

Vienna adventures

PARKS AND
RECREATION
PROGRAMS
AND EVENTS
GUIDE

LAST UPDATED: 2/24/2026

SPRING 2026



SPECIAL EVENTS

See pages 15 to 17
and Back Cover



TOWN OF VIENNA PARKS AND RECREATION
Creating community through people, parks and programs

SPRING 2026 GENERAL INFORMATION



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PARKS AND RECREATION

Leslie Herman, CPRP, Director.....703-255-6356
Nicole Falceto, CPRE, Deputy Director.....703-255-6355

OPERATIONS

Jillian Franklin, CYSA, CCWS, Operations Superintendent703-255-5726
Joy DiLillo Harrington, Office Manager703-255-5741
Gagan Sandhu, Customer Care Specialist703-255-6360

PARKS

Jeremy Edwards, Parks Superintendent703-255-6336
Brian Harrington, Parks Supervisor.....703-255-5755
Matthew Fuller, ISA Cert. Arborist, Town Arborist703-255-6309
Jason Perry, ISA Cert. Arborist, Urban Forrester703-255-6358

EVENTS & CULTURE

Lily Dunning Widman, Events and Culture Superintendent.....703-255-5738
Stephanie Junkin, Recreation Coordinator—Arts and Culture.....703-255-6357
Jessica Short, Recreation Coordinator—Events703-255-6395

PROGRAMS

Brandy Wyatt, Program Superintendent.....703-255-5721
Derrick Cowles, Recreation Program Coordinator II—Programs and Camps703-255-6352
Kathy Blevins, Recreation Program Coordinator—Mature Adults.....703-255-7801
Ianna Alhambra, After School Program Coordinator703-255-5736

Community Center Front Desk/Business Office.....703-255-6360
Fax.....703-255-6399
Weather, Special Events and Sports Line703-255-7842
Virginia Relay Center 711
Business EmailParksRec@viennava.gov

BUSINESS OFFICE HOURS

Monday – Friday: 8 a.m. – 4:30 p.m.

COMMUNITY CENTER HOURS OF OPERATION

Monday – Friday: 8 a.m. – 10:30 p.m. | Saturday: 8 a.m. – 9 p.m.

Sunday: 12 p.m. (noon) – 6 p.m.

Holiday hours and closures available at www.viennava.gov/hours.

REGISTRATION DATES

IN TOWN BEGINS

February 3 at 8 a.m.

Classes need to reach the minimum number one week prior to the start date or they will be canceled. Camps must meet the minimum two weeks prior to the start of camp. Trips must meet the minimum thirty days before the trip.

OUT OF TOWN BEGINS

February 10 at 8 a.m.



VIENNA COMMUNITY LEARNING AND DISPLAY GARDEN

The Vienna Community Learning and Display Garden is located behind the Vienna Community Center. The garden features food, flowers and herbs and provides learning and volunteer opportunities throughout the year. Also visit the Take-a-book, Leave-a-book kiosk. Guided tours are available, contact **Vienna Parks and Recreation** at **703-255-6360**.

YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE — boys ages 13–18, visit www.gvbr.org for more information.

VIENNA LITTLE LEAGUE — For children ages 5–12, Little League also sponsors a T-ball program. For further information see www.vll.org

VIENNA GIRLS SOFTBALL LEAGUE — Softball program for girls ages 3–18. For more information visit www.vgsl.org

VIENNA YOUTH INC. — Programs in football, lacrosse, rugby, wrestling, volleyball, cheerleading, basketball and track and field. For more information, visit the www.vyi.org

VIENNA YOUTH SOCCER — For boys and girls ages 5 – 18, for information, visit www.vys.org

HISTORIC VIENNA

HISTORIC VIENNA INC.

HVI is a non-profit corporation established by the Town of Vienna to preserve and promote Vienna's history through a knowledge of the past. New members and volunteers are always welcome. Throughout the year, we offer a variety of special events for the enjoyment of visitors, families and children.

For more information visit www.historicviennainc.org or call **703-938-5187**.



FREEMAN STORE AND MUSEUM

Located at 131 Church Street NE, behind the Town Green, the Freeman Store and Museum is jointly owned and operated by the Town of Vienna and Historic Vienna, Inc. Built in 1859, The Freeman Store is a museum, a gift shop and has a used book cellar. It remains the jewel of Vienna today.

More information can be found at www.historicviennainc.org or call **703-938-5187** with any questions.



LITTLE LIBRARY

The Little Library is a museum located on the Freeman Store grounds. Although the Little Library no longer operates as a lending library, guests will enjoy visiting and learning the history of the first library in Fairfax County. If you are interested in being a volunteer and welcoming visitors on the days the building is open, please call **703-938-5187**.

GENERAL INFORMATION



REGISTRATION DATES AND TIMES

In Town (*walk-in, mail-in, WebTrac, fax*) begins

February 3 at 8 a.m.

Out of Town (*walk-in, mail-in, WebTrac, fax*) begins

February 10 at 8 a.m.

Registrations are accepted at the Community Center front desk.

REGISTRATION FORM

Please use a separate registration form for each distinct household. Example: do not sign up your neighbor or family member residing at a different address on your form. Please include complete address, phone number(s), birthdate and email information. Include activity number, section and name of each registrant.

WEBTRAC ONLINE REGISTRATION

Visit www.viennava.gov/WebTrac for instructions on how to access WebTrac or create an account. If you have questions about your username or password, call the Community Center at **703-255-6360**.

