed., Mar. 1, 6:30–7pm

Ages 3yr 3mths-5 — 5 Sessions — $55

210405ZD Mon./Wed., Jan. 11, 4–4:30pm
210405ZE Mon./Wed., Jan. 11, 5–5:30pm
210405ZF Mon./Wed., Jan. 11, 6:30–7pm

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.



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+	740201
Youth	740202
Adults	740204



Long Bridge Aquatics & Fitness Center

Ages 4–5 — 10 Sessions — $110

210406A Tues., Jan. 12, 11:35am-12:05pm
210406B Tues., Jan. 12, 4:35–5:05pm
210406C Tues., Jan. 12, 5:55–6:25pm
210406D Thurs., Jan. 14, 11:35am-12:05pm
210406E Thurs., Jan. 14, 4–4:30pm
210406F Thurs., Jan. 14, 5:55–6:25pm
210406G Fri., Jan. 15, 4:45–5:15pm
210406H Fri., Jan. 15, 6:10–6:40pm

Ages 4–5 — 8 Sessions — $88

210406I Mon., Jan. 11, 11:35am-12:05pm

Ages 4–5 — 7 Sessions — $77

210406J Sat., Jan. 23, 9:50–10:20am
210406K Sat., Jan. 23, 11:15–11:45am
210406L Sat., Jan. 23, 11:55am-12:25pm
210406M Sun., Jan. 24, 9:50–10:20am
210406N Sun., Jan. 24, 10:45–11:15am
210406O Sun., Jan. 24, 11:45am-12:15pm
210406P Mon./Wed., Feb. 1, 4:35–5:05pm
210406Q Mon./Wed., Feb. 1, 6–6:30pm
210406R Mon./Wed., Feb. 1, 6:35–7:05pm
210406S Mon./Wed., Feb. 1, 7:20–7:50pm

Ages 4–5 — 6 Sessions — $66

210406T Mon./Wed., Mar. 1, 4:35–5:05pm
210406U Mon./Wed., Mar. 1, 6–6:30pm
210406V Mon./Wed., Mar. 1, 6:35–7:05pm
210406W Mon./Wed., Mar. 1, 7:20–7:50pm

Ages 4–5 — 5 Sessions — $55

210406X Mon./Wed., Jan. 11, 4:35–5:05pm
210406Y Mon./Wed., Jan. 11, 6–6:30pm
210406Z Mon./Wed., Jan. 11, 6:35–7:05pm
210406ZA Mon./Wed., Jan. 11, 7:20–7:50pm

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 — 10 Sessions — $110

210407A Tues., Jan. 12, 4–4:30pm
210407B Tues., Jan. 12, 6:10–6:40pm
210407C Tues., Jan. 12, 7:15–7:45pm
210407D Thurs., Jan. 14, 4–4:30pm





210407E Thurs., Jan. 14, 6:10–6:40pm
210407F Thurs., Jan. 14, 7:15–7:45pm
210407G Fri., Jan. 15, 4–4:30pm
210407H Fri., Jan. 15, 7:05–7:35pm

Ages 4½-6 — 7 Sessions — $77

210407I Sat., Jan. 23, 9:40–10:10am
210407J Sat., Jan. 23, 11:15–11:45am
210407K Sun., Jan. 24, 11:10–11:40am
210407L Mon./Wed., Feb. 1, 4–4:30pm
210407M Mon./Wed., Feb. 1, 7:10–7:40pm

Ages 4½-6 — 6 Sessions — $66

210407N Mon./Wed., Mar. 1, 4–4:30pm
210407O Mon./Wed., Mar. 1, 7:10–7:40pm

Ages 4½-6 — 5 Sessions — $55

210407P Mon./Wed., Jan. 11, 4–4:30pm
210407Q Mon./Wed., Jan. 11, 7:10–7:40pm

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 — 10 Sessions — $130

220400A Tues., Jan. 12, 5:10–5:50pm
220400B Thurs., Jan. 14, 4–4:30pm
220400C Fri., Jan. 15, 5:10–5:50pm
220400D Fri., Jan. 15, 6:10–6:50pm

Ages 6–12 — 7 Sessions — $91

220400E Sat., Jan. 23, 9:05–9:45am
220400F Sat., Jan. 23, 10:30–11:10am
220400G Sat., Jan. 23, 11:15–11:55am
220400H Sun., Jan. 24, 9:05–9:45am
220400I Sun., Jan. 24, 10–10:40am
220400J Sun., Jan. 24, 11:15–11:55am
220400K Sun., Jan. 24, 11:20am-12pm
220400L Mon./Wed., Feb. 1, 5:15–5:55pm
220400M Mon./Wed., Feb. 1, 5:45–6:25pm

Ages 6–12 — 6 Sessions — $78

220400N Mon./Wed., Mar. 1, 5:15–5:55pm
220400O Mon./Wed., Mar. 1, 5:45–6:25pm

Ages 6–12 — 5 Sessions — $65

220400P Mon./Wed., Jan. 11, 5:15–5:55pm
220400Q Mon./Wed., Jan. 11, 5:45–6:25pm

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 — 10 Sessions — $130

220401A Tues., Jan. 12, 4–4:30pm
220401B Tues., Jan. 12, 6:30–7:10pm
220401C Thurs., Jan. 14, 5:10–5:50pm
220401D Thurs., Jan. 14, 6:30–7:10pm
220401E Fri., Jan. 15, 4–4:40pm
220401F Fri., Jan. 15, 5:20–6pm
220401G Fri., Jan. 15, 6:55–7:35pm

Ages 6–12 — 7 Sessions — $91

220401H Sat., Jan. 23, 9:15–9:55am
220401I Sat., Jan. 23, 10:25–11:05am
220401J Sat., Jan. 23, 10:50–11:30am
220401K Sun., Jan. 24, 9:05–9:45am
220401L Sun., Jan. 24, 10:25–11:05am
220401M Mon./Wed., Feb. 1, 4:35–5:15pm
220401N Mon./Wed., Feb. 1, 6:35–7:15pm

Ages 6–12 — 6 Sessions — $78

220401O Mon./Wed., Mar. 1, 4:35–5:15pm
220401P Mon./Wed., Mar. 1, 6:35–7:15pm

Ages 6–12 — 5 Sessions — $65

220401Q Mon./Wed., Jan. 11, 4:35–5:15pm
220401R Mon./Wed., Jan. 11, 6:35–7:15pm

Level 3: Youth Swim

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

Long Bridge Aquatics & Fitness Center

Ages 6–12 — 10 Sessions — $130

220402A Tues., Jan. 12, 4:35–5:15pm
220402B Tues., Jan. 12, 4:35–5:15pm
220402C Tues., Jan. 12, 6:05–6:45pm
220402D Thurs., Jan. 14, 4:35–5:15pm

220402E Thurs., Jan. 14, 5:20–6pm
220402F Thurs., Jan. 14, 6:50–7:30pm
220402G Fri., Jan. 15, 4:45–5:25pm
220402H Fri., Jan. 15, 5:55–6:35pm

Ages 6–12 — 7 Sessions — $91

220402I Sat., Jan. 23, 8:30–9:10am
220402J Sat., Jan. 23, 10–10:40am
220402K Sat., Jan. 23, 11:35am-12:15pm
220402L Sun., Jan. 24, 8:30–9:10am
220402M Sun., Jan. 24, 10:25–11:05am
220402N Sun., Jan. 24, 11–11:40am
220402O Mon./Wed., Feb. 1, 4:35–5:15pm
220402P Mon./Wed., Feb. 1, 5:20–6pm
220402Q Mon./Wed., Feb. 1, 6:05–6:45pm
220402R Mon./Wed., Feb. 1, 7:35–8:15pm

Ages 6–12 — 6 Sessions — $78

220402S Mon./Wed., Mar. 1, 4:35–5:15pm
220402T Mon./Wed., Mar. 1, 5:20–6pm
220402U Mon./Wed., Mar. 1, 6:05–6:45pm
220402V Mon./Wed., Mar. 1, 7:35–8:15pm

Ages 6–12 — 5 Sessions — $65

220402W Mon./Wed., Jan. 11, 4:35–5:15pm
220402X Mon./Wed., Jan. 11, 5:20–6pm
220402Y Mon./Wed., Jan. 11, 6:05–6:45pm
220402Z Mon./Wed., Jan. 11, 7:35–8:15pm

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 — 10 Sessions — $130

220403A Tues., Jan. 12, 5:20–6pm
220403B Tues., Jan. 12, 6:05–6:45pm
220403C Tues., Jan. 12, 6:50–7:30pm
220403D Thurs., Jan. 14, 4:35–5:15pm
220403E Thurs., Jan. 14, 6:05–6:45pm
220403F Thurs., Jan. 14, 6:05–6:45pm
220403G Fri., Jan. 15, 4–4:40pm
220403H Fri., Jan. 15, 6:15–6:55pm

Ages 6–12 — 7 Sessions — $91

220403I Sat., Jan. 23, 9:15–9:55am
220403J Sat., Jan. 23, 11:05–11:45am
220403K Sun., Jan. 24, 9:15–9:55am
220403L Sun., Jan. 24, 10:15–10:55am
220403M Sun., Jan. 24, 11:45am-12:25pm
220403N Mon./Wed., Feb. 1, 6:05–6:45pm
220403O Mon./Wed., Feb. 1, 6:50–7:30pm

Ages 6–12 — 6 Sessions — $78

220403P Mon./Wed., Mar. 1, 6:05–6:45pm
220403Q Mon./Wed., Mar. 1, 6:50–7:30pm

Ages 6–12 — 5 Sessions — $65

220403R Mon./Wed., Jan. 11, 6:05–6:45pm
220403S Mon./Wed., Jan. 11, 6:50–7:30pm

Level 5: Youth Swim

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

Long Bridge Aquatics & Fitness Center

Ages 6–12 — 10 Sessions — $130

220404A Tues., Jan. 12, 5:20–6pm
220404B Tues., Jan. 12, 6:50–7:30pm
220404C Thurs., Jan. 14, 5:20–6pm
220404D Thurs., Jan. 14, 6:55–7:30pm
220404E Fri., Jan. 15, 5:30–6:10pm

Ages 6–12 — 7 Sessions — $91

220404F Sat., Jan. 23, 8:30–9:10am
220404G Sat., Jan. 23, 11:50am-12:30pm
220404H Sun., Jan. 24, 9:30–10:10am
220404I Mon./Wed., Feb. 1, 5:20–6pm
220404J Mon./Wed., Feb. 1, 6:50–7:30pm

Ages 6–12 — 6 Sessions — $78

220404K Mon./Wed., Mar. 1, 5:20–6pm
220404L Mon./Wed., Mar. 1, 6:50–7:30pm

Ages 6–12 — 5 Sessions — $65

220404M Mon./Wed., Jan. 11, 5:20–6pm
220404N Mon./Wed., Jan. 11, 6:50–7:30pm





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 — 10 Sessions — $150

220405A Tues., Jan. 12, 7:35–8:30pm
220405B Thurs., Jan. 14, 7:35–8:30pm

Ages 8–13 — 7 Sessions — $105

220405C Sat., Jan. 23, 10–10:55am
220405D Sun., Jan. 24, 8:30–9:25am
220405E Mon./Wed., Feb. 1, 7:35–8:30pm

Ages 8–13 — 6 Sessions — $90

220405F Mon./Wed., Mar. 1, 7:35–8:30pm

Ages 8–13 — 5 Sessions — $75

220405G Mon./Wed., Jan. 11, 7:35–8:30pm

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 — 7 Sessions — $91

220406A Sun., Jan. 24, 2:40–3:20pm
220406B Sun., Jan. 24, 4:10–4:50pm

Instructors Needed!

