

FALL 2020

Guide to Recreation Classes and Programs

OTOÑO 2020

Guía de clases y programas recreativos

Outdoor programs selected for your safety, enjoyment & well-being!



ONLINE REGISTRATION BEGINS AUGUST 12, 2020

http://registration.arlingtonva.us - Classes begin September 14, 2020 La Inscripcion En Línea Comienza El 12 De Agosto - Las Clases Comienzan El 14 De Septiembre 2020

SEE WHAT'S INSIDE



DEPARTMENT OF PARKS
AND RECREATION

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Welcome Back Arlington!



Jane Rudolph Director, Parks and Recreation Arlington County

While this summer is certainly unlike any other, I hope that you are each able to enjoy spending a little more time with your family and friends (while following all social distancing guidelines, of course).

For those of you looking for inspiration on fun things to do, look no further than your hometown: Arlington's Department of Parks and Recreation!

Our 49+ miles of nature, walking, running and biking trails are open for you to explore. Over the past few months, our department has been safely bringing back programs and classes to keep you active, while practicing safe social distancing and the Governor's Forward Virginia guidelines. We have free Programs in the Park offerings, a ton of great <u>virtual programs</u> for every age and interest, and now, outdoor ENJOY Arlington! classes for the fall season. There are even a limited number of our fitness facilities open for you to work out. All of these can be found on our website: parks.arlingtonva.us.

As things change, and we know they will, we will continue to keep you updated as we adjust our opportunities for our community. If you haven't already, please sign up to get our <u>parks eNews</u> for information on upcoming programs.

Wishing you good health, Jane Rudolph





ARTS & CRAFTS

TOT & ADULT

Abrakadoodle Twoosy Doodlers

Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it" class that is fun and creative! Each session has new activities where adults get to play too. There is a non-refundable \$24 (6 sessions), \$20 (5 sessions) supply fee included in the cost of the class. Adult participation is required. Inst.: Courbois.

Lacey Woods Park Shelter Ages 20 months-3

6 Sessions \$116 **110100A** Mon., Sep. 14, 10–10:45am Ages 20 months-3 5 Sessions \$97

110100B Sat., Sep. 19, 9–9:45am

TOT & YOUTH

Abrakadoodle Mini Doodlers

Children will develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artist's materials such as watercolors, tempera paints, oil pastels and creative tools, children will create masterpieces that are truly unique. A \$24 (6 sessions), \$20 (5 sessions) non-refundable supply fee is included in the cost of the class. Adult required to stay on premises at all times. Inst.: Courbois.

Lacey Woods Park Shelter

Ages 3–6	6 Sessions	\$116
120104A Mon., Sep. 14, 11:15am-12pr	m	
Ages 3–6	5 Sessions	\$97
120104B Sat., Sep. 19, 10:15–11am		

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 \$20 supply fee is included in the cost of the class. Adult required to stay on premises at all times. Inst.: Courbois.

Lacey Woods Park Shelter

Ages 6-12 \$118 5 Sessions 120107A Sat., Sep. 19, 11:30am-12:30pm

MUSIC

YOUTH

Learn Now Music

Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum-based activities, musical listening excerpts, related projects and more! 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. Adult required to stay on premises at all times. Inst.: Learn Now Music.

Guitar

Alcova Park Shelter		
Ages 5–12	4 Sessions	\$96
120319A Sat., Sep. 19, 9:15–10:15am		

Piano

Alcova Park Shelter		
Ages 5–12	4 Sessions	\$96
120320A Sat., Sep. 19, 10:30-11:30ar	n	
120320B Sat., Sep. 19, 11:45am-12:45	5pm	

Violin

AILUVA PAIK SIIEILEI		
Ages 5–12	4 Sessions	\$96
120321A Sat., Sep. 19, 1–2pm		

DOG OBEDIENCE

TEEN & ADULT

Basic Dog Obedience

Dog owners and dogs who have had little or no previous training will learn leash, heeling and sit down, stay and recall commands. Problem solving for house soiling, biting, jumping and chewing will be addressed. Notify the instructor ahead of class if you suspect or know your dog is aggressive so accommodations can be made. Dogs must be over six months of age: documentation of all required vaccinations is required. Female dogs in heat are prohibited from attending. Owners must clean up after their pets at all times. Bring a six-foot leather or nylon leash and proper fitting collar. The first class is a lecture class; please do not bring your dog. Register the person attending, not the dog. Questions? email ock9kev@ yahoo.com. Inst.: Healy.

Quincy Street Deck

Ages 14-Adult **140731A** Wed., Sep. 16, 7–8pm

Dog Obedience Advanced

7 Sessions

\$94

Advanced Dog Obedience is for adult dogs and their owners who have successfully completed a beginning dog obedience course. Learn about off-lead heeling, distance recalls, extended/distance stays, stay command with distractions, down in motion and downing your dog from a distance. Unlike beginner's class, there will be no introduction lecture: bring your dog and training equipment to first session. Questions? email ock9kev@yahoo.com. Inst.: Healy.

Quincy Street Deck

Ages 14-Adult 7 Sessions 140732A Wed., Sep. 16, 8:10-9:10pm

FITNESS

TEEN & ADULT

Cardio/Sculpt

We get it done in one hour. Starting with cardio moves and muscle sculpting to increase endurance, burn fat and define muscles, our session rounds out with abdominal exercises and a final stretch to complete your overall body workout. A super one-hour workout. Please bring a mat and a set of weights. Inst.: Erica.

Barcroft Tennis Courts

Ages 13-Adult 7 Sessions **140345A** Sat., Sep. 19, 8–9am

Bootcamp

High intensity moves, (low impact included) strength training with weights and body weight. Abdominal work and stretching. Please bring a mat and a set of weights. High reps will be performed. Inst.: Erica.