FEES

Full payment must be included with your registration form. Sending the incorrect fee will delay your registration.

- **Forms of payment** are **CREDIT CARD** (American Express, Discover, Master Card or Visa), **CHECK** (made payable to the *Town of Vienna*) or **CASH** (exact change only).
- **R** indicates individuals that reside within the corporate limits of Vienna.
- **NR** indicates individuals that reside outside the corporate limits of the Town of Vienna.

AGE REQUIREMENT

Participants must meet the age requirements by the first day of the program.

WAITLIST NOTIFICATION

If a spot opens in a class or camp, waitlisted students will be notified via email from our automated system. Please ensure your email address is up to date and correct in our system. The offer is valid for 72 hours. If you do not accept the offer, you will be removed from the waitlist after the offer expires.

CLASS CANCELLATIONS

We reserve the right to cancel a class due to insufficient enrollment. All classes require a minimum number of participants. Classes are normally cancelled within one week before each session begins. A full refund will be given.

CLASS REFUNDS

Refunds – To obtain a full refund, a request must be submitted 14 calendar days prior to the start of the program. A refund requested less than 14 calendar days prior to the start of the program will incur a 50% penalty (\$50 max) per program.

No refunds will be given after the first class without documentation from a licensed medical professional. No refunds will be given for a materials fee or Pottery Lab. All requests for refunds must be submitted in writing.

Trips – No refunds will be issued within two weeks of the trip.

THEATER AND EVENT TICKET REFUNDS

No refunds or ticket transfers for special event registration and theater tickets.

PRORATED CLASSES

We will prorate classes for students registering late for a class; however, we cannot prorate the class fee for students who will miss classes in the middle of the session.

CAMP CANCELLATIONS

We reserve the right to cancel a camp due to insufficient enrollment. All camps require a minimum number of participants. Camps are cancelled two weeks before each session begins.

CAMP REFUNDS AND TRANSFERS

There will be no full refunds given once you sign up for camp. Camp fees must be paid in full at the time of registration. To receive a partial refund, you must submit a request 14 days prior to the start of camp. All refunds are subject to a 50% penalty (\$50 max) per camp. Patrons also have the option to transfer to another camp 14 days before the beginning of camp. Any changes regarding registration must be presented in writing. Camps are canceled if they do not meet the threshold for minimum registration, two weeks prior to the start date of camp. If the Parks and Recreation Department cancels a camp, patrons will receive a full refund. No refunds will be given after the first day of camp without documentation from a licensed medical professional.

CONFIRMATION POLICY

Please note the date and time of your class. If registering by WebTrac, a confirmation can be printed at the end of your transaction. For in person, drop off, mail-in and faxes, a confirmation is emailed to you within one week. We may also need to notify you if your class is cancelled or changed, therefore we must have a **current daytime telephone number and e-mail address**.

INCLEMENT WEATHER POLICY

Weather related class or camp cancellations

Full Closure

- When the Town of Vienna is closed for the day, all classes are cancelled.

Modified Operating Schedule

- For classes scheduled to begin before 1 p.m., operating status will be announced by 5 a.m.
- For classes scheduled to begin after 1 p.m., operating status will be announced by 12 p.m. (noon).

For the most up-to-date information, please check the Town website at www.viennava.gov, visit the Town social media @TownofViennaVa or call **703-255-7842** for specific details on delays, early dismissals, and closings.

Outdoor Programs Held in Spring, Summer and Fall Seasons

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs and classes will be rescheduled when possible. For those programs and classes that cannot be rescheduled, a refund will be given for the class. Please call the weather line, **703-255-7842** for updated information.

TEXT ALERTS

The Vienna Parks and Recreation Department offers SMS Text Messaging for our WebTrac users. Users **must opt into the program through their WebTrac account** to ensure they receive messages about inclement weather closures, camp, program and special event cancellations. You will only receive immediate emergency messages from our department. We will continue to post other communications through our email systems, on the Town of Vienna's website and through the Town's social media pages @TownofViennaVa. Call **703-255-6360** for details on how to opt into the program. The Community Center front desk staff **cannot opt in** for you.

FAIRFAX COUNTY TEACHER WORKDAYS

Scheduled classes will meet when Fairfax County Public Schools are closed for teacher workdays.

ODD JOB LIST



Do you need help with shoveling snow or maybe to check off a few "to do" items from your list? Call the Vienna Parks and Recreation Department for our Youth Odd

Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors. The Town of Vienna is not responsible for setting wage expectations.

Please call the Community Center front desk for more information, 703-255-6360.

FACILITY RENTALS

HOST YOUR NEXT EVENT AT THE VIENNA COMMUNITY CENTER!

Looking for a venue for your next event? Look no further!

The Vienna Community Center offers flexible spaces ideal for everything from small meetings to large-scale celebrations. Whether you're planning a retreat, a birthday party, or a community gathering, we have the right space to fit your needs. Have questions?

Email Rentals@viennava.gov

Learn more and reserve your space by visiting www.viennava.gov/rentals.

PARKS

The Town of Vienna has 12 parks that range from natural woodland areas and trails and streams to more structured parks with playgrounds, athletic fields, and courts. To learn more about our park system and its amenities, visit www.viennava.gov/parks.