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



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 7 Sessions $91
220407A Sun., Jan. 24, 3:25–4:05pm
220407B Sun., Jan. 24, 4:55–5:35pm

Swim Prep 1

The Swim Team Prep program for swimmers ages 6-12 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 7 Sessions $91
220415A Sat., Jan. 23, 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 7 Sessions $91
220416A Sat., Jan. 23, 1:20–2pm

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 10 Sessions $130
240400A Tues., Jan. 12, 6:45–7:25pm
240400B Tues., Jan. 12, 7:45–8:25pm
240400C Thurs., Jan. 14, 6:45–7:25pm
240400D Thurs., Jan. 14, 7:45–8:25pm
240400E Fri., Jan. 15, 6:45–7:25pm
Ages 13-Adult 8 Sessions $104
240400F Mon., Jan. 11, 7:25–8:05am
Ages 13-Adult 7 Sessions $91
240400G Sat., Jan. 23, 11:20am-12pm
240400H Sun., Jan. 24, 11:20am-12pm
240400I Mon./Wed., Feb. 1, 7:05–7:45pm
240400J Mon./Wed., Feb. 1, 7:55–8:35pm
Ages 13-Adult 6 Sessions $78
240400K Mon./Wed., Mar. 1, 7:05–7:45pm
240400L Mon./Wed., Mar. 1, 7:55–8:35pm
Ages 13-Adult 5 Sessions $65
240400M Mon./Wed., Jan. 11, 7:05–7:45pm
240400N Mon./Wed., Jan. 11, 7:55–8:35pm

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 10 Sessions $130
240401A Tues., Jan. 12, 7:50–8:30pm
240401B Thurs., Jan. 14, 7:50–8:30pm
240401C Fri., Jan. 15, 7–7:40pm
Ages 13-Adult 7 Sessions $91
240401D Sat., Jan. 23, 10:35–11:15am
240401E Sun., Jan. 24, 10:35–11:15am
240401F Mon./Wed., Feb. 1, 7:50–8:30pm
Ages 13-Adult 6 Sessions $78
240401G Mon./Wed., Mar. 1, 7:50–8:30pm
Ages 13-Adult 5 Sessions $65
240401H Mon./Wed., Jan. 11, 7:50–8:30pm

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 10 Sessions $150
240402A Tues., Jan. 12, 7:30–8:25pm
240402B Thurs., Jan. 14, 7:30–8:25pm
240402C Fri., Jan. 15, 6:40–7:35pm
Ages 13-Adult 7 Sessions $105
240402D Sat., Jan. 23, 9:30–10:25am
240402E Sun., Jan. 24, 8:30–9:25am
240402F Mon./Wed., Feb. 1, 7:45–8:40pm
Ages 13-Adult 6 Sessions $90
240402G Mon./Wed., Mar. 1, 7:45–8:40pm
Ages 13-Adult 5 Sessions $75
240402H Mon./Wed., Jan. 11, 7:45–8:40pm

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 10 Sessions $150
240404A Tues., Jan. 12, 7–7:55am
240404B Tues., Jan. 12, 7:35–8:30pm
240404C Thurs., Jan. 14, 7–7:55am
240404D Thurs., Jan. 14, 7:35–8:30pm
Ages 13-Adult 7 Sessions $105
240404E Sat., Jan. 23, 8:30–9:25am
240404F Sun., Jan. 24, 9:30–10:25am





Teen/Adult Diving

This class welcomes divers with any experience, whether beginner or advanced. In this class, youâ€™ll learn to jump and dive off the 1-meter and 3-meter platforms.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult — 10 Sessions — $220
240405A Tues., Jan. 12, 6:45–8am
240405B Thurs., Jan. 14, 6:45–8am
Ages 13-Adult — 7 Sessions — $105
240405C Sun., Jan. 24, 5:40–6:20pm
Ages 13-Adult — 7 Sessions — $154
240405D Mon./Wed., Feb. 1, 8–9:15pm
Ages 13-Adult — 6 Sessions — $132
240405E Mon./Wed., Mar. 1, 8–9:15pm
Ages 13-Adult — 5 Sessions — $110
240405F Mon./Wed., Jan. 11, 8–9:15pm

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 — 10 Sessions — $150
240406A Tues., Jan. 12, 9–9:55am
240406B Thurs., Jan. 14, 9–9:55am
Ages 13-Adult — 7 Sessions — $105
240406C Sat., Jan. 23, 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 — 10 Sessions — $150
240407A Tues., Jan. 12, 8–8:55am
240407B Thurs., Jan. 14, 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 — 7 Sessions — $105
240408A Sat., Jan. 23, 9:05–10am
240408B Mon./Wed., Feb. 1, 7:15–8:10pm
Ages 13-Adult — 6 Sessions — $90
240408C Mon./Wed., Mar. 1, 7:15–8:10pm
Ages 13-Adult — 5 Sessions — $75
240408D Mon./Wed., Jan. 11, 7:15–8:10pm

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 — 10 Sessions — $150
240409A Tues., Jan. 12, 11–11:55am
240409B Wed., Jan. 13, 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 — 10 Sessions — $150
240410A Tues., Jan. 12, 10–10:55am
240410B Wed., Jan. 13, 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 — 10 Sessions — $150
240419A Fri., Jan. 15, 8–8:55am
240419B Fri., Jan. 15, 9–9:55am

New! Aqua Jogging

Enjoy running or want to get into it safely. Aqua jogging is great for endurance training, post-injury recovery, and minimizing impact. Build up distance while giving your joints a break. This class promotes good running form with the strengthening benefit of water resistance. Shallow water. All levels welcome. No prior running experience necessary.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult — 10 Sessions — $150
240421A Wed., Jan. 13, 7–7:55am

New! Aqua Muscle Blast

Dive into Aqua Muscle Blast, a high-energy, music-based, low-impact class for teens and adults of all fitness levels and abilities. This dynamic class combines land-based and water-based exercises to deliver a comprehensive cardio and strength workout, so please dress prepared for both pool and gym activities (swim wear under workout clothes and starting workouts in the gym). Our unique two-instructor format features focused bootcamp breakouts targeting special interest muscle groups, as well as fun partner exercises. This is a shallow water class with the possibility of doing some breakout sessions in deepwater, based on participant abilities. You will challenge your balance, condition your core, and strengthen your entire body using weights, bands, and natural aquatic resistance and drag. We conclude each session with a rewarding full-body stretch.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult — 10 Sessions — $150
240422A Tues., Jan. 12, 6–6:55am
240422B Wed., Jan. 13, 6–6:55am



ADULT

Pre-Natal Aqua Fitness

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

Long Bridge Aquatics & Fitness Center
Ages Adults — 7 Sessions — $105
240412A Sat., Jan. 23, 10:15–11:10am



GYMNASTICS

TOT & ADULT

Tiny Time

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

Barcroft Sports & Fitness Center

Ages 1 **8 Sessions** **$168**

210500A Wed., Jan. 20, 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 **9 Sessions** **$189**

210501A Tues., Jan. 19, 9:30–10:15am
210501B Tues., Jan. 19, 10:30–11:15am
210501C Tues., Jan. 19, 2–2:45pm
210501D Thurs., Jan. 21, 10:30–11:15am
210501E Fri., Jan. 22, 10:30–11:15am
210501F Fri., Jan. 22, 2–2:45pm
210501G Sat., Jan. 23, 8:30–9:15am
210501H Sun., Jan. 24, 12–12:45pm

Ages 1½-5 **8 Sessions** **$168**

210501I Wed., Jan. 20, 11:30am-12:15pm
210501J Wed., Jan. 20, 3–3:45pm

Ages 1½-5 **7 Sessions** **$147**

210501K Mon., Jan. 25, 9:30–10:15am
210501L Mon., Jan. 25, 10:30–11:15am

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

Ages 1½-5 **9 Sessions** **$189**

210501ZA Sat., Jan. 23, 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 **9 Sessions** **$189**

210502A Tues., Jan. 19, 11:30am-12:15pm
210502B Thurs., Jan. 21, 10:30–11:15am
210502C Fri., Jan. 22, 9:30–10:15am
210502D Sat., Jan. 23, 8:30–9:15am

Ages 1½-2 **8 Sessions** **$168**

210502E Wed., Jan. 20, 2–2:45pm

Ages 1½-2 **7 Sessions** **$147**

210502F Mon., Jan. 25, 10:30–11:15am
210502G Mon., Jan. 25, 9:30–10:15am

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

Ages 1½-2 **9 Sessions** **$189**

210502ZA Sat., Jan. 23, 9:30–10:15am
210502ZB Sun., Jan. 24, 12–12:45pm

TOT

Tumbling for 3's

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

Barcroft Sports & Fitness Center

Ages 3 **9 Sessions** **$189**

210503A Tues., Jan. 19, 10:30–11:15am
210503B Tues., Jan. 19, 11:30am-12:15pm
210503C Tues., Jan. 19, 2–2:45pm
210503D Thurs., Jan. 21, 9:30–10:15am
210503E Thurs., Jan. 21, 2–2:45pm
210503F Fri., Jan. 22, 10:30–11:15am
210503G Fri., Jan. 22, 11:30am-12:15pm
210503H Fri., Jan. 22, 2–2:45pm
210503I Sat., Jan. 23, 9:30–10:15am
210503J Sat., Jan. 23, 10:30–11:15am
210503K Sun., Jan. 24, 1–1:45pm

Ages 3 **8 Sessions** **$168**

210503L Wed., Jan. 20, 10:30–11:15am
210503M Wed., Jan. 20, 11:30am-12:15pm
210503N Wed., Jan. 20, 1–1:45pm
210503O Wed., Jan. 20, 2–2:45pm
210503P Wed., Jan. 20, 3–3:45pm

Ages 3 **7 Sessions** **$147**

210503Q Mon., Jan. 25, 11:30am-12:15pm
210503R Mon., Jan. 25, 2–2:45pm
210503S Mon., Jan. 25, 3–3:45pm

