HTTP://REGISTRATION.ARLINGTONVA.US
CLASSES BEGIN JANUARY 13, 2020
RESIDENT ONLINE REGISTRATION BEGINS DECEMBER 4, 2019.
Gymnastics registration opens at 7am. All other classes open at 7:30am.
La inscripción en línea comienza el 4 de diciembre para los residentes de Arlington. Las clases de gimnasia abren a las 7am. Todas las demás clases abren a las 7:30am.

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: хорьгүй та монгол хэлээр ирээдэг бол хяналт туслах гзавцын үйлчилгээ нь талбаргууд гүйцөх боломжтай.
703.228.4747 талбарын буюу parks.arlingtonva.us талбарын уу.
BENGALI: এখানে তুমি মুক্তা হয়ে উঠবেন, যদি শিক্ষার্থীদের প্রতি সহায়তা করতে চান। তাহলে 703.228.4747 সন করা যে পার্কস আরলিংটন মার্কিন যুক্তরাষ্ট্রের আরলিংটন শহরে প্রাথমিক তলে সূচনা করতে পারে।
ARABIC: parks.arlingtonva.us إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية مجانًا. اتصل بالرقم 703.228.4747 أو تفضل زائرًا.
Where is it? ¿Dónde está?

We welcome folks from all around the DC Metropolitan area to our recreation programs. Non-residents of Arlington pay an additional fee of $20 per class.

Art Facilities / Instalaciones para Artes
1 Arlington Arts Center 3550 Wilson Blvd. 22201 703.228.6650
2 Fairlington Arts Studio 3300 S. Stafford St. 22206 703.228.6492
3 Gunston Arts Center 2700 S. Lang St. 22206 703.228.1850
4 Lee Arts Center 5322 Lee Highway 22207 703.228.0560
5 Lubber Run Amphitheatre N. 2nd & N. Columbus St. 22203 703.228.3850
6 Rosslyn Spectrum Theatre 1611 N. Kent St. 22209 703.228.3850
7 Theatre on the Run 3700 S. Four Mile Run Dr. 22206 703.228.1850
8 Thomas Jefferson Community Theatre 152 S. Old Globe Rd. 22204 703.228.1850
9 Thomas Jefferson Arts Studio 350 S. 2nd St. 22204 703.228.5325

Community Centers & Senior Centers / Centros Comunitarios & Centros Senior
10 Arlington Mill Community Center 909 S. Dinwiddie St. 22204 703.228.7733
11 Aurora Hills Community Center & Senior Center 1411 S. Quinn St. 22202 703.228.5722
12 Barcroft Sports and Fitness Center 4200 S. Four Mile Run Dr. 22206 703.228.0701
13 Carver Community Center 1401 S. Queens St. 22204 703.228.5706
14 Charles Drew Community Center 3500 S. 32nd St. 22206 703.228.5725
15 Colupper Garden Senior Center 4417 N. Parkington Dr. 22202 703.228.4430
17 Fairlington Community Center 3300 S. Stafford St. 22204 703.228.6588

Schools / Escuelas
61 Abingdon Elementary 3015 S. Abingdon St. 22206 703.228.6590
64 Ashlawn School 5590 N. 8th Rd. 22205 703.228.5570
65 Arlington Science Focus School 1919 N. Lincolns Dr. 22201 703.228.7630
66 Arlington Traditional School 655 N. Edison Dr. 22204 703.228.6740
67 Barcroft School 625 S. Wakefield St. 22204 703.228.3500
68 Barrett Elementary School 4401 N. Henderson Rd. 22201 703.228.6280
69 Bishop O’Connell School 6000 Little Falls Rd. 22203 703.227.3400
70 Campbell Elementary School 737 S. Carlin Springs Rd. 22204 703.228.6700
71 Carlin Springs School 5995 S. 5th Rd. 22204 703.228.6645
72 Claremont Immersion Elementary School 4790 S. Chesterfield Rd. 22206 703.228.3500
73 Discovery Elementary School 5241 36th St. N. 22205 703.228.2085
74 Drew Edmel Elementary School 3595 South 23rd St. 22206 703.228.0315
75 Gunston Elementary School 1710 N. Glebe Rd. 22202 703.228.1650
76 Kennmore Elementary School 2200 S. Carlin Springs Rd. 22204 703.228.6000
77 Key School 2100 Key Blvd. 22201 703.228.4210
78 Long Branch School 12 N. Fillmore St. 22201 703.228.4220
79 McKinley Elementary School 1010 N. McKinley Rd. 22205 703.228.1025
80 Oakridge Elementary School 1414 S. 24th St. 22205 703.228.5840
81 Patrick Henry Elementary School 1001 S. Quincy St. 22204 703.228.1920
82 Randolph Elementary School 1306 S. Quincy St. 22204 703.228.3500
83 Swanson Middle School 5800 N. Wash. Blvd. 22204 703.228.3500
84 Stratford School 4300 N. Vacation Lane 22207 703.228.3630
85 Taylor Elementary School 2200 N. Stuart St. 22204 703.228.6275
86 Thomas Jefferson School 125 S. Old Globe Rd. 22202 703.228.5010
87 Tuckahoe Elementary School 6550 N. 26th St. 22201 703.228.5255
89 Wakefield High School 4901 S. Chesterfield Rd. 22206 703.228.1670
90 Washington-Liberty High School 1800 N. Stafford St. 22201 703.228.2300
92 Williamsburg Middle School 3600 N. Harrison St. 22202 703.228.5450
93 Yorktown High School 5301 N. 38th St. 22209 703.228.5400
97 Main Registration Office 3900 Four Mile Run Dr. 22206 703.228.4374

Libraries & Center / BibliotecaCentr
98 Arlington Career Center 818 S. Walter Reed Dr. 22204
99 Aurora Hills Branch Library 730 S. 10th Street 22202
100 Central Library 100 N. Quincy St. 22202
101 Cherrydale Branch Library 2190 N. Military Rd. 22206
102 Columbia Pike Branch Library 816 S. Walter Reed Dr. 22204
103 Glencarlyn Branch Library 300 S. Kem仅 St. 22204
104 Plaza Branch Library 2900 Clarendon Blvd. 22201 1st Floor Lobby
105 Shirlington Branch Library 4320 Campbell Ave. 22204
106 Westbrook Branch Library 164 N. McKinley Rd. Suite 3 22205
107 The Connection Crystal City 2300 Crystal Dr. 22222

WE AIM TO PLEASE! Our vision for Arlington is a happy and healthy place to live, learn, work, and play. To make this reality our mission is to promote wellness and vitality through dynamic programs and attractive public spaces. Arlington County’s Department of Parks and Recreation is one of the 136 Agencies in the U.S. to have received national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CPRa) by meeting 144 standards.

2 ENJOY ARLINGTON 2020 - ONLINE REGISTRATION BEGINS DECEMBER 4TH AT 7AM FOR GYMNASTICS CLASSES 7AM ALL OTHER CLASSES

DEPARTMENT OF PARKS AND RECREATION

ARLINGTON VIRGINIA
Hello Arlington!

It’s hard to believe that in a few short weeks, we’ll be celebrating the New Year. With each new year, many of us make lifestyle or wellness resolutions. If you’re looking to make a change to your fitness routine, tap into your inner artist or discover the natural world in Arlington, we invite you to explore our 200 classes and programs in our Enjoy Arlington Guide. We also have a variety of one-day activities for kids and families (p.26). And, check out our Free January Events—such as the Tribute to MLK and our popular Paint, Build, Create! And, to make certain we are serving you well, we are launching our Submission Saturday events this month. These allow for busy/workers to sign up for classes while they are at the office. And, we have a variety of one-day activities for kids and families. We hope you enjoy our guide and have a wonderful holiday season!

—Jane Rudolph, Director, Parks and Recreation/Arlington County

### ARTS & CRAFTS

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>Tot &amp; Adult</th>
<th>TOT &amp; ADULT</th>
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<tbody>
<tr>
<td>Abakadoodle:</td>
<td>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.</td>
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<tr>
<td>Ages 20 months-3</td>
<td>8 Sessions</td>
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<td>Ages 3-6</td>
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<td>Ages 20 months-3</td>
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<tr>
<td>Ages 7-9</td>
<td>9 Sessions</td>
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<td>221012A Wed., Jan. 22, 4-5pm</td>
<td>Arlington Mill, Inst.: Pfoutz</td>
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<th>CERAMICS</th>
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<td>Abakadoodle:</td>
<td>Ceramic:</td>
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<td>Mini Doodlers</td>
<td>Handbuilding for Families</td>
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### TEEN & ADULT

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<tr>
<th>SERVICES</th>
<th>Teen &amp; Adult</th>
<th>BEGINNING WHEEL</th>
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<tr>
<td>Registration</td>
<td>Ages 16-Adult</td>
<td>Ages 16-Adult</td>
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<tr>
<td>Fee Reduction</td>
<td>9 Sessions</td>
<td>9 Sessions</td>
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<td>Registration</td>
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<th>Kids’ Crazy for Clay</th>
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<th>Continuing Wheel</th>
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<td>220104C Tues., Jan. 14, 7-9:30pm</td>
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<th>Intermediate Wheel</th>
<th>Ages 4-Adult</th>
<th>9 Sessions</th>
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came dressed appropriately. Students will receive an Open Studio Pass good for 5 sessions at TJ Art Studio. A $40 non-refundable supply fee is included in the cost of this class. Inst.: Jeng.

Thomas Jefferson Center
Ages 16-Adult 5 Sessions $342
240126A Wed., Jan. 15, 7-9:30pm

Fun with Cartoons
Kids enjoy drawing on their own and many are naturally attracted to cartoons. In this class, students will learn the basics of drawing, character design, character development and how to visually tell a joke in just a few frames. A fun class that welcomes beginners as well as repeat students. Check out the instructor’s website: kevinrechin.com. There is a non-refundable $20 supply fee included in the cost of the class. Inst.: Rechin.

Arlington Mill
Ages 7-9 8 Sessions $278
240124A Sun., Jan. 19, 1-3:30-5:30pm

More Fun with Cartoons
Students will embrace their creativity, imagination and artistic skills through drawing and coloring. Learn the basics in drawing, character design, composition, storytelling and page layout. Each class introduces new techniques and concepts. Beginners as well as repeat students are welcome and encouraged. Check out the instructor’s website: kevinrechin.com. There is a non-refundable $20 supply fee included in the cost of the class. Inst.: Rechin.

Arlington Mill
Ages 10-12 8 Sessions $178
240122A Sun., Jan. 19, 4:30-6:30pm

NEW! Make Some Art

This class teaches you how to edit photos in Lightroom using the Develop Module. Learn how to take your photos to the next level with quick editing techniques. Requirements: Students will need to bring their own laptop loaded with Adobe Lightroom Classic. Free trials are available at: https://www.adobe.com/products/photoshop/lightroom-classic.html. Students should have at least 5 photos loaded into the lightroom application prior to class starting. There is a $20 non-refundable materials fee included in the cost of this class.

Arlington Mill
Ages 15-Adult 1 Session $81
240170A Mon., Mar. 16, 4:30-5:30pm

Photography

Arlington Center
Ages 16-Adult 9 Sessions $335
240274A Sat., Jan. 25, 10-11:30am

Paint-a-Plate

Or bowl or mug! Join us in the TJ Art Studio and transform a ceramic piece of pottery into a personalized work of art for yourself or someone special. This unique and exciting activity is great for all ages and skill levels. Only $18 per piece! Learn more at: parks.arlingtonva.us/search:Paint-a-Plate

Individuals with Disabilities

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

Did you know?

Registration staff is available the first day of registration starting at 7am. 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.
WOODWORKING

ADULT

Intro to Woodshop

Did you know there is a community woodshop in Arlington right around the corner at TJ Art Studies? Join us in our basic introduction to woodworking! In addition to learning fundamental safety guidelines, the course will introduce you to the core machinery in our woodshop (band saw, planer, jointer, radial-arm saw, cut-off saw, drill press, disc and drum sanders and the ever-present 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 project. Students of nine or fewer will be required to show individual instruction and time on the machines. There is a non-refundable $28 supply fee included in the cost of the class.

Thomas Jefferson Center

Ages: Adults

Cost: $188

Session: 8

Wed., Jan. 16, 7:30-9:30pm

CRAZY LIKE A BOX: Finger Joint

Sometimes called a finger joint, sometimes a box joint or even a comb joint. Whatever you call it, it is a fundamental woodwork jointing technique made by cutting a set of complementary, interlocking profiles in two pieces of wood. When the pieces are combined, the interlocking of the joint resembles the interlocking of fingers between two hands. In this small class, students will make a wooden box to learn the technique. This is not a beginner’s class, so students must have taken the Intro to Woodworking or completed a similar program. A non-refundable $28 supply fee is included in the cost of the class.

Thomas Jefferson Center

Ages: Adults

Cost: $248

Session: 5

Wed., Feb, 17, 7-9:30pm

New! Intro to Woodcarving: Stylized Standing Duck

This class will be a great first stop into woodcarving. You will learn to use the bandsaw to cut the profile and play views of a standing duck from a piece of basswood to create the initial blank. Then, using carving knives, rasps and sandpaper, carve the blank into the rounded form of a duck. You will learn to use the three knife cuts used by carvers; knife sharpening with a stone and a leather strop. The duck form provides a valuable exercise in understanding the grain of the wood and in carving concave and convex curves, as well as smoothing by rasping and sanding. Our experienced instructor will review safety procedures, different carving styles, various wood characteristics, and tools you will need to expand your new-found hobby. There is a non-refundable $30 supply fee included in the cost of this class. Inst.

Thomas Jefferson Center

Ages: Adults

Cost: $135

Session: 2

Wed., Jan. 27, 7-9:30pm

Thu., Apr. 2, 7-9:30pm

LANGUAGE

Mich U Chu tren': Adventures to Learn Spanish

Mich U chu tren’ is the most enjoyable playtime that your child may have to learn the Spanish language. Immersed in a fantasy world, effortlessly and without pressure, students become part of the world of a new language, based on teaching through play. Your children will have a great time listening and participating in stories, music, and activities that will lead them to understand and speak in short sentences this beautiful language. This is a multilevel class, centered on their level, so attendance to the language is not required. For more information please visit www.michuechuren.com.

Inst.: Hispanic Advance LLC

Fairlington Center

Ages: 3-5

Cost: $186

Session: 8

Wed., Jan. 18, 10:30-12:30pm

Fri., Jan. 20, 1:30-3:30pm

Music

TOT & ADULT

Learn Now Music: Little Finger

Our youngest musicians will participate in guided musical exploration and age appropriate instruction 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 rental cost and/or replacement of any unreturned/damaged instruments. Inst.: Learn Now Music.

Arlington Mill

Ages: Adults

Cost: $240

Session: 10

Wed., Jan. 26, 6:25-7:55pm

Artful Parties

Celebrate your next birthday, shower, or anniversary right here in Arlington! Choose your own creative party and our art staff will guide your group through a unique, exciting and playful experience! For more information, please visit us at: http://parks.aulington.va.gov/programs/art or email Roslyn Delos Reyes at reyesa@aulington.va.gov

One-on-One Jewelry Instruction

An intensive one-session workshop for anyone who may need a little guidance to finish a project or wants to learn a technique. These two-hour sessions are tailored to your needs and skill level. This format is ideal to refresh your skills in investing and carving, learning to solder, etching or just to brush up on your techniques. Cost: $60. Contact Homer Holst at holst@aulington.va.gov

