

ENJOY *Arlington*

SPRING 2026

Guide to Recreation Classes and Nature & History Programs



Arlington Resident Online/Phone

REGISTRATION BEGINS MARCH 17-19, 2026 @ NOON*

Tues
17

- Gymnastics

Wed
18

- Aquatics Classes
- Private Swim

Thurs
19

- Nature / History
- General Classes

Fri., March 20

* Resident Walk-In
Registration Begins at 8am

Wed., March 25

* Out-of-County
Registration Begins at 8am

[Details on p.60](#)



ARLINGTON
VIRGINIA

Parks & Recreation

Go to registration.arlingtonva.us ▪ Classes begin April 13, 2026 unless noted otherwise





Wishing you good health,
Jane Rudolph

Director, Department of Parks and Recreation



Spring is on the Horizon with Enjoy Arlington!

After a long, chilly winter, it feels great to finally look ahead to warmer days, fresh starts, and new adventures. Luckily, ENJOY Arlington has an incredible lineup of spring programs to help you get out of the house, roll up your sleeves, and dive into something fun.

Whether you're into arts, sports, or wellness, there's plenty to discover this season. Looking to get into the pool? Check out our aqua fitness offerings with [Spring into Motion on page 48](#). More of a nature lover? Explore the outdoor fun beginning on [page 40](#). And don't forget our special events celebrating, [World Migratory Bird Day Festival](#) and [Living History!](#)

Speaking of events, mark your calendar: [Arlington Palooza](#) returns May 9 at Lubber Run Community Center. Last year was a hit, and we're excited to make this year even bigger and brighter.

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

March
14

2026

Weekend Hours 9am-4pm

To help with your registration needs, our offices will be open for special hours on Sat., March 14, 2026 at:

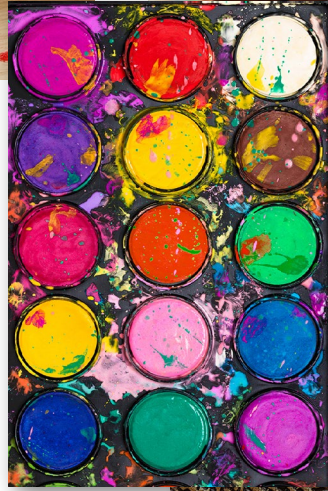
Lubber Run Community Center
300 N. Park Dr. Arlington, VA 22203
Contact us at: 703.228.4747

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



WHAT'S INSIDE!

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ARTS & CRAFTS

TOT & ADULT

Abrakadoodle® Twoosy Doodlers

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

Arlington Mill Center
Ages 20 months-3yrs **8 Sessions** **\$176**
310100A Mon., Apr. 13, 10-10:45am
310100B Mon., Apr. 13, 11-11:45am
310100C Sat., Apr. 18, 9-9:45am

Fairlington Center
Ages 20 months-3yrs **8 Sessions** **\$176**
310100D Fri., Apr. 17, 10-10:45am

Long Bridge Aquatics & Fitness Center
Ages 20 months-3yrs **8 Sessions** **\$176**
310100E Tues., Apr. 14, 10-10:45am



TOT

Abrakadoodle® Mini Doodlers

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

Fairlington Center
Ages 3-6 **8 Sessions** **\$176**
320104A Fri., Apr. 17, 11-11:45am

Arlington Mill Center
Ages 3-6 **8 Sessions** **\$176**
320104B Sat., Apr. 18, 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 \$32 supply fee is included in the cost of the class. Adult required to stay on the premises at all times. Inst.: Abrakadoodle.

Arlington Mill Center
Ages 6-12 **8 Sessions** **\$216**
320107A Sat., Apr. 18, 11am-12pm

ADULT

Leathercraft Essentials: From Tools to Technique

In this hands-on leatherworking workshop, students will learn the essential techniques and skills needed to create a custom leather piece. We will cover the basics of leathercraft from understanding leather as a medium, to tooling and dyeing it, to make your final project. Throughout the workshop, students will explore how to add texture and detail to leather using various tools and methods, as well as how to enhance their work with color and finishes. Perfect for beginners, this class offers a comprehensive introduction to the art of leatherworking. There is a non-refundable \$15 supply fee included in the cost of the class. Inst.: Frank.

Fairlington Center
Ages Adults **1 Session** **\$50**
340100A Wed., Apr. 29, 6-8:30pm
340100B Wed., May 20, 6-8:30pm
340100C Wed., Jun. 3, 6-8:30pm



CERAMICS

YOUTH & TEEN

Young Potters

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

Thomas Jefferson Center
Ages 13-17 **9 Sessions** **\$281**
[320115A](#) Thurs., Apr. 16, 3:30-5:30pm

ADULT

Beginning Wheel

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

Thomas Jefferson Center. Inst.: Leffler-Donnell
Ages Adults **9 Sessions** **\$402**
[340124A](#) Mon., Apr. 13, 6-8:30pm

Continuing Wheel

Now that you're comfortable with centering, creating bowls and cups, you are probably wanting to continue your practice. In this class you will be surrounded by other students who want to build on their skills and get better at making great pottery. Since everyone will have different experience levels, the instructor will give demonstrations that are relevant to those enrolled in the class. Demos will introduce new forms and techniques that expand throwing proficiency. You must have experience with throwing on the wheel to take this class. Repeat students welcome. Working with clay is a messy process, so, please come dressed appropriately. Students should bring a towel, notebook and \$14 to purchase tools (\$12) and bat pins (\$2) at the first session. There is a non-refundable supply fee of \$40 included in the cost of this class. This supply fee includes 25lbs of clay, studio glazes and all firing of artwork. Additional clay may be purchased from the instructor. Previous wheel experience REQUIRED.

Thomas Jefferson Center. Inst.: Kerr
Ages Adults **9 Sessions** **\$402**
[340125A](#) Tues., Apr. 14, 3-5:30pm
[340125B](#) Tues., Apr. 14, 6-8:30pm

Thomas Jefferson Center. Inst.: Soper
[340125C](#) Thurs., Apr. 16, 6-8:30pm

Just Claying Around

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

Walter Reed Center
Ages Adults **8 Sessions** **\$242**
[340129A](#) Thurs., Apr. 23, 7-8:30pm



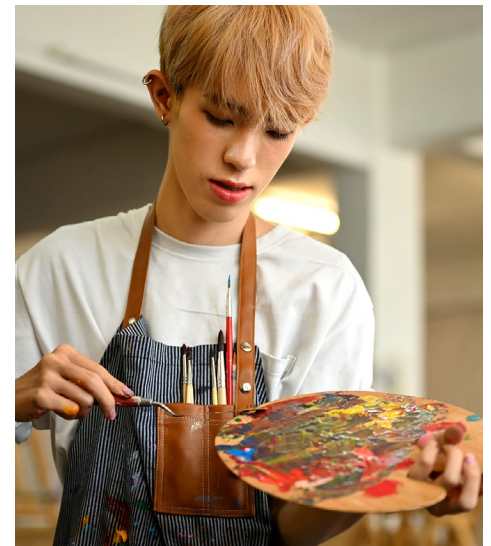
DRAWING/PAINTING

YOUTH

Art 101: Intro to Art

Does your child love to draw or paint or is otherwise creative? In this studio class, children will work with a variety of materials and techniques: printmaking, charcoal drawing, painting, design, collage, watercolors, sculpture, and more. Budding artists start by becoming familiar with art fundamentals including form, tone, color, the importance of light, creating textures and basic color theory. The creative process is sometimes messy, so, please dress accordingly. There is a non-refundable \$25 supply fee included in the cost of the class. Inst.: Whichard.

Fairlington Center
Ages 10-12 **6 Sessions** **\$160**
[320128A](#) Sat., Apr. 18, 9:45-11am
[320128B](#) Sat., Apr. 18, 11:45am-1pm



ADULT

Intro to Acrylics

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

Fairlington Center
Ages Adults **8 Sessions** **\$234**
[340140A](#) Tues., Apr. 14, 6-8pm

Intro to Watercolor

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

Fairlington Center
Ages Adults **8 Sessions** **\$234**
[340131A](#) Wed., Apr. 15, 6-8pm



JEWELRY

TEEN & ADULT

Young Metalsmiths

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

Thomas Jefferson Center

Ages 14-17 **8 Sessions** **\$276**
340102A Thurs., Apr. 16, 3:30-5:30pm

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. In this class, you'll use copper and brass to build your skills, confidence and understanding of basic metalworking. No experience is necessary. There is a non-refundable \$40 supply fee included in the class cost, which covers all tools and materials. Additional materials (silver at market rate) available to purchase if students wish to work in silver. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$339**
340151A Mon., Apr. 13, 6-8:30pm

Intro to Jewelry II

Expand on your jewelry forming skills and unlock the foundational skills of stone setting. In this hands-on 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 gemstones to your designs. Prerequisite: Intro to Jewelry Making I or approval from instructor. All tools and materials are provided. There is a non-refundable \$40 supply fee included in the cost of this

class. This fee covers all tools and materials to complete the class project. Additional materials (silver at market rate) available to purchase if students wish to make more than pre-determined project. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **8 Sessions** **\$339**
340152A Thurs., Apr. 16, 6-8:30pm

Intro to Enameling

Discover the vibrant world of glass enameling where powdered glass is fused to metal in a kiln to create colorful, glossy jewelry. You'll learn techniques from applying bold solid colors that will add texture and depth to your pieces. This beginner-friendly, four-session course guides you through creating colorful earrings and other jewelry pieces of your choice. Each class includes hands-on enamel application, firing, and finishing processes. All materials, tools, and kiln firings are provided just bring your creativity! There is a \$30 non-refundable supply fee included in the cost of the class. Additional materials (silver) available to purchase if students wish to make more than pre-determined project. Inst.: Staff.

Thomas Jefferson Center

Ages Adults **3 Sessions** **\$153**
340150A Wed., Jun. 3, 6-8:30pm

Carving Wax to Make Jewelry

Explore the sculptural side of jewelry making in this beginner-friendly course. Students will learn about the different types of waxes and use specialized tools and techniques to carve wax into a unique design -either a ring, a pendant, or a small sculptural piece. Students may choose to have their wax designs cast in silver by the instructor. Please note



that casting (per piece) and metal costs (silver at market rate by weight) are additional and will need to be paid to the instructor. For the students who decide to have their pieces cast, the final class session will focus on cleaning, finishing, and polishing the silver jewelry. There is a non-refundable \$40 supply fee included in the cost of this class that covers all tools and materials to complete the class project. Additional materials (silver at market rate) available to purchase if students wish to make more than pre-determined project. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **4 Sessions** **\$190**
340156A Fri., Apr. 17, 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 in-progress pieces or start something new. Different techniques will be covered and will vary depending on direction of students. Prior jewelry experience required. There is a non-refundable \$40 supply fee included in the cost of the class. Inst.: Bez.

Thomas Jefferson Center

Ages Adults **6 Sessions** **\$264**
340160A Tues., May 12, 6-8:30pm



Fun with Resin

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

Thomas Jefferson Center

Ages Adults **1 Session** **\$86**
340155A Fri., Jun. 12, 6-8:30pm



New! Flush Setting Faceted Stones

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 an excellent next step in refining precision skills and expanding stone-setting abilities, for those ready to advance their craftsmanship and add a new artistic technique. There is a non-refundable \$40 supply fee included in the cost of this class. Inst.: Bez.

Thomas Jefferson Center
Ages Adults **1 Session** **\$112**
340158A Sat., May 30, 10am-12:30pm



New! Old Scrap to New Beginnings—Recycle Your Silver!

Recycling your metal scrap or old jewelry is easy and a great way to keep working in silver without having to buy at today's prices. Learn how to melt your scrap and cast into small simple ingots, then forge them to prepare this reclaimed silver to be formed into sheet or wire. Students will need to bring 2-5 ounces of silver bench scraps or stone-free hallmarked sterling jewelry to the first class. Prior jewelry experience required. There is a non-refundable \$40 supply fee included in the cost of the class. This fee covers all tools and materials to complete the class project. Additional materials (silver at market rate) are available to purchase if students wish to make more than pre-determined project. Inst.: Bez.

Thomas Jefferson Center
Ages Adults **3 Sessions** **\$190**
340161A Tues., Apr. 14, 6–8:30pm

SEWING & FIBER ARTS



ADULT

Intro to Sewing

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

Arlington Mill Center. Inst.: Tran
Ages Adults **8 Sessions** **\$242**
340112A Mon., Apr. 13, 6–8pm

Arlington Mill Center. Inst.: Jackson-Waldron
Ages Adults **9 Sessions** **\$242**
340112B Sun., Apr. 19, 1:30–3:30pm

Sewing Next Steps

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

Arlington Mill Center
Ages Adults **9 Sessions** **\$242**
340113A Sun., Apr. 19, 4–6pm



Cozy Sweatpants

Ready to level up your beginner sewing skills? In this hands-on class, learn how to make your very own sweatpants from measuring yourself to adding elastic waistbands and hemming like a pro. Ideal for students who already know how to thread a machine and sew straight lines with confidence. More details will be provided prior to the first class. Participants will need to purchase and bring to the first class 2½ yards of fabric (cotton brushed fleece or choice of comfy material) and ribbed fabric for cuffs. A \$15 supply fee is included in the cost of the class. Walk away with a cozy pair of sweatpants and the skills to keep creating! Inst.: Tran.

Arlington Mill Center
Ages Adults **5 Sessions** **\$183**
340103A Thurs., Apr. 16, 6–8pm
340103B Thurs., May 21, 6–8pm

WOODWORKING



ADULT

Intro to Woodshop

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

Thomas Jefferson Center. Inst.: Alexander
Ages Adults **4 Sessions** **\$267**
340180A Mon., Apr. 13, 6–8:30pm
340180B Fri., Apr. 17, 6–8:30pm
340180C Sat., May 30, 10am-12:30pm

Thomas Jefferson Center. Inst.: West
Ages Adults **4 Sessions** **\$267**
340180D Tues., Apr. 14, 6–8:30pm
340180E Tues., May 12, 6–8:30pm

Intro to Lathe

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

Thomas Jefferson Center
Ages Adults **4 Sessions** **\$267**
340181A Fri., May 22, 6–8:30pm

Crazy like a Box: Box Joints

Sometimes called a finger joint, sometimes a box joint or even a comb joint. Whatever you call it, it is a fundamental woodworking jointing technique made by cutting a set of complementary, interlocking profiles in two pieces of wood, then fitting and gluing them together. The cross-section of the joint resembles the interlocking of fingers between two hands. In this small class, students will make a simple box using this traditional technique. Working in the woodshop is a dirty process, so, be sure to dress appropriately and wear closed-toe shoes. There is a non-refundable \$45 supply fee included in the cost of the class. Inst.: Alexander.

Thomas Jefferson Center
Ages Adults **5 Sessions** **\$347**
340183A Mon., May 11, 6–8:30pm



Don't (Plant) Stand too Close to Me

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

Thomas Jefferson Center
Ages Adults **5 Sessions** **\$347**
340185A Sat., Apr. 18, 10am–12:30pm



COOKING

YOUTH

Cooking: Baroody Bakes

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

Long Bridge Aquatics & Fitness Center
Ages 5–11 **8 Sessions** **\$212**
320316A Wed., Apr. 15, 6:15–7:15pm

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 5–7 **8 Sessions** **\$212**
320317A Sun., Apr. 19, 10–11am

Cooking Around the World

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

Long Bridge Aquatics & Fitness Center
Ages 5–11 **8 Sessions** **\$212**
320326A Sat., Apr. 18, 4:30–5:30pm

Cooking: Savory & Sweet

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

Long Bridge Aquatics & Fitness Center
Ages 5–11 **8 Sessions** **\$212**
320327A Wed., Apr. 15, 5–6pm

DOG OBEDIENCE

TEEN & ADULT

K-9 Nose Work Level 1

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

Quincy Street Deck
Ages 14-Adult **7 Sessions** **\$115**
340733A Wed., Apr. 15, 7:30–8:20pm



MUSIC

TOT & ADULT

Tiny Tunes Piano

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

Long Bridge Aquatics & Fitness Center
Ages 3–6 **8 Sessions** **\$210**
310321A Wed., Apr. 15, 10–10:30am

Arlington Mill Center
Ages 3–6 **8 Sessions** **\$210**
310321B Sun., Apr. 19, 4:40–5:10pm
310321C Sun., Apr. 19, 5:20–5:50pm

Fee Reductions

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

Tiny Tunes Guitar

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

Arlington Mill Center

Ages 4-7 **8 Sessions** **\$210**
310324A Sun., Apr. 19, 6-6:30pm

YOUTH/TEEN/ADULT

Frets & Fun! Beginner Guitar

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

Lubber Run Center

Ages 5-12 **10 Sessions** **\$278**
320319A Thurs., Apr. 16, 6:30-7:30pm

Long Bridge Aquatics & Fitness Center

Ages 13-Adult **9 Sessions** **\$252**
320319B Mon., Apr. 13, 7:30-8:30pm

Ages 5-12 **8 Sessions** **\$226**
320319C Fri., Apr. 17, 6:15-7:15pm

Arlington Mill Center

Ages 13-Adult **10 Sessions** **\$278**
320319D Tues., Apr. 14, 7:25-8:25pm

Ages 13-Adult **8 Sessions** **\$226**
320319E Sat., Apr. 18, 11am-12pm



Keys to Fun! Beginner Piano

Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment no experience needed! Rental Instruments and Music Included. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed, and instruments must be returned in same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments. There is a non-refundable \$20 materials fee included in the cost of the class. Adults required to stay on the premises during class at all times. Inst.: Learn Now Music.

Lubber Run Center

Ages 5-12 **10 Sessions** **\$278**
320320A Thurs., Apr. 16, 5:15-6:15pm

Long Bridge Aquatics & Fitness Center

Ages 5-12 **9 Sessions** **\$252**
320320B Mon., Apr. 13, 5-6pm

Ages 5-12 **8 Sessions** **\$226**
320320C Fri., Apr. 17, 5-6pm

Arlington Mill Center

Ages 13-Adult **10 Sessions** **\$278**
320320D Tues., Apr. 14, 6:15-7:15pm

Ages 5-12 **8 Sessions** **\$226**
320320E Sat., Apr. 18, 9:45-10:45am

320320F Sat., Apr. 18, 1:30-2:30pm

320320G Sun., Apr. 19, 3:30-4:30pm

Bow & Go! Beginner Violin

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

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

Arlington Mill Center

Ages 5-12 **8 Sessions** **\$226**
320321A Sat., Apr. 18, 12:15-1:15pm
320321B Sun., Apr. 19, 2:20-3:20pm

Strum & Smile! Beginner Ukulele

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

Long Bridge Aquatics & Fitness Center

Ages 5-12 **9 Sessions** **\$252**
320322A Mon., Apr. 13, 6:15-7:15pm

Rhythm Rockers! Beginner Drumming

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

Long Bridge Aquatics & Fitness Center

Ages 5-12 **8 Sessions** **\$226**
320323A Fri., Apr. 17, 7:20-8:20pm

SCIENCE & DISCOVERY



TOT & YOUTH

The Science Seed™

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

Lubber Run Center

Ages 3-6 **6 Sessions** **\$141**

320279A Mon., Apr. 13, 3-3:45pm

320279B Sat., Apr. 18, 9-9:45am

320279C Sat., Apr. 18, 10-10:45am

Ages 5-8 **6 Sessions** **\$141**

320279D Mon., Apr. 13, 4:15-5pm

320279E Sat., Apr. 18, 11-11:45am

LEGO® Steam Park

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

Long Bridge Aquatics & Fitness Center

Ages 3-5 **8 Sessions** **\$206**

320331A Sat., Apr. 18, 9:30-10:15am

320331B Sat., Apr. 18, 10:30-11:15am

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.

YOUTH

STEM Adventures

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

Long Bridge Aquatics & Fitness Center

Ages 5-7 **8 Sessions** **\$206**

320339A Thurs., Apr. 16, 5-6pm

Ages 8-12 **8 Sessions** **\$206**

320339B Thurs., Apr. 16, 6:15-7:15pm

Slime Time

Who doesn't LOVE slime?! It's easy to make and is guaranteed to be FUN! Some are magnetic, some are inspired by famous wizarding books. Others are glittery or glow in the dark. It doesn't matter how we make it; it's the fun that comes in figuring it out. Our slime program is designed to see just how many ways and kinds of slime we can create. We'll discuss what an activator is and why no slime is complete without it. And we will learn how different ingredients will change the outcome, texture and use of slime. Slime is awesome but learning why it works is cool too! Inst.: Baroody Camps.

