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Subscribe to Enjoy Arlington: Visit parks.arlingtonva.us, search classes or call 703-228-4747.

Inscríbase para recibir una suscripción gratuita de Enjoy Arlington. Llame al 703-228-4747 o visite parks.arlingtonva.us y escriba “suscribir catálogo” en rectángulo de búsqueda.
standards. and Recreation Agencies (Capra) by meeting 144 Parks and Recreation is one of the 136 Agencies public spaces. Arlington County's Department of vitality through dynamic programs and attractive place to live, learn, work and play. To make this Our vision for Arlington is a happy and healthy

<table>
<thead>
<tr>
<th>Community Centers &amp; Senior Centers/ Centros Comunitarios</th>
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<td>1. Arlington Mill Community Center 905 S. Dinwiddie St. 22204 703-228-3295</td>
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<td>2. Aurora Hills Community Center &amp; Senior Center 703-228-3022</td>
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<td>3. Carver Community Center 1425 S. Quinn St. 22202 703-228-3379</td>
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<td>4. Charles Drew Community Center 3900 S. 22nd St. 22206 703-228-4311</td>
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<td>5. Culpepper Garden Senior Center 4243 N. Pershing Dr. 22203 703-228-4403</td>
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<td>6. Dawson Terrace Community Center 2233 N. Taft St. 22201 703-523-4782</td>
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<tr>
<td>7. Fairlington Community Center 5308 S. Stafford St. 22206 703-228-6588</td>
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<th>Parks &amp; Playgrounds Parques y Parques de Recreo</th>
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<tr>
<td>Each park location has its own unique setting. For information about a specific park, call 703-228-6253.</td>
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| 10. Arlington Heights Park 5th St. S. & Irving St. 22204 703-228-6588 |

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<th>Where it is! ¿Dónde está?</th>
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| 11. Arlington Mill Community Center 905 S. Dinwiddie St. 22204 703-228-3295 |
| 12. Barrett's Spring Park 7020 S. Glebe Rd. 22206 703-228-6588 |
| 13. Carver Community Center 1425 S. Quinn St. 22202 703-228-3379 |
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<tr>
<th>Summer Camp Locations Instalaciones para Artes</th>
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<tr>
<td>1. Arlington Arts Center 3500 Wilson Blvd. 22202 703-228-6770</td>
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<tr>
<td>2. Patrick Henry Elementary School 701 S. Highland St. 22203 703-228-8382</td>
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<tr>
<td>3. Randolph Elementary School 3003 S. Quincy St. 22206 703-228-8380</td>
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<td>4. Reed School 1654 N. McKinley Rd. 22205 703-812-9777</td>
</tr>
<tr>
<td>5. Swanson Middle School 5020 N. Wash. Blvd. 22203 703-228-5580</td>
</tr>
<tr>
<td>6. Stratford School 4100 N. Vacation Lane 22207 703-228-6153</td>
</tr>
<tr>
<td>7. Taylor Elementary School 2500 N. Stuart St. 22202 703-228-8757</td>
</tr>
<tr>
<td>8. Jefferson School School 125 S. Old Glebe Rd. 22204 703-228-3076</td>
</tr>
<tr>
<td>9. Turk Elementary School 6500 N. 24th St. 22205 703-228-2878</td>
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<tr>
<td>10. Wakefield High School 4901 S. Cheltenham Rd. 22206 703-228-6980</td>
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<td>11. Wakefield Elementary School 200 S. Crane Springs Rd. 22206 703-228-6169</td>
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**WE AIM TO PLEASE!**

Our vision for Arlington is a happy and healthy place to live, learn, work, and play. To make this a 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 receive national accreditation from the Commission for Accreditation of Park and Recreation Agencies (Capra) by meeting 144 standards.
Of the class. Walter Reed Center. Inst.: Troy fundable $40 supply fee is included in the cost of the class.

Abrakadoodle Doodlers
Little fingers will experiment with painting, gluing, stamping, printing and creating, while developing fine motor, language and self-help skills. This is an “I can do it” class that is fun and creative. Each session has new activities with a limited number of kids to play. There is a non-refundable $44 (11 sessions), $40 (10 sessions), and $36 (9 sessions) supply fee included in the cost of the class.

Art Adventures
Young artists will discover the world of texture, line, shape and color as they create original artwork. A wide range of basic skills are developed including painting, drawing, collage making, printmaking and sculpture. All supplies are included. Wear a smock or clothes that can get messy. A $20.00 non-refundable supply fee is included in the cost of the class.

Ages 6-12 10 Sessions $228

Fairlington Center. Inst.: Barber Ages 4-6 8 Sessions $101

220107A Wed., Jan. 18, 10-11am
220107B Fri., Jan. 20, 9-10am

Fairlington Center. Inst.: Staff Ages 13-Adult 1 Session $38

24015A Wed., Feb. 15, 7-8:45pm

Make & Take: Fringe Bar Necklace
In this fun Make & Take class, you will create a necklace with beaded fringe. It is super simple and you can customize it to fit your personal style. All tools and supplies are provided. No need to bring anything, except, maybe a friend. There is a non-refundable $30 supply fee included in the cost of the class.

Fairlington Center. Inst.: Staff Ages 13-Adult 3 Sessions $126

240100A Mon., Jan. 23, 7-8:45pm

Fairlington Center. Inst.: McCandlish Ages 16-Adult 3 Sessions $126

240113A Mon., Feb. 6, 7-8:45pm

Beading: Finish It!
In this one day workshop, students can get beading advice and or help with finishing up any unfinished projects. Instructor Jen House will be available to assist students with adding clasps or findings, give feedback on how to improve your designs. Beading pliers, tools and a few basic findings provided. Just show up with your incomplete project. There is a non-refundable $12 supply fee included in the cost of the class.

Fairlington Center. Inst.: Athanas Ages 15-Adult 1 Session $31

221004A Sat., Jan. 28, 11am-12pm

Handbuilding for Kids
Students will discover the art of hand building with clay in this class. Students learn with pinch pots and move on to using coils and slab construction. Students will be encouraged to use their imagination to create one-of-a-kind pieces. No prior experience necessary. Dress to get messy. A non-refundable $20 supply fee is included in the cost of the class.

Lee Center. Inst.: McCandlish Ages 10-12 8 Sessions $132

22023A Mon., Jan. 23, 4:30-5:45pm

Try-It! Wheel Workshops
Jump right in and get your hands dirty working on a potter’s wheel. This one-time session is a fun way to learn about the pottery-making process. Come create and play with clay at the TJ Art Studios. Fee is $40 per person for a two-hour experience. Space is limited to two at a time. For more information or to schedule, please contact Hunter Hillston at 703-228-5925, hillston@arlingtonva.us.

Gymnastics registration opens at 7am. All other class registration opens at 3pm.

Don’t let fees be a barrier. Arlington County residents may request a fee reduction! All participants must submit fee reduction applications prior to registration, since discounts are NOT RETROACTIVE. Fee reductions are available on a sliding scale based on household income and size. For more information visit parks.arlingtonva.us search, Fee Reduction.

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Paint-a-Plate

Drop-in Monday 9:30 – 12:30; 2 – 5 pm and 6:30 – 9:30 pm Saturdays from 2 – 5 Oct-May

**For groups of 5 or more, please call to reserve space**

Paint and decorate your own plate, bowl or mug! This activity is great for tots, adults and anyone in-between.

Decorative Techniques

This decorative technique workshop will give participants further insight into proper glaze application. The following techniques will be covered: glaze application, simple and complex wax resist techniques, glaze trailing, under-glaze staining techniques, color blocking and applying multi-color glazes. This three day workshop will focus solely on surface glazing and decorative bit pieces. There will be no construc-
tion or working on green-ware during these sessions. Participants are required to bring 3-4 pieces of their own bisque-ware that have been created at TJ. (This is to ensure compatibility of glazes and clay) All supplies will be provided. A non-refundable $25 supply fee is included in the cost of the class.

Intermediate Wheel

This workshop is for the experienced ceram-
ist looking to refine skills on the wheel. Create handles, spouts and add other touches to make a work uniquely yours. This class will mix demonstrations with time spent on individual projects. There is a non-refundable $35 supply fee included in the cost of the class.

Painting & Printing

Painting & Printing teaches the fundamentals of painting. Emphasis is placed on individual development, so all levels are welcome. Instruction will focus on technique, composi-
tion and color. Both oil and acrylic paints are permitted but oils are highly recommended by the instructor. Visit www.jameshalloran.com and view this instructor’s work. This is a non-refundable $30 supply fee included in the cost of the class.

Fairy-Gnome Teen & Adult

Make & Take: Uplacy Shirt to Cute Apron

This is a beginner’s project, but is fun for a more experienced sewer as well. Participants deconstruct a men’s dress shirt and transform it into a super cute apron. Supplemental accessories will be used to create pockets and a colorful waistband. All materials are provided. Visit jenafusion.com and view instructor’s work. There is a non-re-

Sew-Social Club

This beginning sew class focuses on learn-

Sewing Skills: Using Patterns

What do all those images, pictures and symbols mean on a pattern? If you are familiar with how to use a sewing machine, but may not know how to work with commercial patterns, local fiber artist teaches about basic pattern layout, how to read pattern symbols, fabric cutting, and view instructor’s work. There is a non-re-

Sew a Decorative Triangular Banner

Make this cute holiday or party decoration. Colorful flag banners, also known as bunting, are popular in nearly every wedding, holiday party or baby shower. This is an easy way to give any room or party a more festive feel. In this two-day workshop you will make a simple triangular flag-type banner using materials provided. A non-refundable $30 supply fee is included in the cost of the class.

Paint-a-Plate

Painting & Printing

Intermediate Wheel

Painting & Printing

Fairy-Gnome Teen & Adult

Make & Take: Uplacy Shirt to Cute Apron

Sew- Social Club

Sewing Skills: Using Patterns

Sew a Decorative Triangular Banner
Alternative Stone Setting
Participants will learn to construct modified prong settings. This alternative setting method is ideal for irregular stones, found objects such wood, coral or other asymmetrical shapes. Materials that would normally be difficult to set using traditional jewelry techniques work especially well using this method. Other possible setting techniques may be covered if time allows. All materials are included. There is a non-refundable $25 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Barnes Ages 16-Adult 4 Sessions $225 240156A Thurs., Jan. 19, 7-9:30pm

Enameling
Students are invited to learn the basics of adding color to metal with enamel. Become familiar with principles and techniques of enameling. Experimenting with layering opaque and translucent enamels and learn how color can add dimension to jewelry. Textures and surfaces are also explored. Advanced students or students with experience are welcome to bring works in progress to complete. There is a $40 non-refundable supply fee included in the cost of the class. No additional supplies/materials required. Thomas Jefferson Center. Inst.: Lapota Ages 16-Adult 8 Sessions $325 240157A Wed. Jan. 19, 7-9:30pm

Digital Photo for Beginners
Learn the fundamentals of photography through digital capture. Become proficient using the manual settings on your 35mm SLR camera, understand exposure controls and learn basic photographic composition. This class requires the use of a digital SLR and is not appropriate for a point and shoot style camera. Most photographing will take place in class, but there will be weekly shooting assignments and discussions on different types of photography. A great foundation before moving to the Next Step Digital Photography course. There is a non-refundable $10 supply fee included in the cost of the class. Fairlington Center. Inst.: Staff Ages 15-Adult 5 Sessions $87 240170A Tue., Jan. 17, 7-8:30pm

Next Step Digital Photography
Continue to explore the creative techniques presented in photography. Enjoy photographing subjects of your choice. Learn when to use custom white balance, flash, auto depth and various models for landscape, portrait, action and night photography. Bring your 35mm digital single-lens reflex (DSLR) camera (with manual settings) and operating manual tom class. Most photographing will take place in class, but there will be weekly shooting assignments and discussions on student results. This class is suited for those who have taken the beginner class or have beginner experience. There is a non-refundable $10 supply fee included in the cost of the class. Fairlington Center. Inst.: Staff Ages 15-Adult 5 Sessions $47 240175A Tue., Feb. 28, 7-8:30pm

Introduction to Handtools
Get an introduction to the use and care of the most important handtools in the woodworking studio, including hand planes, cabinet scrapers, dovetail saws, veneer saws, scratch stocks, marking gauges and other hand tools. We’ll also learn the basics of sharpening hand tools—the most important skill to have when using hand tools. A non-refundable $25 supply fee is included in the cost of the class. Thomas Jefferson Center. Inst.: Fort Ages Adults 3 Sessions $248 240203A Thurs., Jan. 19, 7-9:30pm

Intro to Woodshop
Did you know there is a community woodshop in Arlington around the corner at TJ Art Studies? Join us in our basic introduction course on woodworking! In addition to learning fundamental safety guidelines, the course will introduce students to the core machines in our woodshop (band saw, planer, jointer, radial-arm saw, cut-off saw, drill press, disc and drum sanders and the ever important table saw) as well as a brief instruction on the woodworking project concepts of planning, shaping/cutting lumber and sanding/finishing. You will make a cutting board as you become familiar with the equipment. The course cost covers all the materials for your first project as well as a one independent study session (a $20 dollar value) so you can continue to build your woodworking skills. Small class size of three or four to ensure individual instruction and time on the machines. There is a non-refundable $25 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Fort Ages Adults 3 Sessions $179 240191A Sat., Jan. 28, 12-1:30pm

Mi chu chu tren^ Adventures to Learn Spanish
Mi chu 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 forcing situations they are entering the world of a new language, based on teaching through play. Your children and you 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; previous exposure to the language is not required. For more information please visit www.mi.chuchu.tren.com. Fairlington Center. Inst.: Human Advance LLC Ages 3-5 10 Sessions $180 240289A Fri., Jan. 27, 11:30-12:30pm

Parent/Child Birdfeeder
In this fun workshop, parents and their child choose together each week to build a simple birdfeeder. Participants gain a basic understanding of woodworking by using hand tools and some power tools to complete the project. This class is a great way to boost to fine motor skills, build confidence and create a shared experience that you both will remember. Each adult/child team goes home with a completed project that will make bird watching more enjoyable. All materials are included. There is a non-refundable $40 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Fort Ages 8-14 5 Sessions $143 220012A Mon., Jan. 22, 1:30-3:30pm

ft.