Girl Scout Workshops

Your troop can earn their legacy badges in Painting & Pottery. Jr. Scouts can earn their Jr. Badge. Cost: $25 per participant. All other workshops are $21 per participant. Troop minimum is 7. Email Roslyn at rosyln@aulington.va.gov for info and scheduling. Pre-paid reservations are required. Workshops are held at the TJ Art Studies—3501 2nd St., South, Arlington, VA
Mad Science: World Around Us
This program is designed for preschoolers to have hands-on science fun! Children will see how light and color interact, learn about energy and motion, and even explore the animal kingdom with worms, fins, feathers and fur! Magnets, dinosaurs and chemistry will also be explored! For more science fun! Each day includes fun, hands-on experiments, cool demonstrations and take-home projects to continue the learning and fun at home! There is a non-refundable $10 supply fee included in the cost of the class. Inst: Mad Science.
Arlington Mill
Ages 3-6
6 Sessions $155
220296A Sat, Jan 29, 9:15–10:30am
YOUTH
Mad Science: Funky Forces
Through the course of Funky Forces and more, children will play engineer, chemist and stunt pilot! Children will investigate the fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves! A non-refundable $20 supply fee is included in the cost of the class. Inst: Mad Science.
Arlington Mill
Ages 5-6
6 Sessions $205
220297A Sat, Jan 29, 10:15–11:30am
220297B Sat, Jan 29, 11:30am–12:45pm
New Silver Knights Robotics: Coder's & Creators
Build, code and have fun with LEGO® Wedo 2.0. Enhance kids’ curiosity and science skills with Silver Knights Robotics. Students will explore robotics with LEGO® bricks, easy-to-use coding software and engaging STEM challenges. Projects include programmable spy robots, animals and vehicles. Kids work in pairs with a tablet and a LEGO® Wedo 2.0 kit that includes over 250 pieces, a SmartHub, motor, and motion and tilt sensors. Inst: Silver Knights Engineering.
Madison Center
Ages 6-13
7 Sessions $199
220308A Wed, Jan 15, 6-7pm
New Silver Knights Coding Digital Animation: Art & Adventure
Create stories, games, and animations using a visual programming language called Scratch. Children learn to think creatively, work collaboratively, and reason systematically. Our curriculum teaches new coders the basics while challenging more experienced coders to create increasingly complex programs.
A laptop is provided for each participant. Inst: Silver Knights Enrichment.
Madison Center
Ages 7-13
7 Sessions $199
220196A Mon, Jan 31, 3–4pm
YOUTH
TOD & A/DULT
Little Stars!
Let your child shine in this theater arts class that does it all! These young minds will explore their creativity and imagination through music, movement, storyline, acting games, and art. Each week students will take home a mini-art project that relates to our theme of the day. A non-refundable $20 supply fee is included in the cost of the class. A parent/guardian must participate with the child in class. Inst: Care Actor.
Fairlington Center
Ages 2-3
6 Sessions $140
220056A Tue, Feb 1, 9:30–10:35am
220057A Sat, Feb 15, 9:30–10:35am
TOD & YOUTH
Act it Out!
Awaken creativity and boost self-confidence through this theater arts class that draws out positive values using storybooks! Each week students will explore their imaginations and artistic talents through theater games and acting out stories using costumes and props. This class provides a fun and dynamic space to build confidence, courage and character. Students in this class will showcase their favorite story to family and friends on the last day! Inst: Care Actor.
Fairlington Center
Ages 4-6
6 Sessions $120
220164A Tue, Feb 11, 10:30–11:15am
220160A Feb, 15, 10:30–11:15am
YOUTH
DRAMATIC KIDS!
Awaken creativity and boost self-confidence in this theater arts class that has it all! Each week students in this class will explore their imaginations and artistic talents by participating in fun, improvisational acting games and theatrical techniques while learning the fundamentals of dramatic storytelling facilitated by one of our talented Teaching Artists. This class provides a fun and dynamic space to build confidence, courage and character. A showcase of students’ original work will be performed for their friends and family on the last day of class. Inst: Care Actor.
Fairlington Center
Ages 7-11
6 Sessions $132
220372A Sat, Feb 15, 11:30am–12:30pm
YOUTH & TEEN
Silver Knights Chess
Learn chess from a Silver Knights Chess coach! State and school champions have come from our programs, but most of our students are just looking to have fun! Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments. All skill levels welcome. Inst: Silver Knights Enrichment.
Madison Center
Ages 5-13
8 Sessions $159
220295A Tues, Jan 14, 4–6pm
TYPING MASTERS
Work smarter by learning how to type! As school work becomes increasingly performed in computers, today’s busy students can save time by learning to type effectively—finish homework in half the time! Students use a personalization system that allows them to progress at their own pace with a mix of typing lessons, drill, games and tests. Instant accuracy feedback after every lesson. Move from beginner, to intermediate to advanced and earn badges for every level conquered! Inst: SPARK business academy.
Langston-Brown Center
Ages 10-14
8 Sessions $155
230001A Sat, Jan 18, 11:45am–12:45pm
ADULT
Parent Child UP*: Positively Disciplined
Parents, teachers, and grandparents come explore research-proven methods for disciplining yourself and your child! Learn tips by the best in the field and share your ideas and concern too! No judgments—only positive solutions for your parenting toolbox! Created by a certified parent educator, experienced elementary school counselor, child enrichment specialist, and the founder of PlayGround Diplomacy™ and Parent Child UP*, this class is sure to make the difference you are seeking and/or the reinforcement you deserve! Just a few of the many topics we will discuss include: child and brain development, speech and language, feelings/management, problem-solving, bullying/cyber-bullying, setting vs. reporting, school, and more! Build a stronger, more positive relationship with your child and be the parent you always knew you could be! Be confident knowing you are helping your child be the responsible adult you know they can become! Inst: Kretzer.
Fairlington Center
Ages Adults
1 Session $25
240204A Sat, Feb 22, 1:30–4:30pm
FITNESS
TOD & A/DULT
Mom and Toddler Workout
 Moms—enjoy a workout class that includes your toddler! This efficient, child-friendly exercise format for both mom and toddler (ages 1–3) includes strength, cardio, and flexibility, incorporating yoga poses, body weight, calisthenics, partner work, stretching and children’s music/circle/telephone together. Please bring a yoga mat. One child per parent. Inst: Baby Moves Fitness LLC.
Walter Reed Center
Ages 1–3
9 Sessions $123
230504A Mon, Jan 13, 9:30–10:30am
TEEN & ADULT
Absolutely Abs!
This 30-minute core training workout incorporates exercises geared to tone the trunk, including upper and lower abs, the oblique (the love handle area) and the lower back. This workout includes intervals of alternating abs and side and back exercises to balance the body and increase torso strength. Great for stabilizing the middle of the body, you’ll develop good posture and create a toned and trimmed waistline.
Barcroft Fitness Center, Inst: Erica
Ages 13-Adult
11 Sessions $69
240356A Tues, Jan 14, 5:30–6pm
Langston-Brown Center, Inst: Aerobics Inc.
Ages 13-Adult
11 Sessions $69
240366A Fri, Jan 17, 8–9:30am
ABS & ARMS WORKOUT
This fast and effective upper-body class focuses on your arms and abs. From dumbbells and body bars to floor mat work with push-ups and planks, you’ll target multiple muscles at once to tone arms and create a strong core, fast. Let’s get ready for tank top season!
Barcroft Fitness Center, Inst: Erica
Ages 13-Adult
10 Sessions $106
240321A Tues, Jan 14, 6:30–7:30pm
Arlington Mill, Inst: Maclear
Ages 13-Adult
8 Sessions $94
240311B Sat, Jan 13, 4:30–5:30pm
Better Arms for Everyone
Strengthen all the little muscles that matter! Join us and love how you feel! Inst: Maclear.
Barcroft Fitness Center
Ages 13-Adult
10 Sessions $125
240306A Sun, Jan 29, 6:30–7:30pm
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. Inst: Erica.
Fairlington Center
Ages 13-Adult
9 Sessions $183
240345A Mon, Wed, Jan 13, 6:30–7:30pm
Barcroft Fitness Center
Ages 13-Adult
10 Sessions $96
240342A Sat, Jan 18, 8–9am
Dance Aerobics
Dance and exercise come together in this cardio class. This fitness class is very unique with its combination of hip hop, ballet, Latin and Afro-Brazilian moves. It will keep you on your toes from beginning to the end but will also increase endurance and condition the heart. Inst: Maclear.
Walter Reed Center
Ages 13-Adult
11 Sessions $310
240359A Fri, Jan 7, 7:15–8:20pm
Arlington Mill
Ages 13-Adult
10 Sessions $125
240346A Sun, Jan 29, 3:30–4:30pm

Healthy Hips
Strengthens all the muscles from your navels to your knees and helps keep a hip replacement away. Perfect for challenged knees and great for hips and tummy to help fight off sciatia. You will not find a class as anatomically specific anywhere else. Inst: McLeary.

Walter Reed Center
Ages 12-Adult 11 Sessions $103 2402728 Tues., Jan. 14, 6:35-7:30pm Langston-Brown Center Ages 13-Adult 9 Sessions $84 2405788 Mon., Jan. 13, 6:30-7:00pm

Muscle Conditioning
Muscles begin to weaken after four days of rest-keep your muscle strength! This class not only gives you a better muscle tone but also better bone density and posture. The instructor provides modifications for every fitness level. Inst: McLeary.

Barcroft Fitness Center
Ages 12-Adult 11 Sessions $103 2405464 Thurs., Jan. 16, 6:35-7:30pm Langston-Brown Center Ages 13-Adult 9 Sessions $113 2405468 Mon., Jan. 13, 6:30-7:00pm

Muscle Conditioning & Sculpting
Get a great workout and sculpt all your major muscle groups. The class focuses on squats, lunges and resistance work with weighted body bars and dumbbells. Script, shoulder, leg, hip, arms, and abs, then move to the floor for isolated abdominal, glutes and back. A final stretch concludes the class.

Inst: Erica.

Step Aerobics
Step has been a fitness favorite for 18 years for very good reasons. While it’s designed to strengthen knees-It’s a fabulous cardiovascular workout. Step uses many more muscles than any other type of cardio training, thus reducing the risk of overuse injuries. Plus, the effort made to learn the moves is actually wonderful for the brain. While this class is designed for people who are familiar with step anyone who is interested will become quite comfortable with the moves within a few weeks. Inst: McLeary.

Walter Reed Center
Ages 13-Adult 11 Sessions $138 2405264 Tues., Jan. 14, 6:30-7:30pm 2405266 Thurs., Jan. 16, 6:30-7:30pm

Zumba*
Come on! Come all and let’s move! This dance-inspired cardio class is for fun for beginners, intermediate and advanced levels. These easy-to-follow routines encourage aerobics using a combination of fast and slow Latin rhythms that maximize caloric output, tone your body and conditioning and toning. Inst: Ritilrox.

Walter Reed Center
Ages 15-Adult 11 Sessions $138 2405266 Mon., Jan. 13, 7:35-8:30pm

2402728 Tues., Jan. 14, 6:35-7:30pm

Barnesville
Ages 13-Adult 11 Sessions $133 2405468 Mon., Jan. 13, 6:30-7:00pm

ADULT

Aerobic At the 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 interval training with muscle-sculpting exercises to quickly and safely reshape the entire body. This one-hour workout targets all major muscle groups and improves posture. Inst: Aerobic Inc.

Langston-Brown Center
Ages 12-Adults 11 Sessions $140 2402524 Fri., Jan. 17, 9:45-10:45am

Body Sculpting
Start your workout with a low-impact warm up, followed by 50 minutes of light weight and resistance band work to sculpt and tone your entire body. Cool down relaxation and yoga stretches follow. Wear comfortable clothing, bring a mat, towel and weights if you want to use them. Hand weights provided Inst: Aerobic Inc.

Madison Center
Ages 12-Adults 22 Sessions $185 2402545 Tues., Jan. 14, 8:30-9:30am

Ages 12-Adults 20 Sessions $167 2402568 Mon., Jan. 13, 6:15-7:15pm

Cardio Dance™
Aerobic dance routines make up this fun fitness class. If you like your classes with music and dance variety, you will love this class. Upbeat music including Top 40, Latin, Broadway, Country and more will make this heart pumping hour speed by, and promote heart health, and bring you feeling like you’re Dancing With the Stars. The class will conclude with upper and lower body toning, floor work and sit ups, so bring a mat and light weights. Inst: Aerobic Inc.

Barcroft Fitness Center
Ages 12-Adults 22 Sessions $183 2402532 Tues., Thurs., Jan. 14, 9:10-10:10am

Ages 12-Adults 9 Sessions $75 2402533 Mon., Jan. 13, 6:15-7:15pm

Madison Center
Ages 12-Adults 22 Sessions $183 2402532 Tues., Thurs., Jan. 14, 9:10-10:10am

Ages 12-Adults 9 Sessions $75 2402533 Mon., Jan. 13, 6:15-7:15pm

Lee Center
Ages 12-Adults 22 Sessions $183 2402532 Tues., Thurs., Jan. 14, 9:10-10:10am

Ages 12-Adults 9 Sessions $75 2402533 Mon., Jan. 13, 6:15-7:15pm

Cycling
Do you like to listen to a variety of music while enhancing your fitness? Get your heart pumping with an instructor led cycle class at Thomas Jefferson Community Center. Each class will help to enhance cardio conditioning in a safe, judgement free zone. Indoor 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 65-minute sessions. Beginners are welcome to join you at your own pace with guidance from our experienced instructors. Our goal is to help you succeed! Water is required for this class. Bring the calories away while having fun! No TJ membership required. Inst: Alisa.

Thomas Jefferson Center
Ages 12-Adults 11 Sessions $138 2405352 Wed., Jan. 15, 7-7:45pm

Hula Hoop Fusion
Using a 2 lb. weighted hula hoop for assistance, resistance, support and fun, this is no impact, full body workout that tones. Pilates, barre and yoga inspired moves. Tone and sculpt muscles, improve flexibility and balance while burning calories. Bring a yoga mat and water. Hula hoop provided for the class. Inst: Myers.

Fairlington Center
Ages 12-Adults 8 Sessions $99 2405052 Thurs., Jan. 16, 7:35-8:15pm

Knee Rehab on the Step
If your knees are good, this class will help you keep them that way. If you have challenged knees, we can help take them stronger and less painful. You’ll learn moves that make knees get better and better (only rehab moves will be used in this class). Inst: McLeary.

Walter Reed Center
Ages 12-Adults 11 Sessions $103 2405065 Wed., Jan. 15, 7:05-7:55pm

LaBlazz!® Dance Fitness & Tone
Fun, easy-to-follow, high-energy ballroom dance-based fitness program where you will learn to Disco, Jive, Lindy Hop, Paso Doble and more! Created by world-renowned dancer and Fitness expert, Louis and Anniette of Dance Lessons with the Stars fame. This partner-free program is for all levels-no dance experience necessary. Incorporates strength training with optional hand-held weights. Inst: Myers.

Fairlington Center
Ages 12-Adults 9 Sessions $122 2403514 Tues., Jan. 14, 7:15-8:15pm

Strength & Stretch
Merges two workouts! 40 minutes of body sculpting is followed by 20 minutes of yoga type stretching to relax muscles and relieve aches and pains. No prior experience necessary. Bring a mat and light weights. Inst: Aerobic Inc.

Lee Center
Ages 12-Adults 11 Sessions $140 2403554 Wed., Jan. 15, 6:30-7:30pm

Ages 9 Sessions $114 2403556 Mon., Jan. 13, 6:30-7:30pm

Instructors Needed!
Interested in becoming an instructor for Arlington County Parks and Recreation? Contact LRReid1@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 LRReid1@arlingtonva.us for more information.

PILATES
Pilates Level 1
Experience new levels of core strength and flexibility. Level 1, 9 new exercises and techniques that strengthen the midsection and back, lengthen the spine and relieve back pain.
Barcroft Fitness Center Inst: Staff

Pilates 1.5
Have you taken Pilates 1 several times and know the moves, but you don’t feel comfortable in a rigorous Pilates 2 class? Try Pilates 1.5. We won’t go over all the beginning moves again, and we won’t do anything as advanced as Pilates 2. Please bring a mat. Inst: Aerobic Inc.

Langston-Brown Center
Ages 12-Adults 11 Sessions $163 2405064 Wed., Jan. 15, 7:30-8:30pm

Ages 9 Sessions $133 2405063 Mon., Jan. 13, 9:30-10:30am

Pilates 2
Register for this class if you have successfully completed Pilates: Level 1 and would like to take what you learned to the next level. Utilize exercises and techniques that strengthen the midsection and back, lengthen the spine

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Enjoy Arlington Winter 2020

Yoga

TOT & ADULT
Postpartum Yoga with Baby

Have fun with your baby as you work to bring back your pre-baby body with targeted toning and relaxing yoga poses. Class is geared toward mom but incorporates baby as well. Inst.: BodyMoves Fitness LLC.

Walter Reed Center
Birth-Smooths 9 Sessions $95
21050A Mon, Jan. 13, 10:30-11:00am

Teen & Adult
Energizing Yoga

Enjoy this mixed level, invigorating and accessible Hatha yoga class where practice is focused on alignment, safe techniques and variation. This 90-minute class allows a complete Yoga flow practice including warm-ups, traditional Yoga poses, breathing, stress reduction and relaxation techniques. Participants move in a warmer room to safely build strength, flexibility and a sense of peace and physical well-being. Inst.: Harper.

Barcroft Fitness Center
Ages 16-Adult 11 Sessions $209
240918 Wed, Jan. 15, 7-8:30pm

Restorative Yoga

Restorative practice focuses on a safe, gentle flow to meet you exactly where you are today. It’s less fast, 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. The series is appropriate for beginners new to yoga or those who are recovering from an injury after a time off. No yoga experience required. Inst.: Harper.

Barcroft Fitness Center
Ages 16-Adult 11 Sessions $140
240914A Wed, Jan. 15, 5:45-6:45pm

Yoga for the Less Flexible

Could you never touch your toes, or just can’t anymore? Haven’t exercised in years? Overweight or recovering from an injury? This class is for you. Join us for simple stretching and breathing and gain flexibility and confidence as you exercise gently. Must be able to follow oral and visual instructions. Inst.: Interdonato.

Langston-Brown Center
Ages 16-Adult 11 Sessions $174
240908A Wed, Jan. 15, 6-7:15pm

Yoga for Flexibility, Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We will work on gentle stretching poses, balance and mental focus. Traditional warm up exercises are done with very light weight (one or two lbs). Using weights is completely optional. No prior yoga experience necessary; all levels welcome and accommodated. Must be able to follow oral or visual instructions. Class ends with a yoga nidra relaxation exercise. Inst.: Interdonato.

Langston-Brown Center
Ages 16-Adult 11 Sessions $209
240918 Wed, Jan. 15, 7-8:15pm

Walter Reed Center
Ages 16-Adult 10 Sessions $190
240918 Mon, Jan. 13, 5-6:30pm

240919C Mon, Jan. 13, 6-30pm

Faithlingen Center
Ages 14-Adult 10 Sessions $190
240920 Fri, Jan. 17, 5-6:30pm

Adult

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.: Aerobix Inc.

Madison Center
Ages Adults 11 Sessions $140
240902A Mon, Jan. 13, 10-12noon

240902B Mon, Jan. 13, 12-2pm

Yoga Level 1

This class teaches yoga fundamentals and progressively incorporates new postures into the practice. Participants must bring their own mat. Madison Center. Inst.: Aerobix Inc.

Ages Adults 11 Sessions $140
240904A Wed, Jan. 15, 10:20-12:20am

240908B Fri, Jan. 17, 10:20-12:20am

Walter Reed Center.
Inst.: Maclear

Ages Adults 11 Sessions $124
240904C Wed, Jan. 13, 10-12noon

Yoga Level 2

This intermediate yoga class advances participants from Yoga Level 1 so they can use what they have already learned to build on their current practice. Modifications and alternative poses are always taught so that the class can be tailored to the students’ individual needs. Inst.: Aerobix Inc.

Langston-Brown Center
Ages Adults 11 Sessions $140
240915A Tues, Jan. 14, 7:15-8:15pm

Yoga Flow

Is a uniquely integrated and dynamic approach blending movement and focus. Poses flow from one to another creating a feeling of peace and serenity. Beginners and more advanced students can enjoy poses from a basic level to more advanced format; depending on the participants level of fitness, strength and flexibility. Inst.: Aerobix Inc.