GENERAL POLICY/BEHAVIOR POLICY

- Please arrive on time for classes. We do not delay the start of class for tardiness.
- To ensure the safety of your child, please accompany your children to and from the classroom.
- Pick up your children promptly at the end of class. Before and after class supervision is not available. If parents are continually late to pick up their child, the Parks and Recreation Department reserves the right to charge an additional fee of \$10 per child per instance of late pickup.
- We attempt to reschedule all classes we cancel; however, we cannot reschedule classes for students who miss classes.
- If students cannot be a cooperating member of class or are a constant distraction during the class or camp, they will be asked to withdraw. A refund will be issued for the remaining classes. No refunds will be issued for supply fees or Pottery Lab.

AMERICANS WITH DISABILITIES ACT



In accordance with the Americans with Disabilities Act (ADA), Town of Vienna programs, services and facilities are available to all people regardless of race, color, national origin, sex, age or disability. The Director of Public Works at 127 Center Street S, Vienna, VA 22180 has been designated to coordinate ADA compliance. This location is fully accessible to persons with disabilities. Translation requests need to be made in writing at least 14 working days before the date of the event. The Vienna Parks and Recreation Brochure will be made available in large print or on an audio device upon request. Call **703-255-6360 TTY 703-255-5739 / Virginia Relay Center 711.**

PRESCHOOL & YOUTH CLASSES



PLAYFUL PRESCHOOL YOGA

Instructor: Warrior Kids Yoga

Come join us on our magic carpet as we travel to the beach, the moon, the circus and other real and fantasy destinations in our story-based yoga session. The students will learn traditional and not-so-traditional yoga postures while working on focus techniques and fine and gross motor skills. Our studio will be filled with songs and rhythmic movement sure to get our little yogis moving and laughing in no time. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
403005-A1	4/8-5/20	7	W	1-1:45pm	3-5	\$105/\$131.25

MULTI-SPORTS AND GAMES

Instructor: Helen Petrakes

Join us for an after school multi-sports class with loads of fun games to burn off energy, socialize, and get you moving! We will introduce and improve on the fundamentals of a variety of team sports (soccer, basketball, baseball, hockey, volleyball, and more). Our classes promote cardio, hand eye coordination, agility and footwork training while reinforcing teamwork and good sportsmanship.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414707-A1	4/8-5/27	8	W	4:15-5:15pm	5-9	\$156/\$194

SPORTS AND GAMES FOR KIDS

Instructor: Chris Kurtzman

Join the fun and get active in this dynamic sports and games class while learning sportsmanship and teamwork. Each week we introduce fundamental rules and skills of a sport and then reinforce with a variety of games. Sports and games include soccer, basketball, hockey, volleyball, track and field/triathlon, flag football, baseball, kickball, battleship, friendship tag, alarm clock, pound puppies, super troopers and a lot more. This is a parent drop off class. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404706-A1	4/13-6/8	8	M	1:30-2:30pm	3-6	\$144/\$180

ALL SPORTS FOR KIDS

Instructor: Helen Petrakes

This class will teach the fundamentals of a variety of team sports including soccer, basketball, baseball, hockey, volleyball and track and field. Students will enjoy playing new games such as rainbow run, end zone trappers, battleship, bye-bye tag and much more. Coaches focus on large motor skill development and ball handling skills, as well as emphasizing good sportsmanship and teamwork. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404707-A1	4/7-5/26	8	T	1:30-2:30pm	3-6	\$156/\$194

LITTLE HOOPERS

Instructor: Brian Lonardo

The Little Hoopers class is focused on fun and learning the fundamentals of basketball. Players will work on dribbling, shooting, passing, and play modified games. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404091-A1	4/17-6/5	8	F	4-5pm	4-7	\$200/\$250

HOOPS CLASS WITH NOTHING BUT NET

Instructor: Brian Lonardo

This class will get your basketball player ready for the season by working on shooting, passing, dribble moves and playing full court games. Each class will run like a practice and build on learning the fundamentals of the game.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404092-A1	4/17-6/5	8	F	5-6pm	8-12	\$200/\$250

LIL' BOOTS JUNIORS

Instructor: Golden Boot Soccer

Specifically designed to create a positive first experience for preschool-aged players who will learn soccer fundamentals through fun activities and noncompetitive, small sided games. Players build self esteem, confidence, and a sense of sportsmanship and fair play while developing coordination and physical, mental, and social skills.

Location: Caffi Field

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404333-A1	4/15-6/3	8	W	1-2pm	3-5	\$150/\$188

TENNIS 1&2

Instructor: Bounce Boom (First Serve) Raquet Sports

Beginner - advanced beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce Boom Racquet Sports programs use innovative teaching techniques and games in a fun, friendly and supportive learning environment. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. *No Class: 5/25*

Location: Meadow Lane Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414040-A1	2/25-3/25	5	W	4:30-5:25pm	7-9	\$130/\$157.50
CANCELLED	2/25-3/25	5	W	5:30-6:25pm	10-13	\$130/\$157.50
414040-C1	4/13-6/8	8	M	3:30-4:25pm	5-6	\$208/\$252
414040-D1	4/13-6/8	8	M	4:30-5:25pm	7-9	\$208/\$252
414040-E1	4/13-6/8	8	M	5:30-6:25pm	5-6	\$208/\$252
414040-F1	4/13-6/8	8	M	6:30-7:25pm	10-13	\$208/\$252
414040-G1	4/14-6/9	9	T	4:30-5:25pm	5-6	\$234/\$283.50
414040-H1	4/14-6/9	9	T	5:30-6:25pm	7-9	\$234/\$283.50
414040-I1	4/14-6/9	9	T	6:30-7:25pm	7-9	\$234/\$283.50
414040-J1	4/16-6/11	9	Th	4:30-5:25pm	7-9	\$234/\$283.50
414040-K1	4/16-6/11	9	Th	5:30-6:25pm	10-13	\$234/\$283.50