Long Bridge Aquatics & Fitness Center

Ages 5-10 **8 Sessions** **\$206**

320315A Sat., Apr. 18, 3-4pm

Dungeons & Dragons: Create an Adventure

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

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

Long Bridge Aquatics & Fitness Center

Ages 9-12 **8 Sessions** **\$206**

320335A Sun., Apr. 19, 11:30am-12:30pm

THIS-N-THAT



YOUTH & TEEN

Chess Club with Silver Knights

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

Madison Center

Ages 6-13 **7 Sessions** **\$173**

320299A Thurs., Apr. 16, 6-7pm

320299B Fri., Apr. 17, 6-7pm



DANCE

TOT & ADULT

Dance and Prance

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

Lubber Run Center

Ages 2-3 9 Sessions \$180

310204A Fri., Apr. 17, 10:15-10:45am

Ages 2-3 7 Sessions \$140

310204B Sat., Apr. 18, 4:15-4:45pm

Barcroft Sports & Fitness Center

Ages 2-3 8 Sessions \$160

310204C Mon., Apr. 13, 10-10:30am

Ages 2-3 7 Sessions \$140

310204D Sat., Apr. 18, 10:30-11am

Let's Play Ballet

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

Walter Reed Center

Ages 2-3 9 Sessions \$180

310207A Fri., Apr. 17, 10-10:30am

Barcroft Sports & Fitness Center

Ages 2-3 7 Sessions \$140

310207B Sat., Apr. 18, 9:45-10:15am

Lubber Run Center

Ages 2-3 8 Sessions \$160

310207C Tues., Apr. 14, 4:30-5pm

Ages 2-3 7 Sessions \$140

310207D Sat., Apr. 18, 9:45-10:15am



TOT

Pre-Ballet & Movement 1

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

Barcroft Sports & Fitness Center

Ages 3-5 8 Sessions \$192

310210A Tues., Apr. 14, 5:10-5:50pm

310210B Mon., Apr. 13, 10:45-11:30am

Fairlington Center

Ages 3-5 8 Sessions \$192

310210C Mon., Apr. 13, 5:10-5:55pm

Langston-Brown Center

Ages 3-5 9 Sessions \$216

310210D Wed., Apr. 15, 5:10-5:50pm

Lubber Run Center

Ages 3-5 9 Sessions \$216

310210E Wed., Apr. 15, 4-4:45pm

310210F Fri., Apr. 17, 11-11:45am

Ages 3-5 8 Sessions \$192

310210G Mon., Apr. 13, 4:45-5:25pm

Ages 3-5 7 Sessions \$168

310210H Sat., Apr. 18, 10:30-11:10am

Ages 3-5 4 Sessions \$96

310210I Sun., Apr. 19, 4:30-5:15pm

Pre-Ballet & Movement 2

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

Lubber Run Center

Ages 4-5 9 Sessions \$216

310211A Wed., Apr. 15, 5-5:45pm

Ages 4-5 7 Sessions \$168

310211B Sat., Apr. 18, 3:15-4pm

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

Barcroft Sports & Fitness Center

Ages 4½-6 9 Sessions \$216

310205A Thurs., Apr. 16, 5-5:45pm

Lubber Run Center

Ages 4½-6 4 Sessions \$96

310205B Sun., Apr. 19, 3:30-4:15pm



Fee Reductions

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

Tap n' Ballet

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

Lubber Run Center

Ages 4-6 **9 Sessions** **\$216**
310213A Tues., Apr. 14, 5:15-6pm

Barcroft Sports & Fitness Center

Ages 4-6 **8 Sessions** **\$192**
310213B Mon., Apr. 13, 5-5:45pm

Long Bridge Aquatics & Fitness Center

Ages 4-6 **8 Sessions** **\$192**
310213C Sun., Apr. 19, 10:15-11am

YOUTH

Ballet 1

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

Lubber Run Center

Ages 5-7 **8 Sessions** **\$192**
320221A Mon., Apr. 13, 5:30-6:15pm

Barcroft Sports & Fitness Center

Ages 5-7 **8 Sessions** **\$192**
320221B Tues., Apr. 14, 6-6:45pm

Long Bridge Aquatics & Fitness Center

Ages 5-7 **8 Sessions** **\$192**
320221C Sun., Apr. 19, 11:10-11:55am



Ballet 2

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

Lubber Run Center

Ages 6½-8 **9 Sessions** **\$288**
320222A Wed., Apr. 15, 5:50-6:50pm

Ballet 2 & 3

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

Walter Reed Center

Ages 6½-11 **8 Sessions** **\$256**
320225A Sun., Apr. 19, 4-5pm

New! Beginning Ballet

This beginning-level class is an introduction for older kids to basic Ballet vocabulary and technique. No prior dance experience is required. The class will include exercises at the barre, center work (routines and combinations) and dancing across the floor. Dance students will focus on developing strength, balance and flexibility and will be given the opportunity to express themselves through dance and movement in a positive, non-competitive environment. Email susannah@gobananasdancing.com with questions. Inst.: Go Bananas Dancing.

Barcroft Sports & Fitness Center

Ages 8-11 **8 Sessions** **\$192**
320215A Mon., Apr. 13, 5:50-6:35pm

Hip Hop & Jazz

Let your child move and groove to the rhythms of today's hottest music! This exciting class will introduce the latest techniques in Jazz & Hip Hop, a contemporary urban street dance style that kids love. Age-appropriate rap and pop music will be pumping during warmup exercises, body isolations and simple choreographed routines that help enhance flexibility, core strength and self-confidence. Comfortable loose-fitting clothing and flat sole sneakers are recommended. If you have questions email susannah@gobananasdancing.com. Inst.: Go Bananas Dancing.

Fairlington Center

Ages 6-8 **8 Sessions** **\$192**
320200A Mon., Apr. 13, 6-6:45pm

Barcroft Sports & Fitness Center

Ages 6-8 **9 Sessions** **\$216**
320200B Thurs., Apr. 16, 6-6:45pm

Langston-Brown Center

Ages 6-8 **9 Sessions** **\$216**
320200C Wed., Apr. 15, 6-6:45pm



Hip Hop

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

Long Bridge Aquatics & Fitness Center

Ages 8-11 **8 Sessions** **\$192**
320212A Sun., Apr. 19, 12:30-1:15pm



Let's Dance

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

Lubber Run Center

Ages 5-9 **9 Sessions** **\$216**
320214A Thurs., Apr. 16, 4:15-5pm

Ages 5-9 **7 Sessions** **\$168**
320214B Sat., Apr. 18, 11:15am-12pm



ADULT

Hawaiian Dance: Beginners

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

Lubber Run Center

Ages Adults **8 Sessions** **\$94**
340231A Mon., Apr. 13, 6:30-7:30pm

Hawaiian Dance: Intermediate/Advanced

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

Lubber Run Center

Ages Adults **8 Sessions** **\$94**
340232A Mon., Apr. 13, 7:45-8:45pm

Your One-Stop-Shop.

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

MOVEMENT



TOT & ADULT

Music Together® Babies Only

The one-semester Music Together® Babies Only class was created especially for families with infants under nine months old. That's right: It's never too early to start our music classes. Maybe you've noticed that your baby responds when you play a song in the car or sing to soothe him. Babies are naturally musical, and you don't have to be a great singer or dancer to nurture their love of music. In this music class for babies aged 0-10 months, your Music Together teacher will show you how you can support your baby's music development through simple and fun activities. You'll learn lots of musical ways to connect with your little one through music, and you'll bond with the other new parents in your class, too. There is a \$43 non-refundable materials fee included in the cost of the class. Inst.: Wiebel.

Lubber Run Center

Ages Birth-10 months **9 Sessions** **\$250**
310209A Mon., Apr. 13, 11:30am-12:15pm

Music Together®

Music Together® is an internationally recognized mixed-age music and movement class. The Music Together® approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at www.littlesteps-music.com. A \$43 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** **\$273**

310208A Tues., Apr. 14, 9:30-10:15am
310208B Tues., Apr. 14, 10:30-11:15am

Lubber Run Center. Inst.: Wiebel

Ages Birth-5 **10 Sessions** **\$273**

310208C Thurs., Apr. 16, 10-10:45am
310208D Thurs., Apr. 16, 11-11:45am

Ages Birth-5 **9 Sessions** **\$250**

310208E Mon., Apr. 13, 9:30-10:15am
310208F Mon., Apr. 13, 10:30-11:15am

Fairlington Center. Inst.: Abramovitch

Ages Birth-5 **8 Sessions** **\$227**

310208G Sat., Apr. 18, 9:30-10:15am
310208H Sat., Apr. 18, 10:30-11:15am
310208I Sat., Apr. 18, 11:30am-12:15pm

Madison Center. Inst.: Scott

Ages Birth-5 **6 Sessions** **\$181**

310208J Sat., Apr. 18, 10-10:45am
310208K Sat., Apr. 18, 11-11:45am

FITNESS

TOT & ADULT

Zumba® Adult/Tot

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

Long Bridge Aquatics & Fitness Center
Ages 3-5 **9 Sessions** **\$198**
310300A Tues., Apr. 14, 5-5:45pm

YOUTH

Zumba® Kids

This fun dance party is packed with kid-friendly dance routines that help develop a healthy lifestyle highlighting fitness as a natural part of children's lives. Lively and appealing classes comprise key childhood development elements such as leadership, respect, teamwork, confidence and self-esteem, along with dance-focused skills including memory, creativity, coordination, and balance. Inst.: BodyMoves Fitness LLC.

Long Bridge Aquatics & Fitness Center
Ages 5-8 **9 Sessions** **\$198**
310301A Tues., Apr. 14, 6-6:45pm



TEEN & ADULT

Strong Camp 1

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

Long Bridge Aquatics & Fitness Center
Ages 15-Adult **10 Sessions** **\$150**
340304A Tues., Apr. 14, 7-8pm
Ages 15-Adult **9 Sessions** **\$135**
340304B Sat., Apr. 18, 9:15-10:15am



Strong Camp 2

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

Long Bridge Aquatics & Fitness Center
Ages 15-Adult **9 Sessions** **\$135**
340305A Sat., Apr. 18, 10:30-11:30am

Zumba® Try It!

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

Long Bridge Aquatics & Fitness Center
Ages 16-Adult **1 Session** **Free**
340343A Mon., Apr. 6, 7-8pm

Lubber Run Center
Ages 16-Adult **1 Session** **Free**
340343B Wed., Apr. 8, 7-8pm

Zumba®

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

Lubber Run Center. Inst.: RitaRox
Ages 16-Adult **10 Sessions** **\$150**
340344A Wed., Apr. 15, 7-8pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **9 Sessions** **\$135**
340344B Wed., Apr. 15, 9:30-10:30am

Long Bridge Aquatics & Fitness Center. Inst.: RitaRox
Ages 16-Adult **9 Sessions** **\$135**
340344C Mon., Apr. 13, 7-8pm

Barcroft Sports & Fitness Center. Inst.: BodyMoves Fitness LLC
Ages Adults **9 Sessions** **\$135**
340344D Thurs., Apr. 16, 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** **\$170**
340319A Tues., Apr. 14, 6-7pm
340319B Thurs., Apr. 16, 6-7pm



Body Sculpting

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

Madison Center

Ages Adults **7 Sessions** **\$105**

340334A Wed., Apr. 15, 6–7pm

340334B Thurs., Apr. 16, 9–10am

Ages Adults **6 Sessions** **\$90**

340334C Mon., Apr. 13, 6–7pm

Cardio Body Sculpting

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

Madison Center

Ages Adults **7 Sessions** **\$105**

340306A Wed., Apr. 15, 7:15–8:15pm

Langston-Brown Center

Ages Adults **7 Sessions** **\$105**

340306B Mon., Apr. 13, 7–8pm

Cycling

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

Thomas Jefferson Center. Inst.: Davis

Ages Adults **10 Sessions** **\$110**

340331A Wed., Apr. 15, 7:15–8pm

Long Bridge Aquatics & Fitness Center. Inst.: Gomez

Ages Adults **10 Sessions** **\$110**

340331B Sun., Apr. 19, 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** **\$150**

340303A Tues., Apr. 14, 8–9am

340303B Wed., Apr. 15, 8–9am

Barcroft Sports & Fitness Center

Ages Adults **10 Sessions** **\$150**

340303C Thurs., Apr. 16, 7:15–8:15pm

Strength & Sculpt

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

Barcroft Sports & Fitness Center

Ages Adults **9 Sessions** **\$135**

340308A Thurs., Apr. 16, 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 levels, fitness levels are welcome. Inst.: Capital Dance Fitness LLC.

Long Bridge Aquatics & Fitness Center

Ages Adults **10 Sessions** **\$150**

340312A Wed., Apr. 15, 6:30–7:30pm

Walter Reed Center

Ages Adults **10 Sessions** **\$150**

340312B Thurs., Apr. 16, 7–8pm

Get Your Heart Pumping!

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

Participants must have a valid fitness membership or must purchase a daily pass. Drop-in classes cost \$6 (\$4 for age 55 and older). Payment must be made on the day of the class. You may also purchase a 10-pass or a 3-month unlimited class pass.

Ages Adults. \$6 per session at class

Long Bridge Aquatics Center

790100 Sundays 8:15–9am

Thomas Jefferson Center

790120 Tuesdays 9–9:35am

790120 Wednesdays 7:15–8pm



Instructors Needed!

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

Wanted! Great Ideas for New Classes.

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

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.

Madison Center. Inst.: Lanzillotta
Ages Adults **6 Sessions** **\$104**
340860A Mon., Apr. 13, 7:10–8:10pm

Lubber Run Center. Inst.: BodyMoves Fitness LLC
Ages Adults **8 Sessions** **\$138**
340860B Mon., Apr. 13, 9:30–10:30am
340860C Mon., Apr. 13, 12–12:45pm

Lubber Run Center. Inst.: Ibrahim
Ages Adults **7 Sessions** **\$121**
340860D Thurs., Apr. 16, 10–11am

Ages Adults **6 Sessions** **\$104**
340860E Wed., Apr. 15, 10:45–11:45am

Madison Center. Inst.: Ibrahim
Ages Adults **7 Sessions** **\$121**
340860F Tues., Apr. 14, 10–11am

Pilates 2

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

Madison Center
Ages Adults **7 Sessions** **\$121**
340862A Tues., Apr. 14, 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.

Lubber Run Center
Ages Adults **6 Sessions** **\$104**
340864A Thurs., Apr. 16, 11:15am–12:15pm

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 **8 Sessions** **\$132**
340845A Tues., Apr. 14, 7–8pm

Lubber Run Center
Ages 15-Adult **9 Sessions** **\$149**
340845B Thurs., Apr. 16, 1–2pm

YOGA



TOT & ADULT

Postpartum Yoga with Baby

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

Lubber Run Center
Ages Adults **8 Sessions** **\$123**
310302A Mon., Apr. 13, 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

WELLNESS

TEEN & ADULT

Intro. To Feldenkrais®

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

Barcroft Sports & Fitness Center
Ages 15-Adult **1 Session** **\$16**
340851A Tues., Apr. 7, 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

pilates studio



Try Pilates on the Reformer!

Available at Thomas Jefferson Community Center with experienced instructors.

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

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



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



for skilled or new yogis and those returning to practice after a break. Virtual classes are great for busy people. Finding the challenge while staying safe is the focus of this modern yoga experience. You will receive a direct link from the instructor to your email address on file. Inst.: Harper.

Virtual
Ages 16-Adult **10 Sessions** **\$154**
340912A Tues., Apr. 14, 5:45–6:45pm

Energizing Yoga

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

Barcroft Sports & Fitness Center
Ages 16-Adult **9 Sessions** **\$208**
340918A Wed., Apr. 15, 7–8:30pm

Restorative Yoga

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

Barcroft Sports & Fitness Center
Ages 16-Adult **9 Sessions** **\$139**
340911A Wed., Apr. 15, 5:45–6:45pm

Yoga for Every Body on the Lawn

Join us outdoors on the lawn (weather permitting) for this single session light-hearted hatha style yoga class. Students are encouraged to look inward, be present, and “go with the flow.” Class sequences include centering; warm-ups; standing, balancing, and floor poses; and close



with a grounding and relaxing sequence. Pose variations are shared and students are encouraged to do what is best for their own bodies as yoga poses are definitely not “one-size-fits-all.” Let’s approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment! Please bring a yoga mat, water bottle and towel. In case of rain, class may move indoors. Inst.: SjogiYogi Wellness LLC.

Lubber Run Center
Ages 14-Adult **1 Session** **\$16**
340910A Sat., Apr. 18, 9–10am
340910B Sat., May 9, 9–10am

Gulf Branch Nature Center
Ages 14-Adult **1 Session** **\$16**
340910C Sat., May 30, 10–11am

Yoga for Flexibility Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We work on traditional warm up exercises; balance exercises and poses. Class ends with a Yoga Nidra relaxation exercise.

No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Inst.: Interdonato.

Fairlington Center
Ages 14-Adult **9 Sessions** **\$208**
340919A Wed., Apr. 15, 6:45–8:15pm
340919B Fri., Apr. 17, 5–6:30pm

Walter Reed Center
Ages 14-Adult **8 Sessions** **\$185**
340919C Mon., Apr. 13, 5–6:30pm
340919D Mon., Apr. 13, 6:45–8:15pm

ADULT

Chair Yoga for Every Body

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

Lubber Run Center
Ages Adults **1 Session** **\$16**
340908A Mon., Apr. 20, 12:30–1:30pm
340908B Mon., May 11, 12:30–1:30pm
340908C Mon., Jun. 1, 12:30–1:30pm

Core Yoga

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

Lubber Run Center
Ages Adults **10 Sessions** **\$154**
340903A Thurs., Apr. 16, 6–7pm



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

Gentle Yoga

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

Madison Center
Ages Adults 7 Sessions \$108
340902A Wed., Apr. 15, 10–11:15am

Lubber Run Center
Ages 16-Adult 8 Sessions \$123
340902B Sun., Apr. 19, 5:40–6:50pm

Yoga 1

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

Madison Center. Inst.: Johnson
Ages Adults 7 Sessions \$108
340904A Fri., Apr. 17, 8:15–9:15am

Madison Center. Inst.: Melnick
Ages Adults 6 Sessions \$92
340904B Tues., Apr. 14, 7:15–8:15pm



Yoga for Balance

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

Madison Center
Ages Adults 7 Sessions \$108
340905A Fri., Apr. 17, 9:30–10:30am
Ages Adults 6 Sessions \$92
340905B Tues., Apr. 14, 9:30–10:30am



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.

Barcroft Sports & Fitness Center
Ages Adults 9 Sessions \$139
340906A Mon., Apr. 13, 7–8pm

Lubber Run Center
Ages Adults 10 Sessions \$154
340906B Thurs., Apr. 16, 7:15–8:15pm

Madison Center
Ages Adults 6 Sessions \$92
340906C Tues., Apr. 14, 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 definitely not “one-size-fits-all.” Let’s approach yoga, life, and our bodies with fun, compassion, and gratitude. No prior yoga experience is required. People of all ages and fitness levels are welcome in this non-competitive environment! Please bring a yoga mat, water bottle and towel. For the virtual class, you will receive a direct link from the instructor to your email address on file. Inst.: SjogiYogi Wellness LLC.

Barcroft Sports & Fitness Center
Ages Adults 8 Sessions \$123
340907A Tues., Apr. 14, 10–11am

Walter Reed Center
Ages Adults 9 Sessions \$139
340907B Tues., Apr. 14, 7:15–8:15pm

Virtual
Ages Adults 9 Sessions \$139
340907C Thurs., Apr. 16, 10–11am



Yin Yoga

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

Lubber Run Center
Ages 16-Adult 10 Sessions \$193
340913A Tues., Apr. 14, 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 \$123
340914A Mon., Apr. 13, 10–11am



Judo Advanced Workout

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

Dawson Terrace Center

Ages 5-13	8 Sessions	\$80
320309A Mon., Apr. 13, 7-8pm		
Ages 13-Adult	8 Sessions	\$80
320309B Mon., Apr. 13, 8:10-9:10pm		

Traditional Japanese Karate Youth/Teen

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

Arlington Mill Center

Ages 6-17	9 Sessions	\$149
320313A Fri., Apr. 17, 5-6pm		

Lubber Run Center

Ages 6-17	8 Sessions	\$133
320313B Sat., Apr. 18, 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



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	7 Sessions	\$154
320306A Sat., Apr. 18, 9-10am		
320306B Sat., Apr. 18, 10-11am		

Tip Top Ninjas 1

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

Barcroft Sports & Fitness Center

Ages 4-7	8 Sessions	\$163
320308A Mon., Apr. 13, 4:45-5:30pm		
Ages 4-7	7 Sessions	\$143
320308B Sat., Apr. 18, 9:30-10:15am		
Ages 5-12	7 Sessions	\$143
320308C Sat., Apr. 18, 10:30-11:15am		
320308D Sat., Apr. 18, 11:30am-12:30pm		
Ages 7-11	8 Sessions	\$163
320308E Mon., Apr. 13, 5:45-6:30pm		

YOUTH

Tip Top Ninjas 2

Learn the fun and fundamentals of Taekwondo! Children will develop learning more advanced techniques: including board breaking, target practice, shadowing sparring, punching bags, kicking, punching, self-defense, core strengthening, balance, discipline, focus, respect and group interaction,

teamwork and exercise. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Uniforms are not required, casual comfortable clothes preferred. This is a no combat no contact zone/no sparring, where Ninjas are born. This is not a beginner class. One year of Tip Top Ninjas Martial Arts is required. Inst.: Tip Top Sports.

Barcroft Sports & Fitness Center

Ages 6-12	8 Sessions	\$163
320311A Mon., Apr. 13, 6:45-7pm		

YOUTH & TEEN

Beginner Judo for Youth

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

Dawson Terrace Center

Ages 5-13	9 Sessions	\$90
320305A Tues., Apr. 14, 6-7pm		

Junior Judo

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

Dawson Terrace Center

Ages 5-14	19 Sessions	\$190
320307A Tues./Thurs., Apr. 14, 7:10-8:10pm		
Ages 5-13	10 Sessions	\$100
320307B Thurs., Apr. 16, 6-7pm		



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** **\$176**
320310A Mon./Wed., Apr. 13, 5-6pm
320310B Mon./Wed., May 11, 5-6pm
320310C Mon./Wed., Apr. 13, 6-7pm
320310D Mon./Wed., May 11, 6-7pm
320310E Tues./Thurs., Apr. 14, 6-7pm
320310F Tues./Thurs., May 12, 6-7pm
Ages 13-Adult **8 Sessions** **\$176**
320310G Tues./Thurs., Apr. 14, 7-8pm
320310H Mon./Wed., May 11, 7-8pm
320310I Tues./Thurs., May 12, 7-8pm

Beginner Judo for Teens/Adults

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

Dawson Terrace Center
Ages 13-Adult **10 Sessions** **\$100**
340354A Thurs., Apr. 16, 8:20-9:20pm

Senior Judo

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

Dawson Terrace Center
Ages 13-Adult **19 Sessions** **\$190**
340353A Tues./Thurs., Apr. 14, 8:20-9:20pm

Kickboxing

Improve your fitness level and gain practical self-defense skills with our MMA based stand-up striking program. Blending essential elements of Mixed Martial Arts, Western Boxing, JiuJitsu, Muay Thai and Dutch Kickboxing -this course will equip you with a foundational skillset of striking and stand-up grappling techniques that are practically applicable for self-defense, while simultaneously developing your physical attributes such as stamina, cardiovascular endurance and functional strength to new heights in a safe and learning conducive environment. No prior experience necessary. Additional equipment is required for the class: boxing gloves, wrist wraps, and a jump rope at an additional cost to purchase on your own. Inst.: Atanasson.

Barcroft Sports & Fitness Center
Ages 16-Adult **18 Sessions** **\$297**
340357A Tues./Thurs., Apr. 21, 6-7pm

Self Defense

Learn essential Self Defense skills such as situational awareness, how to escape from a grab or headlock, safely take a fall and get back up in a tactically sound fashion and other



considerations such as distance management and assessment of common threats like multiple attackers, weapons, and ambush attacks, that are vital in protecting yourself and your family in today's society of sensory overload and predatory exploitation. Inst.: Atanasson.