Lee Center
Ages Adults 11 Sessions $140
240908A Wed, Jan. 15, 10-11am

Faithlingen Center
Ages Adults 11 Sessions $114
240908B Mon, Jan. 13, 10-11am

New! Yoga for Every Body

Feeling Stressed? Learn to Breathe, Stretch and Relax. This gentle, traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well-being through yoga postures, breath and mind-body techniques. This class is suitable for everyone! Inst.: Aerobix Inc.

Lee Center
Ages Adults 11 Sessions $140
240907A Mon, Jan. 13, 10-11am

Yoga for Men

Men are frequently less physically flexible than women and may feel intimidated in a class surrounded by women. Come take a class especially designed to help guys become more flexible in a non-threatening environment. It will be fun, informative and you will get both a workout and relaxation designed for your specific needs. Inst.: Aerobix Inc.

Madison Center
Ages Adults 11 Sessions $140
240905A Thurs, Jan. 16, 7:40-8:40pm

Sculpting Yoga

Add strength to your yoga practice. This class integrates body strengthening techniques with yoga. In the inclusion of light hand weights used with some poses. Please bring light hand weights, a yoga mat, a water bottle and a towel. Inst.: Aerobix Inc.

Lee Center
Ages Adults 11 Sessions $140
240906A Thurs, Jan. 16, 7:35-8:35pm

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. Learn how to enhance the Feldenkrais go to www.wellnessinmotion.com. Inst.: McHugh.

Barcroft Fitness Center
Ages 15-Adult 1 Session $14
240835A Tues, Jan. 7, 7:20-8:20pm

Feldenkrais

If you are interested in introspective movement, you’ll like this class. The Feldenkrais Method aims to expand and refine the use of the self through awareness. You will often be lying down yet sometimes sitting, kneeling or standing. You will be outwardly moving the whole body, while simultaneously exploring a given inward focus. You will also learn more about anatomy. Over the sessions you are likely to find that you are more relaxed, gaining 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 Fitness Center
Ages 15-Adult 11 Sessions $154
240845A Tues, Jan. 7, 5-6:10pm

240845B Tues, Jan. 7, 6:30-7:30pm

240845C Thurs, Jan. 9, 7-8pm

Faithlingen Center
Ages 15-Adult 11 Sessions $154
240845D Thurs, Jan. 9, 1-2pm

MELT

The MELT Method is a breakthrough self-treatment system that restores the supportiveness of the body’s connective tissue to combat chronic pain, improve performance, and decrease accumulated stress caused by aging or active living. MELT is the very first Hands-Off Bodywork® method developed for the general public as a self-care tool for chronic pain. Through a series of easy, precise techniques, using simple, specialized equipment like soft foam rollers and small balls, you will learn self-care techniques you can use every day to reduce inflammation, ease chronic pain, improve alignment, and keep your body functioning efficiently. MELT can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. Learn more about MELT at www.melmethod.com. Instructor will provide balls and rollers for class use. Inst: Garner.

Walter Reed Center
Ages 16-Adult 11 Sessions $163
240846A Wed, Jan. 15, 5:55-6:55pm

Adult

Chanting

Resonant sound affects all the cells of the body, just as tapping on the side of a bowl vibrates all the water in the bowl. Free your voice! Calm your nerves. Energize with extra breathing and soothe your endocrine system. Inst: Maclear.

Walter Reed Center
Ages Adults 3 Sessions $19
240805A Wed, Jan. 15, 9:15-9:45pm

New! Samadha Meditation: The First Powerful Tool

Want to learn to calm your mind so it doesn’t race from thought to thought? Want to learn to place your thinking where you want it and keep it there? This class will teach you to maintain concentration without getting caught up in distractions. You will learn to calm your mind and body as well as watch and change your thinking, reduce your response to stress, focus and heightened awareness, and breathe more efficiently. Each class includes exercises and discussion. Wear comfortable clothing. Class is taught at a table and chairs; sitting on the floor for medita­tion is optional. Beginner and practicing meditators welcome. Instructor is certi­fied to teach Integrative Meditation; class is not affiliated with any religion or spiritual practice. Inst.: Interdonato.

Walter Reed Center
Ages Adults 8 Sessions $102
240816A Mon, Jan. 27, 8:15-9:15am

Martial Arts

TOT

Karate Jamboree

It’s Sesame Street the martial arts way! With over 100 martial arts-related games and learning activities designed
Karate Intermediate/Advanced
Help your child stay involved in karate and continue his or her development in self-confidence, concentration, goal setting, perseverance, self-defense, self-discipline, responsibility, personal management, pride, and a strong work ethic! For students wishing to advance to the next belt level, uniform and other equipment is required for an additional fee. Please email wclkarate@aol.com. Pre-requisite: Prior karate experience. Inst.: WCB Karate.
Barcroft Fitness Center
Ages 6-Adult 22 Sessions $187
205039A Tues./Thurs., Jan. 14, 6:05-7:05pm Dawson Terrace
Ages 6-Adult 20 Sessions $170
205039B Mon./Wed., Jan. 13, 5-6pm
205039C Mon./Wed., Jan. 13, 7:30-8:30pm ages 6-Adult 20 Sessions $85
205039D Sat., Jan. 18, 1-2pm
Karaite Black Belts
This class is for current Black Belt students only. Inst.: WCB Karate.
Dawson Terrace
Ages 6-Adult 20 Sessions $170
205035A Mon./Wed., Jan. 13, 4-5pm
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 shotokan. Older juniors will also learn choking techniques and kata. Students are required to join the USIF Shudo Yudanshaku or USIF 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. Inst.: Landstreet.
Dawson Terrace
Ages 6-14 30 Sessions $187
205030 A Tues./Thurs., Jan. 14, 7-7pm
Karate Beginner
At WCB Karate DAGAW is the acronym we use to instill the six skills necessary to be a success, it stands for: Discipline, A’s & B’s, Goal Setting, Perseverance, Attitude, and Work Ethic. During this beginner session we will be concentrating on self-discipline. Here are some of the things your child will take away from the session: An understanding and use of proper classroom etiquette. How to be courteous when others around them are not. How to play safe. How to follow through on instruction unreserved, How to use self-restraint. How to use maximum focused attention when educators are talking. How to be respectful even when no one is watching. How and when to say NO to peer pressure. How to keep defiance under control self control board breaking, weapons, sparring, and Bully proofing. Uniforms and other safety equipment are necessary for the class and can be purchased from the instructor. Please email wclkarate@aol.com. Focusing discipline is not only important for older kids, studies show that, the younger a child is exposed to it the more receptive they are to apply it. At WCB we don’t just talk about success, we produce it! Inst.: WCB Karate.
Barcroft Sports & Fitness Center
Ages 6-Adult 22 Sessions $187
205036A Tues./Thurs., Jan. 14, 5-6pm Dawson Terrace
Ages 6-Adult 20 Sessions $170
205036B Mon./Wed., Jan. 13, 6-7pm
205036C Mon./Wed., Jan. 13, 7:30-8:30pm ages 6-Adult 20 Sessions $85
205036D Sat., Jan. 18, 11:30am-12:30pm
205036F Sat., Jan. 18, 2-3:15pm Fencing: Young Musketeers
Nova Fencing Club welcomes kids ages 6 to 7 to our Young Musketeer program, where they can learn to fence using foils. The classes teach and reinforce the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. Parents are encouraged to stay and observe during the class. All equipment is included. Inst.: Nova Fencing Club.
Nova Fencing Club
Ages 6-7 8 Sessions $125
205033A Mon./Wed., Jan. 13, 6-7pm
205033B Mon./Wed., Feb. 13, 6-7pm
205033C Tues./Thurs., Jan. 14, 4-5pm
205033D Tues./Thurs., Feb. 18, 4-5pm
205033E Wed./Fri., Jan. 15, 6-7pm
205033F Wed./Fri., Feb. 19, 6-7pm
205033G Thurs., Jan. 16, 6-7pm
205033H Sat., Jan. 18, 9-10am Introduction to Olympic Fencing
Nova Fencing Club welcomes students to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making. At the end of the session a tournament will be held at Nova Fencing Club, followed by Glow-
Aikido All Levels
A Japanese martial art derived from classic samurai weapons work, Aikido emphasizes leverage, timing, and energy to neutralize an opponent’s attack. Literally, Aikido is translated as Ai (harmony), Ki (energy), and Do (way or path) or the way of harmonizing energy. Hence, Aikido is a wonderful art for children, women, and men of all ages, teaching its students coordination, stamina, balance, grace, and calm. If you are new to Aikido and you come to this class, you will be paired up with a more senior student who will help you with the basics. Inst. Curtis Bates. Dawson Terrace
Ages 3-Adult 8 Sessions $150
240354A Sun, Jan. 19, 11:30am-12:45pm
Ages 4-Adult 8 Sessions $150
240356B Sun, Jan. 19, 11:30am-12:45pm

Aikido for Continuing Students
Open to all students who have participated in at least one session of Aikido in the past. This class provides a good workout and the repetition necessary to continue your progress in Aikido. Inst. Curtis-Bates. Dawson Terrace
Ages 5-Adult 10 Sessions $75
240355B Sun, Jan. 19, 2:30-3:30pm

Beginner Judo for 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 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 at a nominal cost. Upon completion of this course, students will have the option of joining Senior Judo. Inst. John Ham. Dawson Terrace
Ages 18-Adult 12 Sessions $188
240358A Thu., Jan. 16, 7-8:30pm

Soccer

TENNIS

TOTT & YOUTH

Tennis

Run Shoot Basketball
Kids learn basic basketball fundamentals and teamwork through fun drills and mini practice games. Inst.: Tip Top Sports.

YOUTH

Little Shots
Here’s an introduction to tennis through fun games and activities designed to build hand-eye coordination and

TENNIS

TOTT & YOUTH

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Here’s an introduction to tennis through fun games and activities designed to build hand-eye coordination and

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TENNIS

TOTT & YOUTH

Little Shots
Here’s an introduction to tennis through fun games and activities designed to build hand-eye coordination and
familiarity with the tennis ball and racket. A tennis racket is required. Ratio 5:1. Inst: First Serve Tennis.

Stratford Park

Ag 14-16 6 Sessions $102
220042A Mon, Mar. 5, 9:45-10:45
Lynn Village Park

Ag 16-18 6 Sessions $102
220088A Mon, Mar. 5, 6:30-7:30
YOUTH & TENNIS

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 if they feel confident with all the fundamental strokes. Ratio 6:1. Inst: First Serve Tennis.

Walter Reed Center

Ag 16-18 6 Sessions $102
220088A Mon, Mar. 5, 6:30-7:30

Tennis:

Extended Match Play

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 doubles. Available only to players enrolled in Level 3 or by contacting stephan.firstserve@ gmail.com. Ratio 6:1. Inst: First Serve Tennis.

8:00AM

Barcroft Park

Tennis 1 & 2

10:30AM

Tennis 2

12:00PM

Tennis 3: Transition to Match Play

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1 & 2 programs. Ratio 6:1. Inst: First Serve Tennis.

Greenbrier Park

March 1-14

March 15-28

9:00AM

Barcroft Park

Tennis 1 & 2

9:30AM

Tennis 2

11:00AM

Tennis 3: Transition to Match Play

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1 & 2 programs. Ratio 6:1. Inst: First Serve Tennis.

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Greenbrier Park

March 1-14

March 15-28

9:00AM

Barcroft Park

Tennis 1 & 2

9:30AM

Tennis 2

11:00AM

Tennis 3: Transition to Match Play

This program teaches the skills necessary to play tennis matches for the first time emphasizing serving and peer-to-peer hitting. Each session is a mix of instruction and match play. Ideal for players ready to transition from our Tennis 1 & 2 programs. Ratio 6:1. Inst: First Serve Tennis.
will include dancing with magic wands, flowers, ribbons and morn! One adult per child and oneself class. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 3-3 10 Sessions $190
204027A Sat., Jan., 18, 10:30-11:30
Ages 3-3 9 Sessions $171
204027B Mon., Jan., 18, 10:00-10:55
Fairlington Center

Ages 3-3 11 Sessions $209

TOT Pre-Ballet & Movement 1
Do you have an aspiring ballerina? This class introduces basic ballet positions and explores creative movement with playful music and props. Parents and caregivers remain outside the classroom. Class can be repeated; new material is added in each session. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 1-5 11 Sessions $209
204028A Fri., Jan., 17, 10:50-11:35
Ages 1-5 10 Sessions $190
204028B Sat., Jan., 18, 11:15-12:00
204028C Sat., Jan., 18, 4-4:45
Ages 1-5 11 Sessions $209
204028D Mon., Jan., 13, 10:30-11:30
Fairlington Center

Ages 1-5 11 Sessions $209
204028E Thu., Jan., 16, 3-4
Walter Reed Center

Ages 1-5 10 Sessions $190
204028F Sun., Jan., 19, 3:55-4:40

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. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 1-5/6 11 Sessions $209
204029A Tues., Jan., 14, 4:35-5:00
Ages 1-5/6 10 Sessions $190
204029B Sun., Jan., 22, 1:00-1:45

TOT & TOTY Creative Dance: Winter Magic
Kids, let your imaginations soar and express yourselves with dancing! Create choreography together while exploring the wonders of the season. This class will include infant-free ballet steps and early motor development. On the last day of the session, families will be invited to watch children perform their work! Students may dance in Ballet shoes or bare feet. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 4-5/6 11 Sessions $209
204022A Fri., Jan. 17, 4:30-5:30
TAP n' Ballet
Introduce your child to the joyful rhythms of Tap and the beauty of Ballet! The first half of the 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 non-tap shoes and leather Ballet shoes recommended. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 4-6 10 Sessions $190
204022A Sat., Jan. 26, 10:30-11:45
Ages 4-6 9 Sessions $171
204022B Mon., Jan. 13, 4:45-5:55
Walter Reed Center

Ages 4-6 10 Sessions $190
204022C Sat., Jan. 19, 1:50-3:00

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. Inst.: Go Bananas Dancing.
Fairlington Center

Ages 4-6/7 10 Sessions $209
204023A Fri., Jan. 17, 10:30-11:30
Ages 4-6/7 9 Sessions $184
204023B Sat., Jan. 26, 10:45-11:50
Walter Reed Center

Ages 4-6/7 10 Sessions $209
204023C Sun., Jan. 19, 1:20-2:30

YOUTH Ballet 1
This class is for children who have the coordination and discipline to focus on learning simple ballet combinations. Basic ballet techniques will be practiced in a fun and encouraging environment, allowing young dancers to express themselves as they explore this classic form of dance. Leather ballet shoes required. Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 5-7 11 Sessions $209
202225A Fri., Jan. 17, 5:30-6:30
Ages 5-7 10 Sessions $190
202225B Sat., Jan. 26, 11:45am-12:30pm
Fairlington Center

Ages 5-7 9 Sessions $171
202225C Mon., Jan. 30, 3:30-4:30

Intro to 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. No shoes required, wear dance attire (not bare feet). Inst.: Go Bananas Dancing.
Barcroft Fitness Center

Ages 5-7 10 Sessions $209
204024A Sat., Jan. 18, 10:30-11:30

Ballet & Jazz 1
Students will develop grace, good posture, poise, coordination, and complex patterns each class while they have 30 minutes of beginner ballet instruction and 30 minutes of beginner jazz dance. Great for growing brains and bodies at any level of talent! Inst.: Maclear.
Walter Reed Center

Ages 6-10 11 Sessions $209
204025A Tues., Jan. 14, 4:30-5:30
Walter Reed Center

Ages 6-10 11 Sessions $209
204025B Fri., Jan. 17, 7-8

YOUTH & TEEN Ballet & Jazz 2
This class is for students with basic ballet and jazz skills obtained in Ballet & Jazz 1, who are looking to move to the next level. Pre-requisite: Ballet & Jazz 1 & 2. Inst.: Maclear.
Fairlington Center

Ages 7-14 11 Sessions $238
204026A Fri., Jan. 17, 6:35-7:15

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 Hip Hop & Jazz, a contemporary urban street dance style that kids love. Age-appropriate rap and pop music will be pumping during warm-up 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

Ages 6-8 11 Sessions $209
202222A Fri., Jan., 17, 4:45-5:45
Walter Reed Center

Ages 6-8 10 Sessions $190
202222B Sun., Jan. 19, 3-4

Ballet Barre
Bare work is very therapeutic for the knees, ankles and hips and is wonderful for improving posture. With just the bare exercises of ballet, enjoy a sore immersion into accessible grace and a wonderful strengthening to facilitate healthy aging. Inst.: Maclear.
Fairlington Center

Ages 13-Adult 11 Sessions $209
204020A Tues., Jan. 14, 8-9:30
Barcroft Fitness Center

Ages 13-Adult 10 Sessions $219
204020B Sat., Jan. 18, 10:30-11:30

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

Ages 3-Adult 9 Sessions $197
204021A Mon., Jan., 27, 6:30-7:45

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.
Barcroft Elementary School

Ages 3-Adult 9 Sessions $197
204021A Mon., Jan., 27, 7-8:45

Tap Dancing
Tap dancing is not only great fun, it increases your bone density! Join us for a delightful way to end each week with the rhythm of your feet! Inst.: Maclear.
Barcroft Fitness Center

Ages 3-Adult 11 Sessions $213
204021A Thurs., Jan. 16, 4:30-5:15
Walter Reed Center

Ages 3-Adult 11 Sessions $213
204021B Thurs., Jan. 16, 8-9:15
Walter Reed Center

Beyond Ballroom Basics
No longer a beginner and not yet a dance maestro, but hungry for more dancing? Continue to learn and build your dance skills while you hone your ability to lead and follow. Practice with your partner and add new patterns to your routines. Good technique will be stressed. Content will vary and different dances are covered each week. This class will introduce advanced patterns that are applicable to ballroom and nightclub dancing.
Fairlington Center

Ages 13-Adult 11 Sessions $213
204021B Tues., Jan. 14, 8-9:45
Barcroft Fitness Center

Ages 13-Adult 10 Sessions $219
204021C Sat., Jan. 18, 10:30-11:30

Our Registration Office will be open on Sat., Nov. 23 from 9am-4pm. These special Saturday hours are helpful for those who would like to create an account, get login information, renew or apply for fee reductions, drop off registration forms, pay balances, set up payment plans or ask questions. The Registration Office is located at 3700 S. Four Mile Run Dr., Arlington VA 22206. 703.228.4747.