PRESCHOOL & YOUTH CLASSES

GYMNASTICS

Instructor: Shannon Lake

GYMNASTICS FOR AGES 4-7

Instructor: Shannon Lake

This class is set up for our younger gymnasts and includes three balance beams of different heights, floor and vaulting equipment and a bar. Everything a student needs to learn gymnastics skills.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404060-A1	4/6-5/18	7	M	4:15-5pm	4-7	\$66.50/\$80.50
404060-B1	4/6-5/18	7	M	5:15-6pm	4-7	\$66.50/\$80.50
404060-C1	4/6-5/18	7	M	6:15-7pm	4-7	\$66.50/\$80.50

GYMNASTICS FOR AGES 5-13

Instructor: Shannon Lake

Gymnasts will receive instruction on the uneven bars, balance beam, vault and floor. Class includes flexibility and strength-building moves and are for all ability levels: beginner through advanced. Gymnasts progress through the program based on individual ability levels and are grouped primarily by ability level and age. Join us for one, two or three days a week!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414061-A1	4/7-5/26	8	T	4:05-5pm	5-13	\$90/\$112
414061-B1	4/7-5/26	8	T	5:05-6pm	5-13	\$90/\$112
414061-C1	4/7-5/26	8	T	6:05-7pm	5-13	\$90/\$112
414061-D1	4/8-5/27	8	W	4:05-5pm	5-13	\$90/\$112
414061-E1	4/8-5/27	8	W	5:05-6pm	5-13	\$90/\$112
414061-F1	4/8-5/27	8	W	6:05-7pm	5-13	\$90/\$112
414061-G1	4/9-5/28	8	Th	4:05-5pm	5-13	\$90/\$112
414061-H1	4/9-5/28	8	Th	5:05-6pm	5-13	\$90/\$112
414061-I1	4/9-5/28	8	Th	6:05-7pm	5-13	\$90/\$112

ADVANCED GYMNASTICS

Instructor: Shannon Lake

This invite only class has student/teacher ratio of 4-to-1 and is for the year-round gymnast. Gymnasts will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach a parent when a gymnast is ready for this class. Registration will not be accepted without a written letter from the instructor. Participants need to be registered for a minimum of two classes per week in addition to the advanced class.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414063-A1	4/7-5/26	8	T	7:05-8pm	7-13	\$176/\$220
414063-B1	4/8-5/27	8	W	7:05-8pm	5-8	\$176/\$220
414063-C1	4/9-5/28	8	Th	7:05-8pm	7-13	\$176/\$220



GYMNASTICS FOR PARENT/CHILD

Instructor: Shannon Lake

This is an introductory class where gymnasts will explore the bars, beam, floor, and springboard with a responsible adult. Instructor provides guidance and supervision. Adults and gymnasts must be cooperative and participating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404061-A1	4/8-5/27	8	W	9:45-10:30am	2-3	\$76/\$92
404061-B1	4/8-5/27	8	W	10:45-11:30am	2-3	\$76/\$92
404061-C1	4/9-5/28	8	Th	9:45-10:30am	2-3	\$76/\$92

PRESCHOOL GYMNASTICS

Instructor: Shannon Lake

A fun and challenging class that teaches age appropriate skills on uneven bars, balance beam, floor, and springboard. This is a parent drop off class so students must attend without an adult and be cooperating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
404062-A1	4/7-5/26	8	T	1:15-2pm	3-5	\$76/\$92
404062-B1	4/7-5/26	8	T	2:15-3pm	3-5	\$76/\$92
404062-C1	4/7-5/26	8	T	3:15-4pm	3-5	\$76/\$92
404062-D1	4/8-5/27	8	W	1:15-2pm	3-5	\$76/\$92
404062-E1	4/8-5/27	8	W	2:15-3pm	3-5	\$76/\$92
404062-F1	4/8-5/27	8	W	3:15-4pm	3-5	\$76/\$92
404062-G1	4/9-5/28	8	Th	10:45-11:30am	3-5	\$76/\$92
404062-H1	4/9-5/28	8	Th	1:15-2pm	3-5	\$76/\$92
404062-I1	4/9-5/28	8	Th	2:15-3pm	3-5	\$76/\$92
404062-J1	4/9-5/28	8	Th	3:15-4pm	3-5	\$76/\$92

PRESCHOOL & YOUTH CLASSES



RUNNING CLUB



Instructor: Helen Petrakes

Join the fun in our high energy running club. Students will enjoy beginning each class with our challenging warm up games. Next, we break into our daily stations, training for fast paced running, building on endurance levels, quick footwork, agilities, and proper running form. Kids will enjoy this well rounded class preparing them for races, as well as quickness and agilities used in most sports. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414690-A1	4/13-6/1	7	M	4:15-5:15pm	5-9	\$136.50/\$171.50

TWOSEY DOODLERS

Instructor: Abrakadoodle

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and parents helpers get to play too. A \$32 materials fee is due on the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
407250-A1	4/7-5/26	8	T	10:30-11:15am	1-3	\$126/\$158
407250-B1	4/9-5/28	8	Th	10:30-11:15am	1-3	\$126/\$158