Barcroft Sports & Fitness Center
Ages 16-Adult **1 Session** **\$33**
340359A Tues., Apr. 14, 5:30-7:30pm

New! Tai Chi

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

Barcroft Sports & Fitness Center
Ages 16-Adult **18 Sessions** **\$297**
340356A Tues./Thurs., Apr. 21, 7:10-8:10pm

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 **9 Sessions** **\$149**
340351A Fri., Apr. 17, 6:15-7:15pm

Lubber Run Center
Ages Adults **8 Sessions** **\$133**
340351B Sat., Apr. 18, 1-1:50pm

PICKLEBALL

TEEN & ADULT

Pickleball Try It Clinic

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

Hayes Park

Ages 15-Adult 1 Session \$40

- [340614A](#) Sat., May 16, 9-10:15am
- [340614B](#) Sat., May 16, 9-10:15am
- [340614C](#) Sat., May 16, 10:30-11:45am
- [340614D](#) Sat., May 16, 10:30-11:45am
- [340614E](#) Sat., Jun. 6, 9-10:15am
- [340614F](#) Sat., Jun. 6, 9-10:15am
- [340614G](#) Sat., Jun. 6, 10:30-11:45am
- [340614H](#) Sat., Jun. 6, 10:30-11:45am



YOUTH/TEEN/ADULT

Pickleball 1

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

Marcey Road Park

Ages 10-14 9 Sessions \$272

[340615A](#) Wed., Apr. 15, 5:30-6:20pm

Ages 15-Adult 9 Sessions \$272

[340615B](#) Wed., Apr. 15, 5:30-6:20pm

[340615C](#) Wed., Apr. 15, 7:30-8:20pm

[340615D](#) Wed., Apr. 15, 8:30-9:20pm

[340615E](#) Thurs., Apr. 16, 10:30-11:20am

[340615F](#) Thurs., Apr. 16, 5:30-6:20pm

Ages 15-Adult 8 Sessions \$242

[340615G](#) Mon., Apr. 13, 11:30am-12:20pm

[340615H](#) Mon., Apr. 13, 5:30-6:20pm

[340615I](#) Mon., Apr. 13, 6:30-7:20pm

[340615J](#) Mon., Apr. 13, 7:30-8:20pm

Fort Scott Park

Ages 15-Adult 9 Sessions \$272

[340615K](#) Tues., Apr. 14, 9:30-10:20am

[340615L](#) Wed., Apr. 15, 10:30-11:20am

[340615M](#) Thurs., Apr. 16, 11:30am-12:20pm

Hayes Park

Ages 15-Adult 9 Sessions \$272

[340615O](#) Thurs., Apr. 16, 6:30-7:20pm

TEEN & ADULT

Pickleball 2

Advanced beginner. Prerequisite: 1-2 seasons of Pickleball 1 and/or a coach's recommendation. Players build upon fundamentals to learn important match-play skills that will improve results in competition. Bounce-Boom Racquet

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

Fort Scott Park

Ages 15-Adult 9 Sessions \$272

[340616A](#) Tues., Apr. 14, 11:30am-12:20pm

[340616B](#) Wed., Apr. 15, 9:30-10:20am

[340616C](#) Thurs., Apr. 16, 9:30-10:20am

Hayes Park

Ages 15-Adult 9 Sessions \$272

[340616D](#) Thurs., Apr. 16, 5:30-6:20pm

[340616E](#) Thurs., Apr. 16, 6:30-7:20pm

Marcey Road Park

Ages 15-Adult 9 Sessions \$272

[340616F](#) Wed., Apr. 15, 6:30-7:20pm

[340616G](#) Wed., Apr. 15, 7:30-8:20pm

[340616H](#) Wed., Apr. 15, 8:30-9:20pm

[340616I](#) Thurs., Apr. 16, 8:30-9:20am

[340616J](#) Thurs., Apr. 16, 9:30-10:20am

Ages 15-Adult 8 Sessions \$242

[340616K](#) Mon., Apr. 13, 9:30-10:20am

[340616L](#) Mon., Apr. 13, 5:30-6:20pm

[340616M](#) Mon., Apr. 13, 6:30-7:20pm

[340616N](#) Mon., Apr. 13, 7:30-8:20pm

[340616O](#) Mon., Apr. 13, 8:30-9:20pm

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.

Fort Scott Park

Ages 15-Adult 9 Sessions \$272

[340617A](#) Tues., Apr. 14, 10:30-11:20am

[340617B](#) Wed., Apr. 15, 11:30am-12:20pm

[340617C](#) Thurs., Apr. 16, 10:30-11:20am



Hayes Park
Ages 15-Adult **9 Sessions** **\$272**
340617D Thurs., Apr. 16, 5:30–6:20pm
340617E Thurs., Apr. 16, 7:30–8:20pm

Marcey Road Park
Ages 15-Adult **9 Sessions** **\$272**
340617F Wed., Apr. 15, 5:30–6:20pm
340617G Wed., Apr. 15, 6:30–7:20pm
340617H Wed., Apr. 15, 7:30–8:20pm
340617I Thurs., Apr. 16, 6:30–7:20pm

Ages 15-Adult **8 Sessions** **\$242**
340617J Mon., Apr. 13, 10:30–11:20am
340617K Mon., Apr. 13, 5:30–6:20pm
340617L Mon., Apr. 13, 7:30–8:20pm

Pickleball 4

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

Hayes Park
Ages 15-Adult **9 Sessions** **\$272**
340619A Thurs., Apr. 16, 7:30–8:20pm

Pickleball Coached Play Levels 2-3

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

Marcey Road Park
Ages 15-Adult **9 Sessions** **\$225**
340620A Thurs., Apr. 16, 7:30–8:50pm
340620B Thurs., Apr. 16, 7:30–8:50pm

Pickleball 3 & 4

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

Marcey Road Park
Ages 15-Adult **9 Sessions** **\$272**
340622A Wed., Apr. 15, 6:30–7:20pm
Ages 15-Adult **8 Sessions** **\$242**
340622B Mon., Apr. 13, 6:30–7:20pm

Fee Reductions

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



SPORTS

TOT & ADULT

Grand Slam T-Ball & Me

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

Barrett Elem. School
Ages 2-3 **9 Sessions** **\$183**
310618A Sun., Apr. 19, 10–10:45am
Ages 2-3 **8 Sessions** **\$163**
310618B Sat., Apr. 18, 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** **\$204**
310615A Thurs., Apr. 16, 5–5:45pm
Ages 2-3 **9 Sessions** **\$183**
310615B Sat., Apr. 18, 9–9:45am

Lubber Run Center
Ages 2-3 **9 Sessions** **\$183**
310615C Sun., Apr. 19, 4–4:45pm
Ages 2-3 **8 Sessions** **\$163**
310615D Sat., Apr. 18, 9–9:45am

Little Kicks Soccer & Me

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

Arlington Mill Center
Ages 2-3 **9 Sessions** **\$183**
310605A Sat., Apr. 18, 9–9:45am
Barrett Elem. School
Ages 2-3 **9 Sessions** **\$183**
310605B Sun., Apr. 19, 9–9:45am
Ages 2-3 **8 Sessions** **\$163**
310605C Sat., Apr. 18, 11–11:45am

Rocky Run Park
Ages 2-3 **9 Sessions** **\$183**
310605D Sun., Apr. 19, 9–9:45am

Tip Top Fit Together & Me

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

Lubber Run Center
Ages 2-4 **8 Sessions** **\$163**
310606A Sat., Apr. 18, 10–10:45am

TOT & YOUTH

Grand Slam T-Ball

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

Barrett Elem. School
Ages 4-6 **9 Sessions** **\$183**
310617A Sun., Apr. 19, 11–11:45am
Ages 4-6 **8 Sessions** **\$165**
310617B Sat., Apr. 18, 10–10:45am





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	8 Sessions	\$170
310612A	Thurs., Apr. 16, 3-3:40pm	
Ages 3-6	8 Sessions	\$170
310612B	Thurs., Apr. 16, 4-4:45pm	
Ages 3½-6	8 Sessions	\$170
310612C	Tues., Apr. 14, 4-4:45pm	

Lacey Woods Park

Ages 2-3	8 Sessions	\$170
310612D	Thurs., Apr. 16, 10-10:40am	
Ages 2-3	7 Sessions	\$149
310612E	Sun., Apr. 19, 3-3:40pm	
Ages 3-6	7 Sessions	\$149
310612F	Sun., Apr. 19, 4-4:45pm	
Ages 5-8	7 Sessions	\$149
310612G	Sun., Apr. 19, 5-5:50pm	

Rocky Run Park

Ages 2-3	8 Sessions	\$170
310612H	Mon., Apr. 13, 10:15-10:55am	
Ages 2-3	7 Sessions	\$149
310612I	Sat., Apr. 18, 8-8:40am	
Ages 3-6	7 Sessions	\$149
310612J	Sat., Apr. 18, 9-9:45am	
310612K	Sat., Apr. 18, 10-10:45am	
Ages 5-8	7 Sessions	\$149
310612L	Sat., Apr. 18, 11-11:50am	

Mosaic Park

Ages 2-3	7 Sessions	\$149
310612M	Sat., Apr. 18, 12:30-1:10pm	
Ages 3-6	7 Sessions	\$149
310612N	Sat., Apr. 18, 1:20-2:05pm	

Madison Manor Park

Ages 3-6	8 Sessions	\$170
310612O	Tues., Apr. 14, 12:45-1:30pm	

Lubber Run Center

Ages 3-6	7 Sessions	\$149
310612P	Sat., Apr. 18, 8:05-8:45am	

Run Shoot Basketball

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

Fairlington Center

Ages 3-4	9 Sessions	\$183
310619A*	Mon., Apr. 13, 4:30-5:15pm	
Ages 4-6	9 Sessions	\$213
310619B	Mon., Apr. 13, 5:20-6:20pm	
310619C	Sat., Apr. 18, 1:05-2:05pm	

Lubber Run Center

Ages 4-6	9 Sessions	\$213
310619D	Sun., Apr. 19, 2:05-3:05pm	
Ages 4-6	8 Sessions	\$190
310619E	Sat., Apr. 18, 11am-12pm	
Ages 5-7	8 Sessions	\$190
310619F	Sat., Apr. 18, 1-2pm	

Tip Top Sticks: Hockey & Lacrosse

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

Fairlington Center

Ages 7-9	10 Sessions	\$237
310609A	Thurs., Apr. 16, 6:50-7:50pm	
Ages 4-6	9 Sessions	\$213
310609B	Sat., Apr. 18, 12-1pm	

Rocky Run Park

Ages 5-9	9 Sessions	\$183
310609C	Sun., Apr. 19, 1-1:45pm	



Little Athletes

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

Fairlington Center

Ages 4-6	9 Sessions	\$183
310616A	Sat., Apr. 18, 10-10:45am	

Lubber Run Center

Ages 4-6	9 Sessions	\$183
310616B	Sun., Apr. 19, 3:10-3:55pm	
Ages 4-6	8 Sessions	\$163
310616C	Sat., Apr. 18, 12:10-12:55pm	

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.

Fairlington Center

Ages 4-6	10 Sessions	\$204
310610A	Thurs., Apr. 16, 6-6:45pm	
Ages 4-6	9 Sessions	\$183
310610B	Sat., Apr. 18, 11-11:45am	

Barrett Elem. School

Ages 4-6	8 Sessions	\$190
310610C	Sat., Apr. 18, 12-1pm	

Arlington Mill Center

Ages 4-6	9 Sessions	\$183
310610D	Sat., Apr. 18, 10-10:45am	

Rocky Run Park

Ages 4-6	9 Sessions	\$183
310610E	Sun., Apr. 19, 10-10:45am	

YOUTH

New! Ball Hockey

Get ready for fast-paced fun with our Ball Hockey program designed just for kids ages 7-12! Players will learn essential skills like stick handling, passing, shooting, and teamwork while playing on a smooth surface—no ice required. Using a lightweight ball instead of a puck, this program focuses on building coordination, agility, and confidence through drills and exciting games. Perfect for beginners and young athletes looking for an energetic, social sport experience. All equipment is provided. Please wear sneakers. Inst.: Virginia Hurricanes Sports.

Quincy Street Deck

Ages 7-9	9 Sessions	\$213
320607A	Sun., Apr. 19, 10:30-11:30am	
Ages 10-12	9 Sessions	\$213
320607B	Sun., Apr. 19, 10:30-11:30am	



First Down Flag Football

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

Barrett Elem. School
Ages 5-8 **8 Sessions** **\$163**
320610A Sat., Apr. 18, 1:05-1:50pm

Fairlington Center
Ages 5-9 **9 Sessions** **\$213**
320610B Sat., Apr. 18, 2:05-3:05pm

Rocky Run Park
Ages 5-9 **9 Sessions** **\$183**
320610C Sun., Apr. 19, 12:05-12:50pm

Little Champions Soccer

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

Arlington Mill Center
Ages 7-9 **9 Sessions** **\$213**
310621A Sat., Apr. 18, 11am-12pm

Rocky Run Park
Ages 7-9 **9 Sessions** **\$213**
310621B Sun., Apr. 19, 11am-12pm

Game Time Hoops

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

Fairlington Center
Ages 7-9 **10 Sessions** **\$237**
320609A Wed., Apr. 15, 5:40-6:40pm
Ages 10-13 **10 Sessions** **\$237**
320609B Wed., Apr. 15, 6:50-7:50pm

Girls Hoops Basketball

Girls Hoops is a basketball program developed to teach the fundamentals of basketball in a fun and exciting way! This class will introduce and teach basketball techniques that will help build a foundation and everlasting appreciation for the sport. Each class is filled with fun mini games and specific skill building in passing, shooting, dribbling, and defense. The emphasis is to create general fitness, develop their athletic interest, and to have fun building values and confidence through teamwork. Adults must remain on premises at all times. Inst.: Tip Top Sports.

Fairlington Center
Ages 4-6 **10 Sessions** **\$237**
320615A Tues., Apr. 14, 5:20-6:20pm
Ages 7-9 **10 Sessions** **\$237**
320615B Tues., Apr. 14, 6:30-7:30pm
Ages 10-13 **10 Sessions** **\$237**
320615C Tues., Apr. 14, 7:40-8:40pm

Triple Threat Basketball

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

Fairlington Center
Ages 7-9 **9 Sessions** **\$213**
320613A Mon., Apr. 13, 6:30-7:30pm
Ages 10-13 **9 Sessions** **\$213**
320613B Mon., Apr. 13, 7:40-8:40pm

Lubber Run Center
Ages 7-9 **9 Sessions** **\$213**
320613C Sun., Apr. 19, 1-2pm

Momentum3 Varsity Skills: Basketball

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

Lubber Run Center
Ages 8-11 **6 Sessions** **\$154**
320611A Mon., Apr. 13, 5:55-6:55pm
320611B Wed., Apr. 15, 5:55-6:55pm
Ages 12-14 **6 Sessions** **\$154**
320611C Mon., Apr. 13, 4:45-5:45pm
320611D Wed., Apr. 15, 4:45-5:45pm

World Cup Soccer

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

Arlington Mill Center
Ages 10-13 **9 Sessions** **\$213**
320616A Sat., Apr. 18, 12:05-1:05pm

YOUTH/TEEN/ADULT

Explore Archery

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

NOVA Fencing and Archery Club
Ages 8-Adult **6 Sessions** **\$132**
320312A Mon., Apr. 13, 5-6pm
320312B Wed., Apr. 15, 5-6pm





TENNIS

YOUTH & TEEN

New! Red Ball Tennis

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

Quincy Street Deck

Ages 5-9 **9 Sessions** **\$272**
[320605A](#) Sun., Apr. 19, 9-10am

Tennis 1 & 2

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

Barcroft Park

Ages 5-6 **9 Sessions** **\$272**
[320602A](#) Tues., Apr. 14, 4:30-5:20pm
[320602B](#) Wed., Apr. 15, 5:30-6:20pm
Ages 7-9 **9 Sessions** **\$272**
[320602C](#) Tues., Apr. 14, 5:30-6:20pm
[320602D](#) Wed., Apr. 15, 6:30-7:20pm
Ages 10-13 **9 Sessions** **\$272**
[320602E](#) Tues., Apr. 14, 6:30-7:20pm
[320602F](#) Wed., Apr. 15, 6:30-7:20pm

Greenbrier Park

Ages 5-6 **8 Sessions** **\$242**
[320602G](#) Sun., Apr. 19, 9-9:50am
Ages 7-9 **8 Sessions** **\$242**
[320602H](#) Sun., Apr. 19, 10-10:50am
[320602I](#) Sun., Apr. 19, 11-11:50am
Ages 10-13 **8 Sessions** **\$242**
[320602J](#) Sun., Apr. 19, 12-12:50pm

Lyon Village Park

Ages 5-6 **9 Sessions** **\$272**
[320602K](#) Wed., Apr. 15, 4:30-5:20pm
Ages 5-6 **8 Sessions** **\$242**
[320602L](#) Mon., Apr. 13, 4:30-5:20pm
Ages 7-9 **9 Sessions** **\$272**
[320602M](#) Wed., Apr. 15, 6:30-7:20pm
Ages 7-9 **8 Sessions** **\$242**
[320602N](#) Mon., Apr. 13, 6:30-7:20pm
Ages 10-13 **9 Sessions** **\$272**
[320602O](#) Wed., Apr. 15, 5:30-6:20pm
Ages 10-13 **8 Sessions** **\$242**
[320602P](#) Mon., Apr. 13, 5:30-6:20pm

Virginia Highlands Park

Ages 5-6 **9 Sessions** **\$272**
[320602Q](#) Thurs., Apr. 16, 4:30-5:20pm
Ages 7-9 **9 Sessions** **\$272**
[320602R](#) Thurs., Apr. 16, 5:30-6:20pm
Ages 10-13 **9 Sessions** **\$272**
[320602S](#) Thurs., Apr. 16, 6:30-7:20pm
Stratford Park
Ages 10-13 **8 Sessions** **\$242**
[320602T](#) Mon., Apr. 13, 5:10-6pm

Tennis 3 Drill & Match Play

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

Stratford Park

Ages 8-10 **9 Sessions** **\$342**
[320603A](#) Tues., Apr. 14, 4:30-5:40pm
Ages 11-14 **9 Sessions** **\$342**
[320603B](#) Tues., Apr. 14, 5:50-7pm

Greenbrier Park

Ages 11-14 **8 Sessions** **\$304**
[320603C](#) Sat., Apr. 18, 9-10:10am

Tuckahoe Park

Ages 11-14 **9 Sessions** **\$342**
[320603D](#) Thurs., Apr. 16, 4:30-5:40pm

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.

Tuckahoe Park		
Ages 13-17	9 Sessions	\$342
320604A	Thurs., Apr. 16, 5:50-7pm	
Greenbrier Park		
Ages 13-17	8 Sessions	\$304
320604B	Sat., Apr. 18, 10:20-11:30am	
320604C	Sat., Apr. 18, 10:20-11:30am	

TEEN & ADULT

Tennis 1

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

Barcroft Park		
Ages 15-Adult	9 Sessions	\$371
340601A	Tues., Apr. 14, 7:30-8:40pm	
340601B	Wed., Apr. 15, 7:30-8:40pm	

Bon Air Park		
Ages 15-Adult	9 Sessions	\$371
340601C	Tues., Apr. 14, 9:45-10:55am	
340601D	Thurs., Apr. 16, 9:45-10:55am	
Ages 15-Adult	8 Sessions	\$330
340601E	Sat., Apr. 18, 11:40am-12:50pm	

Jennie Dean Park		
Ages 15-Adult	9 Sessions	\$371
340601F	Tues., Apr. 14, 7:30-8:40pm	

Kenmore MS		
Ages 15-Adult	8 Sessions	\$330
340601G	Sat., Apr. 18, 12:20-1:30pm	

Lyon Village Park		
Ages 15-Adult	9 Sessions	\$371
340601H	Wed., Apr. 15, 7:30-8:40pm	
Ages 15-Adult	8 Sessions	\$330
340601I	Mon., Apr. 13, 7:30-8:40pm	



Maury Park		
Ages 15-Adult	8 Sessions	\$330
340601J	Sat., Apr. 18, 11:40am-12:50pm	

Quincy Park		
Ages 15-Adult	9 Sessions	\$371
340601K	Wed., Apr. 15, 11:05am-12:15pm	
Ages 15-Adult	8 Sessions	\$330
340601L	Mon., Apr. 13, 11:05am-12:15pm	

Stratford Park		
Ages 15-Adult	9 Sessions	\$371
340601M	Wed., Apr. 15, 6:10-7:20pm	
340601N	Thurs., Apr. 16, 6:10-7:20pm	

Thomas Jefferson Center		
Ages 15-Adult	9 Sessions	\$371
340601O	Thurs., Apr. 16, 6:10-7:20pm	

Virginia Highlands Park		
Ages 15-Adult	9 Sessions	\$371
340601P	Tues., Apr. 14, 7:30-8:40pm	

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.

Barcroft Park		
Ages 15-Adult	9 Sessions	\$371
340602A	Tues., Apr. 14, 8:50-10pm	
340602B	Wed., Apr. 15, 8:50-10pm	

Bon Air Park		
Ages 15-Adult	9 Sessions	\$371
340602C	Thurs., Apr. 16, 11:05am-12:15pm	

Jennie Dean Park		
Ages 15-Adult	9 Sessions	\$371
340602D	Tues., Apr. 14, 6:10-7:20pm	
340602E	Tues., Apr. 14, 8:50-10pm	
Ages 15-Adult	8 Sessions	\$330
340602F	Mon., Apr. 13, 8:50-10pm	



Lyon Village Park		
Ages 15-Adult	9 Sessions	\$371
340602G	Thurs., Apr. 16, 11:05am-12:15pm	
340602H	Wed., Apr. 15, 8:50-10pm	

Ages 15-Adult	8 Sessions	\$330
340602I	Mon., Apr. 13, 7:30-8:40pm	

Maury Park		
Ages 15-Adult	8 Sessions	\$330
340602J	Sat., Apr. 18, 10:20-11:30am	

Quincy Park		
Ages 15-Adult	9 Sessions	\$371
340602K	Wed., Apr. 15, 11:05am-12:15pm	
Ages 15-Adult	8 Sessions	\$330
340602L	Mon., Apr. 13, 11:05am-12:15pm	

Stratford Park		
Ages 15-Adult	9 Sessions	\$371
340602M	Thurs., Apr. 16, 7:30-8:40pm	
Ages 15-Adult	8 Sessions	\$330
340602N	Mon., Apr. 13, 6:10-7:20pm	

Thomas Jefferson Center		
Ages 15-Adult	9 Sessions	\$371
340602O	Thurs., Apr. 16, 7:30-8:40pm	

Virginia Highlands Park		
Ages 15-Adult	9 Sessions	\$371
340602P	Tues., Apr. 14, 6:10-7:20pm	
340602Q	Tues., Apr. 14, 8:50-10pm	
Ages 15-Adult	8 Sessions	\$330
340602R	Mon., Apr. 13, 6:10-7:20pm	

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.