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

Ages 3 **9 Sessions** **$189**

210503ZA Sat., Jan. 23, 8:30–9:15am

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 **9 Sessions** **$189**

210505A Tues., Jan. 19, 10:30–11:15am
210505B Tues., Jan. 19, 11:30am-12:15pm
210505C Tues., Jan. 19, 2–2:45pm
210505D Thurs., Jan. 21, 10:30–11:15am
210505E Thurs., Jan. 21, 2–2:45pm
210505F Thurs., Jan. 21, 3–3:45pm
210505G Fri., Jan. 22, 11:30am-12:15pm
210505H Fri., Jan. 22, 2–2:45pm
210505I Fri., Jan. 22, 3–3:45pm
210505J Sat., Jan. 23, 9:30–10:15am
210505K Sat., Jan. 23, 10:30–11:15am

Ages 4 **8 Sessions** **$168**

210505L Wed., Jan. 20, 10:30–11:15am
210505M Wed., Jan. 20, 11:30am-12:15pm
210505N Wed., Jan. 20, 1–1:45pm
210505O Wed., Jan. 20, 2–2:45pm
210505P Wed., Jan. 20, 3–3:45pm

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

210505Q Mon., Jan. 25, 11:30am-12:15pm
210505R Mon., Jan. 25, 1–1:45pm
210505S Mon., Jan. 25, 3–3:45pm
210505T Mon., Jan. 25, 4–4:45pm

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

Ages 4 **9 Sessions** **$189**

210505ZA Sun., Jan. 24, 1–1:45pm

* 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!
For more information visit our webpage

Cheerleading

A beginner-friendly cheerleading program focused on basic motions, chants, jumps, and teamwork. This program builds confidence, coordination, and performance skills in a fun and supportive environment. Inst.: AIM USA

Barcroft Sports & Fitness Center
Ages 8–13 **8 Sessions** **$168**
220519A Sun., Jan. 24, 5:45–6:25pm

Gymnastics: Beginner Tumbling Clinic

Ready to roll, jump, and flip into action? This clinic is designed for anyone looking to build a strong foundation in tumbling! Participants will work on foundational skills focusing on proper technique, body control, and confidence. Our experienced coaches will guide you through fun, structured drills in a safe and supportive environment. No prior gymnastics experience needed, just enthusiasm and a willingness to try something new!

Barcroft Sports & Fitness Center
Ages 6–9 **1 Session** **$40**
220516A Tues., Jan. 12, 5:30–6:30pm
Ages 10–15 **1 Session** **$40**
220516B Wed., Jan. 13, 5:30–6:30pm

Gymnastics: Back Handspring Clinic

Got your roundoff down and ready to take the next step? This clinic is designed for tumblers working toward mastering the back handspring! Participants will focus on essential progressions including block drills, back walkovers, bridge kickovers, and spotted back handsprings, with an emphasis on proper takeoff, arm swing, and landing technique. Our experienced coaches will provide hands-on spotting and personalized feedback to help build strength, confidence, and consistency. Recommended for gymnasts with a solid cartwheel, bridge, and back walkover, or coach approval.

Barcroft Sports & Fitness Center
Ages 6–9 **1 Session** **$40**
220517A Tues., Jan. 5, 5:30–6:30pm
Ages 10–15 **1 Session** **$40**
220517B Wed., Jan. 6, 5:30–6:30pm

Gymnastics: Bar Clinic

Ready to swing, kip, and cast your way to new skills? This clinic is designed for gymnasts looking to build strength, confidence, and technique on bars! Participants will work on essential skills such as pullovers, casts, kips, glide swings, and pull-up strength conditioning, with a focus on proper grip, body alignment, and control. Our experienced coaches will provide hands-on spotting and progressive drills in a safe, supportive environment. Recommended for gymnasts with a basic understanding of bar safety, or coach approval.

Barcroft Sports & Fitness Center
Ages 6–9 **1 Session** **$40**
220518A Thurs., Jan. 7, 5–6pm
Ages 10–15 **1 Session** **$40**
220518B Fri., Jan. 8, 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



Did you know?

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

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 **9 Sessions** **$189**
210506A Thurs., Jan. 21, 3–3:45pm
210506B Fri., Jan. 22, 4–4:45pm

Ages 5 **8 Sessions** **$168**
210506D Wed., Jan. 20, 4–4:45pm

Ages 5 **7 Sessions** **$147**
210506E Mon., Jan. 25, 4–4:45pm

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 **9 Sessions** **$270**
220500A Tues., Jan. 19, 4:30–5:30pm
220500B Wed., Jan. 20, 4:15–5:15pm
220500C Wed., Jan. 20, 5:30–6:30pm
220500D Thurs., Jan. 21, 4:15–5:15pm
220500E Thurs., Jan. 21, 5:30–6:30pm
220500F Fri., Jan. 22, 4:30–5:30pm
220500G Sat., Jan. 23, 12:15–1:15pm

Ages 5–6 **7 Sessions** **$210**
220500H Mon., Jan. 25, 5:30–6:30pm

Ages 7–8 **9 Sessions** **$270**
220500I Sat., Jan. 23, 2:45–3:45pm
220500J Tues., Jan. 19, 4:30–5:30pm
220500K Tues., Jan. 19, 5:45–6:45pm
220500L Wed., Jan. 20, 4:15–5:15pm
220500M Thurs., Jan. 21, 4:15–5:15pm
220500N Thurs., Jan. 21, 5:30–6:30pm
220500O Fri., Jan. 22, 5:45–6:45pm
220500P Sat., Jan. 23, 1:30–2:30pm
220500Q Sun., Jan. 24, 3:30–4:30pm

Ages 7–8 **7 Sessions** **$210**
220500R Mon., Jan. 25, 5:30–6:30pm

Ages 9–12 **9 Sessions** **$270**
220500S Tues., Jan. 19, 4:30–5:30pm
220500T Thurs., Jan. 21, 6:45–7:45pm
220500U Fri., Jan. 22, 5:45–6:45pm
220500V Sat., Jan. 23, 4–5pm

Ages 9–12 **7 Sessions** **$210**
220500W Mon., Jan. 25, 5:30–6:30pm
220500X Mon., Jan. 25, 6:45–7:45pm

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

Ages 5–6 **9 Sessions** **$270**
220500ZA Sun., Jan. 24, 2:15–3:15pm
220500ZB Sun., Jan. 24, 3:30–4:30pm

Ages 9–12 **9 Sessions** **$270**
220500ZC Sat., Jan. 23, 1:45–2:45pm
220500ZD Sun., Jan. 24, 4:45–5:45pm



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

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 **9 Sessions** **$297**
220502A Tues., Jan. 19, 5:45–7:15pm
220502B Wed., Jan. 20, 5:30–7pm
220502C Thurs., Jan. 21, 5:30–7pm
Ages 6–8 **7 Sessions** **$231**
220502D Mon., Jan. 25, 5:30–7pm
Ages 9–12 **9 Sessions** **$297**
220502E Tues., Jan. 19, 5:45–7:15pm
220502F Wed., Jan. 20, 6:45–8:15pm
220502G Fri., Jan. 22, 7–8:30pm
Ages 9–12 **7 Sessions** **$405**
220502H Mon., Jan. 25, 6:45–8:15pm

Barcroft Sports & Fitness Center. Inst.: Ready Set Gymnastics
Ages 6–8 **9 Sessions** **$297**
220502ZA Sat., Jan. 23, 12–1:30pm

Gymnastics: Girls 3+

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

Barcroft Sports & Fitness Center
Ages 7–13 **9 Sessions** **$405**
220504A Thurs., Jan. 21, 5:30–7:30pm

Barcroft Sports & Fitness Center. Inst.: Ready Set Gymnastics
Ages 7–13 **9 Sessions** **$405**
220504ZA Sat., Jan. 23, 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 **9 Sessions** **$270**
220511A Tues., Jan. 19, 4:30–5:30pm
220511B Wed., Jan. 20, 4:15–5:15pm
220511C Wed., Jan. 20, 5:30–6:30pm
220511D Thurs., Jan. 21, 4:15–5:15pm
220511E Fri., Jan. 22, 4:30–5:30pm
220511F Sat., Jan. 23, 12:15–1:15pm
220511G Sun., Jan. 24, 2:15–3:15pm
Ages 8–12 **9 Sessions** **$270**
220511H Tues., Jan. 19, 5:45–6:45pm
220511I Wed., Jan. 20, 6:45–7:45pm
220511J Fri., Jan. 22, 5:45–6:45pm
220511K Sat., Jan. 23, 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 **9 Sessions** **$297**
220513A Fri., Jan. 22, 7–8:30pm
220513B Sat., Jan. 23, 2:45–4:15pm

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**
220515A Mon., Jan. 25, 1–1:45pm
Ages 8–12 **9 Sessions** **$189**
220515B Fri., Jan. 22, 1–1:45pm

TEEN

Teen Gymnastics

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

Barcroft Sports & Fitness Center
Ages 13–17 **9 Sessions** **$288**
230500A Wed., Jan. 20, 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 **9 Sessions** **$264**
240500A Tues., Jan. 19, 1–2pm
240500B Thurs., Jan. 21, 1–2pm
Ages Adults **9 Sessions** **$297**
240500C Tues., Jan. 19, 7:15–8:45pm
Ages Adults **7 Sessions** **$264**
240500D Mon., Jan. 25, 7:15–8:45pm

Gymnastics: Adult Advanced

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

Barcroft Sports & Fitness Center
Ages Adults **9 Sessions** **$297**
240501A Thurs., Jan. 21, 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 **9 Sessions** **$297**
240502A Tues., Jan. 19, 7:15–8:45pm

INDIVIDUALS WITH DISABILITIES



ARTS

Adapted Art

In this engaging art program, participants will explore a variety of materials and techniques, focusing on the creative process rather than the final project. Designed for individuals with disabilities, this program encourages self-expression and invites participants to experiment with unconventional art materials in fresh, imaginative ways. Through activities like papermaking, brush painting, collage, and crafting with recycled materials, you'll discover new methods of artistic creation. Emphasis is placed on exploration and creativity, allowing you to express yourself without the pressure of a completed project. Let your creativity flow and enjoy the journey of artistic discovery!

Lubber Run Center. Inst.: Frazier
Ages 13-Adult **8 Sessions** **$88**
202005A Tues., Jan. 12, 5:30–6:30pm

Fairlington Center. Inst.: Droblyen/Halloran
Ages 13-Adult **8 Sessions** **$88**
202005B Mon., Jan. 25, 6–7pm



AQUATICS

Aquatics: Adapted Pre-Fin & Me

In this beginner adapted 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 swimming skills, such as floating, blowing bubbles, kicking motions, and how to submerge their heads underwater. Additionally, participants will learn to interact with instructors to transition to swim classes unaccompanied by parents.