Barcroft Tennis Courts

140304D Thurs., Sep. 17, 7:15–8am

Ages 13-Adult 7 Sessions **140304A** Mon., Sep. 14, 7:15–8am **140304B** Tues., Sep. 15, 7:15–8am **140304C** Wed., Sep. 16, 7:15–8am



a Barrier!

Don't Let Fees Be

ALL CLASSES

Resident Online Registration Begins August 12 All class registrations open at 8am

HOW CAN WE HELP?

Arlington's goal is for all County residents to

Arlington County residents may request a fee reduction! Apply PRIOR to registration, since discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. To find out if you qualify call 703.228.4747 or visit parks.arlingtonva.us, search Fee Reduction.



CORDARO FIT° is a unique exercise program run like a boot camp but with music! Offering personal and group fitness training, COR FIT incorporates core strength training, resistance training, cardio MMA, yoga, and sports conditioning to keep it fun and make you sweat.

Why Choose COR FIT?

- · No membership fee
- · HIIT and Low Impact Total body workouts (resistance training, strength training, COR
- conditioning, cardio & yoga) Certified fitness instructors
- · Personal Training
- · All levels of fitness welcome!
- AWESOME playlists
- · See website for class schedule.

WWW.CORDAROFIT.COM sheila@cordarofit.com 202/549-7084



SPORTS

TOT & ADULT

Little Athletes & Me

This fun and wacky adult and me sports and fitness class is designed to introduce children to a variety of sports and activities all with the help of mom and dad! TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 2-3 years old. Adult participation is required. Inst.: Tip Top Sports..

Rocky Run Park

Ages 2-3 8 Sessions \$132 110615A Mon., Sep. 14, 9:30-10:15am 110615B Thurs., Sep. 17, 9:30–10:15am **110615C** Sun., Sep. 20, 10–10:45am **Lacey Woods Park**

8 Sessions \$132 Ages 2-3 110615D Tues., Sep. 15, 10:30-11:15am **110615E** Wed., Sep. 16, 10:30–11:15am 110615F Sat., Sep. 19, 9–9:45am

Little Kicks Soccer & Me

Little Kicks Soccer and Me focuses on children's fine motor skills by introducing them to fun soccer activities and developmental practice. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 2–3 years old. Adult participation is required. Inst.: Tip Top Sports.

Lacey Woods Park

Ages 2-3 8 Sessions \$132 **110605A** Tues., Sep. 15, 9:30–10:15am **110605B** Fri., Sep. 18, 10:30–11:15am **Rocky Run Park** Ages 2-3 8 Sessions \$132

110605C Sat., Sep. 19, 10:30-11:15am **110605D** Sun., Sep. 20, 2–2:45pm

New! 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. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 2–3 years old. Adult participation is required. Inst.: Tip Top Sports.

Lacey Woods Park

Ages 2-3

8 Sessions \$132 Ages 2-3 110618A Wed., Sep. 16, 9:30-10:15am **110618B** Fri., Sep. 18, 9:30–10:15am **110618C** Sat., Sep. 19, 10–10:45am **Maury Park** Ages 2–3 8 Sessions \$132 110618D Thurs., Sep. 17, 4-4:45pm **Rocky Run Park**

110618E Sun., Sep. 20, 11-11:45am

TOT & YOUTH

Little Athletes

This fun and exciting class is a young athlete's dream. It is filled with various sports and lead in activities that will allow kids to develop their true passion for sports. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4-6 years old. Adult participation required. Inst.: Tip Top Sports.

Lacey Woods Park

Ages 4-6 8 Sessions \$132 110616A Tues., Sep. 15, 11:30am-12:15pm 110616B Sat., Sep. 19, 12-12:45pm **Rocky Run Park**

Ages 4-6 8 Sessions \$132 **110616C** Sun., Sep. 20, 1–1:45pm

Little Kicks Soccer

Little Kicks Soccer includes energetic activities that enhance kids' soccer skills, teamwork, and overall sportsmanship. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4-6 years old. Adult participation required. Inst.: Tip

Rocky Run Park

Top Sports.

Ages 4-6 8 Sessions \$132 110610A Mon., Sep. 14, 11:30am-12:15pm 110610B Thurs., Sep. 17, 10:30am-11:15am **110610C** Sat., Sep. 19, 11:30am-12:15pm **Lacey Woods Park**

8 Sessions \$132 **110610D** Wed., Sep. 16, 11:30am-12:15pm **110610E** Fri., Sep. 18, 11:30am-12:15pm 110610F Sun., Sep. 20, 10–10:45am

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 Tee Ball while learning the fundamentals of the sport. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 4–6 years old. Adult participation required. Inst.: Tip Top Sports.

Rocky Run Park

Ages 4-6

110617A Mon., Sep. 14, 10:30-11:15am 110617B Thurs., Sep. 17, 11:30am-12:15pm **110617C** Sun., Sep. 20, 12–12:45pm **Maury Park** Ages 4-6 8 Sessions \$132 **110617D** Thurs., Sep. 17, 5–5:45pm **Lacey Woods Park** 8 Sessions \$132 Ages 4-6

8 Sessions \$132

Little Champions Soccer

110617E Sat., Sep. 19, 11–11:45am

Little Champions Soccer helps develop children's primary soccer skills, agility, and overall passion for the game. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 7–9 years old. Adults required to stay on the premises during class at all times. Inst.: Tip Top Sports.

Maury Park

8 Sessions \$132

Ages 7-9 8 Sessions \$132 **110621A** Tues., Sep. 15, 4–4:45pm **Lacey Woods Park** Ages 7-9 8 Sessions \$132 110621B Sun., Sep. 20, 11-11:45am

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. Adults required to stay on the premises during class at all times. Inst.: Stockton Soccer.