Barcroft Park		
Ages 15-Adult	9 Sessions	\$371
340603A	Tues., Apr. 14, 7:30-8:40pm	

Bon Air Park		
Ages 15-Adult	9 Sessions	\$371
340603B	Tues., Apr. 14, 11:05am-12:15pm	

Jennie Dean Park		
Ages 15-Adult	8 Sessions	\$330
340603C	Mon., Apr. 13, 6:10-7:20pm	



Langston-Brown Center
Ages 15-Adult 9 Sessions \$371
340603D Wed., Apr. 15, 9:45–10:55am
340603E Thurs., Apr. 16, 7:30–8:40pm

Lyon Village Park
Ages 15-Adult 9 Sessions \$371
340603F Thurs., Apr. 16, 11:05am–12:15pm
Ages 15-Adult 8 Sessions \$330
340603G Mon., Apr. 13, 8:50–10pm

Quincy Park
Ages 15-Adult 8 Sessions \$330
340603H Mon., Apr. 13, 9:45–10:55am

Stratford Park
Ages 15-Adult 9 Sessions \$371
340603I Wed., Apr. 15, 8:50–10pm
340603J Thurs., Apr. 16, 8:50–10pm
Ages 15-Adult 8 Sessions \$330
340603K Mon., Apr. 13, 7:30–8:40pm

Thomas Jefferson Center
Ages 15-Adult 9 Sessions \$371
340603L Thurs., Apr. 16, 8:50–10pm

Tuckahoe Park
Ages 15-Adult 9 Sessions \$371
340603M Thurs., Apr. 16, 8:30–9:40pm

Virginia Highlands Park
Ages 15-Adult 9 Sessions \$371
340603N Thurs., Apr. 16, 7:30–8:40pm
Ages 15-Adult 8 Sessions \$330
340603O Mon., Apr. 13, 7:30–8:40pm

Tennis 4

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

Barcroft Park
Ages 15-Adult 9 Sessions \$371
340604A Tues., Apr. 14, 8:50–10pm

Bon Air Park
Ages 15-Adult 9 Sessions \$371
340604B Tues., Apr. 14, 11:05am–12:15pm

Ages 15-Adult 8 Sessions \$330
340604C Sat., Apr. 18, 10:20–11:30am

Jennie Dean Park
Ages 15-Adult 8 Sessions \$330
340604D Mon., Apr. 13, 7:30–8:40pm

Langston-Brown Center
Ages 15-Adult 9 Sessions \$371
340604E Wed., Apr. 15, 11:05am–12:15pm
340604F Thurs., Apr. 16, 8:50–10pm

Stratford Park
Ages 15-Adult 9 Sessions \$371
340604G Wed., Apr. 15, 7:30–8:40pm

Tuckahoe Park
Ages 15-Adult 9 Sessions \$371
340604H Thurs., Apr. 16, 7:10–8:20pm

Virginia Highlands Park
Ages 15-Adult 9 Sessions \$371
340604I Thurs., Apr. 16, 8:50–10pm

Tennis 3 & 4

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

Bon Air Park
Ages 15-Adult 8 Sessions \$330
340607A Sat., Apr. 18, 9–10:10am

Langston-Brown Center
Ages 15-Adult 9 Sessions \$371
340607B Thurs., Apr. 16, 6:10–7:20pm

Lyon Village Park
Ages 15-Adult 9 Sessions \$371
340607C Thurs., Apr. 16, 9:45–10:55am

Maury Park
Ages 15-Adult 8 Sessions \$330
340607D Sat., Apr. 18, 9–10:10am

Quincy Park
Ages 15-Adult 9 Sessions \$371
340607E Wed., Apr. 15, 9:45–10:55am

Stratford Park
Ages 15-Adult 9 Sessions \$371
340607F Tues., Apr. 14, 7:10–8:20pm

Ages 15-Adult 8 Sessions \$330
340607G Mon., Apr. 13, 8:50–10pm

Virginia Highlands Park
Ages 15-Adult 8 Sessions \$330
340607H Mon., Apr. 13, 8:50–10pm

Tennis Match Play Level 2-3

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

Kenmore Middle School
Ages 15-Adult 8 Sessions \$330
340608A Sat., Apr. 18, 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 Middle School
Ages 15-Adult 8 Sessions \$330
340609A Sat., Apr. 18, 9–10:30am

New! Doubles Tennis Tournament (Levels 2-3)

Intermediate. This Round Robin Tennis Tournament event welcomes levels 2&3 players to compete in a fun and friendly atmosphere. Each participant will play at least 2 doubles



matches against different opponents, ensuring a variety of matchups and plenty of action. A partner is not needed at sign-up. Matches will begin on Friday night with the semi-finals and finals on Saturday. Inst.: Bounce-Boom Racquet Sports.

Thomas Jefferson Center

Ages 15-Adult **1 Session** **\$45**
340610A Fri., Jun. 12, 5-8pm

New! Doubles Tennis Tournament (Levels 3-4)

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

Thomas Jefferson Center

Ages 15-Adult **1 Session** **\$45**
340611A Fri., May 15, 5-8pm

Tennis: Private Lesson

For players who would like more individual attention, you can book private lessons with coaches. For two or three-person semi-private lessons, please contact Laurie Reid at lreid1@arlingtonva.us to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Tennis racquets are not provided please email stephan.firstservetennis@gmail.com if you have any further questions.

Langston-Brown Center

Ages 6-Adult **5 Sessions** **\$500**

- 340612A** Fri., Apr. 17, 9-9:55am
- 340612B** Fri., Apr. 17, 10-10:55am
- 340612C** Fri., Apr. 17, 11-11:55am
- 340612D** Fri., Apr. 17, 12-12:55pm
- 340612E** Fri., Apr. 17, 2-2:55pm
- 340612F** Fri., Apr. 17, 3-3:55pm
- 340612G** Fri., Apr. 17, 4-4:55pm

Ages 6-Adult **4 Sessions** **\$400**

- 340612H** Fri., May 22, 9-9:55am
- 340612I** Fri., May 22, 10-10:55am
- 340612J** Fri., May 22, 11-11:55am
- 340612K** Fri., May 22, 12-12:55pm
- 340612L** Fri., May 22, 2-2:55pm
- 340612M** Fri., May 22, 3-3:55pm
- 340612N** Fri., May 22, 4-4:55pm

Stratford Park

Ages 6-Adult **4 Sessions** **\$400**

- 340612O** Mon., Apr. 13, 4-4:55pm
- 340612P** Thurs., Apr. 16, 5:05-6pm
- 340612Q** Mon., May 11, 4-4:55pm
- 340612R** Thurs., May 14, 5:05-6pm

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



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** **\$100**

- 310400A** Tues., Apr. 14, 10-10:30am
- 310400B** Tues., Apr. 14, 4-4:30pm
- 310400C** Wed., Apr. 15, 4-4:30pm
- 310400D** Thurs., Apr. 16, 10-10:30am
- 310400E** Thurs., Apr. 16, 4-4:30pm

Ages 6 months-1½ **9 Sessions** **\$90**

- 310400F** Mon., Apr. 13, 10-10:30am
- 310400G** Mon., Apr. 13, 4-4:30pm
- 310400H** Fri., Apr. 17, 4-4:30pm

Ages 6 months-1½ **8 Sessions** **\$80**

- 310400I** Sat., Apr. 18, 9:05-9:35am
- 310400J** Sat., Apr. 18, 10:50-11:20am
- 310400K** Sun., Apr. 19, 8:30-9am
- 310400L** Sun., Apr. 19, 9:40-10:10am

Water Tots

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

Long Bridge Aquatics & Fitness Center

Ages 1½-2½ **10 Sessions** **\$100**

- 310401A** Tues., Apr. 14, 10:35-11:05am
- 310401B** Tues., Apr. 14, 4:35-5:05pm
- 310401C** Wed., Apr. 15, 4:35-5:05pm
- 310401D** Thurs., Apr. 16, 10:35-11:05am
- 310401E** Thurs., Apr. 16, 4:35-5:05pm

Ages 1½-2½ **9 Sessions** **\$90**

- 310401F** Mon., Apr. 13, 10:35-11:05am
- 310401G** Mon., Apr. 13, 4:35-5:05pm
- 310401H** Fri., Apr. 17, 4:35-5:05pm

Ages 1½-2½ **8 Sessions** **\$80**

- 310401I** Sat., Apr. 18, 8:30-9am
- 310401J** Sat., Apr. 18, 10:15-10:45am
- 310401K** Sun., Apr. 19, 10:20-10:50am
- 310401L** Sun., Apr. 19, 11:30am-12pm

Pre-Fin & Me

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

Long Bridge Aquatics & Fitness Center

Ages 2½-3 **10 Sessions** **\$100**

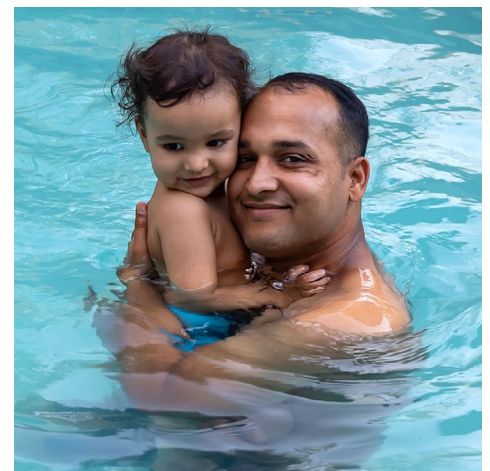
- 310402A** Tues., Apr. 14, 11:10-11:40am
- 310402B** Tues., Apr. 14, 5:10-5:40pm
- 310402C** Wed., Apr. 15, 5:10-5:40pm
- 310402D** Thurs., Apr. 16, 11:10-11:40am
- 310402E** Thurs., Apr. 16, 5:10-5:40pm

Ages 2½-3 **9 Sessions** **\$90**

- 310402F** Mon., Apr. 13, 11:10-11:40am
- 310402G** Mon., Apr. 13, 5:10-5:40pm
- 310402H** Fri., Apr. 17, 5:10-5:40pm

Ages 2½-3 **8 Sessions** **\$80**

- 310402I** Sat., Apr. 18, 9:40-10:10am
- 310402J** Sun., Apr. 19, 9:05-9:35am
- 310402K** Sun., Apr. 19, 10:55-11:25am



TOT

Pre-Fin

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

Long Bridge Aquatics & Fitness Center

Ages 3 10 Sessions \$78

- [310403A](#) Tues., Apr. 14, 4-4:20pm
- [310403B](#) Tues., Apr. 14, 4:35-4:55pm
- [310403C](#) Tues., Apr. 14, 5:35-5:55pm
- [310403D](#) Tues., Apr. 14, 10-10:20am
- [310403E](#) Wed., Apr. 15, 4-4:20pm
- [310403F](#) Wed., Apr. 15, 5:35-5:55pm
- [310403G](#) Thurs., Apr. 16, 10-10:20am
- [310403H](#) Thurs., Apr. 16, 4-4:20pm
- [310403I](#) Thurs., Apr. 16, 5:35-5:55pm

Ages 3 9 Sessions \$70

- [310403J](#) Mon., Apr. 13, 10-10:20am
- [310403K](#) Mon., Apr. 13, 11:45am-12:05pm
- [310403L](#) Mon., Apr. 13, 4-4:20pm
- [310403M](#) Mon., Apr. 13, 5:35-5:55pm
- [310403N](#) Fri., Apr. 17, 4-4:20pm
- [310403O](#) Fri., Apr. 17, 5:35-5:55pm

Ages 3 8 Sessions \$62

- [310403P](#) Sat., Apr. 18, 8:30-8:50am
- [310403Q](#) Sat., Apr. 18, 9:30-9:50am
- [310403R](#) Sat., Apr. 18, 11:30-11:50am
- [310403S](#) Sat., Apr. 18, 11:55am-12:15pm
- [310403T](#) Sun., Apr. 19, 9:05-9:25am
- [310403U](#) Sun., Apr. 19, 10:10-10:30am
- [310403V](#) Sun., Apr. 19, 11:10-11:30am

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 \$100

- [310404A](#) Tues., Apr. 14, 10:25-10:55am
- [310404B](#) Tues., Apr. 14, 4:25-4:55pm
- [310404C](#) Tues., Apr. 14, 5-5:30pm
- [310404D](#) Tues., Apr. 14, 5:45-6:15pm
- [310404E](#) Wed., Apr. 15, 4:25-4:55pm
- [310404F](#) Wed., Apr. 15, 5:45-6:15pm
- [310404G](#) Wed., Apr. 15, 7:15-7:45pm
- [310404H](#) Thurs., Apr. 16, 10:25-10:55am
- [310404I](#) Thurs., Apr. 16, 4:25-4:55pm
- [310404J](#) Thurs., Apr. 16, 5:45-6:15pm
- [310404K](#) Thurs., Apr. 16, 7:15-7:45pm

Ages 3yr 3mths-5 9 Sessions \$90

- [310404L](#) Mon., Apr. 13, 10:25-10:55am
- [310404M](#) Mon., Apr. 13, 4:25-4:55pm
- [310404N](#) Mon., Apr. 13, 6:20-6:50pm
- [310404O](#) Mon., Apr. 13, 7:15-7:45pm
- [310404P](#) Fri., Apr. 17, 4:25-4:55pm
- [310404Q](#) Fri., Apr. 17, 5:45-6:15pm
- [310404R](#) Fri., Apr. 17, 7:15-7:45pm

Ages 3yr 3mths-5 8 Sessions \$80

- [310404S](#) Sat., Apr. 18, 8:55-9:25am
- [310404T](#) Sat., Apr. 18, 11:55am-12:25pm
- [310404U](#) Sun., Apr. 19, 8:30-9am
- [310404V](#) Sun., Apr. 19, 9:30-10am
- [310404W](#) Sun., Apr. 19, 10:35-11:05am

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 \$100

- [310405A](#) Tues., Apr. 14, 11:45am-12:15pm
- [310405B](#) Tues., Apr. 14, 5-5:30pm
- [310405C](#) Tues., Apr. 14, 5:35-6:05pm
- [310405D](#) Tues., Apr. 14, 6:20-6:50pm

- [310405E](#) Wed., Apr. 15, 5-5:30pm
- [310405F](#) Wed., Apr. 15, 6:20-6:50pm
- [310405G](#) Thurs., Apr. 16, 11:45am-12:15pm
- [310405H](#) Thurs., Apr. 16, 5-5:30pm
- [310405I](#) Thurs., Apr. 16, 6:20-6:50pm

Ages 3yr 3mths-5 9 Sessions \$90

- [310405J](#) Mon., Apr. 13, 11-11:30am
- [310405K](#) Mon., Apr. 13, 5-5:30pm
- [310405L](#) Mon., Apr. 13, 5:45-6:15pm
- [310405M](#) Fri., Apr. 17, 5-5:30pm
- [310405N](#) Fri., Apr. 17, 6:20-6:50pm

Ages 3yr 3mths-5 8 Sessions \$80

- [310405O](#) Sat., Apr. 18, 8:30-9am
- [310405P](#) Sat., Apr. 18, 9:55-10:25am
- [310405Q](#) Sat., Apr. 18, 11:20-11:50am
- [310405R](#) Sun., Apr. 19, 8:30-9am
- [310405S](#) Sun., Apr. 19, 9:50-10:20am
- [310405T](#) Sun., Apr. 19, 11:35am-12:05pm

Fin 3

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

Long Bridge Aquatics & Fitness Center

Ages 4-5 10 Sessions \$100

- [310406A](#) Tues., Apr. 14, 11-11:30am
- [310406B](#) Tues., Apr. 14, 4-4:30pm
- [310406C](#) Tues., Apr. 14, 6-6:30pm
- [310406D](#) Tues., Apr. 14, 6:45-7:15pm
- [310406E](#) Wed., Apr. 15, 4-4:30pm
- [310406F](#) Wed., Apr. 15, 6-6:30pm
- [310406G](#) Wed., Apr. 15, 6:40-7:10pm
- [310406H](#) Thurs., Apr. 16, 11-11:30am
- [310406I](#) Thurs., Apr. 16, 4-4:30pm
- [310406J](#) Thurs., Apr. 16, 6-6:30pm
- [310406K](#) Thurs., Apr. 16, 6:40-7:10pm

Ages 4-5 9 Sessions \$90

- [310406L](#) Mon., Apr. 13, 11:35am-12:05pm
- [310406M](#) Mon., Apr. 13, 4-4:30pm
- [310406N](#) Mon., Apr. 13, 6-6:30pm
- [310406O](#) Mon., Apr. 13, 6:40-7:10pm
- [310406P](#) Fri., Apr. 17, 4-4:30pm
- [310406Q](#) Fri., Apr. 17, 6-6:30pm
- [310406R](#) Fri., Apr. 17, 6:40-7:10pm



Are You Taking Swimming Lessons?

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

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

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

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

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

OVERVIEW OF SWIM LEVELS FOR CHILDREN THROUGH AGE 6

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

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



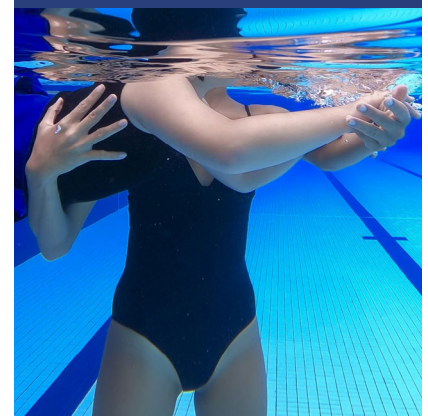
Private Swim Lessons

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+ [740301](tel:7032284747)
 Youth [740302](tel:7032284747)
 Adults [740304](tel:7032284747)





Ages 4-5 **8 Sessions** **\$80**
[310406S](#) Sat., Apr. 18, 9:50-10:20am
[310406T](#) Sat., Apr. 18, 12-12:30pm
[310406U](#) Sun., Apr. 19, 8:30-9am
[310406V](#) Sun., Apr. 19, 9:50-10:20am
[310406W](#) Sun., Apr. 19, 11:15-11:45am

Fin 4

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

Long Bridge Aquatics & Fitness Center
Ages 4½-6 **10 Sessions** **\$100**

[310407A](#) Tues., Apr. 14, 4-4:30pm
[310407B](#) Tues., Apr. 14, 6:10-6:40pm
[310407C](#) Wed., Apr. 15, 4-4:30pm
[310407D](#) Wed., Apr. 15, 6:05-6:35pm
[310407E](#) Thurs., Apr. 16, 4-4:30pm
[310407F](#) Thurs., Apr. 16, 6:05-6:35pm

Ages 4½-6 **9 Sessions** **\$90**

[310407G](#) Mon., Apr. 13, 4-4:30pm
[310407H](#) Mon., Apr. 13, 6:05-6:35pm
[310407I](#) Fri., Apr. 17, 4-4:30pm
[310407J](#) Fri., Apr. 17, 6:05-6:35pm

Ages 4½-6 **8 Sessions** **\$80**

[310407K](#) Sat., Apr. 18, 10:50-11:20am
[310407L](#) Sun., Apr. 19, 8:30-9am
[310407M](#) Sun., Apr. 19, 10:35-11:15am

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** **\$120**

[320400A](#) Tues., Apr. 14, 4:45-5:25pm
[320400B](#) Tues., Apr. 14, 6:35-7:15pm

[320400C](#) Wed., Apr. 15, 4:35-5:15pm
[320400D](#) Wed., Apr. 15, 6:55-7:35pm
[320400E](#) Thurs., Apr. 16, 4:35-5:15pm
[320400F](#) Thurs., Apr. 16, 5:30-6:10pm
[320400G](#) Thurs., Apr. 16, 6:55-7:35pm

Ages 6-12 **9 Sessions** **\$108**

[320400H](#) Mon., Apr. 13, 4:35-5:15pm
[320400I](#) Mon., Apr. 13, 6:55-7:35pm
[320400J](#) Fri., Apr. 17, 4:35-5:15pm
[320400K](#) Fri., Apr. 17, 5:30-6:10pm
[320400L](#) Fri., Apr. 17, 6:55-7:35pm

Ages 6-12 **8 Sessions** **\$96**

[320400M](#) Sat., Apr. 18, 10:35-11:15am
[320400N](#) Sat., Apr. 18, 11:15-11:55am
[320400O](#) Sun., Apr. 19, 9:05-9:45am
[320400P](#) Sun., Apr. 19, 11:15-11:55am

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** **\$120**

[320401A](#) Tues., Apr. 14, 5:30-6:10pm
[320401B](#) Tues., Apr. 14, 6:55-7:35pm
[320401C](#) Wed., Apr. 15, 5:20-6pm
[320401D](#) Wed., Apr. 15, 6:35-7:15pm
[320401E](#) Thurs., Apr. 16, 4:45-5:25pm
[320401F](#) Thurs., Apr. 16, 5:30-6:10pm
[320401G](#) Thurs., Apr. 16, 6:35-7:15pm

Ages 6-12 **9 Sessions** **\$108**

[320401H](#) Mon., Apr. 13, 5:20-6pm
[320401I](#) Mon., Apr. 13, 6:35-7:15pm
[320401J](#) Fri., Apr. 17, 5:20-6pm
[320401K](#) Fri., Apr. 17, 6:35-7:15pm

Ages 6-12 **8 Sessions** **\$96**

[320401L](#) Sat., Apr. 18, 9:05-9:45am
[320401M](#) Sat., Apr. 18, 10:25-11:05am
[320401N](#) Sun., Apr. 19, 9:05-9:45am
[320401O](#) Sun., Apr. 19, 10:30-11:10am