Jewelry TEEN & ADULT

NEW! Beyond the Basics
Have you taken jewelry classes before? Do you basically know what you’re doing, but would like to learn new techniques? Or maybe you have a special project you want to finish and you need some guidance? This class taught by Washington area Goldsmith Nick Barnes is the place you need to be. Students can continue with ongoing work or follow along with the class project. There is a non-refundable $50 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Barnes Ages 16-Adult 4 Sessions $248 240155A Thurs., Feb. 23, 7-9:30pm

Beginning Jewelry: Fabrication
Learn the basics skills needed to create and design your own jewelry. Skills covered include sawing, filing, hammering/shaping metal, soldering, cold connections and finishing. Depending on direction of individual projects, students may also learn about the rolling mill, flex shaft, buffing machine and how to fabricate basic bezels to set stones. Base metals provided. Some silver available to purchase. There is a non-refundable $25 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Cimino Ages 16-Adult 8 Sessions $125 240156A Mon., Jan. 23, 7-9:30pm

Try an Art Class with no long term commitment and instant results!

 Invite your Friends to experience our Single Session Make & Take Classes

Woodworking YOUTH & ADULT
Parent/Child Birdfeeder
In this fun workshop, parents and their child work together each week to build a simple birdfeeder. Participants gain a basic understanding of woodworking by using hand tools and some power tools to complete the project. This class is a great way to boost to fine motor skills, build confidence and create a shared experience that you both will remember. Each adult/child team goes home with a completed project that will make bird watching more enjoyable. All materials are included. There is a non-refundable $40 supply fee included in the cost of the class. Thomas Jefferson Center. Inst.: Fort Ages 8-14 5 Sessions $143 220012A Mon., Jan. 22, 1:30-3:30pm

Feedback Please!
We’d like to hear from you! If you have a question or concern, or have a suggestion as to how we can improve our services, please email us at registration@arlingtonva.us

ENJOY ARLINGTON » WINTER 2017 » HTTP://REGISTRATION.ARLINGTONVA.US 5
Learn Now Music

Our building musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student is issued materials to borrow for the duration of the session; materials are intended for in-school and at-home practice, as well.

Guitar

Ages 5-12
10 Sessions $240
220324A Wed., Jan. 21, 6-7:30pm

Ages 10-12
10 Sessions $240
220324B Sat., Jan. 21, 9:30-10:30am

Piano

Madison Center

Ages 5-12
11 Sessions $264
220322A Mon., Jan. 16, 5-6pm

Ages 10-12
10 Sessions $240
220322B Wed., Jan. 18, 6-7pm

Ages 12-14
10 Sessions $240
220322C Sat., Jan. 21, 11am-12pm-12pm

Ages 16
6 Sessions $175
220322D Sun., Jan. 22, 2-3pm

Violin

Ages 8-12
10 Sessions $240
220322A Sat., Jan. 14-2pm

JUNIORS Learn Now Music—Guitar Level 2

Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student is issued materials to borrow for the duration of the session; materials are intended for in-school and at-home practice, as well.

Arlington Mill

Inst.: Learn Now Music

Ages 5-12
10 Sessions $240
220325A Sun., Jan. 22, 3-4pm

Learn Now Music Pop Choir

Our building musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student is issued materials to borrow for the duration of the session; materials are intended for in-school and at-home practice, as well.

Arlington Mill

Inst.: Learn Now Music

Ages 5-12
10 Sessions $240
220324A Wed., Jan. 19, 7-8pm

Ages 10-12
10 Sessions $240
220324B Sat., Jan. 21, 9:30-10:30am

Learn Now Music Beginner Rock Band

Our building musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student is issued a FREE rental instrument & materials to borrow for the duration of the session; materials are intended for in-school and at-home practice, as well. A rental agreement must be signed at the first class. Instruments must be returned at the end of each program on the last scheduled class day. No Material Fees!!! Please email CustomerService@LearnNowMusic.com to let us know which instrument you want to use guitar, piano, drum or voice.

Madison Center

Ages 5-12
11 Sessions $264
220324A Wed., Jan. 19, 7-8pm

Ages 10-12
10 Sessions $240
220324B Sat., Jan. 19, 9:30-10:30am

ADULTS

Beginning Folk Guitar

Learn basic guitar playing, chords, strums and some music theory playing folk and popular songs. There is a non-refundable $8 Materials fee included in the cost of the class. Students must bring their own guitar.

Arlington Mill

Inst.: Campagna

Ages Adults
8 Sessions $77
240714A Tue., Jan. 17, 7-9pm

Intermediate Folk Guitar

If you liked Guitar for Beginners or have had some guitar experience, learn more advanced techniques such as various strums, including thumb and fingers, string bending, and advanced chording. There is a non-refundable $8 Materials fee included in the cost of the class. Students must bring their own guitar.

Arlington Mill

Inst.: Campagna

Ages Adults
8 Sessions $77
240720A Tue., Jan. 17, 8-9pm

Silver Knights Engineering

To the Rescue! "Engineering," 4-week program. "Engineering," or "Inventor," is a fun, collaborative class. Each week 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.: Create-A-Actor

Barcroft Sports & Fitness Center

Ages 2-3
10 Sessions $160
210303A Wed., Jan. 18, 10:30-11:25am

Ages 4-5
10 Sessions $160
210303B Sat., Jan. 21, 10:45-11:45am

Silver Knights Chess

Learn chess from a Silver Knights Chess coach! Students will have the opportunity to play in chess tournaments. All skill levels welcome. Instruction will be given free of charge. Students must bring their own chess board and all the equipment during chess club. State and national 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 clubs. Students will have the opportunity to play in tournaments. All skill levels welcome.

Madison Center

Inst.: Silver Knights Enrichment

Ages 5-12
10 Sessions $179
220309A Wed., Jan. 18, 6-7pm

Ages 7-12
8 Sessions $179
220309B Wed., Jan. 18, 6-7pm

POSITIVE SOCIAL SKILLS

Parent Child UI Positively Disciplined!

Teachers, parents, and grandparents, come explore research-proven methods for disciplining yourself and your child (even tips by the best in the field and share your ideas and concerns too! No judgments - only positive solutions for your parenting toolbook! Created by a certified parent educator, experienced elementary school teacher, child enrichment specialist, and the founder of Playground Diplomacy® and Parent Child UI, this class is sure make the difference you always knew could be achieved! Knowing you are helping your child be the responsible adult you know they can become!

Inst.: Kreutzer

Ages Adults
1 Session $25
240104A Sat., Feb. 25, 2-3:30pm

Little Stars! Parent/Tot

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, storytelling, acting, and art. Each week students will take home a project that relates to our theme of the day. A non-refundable $20 supply fee is included in the cost of the class.

Arlington residents 55 and older get 30% off the advertised price.
**Dramatic Kids!**  
Awaken creativity and boost self-confidence through this theater arts class that has it all for each week in this class 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. A showcase of students’ original work will be performed for their friends and family on the last day of class. Inst.: Care Actor

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<tr>
<td>Ages 7-11</td>
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<td>$160</td>
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**Mom & Toddler Workout**  
Mom, 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, step, free weights, calisthenics, partner work, stretching and children’s music/curriculum together. Please bring a yoga mat, child’s parent infant. BodyMoves fitness LLC. Walter Reed Center

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**Abs & Arms Workout**  
Tone your arms and abs in this fast and effective workout class. We do a variety of exercises from traditional push-ups and planks to using dumbbells and weighted body bars which will target multiple muscles at one time. This class is a strong core. Inst.: Erica. Barcroft Sports & Fitness Center

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<tr>
<td>Ages 6-12</td>
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**Better Arms for Everyone**  
Strengthen all the little muscles that make up your arms and hands. Inst.: Walter Reed Center. Inst.: MacLear

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<td>10</td>
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**Cardio Karate**  
One of the most popular fit friends, Cardio Karate is a combination of karate and aerobic exercises. This class will give you simple, effective moves so that you can get a great workout and make your heart strong! Modifications will be provided for all moves. Inst.: MacLear

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<td>Ages 6-12</td>
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**Cardio/Sculpt**  
This 30-minute core training workout is your conditioning and on track assessment stage is establishing your overall program works in three stages: the beginning stage is establishing your overall health and well-being, the middle stage is your conditioning and on track assessment, the last stage is habit and maintenance. World kickboxing Champion Rod Batiste used this training workout to get in shape, make weight for fights and maintain conditioning between fights. Inst.: WCB Karate

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<tr>
<td>Ages 15-21</td>
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**Choreographed dance routines make up this fitness class. If you like music and dance rhythm, you will love this workout. Uplift music including Top 40, Latin, Broadway, Country and more will make you dance and enjoy the rest of the day! Inst.: Aerobics Inc. Madison Center

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<tr>
<td>Ages 16-21</td>
<td>20</td>
<td>$164</td>
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**Circuit Training**  
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. Sculpt shoulder, hips, triceps, lat, move to the floor for isolated abdominal, glutes and back. A final stretch concludes the class. Inst.: Erica Barcroft Sports & Fitness Center

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<td>Ages 13-18</td>
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**Fighting Fit**  
The fighting fit, cardio – kickboxing, super weight loss workout is not your average kickboxing workout it is a designed kickboxing program that can safely burn up to 10 pounds of fat off a month. (The secret is you only need to burn up to 1000 calories and comes with a supplementary diet and workout plan.) The program works in three stages: the beginning stage is establishing your overall health and wellness needs, the middle stage is your conditioning and on track assessment, the last stage is habit and maintenance.

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<tr>
<td>Ages 15-21</td>
<td>12</td>
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**Healthy Hips**  
Strengthen all the muscles from your navel to your knees and help keep a hip replacement away. Perfect for challenged knees and great for hips and tummy to help fight off scoliosis! You will find a class as anatomically specific anywhere else. Inst.: MacLear

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<tbody>
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<tr>
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**Muscle Conditioning**  
Muscles begin to weaken after four days of rest – keep your muscle strong! This class will not only give you better muscle tone but also better bone density and posture. The instructor provides modifications for every fitness level. Inst. MacLear

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<td>Ages 13-18</td>
<td>9</td>
<td>$313</td>
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</table>

**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. Sculpt shoulder, hips, triceps, lat, move to the floor for isolated abdominal, glutes and back. A final stretch concludes the class. Inst.: Erica Barcroft Sports & Fitness Center

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<tr>
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**Muscle Toning**  
Sign up as you will become quite comfortable with Step, anyone who is interested should perform for their friends and family on the last day of class! Inst.: Care Actor

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<td>Ages 13-21</td>
<td>9</td>
<td>$113</td>
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**Posture & Sculpting**  
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

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**Step Aerobics**  
Step has been a fitness favorite for 18 years and will quickly and safely reshape the entire body, you can do it! This non-stop, high energy class is for all levels. Step allows you to choose from a variety, you will love this workout. Upbeat music

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<tr>
<td>Ages 6-12</td>
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<td>$225</td>
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</table>

**Strength Training**  
This 30-minute core training workout is your conditioning and on track assessment stage is establishing your overall program works in three stages: the beginning stage is establishing your overall health and wellness needs, the middle stage is your conditioning and on track assessment, the last stage is habit and maintenance.

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<td>Ages 15-21</td>
<td>12</td>
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</table>

**True 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. Sculpt shoulder, hips, triceps, lat, move to the floor for isolated abdominal, glutes and back. A final stretch concludes the class. Inst.: Erica Barcroft Sports & Fitness Center

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**Walking for Everyone**  
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

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<td>Ages 6-12</td>
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**Yoga Mat**  
One child per parent. Inst.: Care Actor

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<tr>
<td>Ages 1-3</td>
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See pg. 26 online registration begins December 7. See pg. 26 Gymnastics registration opens at pm all other class registration open at 7:30 am

**Fit For Life**  
Perhaps you are not sure where to start or you have been exercising regularly but are in a rut. Personal training is a smart investment of your fitness funds. Our friendly, nationally certified personal trainers will help you determine your specific fitness needs and will assist you in establishing attainable goals. Those one-on-one workouts not only provide the motivation you need to keep on track, but also ensure you are using proper form and technique. Contact Jeff Gordon at 703-228-5916 or jgorde@arlington.va for more information.
Cardio Dance–Low Impact™
Get fit and tone muscles in this dance exercise class designed especially for people with knee, hip or foot issues to minimize jumping while maximizing the workout. Strengthen your heart and other muscles while you burn calories. Wear exercise shoes and bring a mat or towel. Inst.: Aerobics Inc. 

Cardio Dance–Add a Day™
Get a three-day-a-week workout. Register for this class only if you are also registered in Cardio dance or Low-Impact Cardio Dance. Wear exercise shoes and a mat or towel. Inst.: Aerobics Inc. 

High to Low Cardio™
This high intensity Cardio Class can be done high or low impact. It is fun, exciting and just a little different from our choreographed classes without pre-arranged dances. Each class will play different music and will give you a great total body cardio workout. Inst.: Aerobics Inc. 

TEEN & ADULT
Pilates Level 1
Experience new levels of core strength and flexibility. Utilize exercises and techniques that strengthen the mid-section and back, lengthen the spine and relieve back pain.

Longston-Brown Center
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $119
2408604 Mon., Jan. 23, 10:40-11:40am
Madison Center.
Inst.: Aerobics Inc. 
Ages Adults 8 Sessions $119
2408608 Mon., Jan. 23, 7:25-8:25pm
Fairlington Center.
Inst.: JefHs
Ages Adults 10 Sessions $119
2408606 Wed., Jan. 17, 7:30-8:30pm

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 in Pilates 2.

Langston-Brown Center
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $124
Jan. 20, 6:30-7:30pm
Fairlington Center.
Inst.: Aerobics Inc. 
Ages Adults 8 Sessions $129
2408638 Mon., Jan. 17, 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 mid-section and back, lengthen the spine and relieve back pain. A mat is needed for class. Madison Center.
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $148
2408624 Wed., Jan. 18, 7:25-8:25pm

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

Langston-Brown Center.
Inst.: Langston-Brown Center.