Lacey Woods Park

Ages 2-3 8 Sessions \$139 110612A Mon., Sep. 14, 10:15-10:55am **110612B** Thurs., Sep. 17, 10–10:40am Ages 3-6 8 Sessions \$139 **110612C** Sun., Sep. 20, 4–4:45pm Ages 5-8 8 Sessions \$139 **110612D** Sun., Sep. 20, 5–5:50pm **Madison Park**

8 Sessions \$139 Ages 2-3 110612E Tues., Sep. 15, 11-11:40am Ages 3-6 8 Sessions \$139 110612F Tues., Sep. 15, 1:15-2pm **Fairlington Center Field** 8 Sessions \$139 Ages 2-3

110612G Thurs., Sep. 17, 3-3:40pm 8 Sessions \$139 Ages 3-6 110612H Fri., Sep. 18, 3-3:45pm **Rocky Run Park**

8 Sessions \$139

Ages 3-6 **110612I** Sat., Sep. 19, 9–9:45am

World Cup Soccer

World Cup Soccer's energetic drills and activities will help teach kids the fundamentals of soccer, positional soccer skills, and the importance of practice and teamwork. TipTop Sports will provide individual equipment for each participant. This is a co-ed program developed for athletes ages 10–12 years old. Adults required to stay on the premises during class at all times. Inst.: Tip Top Sports.

Maury Park

Ages 10-12 8 Sessions \$132 120616A Tues., Sep. 15, 5-5:45pm **Rocky Run Park** Ages 10-12 8 Sessions \$132 **120616B** Sat., Sep. 19, 12:30–1:15pm

Lacev Woods Park Ages 10-12 8 Sessions \$132

120616C Sun., Sep. 20, 12-12:45pm

YOUTH/TEEN/ADULT

New! Pickleball 1

Pickleball is a fun, mini-tennis-like game that is fast growing in popularity! This introduction to the game teaches the fundamental strokes: dinks, volleys, forehands, backhands, overheads and the serve. Players learn rules and score-keeping. Pickleball paddles and balls are provided. Inst.: First Serve Tennis.

Walter Reed Center

Ages 7-10 7 Sessions \$143 **140614A** Mon., Sep. 14, 4:30–5:20pm **140614B** Wed., Sep. 16, 4:30–5:20pm **140614C** Thurs., Sep. 17, 4:30–5:20pm Ages 10–14 **140614D** Mon., Sep. 14, 5:30–6:20pm **140614E** Wed., Sep. 16, 5:30–6:20pm **140614F** Thurs., Sep. 17, 5:30–6:20pm Ages 15-Adult 7 Sessions \$143 **140614G** Mon., Sep. 14, 6:30–7:30pm **140614H** Mon., Sep. 14, 7:40–8:40pm

1406141 Tues., Sep. 15, 9:45-10:45am **140614J** Tues., Sep. 15, 11am-12pm **140614K** Wed., Sep. 16, 9:45–10:45am **140614L** Wed., Sep. 16, 11am-12pm **140614M** Wed., Sep. 16, 6:30–7:30pm **140614N** Wed., Sep. 16, 7:40–8:40pm

1406140 Thurs., Sep. 17, 9:45–10:45am **140614P** Thurs., Sep. 17, 11am-12pm **140614Q** Thurs., Sep. 17, 6:30–7:30pm 140614R Thurs., Sep. 17, 7:40-8:40pm

TENNIS

YOUTH & TEEN

Tennis 1 & 2

Through fun, skill-building games beginners and advanced beginners learn and develop fundamental tennis strokes. Students are encouraged to repeat this class until they feel confident with all the fundamental strokes. Ratio 6:1. Inst.: First Serve Tennis.

Barcroft Park

Ages 6-8 11 Sessions \$225 **120602A** Tues., Sep. 15, 4:30–5:20pm 120602B Wed., Sep. 16, 4:30-5:20pm Ages 7-10 11 Sessions \$225

120602C Tues., Sep. 15, 6:30–7:20pm 120602D Wed., Sep. 16, 5:30-6:20pm

Ages 10-14 11 Sessions \$225 **120602E** Tues., Sep. 15, 5:30–6:20pm

120602F Wed., Sep. 16, 6:30-7:20pm

Glebe Park

Ages 6–8 11 Sessions \$225 **120602G** Mon., Sep. 14, 4:30–5:20pm 120602H Mon., Sep. 14, 4:30-5:20pm 1206021 Tues., Sep. 15, 4:30-5:20pm

120602J Tues., Sep. 15, 5:30-6:20pm Ages 7-10 11 Sessions \$225 **120602K** Mon., Sep. 14, 5:30–6:20pm

120602L Mon., Sep. 14, 5:30–6:20pm 120602M Mon., Sep. 14, 6:30-7:20pm **120602N** Tues., Sep. 15, 4:30–5:20pm 1206020 Tues., Sep. 15, 5:30-6:20pm **120602P** Tues., Sep. 15, 6:30–7:20pm

Ages 10-14 11 Sessions \$225 120602Q Mon., Sep. 14, 6:30-7:20pm **120602R** Tues., Sep. 15, 6:30–7:20pm

Greenbrier Park

Ages 6-8 11 Sessions \$225 1206025 Sun., Sep. 20, 12:40–1:30pm 120602T Sun., Sep. 20, 11:40am-12:30pm Ages 7-10 11 Sessions \$225 120602U Sun., Sep. 20, 11:40am-12:30pm

120602V Sun., Sep. 20, 12:40-1:30pm Ages 10–14 11 Sessions \$225

120602W Sun., Sep. 20, 1:40–2:30pm **Hayes Park** 11 Sessions \$225 Ages 6-8

120602X Mon., Sep. 14, 4:30-5:20pm **120602Y** Wed., Sep. 16, 4:30–5:20pm Ages 7-10 11 Sessions \$225

120602Z Mon., Sep. 14, 5:30–6:20pm **120602AA** Wed., Sep. 16, 5:30–6:20pm Ages 10–14

11 Sessions \$225 **120602BB** Mon., Sep. 14, 6:30–7:20pm 120602CC Wed., Sep. 16, 6:30-7:20pm

Lyon Village Park

Ages 6–8 11 Sessions \$225 **120602DD** Thurs., Sep. 17, 4:30–5:20pm **120602EE** Thurs., Sep. 17, 6:30–7:20pm