Nuestra oficina de registración estará abierta el sábado, 23 de noviembre de 9am-4pm. Estas horas especiales para el sábado, 23 de noviembre son útiles para crear una cuenta digital, obtener la información necesaria para ingresar a la cuenta digital, renovar o postular para reducciones de tarifas, entregar formularios de registración, pagar cuentas abiertas, iniciar planes de pago, o para hacer cualquier pregunta. La oficina de registración está en el 3700 S. Four Mile Run Drive, Arlington, Virginia, 22206 y el número de teléfono es 703.228.4747.
Pre-Requisite: Ballroom I, Social Dance/ Basic Rhythm, or equivalent. Couples preferred but, singles welcome. Teens welcome with enrolled parent. Fee is person per Inst. Eddleman.

**Ballroom Dance I**

**Ages Adults** 9 Sessions $223
240212A Tues., Jan. 21, 7:15-9:30pm
240212B Tues., Jan. 28, 7:15-9:30pm
240212C Tues., Feb. 4, 7:15-9:30pm
240212D Tues., Feb. 11, 7:15-9:30pm
240212E Tues., Feb. 18, 7:15-9:30pm
240212F Tues., Mar. 4, 7:15-9:30pm
240212G Tues., Mar. 11, 7:15-9:30pm
240212H Tues., Mar. 18, 7:15-9:30pm
240212I Tues., Mar. 25, 7:15-9:30pm

**Kindermusik** Foundations: **Cuddle & Bounce**

Specifically designed for the 0-2 year** experience in our newest Village curriculum! With age-appropriate activities for newborns, to crawlers, and walkers, this parent-child movement and music class will help you strengthen those early parent-child bonds, understand your baby’s development, and heavily focus on child development and communication with your baby, including American Sign Language! You and your baby’s sensory play, dance, exploration time, and tooth-time and you’ll get expert advice and parenting resources based on the most current baby development research. A non-refundable $30 materials fee is included in the cost of the class for your Kindermusik at home digital materials and a CD. Visit www.ParentChildU.com to see why parents LOVE our classes! Inst.: Kreitzer.

**Fairington Center**

**Birth-2** 9 Sessions $187
220212A Sat., Jan. 25, 9:30-10:15am
220212B Sat., Jan. 25, 10-10:45am
220212C Sat., Jan. 25, 11-11:45am
220212D Sat., Jan. 25, 12-12:45pm
220212E Sat., Jan. 25, 1-1:45pm
220212F Sat., Jan. 25, 2-2:45pm
220212G Sat., Jan. 25, 3-3:45pm
220212H Sat., Jan. 25, 4-5pm

**Kindermusik** Level 1: **Sing & Play**

Come experience “Sing & Play” specifically designed for 1’s-2’s. Embark on your baby’s journey by experiencing an ignition of singing, swaying, laughing, and playing—a perfect mix of early childhood vocal play and language development, together time, and music and movement and sign language activities! Come focus on your child’s beginning movement, helping to build the muscles your young toddler needs to walk, run, and climb; and on vocal development, helping to nurture your child’s speaking and singing voice! A non-refundable $30 materials fee is included in the cost of the class for your new Kindermusik at home digital materials and a CD. Visit www.ParentChildU.com to see why parents LOVE our classes! Inst.: Kreitzer.

**Fairington Center**

**Birth-2** 9 Sessions $187
220212A Sat., Jan. 25, 9:30-10:15am
220212B Sat., Jan. 25, 10-10:45am
220212C Sat., Jan. 25, 11-11:45am
220212D Sat., Jan. 25, 12-12:45pm
220212E Sat., Jan. 25, 1-1:45pm
220212F Sat., Jan. 25, 2-2:45pm
220212G Sat., Jan. 25, 3-3:45pm
220212H Sat., Jan. 25, 4-5pm

**AQUATICS**

**Tوت & 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 but need no prior experience in the water to take this course. There is a $10 non-refundable pool use fee included in the cost of the class.

**Wakefield Pool**

**Ages 6 months-1** 9 Sessions $82
220410A Sat., Jan. 25, 10-10:40am
220410B Sat., Jan. 25, 11-11:40am
220410C Sun., Jan. 26, 9-9:40am
220410D Mon., Jan. 27, 5:50-6:20pm

**Washington-Liberty Pool**

**Ages 6 months-1** 11 Sessions $97
220410E Tues., Jan. 21, 5:30-6:10pm
220410F Thurs., Jan. 23, 6-6:40pm
**Ages 6 months-1** 8 Sessions $82
220410G Sat., Jan. 25, 9:50-10:20am
220410H Sat., Jan. 25, 11-11:30am
220410I Sun., Jan. 26, 1-1:30pm

**Yorktown Pool**

**Ages 6 months-1** 5 Sessions $52
220410J Sat., Jan. 25, 10-10:40am
220410K Sat., Jan. 25, 11-11:20am
220410L Sat., Jan. 25, 11-11:40am
220410M Sat., Mar. 11, 1-2:10pm

**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. Toddlers 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. There is a $10 non-refundable pool use fee included in the cost of the class.

**Wakefield Pool**

**Ages 6 months-1** 9 Sessions $82
220410A Sat., Jan. 25, 9-9:30am
220410B Sat., Jan. 25, 10:45-11:15am
220410C Sun., Jan. 26, 9:30-10:00am
220410D Mon., Jan. 27, 5:50-6:20pm

**Washington-Liberty High**

**Ages 6 months-1** 11 Sessions $97
220410E Tues., Jan. 21, 6-6:40pm
220410F Wed., Jan. 22, 5-5:40pm
220410G Thurs., Jan. 23, 2:35-3:05pm
**Ages 6 months-1** 9 Sessions $82
220410H Sat., Jan. 25, 9:50-10:20am
220410I Sat., Jan. 25, 10:25-10:55am
220410J Sun., Jan. 26, 12:25-1:05pm
220410K Mon., Jan. 27, 5:05-5:55pm

**NEW TO SWIMMING?**

Use your handy dandy swim lesson description chart online to help place yourself or children in the correct level.

Find it here: https://www.parks Arlingtonva.us/athlete/aquatics-

**Pre-Fin**

This class is meant for children who have taken a parent and child class, but are looking for more of a challenge, or children who are ready to swim but will not leave the water for the fin. One adult is required to participate. This class is meant to allow maximum interaction with the instructor. When children are swimming 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. There is a $10 non-refundable pool use fee included in the cost of the class.

**Wakefield Pool**

**Ages 2-3** 11 Sessions $97
220412A Wed., Jan. 22, 5:50-6:20pm
220412B Thurs., Jan. 23, 6:25-7:05pm
220412C Fri., Jan. 24, 7-7:40pm
220412D Sat., Jan. 25, 9:30-10:05pm
220412E Sun., Jan. 26, 10:10-10:40pm

**Washington-Liberty Pool**

**Ages 2-3** 11 Sessions $97
220412F Tues., Jan. 21, 4:35-5:05pm
220412G Wed., Jan. 22, 5:40-6:10pm
220412H Thurs., Jan. 23, 6-6:30pm
220412I Fri., Jan. 24, 7-7:40pm
220412J Sat., Jan. 25, 9:30-10:05pm
220412K Sun., Jan. 26, 10:10-10:40pm

**Yorktown Pool**

**Ages 2-3** 10 Sessions $97
220412L Sat., Jan. 25, 9-9:30am
220412M Sat., Jan. 25, 10:30-11:00am
220412N Sat., Jan. 25, 11-11:30am

**Aquia**

Aquia offers a variety of sports newsletters that keep you informed on upcoming events and provide great resources and timely information.

SUBSCRIBE TO OUR SPORTS NEWS! For information on general admission hours and rates please visit apsva.us/domain/98

ENJOY ARLINGTON • WINTER 2020 • http://registration.arlingtonva.us 13
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 is for 3 year olds who are able to leave parent. The class is focused on comfort in water with instructor (no parent). This class has a small ratio to provide maximum interaction with the instructor.

Fin 1 is for 3 year olds 3-5 month olds. Children who are under 4 years old or recommended to take Pre-fin for the same skills taught in both Pre-fin and Fin1. The main difference is there is a larger ratio and longer time frame. Participants need prior experience but may leave parent willingly.

Fin 2 is for 3-3.5 years old child who have successfully completed Fin1 or have the skills to swim on front and back with assistance, they will be able to submerge confidently and float comfortably on the front and back with limited assistance.

Fin 3 is for 4 years old 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 beginners in this course.

Fin 4 is for children 4.5 to 6 who have successfully completed Fin 3 or have comparable skills. Participants must be able to swim 8-10 yards on front and back with combined arm and leg actions. This class is for advanced young swimmers.

Fin 5 is a 10$ non-refundable pool use fee included in the cost of the class.

Fin 6 is for advanced young swimmers.

Fin 7 is a 10$ non-refundable pool use fee included in the cost of the class.

Fin 8 is for advanced young swimmers.

Fin 9 is for advanced young swimmers.

Fin 10 is for advanced young swimmers.
Level 2: Youth Swim

Children who have successfully completed Level 1 or can otherwise independently enter the pool via steps or ladder, bob, and float for 5 seconds and glide for two body lengths on front and back. The class will focus on developing safety skills and begin to add movement in the water. Once participants can treat 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. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

Level 3: Youth Swim

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 and increasing safety skills. Once participants can jump into the pool, tread or float for 1 minute, and swim the front crawl or elementary backstroke for 25 yards, they will be ready to take Level 4. They will also begin diving and deep water competency. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

Level 4: Youth Swim

Children who have successfully passed Youth Swim: Level 3 can otherwise swim front crawl, elementary backstroke, breaststroke and butterfly. They will be able to swim 25 yards and focus on improving breathing and swimming technique. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

Level 5: Youth Swim

Children who have successfully passed Youth Swim: Level 4 can otherwise swim front crawl, elementary backstroke, breaststroke and butterfly. They will be able to swim 15 yards of each stroke and be able to perform a proper breaststroke. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

Level 6: Youth Swim

Children who have successfully passed Youth Swim: Level 4 can otherwise swim front crawl, elementary backstroke, breaststroke and butterfly. They will be able to swim 15 yards of each stroke and be able to perform a proper breaststroke. They will focus on developing confidence in deep water, refining their front crawl, breaststroke, elementary backstroke, and improving treading and other survival skills. They will also begin butterfly and breaststroke. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

Level 7: Youth Swim

Children who have successfully passed Youth Swim: Level 6 can otherwise swim front crawl, elementary backstroke, breaststroke and butterfly in deep water. They will be able to swim 15 yards of each stroke and be able to perform a proper breaststroke. They will focus on developing confidence in deep water, refining their front crawl, breaststroke, elementary backstroke, and improving treading and other survival skills. They will also begin butterfly and breaststroke. There is a $10 non-refundable pool use fee included in the cost of the class.

Water Polo

Lessons 1-12

$840

Saturdays, Jan. 21, 7:05-7:15pm

Saturdays, Jan. 28, 7:05-7:15pm

Saturdays, Feb. 4, 7:05-7:15pm

Saturdays, Feb. 11, 7:05-7:15pm

Saturdays, Feb. 18, 7:05-7:15pm

Saturdays, March 4, 7:05-7:15pm

Saturdays, March 11, 7:05-7:15pm

Saturdays, March 18, 7:05-7:15pm

Saturdays, April 1, 7:05-7:15pm

Saturdays, April 8, 7:05-7:15pm

Saturdays, April 15, 7:05-7:15pm

Saturdays, April 22, 7:05-7:15pm

Saturdays, May 6, 7:05-7:15pm

Saturdays, May 13, 7:05-7:15pm

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 or students who are at the right level for the class’s 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 T1). Other equipment provided. Sign out of class once per week to enter the pool on the first day of the class and take a quick for 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: parks.arenvalovnas.org/sports and click on aquatic/swimming
Attention Arlington Gymnastics Participants:

We made some changes to our classes and age requirements for Winter 2020. Please review the chart below to determine the appropriate class for your child. If you have questions, please ask your child's instructor regarding their recommendation for full session.

### PRESCOLAR GYMNASTICS PROGRAM: WINTER 2020

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>AGE</th>
<th>DURATION</th>
<th>CLASS UPDATE OR CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Time</td>
<td>1 year old</td>
<td>45 mins</td>
<td>This class has switched from a 30-minute class to a 45-minute class allowing participants to explore more gymnastics activities and skills.</td>
</tr>
<tr>
<td>Family Gymnastics</td>
<td>3½-5 years old</td>
<td>45 mins</td>
<td>No change. This is a parent-tot class where adults lead their gymnasts through our gymnastics courses.</td>
</tr>
<tr>
<td>Tumbling for Toddler’s</td>
<td>3½-4 years old</td>
<td>45 mins</td>
<td>No change. This is a parent-tot class where adults lead their gymnasts through our gymnastics courses.</td>
</tr>
<tr>
<td>Tumbling for 3s</td>
<td>3 years old</td>
<td>45 mins</td>
<td>This is the first class where participants are taking class on their own. Participants will learn how to follow directions, listen and stay with their group along with introductory gymnastics skills.</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>4 years old</td>
<td>45 mins</td>
<td>The age for this class has changed to include only 4-year-old participants. This is a unique age group. This class focuses on transitioning gymnastics from the 3-year-old class and preparing them for more advanced gymnastics classes (i.e. Junior Gymnast: Girls or Boys).</td>
</tr>
<tr>
<td>Junior Gymnast</td>
<td>5-6½ years old</td>
<td>45 mins</td>
<td>The age of this class has changed to 5-6½ years old. This class is geared towards school-aged participants. This is the highest level preschool class which focuses on preparing participants for the region gymnastics program.</td>
</tr>
<tr>
<td>Junior Gymnast for Boys</td>
<td>5-6½ years old</td>
<td>45 mins</td>
<td>The age of this class has changed to 5-6½ years old. This class is geared towards school-aged participants. This is the highest level preschool class which focuses on preparing participants for the boys recreational gymnastics program.</td>
</tr>
</tbody>
</table>

### RECREATIONAL GYMNASTICS PROGRAM: WINTER 2020

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>AGE</th>
<th>DURATION</th>
<th>SKILLS REQUIRED TO ADVANCE TO NEXT LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Beginner &quot;Express&quot;</td>
<td>5-6 years old</td>
<td>45 mins</td>
<td>Introductory class for these to our program. Bar: Pull Over (light spot) Floor: Forward Roll, Backward Roll, Cartwheel</td>
</tr>
<tr>
<td>Girls Beginner</td>
<td>5-6 years old</td>
<td>1 hr</td>
<td>Back: Bar: Pull Over (light spot) Floor: Forward Roll, Backward Roll, Cartwheel</td>
</tr>
<tr>
<td>Girls Intermediate</td>
<td>5-6 years old</td>
<td>1 hr</td>
<td>All of the above: plus: Bar: Forward Handspring on hip circle Floor: Handstand, Biege with straight legs</td>
</tr>
<tr>
<td>Girls Advanced</td>
<td>6-8 years old</td>
<td>1½ hrs</td>
<td>All of the above: plus: Bar: Sosok or Shoot Through, Mill Circle Floor: Round-off, Bridge Kick-over</td>
</tr>
<tr>
<td>Girls Level 3</td>
<td>7-13 years old</td>
<td>1½ hrs</td>
<td>All of the above: plus: Back: Hip Circle Spot, Bar: Hip Circle to Dismount Floor: Handstand to Bridge Kick-over, Back Umlauf Floor: Push-up, Forward Balance Roll</td>
</tr>
<tr>
<td>Boys Beginner</td>
<td>5-7 years old</td>
<td>1 hr</td>
<td>High Bar: Chin-Down for 5 seconds, Hunging L, 3 Cuts in a row Parallel Bar: Straddle L Hold for 5 seconds, Straddle Tovny Rings: Pull-up held for 3 seconds, Swings Floor: Forward Roll, Cartwheel, Donkey Kick</td>
</tr>
<tr>
<td>Boys Intermediate</td>
<td>6-8 years old</td>
<td>1 hr</td>
<td>All of the above: plus: High Bar: Pull Over Spot (light spot) Swings w/ m/ re-grasp Parallel Bar: L-Hold for 5 seconds Rings: Pull-up held for 5 seconds, German Hang Dismount Floor: Backward Roll, Cartwheel Step-down, Handstand</td>
</tr>
<tr>
<td>Boys Advanced</td>
<td>7-12 years old</td>
<td>1½ hrs</td>
<td>All of the above: plus: High Bar: Pull Over and Back Hip Circle Spot Parallel Bar: Straddle L Hold for 10 seconds, Swings Rings: Pull-up held for 10 seconds, Inverted Hang to Pike Hold Floor: Backwards to Push-up, Forward Balance Roll, Round-off</td>
</tr>
<tr>
<td>Boys Level 3</td>
<td>7-12 years old</td>
<td>1½ hrs</td>
<td>All of the above: plus: High Bar: Chin-Down Pull Over and Back Hip Circle Spot Parallel Bar: Swings above horizontal to back dismount Rings: Swing above Horizontal IKarman to Inverted Pike Floor: Handstand Forward Roll, Backward Handspring (spotted)</td>
</tr>
</tbody>
</table>

### Aqua Benabata

This high intensity interval Training (HIIT) program is adapted for water use from the land based crossfit style. This program combines simple athletic moves with intense intervals to burn calories and increase aerobic exercise levels. There is a $30 non-refundable pool use fee included in the cost of the class.