Strength & Stretch™

Mon., Jan. 23, 5:20-6:25pm

Yoga TOT & ADULT

Postpartum Yoga with Baby

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 seniors adults or participants with physical limitations.

Madison Center.
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $127
240960A Wed., Jan. 18, 10:20-11:20am

Pilates

EnergyVigorizing

In this series expect to safely combine many styles of yoga including power, hot yoga and traditional Hatha yoga to focus on alignment, technique, and variation. Both beginners and experienced yogis who are in good physical health will benefit from this flow type practice. A 90 minute class includes a complete yoga practice including stress-reduction techniques and relaxation.

Participants practice in a warm room focusing on fitness, strength and flexibility.

Langston-Brown Center
Inst.: Aerobics Inc. 
Ages Adults 11 Sessions $209
240916A Wed., Jan. 18, 7-8:30pm

Restorative Yoga

Restorative practice focuses on a safe, gentle flow to meet you exactly where you are, be it less flexible, stiff or with a wandering mind. Students will learn how to use props such as straps, blocks and bolsters to make classic poses more accessible.

Langston-Brown Center
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $148
240916AE Wed., Jan. 18, 7-8:30pm

Yoga Flow

A uniquely integrated and dynamic approach blending many styles of yoga.

Fairlington Center.
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $127
240916A Tues., Jan. 17, 7:35-8:35pm

Sculpting Yoga™

This class intensifies body sculpting techniques with yoga with the inclusion of light hand weights used with some poses. Please bring light hand weights, a yoga mat, a water bottle and a towel. 

Fairlington Center.
Inst.: Aerobics Inc. 
Ages Adults 10 Sessions $127
240916THUS Tues., Jan. 17, 7:35-8:35pm

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 basic poses.

Madison Center.
Inst.: Interdonato 
Ages Adults 10 Sessions $140
240916A Wed., Jan. 18, 5-6:15pm

Yoga Flexibility, Strength & Relaxation

This traditional Hatha yoga class is designed to improve your breathing, flexibility, strength and stability. We will work on gentle stretching and breathing.

Barcroft Sports & Fitness Center.
Inst.: Aerobics Inc. 
Ages Adults 11 Sessions $209
240916G Wed., Jan. 18, 7-8:30pm

Yoga for Mom & Me

If you are pregnant and would like to maintain your fitness, this class can be tailored to your needs. No yoga experience required.

Langston-Brown Center.
Inst.: Interdonato 
Ages Adults 10 Sessions $127
240916G Wed., Jan. 18, 7-8:30pm

Yoga for Stress Reduction

This class begins with a traditional yoga warm up, followed by a variety of poses to strengthen and stretch the body. The second half of the class focuses on longer held resting poses intended to relax and restore the body.

Madison Center.
Inst.: Aerobics Inc. 
Ages Adults 8 Sessions $127
240916T Mon., Jan. 23, 10-12noon

Better Posture

Based on the Feldenkrais Method, Better Posture harnesses the power of mindfulness and movement exercises to release the invisible, chronic contractions that are at the root of bad posture. Some of the exercises may feel familiar, but with new ingredients, return to feeling more like yourself: comfortable, grounded and easily upright. The moves are mostly demonstrator, so you need to be able to hear while lying down and to understand spoken English. Wear loose-fitting clothes and socks; you will take off your shoes. You need to be able to get up and down from the floor.

Fairlington Center.
Inst.: McHig
Ages Adults 12-99 1 Session $42
240916GA Sat. Jan. 14, 8-10-11:45am
Intro to Feldenkrais

Here’s a one-time workshop to introduce you to Feldenkrais, an educational system centered on movement, aiming to expand and refine the use of the self through awareness. For more information on Feldenkrais to attend this workshop, visit: https://www.alfredcomputer.com/feldenkrais.

Ages 15-Adult 3 Sessions $14 2400846A Wed., Jan. 10, 7:20-8:20pm

Feldenkrais

If you are interested in interjective movement, you will like this class. The Feldenkrais Method is an educational system centered on movement. It aims to expand and refine the use of the self through awareness. You will often be lying down yet sometimes sitting, kneeling or standing. You will be outwardly moving the whole time, simultaneously exploring a given inward focus. You will also learn more about anatomy. Feldenkrais increases your awareness of yourself. Over the sessions you are likely to find that you are more relaxed, your 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 carpeted floor, a mat, and, if you desire, a small pillow. For more information go to: www.wellnessimmotion.com.

Mon., Jan. 9, 7-8:30pm

Martial Arts TOT

Karate Jamboree

It’s Sesame Street the martial arts way! With over 100 martial arts-related games and learning activities designed to tap into specific mental and physical growth areas, toddlers will “play as they grow” and “learn as they play. Whether your child is a three-year-old learning object permanence, problem solving, sorting, putting things in order or a five-year-old learning body awareness, gross and fine motor skills, language, how to listen and follow instructions and social interaction skills, or her development is enhanced by this program. For students wishing to advance to the next belt level, uniform and other equipment is required for an additional fee. Please email webkarate@aol.com.

Ages 3-5yr 10 Sessions $83 2130504A Mon., Jan. 9, 3:30-4:30pm

Ages 5-10yr 10 Sessions $83 2130504A Sat., Jan. 10, 10:30-11:30am

MELT

The MELT Method is a breakthrough self-care system that restores the reparative power 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 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 chronic pain, increase ease of movement, improve alignment, and keep your whole body functioning more 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.meltemethod.com. Instructor will provide balls for class use.

Walter Reed Center.

Inst.: Jofh


Beginner Judo

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

Ages 5-14 11 Sessions $87 2130304A Tue., Jan. 17, 6-7pm

Junior Judo

Class will encompass lesson judo basics with a focus on improving break fall techniques, throws, matt work, position, kata and shiai. Older juniors will also learn chokes techniques and kata. Junior Judo is an ongoing program for students who have completed a Judo course or who have Judo experience. Students are required to join the USJF Shudokan-usa or USJ Virginia Judo to be examined for promotions to higher ranks, compete in sanctioned tournaments or attend seminars and clinics. Students are required to wear a judo uniform, which can be purchased from the instructor. Dawson Terrace.

Ages 6-12 22 Sessions $173 2130304A Thu./Fri., Jan. 17, 7-8pm

Karate Beginner

At WCRB Karate DDPWAG 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 class etiquette. How to be courteous when others are around them. How to play safe. How to follow through on instruction unsupervised. How to use self-restrain. How to use maximum focus attention when educators are talking. How to be respectful when even no one is watching. How and when to say NO to peer pressure. How to keep defense under control plus 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 wcrbkarate@aol.com. Having 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 applying it. At WCRB we don’t just talk about success, we produce it! Dawson Terrace. Inst.: WCRB Karate

Ages 5-Adult 18 Sessions $150 2130304A Mon./Wed., Jan. 16, 6-7pm

Ages 6-18 $10 $43 2130304A Sat., Jan. 21, 11:30am-12:30pm

Aikido

A Japanese martial art derived from classic samurai warfare, Aikido emphasizes the use of 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. Instructor: Curtis-Bates Dawson Terrace

Beginner

Ages 6-14 10 Sessions $100 2130304A Mon., Jan. 22, 12:35-1:35pm

Orange Belt & Above

Ages 6-14 10 Sessions $100 2130304A Mon., Jan. 22, 1:35-2:45pm

All Levels

Ages 10-Adult 10 Sessions $100 2130304A Mon., Jan. 22, 2:30-3:30pm

Sun., Jan. 22, 1:35-2:25pm

Swordsmanship

Fencing

If you have taken an introductory fencing class with Arlington in the past year or have previous fencing experience, this is a class that will focus on fencing bouts and refining core fencing skills, including strategy, referring and improving footwork and handwork techniques. A $29 non-refundable equipment rental fee is included in the cost of the class. Gunston Center. Inst.: VA. Academy of Fencing

Ages 9-Adult 10 Sessions $100 220312A Wed., Jan. 17, 8-9pm

Intermediate Olympic Sport Fencing

Advanced

Karate Intermediate/Advanced

Helping the 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 wcrbkarate@aol.com.

Pre-requisite: One year of Karate Beginners. Dawson Terrace. Inst.: WCRB Karate

Ages 5-Adult 18 Sessions $150 2130304A Mon./Wed., Jan. 16, 6-7pm

Ages 6-Adult 10 Sessions $83 2130304A Sat., Jan. 21, 2-3pm

Intro to Historical Swordsmanship

Learn the Historical European Martial Arts (HEMA) of sword fighting the way they were originally practiced on the battlefields and dueling grounds of the Middle Ages and the Renaissance! Students will learn the basic groundwork, handwork, and strategy for fencing with the rapier and dagger as well as the two-handed longsword, using fencing masks, jackets, and safety-tipped practice swords in a fun and safe environment. A non-refundable equipment rental fee of $29 is included in the cost of the class. No prior experience necessary. Gunston Center. Inst.: VA. Academy of Fencing

Ages 9-Adult 10 Sessions $100 220312A Wed., Jan. 17, 8-9pm

Tae Kwon Do

Tae Kwon-Do means “The Art of Hand and Foot.” Learning this traditional Korean sport helps one to become more coordinated, flexible, and aware. This class is designed to teach and develop your child’s Self-respect, Self-control, and Confidence. New students learn the basics of kicking and punching, and the more experienced will be promoted to higher rank belts. Langston-Brown Center. Inst.: Shelby

Ages 6-15 9 Sessions $90 220312A Mon., Jan. 23, 6:30-7:30pm

Ages 16-Adult 10 Sessions $83 220312A Mon./Wed., Jan. 16, 7-8pm

Saturday Morning Instructional Track & Field

Learn the basic fundamentals of track & field including sprints, long jump, turbo-javelin, distance running and relays at W&L High School track, 1301 N Stafford St, Arlington.

SUNDAY MORNINGS

April 1 – May 6, 2017

Ages 6-8: 9 - 10:15am

Ages 9-14: 10-11:45am

Only $75. Fee reductions available to those who qualify.

Register now at parks. Arlingtonva.us/sports, search Saturday Track & Field. A $15 late fee is applied for registrations after March 19. Questions? Email ApexTrackClub@gmail.com

ENJOY ARLINGTON › WINTER 2017 › HTTP://REGISTRATION.ARLINGTONVA.US 9

We want you to ensure you have the best experience! If after the first class you feel that the class is not a good fit for you or your schedule, give us a call at 703-228-4747 within the next 48 business hours and we will refund your money, minus a $20 administrative fee. We are open M-F, 9am to 5pm.
**Call for Nominations**

**BILL THOMAS OUTSTANDING PARK SERVICE VOLUNTEER AWARD**

Know a volunteer or group who has gone above and beyond the call of duty? This award was established to pay tribute to lifelong park volunteers and to encourage those residents who also demonstrate a passionate dedication and support for our dynamic programs, natural resources and public open spaces. Nominations are being accepted until February 3, 2017. Visit parks.arlingtonva.us for complete information.

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**Wanted! Great ideas for new classes. Let us know if you’d like to take a recreation class that we don’t offer. Email treid@arlingtonva.us for more information.**

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**Junior Judo**

All aspects of Judo will be taught. Junior Judo is an ongoing Judo program for those students who have completed a Judo course or have previous experience in Judo. Students are required to join the USJI Shufu Honebukai or USJI 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.

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<td>9</td>
<td>$135</td>
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<tr>
<td>Ages 5-6</td>
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**Run and Show Basketball**

Develop basic basketball fundamentals and teamwork through fun drills and mini practice games. Inst.: Tip Top Sports

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<tr>
<td>Ages 3-6</td>
<td>8</td>
<td>$153</td>
</tr>
<tr>
<td>Ages 7-12</td>
<td>8</td>
<td>$153</td>
</tr>
</tbody>
</table>

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**Shorin Ken Karate**

Learn martial arts in a traditional, non-competitive environment. Students will increase their physical fitness, mental focus and self-confidence through diligent study of this martial art. Beginning participants learn basic hand and foot techniques, incorporating them into forms and partner drills. As students progress, more advanced techniques are introduced along with increased understanding of their application.

<table>
<thead>
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<tbody>
<tr>
<td>Ages 3-5</td>
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**Little Athletes and Me**

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 2-4</td>
<td>5</td>
<td>$100</td>
</tr>
<tr>
<td>Ages 5-6</td>
<td>5</td>
<td>$100</td>
</tr>
</tbody>
</table>

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**Kicks for Tots Soccer**

Improve individual ball skills in a fun, energetic environment. The primary method of instruction is based on the US Soccer Federation Youth soccer development program. Coaching methods revolve around developing player’s technical, physical and technical skills in an active, positive environment. Sessions accommodate all skill levels. Inst.: Tip Top Sports

<table>
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**Little Kicks Soccer**

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

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**Triple Threat Basketball**

Kids learn basic basketball fundamentals and techniques through fun drills and mini practice games. Inst.: Tip Top Sports

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**Mini Kicks**

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

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**Tee Pee Lacerro**

Tee Pee Lacerro is the ultimate intro to lacrosse. Our mission is to teach the basic skills of lacrosse in a fun, energizing and engaging environment. Inst.: Tip Top Sports

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**Martial Arts**

This fun and wacky Parent & Me Sports program is comprised of fun and fantasy-based activities, teaching staff. Activities are age-appropriate and designed to help children develop balance, coordination, agility, speed, and strength. Mastery of this individual sport promotes confidence in movement and provides the foundation for a lifetime of fitness. Inst.: Tip Top Sports

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**Sports**

**TENNIS**

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**The CALL CENTER (703-228-4747) is your one-stop-shop for registration and facilities scheduling needs. The system informs you of your place in the queue during high volume times, provides more agents available during peak times and gives Spanish speakers direct access to assistance. For registration services press 1.**
**Super Shots**
For players who have one or more seasons of Little Shots class experience and are ready to rally back and forth with a coach.
Inst.: First Serve Tennis

Walter Reed Center

**Ages** 5-6  
**5 Sessions** $120  
220602A, Wed., Jan. 25, 6-7pm
220603B, Fri., Jan. 27, 4-5pm

Greenbrier Park

**Ages** 5-6  
**5 Sessions** $100  
220602C Sun., Mar. 5, 6-7:30pm

Hayes Park

**Ages** 5-6  
**5 Sessions** $100  
220602A Mon., Mar. 6, 6:30-7:15pm

Lyons Village Park

**Ages** 5-6  
**5 Sessions** $100  
220603A Thurs., Mar. 9, 5:30-6:15pm

**Tennis 1B2**
Through fun, skill-building games & instruction, Serve Tennis beginners learn and develop fundamental tennis strokes. Students are encouraged to repeat this class until they feel confident with all the fundamental strokes.