Long Bridge Aquatics & Fitness Center
Ages 2½-4 **7 Sessions** **$77**
210411A Sun., Jan. 24, 1:15–1:45pm

Aquatics: Adapted Pre-Fin

In this beginner adapted 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 swimming skills, such as floating, blowing bubbles, kicking motions and how to put their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 3yr 3mths-5 **7 Sessions** **$77**
210412A Sun., Jan. 24, 1:15–1:45pm

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 swimming skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 6–12 **7 Sessions** **$77**
220411A Sun., Jan. 24, 1:50–2:20pm

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 swimming skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **10 Sessions** **$150**
240415A Tues., Jan. 12, 9–9:55am
240415B Thurs., Jan. 14, 9–9:55am
Ages 13-Adult **7 Sessions** **$77**
240415C Sun., Jan. 24, 2:25–2:55pm

Aquatics: Adapted Teen/Adult Swim 2

In this Level 2 adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. For participants who can comfortably float without assistance, submerge their heads, blow bubbles and demonstrate effective kicking motion. Participants will build on their water safety and swimming skills, including swimming with face submerged while using arm and leg actions and treading water.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **7 Sessions** **$91**
240425A Sun., Jan. 24, 12:55–1:35pm



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 swimming 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 **7 Sessions** **$91**
220414A Sun., Jan. 24, 12:30–1:10pm



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**
204003A Sat., Jan. 16, 9:45–10:45am
204003B Sat., Feb. 13, 9:45–10:45am
204003C Sat., Mar. 13, 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**
204005A Sat., Jan. 30, 9:45–10:45am
204005B Sat., Feb. 27, 9:45–10:45am
204005C Sat., Mar. 20, 9:45–10:45am

Adapted Zumba w/SPIRIT Club

Join us for Adapted Zumba with SPIRIT Club. Designed specifically for individuals with disabilities, this vibrant, music-based workout aims to boost cardiovascular endurance, balance, flexibility, and more while experiencing the joy of dance and movement. Each session creates an energetic, welcoming atmosphere that encourages everyone to stay as active as possible. Learn more about SPIRIT Club at www.spirit-club.com. Inst.: SPIRIT Club.

Langston-Brown Center
Ages 13-Adult **10 Sessions** **$232**
204007A Sat., Jan. 16, 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 would like to register a guardian or caregiver, please email trinfo@arlingtonva.us prior to the first class. Inst.: Sheetz.

Lubber Run Center
Ages Adults **10 Sessions** **$160**
204008A Wed., Jan. 13, 5:30–6:20pm

Adapted Indoor Cycling

Get ready to ride to the beat! Adapted Indoor Cycling is a fitness class designed for individuals with disabilities who want to improve cardiovascular endurance, build strength, and enjoy the energy of a group workout in a supportive environment. Participants will ride along to high energy music that will keep them pedaling strong while learning the fundamentals of indoor cycling, including proper bike setup, safe riding techniques, and how to adjust resistance to meet their individual fitness goals. Participants who may require modifications to an indoor cycling bike should contact trinfo@arlingtonva.us prior to the start of the program so accommodations can be explored and arranged. Whether you're new to cycling or looking for a new way to stay active, this class offers an encouraging space to ride at your own pace, enjoy great music, and celebrate every mile of the journey! Inst.: D'Introno.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **8 Sessions** **$144**
204009A Thurs., Jan. 14, 6–7pm

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 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 **9 Sessions** **$135**
210520A Sun., Jan. 24, 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 **9 Sessions** **$135**
220521A Sun., Jan. 24, 9:30–10:15am
Ages 8–12 **9 Sessions** **$135**
220521B Sun., Jan. 24, 8:30–9:15am

Gymnastics: Adapted Teen

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 **9 Sessions** **$189**
230503A Sun., Jan. 24, 10:30–11:30am



We want to ensure you have
The Best Experience!

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

Refunds: No refund fees are charged for cancellations until after 8am Dec. 9; 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.



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. We look forward to seeing you!

Registration will be required for all who plan on attending. Check out upcoming program information below or sign up for our E-Newsletter for event details and registration information. Contact: Trinfo@arlingtonva.us



ADAPTED ICE SKATING

Bundle up, bring your energy, and come share the rink with other families. Whether you're stepping onto the ice for the first time or returning after a break, this is a great opportunity to spend time together and enjoy the season. What to Know Before You Go:

- All participating family members must be registered
- Helmets and personal safety gear are strongly encouraged (not provided at the event)
- Skate rentals must be reserved in advance—on-site purchases are not available

MedStar Iceplex
Sunday, Dec. 20, 2026 12:50–2:50pm
Cost: $1 for skate rental. Activity 922227-03

TUMBLE TOGETHER



Come out for an afternoon of Adapted Gymnastics. Participants will experience gymnastics by moving through obstacle courses, jumping on the trampoline, swinging on the rings and bars, and exploring the foam pit. Ages 13—Adult.

Barcroft Sports & Fitness Center
Saturday, Jan. 9, 2027, 1-3pm
Cost: $14 (Resident). Activity 220523A

Flight of Nature

Enjoy a day of exploring nature and learning about different birds through a variety of immersive activities! The center will be open during the event, so bathrooms will be available on site. Parking will be limited so we encourage you to carpool, park on the street, or in the neighboring medical building or school parking lot.

Long Branch Natures Center
Saturday, Feb. 13, 2027, 10am-12pm
Cost: $5. Activity 922227-05



FAMILY FLOAT

Enjoy the lazy river, shoot some hoops with friends and get active in the water.

Long Bridge Aquatics Center
Saturday, Mar. 13, 2027, 5:15-7:15pm
Cost: $5. Activity 922227-06

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.





Returning 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





Silent Movie Matinee: Woman of the World

Experience the glamour of silent cinema with a screening of Woman of the World (1925), starring acclaimed actress Pola Negri. This special showing takes place at a venue once home to the film's leading star, offering a unique connection between Hollywood history and local heritage. The price of this program includes popcorn and a soda. Adults.

$8. Gulf Branch Nature Center
Sat., Jan. 23, 1–2:30pm 622740-C

Discover the connection between a film star and the Gulf Branch Nature Center

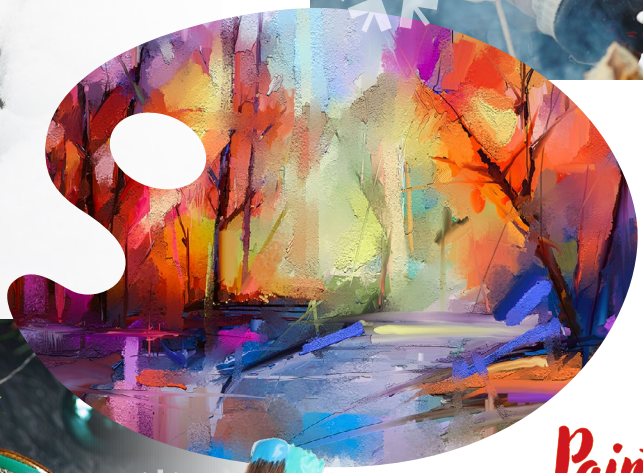
Winterfest

Let's celebrate the start of winter! Join us as we roast s'mores over a campfire, drink and make hot chocolate, make winter crafts, and learn how animals surive in the winter. Families.

$8. Gulf Branch Nature Center
Sat., Dec. 19, 5:30–7:30pm 622850-C









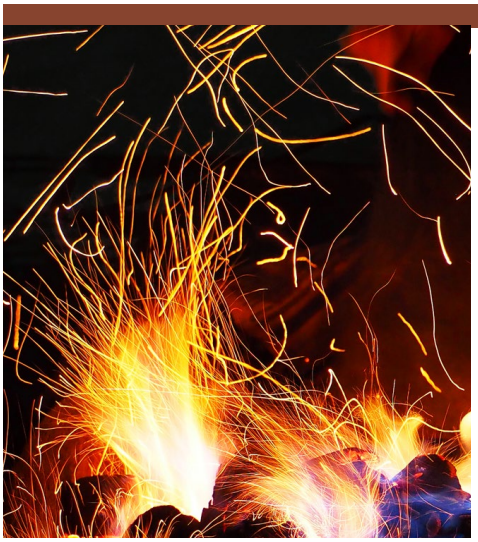




Paint Night: Winter Landscape

Join a naturalist for a guided after hours paint night at the nature center. Hot cocoa and painting supplies included, no experience necessary. Adults.

$25. Long Branch Nature Center
Thurs., Dec. 10, 5:30–7:30pm 622940-E



Family Campfires

The whole family is invited to join us at the Long Branch or Gulf Branch fire ring 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

Wildlife Trivia Campfire
Sat., Jan. 30, 4:30–5:30pm — 622850-A

Wild Love Campfire
Sat., Feb. 13, 5–6pm — 622850-B

$8. Long Branch Nature Center

Flying Squirrel Campfire
Fri., Dec. 18, 5–6pm — 622950-A

Spring Equinox Campfire
Sat., Mar. 20, 6:30–8pm — 622950-B

Storytelling Campfire
Sat., Mar. 27, 6–7pm — 622950-C



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

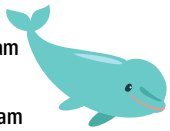
$8. Gulf Branch Nature Center

Tiny Tot: Arctic Creatures
Tues., Dec. 15, 10–10:45am — 622810-A
Fri., Dec. 18, 10–10:45am — 622810-B



Tiny Tot: Invertebrates
Tues., Jan. 5, 10–10:45am — 622810-C
Sat., Jan. 16, 10–10:45am — 622810-D
Thurs., Jan. 2, 10–10:45am — 622810-E

Tiny Tot: Ocean Mammals
Thurs., Feb. 4, 10–10:45am — 622810-F
Sat., Feb. 6, 10–10:45am — 622810-G
Thurs., Feb. 25, 10–10:45am — 622810-H



Tiny Tot: Deserts
Thurs., Mar. 4, 10–10:45am — 622810-I
Sat., Mar. 6, 10–10:45am — 622810-J
Fri., Mar. 12, 10–10:45am — 622810-K

$8. Long Branch Nature Center

Tiny Tot: Marsupials
Thurs., Dec. 17, 10–10:45am — 622910-A



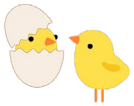
Tiny Tot: Animal Teeth
Sat., Jan. 2, 10–10:45am — 622910-B
Thurs., Jan. 14, 10–10:45am — 622910-C
Thurs., Jan. 28, 10–10:45am — 622910-D

Tiny Tot: Foxes



Fri., Feb. 5, 10–10:45am — 622910-E
Tues., Feb. 9, 10–10:45am — 622910-F
Thurs., Feb. 18, 10–10:45am — 622910-G

Tiny Tot: Eggs
Thurs., Mar. 11, 10–10:45am — 622910-H
Sat., Mar. 20, 10–10:45am — 622910-I
Thurs., Mar. 25, 10–10:45am — 622910-J



Preschool Ages 3-5 years

$8. Gulf Branch Nature Center

Pre-K: Primates
Tues., Dec. 15, 11:15am-12:15pm — 622810-L
Fri., Dec. 18, 11:15am-12:15pm — 622810-M