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** **\$120**

[320402A](#) Tues., Apr. 14, 4-4:40pm
[320402B](#) Tues., Apr. 14, 6:15-6:55pm
[320402C](#) Tues., Apr. 14, 7:20-8pm
[320402D](#) Wed., Apr. 15, 4:35-5:15pm
[320402E](#) Wed., Apr. 15, 7:20-8pm
[320402F](#) Thurs., Apr. 16, 4-4:40pm
[320402G](#) Thurs., Apr. 16, 4:35-5:15pm
[320402H](#) Thurs., Apr. 16, 6:15-6:55pm
[320402I](#) Thurs., Apr. 16, 7:20-8pm

Ages 6-12 **9 Sessions** **\$108**

[320402J](#) Mon., Apr. 13, 4:35-5:15pm
[320402K](#) Mon., Apr. 13, 7:20-8pm
[320402L](#) Fri., Apr. 17, 4:35-5:15pm
[320402M](#) Fri., Apr. 17, 7:20-8pm

Ages 6-12 **8 Sessions** **\$96**

[320402N](#) Sat., Apr. 18, 8:30-9:10am
[320402O](#) Sat., Apr. 18, 10-10:40am
[320402P](#) Sat., Apr. 18, 10-10:40am
[320402Q](#) Sat., Apr. 18, 11:25am-12:05pm
[320402R](#) Sun., Apr. 19, 9:05-9:45am
[320402S](#) Sun., Apr. 19, 10:30-11:10am
[320402T](#) Sun., Apr. 19, 11:20am-12pm

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** **\$120**

[320403A](#) Tues., Apr. 14, 5:20-6pm
[320403B](#) Tues., Apr. 14, 6:50-7:30pm
[320403C](#) Wed., Apr. 15, 5:20-6pm
[320403D](#) Wed., Apr. 15, 6:50-7:30pm
[320403E](#) Thurs., Apr. 16, 5:20-6pm
[320403F](#) Thurs., Apr. 16, 6:50-7:30pm

Ages 6-12 **9 Sessions** **\$108**

[320403G](#) Mon., Apr. 13, 5:20-6pm
[320403H](#) Mon., Apr. 13, 6:50-7:30pm
[320403I](#) Fri., Apr. 17, 4-4:40pm
[320403J](#) Fri., Apr. 17, 5:20-6pm

Ages 6-12 **8 Sessions** **\$96**

[320403K](#) Sat., Apr. 18, 8:30-9:10am
[320403L](#) Sat., Apr. 18, 9:15-9:55am
[320403M](#) Sun., Apr. 19, 9:50-10:30am
[320403N](#) Sun., Apr. 19, 10:20-11am

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** **\$120**
- [320404A](#) Tues., Apr. 14, 6:05-6:45pm
- [320404B](#) Tues., Apr. 14, 4:35-5:15pm
- [320404C](#) Wed., Apr. 15, 6:05-6:45pm
- [320404D](#) Wed., Apr. 15, 7:50-8:30pm
- [320404E](#) Thurs., Apr. 16, 6:05-6:45pm
- [320404F](#) Thurs., Apr. 16, 7:50-8:30pm
- Ages 6-12** **9 Sessions** **\$108**
- [320404G](#) Mon., Apr. 13, 6:05-6:45pm
- [320404H](#) Mon., Apr. 13, 7:50-8:30pm
- [320404I](#) Fri., Apr. 17, 4:45-5:25pm
- [320404J](#) Fri., Apr. 17, 6:05-6:45pm
- Ages 6-12** **8 Sessions** **\$96**
- [320404K](#) Sat., Apr. 18, 9:15-9:55am
- [320404L](#) Sat., Apr. 18, 11:50am-12:30pm
- [320404M](#) Sun., Apr. 19, 9:30-10:10am

Youth Advanced Swim

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

Long Bridge Aquatics & Fitness Center

- Ages 8-13** **10 Sessions** **\$140**
- [320405A](#) Tues., Apr. 14, 7:35-8:25pm
- [320405B](#) Wed., Apr. 15, 7:35-8:25pm
- [320405C](#) Thurs., Apr. 16, 7:35-8:25pm
- Ages 8-13** **9 Sessions** **\$126**
- [320405D](#) Mon., Apr. 13, 7:35-8:25pm
- [320405E](#) Fri., Apr. 17, 6:50-7:45pm
- Ages 8-13** **8 Sessions** **\$112**
- [320405F](#) Sat., Apr. 18, 10:45-11:40am
- [320405G](#) Sun., Apr. 19, 8:30-9:25am

Youth Beginning Diving

Children will learn the proper way to perform the hurdle step and basic dive techniques by working primarily on getting comfortable with entering the water headfirst at



several different levels, culminating with a front dive off the diving board and possibly a back dive. All students must be able to swim in deep water.

Long Bridge Aquatics & Fitness Center

- Ages 6-12** **7 Sessions** **\$98**
- [320406A](#) Sun., Apr. 19, 3:15-3:55pm

Youth Intermediate Diving

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

Long Bridge Aquatics & Fitness Center

- Ages 6-12** **7 Sessions** **\$98**
- [320407A](#) Sun., Apr. 19, 4-4:40pm

Youth Advanced Diving

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

Long Bridge Aquatics & Fitness Center

- Ages 6-12** **7 Sessions** **\$98**
- [320408A](#) Sun., Apr. 19, 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** **8 Sessions** **\$96**
- [320415A](#) Sat., Apr. 18, 12:35-1:15pm

Swim Prep 2

For swimmers who are just shy of making a swim team (having passed Level 5 or equivalent), the program refines stroke techniques, builds endurance, improves breathing, and introduces advanced swim team skills like flip turns, racing starts, pace awareness, and lane etiquette. Students must be able to swim 50 yards of freestyle, backstroke,



and breaststroke continuously, tread water for one minute, and perform at least 15 yards of butterfly. Additional focus includes front and back flips, body positioning, and timed sets to enhance speed and consistency. Both groups receive structured, targeted coaching to build confidence and prepare for swim team tryouts. Swim caps and goggles are required; long hair may need to be tied back or covered with a cap. Join us to dive into the fundamentals of competitive swimming and close the gap to swim team success!

Long Bridge Aquatics & Fitness Center

- Ages 6-12** **8 Sessions** **\$96**
- [320416A](#) Sat., Apr. 18, 1:20-2pm

TEEN

Teen Beginner

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

Long Bridge Aquatics & Fitness Center

- Ages 13-18** **10 Sessions** **\$120**
- [330400A](#) Tues., Apr. 14, 7-7:40pm

Teen Intermediate

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

Long Bridge Aquatics & Fitness Center

- Ages 13-18** **10 Sessions** **\$120**
- [330401A](#) Thurs., Apr. 16, 7-7:40pm
- Ages 13-18** **8 Sessions** **\$96**
- [330401B](#) Sun., Apr. 19, 11:05-11:45am



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	\$120
340400A	Tues., Apr. 14, 7:40–8:20pm	
340400B	Wed., Apr. 15, 7:40–8:20pm	
340400C	Thurs., Apr. 16, 7:40–8:20pm	
Ages 13-Adult	9 Sessions	\$108
340400D	Mon., Apr. 13, 7:25–8:05am	
340400E	Mon., Apr. 13, 7:40–8:20pm	
340400F	Fri., Apr. 17, 6:15–6:55pm	
Ages 13-Adult	8 Sessions	\$96
340400G	Sat., Apr. 18, 11:20am–12pm	
340400H	Sun., Apr. 19, 11:20am–12pm	

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	\$120
340401A	Tues., Apr. 14, 8:05–8:45pm	
340401B	Wed., Apr. 15, 8:05–8:45pm	
340401C	Thurs., Apr. 16, 8:05–8:45pm	
Ages 13-Adult	9 Sessions	\$108
340401D	Mon., Apr. 13, 8:05–8:45pm	
340401E	Fri., Apr. 17, 7–7:40pm	
Ages 13-Adult	8 Sessions	\$96
340401F	Sat., Apr. 18, 10:35–11:15am	
340401G	Sun., Apr. 19, 10:35–11:15am	

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	\$140
340402A	Tues., Apr. 14, 7:20–8:15pm	
Ages 13-Adult	8 Sessions	\$112
340402B	Sat., Apr. 18, 9:30–10:25am	
340402C	Sun., Apr. 19, 9:30–10:25am	

Teen/Adult Lap Swim

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

Long Bridge Aquatics & Fitness Center		
Ages 13-Adult	10 Sessions	\$140
340404A	Tues., Apr. 14, 7–7:55am	
340404B	Tues., Apr. 14, 7:45–8:40pm	
340404C	Thurs., Apr. 16, 7–7:55am	
340404D	Thurs., Apr. 16, 7:45–8:40pm	
Ages 13-Adult	8 Sessions	\$112
340404E	Sat., Apr. 18, 8:30–9:25am	
340404F	Sun., Apr. 19, 8:30–9:25am	

Teen/Adult Diving

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



Long Bridge Aquatics & Fitness Center		
Ages 13-Adult	9 Sessions	\$189
340405A	Tues., Apr. 14, 6:45–8am	
340405B	Thurs., Apr. 16, 6:45–8am	
Ages 13-Adult	9 Sessions	\$126
340405C	Wed., Apr. 15, 8:05–8:55pm	
Ages 13-Adult	8 Sessions	\$168
340405D	Mon., Apr. 13, 6:45–8am	
Ages 13-Adult	8 Sessions	\$112
340405E	Mon., Apr. 13, 8:05–8:55pm	
Ages 13-Adult	7 Sessions	\$98
340405F	Sun., Apr. 19, 2:30–3:10pm	
340405G	Sun., Apr. 19, 5:40–6:20pm	

Shallow Aqua Fitness

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

Long Bridge Aquatics & Fitness Center		
Ages 13-Adult	10 Sessions	\$140
340406A	Tues., Apr. 14, 9–9:55am	
340406B	Thurs., Apr. 16, 9–9:55am	
Ages 13-Adult	8 Sessions	\$112
340406C	Sat., Apr. 18, 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	\$140
340407A	Tues., Apr. 14, 8–8:55am	
340407B	Thurs., Apr. 16, 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	10 Sessions	\$140
340408A	Wed., Apr. 15, 7:15–8:10pm	
Ages 13-Adult	9 Sessions	\$126
340408B	Mon., Apr. 13, 7:15–8:10pm	
Ages 13-Adult	8 Sessions	\$112
340408C	Sat., Apr. 18, 9:05–10am	

Aqua Cycle

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

Long Bridge Aquatics & Fitness Center

Ages 13-Adult 10 Sessions \$140
340409A Tues., Apr. 14, 11-11:55am
340409B Wed., Apr. 15, 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 \$140
340410A Tues., Apr. 14, 10-10:55am
340410B Wed., Apr. 15, 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 9 Sessions \$126
340419A Fri., Apr. 17, 8-8:55am
340419B Fri., Apr. 17, 9-9:55am

ADULT

Pre-Natal Aqua Fitness

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

Long Bridge Aquatics & Fitness Center

Ages Adults 9 Sessions \$126
340412A Fri., Apr. 17, 10-10:55am

SPRING INTO MOTION

SUNDAY, APRIL 12, 11AM-2PM
\$9 FOR 9 AQUA CLASS OPTIONS
 \$10 Non-Resident. [Details on p.48.](#)

LONG BRIDGE AQUATICS & FITNESS CENTER

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 9 Sessions \$124
310500A Wed., Apr. 15, 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 \$124
310501A Tues., Apr. 14, 11:30am-12:15pm
310501B Tues., Apr. 14, 1-1:45pm
310501C Wed., Apr. 15, 10:30-11:15am
310501D Wed., Apr. 15, 9:30-10:15am
310501E Thurs., Apr. 16, 9:30-10:15am
310501F Thurs., Apr. 16, 11:30am-12:15pm
310501G Thurs., Apr. 16, 1-1:45pm

Ages 1½-5 8 Sessions \$110

310501H Mon., Apr. 13, 10:30-11:15am
310501I Mon., Apr. 13, 2-2:45pm
310501J Fri., Apr. 17, 9:30-10:15am
310501K Fri., Apr. 17, 2-2:45pm
310501L Sat., Apr. 18, 8:30-9:15am

Ages 1½-5 7 Sessions \$96

310501M Sun., Apr. 19, 1-1:45pm

Tumbling for Toddlers

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

Barcroft Sports & Fitness Center

Ages 1½-2 9 Sessions \$124

310502A Tues., Apr. 14, 9:30-10:15am
310502B Tues., Apr. 14, 11:30am-12:15pm
310502C Wed., Apr. 15, 11:30am-12:15pm
310502D Wed., Apr. 15, 1-1:45pm
310502E Thurs., Apr. 16, 11:30am-12:15pm
310502F Thurs., Apr. 16, 2-2:45pm

Ages 1½-2 8 Sessions \$110

310502G Mon., Apr. 13, 9:30-10:15am
310502H Fri., Apr. 17, 11:30am-12:15pm
310502I Sat., Apr. 18, 8:30-9:15am

Ages 1½-2 7 Sessions \$96

310502J Sun., Apr. 19, 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 "all in a safe, supportive space made for growing bodies and minds!"

Barcroft Sports & Fitness Center

Ages 3 9 Sessions \$124

310503A Tues., Apr. 14, 10:30-11:15am
310503B Tues., Apr. 14, 11:30am-12:15pm
310503C Tues., Apr. 14, 1-1:45pm
310503D Tues., Apr. 14, 2-2:45pm
310503E Wed., Apr. 15, 10:30-11:15am
310503F Wed., Apr. 15, 11:30am-12:15pm
310503G Wed., Apr. 15, 1-1:45pm
310503H Wed., Apr. 15, 2-2:45pm
310503I Thurs., Apr. 16, 10:30-11:15am
310503J Thurs., Apr. 16, 2-2:45pm

Ages 3 8 Sessions \$110

310503K Mon., Apr. 13, 11:30am-12:15pm
310503L Mon., Apr. 13, 2-2:45pm
310503M Mon., Apr. 13, 3-3:45pm
310503N Fri., Apr. 17, 10:30-11:15am
310503O Fri., Apr. 17, 1-1:45pm
310503P Sat., Apr. 18, 9:30-10:15am
310503Q Sat., Apr. 18, 10:30-11:15am

Attention Arlington Gymnastics Participants:

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

PRESCHOOL GYMNASTICS PROGRAM

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

RECREATIONAL GYMNASTICS PROGRAM

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



Did you know?

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

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** **\$124**

- [310505A](#) Tues., Apr. 14, 10:30-11:15am
- [310505B](#) Tues., Apr. 14, 1-1:45pm
- [310505C](#) Tues., Apr. 14, 2-2:45pm
- [310505D](#) Wed., Apr. 15, 1-1:45pm
- [310505E](#) Wed., Apr. 15, 11:30am-12:15pm
- [310505F](#) Wed., Apr. 15, 2-2:45pm
- [310505G](#) Wed., Apr. 15, 3-3:45pm
- [310505H](#) Thurs., Apr. 16, 10:30-11:15am
- [310505I](#) Thurs., Apr. 16, 1-1:45pm
- [310505J](#) Thurs., Apr. 16, 3-3:45pm

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

- [310505K](#) Mon., Apr. 13, 11:30am-12:15pm
- [310505L](#) Mon., Apr. 13, 1-1:45pm
- [310505M](#) Mon., Apr. 13, 3-3:45pm
- [310505N](#) Fri., Apr. 17, 2-2:45pm
- [310505O](#) Fri., Apr. 17, 3-3:45pm
- [310505P](#) Sat., Apr. 18, 9:30-10:15am
- [310505Q](#) Sat., Apr. 18, 10:30-11:15am

Barcroft Sports & Fitness Center

Ages 5 **9 Sessions** **\$124**

- [310506A](#) Wed., Apr. 15, 3-3:45pm
- [310506B](#) Thurs., Apr. 16, 3-3:45pm

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

- [310506C](#) Mon., Apr. 13, 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** **\$178**

- [320500A](#) Tues., Apr. 14, 4:30-5:30pm
- [320500B](#) Tues., Apr. 14, 5:45-6:45pm
- [320500C](#) Wed., Apr. 15, 4:15-5:15pm
- [320500D](#) Wed., Apr. 15, 5:30-6:30pm
- [320500E](#) Thurs., Apr. 16, 4:15-5:15pm

Ages 5-6 **8 Sessions** **\$158**

- [320500F](#) Mon., Apr. 13, 5:30-6:30pm
- [320500G](#) Fri., Apr. 17, 4:30-5:30pm

Ages 5-6 **7 Sessions** **\$138**

- [320500H](#) Sun., Apr. 19, 2:15-3:15pm

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!



Are You Taking Gymnastics Lessons?

Arlington County is proud to provide gymnastics class with staff trained through USA Gymnastics.

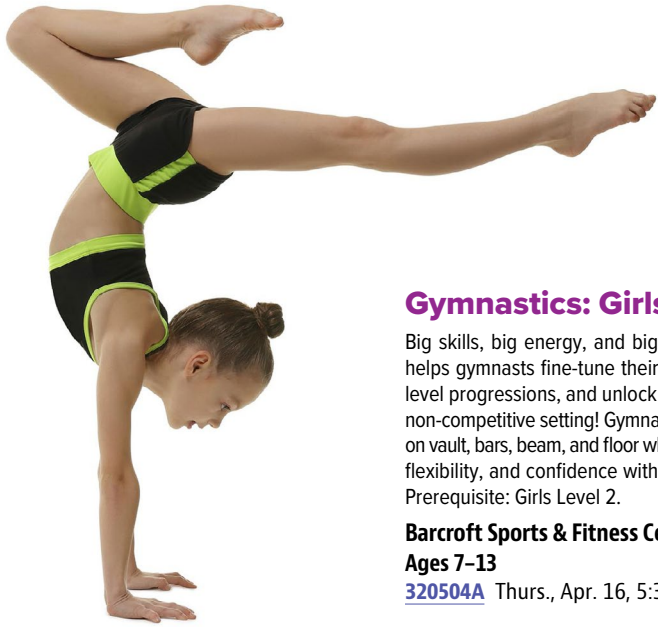
When registering please make sure participants can complete all necessary prerequisites prior to beginning the class.

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.](#)



Ages 7-8	9 Sessions	\$178
320500I Tues., Apr. 14, 4:30-5:30pm		
320500J Wed., Apr. 15, 4:15-5:15pm		
320500K Thurs., Apr. 16, 4:15-5:15pm		
320500L Thurs., Apr. 16, 5:30-6:30pm		
Ages 7-8	8 Sessions	\$158
320500M Mon., Apr. 13, 5:30-6:30pm		
320500N Fri., Apr. 17, 5:45-6:45pm		
Ages 7-8	7 Sessions	\$138
320500O Sat., Apr. 18, 1:15-2:15pm		
320500P Sun., Apr. 19, 3:30-4:30pm		
Ages 9-12	9 Sessions	\$178
320500Q Wed., Apr. 15, 5:30-6:30pm		
320500R Thurs., Apr. 16, 6:45-7:45pm		
Ages 9-12	8 Sessions	\$158
320500S Mon., Apr. 13, 6:45-7:45pm		
320500T Fri., Apr. 17, 5:45-6:45pm		
Ages 9-12	7 Sessions	\$138
320500U Sun., Apr. 19, 3:30-4:30pm		

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	\$198
320502A Tues., Apr. 14, 5:45-7:15pm		
320502B Wed., Apr. 15, 5:30-7pm		
320502C Thurs., Apr. 16, 5:30-7pm		
Ages 6-8	8 Sessions	\$176
320502D Mon., Apr. 13, 5:30-7pm		
Ages 6-8	7 Sessions	\$154
320502E Sat., Apr. 18, 2:45-4:15pm		
Ages 9-12	9 Sessions	\$198
320502F Tues., Apr. 14, 5:45-7:15pm		
320502G Wed., Apr. 15, 6:45-8:15pm		
Ages 9-12	8 Sessions	\$176
320502H Mon., Apr. 13, 6:45-8:15pm		
320502I Fri., Apr. 17, 7-8:30pm		

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	\$267
320504A Thurs., Apr. 16, 5:30-7:30pm		

Gymnastics: Boys Level 1

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

Barcroft Sports & Fitness Center		
Ages 5-7	9 Sessions	\$178
320511A Tues., Apr. 14, 4:30-5:30pm		
320511B Wed., Apr. 15, 4:15-5:15pm		
320511C Thurs., Apr. 16, 4:15-5:15pm		
Ages 5-7	8 Sessions	\$158
320511D Fri., Apr. 17, 4:30-5:30pm		
320511E Sat., Apr. 18, 12-1pm		
Ages 5-7	7 Sessions	\$138
320511F Sun., Apr. 19, 2:15-3:15pm		
Ages 8-12	9 Sessions	\$178
320511G Tues., Apr. 14, 5:45-6:45pm		
320511H Wed., Apr. 15, 6:45-7:45pm		

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	8 Sessions	\$176
320513A Fri., Apr. 17, 7-8:30pm		

Gymnastics: Home School

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

Barcroft Sports & Fitness Center		
Ages 5-7	8 Sessions	\$110
320515A Mon., Apr. 13, 1-1:45pm		
Ages 8-12	8 Sessions	\$110
320515B Fri., Apr. 17, 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	\$186
330500A Wed., Apr. 15, 7:15-8:45pm		

ADULT

Gymnastics: Adult Beginner

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

Barcroft Sports & Fitness Center		
Ages Adults	9 Sessions	\$186
340500A Tues., Apr. 14, 7:15-8:45pm		
Ages Adults	8 Sessions	\$176
340500B Mon., Apr. 13, 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	\$198
340501A Thurs., Apr. 16, 7:15-8:45pm		

*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 60](#).



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! Inst.: Frazier.

Lubber Run Center

Ages 13-Adult **8 Sessions** **\$85**
[302005A](#) Tues., Apr. 14, 5:30–6:30pm

AQUATICS

Aquatics: Adapted Pre-Fin & Me

In this beginner swim class with a modified environment, participants are accompanied in the water by a parent or guardian for 1:1 support. Participants will learn about

water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and how to submerge their heads underwater. Additionally, participants will learn to interact with instructors in order to transition to swim classes unaccompanied by parents.