**Walter Reed Center**

**Ages** 7-10  
**5 Sessions** $100  
220602A, Wed., Jan. 25, 6-7pm
220602B, Fri., Jan. 27, 4-5pm

**Ages** 10-14  
**5 Sessions** $100  
220602C Sun., Mar. 5, 6-7:30pm

**Langston-Brown Center**

**Ages** 7-10  
**5 Sessions** $100  
220602A Thurs., Mar. 9, 6-7pm

**Barcroft Park**

**Ages** 7-10  
**5 Sessions** $100  
220602A Sat., Mar. 4, 2-3pm
220602B Sun., Mar. 5, 6-7:30pm

**Greenbrier Park**

**Ages** 7-10  
**5 Sessions** $100  
220602A Mon., Mar. 6, 12-1:30pm

**Hayes Park**

**Ages** 7-10  
**5 Sessions** $100  
220602A Mon., Mar. 6, 6:30-7:30pm

**Ages** 10-14  
**5 Sessions** $100  
220602B Mon., Mar. 6, 6:30-7:30pm

**Langston-Brown Center**

**Ages** 10-14  
**5 Sessions** $100  
220602A Thurs., Mar. 9, 6-7:30pm

**Lyons Village Park**

**Ages** 7-10  
**1 Session** $99  
220602C Sun., Mar. 5, 6-7:30pm

**Tennis 3 Transition to Matchplay**
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 1B2 programs.

**Langston-Brown Center**

**Ages** 8-10  
**5 Sessions** $125  
220602A Fri., Mar. 10, 6:30-7:30pm

**Tuckahoe Park**

**Ages** 10-12  
**5 Sessions** $125  
220602B Fri., Mar. 10, 6:30-7:30pm

**JEV Tennis**
**Experience what it’s like to play on the high school tennis court. Coaches will lead warm-up and hit sessions, help you use team tactics & doubles strategy. Ideal for building skills and to try out for their high school team.

**Langston-Brown Center**

**Ages** 13-16  
**5 Sessions** $150  
220603A Sun., Mar. 5, 5:15-6:30pm

**Ages Adults**

**5 Sessions** $138
220602A Mon., Mar. 6, 5:30-7:15pm
220602B Wed., Mar. 8, 6:30-8:15pm
220602C Fri., Mar. 10, 6:30-8:15pm
220602D Mon., Mar. 13, 6:30-8:15pm
220602E Wed., Mar. 15, 6:30-8:15pm

**Ages Adults**

**6 Sessions** $120
220602F Mon., Mar. 6, 6:30-8:15pm
220602G Wed., Mar. 8, 7:30-9:30pm
220602H Fri., Mar. 10, 6:30-8:15pm

**Ages Adults**

**6 Sessions** $138
220602J Fri., Mar. 10, 6:30-8:15pm
220602K Mon., Mar. 13, 6:15-8:15pm
220602L Wed., Mar. 15, 6:30-8:30pm

**Ages Adults**

**6 Sessions** $138
220602M Fri., Mar. 10, 6:30-8:15pm
220602N Mon., Mar. 13, 6:30-8:15pm

**Ages Adults**

**6 Sessions** $138
220602O Wed., Mar. 15, 6:30-8:30pm

**Ages Adults**

**7 Sessions** $150
220603A Wed., Mar. 8, 7:30-9:30pm

**Ages Adults**

**1 Session** $32
220604A Sat., Feb. 11, 3-5:30pm

**TOD & ADULT**

**Tennis**
**Transition**
**During**
**Two**
**Weeks**
**Transition**
**with**
**Coaches**
**until**
**they**
**are**
**ready**
**to**
**rally**
**back**
**and**
**forth**
**with**
**a**
**coach.**

**ENJOY ARLINGTON › WINTER 2017 › HTTP://REGISTRATION.ARLINGTONVA.US**

Arlington supports a culture of fitness and wellness. Exercising your brain and body contributes to your overall well-being. Look for FitArlington opportunities to improve your health on pages with the symbol. For more information go to parks.aramltonva.us search FitArlington
Did you know that registration staff is available the first day of registration starting at 7am? Give us a call at 703-228-4747 if you need help with online registration assistance.

ENJOY ARLINGTON › WINTER 2017 › ONLINE REGISTRATION BEGIN DECEMBER 7 AT 7AM FOR GYMNASTICS CLASSES • 7:30AM ALL OTHER CLASSES

We have revamped our Fin program for children ages 2-5. Please see below for details on how they relate to the old program. Please make sure all students meet the pre-requisites of the course before registering. We will make all efforts to replace but cannot guarantee placement in an alternate class if it is deemed by the instructor on the first day that your child is in the wrong course.

**Overview of new Swim Levels for toddlers through age 6**

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>CLASS DESCRIPTION</th>
<th>SIMILAR TO</th>
<th>INSTRUCTOR</th>
<th>PARTICIPANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Fin</td>
<td>Pre-Fin is now only for 3 year olds who are able to leave parent. The class focus is on comfort in water with instructor (not parent)</td>
<td>Pre-Fin or Me</td>
<td>1.8</td>
<td></td>
</tr>
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<td>Pre-Fin or Me</td>
<td>1.4</td>
<td></td>
</tr>
<tr>
<td>Fin 1</td>
<td>Fin 1 is for 5 year olds who have successfully completed Pre-Fin 1 or 2 and are comfortable in the water. The class is for fun and learning.</td>
<td>Fin 1</td>
<td>1.6</td>
<td></td>
</tr>
<tr>
<td>Fin 2</td>
<td>Fin 2 is for children 5 or 6 year olds who have successfully completed Pre-Fin 2 or 2a and are comfortable swimming.</td>
<td>Fin 2</td>
<td>1.6</td>
<td></td>
</tr>
<tr>
<td>Fin 3</td>
<td>Fin 3 is for children 4-6 who have successfully completed Fin 3 or can swim front and back to three or five body lengths independently. Goal is to swim front and back and return to start at least 15 yards.</td>
<td>Fin 3</td>
<td>1.7</td>
<td></td>
</tr>
</tbody>
</table>

Note: please once children turn 6 years old they can also participate in our Youth level classes. Participants who are 6 and have successfully passed Fin 3 should move to Level 2. Students who are 6 and have successfully passed Fin 4 should move to Level 3.
Arlington County is proud to provide lessons that are based on the American Red Cross Learn-to-Swim Program. When registering please make sure participants can complete all necessary prerequisites prior to beginning the class. Students must have successfully completed previous level or have comparable skills from another swim program or instructor permission to skip levels or take a higher level course. It is anticipated that participants take classes more than once to meet skill requirements for the next level. Students who are not at the right level hinder the classes’ ability to function. Please remember that everyone progresses at their own pace. Students who are not at the right level hinder the classes’ ability to function. Please remember that everyone progresses at their own pace.

PUBLIC HEALTH

Public Health requires pools to close when contaminated. Swimmers must be worn by anyone who is not petty trained or incontinent. Also please do not eat within 30 minutes of swimming. Students registered in swim classes should bring a bathing suit, towel and goggles (if desired, but will not be used for levels that are below Fin 2). All other equipment is provided.

Are you taking swimming lessons?

Washington-Lee Pool
Ages 3 years 3 months-5 8 Sessions $57
217406U Wed., Jan. 17, 12:30-2:30pm
217406T Thu., Jan. 18, 1-1:40pm
217406S Fri., Jan. 19, 11-12pm
217406V Sat., Jan. 20, 10-11am
217406W Sun., Jan. 21, 10-11am
217406Y Mon., Jan. 22, 7-8pm
217406X Tue., Jan. 23, 7-8pm
Washington-Lee Pool
Ages 3 years 3 months-5 9 Sessions $72
217407W Sat., Jan. 21, 11:40am-12:30pm
217407Y Sat., Jan. 21, 9-10am
217407V Sun., Jan. 22, 2-3pm
217407U Mon., Jan. 23, 2-3pm
217407T Tue., Jan. 24, 2-3pm
217407S Wed., Jan. 25, 2-3pm
217407N Thu., Jan. 26, 2-3pm
217407M Fri., Jan. 27, 2-3pm
Ages 3 years 3 months-5 9 Sessions $72
217408W Sat., Jan. 21, 11:40am-12:30pm
217408X Sat., Jan. 21, 9-10am
217408V Sun., Jan. 22, 2-3pm
217408U Mon., Jan. 23, 2-3pm
217408T Tue., Jan. 24, 2-3pm
217408S Wed., Jan. 25, 2-3pm
217408N Thu., Jan. 26, 2-3pm
217408M Fri., Jan. 27, 2-3pm
Wakefield Pool
Ages 4-5 8 Sessions $65
217409W Wed., Jan. 5, 6:45-7:35pm
217409X Wed., Jan. 5, 6-7pm
217409V Wed., Jan. 5, 5:45-6:35pm
217409U Wed., Jan. 5, 5-6pm
217409T Wed., Jan. 5, 4:45-5:35pm
217409S Wed., Jan. 5, 4:30-5:20pm
217409N Wed., Jan. 5, 3:45-4:35pm
217409M Wed., Jan. 5, 3:30-4:20pm
Yardley Pool
Ages 3 years 3 months-5 11 Sessions $87
217410W Sat., Jan. 21, 8:25-9:15am
217410X Sat., Jan. 21, 8-9am
217410V Sun., Jan. 22, 1-2pm
217410U Mon., Jan. 23, 2-3pm
217410T Tue., Jan. 24, 2-3pm
217410S Wed., Jan. 25, 2-3pm
217410N Thu., Jan. 26, 2-3pm
217410M Fri., Jan. 27, 2-3pm
Yardley Pool
Ages 3 years 3 months-5 11 Sessions $87
217411W Sat., Jan. 21, 1:10-2:00pm
217411X Sat., Jan. 21, 12-1pm
217411V Sun., Jan. 22, 1-2pm
217411U Mon., Jan. 23, 2-3pm
217411T Tue., Jan. 24, 2-3pm
217411S Wed., Jan. 25, 2-3pm
217411N Thu., Jan. 26, 2-3pm
217411M Fri., Jan. 27, 2-3pm
The first day of class we will issue each class member a pass to enter the pool. This pass must be shown to the front desk each week to gain entry to the pool. Locker Rooms and family changing rooms are available, if you wish to lock your items up you must bring a lock (recommended).

Students are ONLY allowed to swim during the class time, participants will not be able to access the pool outside of their normal class times/days. NO swimming is allowed to class participants before or after the class time unless the customer pays a general admission or has a monthly or annual pass. For more information on Swimming classes visit parks. arlingtonva.us/sports and click on aquatics/swimming.
Our Stories, Ourselves

Arlington Public Library concluded its 11th year of Arlington Reads last month when we hosted celebrated Irish author Colum McCann.

The book of the night was “Let the Great World Spin,” a kaleidoscopic tour de force of intersecting lives set against the backdrop of the “artistic crime of the century” — the tightrope walk between the World Trade Center towers by Philippe Petit on August 7, 1974.

For those who don’t know McCann or his work, go immediately to the nearest library or bookstore and get any one of his several novels or short story collections. Or go to his website and follow his weekly “Letters to a Young Writer” where he pushes his readers to write towards what they want to know, to fail and to learn from rejections, and to write a first line that will open up one’s rib cage and announce that the world will never be the same. Or better still, check out his non-profit story telling venture “Narrative 4” which aims to create “fearless hope through radical empathy,” — two things that are often in short supply.

To say that McCann is passionate about his craft is an understatement. His words prompt each of us to take risks and be curious, to dare to lose face, to reveal truth, to demand justice, to allow fear. And he urges us to tell our own stories — for if we won’t someone else will.

Arlington Public Library is at the center of catalyzing, collecting, and sharing stories. Whether through Arlington Reads and Summer Reading events, oral histories, blog posts, tweets, collections, story times, or language conversation classes — stories keep us alive and thriving. They mirror the community and say this is who we are. They reveal to us what matters and that what we dream is possible. They ask us to think less about the end and more about what comes next.

Meet your story; share someone else’s story and together we will write the story of now.

Arlington Reads, a signature community engagement program of Arlington Public Library, promotes literacy, the joy of reading, and intergenerational participation.

According to Director of Arlington Public Library Diane Kresh, “the program brings together people to talk about books and the important topics of our time.”

Arlington Reads is made possible in part through the generous support of the Friends of the Arlington Public Library. To learn more about Arlington Reads, visit library.arlingtonva.us/arlington-reads.

Meeting you where you live, work and play

Dubbed The Connection: Crystal City, this pop-up initiative is a versatile community space that invites members to set up camp for an impromptu Face-time chat, swipe through an online magazine on one of the Library’s iPads, or get creative with a strategy game while enjoying a latte from a nearby coffee shop.

The pop-up library is located at the Crystal City Shops between TechShop DC and Gallery Underground and will be operational until the summer of 2017. To receive more information, visit library.arlingtonva.us/connection or join The Connection: Crystal City Facebook group.

Library patrons are in for a treat next spring as we prepare for two New York Times best-selling book authors Elizabeth Strout and Viet Thanh Nguyen.


Arlington Reads to feature two Pulitzer Prize-winning authors next spring

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Arlington Public Library features hundreds of free events every year. Below you will find program highlights for the 2016-17 winter season.

To learn more, visit our comprehensive online calendar at library.arlingtonva.us/events.

Some Library programs and events require registration or offer RSVP, and all are subject to change based on staffing, weather, or unforeseen circumstances. Please check each listing for event-specific information.