Ages 7-10 11 Sessions \$225 120602FF Thurs., Sep. 17, 5:30-6:20pm

Quincy Park

Ages 6-8 11 Sessions \$225 **120602GG** Thurs., Sep. 17, 9:45–10:35am Ages 7-10 11 Sessions \$225

120602HH Thurs., Sep. 17, 10:45–11:35am Ages 10-14 11 Sessions \$225 **120602II** Thurs., Sep. 17, 11:45am-12:35pm **Stratford Park** Ages 6-8 11 Sessions \$225 120602JJ Wed., Sep. 16, 4:30-5:20pm 120602KK Wed., Sep. 16, 5:30-6:20pm Ages 7-10 11 Sessions \$225 120602LL Wed., Sep. 16, 6:30-7:20pm **Tuckahoe Park** Ages 6-8 11 Sessions \$225 120602MM_ Mon., Sep. 14, 9:45-10:35am Ages 7-10 11 Sessions \$225 **120602NN** Mon., Sep. 14, 10:45–11:35am Ages 10-14 11 Sessions \$225 12060200 Mon., Sep. 14, 11:45am-12:35pm Va. Highlands Park Ages 6-8 11 Sessions \$225 120602PP Thurs., Sep. 17, 4:30-5:20pm 11 Sessions \$225 Ages 7-10 120602QQ Thurs., Sep. 17, 5:30-6:20pm 120602RR Thurs., Sep. 17, 6:30-7:20pm **Walter Reed Center** Ages 6–8 11 Sessions \$225

Tennis 3: Transition to Match Play

120602SS Thurs., Sep. 17, 4:30–5:20pm

120602TT Thurs., Sep. 17, 5:30-6:20pm

120602UU Thurs., Sep. 17, 6:30-7:20pm

Ages 7-10

Ages 10-14

Supervised MATCH PLAY ONLY class that extends our Level 3 program so players can stay and play! Coaches set up low-pressure competitive singles and/or doubles situations. Available only to players enrolled in Level 3 or by contacting stephan.firstservetennis@ gmail.com. Ratio 6:1. Inst.: First Serve Tennis. **Greenbrier Park**

Ages 8–10	11 Sessions	\$281
120603A Sun., Sep. 20, 10:20–11:30am		
120603B Sun., Sep. 20, 9–10:10am		
Ages 10–14	11 Sessions	\$281
120603C Sun., Sep. 20, 9–10:10am		
120603D Sun., Sep. 20, 10:20-11:30am		

TEEN

Tennis 4: JV Tennis

Prior Level 3 or coach's recommendation required! Coaches prep players for high school competition through drills, tactics, and match play situations. Ideal for players building skills to try out for their high school team. Ratio 6:1. Inst.: First Serve Tennis.

Greenbrier Park

Ages 13-16 11 Sessions \$281 **130601A** Sun., Sep. 20, 1:40-2:50pm

TEEN & ADULT

Tennis 1

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, overhead and serve. Students start to build consistency in the ground strokes and develop an initial ability to rally. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio is 4:1. Inst.: First Serve Tennis.

Barcroft Park Ages Adults

11 Sessions \$310 **140601A** Tues., Sep. 15, 7:30–8:40pm **140601B** Wed., Sep. 16, 7:30–8:40pm **Glebe Park** Ages Adults 11 Sessions \$310



11 Sessions \$310

11 Sessions \$310

140601D Mon., Sep. 14, 7:30–8:40pm **140601E** Wed., Sep. 16, 7:30–8:40pm **Langston-Brown Center Ages Adults** 11 Sessions \$310 140601F₂ Tues., Sep. 15, 9:45-10:55am **Marcey Road Park Ages Adults** 11 Sessions \$310 140601G Thurs., Sep. 17, 11:05am-12:15pm **Maury Park** Ages Adults 11 Sessions \$310 **140601H** Sat., Sep. 19, 12:50–2pm **Ouincy Park Ages Adults** 11 Sessions \$310 1406011 Wed., Sep. 16, 11:05am-12:15pm Va. Highlands Park **Ages Adults** 11 Sessions \$310 **140601J** Thurs., Sep. 17, 8:50–10pm **Walter Reed Center** Ages Adults 11 Sessions \$310

Tennis 2

140601K Thurs., Sep. 17, 7:30-8:40pm

Players with limited on-court experience will strengthen stroke fundamentals and develop the movement, positioning and skills necessary for initial singles and doubles match play. For players who have completed Tennis I or have similar experience. Ratio is 4:1. Inst.: First Serve Tennis.

Barcroft Park Ages Adults

Hayes Park

Ages Adults

11 Sessions \$225

11 Sessions \$225

Ages Addies	TT 363310113	4310
140602A Tues., Sep. 15, 8:50–10pm		
140602B Wed., Sep. 16, 8:50–10pm		
Glebe Park		
Ages Adults	11 Sessions	\$310
140602C Tues., Sep. 15, 7:30–8:40pm		
Hayes Park		
Ages Adults	11 Sessions	\$310
140602D Mon., Sep. 14, 8:50–10pm		
140602E Wed., Sep. 16, 8:50–10pm		
Langston-Brown Center		
Ages Adults	11 Sessions	\$310
140602F Tues., Sep. 15, 11:05am-12:15	pm	
Maury Park		
Ages Adults	11 Sessions	\$310
140602G Sat., Sep. 19, 11:30am-12:40p	om	
Va. Highlands Park		
Ages Adults	11 Sessions	\$310
140602H Thurs., Sep. 17, 7:30–8:40pm		
Walter Reed Center		
Ages Adults	11 Sessions	\$310



1406021 Thurs., Sep. 17, 8:50-10pm

Tennis 3

For players who can rally at a slow pace, this program refines stroke production and introduces tactics & techniques needed for competitive matchplay. Intended for players who have completed Tennis II or have similar experience. Ratio is 4:1. Inst.: First Serve Tennis. **Glebe Park**