Long Bridge Aquatics & Fitness Center
Ages 2½-4 **8 Sessions** **\$80**
[310411A](#) Sun., Apr. 19, 1:05–1:35pm

Aquatics: Adapted Pre-Fin

In this beginner swim class with a modified environment, participants will work with instructors in a reduced ratio, unaccompanied by a parent or guardian. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions and how to put their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 3yr 3mths-5 **8 Sessions** **\$80**
[310412A](#) Sun., Apr. 19, 1:05–1:35pm

Aquatics: Adapted Youth Splash

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 6–12 **8 Sessions** **\$80**
[320411A](#) Sun., Apr. 19, 1:40–2:10pm

Aquatics: Adapted Open Swim

This program is for participants who wish to exercise and leisurely utilize the pool in a more fluid structure and a modified environment. Activities can include (but are not limited to) lap swimming, aqua jogging, and kicking with a kick board. This is an open swim environment, there is no structured guidance from an instructor during the program, though instructors will be available to answer questions if needed. Participants needing 1:1 support in the water must be accompanied by a parent or guardian.

Long Bridge Aquatics & Fitness Center
Ages 6-Adult **8 Sessions** **\$96**
[320414A](#) Sun., Apr. 19, 12:20–1pm

Aquatics: Adapted Teen/Adult Swim Exploration

In this adapted swim class with a modified environment, participants will work with instructors in a reduced ratio. Participants will learn about water safety and introductory swim skills, such as floating, blowing bubbles, kicking motions, and putting their heads underwater.

Long Bridge Aquatics & Fitness Center
Ages 13-Adult **10 Sessions** **\$140**
[340415A](#) Tues., Apr. 14, 9–9:55am
[340415B](#) Thurs., Apr. 16, 9–9:55am
Ages 13-Adult **8 Sessions** **\$80**
[340415C](#) Sun., Apr. 19, 2:20–2:50pm



**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 Mar. 25; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747.



FITNESS

Adapted Group Fitness w/SPIRIT Club

Get your workout on with SPIRIT Club! These adapted fitness classes, designed for individuals with disabilities, focus on improving balance, strength, flexibility, endurance, coordination, speed, and agility. Exercises are taught in a High-Intensity Interval Training (HIIT) format, with visual demonstrations and clear verbal cues for easy understanding. To learn more about SPIRIT Club, visit www.spirit-club.com. Inst.: SPIRIT Club.

Langston-Brown Center

Ages 13-Adult **1 Session** **\$17**

Lower Body Strength & Stretch

304003A Sat., Apr. 18, 9:45–10:45am

Upper Body Strength & Stretch

304003B Sat., May 16, 9:45–10:45am

Total Body Strength & Stretch

304003C Sat., Jun. 6, 9:45–10:45am

Adapted Zumba w/SPIRIT Club

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

Langston-Brown Center

Ages 13-Adult **8 Sessions** **\$180**

304007A Sat., Apr. 18, 11am–12pm

Adapted Yoga for Adults

Yoga can enhance body awareness, emotional well-being, and mental focus. This specialized yoga class, tailored for adults with disabilities, incorporates gentle sound therapy (chanting), eye exercises, breathing techniques, body postures,

deep relaxation, and affirmations. Led by a certified yoga therapist (International Association of Yoga Therapists) who is experienced in accommodating various ages and abilities. Brief individual consultations are available with the instructor before or after class. Since yoga practices can also benefit care providers too, a parent or guardian may attend free of charge. If you'd like to register a guardian or caregiver, please email trinfo@arlingtonva.us prior to the first class. Inst.: Sheetz.

Lubber Run Center

Ages Adults **8 Sessions** **\$120**

304008A Wed., Apr. 15, 5:30–6:20pm

GYMNASTICS

Gymnastics: Adapted Parent/Tot

Tots with disabilities work with a parent to learn basic gymnastics skills. Gymnastics is a great activity to enhance balance, movement and coordination in a social atmosphere. Adult participation required.

Barcroft Sports & Fitness Center

Ages 3–5 **7 Sessions** **\$96**

310520A Sun., Apr. 19, 9:30–10:15am

Gymnastics: Adapted Level 1

Children with disabilities learn basic gymnastics skills on men's and women's gymnastics events to enhance balance, movement, and coordination in a social atmosphere.

Barcroft Sports & Fitness Center

Ages 5–7 **7 Sessions** **\$96**

320521A Sun., Apr. 19, 9:30–10:15am

Ages 8–12 **7 Sessions** **\$96**

320521B Sun., Apr. 19, 8:30–9:15am

Gymnastics: Adapted Teen/Adult

This is a class designed for teens/adults with disabilities who are interested in trying gymnastics for the first time or continuing after level classes. Participants will learn a variety of gymnastics skills on men's and women's gymnastics events.

Barcroft Sports & Fitness Center

Ages 13-Adult **7 Sessions** **\$138**

330503A Sun., Apr. 19, 10:30–11:30am



OUTDOORS

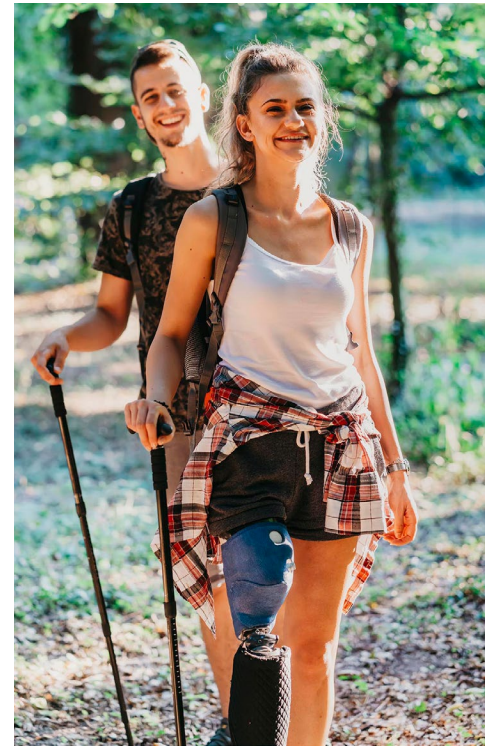
New! Nature Near and Far with TR

Join us for Nature Near and Far with TR! Celebrate Spring with an adapted outdoor adventure designed for families that include a member with a disability. We'll zoom in and out on nature's surprises uncovering the beauty blooming all around us. Our journey begins with an interactive exploration learning how to use binoculars for birdwatching. Then, we'll set our sights on the paved W&OD Trail for a short, accessible hike. Along the way, we'll spot emerging flowers, scan the skies for feathered friends, and discover pond life. After the adventure, relax and refuel with a delicious treat and time to connect with others. Inst.: Barnovsky.

Long Branch Nature Center

Ages 3-Adult **1 Session** **\$7**

304010A Sat., Apr. 11, 2:30–4:30pm



ACCESS FOR ALL

Everyone, Everywhere, Every Day.

Arlington County residents may request a fee reduction! Apply for a fee reduction prior to registration; discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information [click here](#).

● Therapeutic Recreation ●

Family Night Out

The Arlington County TR Office is excited to host monthly fun and exciting recreation events for families that include a member with a disability. Families will get the chance to enjoy a variety of recreational activities and connect with other families.

Registration will be required for all who plan on attending and at least one family member or guardian must be signed up to attend with registered participants. Check out upcoming program information below or visit our website for event details and registration information or to sign up for our E-Newsletter. Contact: TRinfo@arlingtonva.us

FAMILY FLOAT

Enjoy the lazy river, shoot some hoops with friends, and get active in the water. We hope to see you out there!

Saturday, March 21, 2026
Long Bridge Aquatics Center

Time: 5:15–7:15pm

Cost: \$5

Activity: [922226-05](#)



A Day of Nature

Enjoy a day of exploring nature, learning about different animals and end the event with some wild and wet stream play! 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 as available, use the medical building parking lot next door, or park in the neighboring school parking lot. We can't wait to see you there!

Sunday, April 19, 2026
Long Branch Nature Center

Time: 2–3:30pm

Cost: \$5

Activity [922226-06](#)



SKATE NIGHT

Come roller skate with family and friends while listening to some fun music. Roller skates and skate walkers (limited availability) can be requested when registering for this event and are included in the registration fee. Participants are also welcome to bring their own roller skates and/or helmets.

Saturday May 9, 2026
Thomas Jefferson Community Center

Time: 5:30–7:30pm

Cost: \$5

Activity [922226-07](#)



Are you passionate about creating unforgettable *Summer Experiences?*

Our Therapeutic Recreation office is looking for enthusiastic individuals to join our Inclusion Support and Summer Camp teams. Whether you're excited to lead activities at our adapted camps or play a vital role in fostering inclusivity at general recreation camps, we'd love to have you on board!

Make a difference this summer

Help us create a summer filled with fun, growth, and meaningful connections for campers with disabilities. Together, we can ensure every child experiences a summer to remember.

Select Therapeutic Recreation on the General Camp Staff Job Announcement here: [Summer Camp General Counselor](#)

Or Apply to be part of our camp and inclusion leadership teams here: [Summer Camp Therapeutic Recreation](#)



SPARC in Arlington

SPARC Solutions (SPecially Adapted Resource Club) empowers adults with disabilities to use their imaginations to express themselves through a variety of activities, such as cooking, art, community outings, and group games. SPARC enriches the lives of these young adults by enabling them to learn skills that will improve the quality of their lives and their families.

Age range: 18+

Program information:

<https://sparcsolutions.org/>



Become An Adapted Aquatics Volunteer!

The Adapted Aquatics program needs volunteers!

Adapted Aquatics is a learn-to-swim program for children and adults with developmental disabilities. Volunteers will work one-on-one with participants in the water to strengthen and develop basic swim skills. Volunteers must be strong swimmers, comfortable in the water and enthusiastic about helping people learn.

[Apply Here!](#)





Explore Nature Outdoor & Virtual Programs



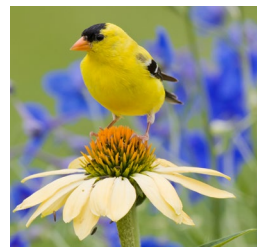
World Migratory Bird Day Festival 2026

Tiny hummingbirds and fierce osprey are some of the many birds migrating northward in spring. Come learn about these and other fabulous flyers with hands-on activities, games, crafts, bird walks and more at this bilingual event! Meet at the picnic pavilion near the South Bluemont Parking Area. All ages are welcome!

Free. Bluemont Park Picnic Pavilion
Sat., May 16, 10am-12pm

632850-K

Spring Highlights



Spring Plant Sale

Beautify your garden with a selection of plants that have evolved with the local climate and wildlife. We have native plants for adapted to various conditions. Whether you're looking to add to your shade or rain garden, we have a plant for you.

Pre-order by Fri., April 17 for the best selection. Pick up on Sat., April 25. See our order form for available plants and information. Visit the [website](#) to pre-order, payment can be made by e-check or credit card. You will be contacted to schedule a pick-up time between 10am-1pm. Orders not picked up cannot be refunded. Fee per plant purchased.

Long Branch Nature Center
Sat., Apr. 25, 10am-1pm



Family Campfires

The whole family is invited to join us at the Gulf Branch, Long Branch and Fort C.F. Smith fire rings for lots of old-fashioned fun. This engaging program will be filled with entertaining activities that may include stories, special animal guests, games, songs and of course, S'mores! (We will provide the marshmallows, chocolate & graham crackers).

\$7. Long Branch Nature Center

Bilingual Campfire Stories: Ranas
Fri., Apr. 3, 6-7pm 632950-A

Earth Day Campfire
Sat., Apr. 18, 6:30-7:30pm 632950-B

Bilingual Campfire Stories: Búhos
Fri., May 1, 7-8pm 632950-C

Night Sounds Campfire
Sat., May 9, 6-7pm 632950-D

\$7. Gulf Branch Nature Center

Watersheds Campfire
Fri., Apr. 17, 6-7pm 632850-A

Bird Bingo Campfire
Fri., Apr. 24, 6-7pm 632850-B

Terrific Turtle Campfire
Sat., May 2, 5-6pm 632850-C

Nature Facts Campfire
Fri., May 8, 6-7pm 632850-D

\$7. Fort C.F. Smith

Civil War Cuisine Campfire
Fri., May 15, 6-7pm 632750-A



Preschool & Tiny Tots



Our Tiny Tot and Preschool programs provide opportunities to interact one-on-one with your child while discovering the wonders of nature.

Each program will engage your child with hands-on learning and may include a variety of activities like songs, games, crafts, imaginative play, and mini hikes. These programs are offered throughout the year at Gulf Branch and Long Branch Nature Centers. Each program has a monthly theme that is repeated, so please register your child for only one program at each center per month. Caretakers must stay with their child during the program.

Tiny Tot

Ages 18 to 35 months with adult

\$7. Gulf Branch Nature Center

Tiny Tot: Spiders

Thurs., Apr. 2, 10-10:45am
Thurs., Apr. 9, 10-10:45am
Sat., Apr. 18, 10-10:45am

Tiny Tot: Frogs

Sat., May 2, 10-10:45am
Thurs., May 7, 10-10:45am
Tues., May 12, 10-10:45am

Tiny Tot: Reptiles

Sat., Jun. 13, 10-10:45am
Tues., Jun. 16, 10-10:45am
Thurs., Jun. 18, 10-10:45am

\$7 Long Branch Nature Center

Tiny Tot: Seeds

Tues., Apr. 14, 10-10:45am
Tues., Apr. 21, 10-10:45am
Fri., Apr. 24, 10-10:45am

Tiny Tot: Butterflies

Tues., May 19, 10-10:45am
Thurs., May 21, 10-10:45am
Tues., May 26, 10-10:45am

Tiny Tot: Flowers

Tues., Jun. 23, 10-10:45am
Thurs., Jun. 25, 10-10:45am



Preschool

Ages 3-5 years

\$7 Gulf Branch Nature Center

Pre-K: Honeybees

Thurs., Apr. 2, 11am-12pm
Tues., Apr. 7, 1-2pm
Thurs., Apr. 9, 11am-12pm
Sat., Apr. 18, 11am-12pm

Pre-K: Roly-Polys

Sat., May 2, 11am-12pm
Tues., May 5, 1-2pm
Thurs., May 7, 11am-12pm
Tues., May 12, 11am-12pm

Pre-K: Slime

Tues., Jun. 9, 1-2pm
Sat., Jun. 13, 11am-12pm
Tues., Jun. 16, 11am-12pm
Thurs., Jun. 18, 11am-12pm

\$7 Long Branch Nature Center

Pre-K: Rocks

Tues., Apr. 14, 11am-12pm
Thurs., Apr. 16, 1-2pm
Tues., Apr. 21, 11am-12pm
Fri., Apr. 24, 11am-12pm

Pre-K: Water

Thurs., May 7, 1-2pm
Tues., May 19, 11am-12pm
Thurs., May 21, 11am-12pm
Tues., May 26, 11am-12pm

Pre-K: Sun

Tues., Jun. 16, 1pm-2pm
Tues., Jun. 23, 11am-12pm
Thurs., Jun. 25, 11am-12pm



More Tots Programs

Nature Storytime

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

Free. Gulf Branch Nature Center

Wed., Apr. 15, 10:30-11am
Wed., Apr. 29, 10:30-11am
Wed., May 6, 10:30-11am
Wed., May 13, 10:30-11am





Kids

☺ No School? No Problem!

NSNP! We've highlighted our nature programs scheduled during Arlington Public School Teacher Workdays or Parent-Teacher Conference Days so kids can stay active and engaged!

☺ Discover Your Watershed

NSNP! What is a watershed? Learn about your local waterways, how they are connected and what you can do to protect them. Includes a short hike outside. Ages 7 to 10.

Free. Gulf Branch Nature Center
Fri., Apr. 3, 11am-12pm

632820-A

Reading Is Wild!

Join us for a special book reading by the Wildlife Rescue League. Ages 5 to 9.

Free. Long Branch Nature Center
Sun., Apr. 5, 4-5pm
Sun., Apr. 26, 3:30-4:30pm
Sun., May 3, 1-2pm
Sun., May 17, 1-2pm

632920-A
632920-B
632920-C
632920-D

All About Wildlife

There are so many kinds of wild animals! Join the Wildlife Rescue League for a special wildlife presentation to learn about fascinating local animals! Ages 8 to 12.

Free. Long Branch Nature Center
Sun., Apr. 12, 1-2:30pm
Sun., May 10, 1-2:30pm

632920-E
632920-F

Spellbinders Story Fest

The Arlington Spellbinders will unleash the power of oral storytelling with favorite tales from around the world. Since ancient times in all cultures, this tradition has passed on wisdom, connected elders to youth, and engaged the imagination. Participants may choose a well-loved book to take home! Book donations provided in collaboration with the Friends of Arlington Public Library. Ages 4 to 12.

Free. Long Branch Nature Center
Sun., Apr. 26, 1-1:30pm
Sun., Jun. 7, 1-1:30pm

632920-G
632920-H

Spring Flower Craft

Join us to create a gift for someone special. We will have multiple crafts to choose from. Ages 5 to 7.

\$7. Gulf Branch Nature Center
Thurs., Apr. 30, 4-5pm

632820-B



☺ Stream Exploration

NSNP! Bring the whole family to play in Gulf Branch stream! We'll learn about local plants and animals on our hike down to the water and we'll explore under the rocks of the stream for macroinvertebrates. Must wear closed toe shoes in the water and bring clothes that can get wet! Ages 6 to 10.

Free. Gulf Branch Nature Center
Tues., May 26, 10:30am-12pm

632820-C

☺ Awesome Amphibians

NSNP! Meet some of the nature center's fabulous frogs and terrific toads, and learn more about these awesome amphibians! Ages 6 to 12.

Free. Gulf Branch Nature Center
Wed., May 27, 11am-12pm

632820-D

Aquatic WILD Activities for Kids

Take part in two activities based on K-12 curriculum on: aquatic animal adult/young stages "Are You Me?" and "Water Safari" to explore water resources for wildlife. Activities will be indoors and outdoors in the park. Ages 8 to 12.

\$9. Long Branch Nature Center
Sun., May 31, 3:30-5pm

632920-I



☺ Slithering Snakes

NSNP! Join a naturalist to learn about the snakes of Arlington. Participants will get to see and touch safe, friendly snakes. Ages 6 to 12.

Free. Gulf Branch Nature Center
Wed., Jun. 3, 2:30-3:30pm

632820-E

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



Teens

Snake Wranglers

With popular snake wranglers in pop culture today, snakes are the craze! Meet different kinds of snakes and learn how to handle them. We will go on a short walk outside and look at where snakes might be (weather permitting).

Free. Gulf Branch Nature Center

Sat., Apr. 11, 11:30am-12:30pm

[632830-C](#)

Fire Starting & S'mores

Learn how to start backyard fire using natural materials! We will go over different methods, safety tips, and general fire science. Then we'll start a fire big enough to enjoy classic S'mores!

\$7. Gulf Branch Nature Center

Sat., Apr. 11, 6-7pm

[632830-D](#)

😊 Hike to the Potomac

NSNP! Hike to see where Gulf Branch stream joins the Potomac River—check out our scenic waterfall, take some great photos, and enjoy the spring weather!

Free. Gulf Branch Nature Center

Wed., Apr. 22, 2-3:30pm

[632830-A](#)

Tues. May 26, 2-3:30pm

[632830-B](#)



Adults

Forest Bathing

In March and April the wild earth is “springing” all around us. Forest bathing provides a unique way of exploring the natural world by focusing our sense to a keen visceral state. This interactive process can be remarkably restorative. The program will conclude with tea and snacks. Dress for the weather (light rain or shine) and the possibility of sitting on the ground or on a log.

Free. Long Branch Nature Center

Sat., Mar. 28, 10am-12pm

[632940-A](#)

Free. Zachary Taylor Park (hill & stream)

Sat., Apr. 18, 10am-12pm

[632940-B](#)

Northern Virginia Bird Club Walk

Join members of the Northern Virginia Bird Club for informal walks through Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcome. Bring binoculars and field guides if you have them.

Free. Long Branch Nature Center

Wed., Apr. 1, 8:30-11am

[632940-C](#)

Wed., May 6, 8:30-11am

[632940-D](#)

Wed., Jun. 3, 8:30-11am

[632940-E](#)

Beginning Birding Before Budding

Before the buds pop out on the trees and the birds become harder to see. Come try out some beginning birding techniques to make birding more fun. No birding experience needed. Please dress for the weather. Ages 16+ welcome to attend with a registered adult.

\$9. Glencarlyn Park Pavilion 1 (end of 4th Street)

Wed., Apr. 15, 9:30-11am

[632940-F](#)

Nocturnal Animal Hike

Learn about the animals active at night (nocturnal) and try to find some! There will be a short introductory presentation in the nature center followed by a hike outside around the park. We will stay on the walking paths; dress for the weather. Teens 12+ welcome to attend with a registered adult.

\$7. Long Branch Nature Center

Fri., Apr. 3, 8-9pm

[632940-G](#)

Fri., Apr. 10, 8-9pm

[632940-H](#)

Fri., Apr. 24, 8-9pm

[632940-I](#)

Nature Journaling Club

Through step-by-step activities you'll learn how to document plants, animals and landscapes while developing your own unique style. Ideal for beginners and experienced journalers alike, this series will give you the tools and confidence to make journaling a rewarding lifelong habit. Teens ages 12+ welcome to attend with registered adult.

\$9. Long Branch Nature Center

Blooms and Buds

Sat., Apr. 4, 11am-12:30pm

[632940-J](#)

Bird Melodies

Sat., Apr. 18, 11am-12:30pm

[632940-K](#)

Mosses

Sat., May 2, 11am-12:30pm

[632940-L](#)

Pond Life

Sat., May 23, 11am-12:30pm

[632940-M](#)

Medicinal and Edible Plants

Sat., Jun. 6, 11am-12:30pm

[632940-N](#)



How-to Draw Naturally

Join us for monthly drawing lessons at the nature center using real specimens and live animals. We will begin our sessions by learning about our subject and you will have an opportunity to take pictures for your own collection of drawing references. Follow step-by-step lessons and learn various drawing techniques with dedicated time at the end to draw independently. Teens ages 12+ welcome to attend with registered adult.