### Aqua Zumba

Aqua Zumba combines international music beats, dance exercise and a shallow water workout to create a fun and intensive aerobic program. There is a $30 non-refundable pool use fee included in the cost of the class.

### 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. There is a $30 non-refundable pool use fee included in the cost of the class.

### Pre-Natal Aqua Fitness

Sway good-bye to the myth of the "delicate" condition and hello to pregnancy in the 21st century! Current research on pregnancy exercise can enhance 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. There is a $30 non-refundable pool use fee included in the cost of the class.

### Deep Aqua Fitness

Participants must be comfortable in water over 51 degrees by 10 minutes. You will use a variety of deep-water exercises to enhance cardiovascular fitness while strengthening and toning muscles. Aqua Fitness pups are provided or you can bring your own. There is a $30 non-refundable pool use fee included in the cost of the class.

### Cardio Deep-Water Combo

This deep water class combines water resistance with no impact using a variety of apparatus and equipment. There is a $30 non-refundable pool use fee included in the cost of the class.

### GYMNASTICS

### TOT & ADULT

Family Gymnastics

Tots are introduced or continue to learn about the fun of gymnastics with their parents supervised guidance. Parents learn gymnastics safety and basic spotting techniques. This mixed-aged class is geared towards families with multiple children or just one child (each child must be registered for class). Adult participation required.

Barcroft Fitness Center

<table>
<thead>
<tr>
<th>Ages 11-15</th>
<th>10 Sessions</th>
<th>$218</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 16-18</td>
<td>10 Sessions</td>
<td>$218</td>
</tr>
<tr>
<td>Ages 19+</td>
<td>10 Sessions</td>
<td>$218</td>
</tr>
</tbody>
</table>

Enjoy Arlington - Winter 2020 - Online Registration Begins December 4th at 7:30am for Gymnastics Classes - 7:30am all other classes.
**Eat! ENJOY NATURE**

**Free Nature & History Programs**

**Fort CF Smith Walking Tours**
@ Fort C.F. Smith Park
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 in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy.
- Sat., Dec. 7, 9–10am. Activity Code #622750-A
- Sat., Jan. 4, 9–10am. Activity Code #622750-B
- Sat., Feb. 1, 9–10am. Activity Code #622750-C

**Notable Nature**
@ Long Branch Nature Center
Join us for lessons in nature journaling and sketching. We'll construct our own nature journals, hone our writing and drawing skills and talk about the season while hiking.
- Ages 5 and up.
- Sun., Dec. 8, 3–4pm. Activity Code #622950-F
- Sun., Jan. 19, 3–4pm. Activity Code #622950-G
- Sun., Feb. 9, 3–4pm. Activity Code #622950-H

**Gifts for Wildlife**
Sat., Dec. 21, 2:30–4pm
@ Long Branch Nature Center
This time of year is the giving season! With food being scarce, the local birds and wildlife could use some kindness too. Join us as we make edible garlands and ornaments to hang on trees outside. You can even make an ornament to take home for the wildlife in your backyard. We'll also learn other ways to help wildlife year round.
- Activity Code #622950-L

**Volunteer Opportunities!**

**R.I.P. Remove Invasive Plants**
Want to restore habitat and increase native species diversity right here in Arlington? Work parties are held every month and are making a difference with the return of ferns, wildflowers and the animals that depend on them to areas once covered in destructive invasive plants. Help make it happen!
- Free. No Registration Necessary
- @ Gulf Branch Nature Center
  - Saturday, Dec. 14, 9:30–11:30am
  - Saturday, Jan. 11, 9:30–11:30am
- @ Long Branch Nature Center
  - Sunday, Dec. 15, 2–4pm
  - Sunday, Jan. 19, 2–4pm
  - Sunday, Feb. 16, 2–4pm

**Gulf Branch Nature Center**
Open Tues.–Sat. 10am–5pm, Sun. 1–5pm
Closed Monday
3608 N. Military Rd., Arlington, VA 22207
703.228.3403

**Long Branch Nature Center**
Open Tues.–Sat. 10am–5pm, Sun. 1–5pm
Closed Monday
625 S. Carlin Springs Rd., Arlington, VA 22204
703.228.6535

**Fort CF Smith Visitor Center**
Open Saturday & Sunday 10am–2pm
2411 N. 29th Street, Arlington, VA 22207
703.228.4775
Family Fun

Getting Ready For Winter Walk
Sunday, Dec. 22, 2-3:30pm
@ Long Branch Nature Center
Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. As the days get shorter and colder the animals living in Glencarlyn Park are getting ready for winter. We’ll take a walk through various habitats to learn about what different species do to survive the winter; sleep, fly away or go out in the cold!
Free. Activity Code #622950-M

VA State Symbols: The Big-Eared Bat
Sunday, Jan. 5, 3:30-4:30pm
@ Gulf Branch Nature Center
We’ll learn all about bats in Virginia, how they survive and how they’ve become endangered. Then, we’ll do a bat-themed craft.
Free. Activity Code #622850-K

Flying Squirrel Lore
@ Long Branch Nature Center
Flying squirrels are found throughout the wooded neighborhoods of Arlington but are seldom seen. Join us to learn about these engaging nocturnal acrobats. After an indoor presentation, we’ll tiptoe outside to see these little pixies glide in for an evening meal. These creatures are truly one of the natural wonders of the Arlington!
$5 Fee.
Sat., Dec. 21, 5-6pm. Activity Code #622950-A
Fri., Dec. 27, 5-6pm. Activity Code #622950-B
Sat., Jan. 11, 5:30-6:30pm. Activity Code #622950-C
Sat., Feb. 22, 5-6pm. Activity Code #622950-E

Winter Campfires
CAMPFIRE EVENINGS $5
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! Campfires are hosted at Long Branch or Gulf Branch Nature Centers. Check out all the options at https://parks. Arlingtonva.us/campfires/

¿Como Se Dice? Live Animal Bilingual Campfire
Sun., Dec. 8, 5-6pm@ Long Branch Nature Center
Activity Code #622950-I

Keeping Warm Campfire
Sat., Jan. 18, 6-7pm@ Gulf Branch Nature Center
Activity Code #622850-H

Groundhog Day Campfire
Sat., Feb. 1, 6-7pm@ Gulf Branch Nature Center
Activity Code #622850-I

Ooey Gooey Campfire
Sat., Feb. 15, 6-7pm@ Long Branch Nature Center
Activity Code #622950-J

Spring Senses Campfire
Fri., Feb. 28 6-7pm@ Gulf Branch Nature Center
Activity Code #622850-J

Special Events

Solstice Eve Hike & Campfire
Saturday, Dec. 21, 7-8pm
@ Gulf Branch Nature Center
Celebrate the longest night of the year with candle making and roasting marshmallows for s’mores! Then we’ll take a night hike under the stars.
$5. Activity Code #622950-G

Celebrate the Chinese New Year!
Saturday, Jan. 25, 3:30-5pm
@ Long Branch Nature Center
Celebrate the New Year with us at Long Branch! We’ll meet some live animals, make New Year and dragon crafts, then take a short hike with our paper poppers “Firecrackers” to chase away the New Year’s beast Nian!
$7. Activity Code #622950-D

Explore the natural world in Arlington. Up your science and nature skills with one of our programs—more classes are available online at parks.arlingtonva.us and search Nature Programs.

Sign up to receive our Nature & History eNews at parks.arlingtonva.us.
Tot & Preschooler Programs

Tiny Tot Nature Fun
**Ages 18 to 35 months**

Preschool Nature Explorers
**Ages 3 to 5**
Preschoolers can actively explore their natural world with programs that build the foundation for a lifetime of wonder, appreciation and discovery. Hands-on interactive learning, crafts, mini-hikes and nature play provide a fun and engaging experience for your children. Sessions each month at Long Branch and Gulf Branch Nature Centers. Visit parks.arlingtonva.us and search Preschool Nature Explorers.

Kids Nature Programs

Snowflake Art
**Friday, Dec. 20, 4-5pm**
@ Long Branch Nature Center
Big, little and even clay snow flakes! Like in nature each flake will be unique and beautiful. Participants can make snowflake decorations and ornaments from a variety of materials to bring home for the holidays. We’ll even throw in a little snowflake science.
$5. Activity Code #622920-A

Cold-blooded Afternoons: Snakes
**Wednesday, Dec. 11, 3:30-4:30pm**
@ Gulf Branch Nature Center
Out of school early this winter? Come on over to the nature center to discover some cold-blooded creatures on a cold afternoon! Snakes are amazing predators, capturing their food without any legs. Discover how different snakes catch and eat their prey. Meet a live snake up close and watch it eat!
$5 fee. Activity Code #622820-A

Cold-blooded Afternoons: Turtles
**Wednesday, Jan. 15, 3:30-4:30pm**
@ Gulf Branch Nature Center
Out of school early this winter? Come on over to the nature center to discover some cold-blooded creatures on a cold afternoon! Turtles live on land or water and make up for their lack of speed with amazing adaptations. Find out how different turtles avoid being eaten while finding their food at the same time. Meet a live turtle up close and help make its food!
$5. Activity Code #622820-B

Tween Programs

Animal Tracks
**Ages 8-12**
**Saturday, Jan. 18, 2-3:30pm**
@ Long Branch Nature Center
Winter is a great time to see animal tracks in the snow or mud, but would you like to take your own footprints home? We’ll make plaster animal feet and while they set we’ll hike the forest looking for tracks.
$7 Activity Code #622920-A

Under the Ice
**Saturday, Jan. 18, 3-4pm**
@ Gulf Branch Nature Center
Suspended animation! Voracious predators! The oxygen supply dropping fast! No, it’s not the latest alien movie, it’s winter in the pond. Learn what’s lurking in that cold dark water. Then we’ll go outside and see what we can haul up from the depths.
$5. Activity Code #622820-D

Check out the Natural Arlington Blog online at environment.arlingtonva.us

We have nearly 100 more Nature & History programs. Check them out at arlingtonparks.us/snag
Hawks in Arlington
Saturday, Jan. 25, 9–11:30am
@ Long Branch Nature Center
Red-tailed, Red-shouldered, Cooper’s and Sharp-shinned Hawks all call Arlington home. We’ll learn to tell these four hawks apart and how they survive in urban areas. After our discussion, we’ll go out to look for hawks and other birds. $10, Activity Code #622940-G

Tree ID Hike
@ Long Branch Nature Center
We can identify trees with more than just leaves; we’ll learn to identify the trees of Arlington parks by their bark and shape. Dress for the weather, we will be outside the whole time. $5 Fee.
Sat., Jan. 11, 10–11:15am. Activity Code #622940-D
Sat., Feb. 8, 10–11:15am. Activity Code #622940-E

Dabbling & Diving Ducks
Thursday, Jan. 16, 8–9pm
@ Gulf Branch Nature Center
Winter is a great time to view ducks in the area. Explore the life histories of these migratory birds and discover the adaptations that allow these aquatic birds to dabble for plants or dive for fish in our cold winter waters. Activity Code #622840-B

Animal Meteorologists
Thursday, Feb. 13, 8–9pm
@ Gulf Branch Nature Center
Is there predictive value to waking up a groundhog on February 2? Do the bands on a Wooy Bear caterpillar really warn you about the severity of the upcoming winter? Explore the origins of these stories and more. Activity Code #622840-C

Fire Building for Women
Saturday, Jan. 11, 3–4pm
@ Gulf Branch Nature Center
Get comfortable with campfires! We’ll start a fire, teach you how to put it out safely, and put out fires at this program for women only. Get the practice you need to enjoy a cuddly, cozy fire without stress. Dress for the weather we’ll provide the hot chocolate! $8, Activity Code #622840-D

CIVIL WAR DISCOVERIES
Enlist in our Civil War Army!
Meet @ Fort C.F. Smith. Ages 7 to 11. $5.

Infantry Drills
Saturday, January 4, 11am–12pm
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. Activity Code #622720-A

Artillery Drills
Saturday, January 4, 1–2pm
Work as a team practicing the steps to load and aim a replica Civil War cannon. We’ll talk about different types of artillery and put our skills to the test. Activity Code #622720-B

Skirmish Drills
Saturday, February 1, 11am–12pm
Skirmishers played a special role in Civil War armies. Learn their functions and practice their drills. Activity Code #622720-C

Build a Fort
Saturday, February 1, 1–2pm
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. Activity Code #622720-D

Adult Programs
DEEP DIVES $5
Take a Deep Dive into a natural history topic.

Wintertime Economics
Thursday, Dec. 19, 8–9pm
@ Gulf Branch Nature Center
What are the trade-offs to winter survival strategies? How much does a tiny chickadee need to eat to survive the cold winter nights? What are the advantages for cold-blooded animals that spend winter underwater? There’s more to surviving winter than just eating or sleeping a lot. Activity Code #622840-A

Fort C.F. Smith Park Walking Tour
@ Fort C.F. Smith
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 in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. All Ages! Free!
Sat., Dec. 7, 9–10am. Activity Code #622750-A
Sat., Jan. 4, 9–10am. Activity Code #622750-B
Sat., Feb. 1, 9–10am. Activity Code #622750-C

Arlington’s History Programs

@ FORT CF SMITH VISITOR CENTER
Open 10am–2pm Saturday & Sunday
2411 N. 24th Street, Arlington, VA 22207
703.228.4775
email: dfarner@arlingtonva.us
Tiny Time
This 45-minute class creates special parent-child bonding time through sensory stimulation and physical play on some of the gymnastics equipment. Parents learn gymnastics safety and basic spotting techniques. Adult participation required.
Barcroft Fitness Center
Ages 1 9 Sessions $109
210650A Mon, Jan 27, 8:30-9:15am

Tumbling for Toddler’s
Curious high-energy toddlers can explore the world of gymnastics with their parents supervision. Fantastic theme-based lessons cater to the short attention span and eagerness of this age group. Parents learn gymnastics safety and basic spotting techniques. Adult participation required.
Barcroft Fitness Center
Ages 1½-2 11 Sessions $128
210652A Tues, Jan 19, 9:30-10:30am
210653B Tues, Jan 26, 9:30-10:30am
210654C Tues, Jan 26, 10:30-11:15am
210655B Thu, Jan 21, 10:30-12:30pm
210656D Wed, Jan 20, 9:30-10:30am
210657D Wed, Jan 20, 10:30-11:45am
210658H Wed, Jan 27, 11:30am-12:15pm
210659I Wed, Jan 27, 2:20-3:45pm

Barcroft Fitness Center
Ages 3 9 Sessions $109
210654A Sat, Jan 25, 8:30-9:30am
210655B Sat, Jan 25, 9:30-10:30am
210653C Sun, Jan 26, 1:15-2:15pm
210656C Sun, Jan 26, 2:20-3:20pm
210657C Sun, Jan 26, 6:45-7:45pm
210658C Sun, Jan 26, 7:45-8:45pm
210659C Sun, Jan 26, 9:55-10:55am

Barcroft Fitness Center
Ages 3 12 Sessions $128
210656A Fri, Jan 22, 10:30-11:30am
210657A Fri, Jan 22, 11:30am-12:30pm
210658A Fri, Jan 22, 1:20-2:20pm

Barcroft Fitness Center
Ages 3 12 Sessions $128
210659A Wed, Jan 20, 10:30-11:30am
210655B Wed, Jan 20, 11:30am-12:30pm
210656B Wed, Jan 20, 11:30am-12:30pm
210657B Wed, Jan 21, 1:20-2:20pm

Barcroft Fitness Center
Ages 3 9 Sessions $109
210654E Sat, Jan 25, 1:30-2:30pm
210655F Sat, Jan 25, 2:30-3:30pm
210656F Sat, Jan 25, 3:30-4:30pm
210657F Sat, Jan 26, 1:20-2:20pm

Barcroft Fitness Center
Ages 3 11 Sessions $128
210654H Wed, Jan 20, 1:30-2:30pm
210655I Wed, Jan 20, 2:30-3:30pm
210656I Wed, Jan 20, 3:30-4:30pm
210657I Wed, Jan 21, 1:30-2:30pm

Gymnastics
Young gymnasts will continue their gymnastics progressions focusing on strength and clean execution.
Barcroft Fitness Center
Ages 3½-4 11 Sessions $128
210654A Sat, Jan 25, 10:30-11:30am
210655B Sat, Jan 25, 11:30am-12:30pm
210656C Sat, Jan 26, 9:30-10:30am
210657C Sat, Jan 26, 10:30-11:30am
210658C Sat, Jan 26, 11:30am-12:30pm
210659C Sat, Jan 26, 12:30-1:30pm

Gymnastics: Girls Beginning Express
Gymnasts are introduced to the girl’s events learning basic skills on vault, uneven bars, balance beam and floor exercise. This 45-minute class is a shorter version of the hour-long Girls Beginner.
Barcroft Fitness Center
Ages 4-6 11 Sessions $128
210656A Wed, Jan 27, 1:30-2:30pm
210657A Wed, Jan 27, 2:30-3:30pm
210658A Wed, Jan 27, 3:30-4:30pm
210659A Wed, Jan 27, 4:30-5:30pm
210660A Wed, Jan 27, 5:30-6:30pm

Gymnastics: Girls Beginner
Gymnasts learn the fundamental progressions and basic skills on vault, uneven bars, balance beam and floor exercise. Gymnasts need to pass the skill requirements before moving to Girls Intermediate.
Barcroft Fitness Center
Ages 4-6 9 Sessions $109
210654C Wed, Jan 20, 1:30-2:30pm
210655C Wed, Jan 20, 2:30-3:30pm
210656C Wed, Jan 20, 3:30-4:30pm
210657C Wed, Jan 20, 4:30-5:30pm
210658C Wed, Jan 20, 5:30-6:30pm
210659C Wed, Jan 20, 6:30-7:30pm

Home-school gymnastics
Home-schoolers can improve balance, develop basic gymnastics skills and learn a variety of exercises using the vault, uneven bars, balance beam and floor exercise. This class teaches gymnastics in a safe, creative and supportive environment while gaining strength, flexibility and self-confidence.
Barcroft Fitness Center
Ages 5-7 11 Sessions $128
210654A Fri, Jan 24, 12:30-1:30pm
210655B Fri, Jan 24, 1:30-2:30pm
210656B Fri, Jan 24, 2:30-3:30pm

Gymnastics: Girls Intermediate
Gymnasts focus on the skills needed to move to the advanced class (pulleover and back hip circle on bars, handstand and straight arm bridge on floor). Gymnasts need to pass the skill requirements before moving to Girls Advanced. Pre-requisite: Girls Beginner (review reference chart).
Barcroft Fitness Center
Ages 6-8 12 Sessions $181
210654A Sat, Feb 22, 5:30-6:30pm
210655A Sat, Feb 22, 6:30-7:30pm

Barcroft Fitness Center
Ages 7-8 13 Sessions $181
210654B Sat, Feb 22, 7:30-8:30pm
210655B Sat, Feb 22, 8:30-9:30pm

Did you know?
It takes about four sessions or a year to master the skills at each gymnastics level.