MUSIC TOGETHER

Instructor: Little Steps Music

Music Together is an internationally recognized mixed age music and movement class. The Music Together approach develops every child's birthright of basic music competence by experiencing music through playful activities rather than learning music concepts. Find out more at littlestepsmusic.com. A \$42 non-refundable supply fee is included in the cost of the class. Adult participation is required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
408141-A1	4/7-6/9	10	T	9:30-10:15am	Birth-5	\$252/\$315
408141-B1	4/7-6/9	10	T	10:30-11:15am	Birth-5	\$252/\$315

MUSIC FOR TODDLERS

Instructor: Chris Krouse

Join Miss Chris for a fun-filled class that focuses on building the most fundamental music skills. We will sing, bounce, clap, explore simple instruments, use seasonal props and have fun. The first 10 minutes of the 40-minute class is for children to warm up to me, the instruments and each other. This is a parent participation class. *No Class: 5/7, 5/14, 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
408142-A1	4/6-6/1	8	M	10-10:40am	10mo-30mo	\$156/\$196
408142-B1	4/6-6/1	8	M	11-11:40am	10mo-30mo	\$156/\$196
408142-C1	4/9-6/11	8	Th	10-10:40am	10mo-30mo	\$156/\$196
408142-D1	4/9-6/11	8	Th	11-11:40am	10mo-30mo	\$156/\$196

TEAM BUILDING FOR ENERGETIC LEADERS

Instructor: The Washington Center for Learning, LLC

Explore teamwork while solving real-world physical problems. Designed for children who love to move, explore, lead, and make suggestions. An age-appropriate obstacle course facilitates productive language for problem solving, socializing, leading, planning, and carrying out strategies for successful task completion. Expect your child to build physical confidence in areas of balance, strength, and language communication.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
412521-A1	4/10-5/29	8	F	4:30-5:15pm	6-10	\$120/\$150

CODING WITH FUN

Instructor: Stemtree

Students will learn the computer programming concepts in a fun and interactive way. They will combine media elements to create and share their own interactive stories, animations, games, music, and art. Students will learn basic reasoning and problem solving skills; and they will have an opportunity to think creatively, communicate clearly, use technology fluently, and collaborate effectively. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the three levels: Beginner, Intermediate, or Advanced. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414462-A1	4/13-6/8	8	M	5:30-6:30pm	6-11	\$208/\$260

STEMTREE ROBOTICS

Instructor: Stemtree

Robo-Fun uses the wonder and genius of robots to inspire students to learn engineering, apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore STEM concepts. This program utilizes instructional time, assessments, and hands-on activities to reinforce key concepts and improve problem solving skills. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the following levels; Beginner, Intermediate, or Advanced.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414463-A1	4/15-6/3	8	W	5:30-6:30pm	6-11	\$208/\$260

SCIENCE EXPLORERS

Instructor: Stemtree

Stemtree's science program keeps campers engaged through our customized science curriculum. On the first day of the program, students will be assessed on their grades and prior skill levels. Based on their assessments, they will be provided with a personalized lesson plan and activities that are skill level appropriate. They work through these individualized lessons with the one-on-one guidance of an instructor and conduct hands-on activities. Our goal is to make science fun for your child!



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
414464-A1	4/14-6/2	8	T	5:30-6:30pm	6-12	\$208/\$260

PRESCHOOL & YOUTH CLASSES



CLAY-MAGINATION FOR KIDS

Instructor: Shelby Magalis

In these classes, children will explore the world of clay and ceramics with the power of play and discovery. Students will be shown a wide variety of different tricks and tips in order to bring their clay projects to life. Processes will allow the students to experiment in building, sculpting and decorating, all while trying out new techniques. Projects will include cups and bowls to use at home, funky figurines to display and everything in between. Students will find that clay can be just as unique and different as they are. Projects will go through a two-firing process of bisque to glazing and will be taken home on the last day and as they are completed throughout the program. The last 15 minutes of class will be dedicated to clean up.

Location: Bowman House Arts and Craft Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
417210-A1	4/8-6/3	9	W	4-6pm	8-12	\$193.50/\$238.50

TEEN WHEEL — THROWING

Instructor: Shelby Magalis

Teens will enter a space of creativity, focus and the joy of learning something new while building their skills on the pottery wheel. Alongside their instructor, they will create both functional and aesthetic pieces that reflect their own unique perspective and personality. These classes will emphasize building skills on the wheel as well as hand building to add handles, lids and surface designs to their pieces. Teens will be empowered in their abilities as they sharpen their own unique sense of style through making one-of-a-kind art that will last a lifetime. The last 15 minutes of class will be dedicated to clean-up.

Location: Bowman House Arts and Craft Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
417212-A1	4/8-6/3	9	W	6:30-8:30pm	13-18	\$193.50/\$238.50

CHESS CLUB

Instructor: Silver Knights Chess

Learn chess with Magnus Academy, five-time world champion Magnus Carlsen's academy! Class time is divided between lessons and practice games, and lessons range from the basic rules to advanced tournament strategies. This in-person club includes free online extras including weekly practice tournaments, a Chesskid Gold Membership (\$49 value!), and an event with a chess celebrity. All chess supplies provided, and all skill levels welcome.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
419710-A1	4/9-5/28	8	Th	5:30-6:30pm	5-12	\$180/\$226

ADRENALINE CHEER & TUMBLING

Instructor: Adrenaline Dance Force

This class is designed to teach basic to advanced concepts of cheer and tumbling. Students work on motions and jump technique, stunting basics and cheer dances. Cheerleaders will gain strength, performance techniques and improve on their showmanship. Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. An in-class parent showcase will be held on the last day of class.