Pre-K: Flightless Birds



Tues., Jan 5, 11:15am-12:15pm — 622810-N
Thurs., Jan. 7, 1–2pm — 622810-O
Sat., Jan. 16, 11:15am-12:15pm — 622810-P
Thurs., Jan. 21, 11:15am-12:15pm — 622810-Q

Pre-K: Animal Tracks
Thurs., Feb. 4, 11:15am-12:15pm — 622810-R
Sat., Feb. 6, 11:15am-12:15pm — 622810-S
Thurs., Feb. 11, 1–2pm — 622810-T
Thurs., Feb. 25, 11:15am-12:15pm — 622810-U

Pre-K: Antarctica



Thurs., Mar. 4, 11:15am-12:15pm — 622810-V
Sat., Mar. 6, 11:15am-12:15pm — 622810-W
Fri., Mar. 12, 11:15am-12:15pm — 622810-X
Thurs., Mar. 18, 1pm-2pm — 622810-Y

$8. Long Branch Nature Center

Pre-K: Fossils
Thurs., Dec. 17, 11:15am-12:15pm — 622910-K

Pre-K: Snow

Sat. , Jan. 2, 11:15am-12:15pm — 622910-L
Fri., Jan. 8, 1–2pm — 622910-M
Sat., Jan. 14, 11:15am-12:15pm — 622910-N
Thurs., Jan. 28, 11:15am-12:15pm — 622910-O

Pre-K: Healthy Hearts
Fri., Feb. 5, 11:15am-12:15pm — 622910-P
Tues., Feb. 9, 11:15am-12:15pm — 622910-Q
Thurs., Feb. 18, 11:15am-12:15pm — 622910-R
Thurs., Feb. 25, 1–2pm — 622910-S

Pre-K: Water



Fri., Mar. 5, 1–2pm — 622910-T
Thurs., Mar. 11, 11:15am-12:15pm — 622910-U
Sat., Mar. 20, 11:15am-12:15pm — 622910-V
Thurs., Mar. 25, 11:15am-12:15pm — 622910-W



More Tot Programs Ages 1-5 years

Nature Storytime

Enjoy interactive stories, each date with a different nature topic!

Free. Gulf Branch Nature Center
Wed., Jan. 13, 10:30–11am — 622810-Z
Wed., Jan. 27, 10:30–11am — 622810-AA
Wed., Feb. 10, 10:30–11am — 622810-BB
Wed., Feb. 24, 10:30–11am — 622810-CC
Wed., Mar. 10, 10:30–11am — 622810-DD





Kids

Pinecone Gnome Ornament

Make a fun gnome ornament from a pinecone for the holidays! Kids will need adult supervision with hot glue gun. This program is drop-in any time between 11am-1pm, but registration is required. Ages 6-12.

$8. Gulf Branch Nature Center
Wed., Dec. 23, 11am-1pm 622820-A

Geology Club

Do you like rocks? Are you interested in starting a rock collection? Each session we will learn about a new area of geology, and investigate real specimens. Ages 8-12.

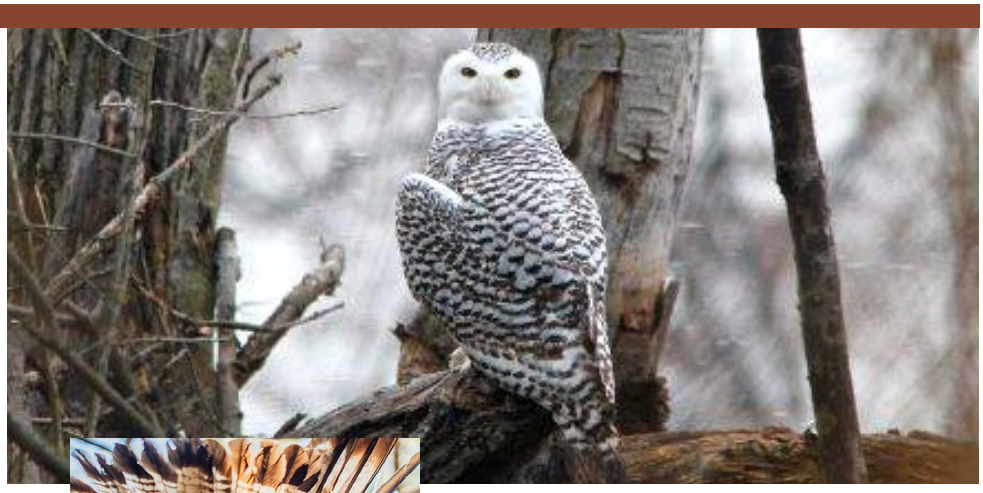
$8. Gulf Branch Nature Center

Igneous Rocks
Tues., Feb. 23, 5:30–6:30pm 622820-B

Metamorphic Rocks
Tues., Mar. 9, 5:30–6:30pm 622820-C

Sedimentary Rocks
Tues., Mar. 23, 5:30–6:30pm 622820-D







Native American Rattle Craft

Rattles are part of Native American heritage and custom for many tribes, representing the three kingdoms of natural history. We will learn about those three kingdoms and what rattles are made out of. Then, you will make your own using simple craft materials! Ages 7-12.

$8. Gulf Branch Nature Center
Sat., Feb. 27, 11am-12pm 622820-E

Furs, Coats, & Pelts

Come by and touch our collection of animal furs, coats, and pelts and learn facts about the animals and how they survive the winter season. Ages 3-12.

Free. Long Branch Nature Center
Sun., Dec. 13, 2–3pm 622920-A
Sun., Dec. 27, 2–3pm 622920-B
Sun., Jan. 10, 2–3pm 622920-C
Sun., Jan. 24. 2–3pm 622920-D

Animal Origami

Explore the colorful world of origami! Learn the fascinating history of this art form while creating your own paper animals. Along the way, explore fun facts about each animal, from where they live to the adaptations that help them survive winter. Ages 3-12.

$8. Long Branch Nature Center
Sat., Dec. 19, 10–11am 622920-E
Sat., Jan. 16, 10–11am 622920-F

Winter Camoflauge

Discover the true masters of disguise and explore how Virginia's coolest animals use winter camouflage to blend into the woods and stay safe all season long. Ages 3-12.

$8. Long Branch Nature Center
Fri., Jan. 8, 4–5pm 622920-G

Valentines Day Crafts for Kids

Make adorable Valentine's Day crafts to give to friends, love ones, or even animals at the Nature Center! Ages 3-12.

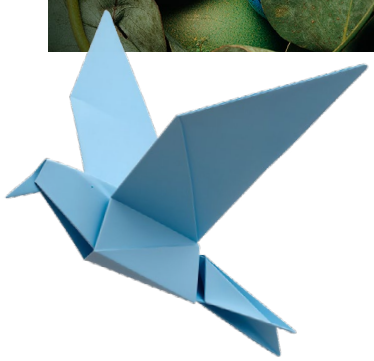
$8. Long Branch Nature Center
Sat., Feb. 13, 12–1pm 622920-H

Woodland Egg Hunt

Learn about eggs and the animals that lay them and hunt for your own at the nature center! Ages 3-12.

$10. Long Branch Nature Center
Sun., Mar. 21, 1–2pm 622920-I
Sun., Mar. 21, 2:30–3:30pm 622920-J





Teens

Nature Bath Bombs & Candles

Taking care of ourselves is important, and nature can help with that! Join us to learn about self-care in nature, and make a bath bomb and a candle to take home. Ages 11-16.

Free. Gulf Branch Nature Center
Fri., Jan. 29, 11am-12pm 622830-A





Make a Paracord Keychain!

DIY a fun charm for your bag or fun keychain for your keys! Use it as a luggage tag or even as a zipper pull. Bonus: it can be unraveled any time to use outdoors when hiking or camping! You can also add other charms to it of your own. Ages 11-16.

Free. Gulf Branch Nature Center
Fri., Jan. 29, 1–2pm 622830-B

Explore the natural world in Arlington! More classes are available online at arlingtonva.us/parks and search Nature & History.



Adults

Winter Walk Along Four Mile Run & Sparrow Pond

Come take an easy walk and get a little exercize along the Four Mile Run Trail in search of winter wildlife and other winter scenery. We'll stop by Sparrow Pond to see what is active this time of year. Bring binoculars or borrow one of ours.

Free. Glen Carlyn Park – Dog Park Area
Tues., Dec. 8, 1–2pm 622940-A
Tues., Jan. 5, 1–2pm 622940-B
Tues., Feb. 9, 1–2pm 622940-C
Tues., Mar. 9, 1–2pm 622940-D

National Bird Day Walk

Celebrate National Bird Day with a birding walk! Discover local birds, sharpen your identification skills, and connect with fellow bird lovers.

Free. Long Branch Nature Center
Tues., Jan. 5, 9–10am 622940-F

Friday Wind Down

Come wind down at the end of the work week and take walk with one of our naturalists. Learn about Arlington's wildlife while enjoying some exercise to end your work week. No need to register- Just come walk with us!

Free. Long Branch Nature Center
Fri., Feb. 5, 4:30–5:30pm 622940-G
Fri., Feb. 19, 4:30–5:30pm 622940-H
Fri., Mar. 5, 4:30–5:30pm 622940-I
Fri., Mar. 19, 4:30–5:30pm 622940-J
Fri., Mar. 26, 4:30–5:30pm 622940-K

Supporting & Attracting Butterflies to Your Yard

Brian Magurn of the Loudon Wildlife Conservancy will discuss how to support butterflies and moths with native plants & habitat practices, including native host plants for many common butterflies in our region.

Free. Long Branch Nature Center
Sat., Feb. 27, 10am-12pm 622940-L



International Women's Day Hike

Celebrate International Women's day on our trails! Join us for a naturalist-led hike honoring the strength, resilience and impact of women in nature and conservation.

Free. Glencarlyn Park
Sat., Mar. 6, 1–2pm 622940-M

Mindfulness in Nature

Reduce stress, improve focus and connect to the natural world through a guided mindfullness practice.

Free. Long Branch Nature Center
Sat., Mar. 13, 10–11am 622940-N



First of Spring Wildflower Walk

Spring begins today! Let's see what wildflowers show up to welcome the beginning of springtime.

$8. Bon Air Park
Sat., Mar. 20, 11am-12pm 622940-O

Salamanders of Virginia

Learn about salamanders that call Virginia home! We will focus on species that are found in our area and explore some who can be found nearby.

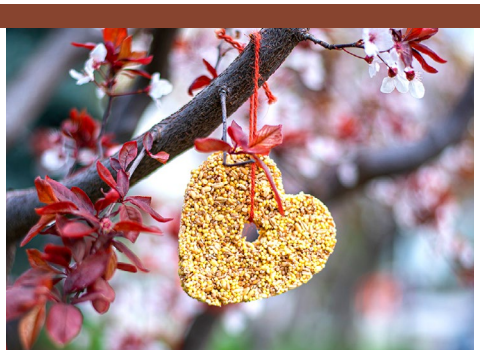
Free. Virtual Program
Wed., Jan. 20, 6–7pm 622840-A

Deep Dive: Mole Salamanders

Let's investigate mole salamanders! We will discuss their anatomy, physiology, and overall fun facts about this group!