Arlington offers a variety of sports, activities, and programs to keep you informed on upcoming events and provide great resources and timely information.

Subscribe today at parks.arlingtonva.us
9 Sessions $152
220667 Sat., Jan. 25, 1:30–2:30pm
Gymnastics: Boys Beginner
Gymnasts learn the fundamental progressions and basic skills on vault, parallel bars, high bar, pommel horse, still rings and floor exercise. This class is for beginning students. Gymnastics need to pass the skill requirements before moving to Boys Intermediate.
Barcroft Fitness Center

Age 7-8 $152
220660 Fri., Jan. 24, 7:45–8:45pm
Gymnastics: Girls Advanced
Gymnasts continue their gymnastics progressions advancing their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Girls 3+. Pre-requisite: Girls Intermediate (review reference chart).
Barcroft Fitness Center

Age 5-7 $181
220618 Wed., Jan. 22, 4:30–5:30pm
Gymnastics: Boys Beginner
Gymnasts learn the fundamental progressions and basic skills on vault, parallel bars, high bar, pommel horse, still rings and floor exercise. This class is for beginning students. Gymnastics need to pass the skill requirements before moving to Boys Intermediate.
Barcroft Fitness Center

Age 6-10 $228
220544 Tues., Jan. 21, 3:30–4:30pm
Gymnastics: Boys Intermediate
Gymnasts will focus on the skills needed to move to the advanced class (pilow on bars, bar cartwheel, step-in and backward roll on floor). Gymnastics need to pass the skill requirements before progressing to Boys Advanced Pre-requisite: Boys Beginner (review reference chart).
Barcroft Fitness Center

8 Sessions $159
220664 Sun., Jan. 26, 2:30–4:30pm
Gymnastics: Boys Advanced
Gymnasts continue their gymnastics progressions advancing their skill level on all six events’ exercises. This class will focus on strength and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Boys 3+. Pre-requisite: Boys Intermediate (review reference chart).
Barcroft Fitness Center

8 Sessions $159
220598 Sat., Jan. 25, 3:15–4:15pm
Gymnastics: Boys Beginner
Gymnasts learn the fundamental progressions and basic skills on vault, parallel bars, high bar, pommel horse, still rings and floor exercise. This class is for beginning students. Gymnastics need to pass the skill requirements before moving to Boys Intermediate.
Barcroft Fitness Center

9 Sessions $159
220514 Thurs., Jan. 23, 7:30–8:30pm
Gymnastics: Boys 3+
Gymnasts are introduced to advanced gymnastics skills on the vault, parallel bars, pommel horse, rings and floor exercise. A strong foundation is needed to excel through these new progressions. Pre-requisite: Boys Advanced (review reference chart).
Barcroft Fitness Center

9 Sessions $159
220518 Sun., Jan. 26, 7:30–8:30pm
Gymnastics: Girls 3+
Gymnasts are introduced to advanced gymnastics skills on the vault, uneven bars, balance beam and floor exercise. A strong foundation is needed to excel through these new progressions. Pre-requisite: Girls Advanced (review reference chart).
Barcroft Fitness Center

11 Sessions $181
220618 Wed., Jan. 22, 4:30–5:30pm
Gymnastics: Boys Beginner
Gymnasts learn the fundamental progressions and basic skills on vault, parallel bars, high bar, pommel horse, still rings and floor exercise. This class is for beginning students. Gymnastics need to pass the skill requirements before moving to Boys Intermediate.
Barcroft Fitness Center

11 Sessions $228
220544 Tues., Jan. 21, 3:30–4:30pm
Gymnastics: Boys Intermediate
Gymnasts will focus on the skills needed to move to the advanced class (pilow on bars, bar cartwheel, step-in and backward roll on floor). Gymnastics need to pass the skill requirements before progressing to Boys Advanced Pre-requisite: Boys Beginner (review reference chart).
Barcroft Fitness Center

11 Sessions $228
220544 Tues., Jan. 21, 3:30–4:30pm
Gymnastics: Boys Intermediate
Gymnasts will focus on the skills needed to move to the advanced class (pilow on bars, bar cartwheel, step-in and backward roll on floor). Gymnastics need to pass the skill requirements before progressing to Boys Advanced Pre-requisite: Boys Beginner (review reference chart).
Barcroft Fitness Center

11 Sessions $228
220544 Tues., Jan. 21, 3:30–4:30pm
Gymnastics: Boys Intermediate
Gymnasts will focus on the skills needed to move to the advanced class (pilow on bars, bar cartwheel, step-in and backward roll on floor). Gymnastics need to pass the skill requirements before progressing to Boys Advanced Pre-requisite: Boys Beginner (review reference chart).
Barcroft Fitness Center

11 Sessions $159
220514 Thurs., Jan. 23, 7:30–8:30pm
Gymnastics: Girls 3+
Gymnasts are introduced to advanced gymnastics skills on the vault, parallel bars, pommel horse, rings and floor exercise. A strong foundation is needed to excel through these new progressions. Pre-requisite: Boys Advanced (review reference chart).
Barcroft Fitness Center

11 Sessions $159
220518 Sun., Jan. 26, 7:30–8:30pm
Gymnastics: Girls 3+
Gymnasts are introduced to advanced gymnastics skills on the vault, parallel bars, pommel horse, rings and floor exercise. A strong foundation is needed to excel through these new progressions. Pre-requisite: Boys Advanced (review reference chart).
Barcroft Fitness Center

220514 Thurs., Jan. 23, 7:30–8:30pm
Gymnastics: Boys Advanced
Gymnasts continue their gymnastics progressions advancing their skill level on all six events’ exercises. This class will focus on strength and clean execution of skills. Gymnasts need to pass the skill requirements before moving to Boys 3+. Pre-requisite: Boys Intermediate (review reference chart).
Barcroft Fitness Center

220518 Sun., Jan. 26, 7:30–8:30pm
Gymnastics: Boys Intermediate
Gymnasts will focus on the skills needed to move to the advanced class (pilow on bars, bar cartwheel, step-in and backward roll on floor). Gymnastics need to pass the skill requirements before progressing to Boys Advanced Pre-requisite: Boys Beginner (review reference chart).
Barcroft Fitness Center

220514 Thurs., Jan. 23, 7:30–8:30pm
Gymnastics: Girls 3+
Gymnasts are introduced to advanced gymnastics skills on the vault, parallel bars, pommel horse, rings and floor exercise. A strong foundation is needed to excel through these new progressions. Pre-requisite: Boys Advanced (review reference chart).
Barcroft Fitness Center

WE’D LIKE TO HEAR FROM YOU!
If you have a question or concern, or have a suggestion on how we can improve our services, please email us at registration@arlingtonva.us.

FREE Preschool Programs
Half-day preschoolers programs are designed to provide children ages 3–5 with their first social group experience outside the home. Emphasis is placed on experiencing age-appropriate recreation activities, being part of a group, cooperating, listening, sharing, developing play and movement skills, and discovering nature.
The Creative Program is a 9-month program, running from September 9–May 29. Hours are 9:30am–12:30pm. Creators Preschoolers Programs are offered at 5 convenient Arlington locations—Aspen Hill Community Center, Langston Brown Community Center, and Langston Brown Community Center. Registration for 2020–21 opens Feb. 25 for residents and Feb. 28 for new out-of-county residents.

Pint-sized indoor Playtime
Looking for something fun to occupy your child? Drop in for fun at one of our indoor playtimes at Arlington Mill and Fairlington Community Centers. Appropriate for ages 1–5. Parent or caregiver supervision required at all times. For more information, visit parks.arlingtonva.us, search Indoor Playtime.

Cooperative Playgroups
Children will enjoy free play, snack, crafts, and playground or gym time. This is a coop-experience where parents share the role as caregivers in the program. All children must have a parent or caregiver who is able to work 1/3 of the dates. Also, parents or caregivers must complete paperwork including background checks and screening prior to working in the program. This is not a preschool program. Playgroups are 16-week programs. Winter session is Jan. 6–May 1.

1-2 year olds @ Fairlington from 9:30–11:30am
1-3 year olds @ Madison from 9:30am–noon
1-3 year olds @ Lee from 9:30am–noon
To learn more, visit parks.arlingtonva.us, search Cooperative Playgroups.

We encourage everyone to wear masks when outdoors and practice proper social distancing.
**RECREATION PROGRAMS FOR INDIVIDUALS WITH DISABILITIES**

**FITNESS & MOVEMENT**

**Dance Aerobics**

Dance and exercise come together in this cardio class that caters to individuals with disabilities. This adapted fitness class is unique with its combination of hip hop, ballet, Latin and Afro-Brazilian movements. It will keep you on your toes from beginning to the end but will also increase endurance and condition the heart. Inst. Mac Clear. Langston-Brown Center Ages 13-Adult 9 Sessions $135 204095A Mon., Jan. 13, 6:40-7:40pm

**Fun & Fitness**

Fitness and wellness come together in this Fun and Fitness program for adults with disabilities. Each month we will move! Learn a different sport or try a new fitness class, do a healthy cooking activity, and participate in a game or craft focused on wellness. Sign up for one or all events! Inst. Carroll Langston-Brown Center Ages 13-Adult 1 Session $35 204091A Sat., Jan. 11, 10am-12pm 204093B Sat., Feb. 8, 10am-12pm 204093C Sat., Mar. 14, 10am-12pm

**Adapted Yoga**

This yoga class is specifically for adults with disabilities and will include sound therapy (chanting), eye exercises, breathing exercises, body postures, deep relaxation, and affirmation. Participants, guardians and/or caregivers can benefit from these home practice techniques that can improve body awareness, physical and emotional well-being, and mental focus. The instructor is certified as a yoga therapist with the International Association of Yoga Therapists, http://iayt.org/ and is able to accommodate a range of different ages and disabilities. The instructor will be available for short individual consultations before or after class. A guardian or caregiver is included in the cost of the class and is welcome to attend, please let staff know prior to the first class if you would like to consistently attend. Inst. Sheth. Langston-Brown Center Ages 13-Adult 3 Sessions $120 204060A Thurs., Jan. 16, 6:40-7:30pm

**AQUATICS**

**Tot Splash Adapted**

Through group work and individual attention, preschoolers with disabilities will play and learn elementary aquatic skills with a focus on water safety, breath control, pulling, kicking and adjustment skills. There is a $10 non-refundable pool use fee included in the cost of the class.

Yorktown Pool Ages 6-12 9 Sessions $82 204042A Sun., Jan. 26, 1:40-2:30pm

**Youth Splash 3 & 4**

Children with disabilities will have fun and continue to develop water skills through group work and individual attention. The program will focus on breath control, swimming front and back, pulling, kicking and endurance skills from Level 3 and 4. There is a $10 non-refundable pool use fee included in the cost of the class.

Yorktown Pool Ages 6-12 9 Sessions $84 204042A Sun., Jan. 26, 2:30-3:20pm

Teen/Adult Splash

Students with disabilities will have fun and begin to develop water skills through group work and individual attention. The program will focus on water exploration, safety and adjustment, and other elementary aquatic skills from Level 1 and 2. There is a $10 non-refundable pool use fee included in the cost of the class.

Yorktown Pool Ages 13-Adult 9 Sessions $84 204042A Sun., Jan. 26, 3:10-4:00pm

**GYMNASTICS**

**Gymnastics: Parent/Tot (Adapted)**

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. The small class with an instructor to participant ratio of 1:5 gives kids the confidence they need to excel. Adult participation required.

Barcroft Fitness Center Ages 13-18 9 Sessions $152 204050A Sun., Jan. 26, 9:30-10:15am

**Gymnastics: Adapted Level 1**

Gymnastics is a great way to enhance balance, movement, and coordination in a social atmosphere. Children with disabilities learn basic gymnastics skills through obstacle course activities on men’s and women’s gymnastics events. The small class with an instructor to participant ratio of 1:3 gives participants the confidence they need to excel. Students need to pass the skill requirements before moving to level 2.

Barcroft Fitness Center Ages 5-7 9 Sessions $159 204052A Sun., Jan. 26, 9:30-10:15am

**Gymnastics: Adapted Level 2**

Children with disabilities learn fundamental progressions and expand their skill level on men’s and women’s gymnastics events. The small class with an instructor to participant ratio of 1:3 gives participants the confidence they need to excel. Prerequisite: Students need to pass the level 1 skill requirement before moving to level 2.

Barcroft Fitness Center Ages 5-7 9 Sessions $159 204052A Sun., Jan. 26, 8:30-9:15am 204052B Sun., Jan. 26, 9:30-10:15am

**Gymnastics: Adapted Teen**

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

Barcroft Fitness Center Ages 13-18 9 Sessions $152 204052A Sun., Jan. 26, 8:30-9:15am

**LET’S PLAY SOCIAL SKILLS**

Join us for an hour of fun and exploration as children learn and strengthen their social skills through active play in a small group and safe social environment. This class is designed for individuals with Autism level 1, ADHD, and/or social communication barriers to help foster social emotional learning and self-regulation skills in a recreational setting. A welcome interview for new participants may be scheduled before class starts. Please contact Arlene Lechner from the Poze JCC to register at 703.537.3032 or email Arlene.Lechner@jcc.org

Location: Langston Brown CC Ages 6-8 11 Sessions $310 Thursdays, 5-6pm Classes Begin: Jan. 21, 2020

**JCC SOCIAL SKILLS**

Friends Social Skills

A fun class designed to help children explore and understand their emotions through recreational play. Discussion topics include dealing with anger, understanding feelings, the power of positive thinking and handling stress. This class is designed for individuals with Autism level 1, ADHD, and/or social communication barriers to help foster social emotional learning and self-regulation skills in a recreational setting. A welcome interview for new participants must be scheduled before class starts. Please contact Arlene Lechner from the Poze JCC to register at 703.537.3032 or email Arlene.Lechner@jcc.org

Location: Langston Brown CC Ages 6-8 11 Sessions Wednesdays, 6:15-7:35pm Classes Begin: Jan. 13, 2020

**Therapeutic Recreation Social Clubs**

Teens and adults with developmental disabilities are invited to join one of our social clubs. Each social club offers a variety of activities per month ranging from social gatherings to community trips with other experiences, performances and more. Tired of the same old routine? Get out and have some fun and come join us! Individual Membership fees are $45.00 (trip fees are additional).

Contact TINever@arlingtonva.us or 703.228.4740 for more information.

**Family Fun Night**

Families of children with disabilities ages 4-17 can drop by Langston-Brown Community Center from 6:30-8pm on the first Friday (except Jan. 5th) of each month thru May. No pre-registration is required during this drop-in event. Families will be immersed into a therapeutic environment featuring various therapeutic activities stations including gross motor, sensory, art, large games, a quiet room and more. Learn more at parks.arlingtonva.us/search Therapeutic Recreation. Contact Jac Conley at Jacconley@fairlingtonva.us or by phone at 703.228.4738

December 6: Let it Snow

*January 5: Adapted Ice Skating at Medstar Virginia*

February 17: Family Movie Night at AMC

March 6: Dr. Seuss

Age range: 4-7
Cost: Only $2.50 per person (each only at the door)
Winter Break Camps
December 30 – January 3

Happy Holiday Camp!
Enjoy a variety of activities during our Kids in Action winter break camp* including fitness, health and nutrition, dynamic play, & creative arts! We will go on a field trip on Thursday, Jan. 2! Participants must bring a lunch and snack each day.

*Participant Information Record required

Location: Carver Community Center, 1415 S. Queen St., Arlington, VA
Core Hours: 8am–3pm. Fee $153 / Extended Hours: 3pm–6pm. Fee $42.
Register Online: registration.arlingtonva.us
Camp Code: 710129-E

Snow Day?
HELP KEEP SIDEWALKS CLEAR THIS WINTER
When wintry weather hits, students who walk and bike to school need clear sidewalks. Whether or not it’s a Snow Day, shovel your sidewalk. Please do your part.