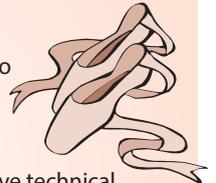
No Class: 4/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428105-A1	4/10-6/5	8	F	6:30-7:30pm	6-12	\$136/\$170

Storybook Ballet

Instructor: Adrenaline Dance Force

This ballet class will expose your little ballerina to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling, and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plié, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! An in-class parent showcase will be held on the last day of class. *No Class: 4/27, 5/25*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428107-A1	4/6-6/8	8	M	2-2:45pm	3-6	\$136/\$170
428107-B1	4/6-6/8	8	M	3-3:45pm	3-6	\$136/\$170

ADRENALINE DANCE FORCE HIP HOP ALL STARS

Instructor: Adrenaline Dance Force

Adrenaline Dance Force (ADF) classes offer the ability to improve hip-hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Our ADF hip-hop dancers will learn the latest street dancing technique, performance skills and confidence. ADF's experienced staff brings excitement to this class with the latest hip-hop moves and age appropriate music! An in-class parent showcase will be held on the last day of class. *No Class: 4/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428108-A1	4/10-6/5	8	F	5:30-6:30pm	6-12	\$136/\$170

PRESCHOOL & YOUTH CLASSES



MUSICAL THEATER

Instructor: Adrenaline Dance Force

Lights, camera, action! This class is a fun introduction to performing arts combining dance, music and acting. Your child will cultivate the technical and emotional skills needed to excel in a musical theater by developing their confidence and charisma. A family friendly musical will be selected and all will get to have their big moments in the spotlight during their performance on the last day for family and friends. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
428113-A1	4/6-6/8	9	M	5:30-6:30pm	6-8	\$153/\$191.25

SCHOOL DAY OUT CAMP

NOTHING BUT NET SINGLE DAY CAMP

Instructor: Brian Lonardo

Have fun on this Fairfax County Public School No School Day with the Nothing but Net camp! We will focus on a variety of sports, including basketball, soccer, floor hockey, pillow polo, and many PE games.

Location: Glyndon Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415102-A1	4/10	1	F	9am-1pm	6-12	\$50/\$62.50
415102-B1	5/26	1	T	9am-1pm	6-12	\$50/\$62.50
415102-C1	5/27	1	W	9am-1pm	6-12	\$50/\$62.50



SPRING BREAK CAMPS



i9 SPORTS MULTI-SPORT CAMP

Instructor: i9 Sports

Get ready for the ultimate camp experience! This camp is perfect for all skill levels, offering your child the chance to stay active, build confidence, and make new friends. Each day kicks off with an energizing warm-up before campers divide into skill-building groups for soccer, flag football and more. We use fun-focused activities to help kids develop skills while experiencing a variety of sports, and several camp favorite activities like kickball, flag tag & capture the flag are also included!

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415095-A1	3/30-4/3	5	M-F	9am-3:30pm	6-11	\$300/\$350

EXPLORE SCIENCE AND PYTHON/ SCRATCH CODING CAMP

Instructor: Stemtree

Stemtree's Science Explorer Camp sparks curiosity and deepens students' appreciation for science through engaging and hands-on learning experiences. Our carefully designed curriculum empowers students to become confident STEM-minded thinkers by exploring the core principles of science. Students will code in either Python or Scratch based on their grade levels. Scratch is a highly visual programming language suitable for very young students. Python is one of the most popular programming languages used in data sciences and machine learning.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415312-A1	3/30-4/3	5	M-F	9am-3:30pm	6-12	\$300/\$350

MASTER ARTIST CARTOON CAMP

Instructor: Abrakadoodle

Be a Master Artist at drawing cartoons inspired by artists and their styles. Experience character invention, illustration, portraits, shading, patterns, and more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
415700-A1	3/30-4/3	5	M-F	9am-3:30pm	6-12	\$350/400



CLUB PHOENIX TEEN CENTER



Club Phoenix Teen Center, an after-school program available for ages 11 – 17. All Teens and Tweens in the Greater Vienna area are welcome. From homework help to fun daily activities that enrich teens lives through programs focused on their interests, there is something for everyone at Club Phoenix. The teen center boasts large tabletop games like air hockey, shuffleboard, and pool, video games, board games, virtual reality games, music, special events, special interest activities, and sports and fitness programs. Please contact Ianna Alhambra, After School Program Coordinator, at **703-255-5736** or via email at **Ianna.Alhambra@viennava.gov**, if you have any questions.

Hours of Operation:

Monday through Thursday 2:30 – 6:30 p.m.

Friday 2:30 – 9 p.m.

Club Phoenix is closed the following dates:

March 30 – 31 | April 1 – 3 | May 25

Club Phoenix is open extended hours:

12:30 – 6:30 p.m.

March 18, 20, 27 | April 6, 10, 22 | May 13, 26, 27

All programs held at the Vienna Community Center unless otherwise noted.

PROGRAM REGISTRATION

Please register your child for Club Phoenix at **www.viennava.gov/register**. Once registered, your child will receive a key fob upon their first visit to Club Phoenix. Registration is free and open to any teen in the greater Vienna area.