Free. Virtual Program
Wed., Jan. 27, 6–7pm 622840-B





Families

Decorate a Tree for Birds

Winter is a time when food is scarce, but our feathered friends still need to eat! We will learn about our resident winter birds and create bird feeders out of eco-friendly materials.

$8. Gulf Branch Nature Center
Tues., Dec. 29, 1–2pm 622850-D

Holiday H.A.M.S (Holiday Animal Meetups)

Take a break from the holiday rush to sit down and enjoy meeting some of our local nature center animals. Each day, a naturalist will share stories, tales, and offer direct encounters with 2 different live or preserved animal friends. No registration required. Adults must accompany children, no drop offs please.

Free. Long Branch Nature Center
Tues., Dec. 29, 2–3pm
Wed., Dec. 30, 2–3pm
Thurs., Dec. 31, 2–3pm
Sun., Jan. 3, 2–3pm



Animal Tracks & Signs

Become a wildlife detective and uncover the stories animals leave behind! Everyday wildlife moves through our parks unseen but they always leave clues behind. Join us in learning the tracks and signs that help us know what animals are living in our area.

$8. Long Branch Nature Center
Sun., Dec. 20, 12–1pm 622950-D
Sun., Jan. 3, 12–1pm 622950-E

Ponds: Life Under the Ice

Our ponds may be frozen, but they're still full of life. Come learn about our winter pond dwellers, and find out where the critters you don't see in winter have gone. Dress for the weather.

$8. Long Branch Nature Center
Wed., Jan. 13, 3:30–4:40pm 622950-F





Restore Habitat!

Join us in restoring habitat in our parks! We meet regularly over a dozen parks to remove invasives, plant natives, protect tree seedlings, and do other enrvironmental 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., Dec. 20, 2–4pm
Sun., Jan. 17, 2–4pm
Sun., Feb. 21, 2–4pm
Sun., Mar. 21, 2–4pm

Free. Gulf Branch Nature Center
Fri., Jan. 8, 9:30–11:30am
Fri., Feb. 12, 9:30–11:30am
Fri., Mar. 12, 9:30–11:30am

Flying Squirrel Life & Lore

Flying squirrels are found throughout the wooded neighborhoods of Arlington, but are seldom seen. Join us after dark to learn about these nocturnal creatures. Dress for the weather, we will venture out into the cold night to look for wild flying squirrels. All participants must register.

$8. Long Branch Nature Center
Fri., Jan. 15, 5:30–6:30pm 622950-G

Squirrel Appreciation Day

Get to know our bushy-tailed neighbors! Learn fun facts about local squirrels, then head out on a squirrel spotting walk to see what they're up to.

Free. Long Branch Nature Center
Thurs., Jan. 21, 12–1pm 622950-H

The Scientific Method

How do scientists learn new things? They use the scientific method! As we explore ice and water, we will practice observing materials, making predictions, and drawing conclusions about what floats or sinks. Recommended for children ages 3-10.

Free. Long Branch Nature Center
Sat., Jan. 23, 4–5pm 622950-I



Owl Prowl & Cocoa

Join us for an evening nature hike when the leaves aren't on the trees, making owls easier to spot. Give a hoot... literally as we learn about and try to call to our native nocturnal raptors. Dress for the weather.

$10. Long Branch Nature Center
Sat., Jan. 30, 6–7:30pm 622950-J
Fri., Mar. 12, 6:30–8pm 622950-K

Groundhog Day Stories & Roasting Marshmallows

Groundhogs have been helping us predict the coming of spring for 140 years. Come learn about the wise weather-predicting rodent and hear some stories of how they've helped some Native Americans out of some difficult situations. But after months of hibernation, they'll be hungry so we'll roast some marshmallows over an open campfire and enjoy some snacks with our hungry companions. Meet at the amphitheater if weather is mild. Classroom otherwise.

$8. Long Branch Nature Center
Tues., Feb. 2, 5–6pm 622950-L



Wiggling Worms

What is the life of a worm like? Why do they wiggle? And why are they important to our environment? We'll explore live red earthworms in compost, make wiggling paper worms, and mix gooey slime worms. Recommended for children ages 3-10.

Free. Long Branch Nature Center
Sat., Feb. 6, 4–5pm 622950-M

Vultures & Winter Survival

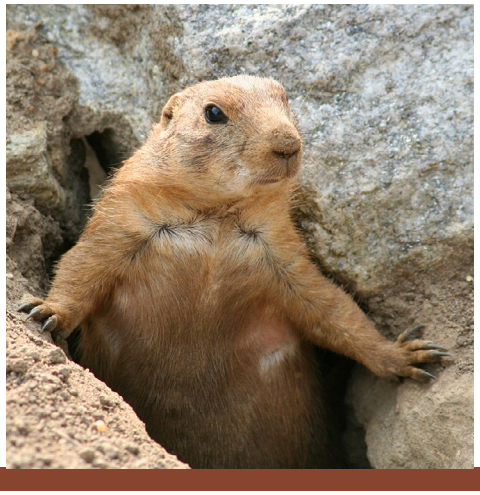
How do scavengers, such as our vulture Pearl, eat a frozen meal or survive the winter? Come investigate the many adaptations vulture's possess to help them survive the harsh winter.

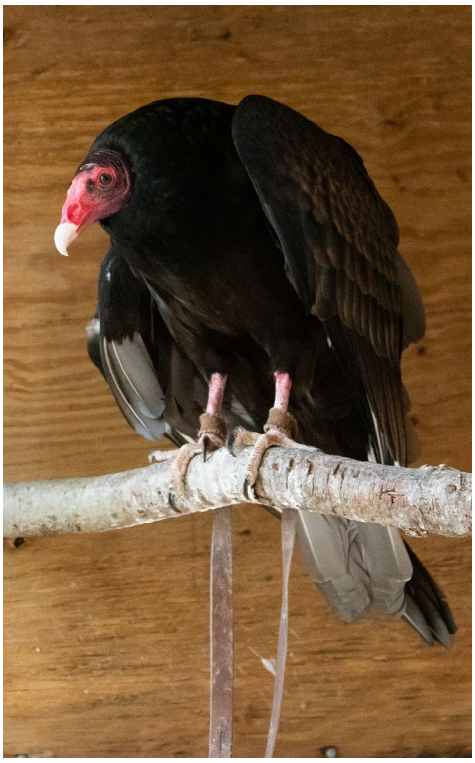
Free. Long Branch Nature Center
Sat., Feb. 20, 12–1pm 622950-N

Animal Adaptations

What do webbed feet, brightly colored feathers, and large ears have in common? They are all adaptations, or characteristics creatures have developed to better fit their environment. Play hide-and-seek with animals. Explore how not all birds' beaks look the same, and discover why some animals choose to stand out instead of blend in. Recommended for children ages 3-10.

Free. Long Branch Nature Center
Sat., Feb. 20, 4–5pm 622950-O





Lanternfly Egg Scraping

Join us in scraping Spotted Lanternfly egg masses off trees in the park. These invasive insects can damage our native plants and you can help protect them! Ages 7 and up.

Free. Long Branch Nature Center
Wed., Mar. 10, 2–3pm 622950-Q

World Water Day 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
Mon., Mar. 22, 1–3pm

Explore History



ARCHIVAL PORTRAITS: LIBRARY OF CONGRESS
LETTER: NATIONAL ARCHIVES



Families

Valentine's Day Campfire

Warm up by the campfire at Fort C.F. Smith with friends and family to hear how sweethearts stayed in touch during the Civil War. Hear real stories of love from Civil War Arlington based on research from original letters sent from the county's forts. Coffee and S'Mores included. Ages 5 and up.

$8. Fort CF Smith Park
Sat., Feb. 13, 2–3pm 622750-A

History Happy Hour: Arlington's Civil War Defenses

Discover how Arlington became the first line of defenses for the nation's capital during the Civil War. This program will explore the forts, soldiers, and civilians who shaped a vast military landscape that can still be seen today.

$8. Fort CF Smith Park
Wed., Jan. 13, 6–7pm 622750-B

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. No need to register, just meet at the Fort C.F. Smith Visitor Center!

Free. Fort CF Smith Park
Sat., Jan. 16, 1–2pm
Sat., Feb. 6, 1–2pm
Sat., Mar. 13, 1–2pm

Fort Ethan Allen Walking Tour

Fort Ethan Allen was one of the most important of the Union's Civil War forts in Arlington. Join this walk to see the imposing features that still remain of the fort and explore the lives of the people who called it home during the war. No need to register, just meet in front of the Madison Community Center.

Free. Fort Ethan Allen
Sat., Jan. 30, 3–4pm
Sat., Feb. 20, 1–2pm
Sat., Mar. 27, 3–4pm

Backyard History: Fort Barnard & Fort Scott

Everywhere has a story to tell. Come meet us at the parks to learn about the stories in our area with these pop-up exhibits. No need to register—just look for our table and come by to say hello!

Free. Fort Barnard Park
Thurs., Mar. 4, 1–3pm
Free. Fort Scott Park
Thurs., Mar. 25, 11am-1pm

Adults

History Happy Hour: The Penny Family Saga

During the Civil War, the Penny family sent three of its own into Virginia to fight for Union and freedom. Using their own words, track the trials, tribulations, and ultimate fate of one of the thousands of families ruptured by history.

$8. Fort CF Smith Park
Thurs., Feb. 11, 6–7pm 622740-A

History Happy Hour: Irish Volunteers of Arlington

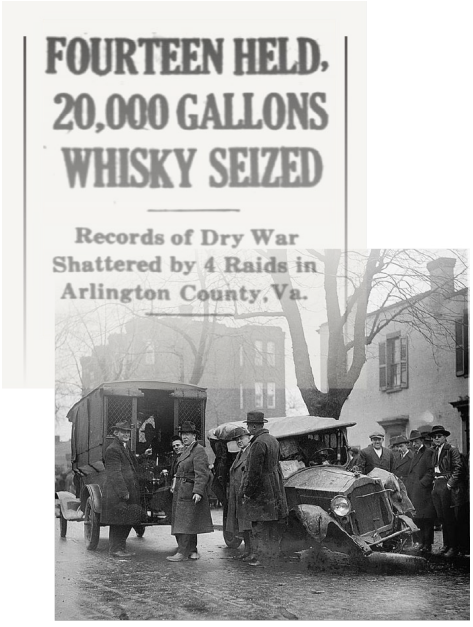
Join us for a fun evening deep dive into the Irish volunteer soldiers encamped, built forts and roads, and trained in Arlington County during the Civil War. Who were they? Why did they fight? What was their impact on the county? And what glory did they win on the battlefield?

$8. Fort CF Smith Park
Tues., Mar. 16, 6–7pm 622740-B

Bootlegger's Guide to Rosslyn

Long before the hustle and bustle of modern – day Rosslyn, this small village on the Potomac was full of intrigue and conflict. Take this 1.3-mile walking tour to explore the dark past of this modern neighborhood and learn how its shocking history paved the way for the Rosslyn of today.