Inside the dog park, outside the dog park, in the sidewalk or on the street…wherever it falls, bag the poop, then trash it.
TEEN WINTER PROGRAMS

Register online @ registration.arlingtonva.us

TEEN WINTER BREAK CAMP
Why waste your Winter break hibernating at home, when you can enjoy fun games and trips with friends?
Cost: $125. Includes all trip admissions.
December 30—January 3, 9am–4pm
No Program on Wednesday, January 1
For more information or to register call 703.228.4747

TEEN SKI TRIP
Skiing at Ski Liberty Mountain Resort
Cost varies. Please call for more information 703.228.7783.
Friday, January 31, 2020, 7am-7pm
*Teacher Work Day—no school for students
For more information or to register call 703.228.4747

TEEN SNOWTUBING TRIP
Tubing at Ski Liberty Mountain Resort
Cost: $35
Friday, January 31, 2020, 10am-4pm
*Teacher Work Day—no school for students. Need waiver!
For more information or to register call 703.228.4747

LASER TAG
Come enjoy our new teen Laser Tag parties at Thomas Jefferson Community Center.
Cost: $70 per party
Up to 14 participants per party from 9:30–10:30pm
Saturday nights 12/14, 1/25, 2/29, and 3/28
For more information or to register call 703.228.4747

T.E.A.M. TRAINING: WINTER TRAINING FOR A SUMMER JOB
Fun is serious business and this program will teach your teen how to run it! We will teach aspects of operating a small amusement rental business. Participants receive hands on training. Upon completion, participants are eligible for employment, helping to run our business with the Department of Recreation.
Trainings are on selected Saturdays from 10am–2pm and Sundays from 1–4pm
Jan. 11–Feb. 9, 2020. Register online with Activity Code #720920

TEEN FITNESS
Sign up now for your Teen Fitness membership! Participants must be 13–17 years old. All participants must go through an orientation to learn safety, fitness room expectations and how to properly use the equipment. There is a one-time fee of $10. Membership will expire the day of 18th birthday.
Time and locations for orientation sessions:
Mondays @ Thomas Jefferson 5pm, Tuesdays @ Arlington Mill 5pm, Thursdays @ Langston Brown 5pm

AMERICAN RED CROSS: BABYSITTER’S TRAINING CLASSES
This training will prepare you with the tools needed to safely tend to others and skills needed in case of emergency.
Cost: $85. Arlington Mill Community Center
Monday, December 30, 2019, 9am-4pm
Register online with Activity Code #720110

NATIONAL YOUTH CONGRESS: A PARKS & RECREATION INTERNSHIP PROGRAM
NYC will offer an exciting 3–week summer experience to students ages 14–18. This innovative hands-on experience led by Arlington County staff is designed to spark interest in Parks, Recreation, and other local governmental fields. The program is designed to develop youth leaders while building community engagement. Interns are paid a stipend ($300) and are expected to work approximately 20 hours/week over the 3 week period totaling 60 hours. Interns must attend the entire session and be able to work one of the following:
Sessions 1: June 29–July 17, 2020 or Session 2: July 20–August 7, 2020
Application available online: January 6, 2020
Deadline to apply: March 6
Interviews are on: March 18 & 19, 2020, 4–6pm @ Walter Reed Community Center
Register online with Activity Code #720720
FAMILIES UNPLUGGED

Learn, Grow and Play together as a family! Families Unplugged workshops take place on Saturdays from 10am-12pm at various community centers. Register today using Activity Code #730020. Cost: $8 per person. Youth must be accompanied by an adult. More information at https://parks.arlingtonva.us/programs/families-unplugged/

December 14:
Gingerbread Houses
@ Arlington Mill (10am–12pm, also 1pm–3pm)

January 11:
Puppet Playtime
@ Walter Reed

January 25:
Style Your Tile
@ Arlington Mill

February 22:
Nailed It: Valentines Treats
@ Walter Reed

February 29:
Monet Water Scenes
@ Arlington Mill

March 14:
Snack Attack
@ Walter Reed

March 28:
Collage Animals
@ Arlington Mill

Family Skate Night @ TJ

Bring the whole family to Thomas Jefferson Community Center for Family Skate Night on Saturdays 6:30-9pm through March 28. With a live DJ, moon bounces and snack bar, this is an entertaining roller-skating experience for the entire family! Only $2 to skate; $3 to rent skates. Cash Only. Moon bounce and concessions are additional.

Parents Night Out

The Teens Making a Difference Club (T-MAD) is offering parents a night out. Your child (4–11 years old) will enjoy an evening of games, art, and fun. The T-MAD Club is sponsored by the Department of Parks and Recreation and teaches high school youth leadership skills. The T-MAD teenagers are under the supervision of an adult DPR staff during this program. Cost $25 per child. To register call 703.228.4747 or visit https://registration.arlingtonva.us.

Use corresponding activity code:
December 13, 2019: Activity Code #720120-C
January 17, 2020: Activity Code #720120-D
February 14, 2020: Activity Code #720120-E
March 28, 2020: Activity Code #720120-F

Family Night @ The Mill

Family Nights @ the Mill are free, drop in programs for families that take place on the first Friday of every month during the school year at Arlington Mill Community Center from 6–8 pm. Family Nights have a fun and exciting theme each month as well as arts & crafts, games and other activities for all ages. All youth participants must be accompanied by an adult. More information at https://parks.arlingtonva.us/programs/family-nights/

DECEMBER 6: Holly Jolly Holiday Party
JANUARY 3: Dancing Through the Decades
FEBRUARY 7: Sensory Friendly Movie Night
Break Blasts!
Fun times for kids when school’s out

Need to find something fun and engaging for the kids to do on AP, Teacher Work Days? Break Blasts are full-day recreational programs for kids in grades K-5 on Teacher Work Days and Parent-Teacher Conference Days! Visit https://parks.arlingtonva.us/break-camps/ for details. For more info, contact Samantha Nuamah at snuamah@arlingtonva.us

Core Hours 8am-3pm. Fee $37 / Extended Hours 3-6pm. Fee $12.
January 31 @ Fairlington Community Center. Activity Code: 710120-F
March 6 @ Fairlington Community Center. Activity Code: 710120-G

celebrate your BIRTHDAY with us!
Looking for a unique and exciting way to celebrate birthdays? We’ve got you covered! Active children will love our Bounce Parties at Madison Community Center, Gymnastics Parties at Barcroft Sports and Fitness Center or our Roller Skating Parties at Thomas Jefferson Community Center, while artistic and creative souls can hone in on their craft at our Artful Parties. Learn more at parks.arlingtonva.us and search Birthday Party.

SUMMER CAMPS
Registration begins
Wednesday, February 12, 2020
FREE EVENTS

51ST ANNUAL TRIBUTE TO
Rev. Dr. Martin Luther King, Jr.

Arlington’s annual tribute to Dr. King celebrates 51 years in 2020. This beloved community event is a celebration of Dr. King’s life and legacy and a call to action for residents to stand up for social justice. The program features live music, dance and spoken word. Details @ mlktribute.org

2020 MLK Day of Service

The second annual MLK Day of Service, hosted by Volunteer Arlington, a program of the Leadership Center for Excellence, will be held on the MLK holiday, Monday, January 20, 2020, 8:30am-12:30pm. Washington Liberty High School. Register to participate@ volunteer.leadercenter.org/mlk-day-service.

2020 Feel the Heritage Festival

Join us on Saturday, February 29, 2020, 1-6pm at Drew Community Center for the annual Feel the Heritage Festival! This Black History Month event celebrates Arlington’s rich African-American history with an afternoon full of engaging programming. Visit parks.arlingtonva.us/feel-the-heritage-festival for details.

Paint Build Create!

a day of creative exploration

Come Create With Us!

Saturday, January 18, 11am–2pm
Fairlington Community Center
FREE

Second Saturday Crafternoon Workshops

Free!

Sat., Dec. 14 - Celebrate winter with some hanging ornaments.
Sat., Jan. 11 - Chinese New Year is soon! Celebrate with paper lanterns.
Sat., Feb. 8 - Hand-made and from the heart Valentine cards.

© Fairlington Community Center - 3308 South Stafford Street - Art Studio, Room 130

Drop in anytime: 1:30-3:30 p.m.
parks.arlingtonva.us/art

Open to all ages.
All children must be accompanied by an adult.
READY-SWEAT-GO!  Sign up for Arlington County’s Best Deal on Fitness Memberships!

• Access SEVEN fitness facilities for one low price!
  One low price gets you access to Thomas Jefferson Fitness Center* and Arlington Mill, * Barcroft, * Fairlington, * Gunston, Langston-Brown* and Madison Community Centers' fitness rooms so you’ll never miss the chance to get fit and improve your health anywhere in Arlington!
  *Visit any of these centers to sign up!
• Huge variety of equipment
• Convenient locations
• Indoor Track
• Drop-in Basketball, Pickleball, Soccer, Volleyball, Badminton and More!

For more information and info on special offers call 703.228.5920 or go to parks.arlingtonva.us search ‘fitness’

Join the 55+ Club!
You now have two options for enjoying discounted access to engaging programs, classes, trips PLUS access to Arlington County’s fitness facilities.

This is an Annual Pass

55+ Pass provides you bimonthly issues of the 55+ GUIDE, access to fun and engaging programs, classes and trips.

55+ Pass
Arlington County resident $20
Arlington County household $30
Non-Arlington County resident $45
Non-Arlington County household $65

55+ Gold Pass gives you all the benefits of the regular pass plus access to all of the County’s fitness centers any time during fitness center community hours.

55+ Gold Pass
Arlington County resident $60
Arlington County household $90
Non-Arlington County resident $90
Non-Arlington County household $135

Visit parks.arlingtonva.us and search 55+ Pass to learn more.

contact t.e.a.m
For all your entertainment rental needs

parks.arlingtonva.us/search TEAM • 703.228.1805 option 2

t.e.a.m. is a youth development program designed to give teens, ages 14-17, an opportunity to gain work related experience and developmental skills.

• Variety of Moon Bounces
• Cotton Candy, Popcorn & Snow Cone Machines
• Face Painting & Balloon Art Services
• Rock Climbing Walls
• Interactive Games
• DJ Services
• Corporate Events
• Birthday Parties
• School Fairs
• Family Reunions

We have awesome new moon bounce available for rent during your next event or party.
Call for Nominations
Know someone who is dedicated to improving our parks and public spaces? Nominate them for the 2023 Bill Thomas Park Volunteer Award! Nominees should have experience with multi-year, hands-on efforts to improve and/or maintain parklands, natural resources and habitats, or outdoor public spaces. Nominations are being accepted until February 7, 2023. Visit parks.alarlingtonva.us for complete information.

Benefits of Parks
Healthy parks. Healthy people.

Thanks to 49 miles of safe paths, 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 transportation and development department.

General Information

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<th>Service</th>
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<tbody>
<tr>
<td>Closures &amp; Cancellations Hotline</td>
<td>703.226.4715</td>
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<tr>
<td>Parks &amp; Recreation Main</td>
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<td>Parks Maintenance &amp;reweed Trees</td>
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<td>Police/Fire Non-Emergency</td>
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<td>Elks &amp; Camps Registration</td>
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<td>Sports</td>
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<td>Community Center Areas</td>
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<td>Parks</td>
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<td>Request Camp &amp; Class Catalog</td>
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Pools

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</table>

Community Centers

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arlington Mill</td>
<td>703.228.7790</td>
</tr>
<tr>
<td>Aurora Hills</td>
<td>703.228.5722</td>
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<tr>
<td>Barcroft</td>
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</tr>
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<tr>
<td>Dawsons Terrace</td>
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</tr>
<tr>
<td>Drew</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Langston-Brown</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Thomas Jefferson</td>
<td>703.228.5920</td>
</tr>
<tr>
<td>Walter Reed</td>
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55+ Programs & Centers

<table>
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<td>Lee</td>
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<td>Walter Reed</td>
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Rental Facilities

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<tr>
<td>Rooms, Fields, Courts &amp; Picnic Shelters</td>
<td>703.228.4742 press 2</td>
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<tr>
<td>Fort C. F. Smith</td>
<td>703.228.7312</td>
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Nature Centers

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<tr>
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<tbody>
<tr>
<td>Golf Branch</td>
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<tr>
<td>Long Branch</td>
<td>703.228.6535</td>
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Art Centers

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<tr>
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</thead>
<tbody>
<tr>
<td>Thomas Jefferson</td>
<td>703.228.5925</td>
</tr>
<tr>
<td>Lee Arts Center</td>
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Virginia Cooperative Extension

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<tr>
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<tr>
<td>Community Gardens</td>
<td>703.228.6426</td>
</tr>
<tr>
<td>Family &amp; Consumer Education</td>
<td>703.228.6417</td>
</tr>
</tbody>
</table>
EXPLORE ALL THE GOODNESS AT OUR FARMERS MARKETS

Arlington Farmers Market
Ballston Farmers Market
Crystal City Farmers Market
Fairlington Farmers Market
Lubber Run Farmers Market
Marymount Farmers Market
Pike Park Farmers Market
Rosslyn Farmers Market
Westover Farmers Market

Learn about each markets’ days, location and hours @ parks.arilingtonva.us, search Farmers Market

ARLINGTON FRIENDS OF URBAN AGRICULTURE

Guest speaker Lindsay Smith of the Washington Metro Council of Governments will share their recent report, “What our Region Grows to Eat and Drink” detailing the state of our local food system, and will discuss a vision to move forward with a sustainable, equitable and regenerative local food economy.

THURS., DEC. 12, 6:30-8:30PM
ARLINGTON CENTRAL LIBRARY,
1015 N QUINCY STREET

Free and open to the public
Learn more about Urban Agriculture in Arlington: http://home.arlingtonurbanag.org/home
Follow @ArlingtonFOUA on Twitter
When and How to Register!

**Web**

Online registration for residents begins at 7am for gymnastics and 7:30am for all other classes on 12/4/2019

Go to: https://registration.arlingtonva.us

Credit cards only

**Carry-In**

(12/6/2019 at 8am)

Take registration forms to 3700 S. Four Mile Run Dr., Arlington, Va 22206

Your best choice is to register online. Carry-in registrations will be held and processed starting at 8am on 12/6/2019.

**Non-Resident Registration**

 Begins 12/18/2019

Non-Residents 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 Registration Office (703.228.4747) in advance, or mail in a registration form for processing.

**Mail-In**

Mail-in process begins 12/4/2019 at 7am

Complete Registration Form and mail any-time to 3700 S. Four Mile Run Dr., Arlington, Va 22206

If the course is scheduled to meet within seven days, call or carry in the registration form.

Forms must be received by 5pm on 12/3/2019 in order to be processed in the random draw beginning at 7am next day.

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.

**Phone**

(12/6/2019 at 8am)

Credit cards only (Visa, Discover and MasterCard)

Have class numbers ready before calling 703.228.4747 (voice) option 1 or 711 (TTY), Monday-Friday, 8am-5pm

We no longer accept American Express or process faxed registrations.

**Registration Info for Classes**

ONLINE REGISTRATION PROCESS • You must have an account to register online. New customers: visit https://registration.arlingtonva.us to establish one 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 don’t know your household ID (listed above your address on your catalog’s mailing label) 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 or registration@arlingtonva.us). Please ensure that your registration information is correct before you communicate important announcements (if a spot becomes available in a waitlisted class, if a class gets cancelled/added, etc.)

TECHNICAL PROBLEMS • If you experience a technical problem, please send us an email including your name, class, and contact information.

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 or phone (the information we have on your household account) and you will be given up to 24 hours to respond before the next person on the wait list is offered the available spot.

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.

PLEASE NOTE: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the DPR Registration Office 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 or go to the Registration Office (3700 Four Mile Run Dr.), or any of our other fee reduction processing locations to the left. All fee reduction applications must be submitted by the applicant. 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 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 the first 5 days (Wed-Sun) after the start of online registration; after this date, all refunds will be assessed a $20 administrative fee per participant, per service. Deadline for all cancellations is 48 hours after the scheduled first class by calling 703.228.4747. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session of a workshop. As our program is planned in advance, 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 used it by the end of the term.

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 703.228.4747 or email TR Info@arlingtonva.us. Advanced notice is welcome.

CHANGES, CANCELLATIONS AND CLOSINGS • Classes may be canceled 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 on parks.arlingtonva.us, Facebook, Twitter, eNews, Channel 74 (Comcast Cable) and at 703.228.4715. You may also be notified by email. Please keep your household contact information up-to-date as we use this information to contact you directly if classes are canceled. 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 EXEMPTIONS • Exemptions to the ages listed in the catalog must be approved by the programmer in writing no later than the Friday prior to the first day of registration. Verify the dates of birth of all registrants prior to registration, and please do not enter an incorrect date of birth in order to bypass an age restriction. Participants who fall outside the age requirements for a class will be removed without refund. Administrative fees may apply.

---

**FIND OUT IF YOU QUALIFY FOR A FEE REDUCTION**

Processing Locations and Hours:

**Main Registration Office**

3700 S. Four Mile Run Dr., 22206 / 703.228.4747, M-F 8am-5pm

**Satellite Registration locations:**

- **Arlington Mill Community Center**
  909 S. Dinwiddie St., 22204

- **Langston-Brown Community Center**
  2121 N Culpeper St., 22207

- **Barcroft Sports and Fitness Center**
  4200 S Four Mile Run Dr., 22206

- **Madison Community Center**
  3829 N. Stafford St. 22207

- **Fairlington Community Center**
  3308 S Stafford St., 22206

- **Thomas Jefferson Community Center**
  3501 2nd St. S., 22204

- **Gunston Community Center**
  2700 S. Lang Street., 22206

  Walter Reed Community Center
  2099 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.

---

**Enjoy Arlington • Winter 2020 • Online Registration begins December 4th at 7am for gymnastics classes • 7:30am all other classes**
Registration Form / Formulario de Inscripción

Mail-In Registration / Inscripción por Correo

You need an account number to use the mail-in option. Processing dates are first come, first served, following eligibility criteria for registration dates. Please note: If you have a balance on your household account, you will be unable to register for future enrollments. Please contact the DPR Registration Office at 703.228.4747 or registration@arlingtonva.us prior to the next registration.

Usted necesita una cuenta para usar la inscripción por correo. Tenga en cuenta: Si tiene un saldo en la cuenta de su hogar, no podrá inscribirse para futuras inscripciones. Comuníquese con la Oficina de Registro de DPR al 703.228.4747 o registration@arlingtonva.us antes de la próxima inscripción.

1. Account Information

Parent/Guardian Name / Nombre del Padre/Guardián:

Account Number / número de cuenta:

E-Mail / Correo electrónico:

Phone Number / Teléfono:

2. Participant(s) Registration

Name / Nombre:

Date of Birth / Fecha de nacimiento:

Gender / Sexo:

Need modification for disability?☐ Yes ☐ No

Necesita modificación especial?☐Sí ☐ No

1st choice / 1era selección

Class Name/Nombre de clase:

Activity # / Actividad #:

Days / Dias:

Time /Hora:

Location/Lugar:

Fee/Costo publicado:

2nd choice / 2na selección

Class Name/Nombre de clase:

Activity # / Actividad #:

Days / Dias:

Time /Hora:

Location/Lugar:

Fee/Costo publicado:

3rd choice / 3ra selección

Class Name/Nombre de clase:

Activity # / Actividad #:

Days / Dias:

Time /Hora:

Location/Lugar:

Fee/Costo publicado:

3. Payment

Send this form with payment to:

Main Registration Office
3700 S. Four Mile Run Drive
Arlington, VA 22206

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.