Questions?
Visit library.arlingtonva.us/locations and call the event location for additional information. En Español: Llama a 703-228-5996.

**Lectures**

Black History Month Talk with Craig Syphax
Director of the Black Heritage Museum of Arlington Craig Syphax, whose ancestors worked for both the Custis and Lee families, will give a presentation in honor of Black History Month.

*Aurora Hills Branch Library*
All Ages Free, RSVP Sat., February 11, 2:00-3:00pm

**The Basics of Investing**

Learn the difference between saving and investing, how diversification reduces risk, and the basics of stocks, bonds, and mutual funds.

*Central Library*
All Ages Free, Registration Required Mon., March 6, 7:00-8:30pm

**Families**

**Family Fun: Winter Craft Program**
Children in grades K-5 are invited to bring their whole family to our winter craft and story program.

*Aurora Hills Branch Library*
Grades K-5 Free, Drop-In Wed., December 7, 4:00-5:00pm

**Central Youth Services Winter Open House**
Celebrate winter with crafts, snacks, and cozy storytimes. All ages welcome!

*Central Library*
Families Free, Drop-In Wed., December 14, 4:00-6:00pm

**An Introduction to Virginia529 Savings Plans for Higher Education**
It’s never too late or too soon to start saving for higher education. Learn about the benefits of the four savings programs offered by Virginia529 Plans and how to get started.

*Central Library*
Adults Free, Drop-In Thu., March 2, 7:00-8:30pm

**Babies and Preschool**

**Storytimes**
Our variety of age-appropriate storytimes are designed to help you to help your child learn reading readiness, or Early Literacy. No registration required—attendance is first-come, first-served until seating capacity is reached.

*Visit library.arlingtonva.us/storytimes for days, times, and locations*
Birth-3 Free, Drop-in

**Elementary School**

**LEGO Club**
Future engineers get free build time with our supply of LEGO blocks. No need to bring your own!

*Shirlington Branch Library*
Grades K-5 Free, Drop-In Tue., Jan. 10, 4:30-5:30pm

**Kids Club**
Each week we explore arts, books, crafts, and building through a different fun activity.

*Central Library*
Grades K-5 Free, Drop-In Wed., Jan. 18,25, Feb. 1,8,15,22, March 1,8,15,22,29 4:15-4:45pm

**Middle and High School**

**Middle School Strategy Gaming**
Join our weekly strategy gaming club. We’ll have a variety of strategy gaming. Don’t know how to play? We’ll teach you!

*Columbia Pike Branch Library*
Grades 6-8 Free, Drop-in Wednesdays, 4:00-7:00pm

**Westover Branch Library**
Grades 6-8 Free, Drop-in Thu., Dec. 13 3:30-5:30pm

**Teen Annual Broken Hearts Party**
Celebrate Valentine’s Day without having to worry about finding a valentine. For middle and high school students. There will be cookie decorating, quizzes, book rating, trivia and more!

*Central Library*
Grades 6-12 Free, Drop-In Thu., Feb. 9, 3:00-4:30pm

**Cook, Shoot, Edit, Eat! Videomaking for Teens**
Produce and star in your own cooking videos, by taking turns in front of and behind the camera. We will make simple no bake desserts, and film the process while learning tips for creating the best shots for video. Bring your own smartphones and USB connector to record video, then upload it to a Library laptop for editing and publishing.

*Shirlington Branch Library*
Grades 6-12 Free, Registration Required Tue., March 7, 5:30-6:30pm

**High School TAB**
Chat about books and eat pizza at our monthly book club just for high school students.

*Central Library*
Grades 9-12 Free, Drop-In Tue., Dec. 6, Jan. 10, Feb. 14 5:00-6:00pm

**Looking for More?**
Find all of our book clubs, films, storytimes, lectures, workshops and more on the library calendar:
library.arlingtonva.us/calendar
See you at the Library!
Knit One, Read One
Learn the basics and knit a cozy ribbed scarf: how to cast on, knit, purl, cast off and how to “frog” your work if you need to. Advanced knitters are welcome to join in as well.

Connection: Crystal City
All Ages Free, Drop-in
Fridays, 10:00-11:30am

Scam & ID Theft Prevention Workshop
This interactive class from the Virginia Cooperative Extension will help you recognize different types of scams and red flags, and reduce your potential for identity theft.

Connection: Crystal City
All Ages Free, Registration Required
Tue., Jan. 10, 12:00-1:00pm

Job Seekers
Sunday Job Seeker Lab
Participants receive two-and-a-half-hour uninterrupted computer reservations, free job-related printing, plus extra staff and volunteers ready to help with resources and online applications. Registration required, drop-ins welcome if open slots remain when event starts.

Columbia Pike Branch Library
Age 18+
Free, Registration Required
Sundays, 6:00-8:30pm

Arlington Job Seeker Meetup: Lab
Participants receive two-and-a-half-hour uninterrupted computer reservations, free job-related printing, plus extra staff and volunteers ready to help with resources and online applications. Bring your laptop or use our computers to work on your resume or job application with the support you need.

Central Library
All Ages Free, Registration Required
Thursdays, 5:30-7:30pm

Resume and Job Search Basics
Taught by a certified career counselor, this 2-hour workshop will walk you through the resume writing process to get your resume noticed by both online systems and recruiters/hiring managers. Get new information that will help you achieve job search success.

Central Library
All Ages Free, Registration Required
Tue., Nov. 29, Dec. 13, 5:30-7:30pm

Job Interview Practice Group
Practice your interview, get constructive feedback, and learn what makes a successful interview in a safe, supportive environment.

Columbia Pike Branch Library
All Ages Free, Drop-in
Tue., Nov. 29, 7:00-8:30pm

LinkedIn Q & A
Learn the basics (and some of the pitfalls) of this popular job search and networking tool. Required skills: Microsoft Windows and basic Internet skills. Recommend: Bring a resume and digital headshot (not required).

Central Library
All Ages Free, Registration Required
Mon., Jan. 30, 2:00-3:00pm
Mon., March 27, 7:00-8:30pm

NoVa TEEN BOOK FESTIVAL
March 11, 2017
Fourth Annual celebration of Young Adult Literature and authors

Find us on: Meetup, Facebook, Twitter, SF, Goodreads, LinkedIn, YouTube

Stress-free reading practice for elementary schoolers
at Aurora Hills, Central, Cherrydale, Columbia Pike, Shirlington, and Westover Library branches

Make an appointment for one-on-one assistance

Scholarship search strategies
Learn how to find the best college and grad school scholarship options online.
FIND ALL OUR PROGRAMS AND EVENTS AT LIBRARY.ARLINGTONVA.US

**Maker and Crafting**

**Maker Workshop: Make a Zine**
Learn a bit about “Zines” (do-it-yourself magazines) and make your own! We’ll provide ideas and materials for you to create a zine about anything you want. Feel free to bring your own materials as well: stencils, photos, stamps, clip art, stationery, etc.

- **Central Library**
  - Grades 6+
  - Free, RSVP
  - Tue., Nov. 29, 6:30-8:45pm

**Infusions!**
Learn how to pep up your vinegar with infusions!

- **Aurora Hills Branch Library**
  - All Ages
  - Free, Registration Required
  - Thu., Dec. 1, 7:00-8:00pm

**Craft N’ Coffee**
Start your morning with a cup of coffee, and a craft you can keep.

- **Cherrydale Branch Library**
  - Ages 18+
  - Free, Registration Required
  - Mon., Dec. 5, 10:00-11:30am

**Mon., Dec. 5, 12, 10:00-11:30am**
Ages 18+
Free Registration Required
Cherrydale Branch Library

Start your morning with a cup of coffee, and a craft you can keep.

**Fun and Games**

**Adult Game Night**
Join us the first Sunday of each month for a night of fun! Play Scrabble, chess, 3D puzzles. Wii games and much more. Attendees are welcome to bring their own games as well.

- **Columbia Pike Branch Library**
  - Ages 18+
  - Free Drop-In
  - Sun., Dec. 10, 2:00-3:00pm

**Wed., Feb. 8, 7:00-8:30pm**
Westover Branch Library

**Ukulele Jam Session**
Meets the first Wednesday of each month. Try, learn, practice, share, and teach at this low key jam session. We will have a limited amount of ukuleles to try, so bring your own instrument if you can. The first ten minutes will be basic instructional use of the uke, followed by learning a new song as a group. The last part of the session will be for jamming and sharing. All skill levels welcome.

- **Westover Branch Library**
  - Ages 18+
  - Free, RSVP
  - Weds., Feb. 1, Mar. 1, 7:00-9:00pm

**Looking for More?**
Find all of our book clubs, films, storytimes, lectures, workshops and more on the library calendar: library.arlingtonva.us/calendar
See you at the Library!

**What’s your story?**
The Arlington Oral History program records the memories of community members like you. It’s a diverse collection of history from the people who’ve lived through it. If you’d like to share your story, please reach out to us at 703-228-5980 or localhistory@arlingtonva.us.

**Library for all participants.**

**Central Library**
- Ages 18+
- Free, Registration Required
- Thu., February 2, 9:00-10:30pm

**Ukulele Jam Session**
Meet the first Wednesday of each month. Try, learn, practice, share, and teach at this low key jam session. We will have a limited amount of ukuleles to try, so bring your own instrument if you can. The first ten minutes will be basic instructional use of the uke, followed by learning a new song as a group. The last part of the session will be for jamming and sharing. All skill levels welcome.

- **Westover Branch Library**
  - Ages 18+
  - Free, RSVP
  - Weds., Feb. 1, Mar. 1, 7:00-9:00pm

**Making**

**Tues., Nov. 29, 6:30-8:30pm**
Central Library

**Infusions!**
Learn how to pep up your vinegar with infusions!

- **Aurora Hills Branch Library**
  - All Ages
  - Free, Registration Required
  - Thu., Dec. 1, 7:00-8:00pm

**Craft N’ Coffee**
Start your morning with a cup of coffee, and a craft you can keep.

- **Cherrydale Branch Library**
  - Ages 18+
  - Free, Registration Required
  - Mon., Dec. 5, 10:00-11:30am

**Wrap it Up!**
Learn to gift wrap just in time for the holidays.

- **Aurora Hills Branch Library**
  - Ages 18+
  - Free Registration Required
  - Tue., Dec. 6, 1:30-2:30pm
  - Sat., Dec. 10, 2:00-3:00pm

**Maker Workshop: Fix Nearly Anything**
Do you have small items around your house that are broken, or need repair? Don’t just throw them out – let us help you figure out how to fix them! We’ll have a sewing machine, electronics parts, jewelry parts, hand tools, and more on hand, as well as some inventive librarians who will be happy to investigate the more complex problems with you.

- **Central Library**
  - Grades 6+
  - Free, RSVP
  - Tue., Dec. 6, 4:00-8:00pm

**Make-It Monday**
Meet new friends, and take away a homemade craft.

- **Aurora Hills Branch Library**
  - All Ages
  - Free, Registration Required
  - Mon., Dec. 12, Jan. 9, Feb. 3, 7:00-8:00pm

**Adult Crafter Evening – Make a Valentine**
Stop in and create a unique Valentine for someone special. We’ll provide all the supplies.

- **Central Library**
  - Grades 6+
  - Free, RSVP
  - Mon., Dec. 12, Jan. 9, Feb. 3, 7:00-8:00pm

**Nerf Night for Adults**
Play Nerf Games in the Stacks at Central Library.

- **Central Library**
  - Free Drop-In
  - Sun., Dec. 10, 2:00-3:00pm

**Nerf Night for Adults**
Join us the first Saturday of each month for an evening of fun! Play Nerf games and much more. Attendees are welcome to bring their own games as well.

- **Champps, 1201 S. Joyce St**
  - Trivia.
  - Mon., Dec. 12, Jan. 9, Feb. 13, 7:00-8:30pm

**Wibbly Wobbly Timey Wimey Trivia – A Doctor Who Trivia Night!**
Calling all clever boys and girls! Time to don your fezzes and scarves, grab your trivia companions and sonic screwdriver, and get your Tardis to land you safely in time for a night of Doctor Who Trivia.

- **Champps, 1201 S. Joyce St**
  - Ages 18+
  - Free, Registration Required
  - Mon., Dec. 12, Jan. 9, Feb. 13, 7:00-8:30pm

**Wed., Feb. 1, Mar. 1, 7:00-9:00pm**
Westover Branch Library

**MARCH 2, 2017**
**Clarendon Ballroom**

**The Muggle Ball**
The Friends of the Arlington Public Library present the fourth Lit Up Ball – a fancy dress and literary-themed social event for adults created to raise funds for the Library’s Early Literacy initiatives. This year’s theme is J.K. Rowling’s “Harry Potter.” Prizes will be awarded for the best wizarding attire. Buy your tickets early!

**Library programs, services and collections**
Join the Friends of the Arlington Public Library.

**ARLINGTONLIBRARYFRIENDS.ORG**
Level 5: Youth Swim
Children who have successfully completed Level 4 and have comparable skills will focus on refining strokes and aquatic skills. By the end of the course, participants should know how to swim 25 yards of freestyle and elementary back stroke. Comfortable in deep water and have experience with treading water.

Wakefield Pool
Ages 13-Adult 22 Sessions $229
247423F Sun., Jan. 22, 3:30-4:55pm
247423E Fri., Jan. 27, 7:30-8:55pm
247423G Sat., Jan. 28, 12:30-1:55pm

Adult Advanced Diving
Swimmers ages 13+ who have successfully completed adult advanced beginner or who are able to submerge underwater, blow bubbles and glide on the front and back independently.

Washington-Lee Pool
Ages 13-Adult 19 Sessions $97
247424A Thu., Jan. 12, 7:30-8:30pm
247424B Fri., Jan. 13, 7:30-8:30pm
247424C Sat., Jan. 14, 12:30-2:30pm

Adult Lap Swim
Swimmers ages 13+ who have successfully completed adult intermediate or those who are looking for advanced refinement of freestyle, back stroke, breast stroke and start techniques. Comfortable in deep water and have experience with treading water.