$12. Rosslyn Highlands Park
Sat., Mar. 27, 2:30–4pm 622740-D



Explore the natural world in Arlington! More classes are available online at arlingtonva.us/parks and search Nature & History.

Save the Date FOR THESE Free WINTER EVENTS

2027 Tribute To

DR. MARTIN LUTHER KING

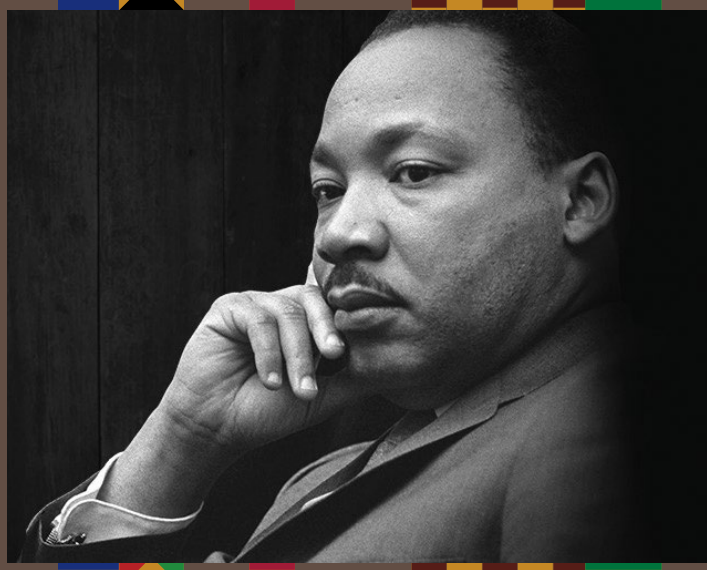
GIVE US THE BALLOT

SUNDAY
JANUARY 17, 2027
5-6:30PM

Annual event with live performances to honor Rev. Dr. Martin Luther King, Jr.

New Location:
Thomas Jefferson Middle School
125 S. Old Glebe Rd, 22204

Visit arlingtonva.us, search MLK Tribute



2027 FEEL THE HERITAGE FESTIVAL



SATURDAY
FEBRUARY 27,2027
NOON–5PM

Annual Black History Month event to celebrate Arlington's rich African-American heritage with live performances, food vendors, artisan and community exhibitors, kids' activities and lots more!

Charles Drew Community Center
3500 23rd Street, 22206

Visit arlingtonva.us, search Feel the Heritage Festival

preschoolers!

Half-Day Creative Preschoolers Program ages 3–5

2026-27 Creative Preschoolers Program

This program blends play, movement, nature and social development with plenty of hands-on learning and enrichment activities that make every day meaningful.

We still have space in our 2026-27 Preschoolers Programs for ages 3-5
At all locations except Lubber Run

Half Day (Carlin Hall & Fairlington)
- Hours are 9:30am-12:30pm
- Nine-month program, running from September to May

Full Day (Gunston)
- Hours 8am-3pm, with optional extended hours 3-6pm
- Twelve-month program running September to August

Register for Creative Preschoolers here



Stay & Play ages 12–36mos

2026-27 Stay & Play Program

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.

Registration for Winter is in progress. Spring registration begins in February.

Fairlington and Langston Brown
- Hours 9:30-11am

Register for Stay and Play here

Email us at preschoolprograms@arlingtonva.us for more information and to schedule visits for both programs.

Learn more about Tot Programs 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.

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, Dec. 4, 6–10pm
- Friday, Jan. 8, 6–10pm
- Friday, Feb. 5, 6–10pm

Walter Reed Community Center
- Friday, Dec. 18, 6–10pm
- Friday, Jan. 22, 6–10pm
- Friday, Feb. 19, 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, Dec. 12 & 19 / Jan. 30 / Feb. 13, 20 & 27
9:30-10:30am, 10:45-11:45am, or 12:30-1:30pm

Lubber Run Community Center
Saturdays, Dec. 5 / Jan. 9 / Feb. 6
9:30-10:30am, 10:45-11:45am, or 12:30-1:30pm

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.

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 10am-12pm at Arlington Mill Community Center.

HOLIDAY ORNAMENTS

Saturday, December 5, 10am-noon. 730027-C



DIY TOTE BAGS

Saturday, January 2,10am-noon. 730027-D



Valentine Cards & Boxes

Saturday, February 6, 10am-noon. 7320027-E





Ceramic Coasters

Saturday, March 6, 10am-noon. 730027-F

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.

Winter Paint Along

Registration opens Oct.1,
Pickup week of Nov. 30. 730027-CC

Spring Paint Along

Registration opens Feb.1,
Pickup week of Apr. 5. 730027-GG

Valentines Day Paint Along

Registration opens Dec.1,
Pickup week of Feb.15. 730027-EE

Formerly Families Unplugged

2nd Saturday Crafternoons!

LET'S GET CRAFTY!



3D Snowflakes

Saturday, Dec. 12, 1:30-3pm
Fold, cut and twist your way to winter magic with 3D Snowflakes!
Registration: Oct. 1-Dec. 9, 2026
Activity 731107-C

Simple Valentines

Saturday, Feb. 13, 1:30-3pm
You're just In time for a Simple Valentine!
Registration: Dec. 1, 2026-Feb. 10, 2027
Activity 731107-E

Watercolor Cyanotypes

Saturday, Mar. 13, 1:30-3pm
Make some dreamy art with this fun Watercolor Cyanotype project!
Registration: January 1, 2027-March 10, 2027
Activity 731107-F

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.

Learn more about Crafternoons here



Save the Date!

Saturday, January 9, 2027
10am-1pm
Fairlington Community Center

Free, Fun & Safe Spots for Teens!

Introducing The REC

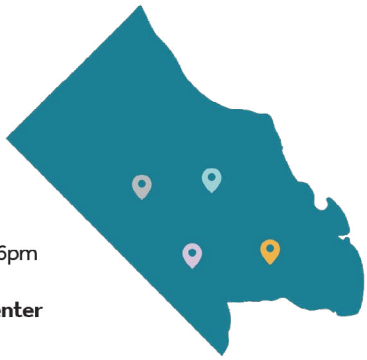
The REC after-school programs are safe spaces where teens can drop in for activities they get to choose themselves. From sports and cooking classes to tutoring, art and nature visits, there's something for every teen at The REC!

Arlington Mill Community Center
Monday-Friday • 2:30-7pm
Middle + High School

Gunston Community Center
Monday-Friday • 2:30-6pm
Middle School

Kenmore Middle School
Monday, Wednesday, Friday • 2:30-6pm
Middle School

Thomas Jefferson Community Center
Monday-Friday • 2:30-6pm
Middle School

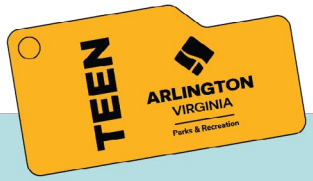


Teen Night Events are Back!

Get the latest line up of Teen Nights— now rotating between select REC locations on Fridays from 6-9 pm! It's all the fun you'd expect including music, games, art, eSports—plus, free dinner!

Get it all with the Teen Pass!

With the ease of a swipe, middle and high schoolers can access free Department of Parks and Recreation after-school and weekend programming like The REC and Teen Nights. Teen Pass holders get access to all* of Arlington County's fitness centers for free!



It's free to register, auto-renews until age 18, and physical cards can be picked up at any community center. Get a Teen Pass today!

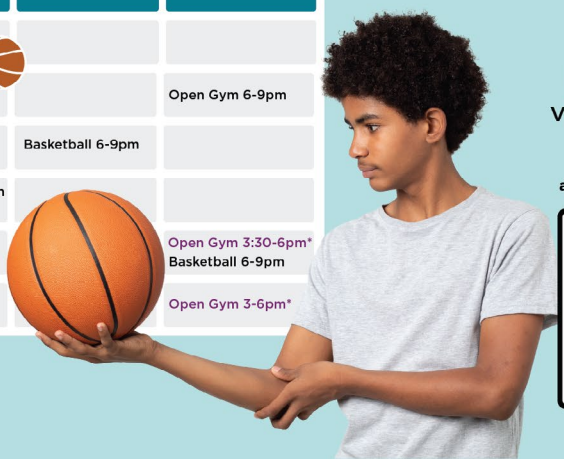
**Excludes Long Bridge Aquatics & Fitness Center. Must be at least 13 years of age*

Expanded Gym Drop-in Hours for Teens!

We've added even more drop-in gymnasium hours for youth and teens at select community centers. See what's new!

CENTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carver		Basketball 6-9pm			
Charles Drew	Pickleball 6-9pm*		Basketball 6-9pm		Open Gym 6-9pm
Gunston				Basketball 6-9pm	
Langston-Brown			Basketball 3:30-6:30pm 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 21, 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.

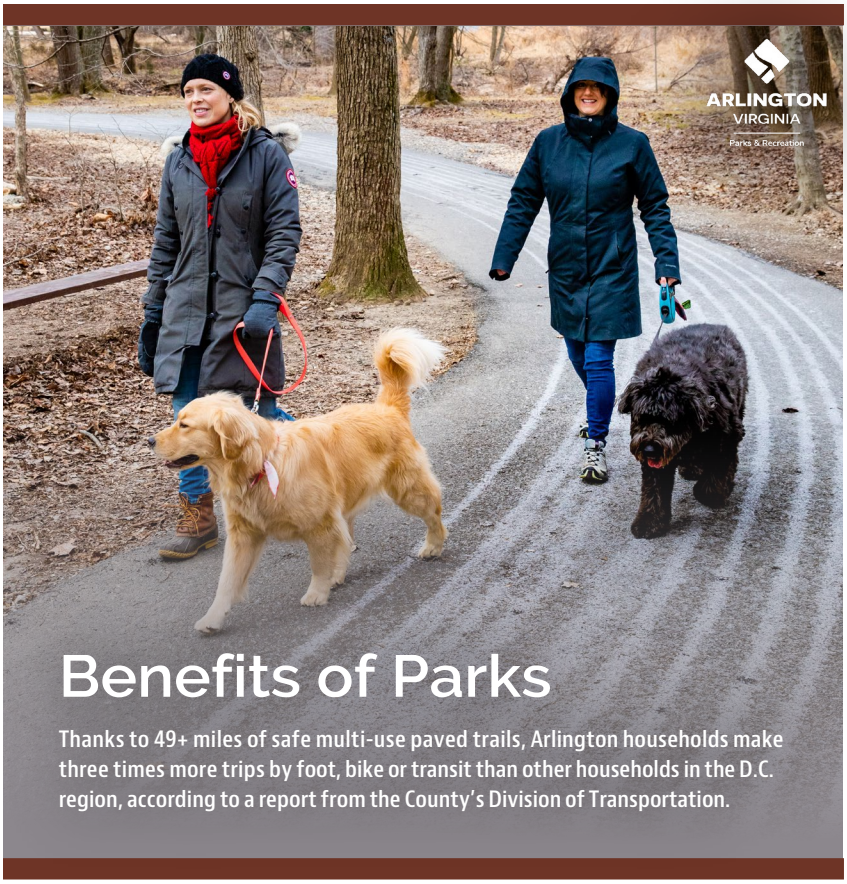


Red Cross Babysitting Class

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.