NOTA: El pago de estas clases se debe realizar antes de las 5pm, el día de esta inscripción. Si el personal no puede comunicarse con usted para realizar el pago, o usted no paga el saldo adeudado en línea directamente, se cancelará su inscripción.

☐ Check here if you wish to pay by check or money order / Marque aquí si desea pagar con cheque o giro postal

You can pay by e-check online or include a check or money order with your registration form. Checks and Money Orders should be made payable to Treasurer, Arlington County. 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 withheld for a class and would like a refund, please call the Registration Office at 703.228.4747 / Puede pagar con cheque electrónico en línea o incluir un cheque o giro postal con su formulario de registro. Los cheques y giros postales deben hacerse a nombre del Tesorero, Condado de Arlington. Por motivos de seguridad, el cheque y los giros postales se procesarán una vez recibidos, por el monto de su inscripción y el monto agregado como crédito en su cuenta hasta que se procese su registro. Si está en la lista de espera para una clase y desea un reembolso, llame a la Oficina de Registro al 703.228.4747.

☐ Check here if you wish to pay with a credit card online / Marque aquí si desea pagar con tarjeta de crédito en línea

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 / Tras la inscripción exitosa, se enviará un recibo a su dirección de correo electrónico en el archivo. A continuación, puede iniciar sesión en su cuenta en línea y pagar el saldo adeudado.

☐ Check here if you would like a member of our staff to contact you for payment / Marque aquí si desea que un miembro de nuestro personal lo contacte para el pago.
Lo que hay adentro*

En español ........................................... 33-35
Deportes ........................................... 10
Acrílicos ............................................. 13
Dibujo/Pintura ..................................... 4
Adultos mayores 55+ ............................. 29
Excursiones Pilates ............................... 7
Artes marciales ...................................... 8
Gimnasia ............................................. 16
Artes y manualidades ......................... 3
Inscripción .......................................... 32-33
Assistencia financiera ......................... 34-35
Joyería .............................................. 4
Baile .................................................... 11
Mapa de instalaciones ......................... 2
Bienestar general .................................... 8
Movimiento ....................................... 13
Cerámica ............................................. 3
Música .............................................. 5
Ciencia y descubrimiento ..................... 5
Tenis .................................................. 10
Clases adaptadas ................................. 23
Yoga .................................................. 8

*Descripción de clases está en idioma inglés

¡Cuándo y cómo inscribirse!

Por Internet
La inscripción en línea para los residentes de Arlington comienza el 12/4/2019 a las 7 am para clases de gimnasia. 7:30 am para otras las clases.
Vaya a: https://registration.arlingtonva.us
Se aceptan las siguientes tarjetas de crédito:

Por Correo
(a partir del 12/6/2019 a las 7am)
Para inscribirse en persona, visite la Oficina de Inscripciones en 3700 S. Four Mile Run Drive, 22206, lunes a viernes: 8am-5pm.
Nota: Algunas clases de alta demanda se llenan el día que abre la inscripción, por lo cual se recomienda inscribirse por correo, o Internet a la brevedad posible.
Si la clase está programada para comenzar dentro de una semana o menos, llame o lleve su formulario personalmente.
Formularios enviados por correo hasta las 5pm del día 8/6/2019 se procesarán comenzando el día siguiente a las 7am y el sorteo comenzará a las 8 am. Áquellos formularios recibidos luego de plazo serán procesados en el orden en el que fueron recibidos. Solicitamos que no envíe formularios por correo si planea inscribirse por Internet.

Por teléfono
(a partir del 12/6/2019 a las 8am)
Sólo se aceptan tarjetas de crédito Visa, Discover y MasterCard. No fax.
Tenga el número de la clase a la mano antes de llamar al 703.228.4747 opción 9 a TTY 711, lunes a viernes 8am-5pm

En Persona
(se procesarán a partir de las 8am 12/6/2019)
Envíe por correo su Formulario de Inscripción en cualquier momento después de recibir el catálogo.
Complete el Formulario de Inscripción (página 27)
Envíelo por correo a 3700 S. Four Mile Run Dr, Arlington, VA 22206

Para no-residentes comienza 12/18/2019

ASISTENCIA FINANCIERA
Para determinar si usted califica para descuentos Llame o Visite Para Procesar Solicitud de Descuentos:

Oficina de Inscripciones
3700 S. Four Mile Run Dr. 703.228.4747, opción 9, L-V 8am-5pm

Oficinas satélites de inscripción
Llame antes de llegar porque sólo hay una persona de inscripciones

Arlington Mill Community Center
909 S. Dinwiddie St., 22204

Langston-Brown Community Center
2121 N Culpeper St., 22207

Barcroft Sports and Fitness Center
4200 S Four Mile Run Dr., 22206

Madison Community Center
3829 N. Stafford St. 22207

Fairlington Community Center
3008 S Stafford St., 22206

Thomas Jefferson Community Center
3501 2nd St. S., 22204

Gunston Community Center
2700 S. Long Street., 22206

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

¡LISTO SUDOR IR!

- Accede a SIETE instalaciones de fitness por un bajo precio!
  Un precio bajo te da acceso al gimnasio Thomas Jefferson y Arlington Mill, Barcroft, Fairlington, Gunston, Langston-Brown y las salas de ejercicios de los centros comunitarios de Madison para que nunca te pierdas la oportunidad de ponerte en forma y mejorar tu salud en cualquier lugar de Arlington! Visita cualquiera de estos centros para registrarte!

- Gran variedad de equipos
- Ubicaciones convenientes
- Pista cubierta
- Baloncesto, Pickleball, Fútbol, Voleibol, Bádminton y más!

¡Regístrate para obtener la mejor oferta en membresías de ejercicios del Condomo de Arlington!

<table>
<thead>
<tr>
<th>MEMBROS</th>
<th>Residentes de Arlington</th>
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<tbody>
<tr>
<td>Adulto (18 – 54 years)</td>
<td>$195/year</td>
<td>$558</td>
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<tr>
<td>Adulto Mayor (55+) S5+Gold Pass</td>
<td>$60</td>
<td>$90</td>
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<tr>
<td>Pase de invitado (18–54)</td>
<td>$8</td>
<td>$16/day</td>
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<tr>
<td>Pase de invitado (55+)</td>
<td>$4</td>
<td>$16/day</td>
</tr>
<tr>
<td>Pase de 3 Meses</td>
<td>$56.25</td>
<td>$160.50</td>
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<tr>
<td>Pase de 6 Meses</td>
<td>$102.50</td>
<td>$293</td>
</tr>
<tr>
<td>Pase de 10 Visitas</td>
<td>$64</td>
<td>$144</td>
</tr>
</tbody>
</table>

* 10 Pase de visita válido por 6 meses a partir de la fecha de compra. Los huéspedes pueden ser traídos con estos pases.

Para obtener más información e información sobre ofertas especiales, llame al 703.228.4747 o visite parks.arlingtonva.us busque ‘fitness’
Información sobre inscripción para clases

PROCESO DE INSCRIPCIÓN EN LÍNEA • Debe tener una cuenta para inscribirse en línea.

Clientes nuevos: visite https://registration.arlingtonva.us para crear una cuenta. Las confirmaciones se envían por correo electrónico o por correo el mismo día que se procesen.

Si ya tiene una cuenta, necesita su ID y contraseñas. Si conoce el número de su ID de domicilio (se encuentra arriba de su dirección en la etiqueta de envío del catálogo), puede utilizar la función de recordatorio automático de ID/contraseña del sistema de registro en línea. Si olvidó su ID de usuario y la contraseña, comuníquese con la Oficina de Inscripciones (703.228.4747 o registration@arlingtonva.us). Asegúrese de que la información de contacto sea correcta ya que la utilizamos para comunicar anuncios importantes (por ejemplo, si se encuentra disponible un lugar para una clase con lista de espera, si se cancela o agrega una clase, etc.).

PROBLEMAS TÉCNICOS • Aunque hemos trabajado para minimizar los cierrres de sesión inesperados, el tiempo de respuesta entre pantallas de nuestro sistema puede ser lento durante los primeros 10 minutos. Agradecemos su paciencia.

Las sesiones web inactivas se cerrarán luego de 5 minutos. Si se cierra su sesión o si usted finaliza la sesión, se eliminarán todos los registros pendientes en su domicilio. Al registrarse, por favor, inicie sesión desde una sola computadora en la cuenta de su domicilio. Si experimenta algún problema técnico, envíe un correo electrónico detallado a registration@arlingtonva.us dentro de los 3 días de la fecha de inscripción donde se incluya el nombre del participante, la clase a la que desea asistir y la información de contacto donde mejor podamos contactarlo. Se reunirán y resolverán todos los correos electrónicos dentro del plazo de 5 días hábiles.

LISTAS DE ESPERA • Una vez que una clase ha llegado a su máxima capacidad, usted puede inscribirse en una lista de espera. Tenga en cuenta que nosotros utilizamos las listas de espera para ampliar la capacidad de los programas actuales o futuros. Una vez que un sitio esté disponible, usted será contactado por correo electrónico o teléfono (según la información que tenemos en su cuenta) y se le enviará una notificación. Usted debe decidir dentro de 24 horas o le ofreceremos el sitio a la siguiente persona en la lista de espera. Nosotros contactamos a las personas en la lista de espera hasta 48 horas después de la primera clase. Tenga en cuenta que, si la clase ya ha comenzado, el pago no será prorrateado por las clases perdidas (se le cobrará el precio total) y no hay oportunidad de cancelar o de pedir un transfer 48 horas después de la primera clase. Si usted está en lista de espera para una clase, por favor, no asista a la clase. Después de estas 48 horas, todas las listas de espera se cancelan. La lista de espera no garantiza la inscripción.

CONTRATO DE EXENCIÓN DE REPOSABILIDAD • Todos los participantes deberán firmar uno al momento de registrarse o el primer día de clases. Los adultos firman por los niños. Si no se firma este contrato se prohibirá la participación en la clase..

PAGOS • Se requiere hacer el pago al momento de inscribirse. Puede pagar con cheque o giro postal a nombre de “Treasurer, Arlington County”, o con tarjeta de crédito Visa, MasterCard o Discover. El nombre del participante, dirección y número de teléfono deberán aparecer en el cheque. De acuerdo con las reglas del Condado, se cobrará $50 en caso de que el cheque sea devuelto. Las personas mayores de 55 años que residen en Arlington recibirán un descuento de 30% del costo publicado en el catálogo Enjoy Arlington. Si no reside en Arlington, se le cobrará $20 en adición al costo de la clase. En las clases de alta demanda se cobrará $25 adicionales.

DESCUENTOS • descuentos están disponibles para aquellos que califican. Para mayor información llamar a la oficina principal de inscripciones: 703.228.4747, opción 9 o visite al 7307 South Four Mile Run Dr. Tome en cuenta que los descuentos no son retroactivos; procese su descuento antes de inscribirse.

Recargo por tarjeta de crédito • Nuestros procesadores de tarjetas de crédito cargan una tarifa de 2.5%. Los clientes que usan tarjetas de crédito pagan la tarifa de conveniencia directamente al procesador de la tarjeta de crédito. El Condado de Arlington no recibe ninguna porción de la tarifa.

REEMBOLSOS • Todas las solicitudes de reembolso se deben hacer a través de la Oficina de Inscripciones al 703.228.4747 y se deberán recibir entre 48 horas después de la primera clase. Después de 48 horas no habrá reembolsos, créditos, ni transfers aunque el balance se mantenga en la cuenta como crédito. No habrá reembolsos ni créditos si el participante no puede asistir a una clase, sesión o taller. Hay un cargo de $20 por gastos administrativos para procesar un reembolso y toma un periodo de 30 días. No hay reembolsos por costos de materiales. Los reembolsos a las tarjetas de crédito serán hechos directamente a su tarjeta. Se devolverá el costo completo de la clase o matrícula automáticamente cuando las clases están llenas o sean canceladas por el Departamento de Parques y Recreación (DPR) por número insuficiente de participantes, otras razones no previstas o por cambios de horario o lugar hechos por DPR y si usted no puede asistir debido a ese cambio. Los reembolsos solicitados por razones médicas deben ser acompañados con una nota médica y serán consideradas caso por caso aunque el balance se mantenga en la cuenta como crédito. Tenga en cuenta que si usted elige un crédito, se debe utilizar para otros programas dentro de un año. Estamos obligados por la ley de Virginia para dar ese dinero al estado, si usted no nos ha dado instrucciones explícitas sobre qué hacer con el crédito. Nós pondremos en contacto con usted durante ese periodo de tiempo, pero siempre es más sencillo usar el crédito cuando lo necesite. Si usted tiene alguna pregunta, por favor póngase en contacto con nosotros en DPRcollections@arlingtonva.us.

MODIFICACIONES • El Condado de Arlington está comprometido a proveer programas accesibles y abiertos a todos los residentes. Si usted requiere apoyo adicional llame al 703.228.4740, o escribir a TRinfo@arlingtonva.us. Por favor llame con anticipación para solicitar ayuda.

CAMBIOS, CANCELACIONES Y CIERRES • Las clases pueden ser canceladas por varias razones: si no hay suficientes alumnos, por días feriados, en caso de nieve, hielo o condiciones peligrosas, o a discreción del instructor. Es posible que estos cambios sucedan después de la publicación del catálogo. Por ello solicitamos que mantenga su información de contacto actualizada; la utilizaremos para contactarlo una semana antes de comenzar la clase. Las clases del Condado de Arlington son automáticamente canceladas si las escuelas cierran por motivos de mal clima. Para mayor información, puede ver el canal 74 de información al público del Condado u otros canales, o puede llamar al 703.228.4715.

IMPORTANTE: Pagos recibidos por correo antes del primer día de inscripción no garantizan un espacio en la clase. Cheques y giros postales se procesan como un crédito en la cuenta. Si la clase está llena al momento de procesar la inscripción, el participante se pone en la lista de espera y el crédito se mantiene a menos que el participante llame al 703.228.4747.

EXCEPCIONES DE EDAD • Las excepciones de edades deben ser aprobadas por el instructor por escrito con al menos una semana de anticipación. Antes de la inscripción, verifique la fecha de nacimiento de todos los que se inscriben y no ingrese una fecha de nacimiento incorrecta con motivo de evitar una restricción por edad. Los participantes que no cumplan con los requisitos de edad para una clase podrán ser reclasificados sin derecho a reembolso. Se proporcionarán cargos administrativos.

Información en español: Si desea información sobre alguna clase o el proceso de inscripción en español, llame al 703.228.4747 opción 9.
ENJOY Arlington

WINTER 2020
Guide to Recreation Classes and Programs

INVIERNO 2020
Guía de clases y programas recreativos

HTTP://REGISTRATION.ARLINGTONVA.US
CLASSES BEGIN JANUARY 13, 2020
RESIDENT ONLINE REGISTRATION
BEGINS DECEMBER 4, 2019.

Gymnastics registration opens at 7am. All other classes open at 7:30am.

La inscripción en línea comienza el 4 de diciembre para los residentes de Arlington. Las clases de gimnasia abren a las 7am. Todas las demás clases abren a las 7:30am.

SUBMISSION SATURDAY
Sat., Nov. 23, 9am-4pm
The Registration Office will be open to help prepare for winter registration (Dec. 4). Stop by to create an account, apply for fee reductions and more. See p.12 for details.

FEE REDUCTION
Find out if you qualify:
Call:
703.228.4747 option 1, Monday-Friday, 8am-5pm
Come by:
Main Registration Office
3700 S. Four Mile Run Dr. Monday to Friday, 8am-5pm
For more information see p.32

DO YOU SPEAK ANOTHER LANGUAGE?
Free language assistance services are available to you. Call 703.228.4747 or visit parks.aramlingtonva.us

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

MONGOLIAN:
хэрээ та монгол хэлээр өмчөг бол хязгаарын хүндэтгээнэ үү төлбөртүү үлээлэн боломжой.
703.228.4747 гүйцэн буюу parks.aramlingtonva.us гүйцэн буюу

BENGALI
আপনি বাংলা ভাষায় চলে যান, তবে আপনার জন্য বিভিন্ন প্রতিষ্ঠানের যোগ্য সেবা উল্লেখ্য। 703.228.4747 বা parks.aramlingtonva.us দিয়ে

AROMATIC:
אפורת יבשה 703.228.4747, פורמט: התוכן קוטל 실제로: התוכן ממחיש את 703.228.4747, ניתן להזמין טכני לשאלה 703.228.4747,

ARABIC:
parks.aramlingtonva.us

If you do not have English assistance services, call 703.228.4747 or visit parks.aramlingtonva.us

ONLINE REGISTRATION BEGINS DECEMBER 4, 2019
HTTP://REGISTRATION.ARLINGTONVA.US • CLASSES BEGIN JANUARY 13, 2020

Subscribe to Enjoy Arlington: Visit parks.aramlingtonva.us, search classes or call 703.228.4747, option 1
Inscribase para recibir una suscripción gratuita de Enjoy Arlington. Llame al 703.228.4747, opción 1, o visite parks.aramlingtonva.us y escriba “suscribir catalogo” en rectangular de búsqueda.

Enjoy NATURE
Check out our Nature and History programs this winter!
SEE PAGE 17 FOR DETAILS

NATURE EVENTS
SEE PAGES 17-20

LA INSCRIPCIÓN EN LÍNEA COMIENZA EL 4 DE DICIEMBRE
LAS CLASES COMIENzan EL 13 DE ENERO 2020