“THE PHOENIX” PARENT E-NEWSLETTER

Get connected and stay informed with all the latest happenings in Club Phoenix by signing up to receive our quarterly e-Newsletter, “The Phoenix.” You can learn more information regarding events, daily activities, parent discussions and teen council meeting details. Receive your e-Newsletter every three months.

VOLUNTEER HOURS

All students may volunteer at the Teen Center during the after-school program. Volunteer opportunities include but are not limited to special events assistance, helping in “The Nest” snack bar, and in our local Town of Vienna community. Interested students must fill out a volunteer application that can be found at Club Phoenix Teen Center.

APPLY FOR THE ODD JOB LIST

Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the Odd Job List to help their neighbors while potentially earning some extra cash. Applications can be found at the Vienna Community Center Front Desk.

CLUB PHOENIX RENTALS

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application from the After School Program Coordinator by emailing **Ianna.Alhambra@viennava.gov** and set up a tour for more information.



HIGH SCHOOL ONLY NIGHT 7 – 9 p.m.

Are you in high school and only want to hang with your high school friends on a Friday night? Enjoy all that the teen center has to offer without the younger teens. Bring a friend and get a chance at spin-to-win. Registration to Club Phoenix is not required for first time students.

Friday, March 13: Casino Night **no gambling*

Friday, April 17: Coffee House: Open Mic and Poetry Reading

Friday, May 15: Spring Social: Savory S’mores, Walking Tacos, and Yard Games



CLUB PHOENIX SPECIAL EVENTS



WELLNESS WEDNESDAYS

March – May | 4 – 4:30 p.m.

The Club Phoenix Teen Center rounds out all the activities with health and wellness programs every Wednesday afternoon. These mini lessons help teens and tweens learn more about themselves and the world they live in to optimize on their health and wellness journey. Programs range from icebreaker games to learn emotional regulation, finance simulators bringing the game of life into real play and learning how to create healthy snacks for a well-balanced nutritional diet.

MARCH: *Physical* – teens will better understand a healthy body is one that balances nutrition, sleep, and exercise.

APRIL: *Environmental* – teens will develop safe and stimulating creative spaces.

MAY: *Spiritual* – teens will explore their values, purpose, meaning in life, and how to show compassion.

St. Patty's Party

March 17 | 3:30 – 5:30 p.m.

You do not need the luck of the Irish for this party. Remember to wear green, for a night of activities and faire related to the people of Ireland. No leprechauns allowed.



TASTY TUESDAY FOR NATIONAL NUTRITION MONTH

Tuesdays in March | 4 – 4:30 pm

During National Nutrition Month we will put our culinary skills to the test as we learn about healthy nutritional snacks, learn fun air-fryer recipes, and some nutritional facts along the way.



END OF THE YEAR SPLASH BASH

June 18 | 2:30 – 4:30 p.m.

Splash into Summer and end your school year at Club Phoenix Teen Center's Water Party! Water activities, food, fun, and hopefully some sun to start a refreshing Summer Vacation!



CLUB PHOENIX TEEN CENTER

CLUB PHOENIX SPECIAL EVENTS

12th Annual Phoenix Awards

May 8 | 6 – 7:30 pm

You are cordially invited to assist us in honoring the hard work and diligence of our Club Phoenix Teen Center members, Teen Council, volunteers, and staff members. We will have a Spirit Week May 4-8 leading up to the Awards Ceremony. Check the Club Phoenix Webpage and Parent Newsletter for the daily themes for Spirit Week at www.viennava.gov/teencenter.



SPRING BREAK: TIME MISSION AMUSEMENT CENTER

Instructor: Teen Center Staff

Join other Club Phoenix Members on this Spring Break Field Trip to Time Mission Amusement Center. Enjoy this social gaming adventure and utilize your speed, strength, and skillset to pass the challenge. **CANCELLED**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
421403-A1	3/31	1	T	12-4pm	11-17	\$50/\$62.50

SPRING BREAK: THE OUTER LIMITS GAMING CENTER

Instructor: Teen Center Staff

Join other Club Phoenix Members on this Spring Break Field Trip to The Outer Limits Gaming Center. Enjoy this gaming center by competing with your friends on PS5, Xbox X, Nintendo Switch, PC Gaming, and VR Gaming. **CANCELLED**

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
421404-A1	4/2	1	Th	12-4pm	11-17	\$38.50/\$48.25

GOTR TEEN WELLNESS WORKSHOPS

Instructor: Girls on the Run

Ready to build new leadership skills and strategies? Join Girls on the Run for a fun, interactive, and empowering workshop series dedicated to growing this spring! Attendees will explore a variety of leadership topics designed to enhance personal well-being, improve communication, cultivate healthy responses to life's challenges, and use their voice to be an advocate in their community. Open to all teens, individuals can attend all workshops or pick and choose topics that resonate with them!

A1-April 14 — *Star Power, Self-Talk, and Finding Balance*

B1-April 28 — *Communicating Effectively: The Hard & The Easy*

C1-May 12 — *Cultivating Emotional Intelligence - Responding by Pressing Pause*

D1-May 26 — *Using Our Agency to Stand Up for Ourselves & Others*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
422410-A1	4/14	1	T	4:30-5:30pm	11-17	Free
422410-B1	4/28	1	T	4:30-5:30pm	11-17	Free
422410-C1	5/12	1	T	4:30-5:30pm	11-17	Free
422410-D1	5/26	1	T	4:30-5:30pm	11-17	Free

ADULT ART & POTTERY PROGRAMS



POTTERY CLASSES AND LABS ARE HELD AT THE BOWMAN HOUSE ARTS AND CRAFTS CENTER, 211 CENTER STREET S.