Wakefield Pool
Ages 13-Adult 19 Sessions $97
247410A Sun., Jan. 15, 7:30-8:30pm
247410B Mon., Jan. 16, 7:30-8:30pm

Shallow Aqua Fitness
You don’t have to be a swimmer to condition your heart and lungs and increase muscle flexibility and tone in this low-impact workout. Great exercise for post partum and arthritis. Pool workouts are adapted for water use.

Wakefield Pool
Ages 13-Adult 19 Sessions $199
247408A Mon./Wed., Jan. 16, 7:30-8:30pm
247408B Tue./Thurs., Jan. 18, 7:30-8:30pm
247408C Fri./Sun., Jan. 20, 7:30-8:30pm

Deep Aqua Fitness
Participates must be comfortable in water over their heads. You will use a variety of deep-water exercises to enhance cardiovascular fitness while strengthening and toning muscles. Aqua Fitness belts are provided or you can bring your own.

Wakefield Pool
Ages 13-Adult 19 Sessions $199
247409A Mon./Wed., Jan. 16, 7:30-8:30pm
247409B Tue./Thurs., Jan. 18, 7:30-8:30pm
247409C Fri./Sun., Jan. 20, 7:30-8:30pm

Youth private swim lessons may receive fee reductions if approved prior to registration.
ATTENTION GYMNASTICS PARTICIPANTS:

Be sure to register your child for the appropriate gymnastics class based on the criteria below:

**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 Sports & Fitness Center**

**Ages 1½-2**
- 11 Sessions
- $137

**217501A**
- Tues., Jan. 17, 7-7:45pm
- Fri., Jan. 27, 10-10:45am

**217501B**
- Wed., Jan. 18, 11-11:45am
- Fri., Jan. 27, 11-11:45am

**217501C**
- Wed., Jan. 18, 11:30-12:15pm

**217501D**
- Wed., Jan. 18, 12:30-1:15pm

**217501E**
- Wed., Jan. 18, 1:30-2:15pm

**217501F**
- Wed., Jan. 18, 2-2:45pm

**217501G**
- Fri., Jan. 27, 7-7:45am

**217501H**
- Fri., Jan. 27, 10-10:45am

**217501I**
- Fri., Jan. 27, 11-11:45am

**217501J**
- Fri., Jan. 27, 12:30-1:15pm

**217501K**
- Fri., Jan. 27, 1:30-2:15pm

**217501L**
- Fri., Jan. 27, 2-2:45pm

**217501M**
- Mon., Jan. 23, 9-9:45am

**217501N**
- Mon., Jan. 23, 10-10:45am

**217501O**
- Mon., Jan. 23, 12:30-1:15pm

**217501P**
- Mon., Jan. 23, 1:30-2:15pm

2017 Child Development Fair

**REGISTRATION IS NOW OPEN!**

Your Child’s Development 2017: A Resource & Information Fair for Arlington Parents and Caregivers of Infants and Preschoolers

This 9th annual FREE fair provides resources and information from several County agencies and community organizations. The two topics for this year’s workshops are:

- Nurturing Positive Adult-Child Interactions
- Helping Children Handle Stress & Trauma

Come for all or part of the event. Coffee and refreshments will be provided.

Date: Sat., Feb. 25
Time: 9 am-12:30 pm
Place: Kenmore Middle School
200 S. Carlin Springs Rd., 22204

More information & online registration at www.arlingtonresourcefair.com

To register by phone, call 703-228-1630

This event is sponsored by the Arlington Early Intervention Interagency Coordinating Council, which is comprised of several Arlington County agencies, Arlington Public Schools’ offices, local community organizations, and Arlington parents.
Gymnastics: Level 1

Advanced
This class for experienced gymnasts who are moving towards the competitive pre-team. The goal for this class is for gymnasts to try out for pre-team or competitive team in the spring time. Pre-requisite: Gymnastics 1 or teacher approval; phone in registration only.
Barcroft Sports & Fitness Center
Ages 4-6 20 Sessions $302
227521A Mon., Wed., Jan. 18, 4-5pm

Gymnastics: Level 2
Gymnasts continue their gymnastics progressions expanding their skill level on vault, uneven bars, balance beam and floor exercise. This class will focus on strength, flexibility and clean execution of skills. Students need to pass the skill requirements before moving to Level 3.
Pre-requisite: Level 1 Advanced. Barcroft Sports & Fitness Center
Ages 4-6 11 Sessions $227
227502A Mon., Wed., Jan. 18, 4-5pm

Gymnastics: Level 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. Students need to pass the skill requirements before moving to Level 3/4.
Pre-requisite: Level 2. Barcroft Sports & Fitness Center
Ages 6-12 20 Sessions $302
227521A Mon., Wed., Jan. 18, 4-5pm

Gymnastics: Level 3/4
This class is for more experienced recreational gymnasts who have already completed four sessions of Level 3 classes or have prior experience as a competitive gymnast. The class is tailored to improving existing skills and adding new elements in a non-competitive environment using established progressions of teaching skills. Pre-requisite: Level 3 for one year. Barcroft Sports & Fitness Center
Ages 6-12 11 Sessions $302
227502A Mon., Wed., Jan. 18, 4-5pm

Gymnastics: Advanced Boys
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: Level 2. Barcroft Sports & Fitness Center
Ages 4-6 12 Sessions $203
227521A Mon., Wed., Jan. 18, 4-5pm

Gymnastics: 3/4 Advanced
This class is for experienced recreational gymnasts who have already taken the level 3/4 class or have prior experience as a competitive gymnast. The goal for this class is to have gymnasts tryout for the Aerials Xcel team in the spring time. Pre-requisite: Level 3/4 classes for one year and teacher approval; phone in registration only. Barcroft Sports & Fitness Center
Ages 7-12 20 Sessions $422
227521A Wed., Sun., Jan. 18, 7-9pm

Tumbling for Cheerleaders
Cheerleaders can develop or enhance gymnastics skills in this class which focuses on strength, flexibility, basics jumps and tumbling. This is a great class for anyone trying out for cheerleading. Barcroft Sports & Fitness Center
Ages 6-12 10 Sessions $125
227504A Mon., Wed., Jan. 18, 8-9pm

Gymnastics for Teens
This is a class designed for teenagers who are interested in trying gymnastics for the first time or continuing after level classes. Learn a variety of gymnastics skills on vault, bars, beam and floor. Barcroft Sports & Fitness Center
Ages 13-16 10 Sessions $125
227504A Mon., Wed., Jan. 18, 8-9pm

Teen/Adult Beginner Gymnastics
Teenagers and adults who have never tried gymnastics will have a fun time learning the fundamentals of gymnastics. Students need to pass the skill requirements before moving to the Adult Advanced class.
Barcroft Sports & Fitness Center
Ages 17-59 11 Sessions $137
227504A Mon., Wed., Jan. 18, 8-9pm

Teen/Adult Advanced Gymnastics
Teenagers and adults will master the advanced gymnastics skills focusing on clean execution and proper technique. This open workout allows individuals to focus on more specific skills. Pre-requisite: Adult Gymnastics Beginner or previous competitive gymnastics.
Barcroft Sports & Fitness Center
Ages 17-59 11 Sessions $137
227504A Mon., Wed., Jan. 18, 8-9pm

For more info visit parks.arlington-va.us, adopt a park or email mweaver@arlington.va.us.
Adapted Programs for People with Disabilities

Arlington County provides programs and services for individuals with disabilities of all ages. Adapted programs include social clubs, family-centered programming, camps, classes and leisure education. All adapted programs provide a low staff-to-participant ratio and smaller group sizes to better meet the needs of all. We strive to have something for everyone.

Want to participate in another one of the County’s general recreation classes? Check out the rest of Enjoy Arlington to see what interests you. We will work with you to discuss modifications needed for each class. Unsure about what is possible or reasonable? We can help!

For more information contact the Therapeutic Recreation Office at 703-228-4740 or email at TherRecInfo@arlingtonva.us. Register for classes through the Registration Office at 703-228-4747 or online at registration.arlingtonva.us.

Fitness & Movement

**Dance Aerobics**

Dance and exercise in this cardio class that caters individuals with disabilities. This adapted fitness class is very unique in its own 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 also increase endurance and condition the heart.

*Langston-Brown Center,* Inst.: *Nuclear*  
Ages 12-Adult  
8 Sessions $220  
204005A Mon., Jan. 23, 6:15–7:45pm

**Fun & Fitness**

Fitness and wellness come together in this fun and fitness program for adults with disabilities. Each month we will learn a different sport or try a new fitness class, do a simple healthy cooking activity, and participate in a game or craft focused on wellness. Sign up for one or all events!  
*Langston-Brown Center,* Inst.: *Mazzo*  
New Year! New You!  
Ages 13-Adult  
1 Session  
204005A Sat., Jan. 21, 10:30am–12pm

Feel Good Yoga  
Ages 13-Adult  
1 Session  
204005A Sat., Feb. 25, 10:00am–12pm

It’s a Bird! It’s a Plane! It’s Angry Birds!  
Ages 13-Adult  
1 Session  
204005C Sat., Mar. 18, 10:00am–12pm

**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 foundation they need to excel. Adult participation required.  
*Barrcroft Sports & Fitness Center*  
Ages 3-5  
10 Sessions $125  
2275004A Sun., Jan. 22, 8–9:15pm

**Level 1 (Adapted)**

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 vault, uneven bars, balance beam, and floor exercise. The small class with an instructor to participant ratio of 1.5 gives kids the confidence they need to excel. Students need to pass the skill requirements before moving to level 2.  
*Barrcroft Sports & Fitness Center*  
Ages 5-7  
10 Sessions $125  
2275004A Sun., Jan. 22, 11-11:45am

**Level 2 (Adapted)**

Children with disabilities learn advanced progressions and expand their skill level on vault, uneven bars, balance beam, and floor exercise. The small class with an instructor to participant ratio of 1.5 gives kids the confidence they need to excel. Prerequisite: Students need to pass the level 1 skill requirements before moving to level 2.  
*Barrcroft Sports & Fitness Center*  
Ages 6-12  
10 Sessions $125  
227517A Sun., Jan. 22, 9–9:45am

**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 foundation they need to excel. Adult participation required.  
*Barrcroft Sports & Fitness Center*  
Ages 3-5  
10 Sessions $125  
2275004A Sun., Jan. 22, 8–9:15pm

**Gymnastics: Level 1 (Adapted)**

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 vault, uneven bars, balance beam, and floor exercise. The small class with an instructor to participant ratio of 1.5 gives kids the confidence they need to excel. Students need to pass the skill requirements before moving to level 2.  
*Barrcroft Sports & Fitness Center*  
Ages 5-7  
10 Sessions $125  
2275004A Sun., Jan. 22, 11-11:45am

**Level 2 (Adapted)**

Children with disabilities learn advanced progressions and expand their skill level on vault, uneven bars, balance beam, and floor exercise. The small class with an instructor to participant ratio of 1.5 gives kids the confidence they need to excel. Prerequisite: Students need to pass the level 1 skill requirements before moving to level 2.  
*Barrcroft Sports & Fitness Center*  
Ages 6-12  
10 Sessions $125  
227517A Sun., Jan. 22, 9–9:45am

**Arts & Crafts Beginner**

In this fun and exciting program, individuals with disabilities will experiment with various materials and mediums to create beautiful and dynamic works of art. Different art techniques will be explored by using paint brushes, colored pencils, pastels, and other materials, presented through theme-based projects. This program offers an opportunity for your creativity to shine!  
*Langston-Brown Center,* Inst.: *Mazzo*  
Ages 12-Adult  
8 Sessions $60  
202005A Tue., Jan. 24, 5:30–6:30pm

**Arts & Crafts Advanced**

In this class participants will look at various styles of art with a critical eye and create works of art based on techniques used by the masters. Participants in this class should have taken the Adapted Arts and Crafts Beginners class and will be ready for more intensive work. Artists will begin to hone their personal style while exploring various materials and new mediums. Designed for individuals with disabilities that can work independently with minimal support or prompts. Those who are at the beginning level will be asked to take the beginner class.  
*Fairlington Center,* Inst.: *Staff*  
Ages Adults  
4 Sessions $40  
202006B Mon., Jan. 16, 6:30–7:30pm

**Arts & Crafts Beginners**

In this fun and exciting program, individuals with disabilities will experiment with various materials and mediums to create beautiful and dynamic works of art. Different art techniques will be explored by using paint brushes, colored pencils, pastels, and other materials, presented through theme-based projects. This program offers an opportunity for your creativity to shine!  
*Langston-Brown Center,* Inst.: *Mazzo*  
Ages 12-Adult  
8 Sessions $60  
202005A Tue., Jan. 24, 5:30–6:30pm

**Arts & Crafts Intermediate**

In this class participants will look at various styles of art with a critical eye and create works of art based on techniques used by the masters. Participants in this class should have taken the Adapted Arts and Crafts Beginners class and will be ready for more intensive work. Artists will begin to hone their personal style while exploring various materials and new mediums. Designed for individuals with disabilities that can work independently with minimal support or prompts. Those who are at the beginning level will be asked to take the beginner class.  
*Fairlington Center,* Inst.: *Staff*  
Ages Adults  
4 Sessions $40  
202006A Mon., Jan. 16, 6:30–7:30pm

Music Therapy

The small group music therapy in this class helps children with disabilities accomplish developmental goals within a therapeutic relationship through musical stimulus and musical play. Parents and caregivers benefit from bringing the Music Together songbooks and CDs home to further integrate newly learned skills. Sessions are led by board-certified music therapists who have also been trained in the Music Together approach. There is a non-refundable materials fee of $40 (one materials fee per family) included in the cost of the class. One infant up to nine months old can attend FREE with a registered sibling.

*Langston-Brown Center,* Inst.: *McKinley*  
Ages 2-5  
8 Sessions $224  
220009A Tue., Jan. 24, 5:15–6pm

Social Skills

**Let’s Play - Social Skills**

Join us for an hour of fun and exploration in which children learn and strengthen their social skills through active play in a safe and healthy environment. This class is designed for children with ADD/ADHD, high-functioning autism (formerly Asperger’s syndrome), learning disabilities, and developmental delays. Children must be able to participate verbally in group activities. A welcome interview for new participants must be scheduled before class starts. Please contact Arlene Lechner from the JCC in order to register at 703-537-3052 or arlene.lechner@jccnv.org.