Ages Adults 11 Sessions \$310 140604A Mon., Sep. 14, 8:50-10pm 140604B Mon., Sep. 14, 8:50–10pm **140604C** Tues., Sep. 15, 7:30–8:40pm **Lyon Village Park Ages Adults** 11 Sessions \$310

140604D Thurs., Sep. 17, 8:50-10pm **Marcey Road Park** Ages Adults 11 Sessions \$310

140604E Tues., Sep. 15, 11:05am-12:15pm 140604F Thurs., Sep. 17, 9:45-10:55am **Maury Park**

Ages Adults 11 Sessions \$310 **140604G** Sat., Sep. 19, 10:10–11:20am **Ouincy Park**

Ages Adults 11 Sessions \$310 **140604H** Wed., Sep. 16, 9:45–10:55am **Stratford Park**

Ages Adults 11 Sessions \$310 **140604I** Wed., Sep. 16, 8:50–10pm

Tennis 4

This program is for intermediate and advanced players. It focuses on increasing stroke dependability, improving directional control, depth and variety, and aggressive net play. NTRP 3.5-4.0 Ratio 4:1. Inst.: First Serve Tennis.

Glebe Park Ages Adults 11 Sessions \$310 140605A Mon., Sep. 14, 7:30-8:40pm 140605B_Mon., Sep. 14, 7:30-8:40pm **140605C** Tues., Sep. 15, 8:50–10pm

Lyon Village Park Ages Adults 11 Sessions \$310 140605D Thurs., Sep. 17, 7:30-8:40pm **Marcey Road Park**

Ages Adults 11 Sessions \$310 **140605E** Tues., Sep. 15, 9:45–10:55am **Maury Park**

Ages Adults 11 Sessions \$310 140605F Sat., Sep. 19, 8:50-10am **Stratford Park**

Ages Adults 11 Sessions \$310

140605G _Wed., Sep. 16, 7:30-8:40pm

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 First Serve Tennis at lessons@tenniseveryone.net to reserve for your group. Please note, that fee reductions are not available for private or semi-private lessons. Inst.: First Serve Tennis.

Quincy Park Ages 7-Adult 5 Sessions \$375 140612A Thurs., Sep. 17, 12:45-1:40pm 140612B Thurs., Oct. 22, 12:45-1:40pm Tuckahoe Park

Ages 7-Adult 5 Sessions \$375 **140612C** Mon., Sep. 14, 12:45–1:40pm

140612D Mon., Oct. 26, 12:45-1:40pm



Resident Online Registration Begins August 12

All class registrations open at 8am





Giving You The Strength For **Motherhood**







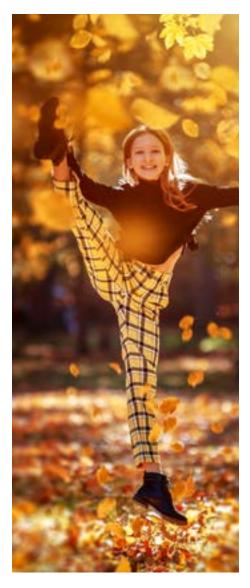


Find a class location nearest you



Arlington-Alexandria

jlungren@fit4mom.com • 571-312-0190 arlington-alexandria.fit4mom.com



DANCE

ADULT/TOT

Pre-Ballet & Movement 1

Do you have an aspiring ballet dancer? This class introduces basic ballet positions and explores creative movement with playful music and props. Class can be repeated; new material is added each session. Adult participation required. Inst.: Go Bananas Dancing.

7 Sessions \$133

Barcroft Park Tennis Courts Ages 3–5

110210A Mon., Sep. 14, 9:45–10:25am
110210B Fri., Sep. 18, 9:45–10:25am
Fairlington Center Back Terrace
Ages 3–5 7 Sessions \$133
110210C Thurs., Sep. 17, 5–5:40pm
110210D Sat., Sep. 19, 10:20–11am
110210E Sat., Sep. 19, 12:30–1:10pm
110210F Sat., Sep. 19, 4:20–5pm

Pre-Ballet & Movement 2

This class is for children who have taken Pre-Ballet and Movement 1 or have comparable experience. Students will enrich their knowledge of ballet while having fun! Adult participation required. Inst.: Go Bananas Dancing.

Barcroft Park Tennis Courts

Ages 3½-5 7 Sessions \$133 110211A Sun., Sep. 20, 10–10:40am

TOT & YOUTH

Tap n' Ballet

Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of this class will be devoted to Tap dancing and the second half will be Pre-Ballet, all focusing on building the children's grace and musicality. Tap or noisy shoes and leather Ballet shoes recommended. Adults required to stay on the premises during class at all times. Inst.: Go Bananas Dancing.

Fairlington Center Back Terrace

 Ages 4-6
 7 Sessions
 \$133

 110213A
 Tues., Sep. 15, 5:45-6:30pm

 Barcroft Park Tennis Courts

Ages 4–6 7 Sessions \$133 110213B Sun., Sep. 20, 11–11:45am

All That Jazz & Ballet

This high-energy class is perfect for your little dancer! Children will learn a combination of ballet, jazz and creative movement, focusing on coordination, motor skills and basic techniques. Ballet shoes are recommended, but not required. Adults required to stay on the premises during class at all times.Inst.: Go Bananas Dancing.

Fairlington Center Back Terrace

Ages 4½-6 7 Sessions \$133 110205A Tues., Sep. 15, 4:45–5:30pm **Barcroft Park Tennis Courts**

Ages 4½-6 7 Sessions \$133 110205B Sun., Sep. 20, 3:30–4:15pm

YOUTH

Ballet 1

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 ballet shoes required. Adults required to stay on the premises during class at all times. Inst.: Go Bananas Dancing.