Saturday, December 5, 9am-4pm
Wednesday, December 23, 9am-4pm
Friday, January 29, 9am-4pm
Saturday, February 20, 9am-4pm

Learn more about Red Cross Babysitting here



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 about Adopt-A-Park 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

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 DROP-IN*
2. Arlington Mill
3. Barcroft
4. Fairlington
5. Gunston
6. Langston-Brown
7. Lubber Run Center DROP-IN*

- 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**

Note: Long Bridge Aquatics & Fitness Center membership is not included. **Click here** to learn more about the different memberships.

For more information, visit our **Fitness Facilities & Fees page**.

* NEW DROP-IN FITNESS CLASSES!

Choose from classes like Muscle Conditioning, Muscle Blast, Cycle, Yoga, Pilates and more. Just show up! No registration required. Available at 3 locations, with a daily admission fee or membership you can add a class for just $7. Learn more here.

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

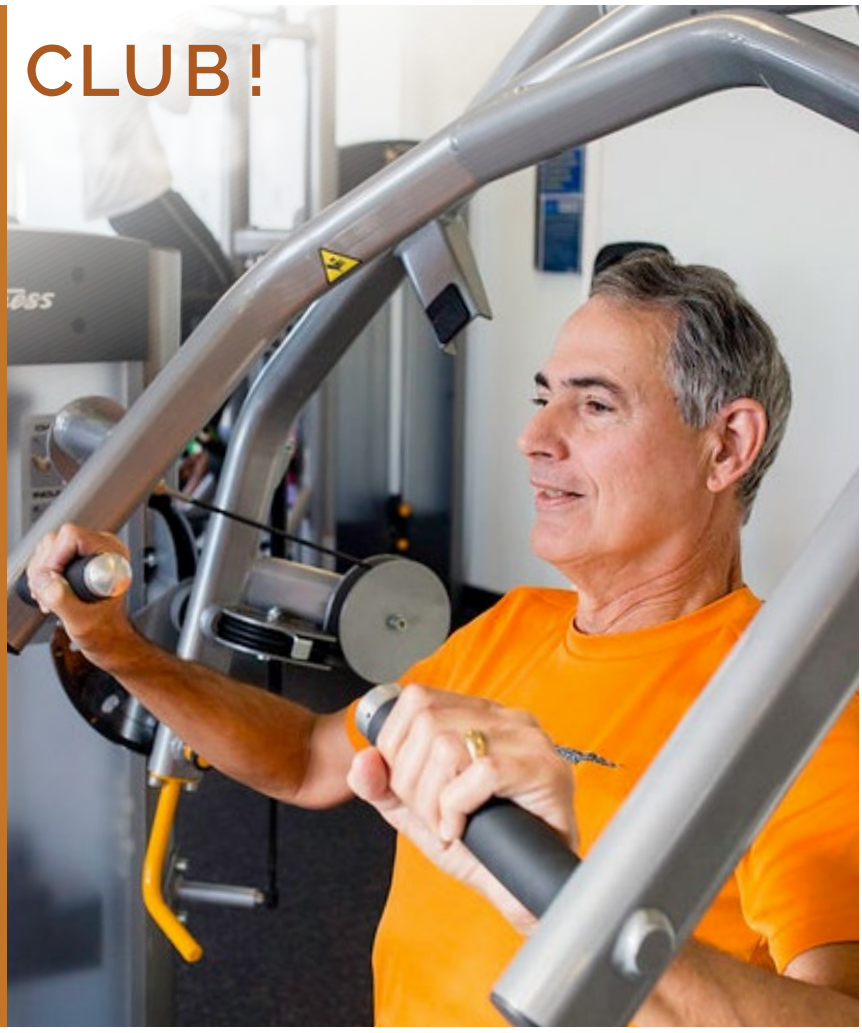
55+ GOLD PASS

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!



Beautiful sunny days make trees thirsty. Don't forget to give them drink.

Learn more at arlingtonva.us/trees

Get Engaged with Arlington's Natural Environment!

Arlington County's Forestry and Natural Resources Plan (FNRP) the newest element of Arlington's Comprehensive Plan, is a master plan that will serve as the guiding document for Arlington County's management practices related to trees, plants, wildlife and more. Learn more about the FNRP here.

When and How to Register!

Arlington Resident Registration

Web

Resident Online Registration Begins @ Noon for All Days:

Gymnastics:	**Tues., Dec. 1**
Aquatics:	**Wed., Dec. 2**
Private Swim Classes:	**Wed., Dec. 2**
Nature/History:	**Thurs., Dec. 3**
General Classes:	**Thurs., Dec. 3**

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., Dec. 1**
Aquatics:	**Wed., Dec. 2**
Private Swim Classes:	**Wed., Dec. 2**
Nature/History:	**Thurs., Dec. 3**
General Classes:	**Thurs., Dec. 3**

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., Dec. 4 @ 8am

Mail-In

Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics:	**Tues., Dec. 1**
Aquatics:	**Wed., Dec. 2**
Private Swim Classes:	**Wed., Dec. 2**
Nature/History:	**Thurs., Dec. 3**
General Classes:	**Thurs., Dec. 3**

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 Nov.30 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 submit a form if you plan to register online. Our staff cannot process registrations in your account while you are logged in, and your registration will not be processed and they will move on to the next registration.

Out-of-County Registration

Begins Wed., Dec. 9 @ 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 Sunday*

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

Charles Drew Community Center
3500 23rd St S., 22206 / *Wed-Fri only*

Thomas Jefferson Community Center
3501 2nd St. S., 22204 / *Closed Sundays*

Walter Reed Community Center
2909 16th St. S. 22204

The Arlington Parks and Recreation Call Center 703.228.4747 is your one-stop-shop for registration and facilities scheduling needs.

The new system informs you of your place in the queue during high volume times, provides more agents available during peak times, and gives Spanish speakers direct access to assistance. For registration services press 1.

Registration 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 a class or program.

REFUNDS • No refund fees are charged for cancellations until after 8am Dec.9; after this date, all refunds will be assessed a $20 cancellation fee, per class/program 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 by email 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 eligibility criteria for registration dates. Submitting this registration form does not guarantee space in a class. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the Department of Parks and Recreation at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

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

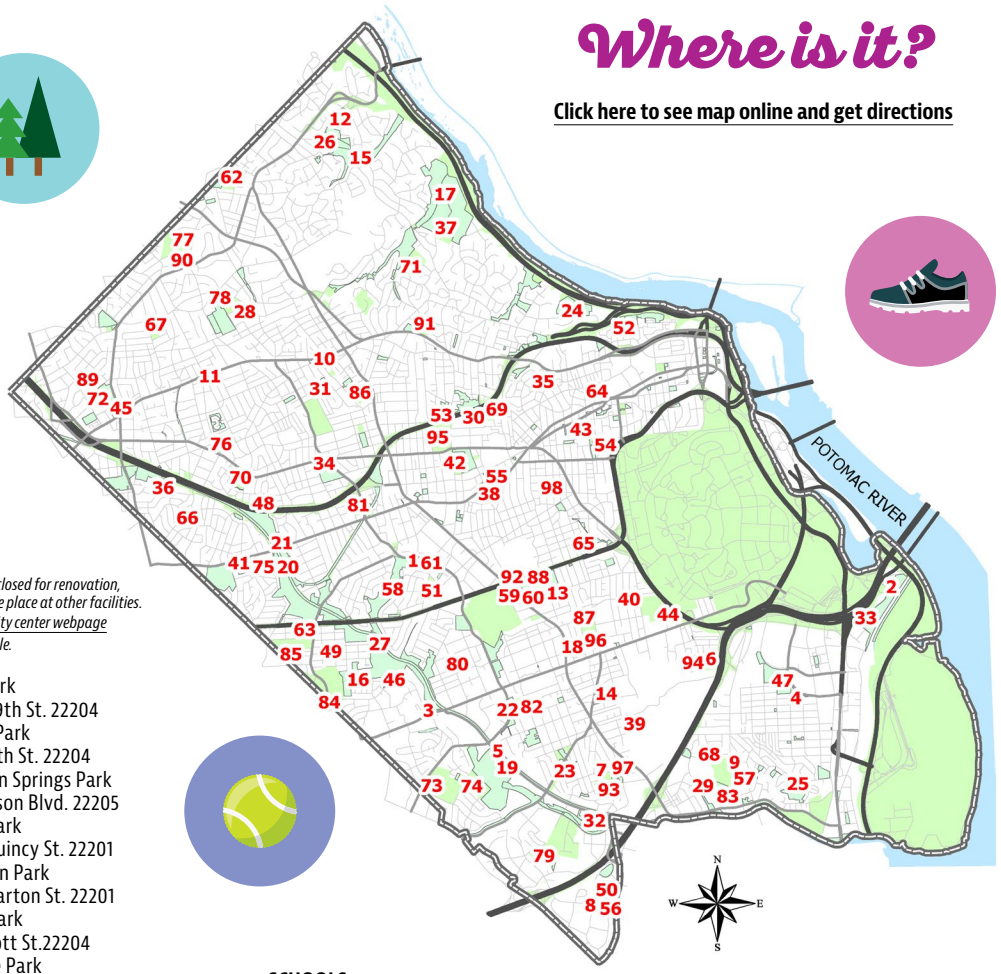
☐ **Check here if you wish to pay with a credit card online**
Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

☐ **Check here if you would like a member of our staff to contact you for payment**

NOTE: Payment for these classes are due by 5pm, the day of this enrollment. If staff are not able to reach you for payment, or you do not pay your balance due online directly, your enrollment will be cancelled.

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



DAVID MOSS PHOTO

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

SUBSCRIBE TO PARKS & RECREATION ENEWS:

Click here to subscribe

Arlington offers art, nature, teen and sports newsletters that keep you informed on upcoming events and provide great resources and timely information. Once you enter your email, navigate to Subscriber Preferences to choose your preferred topics.

NATURE & HISTORY

News from Our Nature Centers

COMMUNITY CENTER CENTRAL

Local Info

PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates

Arlington Resident Online/Phone

REGISTRATION BEGINS DEC. 1-3, 2026 @ NOON*

Go to registration.arlingtonva.us ▪ Classes begin January 11, 2027 unless noted otherwise

Tues 1
- Gymnastics

Wed 2
- Aquatics Classes & Private Swim

Thurs 3
- Nature/History & General Classes

Fri., December 4
* Resident Walk-In Registration Begins at 8am

Wed., December 9
* Out-of-County Registration Begins at 8am

Details on p.62

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.