*Barrcroft Sports & Fitness Center,* Inst.: *JCCNV*  
Ages 6-8  
10 Sessions $300  
Wed., Jan. 18, 5-6pm

**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 children with ADD/ADHD, high-functioning autism (formerly Asperger’s syndrome), learning disabilities, and developmental delays. Children must be able to participate verbally in group activities. A welcome interview for new participants must be scheduled before class starts. Please contact Arlene Lechner from the JCC in order to register at 703-537-3052 or arlene.lechner@jccnv.org.

*Langston-Brown Center,* Inst.: *JCCNV*  
Ages 9-12  
10 Sessions $300  
Wed., Jan. 18, 6:15–7:30pm

We’d like to hear from you! If you have a question or concern, or have a suggestion as to how we can improve our services, please email us at registration.arlingtonva.us

THERAPEUTIC RECREATION SOCIAL CLUBS

**YOUNG ADULTS GOING PLACES:** Ages 18-29  
ADULTS GOING PLACES: Ages 30+

Each social club offers 2–3 activities per month, ranging from social gatherings to community trips, volunteer experiences, performances and more!

Individual Membership fees for 2016-2017 are $45 (trip fees are additional). Contact Cindy Leiva at cleiva@arlingtonva.us or 703-228-4734 for more information.
Kids in Action Happy Holiday Camp!

December 27 - 30, 2016

Enjoy a variety of engaging holiday-themed activities during winter break including fitness, nutrition, dynamic play and creative arts. They will also be going on a fun field trip on Thursday. For kids ages 5 - 11. Participants must bring a lunch and snack each day.

Fairlington Community Center 8 a.m. – 3 p.m. Extended Hours: 3-6 p.m.
Fee: $153. Extended Hours Fee: $42
Camp Code: 710115-O
Registration: http://registration.arlingtonva.us or call 703-228-4747
*Participant Information Record required

Kids in Action Break Blast

Kids in grades K-5th will enjoy a variety of engaging activities including cooperative games, sports, nature fun & creative arts! Participants will choose from structured leisure activities during extended hours. Participants must bring a lunch and snacks.

Registration start date for winter Kids in Action Break Blasts is January 3rd. Registration: http://registration.arlingtonva.us or call 703-228-4747.
*Participant Information Record required
Date: February 3
Location: Fairlington Community Center
Time: 8 a.m. – 3 p.m. Extended Hours: 3-6 p.m.
Fee: $35. Ext. Hours Fee: $11.
Camp Code: 710115-P

Teen Winter Break Camp

December 27- 30, 2016
9 a.m. - 4 p.m.

Make Winter Break fun! Kids 10 - 14 are invited to join us at our Winter Break Camp at Thomas Jefferson Community and Fitness Center. Bring a friend as you enjoy fun games and trips during winter break!

Cost: $125
For more information , contact ebarnes@arlingtonva.us or call 703-228-7783.

Registration: http://registration.arlingtonva.us or call 703-228-4747

Break Blasts!

Check out our offerings for full day programs for kids in grades K-5 on Teacher Work Days and Parent-Teacher Conference Days! Contact: Lisa Paig at lpaig@arlingtonva.us

Feb. 3, 2017

Mod Science - Crazy Chemistry
Use chemistry to make your own sidewalk chalk and chocolate candy roll. Create a crystal garden out of common household items and use chromatography to make a camp T-shirt.

March 3, 2017

Mod Science -Birds & The Beasts
Discover the unique characteristics of birds. Investigate feathers to see how birds fly. Make your own seed mixture to attract species of birds to your yard.

9 am - 4 pm
Madison Community Center
Extended hours are available To register, visit dc.madscience.org

March 3, 2017

Tiny Chefs -Superhero Adventures
Superheroes have to eat too! Make Your Own Spider Web Pizzas, Hulk’s Smashing Mac and Cheese with Broccoli, Captain America’s Apple Pie and more.

April 17, 2017

Tiny Chefs -Around the World
We’ll delve into the cuisines of Italy, China and Mexico and learn about some of the cooking techniques and ingredients that make these cuisines unique.

Teen Workday Camps

K-5 on Teacher Work Days and Parent-Teacher Conference Days! Contact: Lisa Paig at lpaig@arlingtonva.us

Feb. 3, 2017

Tiny Chefs -Superhero Adventures
Superheroes have to eat too! Make Your Own Spider Web Pizzas, Hulk’s Smashing Mac and Cheese with Broccoli, Captain America’s Apple Pie and more.

April 17, 2017

Tiny Chefs -Around the World
We’ll delve into the cuisines of Italy, China and Mexico and learn about some of the cooking techniques and ingredients that make these cuisines unique.

Get Out Into Nature This Winter!

Don’t let the cold keep you from discovering nature this winter! There’s plenty to do and learn in local winter woods, meadows and streams. Find out how you can identify leafless winter trees using bark, twigs, seeds and other clues. Explore the fascinating shapes, textures and colors left in a meadow by last summer’s wildflowers. See a flower that blooms well before winter is done and is named for a stinky mammal and a vegetable.

At the Long Branch Nature Center, we hold flying squirrel programs on winter evenings when we’re most likely to see these diminutive, elusive and nocturnal cousins of eastern gray squirrels. They are less territorial and more social in the winter, so they’re more inclined to show up in numbers at our feeding station. Check it out on parks.arlingtonva.us.

Winter also brings in a whole set of new birds we don’t see at other times of the year. Junco, Winter Wrens, White-throated Sparrows and Brown Creepers are just a few of the birds who call Long Branch and other Arlington parks their winter home. You might even find some of these winter residents in your own backyard.

If we get some snow, look for animal tracks. Raccoons, with their long digits, leave tracks that look a bit like human hand and foot prints – except with claws at the ends of the toes. Gray squirrel tracks often end at the base of a tree where the squirrel begins climbing the trunk. Red fox tracks look like those of a small dog, except that they tend to run in straight lines, reflecting the fox’s business-like behavior.

For a real winter challenge, try identifying trees, shrubs and even the died-back remains of wildflowers. Without leaves or flowers, you’ll need to rely on shape, fruits, seeds, twigs and even bark to figure out what plant it is. This is serious detective work and requires a little practice and patience, but there are winter plant guides that can help you.

The Long Branch and Gulf Branch Nature Centers have a great line-up of programs to help you discover nature in winter. From flying squirrels to winter insects, we’ve got winter nature programs for tots to adults. So pull on your boots, button up your coat; tighten your scarf and delve into nature with us this winter! The staffs at Long Branch and Gulf Branch Nature Centers are always happy to help you with your nature identification questions in winter...or any other season!

Kids in Action Break Blast

February 3, 2017

Tiny Chefs -Around the World
We’ll delve into the cuisines of Italy, China and Mexico and learn about some of the cooking techniques and ingredients that make these cuisines unique.

9 am – 3 pm
Lubber Run Community Center
To register, visit tinychefs.com; or call 301-841-7395.

Tiny Chefs -Around the World
We’ll delve into the cuisines of Italy, China and Mexico and learn about some of the cooking techniques and ingredients that make these cuisines unique.

9 am – 3 pm
Lubber Run Community Center
To register, visit tinychefs.com; or call 301-841-7395.

ENJOY ARLINGTON › WINTER 2017 › HTTP://REGISTRATION.ARLINGTONVA.US
Train to become a Master Food Volunteer!

Do you: Love to cook? Want to learn more about nutrition and wellness? Enjoy volunteering?

Get trained to conduct nutrition and cooking education programs throughout Arlington!

- Cooking demonstrations
- Education of AFAC food distribution sites
- Nutrition outreach at farmer’s markets
- Nutrition and cooking classes for adults, kids, and seniors
- Food preservation classes

The next training will be held Fridays, March 10, 17, 24, and 31 from 9 am to 3 pm at the Penino Building, 12011 Government Center Parkway in Fairfax. To learn more and to apply to be part of the spring training, visit http://offices.ext.vt.edu/fairfax/programs/lfs/MFV_training_2015_arl_ffx_pwc.html

Contact Jennifer Abel at jabel@vt.edu; (703) 228-6417.

This is a program of Virginia Cooperative Extension.

Volunteer in the New Year!

There are many ways to contribute to Arlington’s amazing community.

Volunteer with DPR!

Eager to use your skills in a meaningful way in your community? Then you’re ready to volunteer!

There are so many ways you can get involved: you can help individuals with disabilities learn to swim or ride a bike, beautify our parks, assist with fun, family programs and more.

Start by registering to volunteer online at: parks.arlingtonva.us/come-volunteer-us/. More info needed? Contact: dprvolunteer@arlingtonva.us or (703) 228-4730.
Join the 55+ Club!

55+ Pass provides you to bimonthly issues of the 55+ GUIDE and access to fun and engaging programs, classes and trips. (This pass formerly included limited access to County fitness facilities)

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

55+ Gold Pass includes all the benefits of the regular pass plus access to all of the County’s fitness equipment any time a fitness facility is open.

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

Sign up for your 55+ pass one of these ways:
1. In person at a senior center, at the Office of Senior Adult Programs at 300 N. Park Drive, Arlington 22203 or at the Customer Service Desk at your local community center
2. Online at parks.arlingtonva.us and search “55+ pass”
3. By mail to 3700 South Four Mile Run Drive, 22206 (get the registration form online or at a senior center)

You now have two options for enjoying discounted access to engaging programs, classes, trips PLUS access to Arlington County’s fitness facilities.

REady-SweAt-go

• Access SEVEN fitness facilities for one low price!
One low prices 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 www.arlingtonva.us/dpr search ‘fitness’

You now have two options for enjoying discounted access to engaging programs, classes, trips PLUS access to Arlington County’s fitness facilities.

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

Sign up for your 55+ pass one of these ways:
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2. Online at parks.arlingtonva.us and search “55+ pass”
3. By mail to 3700 South Four Mile Run Drive, 22206 (get the registration form online or at a senior center)

MEMBERS Arlington Residents Non-Resident
Adult (18 – 54) years $195/year $558
Senior Adult (55+) 55+Gold Pass $60 $90
Guest Pass (18-54) $8 $16/day
Guest Pass (55+) $4 $16/day
3 Month Pass $56.25 $160.50
6 Month Pass $102.50 $293
10 Visit Pass $64 $144

*10 Visit Pass good for 6 months from date of purchase. Guests may be brought in with these passes.

Join the 55+ Club!

READY-SWEAT-GO

Sign up for Arlington County’s Best Deal on Fitness Memberships!

For more information and info on special offers call 703-228-5920 or go to www.arlingtonva.us/dpr search ‘fitness’

Family Skate Nights

6:30-9PM • SATURDAY NIGHTS THROUGHOUT THE WINTER EXCEPT FOR ON 11/29, 12/19, 12/26, 1/2
Thomas Jefferson Community Center • 3501 2nd Street South, Arlington, VA 22204
- Live DJ - Moon Bounce - Café Open for Snacks - Perfect for Birthday Parties
$2 entry fee/$3 skate rental > All skate rentals require socks be worn
CASH ONLY PLEASE
For information visit 703-228-7783 or ebravo@arlingtonva.us
When and How to Register!

**Web (Online registration for residents begins at 7am for gymnastics and 7:30 for all other classes on 12/07/16)**

Go to https://registration.arlingtonva.us

**Mail-In (processing begins 12/09/16 at 8am)**

Complete Registration form and mail anytime 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.

Forms must be received by 5pm on August 9 in order to be processed in the random draw beginning at 8am 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 they will move to the next form.

**Carry-In (12/09/16 at 8am)**

Take registration forms to 3700 S. Four Mile Run Drive, 22206, Monday-Friday, 8am-5pm

Your best choice is to register online. Carry-in registrations regardless of the date received will be held and processed at 8am on 5/20/16.

**Phone-In (12/09/16 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.

**NON-RESIDENT REGISTRATION BEGINS 1/4/17**

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

**Processing Locations and Hours:**

Main Registration Office, 3700 S. Four Mile Run Dr. 703-228-4747, M-F 8am-5pm

Satellite Registration locations: Call before you go; one staff member on site:

- Arlington Mill Community Center, 909 S. Dinwiddie St., 22204, 703-228-7790
- M-F, 9am-5:30pm - Alicia Perez, 703-228-7305
- Lubber Run Community Center, 300 N. Park Dr. 22203, 703-228-4712
- M-F, 9am-5:30pm - Karen Edwards, 703-228-4750

**Summer Camp Registration begins February 15, 2017**

**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 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 contact information is correct and add registration@arlingtonva.us to your safe list; we use it to communicate important announcements (if a spot becomes available in a waitlisted class, if a class gets cancelled/added, etc.).

**TECHNICAL PROBLEMS** • Site web sessions time out after 5 minutes. If your session times out or you logout. All pending registrations in your households are removed. Please have only one computer logged into your household account when you are registering. If you experience a technical problem, please send us a detailed email including name of participant, desired class and best contact information at registration@arlingtonva.us within 3 days of the registration day. All emails will be compiled and resolved within 5 business days.

**waitlist** • Once a class has reached maximum capacity, you may enroll in a waitlist. We do use waitlists to expand capacity in current or future programs. Once a spot becomes available, you will be contacted via email or phone (the information that we have on your household account) and will be given up to 24 hours to respond before the next person on the wait list is offered the available spot. Wait list participants can be contacted starting a week after first day of registration and up to 48 hours after the class. After 48 hours, all waitlists are voided. If the first class has already started, fees will not be prorated for past classes (you will be charged the full price) and there is no opportunity to cancel or transfer after the first class. Being on the wait list does not guarantee enrollment.

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

**fees** • Payment is required at the time of registration. Checks or money orders are payable to Treasurer, Arlington County. The registrant’s name, address and phone number must appear on each check. Pursuant to Arlington County Code, an assessment fee of $120 is charged for a returned check. Acceptable charge payments are VISA, MasterCard or Discover. Arlington residents 55 and over receive a 30% discount on the fee shown in the Enjoy Arlington catalog unless otherwise stated.