Fairlington Center Back Terrace

120222B Sun., Sep. 20, 12-12:45pm

Ages 5–7 7 Sessions \$133 120222A Fri., Sep. 18, , 4:45–5:30pm

Barcroft Park Tennis Courts
Ages 5-7 7 Sessions \$133

Modern Dance

Inspired by the movements of the wind, water, and earth, this class introduces young dancers to the dance technique of Isadora Duncan, the Mother of Modern Dance. Students study the natural movements of the human body, such as skipping, waltzing, and leaping, through imaginative play and ancient mythologies. Adults required to stay on the premises during class at all times. Inst.: Go Bananas Dancing.

Fairlington Center Back Terrace

Ages 6-9 7 Sessions \$133 120223A Sat., Sep. 19, 1:30–2:15pm

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. Inst.: Go Bananas Dancing.

Fairlington Center Back Terrace

 Ages 6-9
 7 Sessions
 \$133

 120200A
 Thurs., Sep. 17, 6-6:45pm

 Barcroft Park Tennis Courts

 Ages 6-9
 7 Sessions
 \$133

 120200B
 Sun., Sep. 20, 4:30-5:15pm

MOVEMENT

TOT & ADULT

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. In our socially distanced outdoor version, families will gather at Lubber Run Amphitheatre for interative music making-singing, chanting, small movement and simple dancing led by early childhood music specialist and licensed Music Together center director and Instructor Ashley Scott. Bring your own instrument to shake, tap or jingle for a large group jam session! A nonrefundable \$40 supply fee is included in the cost of the class. Adult participation required. Inst.: Scott. **Lubber Run Amphitheater**

Ages Birth-5 7 Sessions \$177 110208A Tues., Sep. 15, 4:30–5:30pm **110208B** Thurs., Sep. 17, 4:30–5:30pm

Ages Birth-5 6 Sessions \$157 110208C Sat., Sep. 19, 4:30–5:30pm



HISTORY

YOUTH

CIVIL WAR DISCOVERIES

Infantry Drills

We'll drill like Union soldiers by practicing our marches and turns, as well as how to "load in nine times" with replica wood rifles. **FREE.**

Fort C.F. Smith Ages 7 to 11

Saturday, Oct. 3, 11am-Noon Activity Code #612720-A

Artillery Drills

Work as a team practicing the steps to load and aim a replica Civil War cannon. We'll talk about types of artillery and put our skills to the test. **FREE.**

Fort C.F. Smith Ages 7 to 11. Saturday, Oct. 3, 1–2pm Activity Code #612720-B

Skirmish Drills

Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. **FREE. Fort C.F. Smith**

Ages 7 to 11 Saturday, Nov. 7, 11am-Noon Activity Code #612720-C

Build a Fort

We'll investigate how and why forts were built in Arlington during the Civil War. Then we'll work as a team to design forts to defend the city. **FREE.**Fort C.F. Smith

Ages 7 to 11 Saturday, Nov. 7, 1–2pm Activity Code #612720-D

NATURE

ALL AGES

CAMPFIRE EVENINGS - FREE!

What do you remember about campfires? A crackling evening campfire with friends and family. Perhaps a ghost story. Definitely S'mores! Come join us at one of our evening campfires. Each campfire has a different theme—an animal, season, etc.—but they all have a great time and S'mores! Check out all the options @parks.arlingtonva. us/campfires/

Monarch Butterfly

Gulf Branch Nature Center Saturday, Sept. 5, 7–8pm Activity Code #612850-A

Journey of the Eels

Gulf Branch Nature Center Saturday, Sept. 12, 7–8pm Activity Code #612850-B

Furry Campfire

Long Branch Nature Center Friday, Sept. 11, 7–8pm Activity Code #612950-A

Flying Squirrel

Long Branch Nature Center Saturday, Sept. 26, 6:30–7:30pm Activity Code #612950-B

Fear Factor

Long Branch Nature Center Saturday, Oct. 3, 7–8pm Activity Code #612950-C

Halloween Animals

Long Branch Nature Center Friday, Oct. 9, 6–7pm Activity Code #612950-D

Creepy Crawly

Gulf Branch Nature Center Friday, Oct. 23, 6:30–7:30pm Activity Code #612850-C

Full Moon

Gulf Branch Nature Center Friday, Oct. 30, 6:30–7:30pm Activity Code #612850-D

Civil War History

Fort C.F. Smith Saturday, Nov. 7, 5–6pm Activity Code #612750-H

Blacksmithing

Gulf Branch Nature Center Friday, Nov. 13, 6-7pm Activity Code #612850-E

First Thanksgiving

Long Branch Nature Center Saturday, Nov. 14, 5–6pm Activity Code #612950-E

Preparing for Winter

Gulf Branch Nature Center Saturday, Nov. 21, 4-5pm Activity Code #612850-F





ADULT/TOT

TINY TOT NATURE FUN

Ages 18 to 35 months with adult. Tiny Tot 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, finger plays and mini-hikes. Caretakers must stay with their child during the program. FREE.

Tiny Tot @ Gulf Branch

September

Tuesday, Sept. 8, 10-10:30am Activity Code #612810-M

Friday, Sept. 11, 10-10:30am Activity Code #612810-N

Friday, Sept. 18, 10-10:30am Activity Code #612810-0

October

Saturday, Oct. 3, 10-10:30am Activity Code #612810-P

Wednesday, Oct. 7, 10-10:30am Activity Code #612810-Q

Thursday, Oct. 15, 10-10:30am

Activity Code #612810-R

November

Wednesday, Nov. 4, 10-10:30am Activity Code #612810-S

Saturday, Nov. 7, 10-10:30am Activity Code #612810-T

Sunday, Nov. 22, 10-10:30am

Activity Code #612810-U

Tiny Tot @ Long Branch

September

Saturday, Sept. 5, 10-10:30am

Activity Code #612910-M

Thursday, Sept. 17, 4-4:30pm Activity Code #612910-N

Saturday, Sept. 26, 10-10:30am

Activity Code #612910-0

Tuesday, Oct. 13, 4-4:30pm Activity Code #612910-P

Saturday, Oct. 17, 10-10:30am Activity Code #612910-Q

Wednesday, Oct. 21. 4-4:30pm

Activity Code #612910-R

November

Friday, Nov. 13, 10-10:30am Activity Code #612910-S

Thursday, Nov. 19, 4-4:30pm

Activity Code #612910-T

Saturday, Nov. 21, 10-10:30am Activity Code #612910-U



ADULT/PRE-K

PRESCHOOL NATURE EXPLORERS

Preschoolers ages 3 to 5 can actively explore their natural world with programs that build the foundation for a lifetime of wonder, appreciation and discovery. Hands-on interactive learning, mini hikes and nature play provide a fun and engaging experience for your children. Caregivers must stay with their child. FREE.