\$9. Long Branch Nature Center

Fabulous Fungi

Sun., Apr. 5, 11am-12:30pm

[632940-O](#)

Outstanding Owls

Sun., May 10, 11am-12:30pm

[632940-P](#)

Remarkable Reptiles

Sun., Jun. 7, 11am-12:30pm

[632940-Q](#)



Wednesday Walkabout

The natural world is constantly changing... yearly, monthly, daily and even hourly. The only way to see it all is to go out on a regular basis and explore. Every 2nd and 4th Wed., join a naturalist to briefly meet one of our nature center critters (living or preserved) then go for a walk to see what is out and about this time of year. Learn about the creatures you can see in the spring, and focus on healthy walking. No registration required. Just show up ready to be amazed. Ages 15+.

Free. Long Branch Nature Center

Wed., Apr. 15, 12–1pm
Wed., Apr. 29, 12–1pm
Wed., May 13, 12–1pm
Wed., May 27, 12–1pm

Wellness Walk

Join us for a stroll through the forest as we immerse ourselves in nature. Teens ages 16+ are welcome with a registered adult.

Free. Gulf Branch Nature Center

Sun., Apr. 19, 10–11am

[632840-A](#)



Stories Written in Bark Hike

Step into the forest to explore the history, folklore, and cultural connections of our local trees. This guided hike blends basic tree identification with stories of how trees have provided food, inspiration, and meaning throughout history.

\$7. Long Branch Nature Center

Sun., Apr. 26, 2–3pm
Sat., May 30, 11:30am–12:30pm

[632940-R](#)

[632940-S](#)

Deep Dive: Pollination

Discover the fascinating world of pollination past and present. Learn about the evolutionary history of your favorite flowers and how animals have helped shape them as well as the wild and funky world of plant mimicry.

Free. Virtual

Thurs., Apr. 30, 7–8pm

[632940-T](#)

Fern Walk

Explore shady natural areas of Barcroft Park and learn how to find and identify local ferns. Wear good walking shoes and dress for the weather. Teens 14+ welcome with registered adult.

\$9. Barcroft Park

Tues., Jun. 2, 10–11:30am

[632940-U](#)

Families

Spring Break: Daily Amphitheater Animal Encounter

It's spring break—time to explore the parks and meet some local wildlife! Come to the amphitheater to meet and/or touch 2 or more live or preserved animals during this daily lunchtime event. All ages are welcome. No registration required. Dress for the weather (canceled if raining heavily).

Free. Long Branch Nature Center

Tues., Mar. 31, 12–1pm
Wed., Apr. 1, 12–1pm
Thurs., Apr. 2, 12–1pm
Fri., Apr. 3, 12–1pm

Rabbits!

Learn about our local eastern cottontail rabbit, and some differences and similarities with pet rabbits and movie rabbits. Ages 6+.

\$7. Gulf Branch Nature Center

Sat., Apr. 4, 4:30–5:30pm

[632850-E](#)



Pop Ups

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. Canceled if raining.

Free.

@Tuckahoe Park

Fri., Apr. 10, 3:30–4:30pm

@Cherrydale Park

Tues., Apr. 14, 3:30–4:30pm

@Hayes Park

Tues., Apr. 28, 3:30–4:30pm

@Jamestown Park

Tues., May 5, 3:30–4:30pm

@Lee Park

Tues., May 19, 3:30–4:30pm

@Tyrol Hill Park: Microscope Safari

Sat., May 30, 3:30–5:30pm



Serpent Showcase

Come to the nature center and meet our resident snakes! We'll learn about the different species of snakes that call the nature center home, how we care for them, and why they're so important to our ecosystem.

Free. Long Branch Nature Center

Thurs., Apr. 16, 3:30–4:15pm
Tues., May 19, 3:30–4:15pm

[632950-E](#)

[632950-F](#)

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. Families with kids ages 3 to 10 recommended.

Free. Long Branch Nature Center

Sat., Apr. 18, 5–6pm

[632950-G](#)

Restore Habitat!

Join us restoring habitat in our parks! We meet regularly in over a dozen parks to remove invasives, plant natives, protect tree seedlings, and do other environmental stewardship work. Volunteers improve habitat, meet fellow do-gooders, get exercise, and learn about native plants and wildlife all while making a difference in the great outdoors. Learn more on our [Invasive Plants](#) webpage. Adults, teens and families ages 9 and up.

[Sign up here.](#)

Gulf Branch Nature Center

Fri., Apr. 10, 10am-12pm
Fri., May 8, 10am-12pm
Fri., Jun. 12, 10am-12pm

Glencarlyn Park

Sun., Apr. 19, 2-4pm
Sun., May 17, 2-4pm
Sun., Jun. 21, 2-4pm



City Nature Challenge at Long Branch

Join us to participate in the City Nature Challenge where we will survey Glencarlyn Park for plants, animals and fungi. We'll learn how to use the iNaturalist app and how it can help you identify plants and animals. Your observations will be a part of an ongoing global citizen science project that will help us understand the world around us.

Free. Long Branch Nature Center

Sun., Apr. 26, 11am-12:30pm

[632950-K](#)

Wake Up: Amphibians in Spring

It's time for our slimy skinned, jelly egged creatures to start waking up... maybe. Any warm winter day or evening may cause an awakening of wood frogs and other amphibians as they emerge, try to avoid predators, and finally lay their eggs. Join us to find their hiding spots before the predators do!

\$7. Long Branch Nature Center

Tues., Apr. 28, 4:30-5:30pm

[632950-L](#)

Animal Meet & Greet

Meet one of the Animal Ambassadors that live at Gulf Branch Nature Center and learn their histories and how they came to live here with us. Find out fun and interesting facts and stories about these amazing animals. Registration not required.

Free. Gulf Branch Nature Center

Sun., May 3, 2-3pm
Sun., May 17, 2-3pm
Sun., May 31, 2-3pm

[632850-H](#)

[632850-I](#)

[632850-J](#)

Spring Owl Prowl

As spring emerges, so do the sounds of the evening forest and many baby animals including owls. Come explore the darkness and learn about the night sights and sounds. Dress for the weather.

\$9. Long Branch Nature Center

Fri., May 8, 8-9:30pm

[632950-M](#)

Turtle Time

Come to the nature center to meet our resident turtles! We'll learn about their unique characteristics, how we care for them, and what they eat.

Free. Long Branch Nature Center

Tues., Apr. 21, 3:30-4:15pm
Thurs., May 14, 3:30-4:15pm
Tues., Jun. 2, 3:30-4:15pm

[632950-H](#)

[632950-I](#)

[632950-J](#)

Met Park Walking Tour

Come explore Met Park, part of Amazon's HQ2 with members of the landscape design team. Our knowledgeable guides will lead a gentle walk to look at using native plants in landscape design in the park. Families are welcome. Join us at 1330 S. Fair Street, Arlington, VA 22202.

Free. See description.

Sat., Apr. 25, 2:30-4pm

[632950-Q](#)

Earth Day: Trash Clean Up

Commemorate the celebration of the Earth! Bring your friends, family, or come solo to help clean up our parks. Gloves, trash grabbers, and trash bags will be provided. Event is rain or shine. Families with kids ages 6+.

Free. Barcroft Park

Wed., Apr. 22, 5-6pm

[632850-F](#)



Buzzing Bees

Bees are buzzing around our gardens and flowers! Join for games where we explore animal sound and movement and make our own sensory bottles. All materials provided. Families with kids ages 3 to 10 recommended.

Free. Long Branch Nature Center

Sat., May 16, 5-6pm

[632950-N](#)

The Wonders of Woodpeckers

Woodpeckers are the caretakers of our trees by removing insects that mean to eat the trees. Come learn about how these tiny (and not-so-tiny) birds can tear apart trees with their sharp and noisy beaks to eat so many insect and not get a headache.

\$7. Long Branch Nature Center

Fri., May 22, 5-6pm

[632950-O](#)

Wiggling Worms

Have you ever wondered what the life of a worm is like? Why do worms wiggle? Why do they still survive after being cut in half? Find out all this and more! We'll explore live red earthworms in compost, make wiggling paper worms, and mix gooey slime worms. Families with kids ages 3 to 10 recommended.

Free. Long Branch Nature Center

Sat., Jun. 6, 5-6pm

[632950-P](#)



Explore History



COURTESY OF LIBRARY OF CONGRESS

After a thrilling chase through the busiest streets of Washington, ... a couple of bootleggers and their car come to grief at the hands of the Capitol police. Washington D.C, 1922.

Families

Fort C.F. Smith Walking Tour

Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. We'll learn about the park's history, the role of the fort, and the soldiers stationed there during the Civil War.

Free. Fort CF Smith Park

Sat., Apr. 4, 11am-12pm

632750-B

Sat., May 2, 11am-12pm

632750-C

Sat., Jun. 6, 11am-12pm

632750-D

History Hike: The Arlington Tea Party?!

This family-friendly, hands-on program brings history to life through fun, discovery, and interactive role-playing for all ages! Participants will hike from Fort C.F. Smith to Windy Run to reenact and explore the Boston Tea Party of 1773.

\$7. Fort CF Smith Park

Sat., Apr. 18, 1pm-2pm

632750-E

Exercise...with Bayonets!

Step into the past and into fitness with this program inspired by the official United States bayonet drill manual from 1852. Learn the actual steps, movements, and thrusts soldiers learned at Arlington's Civil War forts while working on your overall health and balance. Families with kids 8+.

\$7. Fort CF Smith Park

Sat., May 23, 11am-12pm

632750-G

History Hike: The 1775 Emancipation Proclamation

At the very start of the American Revolution, the British governor of Virginia had a radical idea: free the enslaved so they could fight their enslavers in America. During this 2-mile hike, we'll see sites in Arlington associated with both slavery and the Revolution and reflect on their meanings. Families with kids 8+.

\$9. Arlington Mill Community Center

Sat., May 30, 2pm-3:30pm

632750-H

Kids

Fort Battle!

Gets hands on history in the place where it happened! Learn about the forts built in Arlington during the Civil War and the soldiers who built them. Build your own fort and go head to head with other participants to knock down each other's soldiers. Ages 5 to 12.

\$7. Prospect Hill Park

Sat., Apr. 4, 3pm-4pm

632720-A

\$7. Fort Reynolds Park

Sat., May 2, 3pm-4pm

632720-B

😊 Invisible Ink Spy Hunt

NSNP! Learn the tools of the spy trade! Make your own invisible ink and follow clues to find the spies hidden in the park. Ages 7 to 12.

\$7. Fort CF Smith Park

Mon., Apr. 13, 12:30pm-1:30pm

632720-C



Adults

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.

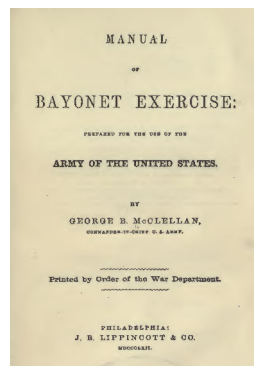
\$9. Rosslyn Highlands Park

Sat., Apr. 11, 3pm-4:30pm

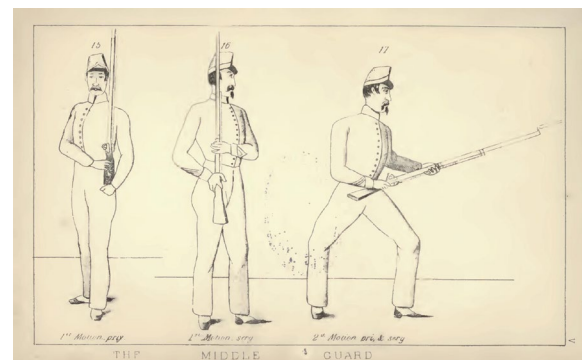
632740-A

Sat., Jun. 6, 3pm-4:30pm

632740-B



Manual of Bayonet Exercise (1852)





Living History at Fort C.F. Smith Park

Families. The Union Army has come to Arlington and set up camp at Fort C.F. Smith Park. Join us for a day of living history that will include drilling activities, specialized fort tours and more. Come learn about Civil War life in Arlington County and beyond at this free event. Cancelled if raining.

Free. Fort CF Smith Park

Sat., Apr. 25, 12pm-4pm

632750-F

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



LIVING HISTORY • DRILLING ACTIVITIES • SPECIALIZED FORT TOURS & MORE

★ **LIVING HISTORY** ★
AT FORT CF SMITH PARK

Saturday, April 25, 12-4pm • Free Event

Registration Code: 632750-F

THE UNION ARMY HAS COME TO ARLINGTON AND SET UP CAMP AT FORT CF SMITH PARK!



SPECIALIZED FORT TOURS • LIVING HISTORY • DRILLING ACTIVITIES & MORE

SPRING INTO MOTION

● SUNDAY, APRIL 12, 11AM-2PM | LONG BRIDGE AQUATICS & FITNESS CENTER

11:00-11:30AM	11:35AM-12:05PM	12:10-12:40PM	12:45-1:15PM	1:20-1:50PM
SHALLOW WATER AQUA DRUMMING (Leisure Pool)	S'WET (Leisure Pool)	TABATA (Leisure Pool)	SHALLOW WATER TREAD (Leisure Pool)	ZUMBA (Leisure Pool)
	DEEP WATER TREAD (Competition Pool)	DEEP WATER FITNESS (Competition Pool)	EQUIPMENT BOOTCAMP (Competition Pool)	DEEP WATER AQUA CYCLE (Competition Pool)



**ARLINGTON
VIRGINIA**

Parks & Recreation

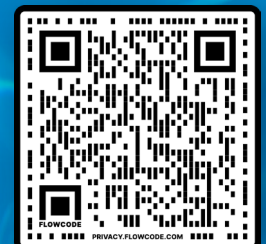
CURIOS ABOUT AQUA FITNESS CLASSES?

Choose from nine different options!

Ages 13-Adults | \$9/\$10 resident/non-resident

Scan code or register with [#340431A](https://www.a1a.org/) at

registration.arlingtonva.us



FREE!

ARLINGTON

ARLINGTON PALOOZA

RECREATION AND MUSIC FESTIVAL



LUBBER RUN COMMUNITY CENTER
MAY 2026 • 1-6PM

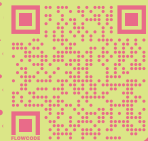


LIVE MUSIC STREET FAIR

GAMES • FOOD TRUCKS
MOON BOUNCES • ARTS AREA
DANCING • COMMUNITY • MORE!

LET US KNOW YOU'RE COMING! VISIT OUR WEBSITE OR SCAN THE CODE >>

• ARLINGTONVA.US/ARLINGTONPALOOZA •



2026!

We can provide reasonable modifications for people with disabilities upon request. Podemos proveer modificaciones razonables conforme la Ley de Personas con Incapacidades (ADA) con previo aviso al 703-228-3329. TTY 711. Arlington Public Schools does not sponsor or endorse the individual or group providing this material, or any message contained herein. [Las Escuelas Públicas de Arlington no patrocinan o respaldan al individuo o grupo que provee este material, ni asumen responsabilidad por su contenido.]

preschoolers!



Creative Preschoolers Program @ Gunston Community Center

Ages 3-5

This full day, year-round option for ages 3-5 blends play, movement, nature and social development with plenty of hands-on learning and enrichment activities that make every day meaningful. Spots are still available at Gunston and other select locations. Learn more and [register here](#).

Interested in visiting before you register?
Contact us at preschoolprograms@arlingtonva.us



Stay & Play

Ages 12-36 mos

Join us for 90 minutes of fun and exploration in our toddler-friendly playrooms! Designed for children ages 12 to 36 months, this program offers a safe and stimulating environment where little ones can discover new toys, make new friends, and enjoy early social experiences.

Caregivers stay throughout the session to supervise their children and connect with other families in the community. Our friendly staff may lead optional group activities such as story time, art, sensory play, and movement games. Learn more and [register here](#).

Spring 2026 Session

Session Dates: March 9 - May 29, 2026
[Register here](#)



Free, Fun & Safe Spots for Teens!



Hang out @ The REC

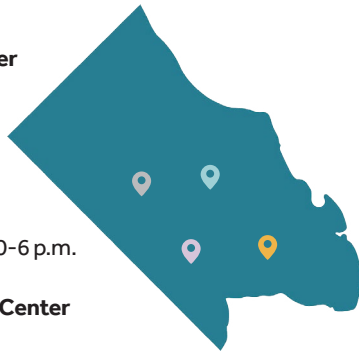
The REC after-school programs are safe spaces where teens can drop in for activities they get to choose themselves. From sports and cooking classes to tutoring, art and nature visits, there's something for every teen at The REC!

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

Gunston Community Center
Monday-Friday • 2:30-6 p.m.
Middle School

Kenmore Middle School
Monday, Wednesday, Friday • 2:30-6 p.m.
Middle School

Thomas Jefferson Community Center
Monday-Friday • 2:30-6 p.m.
Middle School



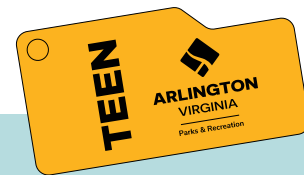
Check out late night spots for teens!



Get the latest line up of Teen Nights— now rotating between select REC locations on Fridays from 6-9 p.m.! It's all the fun you'd expect including music, games, art, eSports—plus, free dinner! And don't miss Teen Takeovers, taking over various locations on select Saturdays.

Get it all with the Teen Pass!

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



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

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

Expanded Gym Drop-in Hours for Teens!

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

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 Art Lab

FAMILY Art Lab programs are designed to give families the opportunity to create with each other in a fun and recreational setting. These programs provide new ways to Learn, Grow and Play together as a family!

Each person (including adults) attending the program must register, and all children must be supervised by a participating adult. \$8 per person. For more info, visit arlingtonva.us search "Family Art Lab" or register with code 730026



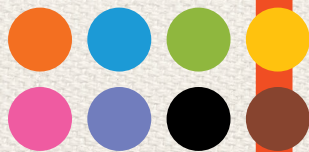
Ceramic Coasters

730026-F Saturday, March 7, 10am-12pm
Arlington Mill Community Center.



Decorative Photo Frames

730026-G Saturday, April 4, 10am-12pm
Arlington Mill Community Center.



FAMILY Art Lab at Home

Art-to-Go Boxes

Get everything you need to create fun family memories in one box, at home on your own time! Follow along with an instructional video or written instructions. Boxes contain supplies for up to four paintings. Must register ahead to pick up your box from Fairlington Community Center.



Spring Paint Along Kit

730026-GG Kits available for pick up April 6-10, 2026.

Formerly Families Unplugged

2Nd Saturday CrafterNoons!

LET'S GET CRAFTY!



Welcome to Second Saturday Crafternoons!

Each month we will present a new, fun, free hands-on art project. This program is for all ages, however children must be accompanied by an adult.

Fairlington Community Center Art Studio (room 130)
Drop in any time between 1:30-3pm. No need to pre-register.

Saturday, March 14

Make some dreamy art with this fun Watercolor Cyanotype project.

Saturday, April 11

Bring blooms to life with Paper Flowers

[Learn more here](#)



ARLINGTON VIRGINIA
Parks & Recreation

FAMILY NIGHT @ CARVER

Join us for free, family fun on the first Friday of the month from 6-8pm at Carver Community Center



Activities include moon bounces, arts & crafts, music, games and more!
Bring your whole family!

For more info, visit arlingtonva.us search Family Night or [click here](#).

EARTH DAY APRIL 2026!

This year, we're celebrating Earth Day throughout the entire month of April.



Discover!

Check out our list of Parks & Rec programs and events that are good for our earth.

[Check out more Earth Day programs here ▶](#)

Grow!

Increase Arlington's tree canopy by planting a native tree on your property or help us identify places for planting trees on public property.

[Learn about Arlington's tree planting programs here ▶](#)



Volunteer!

Consider a volunteer opportunity that benefits Arlington's local environment
[Explore volunteer opportunities here ▶](#)



Get inspired to live a little greener!



Arlington, VA

Sundays 4/26, 5/03, 5/10, 5/17, 5/31 @ 4:15 pm (6/07 Rain Date)

Kenmore Middle School
200 S Carlin Springs Rd
Arlington, VA 22204

DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
Challenger	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

*All races will be the same distances each week.

For more information, please contact
 Andrew Beckman at 763-228-8869
arlingtonva@healthykidsrs.org

HKRS is a 501 (c) 3 non-profit.

SCORING/DETAILS

- Points awarded based on finish
- T-shirts for runners who register for full Series
- Medals for ALL runners on Week 5
- Scan QR code and check race description on website for trophy details.

Scan the code to
Register Today.



EARLY BIRD DISCOUNT

\$48.70 FULL SERIES

Or less **FIVE WEEK SERIES***

UNTIL THREE WEEKS FROM START DATE

\$54

Or Less

FULL SERIES*

\$16.90 SINGLE RACE

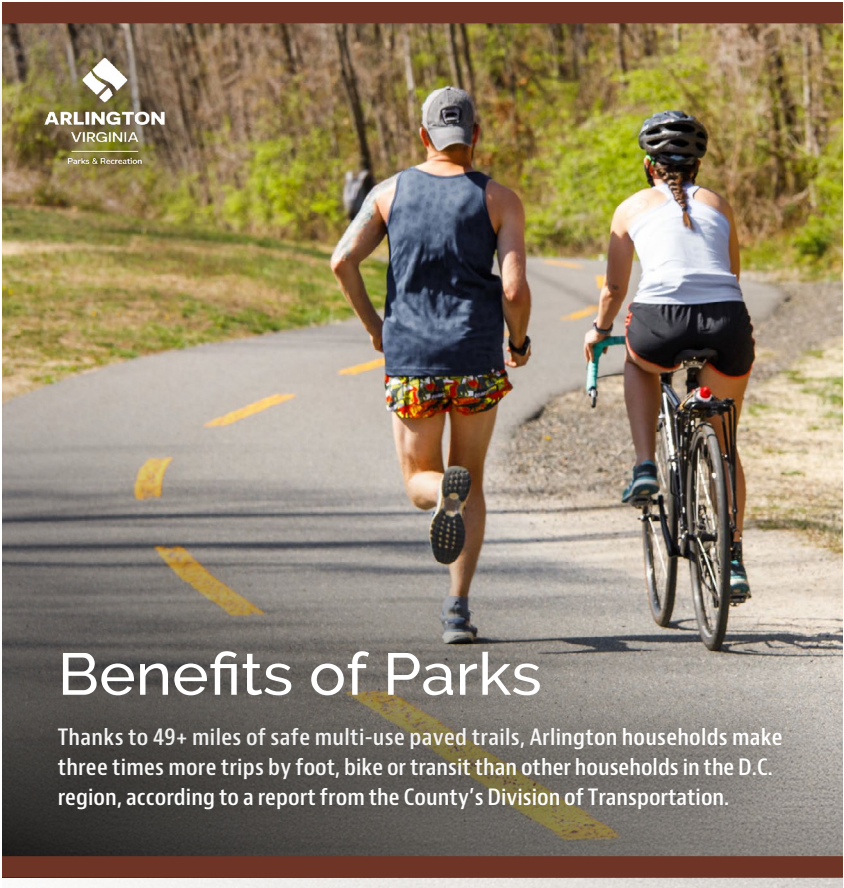
Or less **WALK-UP***

ONLY OFFERED DAY-OF

Online registration available only. No cash accepted.