**REFUNDS** • Class fee reductions are available on a sliding scale based on household income and size. Annual income verification is required. For application qualifications, guidelines and procedures, call 703-228-4747 option 7 or go to the Registration Office (3700 Four Mile Run Dr.), or any of our other fee reduction processing locations below. Some classes include supply/materials fees that are not eligible for fee reductions. Fee reductions are not applicable to all programs and you must be approved before registering for a class, camp or program.

**REFUNDS** • Refunds will be subject to a $20 administrative fee regardless if the balance remains as a household credit and will be processed within 30 days. No refunds (or credits to your household account) for programs under $20. All refunds must be requested through the Registration Office at 703-228-4747 and all requests should be made 48 hours after the first class. No refunds, credits or transfers after deadline. No refunds or credits if participants are unable to attend a class or one session class or workshop. 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. Materials fees are non-refundable.

If you choose a household credit, you should use it for other programs within one year. We are required by Virginia law to turn that credit over to the state if you have not given us explicit direction on what to do with the credit.

**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. 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 instructor in writing at least one week in advance. 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.

**TECHNICAL SUPPORT** • For peak times and gives Spanish speakers direct access to assistance. For direct access to facilities scheduling needs. The new call center is your one-stop-shop for registration and facilities scheduling needs. The new call center informs your 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.
### 1. Account Information

<table>
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<tr>
<th>Field</th>
<th>Details</th>
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<tbody>
<tr>
<td>Parent/Guardian Name</td>
<td>_______</td>
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<tr>
<td>Account Number</td>
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<td>E-Mail</td>
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<tr>
<td>Phone Number / Telefono #</td>
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### 2. Participant(s) Registration

| Name/ Nombre:                | _______ |
| Date of Birth/ Fecha de nacimiento: | _______ |
| Gender/ Sexo:                | _______ |
| Need modification for disability? | Yes ☐ No ☐ |

| Name/ Nombre:                | _______ |
| Date of Birth/ Fecha de nacimiento: | _______ |
| Gender/ Sexo:                | _______ |
| Need modification for disability? | Yes ☐ No ☐ |

| Name/ Nombre:                | _______ |
| Date of Birth/ Fecha de nacimiento: | _______ |
| Gender/ Sexo:                | _______ |
| Need modification for disability? | Yes ☐ No ☐ |

### 3. Payment

Send this form with payment to MAIN REGISTRATION OFFICE, 3700 S. Four Mile Run Drive, Arlington, VA 22206 for security purposes. Payments will be processed immediately as a household credit and payment information shredded.

If you are waitlisted for a class and would like a refund, please call the Registration Office at 703-228-4747 option 1.

<table>
<thead>
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<th>Field</th>
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<tr>
<td>Check or Money Order:</td>
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<tr>
<td>Credit Card:</td>
<td>Cardholder Name/ Nombre que aparece en tarjeta:</td>
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<tr>
<td>Card Number/ Numero de tarjeta:</td>
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<td>Expiration Date/ Fecha de vencimiento:</td>
<td>_______</td>
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<tr>
<td>Security Code/ Codigo de seguridad:</td>
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</tbody>
</table>

**Parent/Guardian Name**: _______  
**E-Mail**: registration@arlingtonva.us.

Your feedback is helpful/Valoramos su opinión. Please email comments to:Envíe sus comentarios a registration@arlingtonva.us.
Lo que hay adentro*

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<tr>
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<th>1, 2, 27-30</th>
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<tr>
<td>Acuáticos</td>
<td>13-14, 19</td>
<td>Ejercicios Pilates</td>
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<td>Adultos mayores 55+</td>
<td>25</td>
<td>Fotografía</td>
<td>5</td>
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<td>Artes marciales</td>
<td>4</td>
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<td>Artes y manualidades</td>
<td>9-10</td>
<td>Inscripción</td>
<td>27-29</td>
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<tr>
<td>Asistencia financiera</td>
<td>28-29</td>
<td>Joyería</td>
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<td>Baile</td>
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<td>Lenguaje</td>
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<td>Bienestar general</td>
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<td>Mapa de instalaciones</td>
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<td>Música</td>
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<td>Tenis</td>
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<td>Clases adaptadas</td>
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<td>Teatro</td>
<td>6-7</td>
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<td>Deportes</td>
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<td>Yoga</td>
<td>8</td>
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<tr>
<td>Destrezas sociales</td>
<td>6</td>
<td><strong>Descripción de clases está en idioma inglés</strong></td>
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¡Cuándo y cómo inscribirse!

**Por Internet**

La inscripción en línea para los residentes de Arlington comienza 12/07/16 a las 7 am para clases de gimnasia, 7:30 am para todas otras clases. Para no-residentes comienza 1/4/2017 a las 8 am. Vaya a: https://registration.arlingtonva.us

Se aceptan las siguientes tarjetas de crédito:  

**Por Correo**

(se procesarán a partir de las 8 am 12/09/16)

Envíe por correo su Formulario de Inscripción en cualquier momento después de recibir el catálogo. Complete el Formulario de Inscripción (página 25). Se aceptan las inscripciones por correo a Arlington, VA 22206; si la clase está programada para comenzar dentro de una semana o menos, llame o lleve su formulario personalmente.

**Por teléfono**

(a partir del 12/09/16 8 am)

Sólo se aceptan tarjetas de crédito Visa, Discover y MasterCard. No American Express. No fax.

**Por Correo**

(a partir del 12/09/16 a las 8 am)

Por correo: Oficina de Inscripciones, 3700 S. Four Mile Run Drive, 22206, lunes a viernes: 8 am-5 pm.

**Por Internet**

Para inscribirse por Internet, visite la Oficina de Inscripciones en 3700 S. Four Mile Run Drive, 22206, lunes a viernes: 8 am-5 pm.

**Por teléfono**

Para determinar si usted califica para una reducción de tasas llame o Visitenos Para Procesar Solicitud de Descuentos:

**Oficina de Inscripciones**  
3700 S. Four Mile Run Dr. 703-228-4747, L-V 8 am - 5 pm  

**Oficinas satélites de inscripción**

- 3700 S. Four Mile Run Dr. 703-228-4747, L-V 8 am - 5 pm
- Lubber Run Community Center, 300 N. Park Dr. 22203 Lunes-Viernes 9am – 5:30pm, 703-228-4750
- Arlington Mill Community Center, 909 S. Dinwiddie St. 22204 Lunes Viernes 9am – 5:30pm

**Existencia Financiera**

Esta es la novena feria anual GRATUITA, ofreciendo información y recursos de parte de varias agencias del Condado y organizaciones comunitarias. Los temas a exponer este año en la feria (presentado en inglés con traducción al español) son:

- Fomentando Interacciones Positivas Adulto-Niño y
- Ayudando a los Niños a Manejar el Estrés y el Trauma

Venga a disfrutar de todo o parte del evento. Se proporcionará café y refrigerios.

**Fecha:** sábado, 25 de febrero, 2017  
**Hora:** 9 am-12:30 pm  
**Lugar:** Kenmore Middle School -200 S. Carlin Springs Rd., 22204

Por favor registrese temprano a este evento GRATUITO!

Por correo electrónico a www.arlingtonresourcefair.com  
Por teléfono al 703-228-1630

Este evento es patrocinado por la Asociación de Coordinadores de Intervención Temprana de Arlington, la cual está formada por varias agencias del Condado de Arlington, oficinas de las Escuelas Públicas de Arlington, organizaciones comunitarias locales, y padres de Arlington.

**2017 Child Development Fair**

Las inscripciones están abiertas para...

*El Desarrollo de su Niño 2017: Una Feria de Información y Recursos para Padres y Proveedores de Cuidado de Infantes y Niños de Arlington*

¡Cuándo y cómo inscribirse!
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 procesan.

Si ya tiene una cuenta: Necesitará su ID y contraseña. Si conoce el número de ID de su 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 (703-228-4743 o registro@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 cierres 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 100% 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.

MEMBRESÍA PARA GIMNASIOS

Para más información, llame al 703-228-4742 o visite parks.arlingtonva.us y busque “fitness center”. Asistencia financiera disponible.

El Condado de Arlington puede proveer acomodaciones necesarias a personas con necesidades especiales. Arlington no quiere que ni costos ni idioma sean una barrera para que residentes participen en clases, campamentos o programas. Llame al 703-228-4743 para más información.

Si usted o su hijo siente que el programa no es el más adecuado, póngase en contacto con nosotros. Haremos lo posible para satisfacer sus necesidades o puede optar por cancelar la clase. Sólo tiene que llamar a la Oficina de Inscripciones al 703-228-4747 de 8 am - 5 pm de lunes a viernes) dentro de las 48 horas después de la primera clase y podemos procesar un reembolso o crédito, menos una cuota administrativa de $20.

¡Inscríbase como miembro de los gimnasios de Arlington!

Para más información, llame al 703-228-4742 o visite parks.arlingtonva.us y busque “fitness center”. Asistencia financiera disponible.

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¿Cansado de la misma viejarutina? Salga y pase un buen rato! Adolescentes y adultos con discapacidades intelectual y del desarrollo están invitados a unirse a uno de nuestros clubes sociales.

- Club social para adolescentes: Edades 12-17
- Club para adultos jóvenes: Edades 18-29
- Club para adultos: Edades 30+

Cada club social ofrece actividades de 2-3 por mes, que van desde reuniones sociales hasta viajes de la comunidad, experiencias para voluntarios, actuaciones y mucho más!

Cuotas individuales para 2016-2017 son $45 (gastos de viaje son adicionales). Para obtener más información, póngase en contacto con Cindy Leiva, cleiva@arlingtonva.us o 703-228-4734.

FAMILIAS DESCONETADAS

CADA SÁBADO HABRÁ CLASES Y TALLERES EN EL CENTRO ARLINGTON MILL PARA DISFRUTAR JUNTOS EN FAMILIA.

Tarifa: 8 dólares por clase, por persona. Registro Requiere comenzando el 7 de diciembre. Niños necesitan inscribirse con un adulto. Para más información o para registrarse visite parks.arlingtonva.us/kids y seleccione “Families Unplugged” o llame 703-228-4747 y use código de actividades #730017.

NOCHE DE FAMILIAS EN ARLINGTON MILL

¡Visite el Centro de 7-9 pm para disfrutar de actividades para toda la familia!

- Viernes, 2 de diciembre – Película para toda la familia “Polar Express”
- Viernes 6 de enero – Película para toda la familia “Spy Kids”
- Viernes 3 de febrero – Actividad divertida -Aventura de piratas
- Viernes 3 de marzo – Actividad divertida - Noche de superhéroes

Invitamos a todas las edades! Jóvenes de 10 años y menores deben ser acompañados por un adulto. Evento es gratis pero concesiones cuestan $1 por artículo (sólo se acepta dinero en efectivo) Centro Comunitario Arlington Mill • 909 S Dinwiddie St. • Arlington, VA 22204

XXV CELEBRACIÓN DE ARLINGTON DEL FESTIVAL DEL PATRIMONIO AFROAMERICANO

Sábado, 25 de febrero, 10 am - 6 pm
- Música en Vivo y Baile
- Deliciosas Comidas al estilo “Soul Food”
- Pasillo de Historia con Fotos y Artefactos
- Proveedores de Manualidades Artesanales y de Servicios de Comunidad
- ¡Actividades para Niños, Pintura de Cara y Más!
Lugar: Charles Drew Community Center, 3500 23 Street South. 22206
¡GRATIS!

VOLUNTARIADO EN PARQUES Y RECREACIÓN

¿Estás interesado en retribuir? ¿Tienes ganas de usar tus habilidades de manera significativa? ¿Quiere participar más en la vida de tu comunidad? ¡Entonces este listo para ser voluntario! Existen muchas maneras en las que puede involucrarse: puede ayudar a las personas con discapacidades a aprender a nadar o andar en bicicleta, embellecer parques, ayudar en divertidos programas familiares y más. Comience registrándose para ser voluntario en línea en: parks.arlingtonva.us/come-volunteer-us/.

Para obtener más información: comuníquese a dpvolunteer@arlingtonva.us o al (703) 228-4730.
Our Nature Centers provide visitors with fun hands-on, educational opportunities to understand and appreciate our natural resources. Each site features interpretive exhibits housed within a nature center and woodland trails. Check out these cool winter programs for Teens.

**NATURE IN WINTER**
Sun., Jan. 15, 1 - 3:30 pm
Dormancy, super-cooling, underfur, and counter-current heat exchangers are some of the tricks life uses to get through winter. We’ll learn about adaptations plants and animals employ to cope with the cold. This program will include a lecture and a field exploration. Teens ages 14 and up are welcome. For information: 703-228-6535. Meet at Long Branch Nature Center. $10. #622947-G

**HAWKS IN ARLINGTON**
Sat., Feb. 11, 9 - 11:30 am
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. Teens ages 12 and up are welcome. For information: 703-228-6535. Meet at Long Branch Nature Center. $10. #622947-J

**SAVE THE SALAMANDERS**
Sat., Feb. 18, 10 - 11 am
Adults and teens ages 13 and up. Wood frogs, spring peepers and spotted salamanders that have spent the winter hibernating will soon begin to move to our ponds. Come learn about Arlington’s amazing amphibians. For information: 703-228-3403. Meet at Gulf Branch Nature Center. $5. #622847-E

**HANSSEN SPY TALK**
Sat., Feb. 18, 3 - 4:30 pm
Back by popular demand! The infamous spy and traitor Robert Hanssen worked in secrecy all around the nation’s capital for years before being discovered. Some of those clandestine affairs were conducted right here in the woods of Long Branch Nature Center. Join us on the anniversary of his capture as we unfold the dramatic story of this notorious spy and his eventual downfall and arrest, including the FBI’s nature center operations. For information: 703-228-6535. $7. #622947-K
Whether it’s winter, spring, summer or fall...
Whether you live, work or play in Arlington...
Keep pace with local walk-friendly happenings.

Sign up for WalkArlington’s Pacer e-newsletter at WalkArlington.com.
We’ll do our best to keep you up to speed!