Preschool @ Gulf Branch Camouflage

Tuesday, Sept. 8, 4–4:30pm Activity Code #612810-A

Wednesday, Sept. 9, 10-10:30am

Activity Code #612810-B

Friday, Sept. 11, 4-4:30pm Activity Code #612810-C

Saturday, Sept. 19, 10-10:30am Activity Code #612810-D

Invertebrates

Thursday, Oct. 1, 4-4:30pm Activity Code #612810-E

Friday, Oct.2, 4-4:30pm Activity Code #612810-F

Wednesday, Oct. 7, 4-4:30pm Activity Code #612810-G

Wednesday, Oct. 14, 10-10:30am

Activity Code #612810-H **Animal Beaks**

Wednesday, Nov. 4, 4-4:30pm Activity Code #612810-I

Thursday, Nov. 5, 4-4:30pm

Activity Code #612810-J

Saturday, Nov. 7, 1-1:30pm Activity Code #612810-K

Thursday, Nov. 12, 4-4:30pm Activity Code#612810-L

Preschool @ Long Branch

Monarch Butterflies

Thursday, Sep. 3, 1–1:30pm Activity Code #612910-A

Wednesday, Sep. 16, 1-1:30pm Activity Code #612910-B

Wednesday, Sep. 23, 1–1:30pm

Activity Code #612910-C

Thursday, Sep. 24, 4-4:30pm Activity Code #612910-D

Wednesday, Oct. 14, 4-4:30pm Activity Code #612910-E

Saturday, Oct. 17, 1-1:30pm Activity Code #612910-F

Saturday, Oct. 24, 11:30am-noon

Activity Code #612910-G

Thursday, Oct. 29, 1-1:30pm Activity Code#612910-H

Beavers

Wednesday, Nov. 11, 4-4:30pm Activity Code #612910-I

Saturday, Nov. 14, 11:30am-noon

Activity Code #612910-J Thursday, Nov. 19, 1-1:30pm

Activity Code #612910-K

Saturday, Nov. 21, 11:30am-noon

Activity Code #612910-L

KIDS

Down in the Pond

What lurks beneath the waters of the ponds at Long Branch? Tadpoles, water boatmen, backswimmers and water scorpions are just a few of the critters we might encounter as we go dipnetting in our ponds. FREE.

Long Branch Nature Center

Saturday, Sept. 12, 2-3pm

Activity Code #612920-A

Dino Bone Sculpting

Paleontologists used art and science to theorize how dinosaurs may have looked by sculpting clay around fossils. We'll use the same process of sculpting clay on pictures of dinosaur skulls and skeletons to bring them back to life in art! FREE.

Long Branch Nature Center

Saturday, Sept.26, 2–3pm Activity Code #612920-B

Fall Flower Power

Let's explore what's blooming when fall is just around the corner! We'll learn about important fall flowers and the insects and animals that depend on them with games, crafts, and a short hike! FREE. **Gulf Branch Center Nature Center**

Wednesday, Sept. 30, 3:30-4:30pm

Activity Code #612820-E

Centipedes, Millipedes & Woodlouses, Oh My!

Centipedes, millipedes and woodlouses all have many more legs than insects. Find out how they are similar and different to each other and meet them up close. Search the woods for these fascinating creatures. FREE.

Gulf Branch Center Nature Center Saturday, Oct. 31, 10:30-11:30am Activity Code #612820-H



Life Under a Log

Who lives under a log, and what important jobs do they have? We'll hike in the woods to search for beetles, worms, arthropods, and more! FREE. **Gulf Branch Center Nature Center**

Saturday, Nov. 14, 10-11am Activity Code #612820-I

Going Nuts!

Let's explore what Arlington's animals are doing to prepare for winter. Gathering nuts and seeds? Moving to warmer places? We'll hike, play games, then make a craft to take home. FREE.

Gulf Branch Center Nature Center Wednesday, Nov. 18, 3:30-4:30pm Activity Code #612820-J



FAMILY FUN

Fall Colors Walk

Explore the colors of fall during an easy walk on the trails around the nature center. Along the way, we'll make leaf rubbings and learn where those colors come from. FREE.

Long Branch Nature Center Sunday, Nov. 15, 2-3pm Activity Code #612950-W

Explore Our WORLD OF WONDERS SERIES!

World of Wonders: Wetlands

See and learn how wetlands are one of the most important ecosystems to the health of our planet and local environments, and how wetlands act as natural filters. Then, we'll visit our wetlands. FREE.

Long Branch Nature Center Fri., Sept. 25, 11 am-noon Activity Code. #612950-L

World of Wonders: Wildlife

Have you ever been curious about what type of animals could be in your backyard? Meet our animals ranging from reptiles and amphibians to invertebrates and birds and find out how these animals live and survive in their habitats. FREE. **Long Branch Nature Center**

Saturday, Oct. 10, 11 am-noon Activity Code #612950-M

World of Wonders: Reptiles & Amphibians

We'll examine how similar and different cold-blooded animals are to each other and how they have been able to remain unchanged for millions of years. FREE.