*Includes processing fees. Registration is nonrefundable. Single day registration does NOT include t-shirt.

HEALTHYKIDSRUNNINGSERIES.ORG



Benefits of Parks

Thanks to 49+ miles of safe multi-use paved trails, Arlington households make three times more trips by foot, bike or transit than other households in the D.C. region, according to a report from the County's Division of Transportation.

Adopt-A-Park!

Be an environmental hero and help us make Arlington a great place to live, work and play

Any group, business, or individual 18 years or older can adopt a park, playground, trail, sports field, stream or other area in our parks and recreation facilities. Your help is appreciated.

[Learn more here](#)



ARLINGTON OFFERS A VARIETY OF FARMERS MARKETS TO SHOP FOR FRESH, LOCAL PRODUCE.



View the [map](#), pick a market and join your neighbors for fresh and local fruits, vegetables and other yummy treats in Arlington.

[Arlington Farmers Market](#)

Saturdays, 9am–12pm

[Ballston Farmers Market](#)

Thursdays, 3–7pm

[Cherrydale Farmers Market](#)

Saturdays, 8am –12pm

[Columbia Pike Farmers Market](#)

Sundays, 9am–1pm

[Fairlington Farmers Market](#)

Sundays, 9am–1pm

[Lubber Run Farmers Market](#)

Saturdays, 8am –12pm

[Rosslyn Farmers Market](#)

Wednesdays, 3pm –7pm

[Westover Farmers Market](#)

Sundays, 8am–12pm (through April),
8am–12pm (through November)

READY-SWEAT-GO!



SIGN UP FOR ARLINGTON COUNTY'S BEST DEAL ON FITNESS MEMBERSHIPS*

Access EIGHT fitness facilities for one low price!

At these fitness rooms you'll never miss the chance to get fit and improve your health anywhere in Arlington!

1. Thomas Jefferson Fitness Center
2. Arlington Mill
3. Barcroft
4. Fairlington
5. Gunston
6. Langston-Brown
7. Lubber Run Center
8. Madison Community Center

- Huge variety of equipment
- Convenient locations
- Indoor Track
- Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

MEMBERS	Arlington Residents	Non-Resident
ADULT 12-month (Ages 18-54)	\$225	\$295
55+ GOLD PASS 12-month (Ages 55+)	\$75	\$105
DAILY GUEST PASS (Ages 18-54)	\$7	\$9
55+ DAILY GUEST PASS (Ages 55+)	\$5	\$7
3 MONTH PASS (Ages 18-54)	\$65	\$85
6 MONTH PASS (Ages 18-54)	\$120	\$160

**Long Bridge Aquatics & Fitness Center is not included. [Click here to learn more about the different memberships.](#)*

For more information and special offers call 703.228.5920 or go to: arlingtonva.us/parks search 'fitness'

JOIN THE 55+ CLUB!

THIS IS AN ANNUAL PASS

You now have two options for enjoying discounted access to engaging programs, classes, trips PLUS access to Arlington County's fitness facilities*

55+ PASS

Provides access to quarterly digital issues of the 55+ GUIDE, which include fun & engaging programs, classes and trips, with a new choice of programs each season.

Arlington County resident	\$25
Arlington County household	\$35
Non-Arlington County resident	\$50
Non-Arlington County household	\$70

55+ GOLD PASS

Gives you all the benefits of the regular pass plus access to 8 of the County's fitness centers* any time during fitness center community hours.

Arlington County resident	\$65
Arlington County household	\$95
Non-Arlington County resident	\$95
Non-Arlington County household	\$140

**Long Bridge Aquatics & Fitness Center is not included. [Click here to learn more about the different memberships.](#)*

To learn more visit arlingtonva.us/dpr and search 55+ Pass.



WE LOVE TREES!

ARLINGTON TREES MAKE A DIFFERENCE

Arlington has about **755,400**
trees worth about **\$1.41 billion**.
Did you know that our trees:



REDUCE

10,730,168 cubic feet/year
of storm and floodwater
runoff, equal to 122 Olympic-
sized pools.

REMOVE

about 1,235 tons/year of
air pollution a year, making us
healthier, preventing disease
and hospital visits



STORE

about 30,900 cars' worth of
carbon emissions, and store
1,500 more cars worth
every year



PRESERVE

over \$1 million annually in
avoided energy costs.

**Our trees can do so much for us!
Help our community's health and wooded
character by protecting trees and planting
native trees!**



take care of trees

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

Learn more at: [Sustainability-and-Environment/Trees/Tree-Care-and-Removal/Watering](#)



Get Engaged with Arlington's Natural Environment!

Arlington County's Forestry and Natural Resources Plan (FNRP) is the newest element of the Public Spaces Master Plan (PSMP), and is a master plan that serves as the guiding document for Arlington County's management practices related to trees, plants, wildlife and more.

To learn more [click here](#).

When and How to Register!

Registration Info for Classes

Arlington Resident Registration



Resident Online Registration Begins @ Noon for All Days:

Gymnastics: Tues., Mar. 17
Aquatics: Wed., Mar. 18
Private Swim Classes: Wed., Mar. 18
Nature/History: Thurs., Mar. 19
General Classes: Thurs., Mar. 19

Go to: registration.arlingtonva.us

Pay by e-check or credit card.

Credit and debit card purchases will include a 3% non-refundable convenience fee paid directly to the credit card processor. Arlington County does not receive any portion of the fee.



Resident Phone Registration Begins @ Noon for All Days:

Gymnastics: Tues., Mar. 17
Aquatics: Wed., Mar. 18
Private Swim Classes: Wed., Mar. 18
Nature/History: Thurs., Mar. 19
General Classes: Thurs., Mar. 19

Credit cards only: Visa, Mastercard, AMEX and Discover.

Have class numbers ready before calling 703.228.4747 (voice) option 1 or 711 (TTY), Monday-Friday, 8am-5pm



Resident Walk-in Registration Begins Fri., Mar. 20 @ 8am



Resident Mail-In Registration Processing Begins @ Noon:

Gymnastics: Tues., Mar. 17
Aquatics: Wed., Mar. 18
Private Swim Classes: Wed., Mar. 18
Nature/History: Thurs., Mar. 19
General Classes: Thurs., Mar. 19

Complete Registration Form and mail anytime to 300 N. Park Drive, Arlington, VA 22203. If the course is scheduled to meet within seven days, call or carry in the registration. Forms must be received by 5pm on Dec. 1 in order to be processed in the random draw beginning at noon next day. Please note that submitting a form in person does not guarantee space in a class. Forms received after deadline will be processed in the order received, after all random-draw forms have been processed. Please do not mail in a form if you plan to register online. Our staff cannot process registrations in your account while you are logged in, and your registration will not be processed and they will move on to the next registration.

Out-of-County Registration

Begins Wed., Mar. 25 @ 8am

Residents outside of Arlington County pay \$20 more than the listed fee.

INTERNATIONAL REGISTRATIONS

For security reasons, our registration system does not allow for connections outside the United States. If you know you will be traveling internationally during our registration period and would like to register for a class or two, please contact the Department of Parks and Recreation (703.228.4747) in advance, or mail in a registration form for processing.

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

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

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

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

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

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

REDUCED FEES - Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703.228.4747 option 1 or [click here to apply online](#). Fee reductions are

not applicable to all programs and you must be approved before registering for a class, camp or program. No retro fee reductions, which means we will not adjust your fees if you apply for a fee reduction after you have already registered for classes.

REFUNDS - No refund fees are charged for cancellations until after 8am Mar. 25; after this date, all refunds will be assessed a \$20 cancellation fee, per class cancelled. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747 option 1. No refunds or credits if participants are unable to attend a class or one session class or workshop. Per your request, credit card charges will be refunded directly to the credit card. Full refunds will be processed within 30 days when classes are canceled by Department of Parks and Recreation due to insufficient enrollment or other unforeseen reasons, or upon request when schedule or location changes made by Department of Parks and Recreation prohibit or limit your attendance. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case by case basis. Check refunds may take longer to process. If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

REQUESTING MODIFICATIONS - Arlington County is committed to providing accessible programs to all of our participants. If you require a modification for a disability, please call 703.228.4740 or email TRinfo@arlingtonva.us. Advanced notice is welcome.

CHANGES, CANCELLATIONS AND CLOSINGS - Classes may be cancelled for a variety of reasons: low enrollment, on County holidays, in case of storms or other dangerous conditions, or at the discretion of the instructor. County-wide cancellations will be broadcast online at arlingtonva.us/parks, Facebook, Twitter, eNews, and at 703.228.4715. Please keep your household contact information up to date as we use this information to contact you directly by email if classes are cancelled. We will contact you one-week prior to the start date if a class is canceled due to low enrollment. Due to the early publication deadline, instructors may be changed before classes begin.

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

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

Find Out if You Qualify for a Fee Reduction

Current Fee-Reduction Processing Locations: *Not for registrations*

Arlington Mill Community Center
909 S. Dinwiddie St. 22204

Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206

Fairlington Community Center
3308 S Stafford St., 22206 / Closed Sundays

Gunston Community Center
2700 S. Lang St. 22206 / Closed Sundays

Langston-Brown Community Center
2121 N Culpeper St., 22207 / Closed Sundays

Long Bridge Aquatics & Fitness Center
333 Long Bridge Dr., 22202

Lubber Run Community Center
300 N Park Dr., 22203

Madison Community Center
3829 N. Stafford St. 22207 / Closed Sundays

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

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

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

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

Registration Form

Mail-In Registration

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



1. Account Information

Parent/Guardian Name _____
Account Number _____
E-Mail _____
Phone Number _____

2. Participant(s) Registration

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

Name: _____
Date of Birth: _____
Gender: _____
Need modification for disability? Yes No

1ST CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

2ND CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3RD CHOICE

Class Name _____
Activity #: _____
Days: _____
Time: _____
Location: _____
Fee: _____

3. Payment

Send your payment (payable to *Treasurer Arlington County*) along with this form to:

**Department of Parks and Recreation
Administrative Services Office
300 N. Park Drive
Arlington, VA 22203**

Check here if you wish to pay by check or money order. Make payable to: "Treasurer Arlington County"

You can pay by e-check online or include a check or money order with your registration form. For security purposes, check and money orders will be **processed upon receipt**, for the amount of your enrollment and the amount added as a credit on your account until your registration is processed. If you are waitlisted for a class and would like a refund, please call the Administrative Services at 703.228.4747

Check here if you wish to pay with a credit card online

Upon successful enrollment, a receipt will be sent to your email address on file. You can then sign-on to your account online and pay the balance due

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

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

Parks & Rec Administrative Services Office

1 300 N. Park Drive 22203

COMMUNITY CENTERS

- 1 Lubber Run Community Center
300 N. Park Drive 22203
- 2 Long Bridge Aquatics + Fitness Center
333 Long Bridge Dr. 22202
- 3 Arlington Mill Community Center
909 S. Dinwiddie St. 22204
- 4 Aurora Hills Community Center
735 18th St. S. 22202
- 5 Barcroft Sports + Fitness Center
4200 S. Four Mile Run 22206
- 6 Carver Community Center
1415 S. Queen St. 22204
- 7 Charles Drew Community Center
3500 S. 23rd St. 22206
- 8 Fairlington Community Center
3308 S. Stafford St. 22206
- 9 Gunston Community Center
2700 S. Lang St. 22206
- 10 Langston-Brown Community Center
2121 Culpeper St. 22207
- 12 Madison Community Center
3829 N. Stafford St. 22207
- 13 Thomas Jefferson Community Center
3501 2nd St. S. 22204
- 14 Walter Reed Community Center
2909 16th St. S. 22204

NATURE CENTERS

- 15 Gulf Branch Nature Center
3608 N. Military Rd. 22207
- 16 Long Branch Nature Center
625 S. Carlin Springs Rd. 22204
- 17 Potomac Overlook Park
2845 N. Marcey Rd. 22207

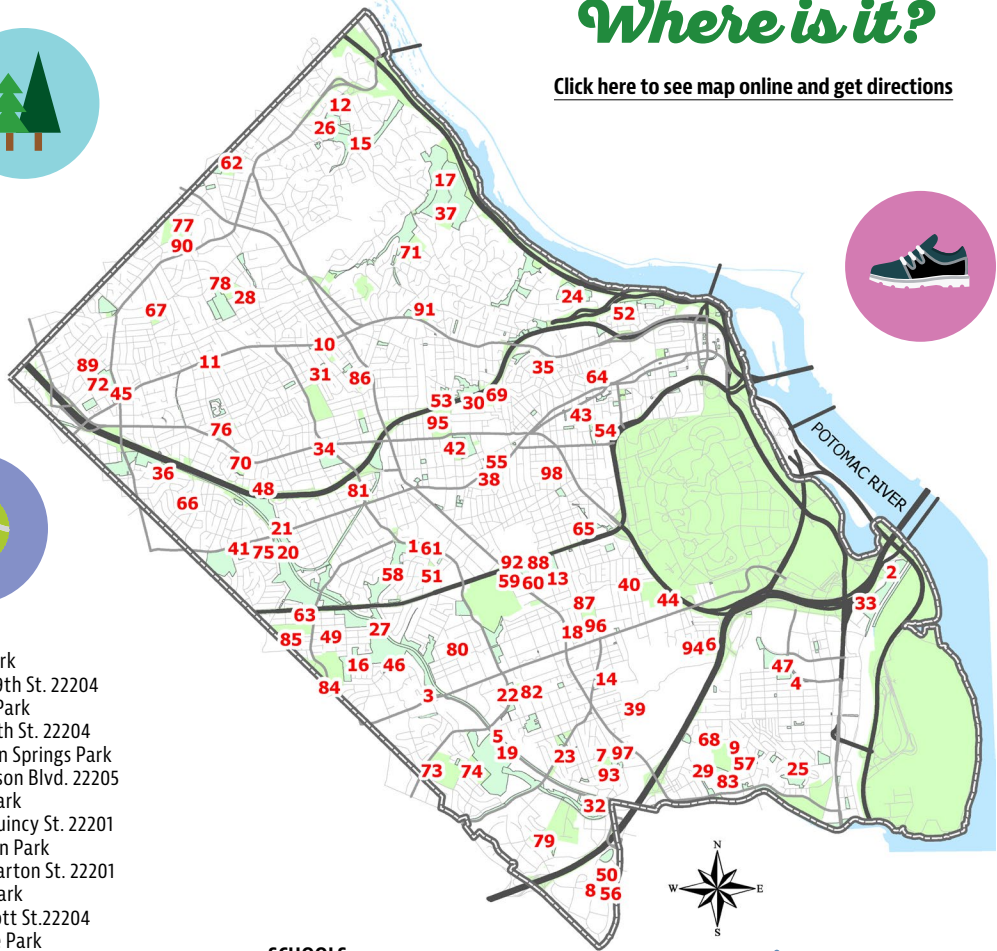
PARKS & PLAYGROUNDS

- 18 Arlington Heights Park
S. 9th St. & S. Irving St. 22204
- 19 Barcroft Park
4200 S. Four Mile Run Dr. 22206
- 20 Bluemont Park
601 N. Manchester St. 22203
- 21 Bon Air Park
850 N. Lexington St. 22205
- 22 Doctors Run Park
1301 S. George Mason Dr. 22204
- 23 Fort Barnard Park
2102 S. Pollard St. 22204
- 24 Fort C.F. Smith Park
2411 N. 24th St. 22207
- 25 Fort Scott Park
2800 S. Fort Scott Dr. 22202
- 26 Glebe Road Park
4211 N. Old Glebe Rd. 22207
- 27 Glencarlyn Park
301 S. Harrison St. 22204
- 28 Greenbrier Park
5201 N. 28th St. 22207
- 29 Gunston Park
1401 S. 28th St. 22206
- 30 Hayes Park
1516 N. Lincoln St. 22201
- 31 High View Park
1945 N. Dinwiddie St. 22207
- 32 Jennie Dean Park
3630 S. 27th St. 22206
- 33 Long Bridge Park
475 Long Bridge Dr. 22202
- 34 Lacey Woods Park
1200 N. George Mason Dr. 22205
- 35 Lyon Village Park
1800 N. Highland St. 22201
- 36 Madison Manor Park
6225 N. 12th Rd. 22205
- 37 Marcey Road Park
2722 N. Marcey Rd. 22207
- 38 Maury Park
3550 Wilson Blvd. 22201

- 39 Nauck Park
2600 S. 19th St. 22204
 - 40 Penrose Park
2200 S. 6th St. 22204
 - 41 Powhatan Springs Park
6020 Wilson Blvd. 22205
 - 42 Quincy Park
1021 N. Quincy St. 22201
 - 43 Rocky Run Park
1109 N. Barton St. 22201
 - 44 Towers Park
801 S. Scott St. 22204
 - 45 Tuckahoe Park
2400 N. Sycamore St. 22213
 - 46 Tyrol Hill Park
5101 S. 7th Rd. 22204
 - 47 Virginia Highlands Park
1600 S. Hayes St. 22202
 - 48 Westover Park
1001 N. Kennebec St. 22205
 - 97 John Robinson, Jr. Town Square
2406 Shirlington Rd. 22206
 - 98 Zitkala-Sa Park
3011 7th St N. 22201
- COMMUNITY LOCATIONS**
- 49 Carlin Hall Center
5711 S. 4th St. 22204
 - 50 Cooperative Extension Services
3308 S. Stafford St. 22206
 - 51 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



Where is it?

[Click here to see map online and get directions](#)

CONNECT WITH US!

BY PHONE

GENERAL INFORMATION

Parks & Recreation Main Number	703.228.4747
Classes & Camps Registration	703.228.4747, press 1
Closures & Cancellations Hotline	703.228.4747, press 5
Community Canine Areas (Dog Parks)	703.228.4747, press 4
Downed Trees	703.228.4747, press 4
Facility Rentals	703.228.4747, press 2
Police/Fire Non-Emergency	703.558.2222
Sports	703.228.4747, press 1
Teen Programs	703.228.4747
Therapeutic Recreation	703.228.4740
TTY Service	711

SPORTS

Sports General Information	703.228.4747, press 1
Aerial/Tigers Gymnastics Teams	703.228.0712
Arlington Aquatics Club	703.228.0706

ART STUDIO

Thomas Jefferson	703.228.5925
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COMMUNITY CENTERS

Arlington Mill	703.228.7790
Barcroft Sports & Fitness	703.228.0701
Carver	703.228.5706
Charles Drew	703.228.5725
Fairlington	703.228.6588
Gunston	703.228.6980
Langston-Brown	703.228.5210
Long Bridge Aquatics & Fitness	703.228.3338
Lubber Run	703.228.4712
Madison	703.228.5310
Thomas Jefferson	703.228.5920
Walter Reed	703.228.0935

55+ PROGRAMS & CENTERS

55+ Programs Info	703.228.4747, press 3
Arlington Mill	703.228.7369
Aurora Hills	703.228.5722
Langston-Brown	703.228.6300
Lubber Run	703.228.4767
Walter Reed	703.228.0955

GYMNASTICS & AQUATIC CENTERS

Barcroft Sports & Fitness	703.228.0701
Long Bridge Aquatics & Fitness	703.228.3338

NATURE & HISTORY CENTERS

Gulf Branch	703.228.3403
Long Branch	703.228.6535
Fort CF Smith	703.228.4775

PARKS & NATURAL RESOURCES

Parks & Trail Maintenance	703.228.4747, press 4
Park Rangers	703.228.4747, press 4
Parks After Hours	571.238.0265
Community Gardens	703.228.6426
Graffiti Removal	703.228.4747, press 4
Horticultural Information	703.228.6414
Invasive Plant Control	703.228.4747, press 4
Leaf Collection	703.228.4747, press 4
Mulch	703.228.6570

ONLINE

EMAIL: registration@arlingtonva.us

FACEBOOK: [facebook.com/arlparksrec](https://www.facebook.com/arlparksrec)

INSTAGRAM: [instagram.com/arlparksrec](https://www.instagram.com/arlparksrec)

X (formerly Twitter): [x.com/arlparksrec](https://twitter.com/arlparksrec)

REPORT A PROBLEM

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

THERE'S ALWAYS SOMETHING FUN HAPPENING IN AN ARLINGTON PARK

Learn more at arlingtonva.us/dpr



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

SUBSCRIBE TO PARKS & RECREATION ENEWS:

arlingtonva.us/dpr

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

NATURE & HISTORY

News from Our Nature Centers



COMMUNITY CENTER CENTRAL

Local Info



PARKS AND RECREATION ENEWS

Latest Parks and Recreation Happenings and Updates



Arlington Resident Online/Phone

REGISTRATION BEGINS MAR. 17-19, 2026 @ NOON*

Go to registration.arlingtonva.us ■ Classes begin April 13, 2026 unless noted otherwise



**Tues
17**

■ Gymnastics

**Wed
18**

■ Aquatics Classes
■ & Private Swim

**Thurs
19**

■ Nature/History
■ General Classes

Fri., March 20

* Resident Walk-In Registration Begins at 8am

Wed., March 25

* Out-of-County Registration Begins at 8am

[Details on p.60](#)

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, বনামূল্যে ভাষা সহায়তা পরিষেবা আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দেখুন

AMHARIC: ከማርች 17-19 ከሆነ፣ የቋንቋ ድጋፍ አገልግሎቶች ያለክፍያ እርስዎ ይገኛሉ። በ 703.228.4747 ደደውሉ ወይም ፓርክ.አርሊንግተን ቫ.አ. ገጽ ይጎብኙ

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

We Qim to Please!

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

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.