Long Branch Nature Center Saturday, Nov. 7, 11 am-noon Activity Code #612950-N

ADULTS

Brewery Hike: Four Mile Run

Adults, join Fort C.F. Smith Park staff for a history walk along Four Mile Run to one of Arlington's local breweries. We'll discuss local stories of the area from colonial times to the Civil Rights Movement, and end at the New District Brewing Company.

Meet outside the Shirlington Branch Library Saturday, Oct. 24, 4-5pm Activity Code #612740-A



DEEP DIVES

Join us online in our virtual classroom for Deep Dives. Registered participants will be emailed the meeting link one day before the program.

Deep Dive: Monarch Butterflies

Explore the life cycle and annual migration of this fascinating insect and what you can do at home to support them. (Hint: it's about more than just milkweed!) FREE.

Thursday, Sept. 10, 7-8pm Activity Code #612840-A

Deep Dive: Wildlife Disguises

Costumes are a big part of Halloween, and disguises can be a vital survival strategy in nature. Find out how and why wildlife fool predators, pollinators and even potential mates. FREE.

Tuesday, Oct. 20, 8-9pm Activity Code #612840-B

Deep Dive: Acorn Diet

The acorns of the White Oak are a significant food source for many different species. Discover how animals take advantage of acorns as a food and the strategies oaks have to overcome this grazing pressure for reproduction and dispersal. FREE.

Thurs., Nov. 12, 8-9pm Activity Code #612840-C

Classic Deep Dive: Built by Beavers

Classic Deep Dives give you a second chance to see a past topic you may have missed, updated for a second presentation. You may know that beavers are dam-builders, but did you also know they were nation-builders? The natural history of beavers is an important pillar in the history of both Canada and the United States. FREE.

Tuesday, Nov. 17, 8-9pm Activity Code #612840-D



Native Plant Sale

@ Native Plant Nursery

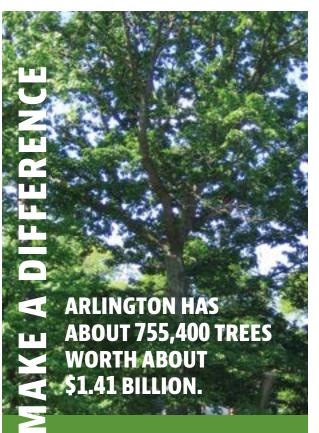
Near Barcroft Park

Want to improve your yard for local birds and butterflies? Then it's time to Grow Native! Fall is the perfect time for planting. We are offering a great selection of plants and shrubs that are accustomed to local climate and wildlife. We have natives for sun to shade, even deer resistant plants. This sale is pre-order only, so order your favorites plants so you don't miss out!

Order at parks.arlingtonva.us
Orders must be placed by September 24.
Pick-up day is Saturday, October 3.

Benefits of Parks Healthy parks equal healthy people. If you want to stay heart healthy, then communing with nature at your local park is a good first step. People living near parks have greater opportunities to be physically active by running, walking or participating in other heart happy activities. In fact, studies show that adopting an active lifestyle reduces stress and obesity, and may even lower the risks of heart disease and diabetes—making the case for the great outdoors being a gateway to better health. Exposing young people to the joys of outdoor activities in open spaces such as parks helps lower stress, improves physical and emotional health, reduces hyperactivity, and builds stronger immune systems. It also can help mold future generations into individuals who are concerned about the environment, and therefore are committed to





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!

revitalizing and enhancing the urban park system.



Together We Can Stop the Spread of Covid-19

Juntos podemos detener la propagación de COVID-19

CORONAVIRUS COVID-19

arlingtonva.us/coronavirus

Please do not enter if you have a fever, symptoms of COVID-19 or have been exposed to a known COVID-19 case in the past 14 days.

No ingrese si tiene fiebre, síntomas de COVID-19 o ha estado expuesto a un caso conocido de COVID-19 en los últimos 14 días.



Wear a mask or face covering
Use una máscara o una cubierta facial



Wash your hands often Lávese las manos con frecuencia



Stay 6 feet from others Manténgase a 6 pies de otros



Stay home if sick Quédese en casa si está enfermo



Arlington County cannot disinfect all surfaces and furnishings to completely stop the spread of COVID-19. El Condado de Arlington no puede desinfectar todas las superficies y muebles para detener por completola propagación de COVID-19.



HTTP://REGISTRATION.ARLINGTONVA.US CLASSES BEGIN SEPTEMBER 14, 2020

RESIDENT ONLINE REGISTRATION BEGINS AUGUST 12, 2020

La inscripción en línea comienza el 12 de agosto para los residentes de Arlington. Todas las inscripciones de clase abren a las 8 am.



ALL CLASSES

All class registrations open at 8am

Explored III at a series of the series of th

Check out our fall Nature and History programs!

See page 6 for details

DO YOU SPEAK ANOTHER LANGUAGE?

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

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

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

BENGALI: আপন যিদ বিাংলা কথা বলনে, বনিামূল্যভোষা সহায়তা পরষিবো আপনার জন্য উপলব্ধ। 703.228.4747 কল করুন বা parks.arlingtonva.us দখেন

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إذا كنت تتحدث اللغة العربية ، فستتوفر لك خدمات المساعدة اللغوية 703.228.4747 أو قم بزيارة

FEE REDUCTION

Don't let fees be a barrier.

Arlington County residents may request a fee reduction! Apply for a fee reduction PRIOR to registration, since discounts are not retroactive. Fee reductions are available on a sliding scale based on household income and size. For more information, visit parks.arlingtonva.us, search Fee Reduction.

Find out if you qualify:

Call:

703.228.4747 option 1, Monday-Friday, 8am-5pm

Come by:

Thursday, August 13, 2020* 8am–5pm Main Registration Office 3700 S. Four Mile Run Dr.

*Safety Protocols will be in place.
Please wear a face covering and limit
the number of representatives from
a household.

Arlington's goal is for all its residents to benefit from our programs. There are resources available so that neither age, income, nor ability is a barrier to participation. For info call 703.228.4747.