POTTERY LAB

Open to all adults enrolled in a pottery class. Up to two labs per class participant. \$20.00 for 25 pounds of clay, which includes glazes and firings. Only clay purchased from the Parks and Recreation Department may be used in the studio. Children may not accompany parents to lab. *No Class: 4/30, 5/1, 5/2, 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437210-A1	4/13-6/8	8	M	9:30am-12:30pm	18-99	\$40/\$40
437210-C1	4/15-6/10	9	W	1-4pm	18-99	\$45/\$45
437210-D1	4/16-6/11	8	Th	1-4pm	18-99	\$40/\$40
437210-E1	4/17-6/12	8	F	9am-12pm	18-99	\$40/\$40
437210-F1	4/18-6/13	8	Sa	9am-12pm	18-99	\$40/\$40
437210-G1	4/18-6/13	8	Sa	1-4pm	18-99	\$40/\$40
437210-H1	4/18-6/13	8	Sa	4:30-7:30pm	18-99	\$40/\$40

HANDBUILDING

Instructor: Treena Rinaldi

You will learn various methods of handbuilding pots for both functional and decorative use and a variety of glazing and decorating techniques. Advanced students entering the class are encouraged to develop and work on specialized projects. *No Class: 4/30*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437214-A1	4/9-6/4	8	Th	9:30am-12:30pm	18-99	\$188/\$234
437214-B1	4/9-6/4	8	Th	6:30-9:30pm	18-99	\$188/\$234

HANDBUILDING AND THROWING

Instructor: Ben Harrell III

Students will engage in both handbuilding and throwing on the wheel in a hybrid class crossing over skills from both disciplines. Altering forms on and off the wheel will help develop keen understanding of the nature and malleability of clay. This class is recommended for students with intermediate experience with pottery.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437215-A1	4/8-6/3	9	W	9:30am-12:30pm	18-99	\$211.50/\$263.25

POTTERY WHEEL

BEGINNING WHEEL

Instructor: Ben Harrell III

An overall introduction to the potter's wheel for beginners, including the basics of centering, throwing, trimming, and glazing. Students will learn to throw cylinders and bowls. It is mandatory that beginners attend the first two sessions of class as the foundation of throwing will be covered in those two classes. Students should purchase a basic tool kit consisting of a needle tool, wire, and wooden rib and wooden sculpting tool which are available at arts and crafts stores and online. Students should also bring an old towel and a large sponge for cleaning. Wear clothes you expect to get dirty.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437211-A1	4/7-6/2	9	T	6:30-9:30pm	18-99	\$211.50/\$263.25

BEGINNER WHEEL 2

Instructor: Ben Harrell III

A further introduction to the potter's wheel for continuing to work on the fundamentals learned from the Beginning Wheel class, bridging the gap between a beginner level to intermediate. Students will learn in-depth foundational techniques emphasizing handling greater amounts of clay for form development, continued practice of making and attaching handles, lugs, and knobs, and a detailed exploration of glaze application. Registration is limited to those who have completed two sessions of Beginning Wheel or equivalent at another studio. This is not a true beginner class. Required materials include: a basic tool kit consisting of a sponge,

needle tool, wire and wooden sculpting tools. Students wishing to work on larger pieces or multiple pieces should consider purchasing their own bats.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437217-A1	4/7-6/2	9	T	9am-12pm	18-99	\$211.50/\$263.25

INTERMEDIATE WHEEL

Instructor: Bikki Stricker and Ben Harrell III

This class is designed to expand on the basics taught in beginning wheel. Sample projects include throwing larger forms, making dinnerware sets, and exploring various decorating techniques. Students should bring a towel, tools, and bats to class. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437212-A1	4/6-6/1	8	M	2-5pm	18-99	\$188/\$234
437212-B1	4/7-6/2	9	T	3-6pm	18-99	\$211.50/\$263.25

INTERMEDIATE/ADVANCED WHEEL

Instructor: Rachelle Stefanik

This class will build on existing skills, with a focus on planning projects from conception to final glazing. Focus will be on refining techniques and pushing past your comfort zone. Students should be able to center and throw at least 3 pounds of clay. Required materials include a towel, tools and your own bats. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437216-A1	4/6-6/1	8	M	6:30-9:30pm	18-99	\$188/\$234

ADULT ART & SPRING 2026 SPECIAL EVENTS

ACRYLIC PAINTING CLASS

Instructor: Kerry Burch

Learn the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. A materials list is emailed prior to the first class. Class is held at the Vienna Community Center. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437240-A1	4/6-6/8	9	M	7-9pm	18-99	\$99/\$123.75
437240-B1	4/7-6/2	9	T	7-9pm	18-99	\$99/\$123.75

ADULT DRAWING CLASS

Instructor: Kerry Burch

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring an 11" x 14" sketch pad, one drawing pencil HB, one drawing pencil 4B and art gum eraser to class. Class is held at the Vienna Community Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437241-A1	4/8-6/3	9	W	7-9pm	18-99	\$99/\$123.75



VIENNA
Photo Show
Contest and Exhibit

Entries Accepted:
 March 12 | 5 p.m. – 8 p.m.
 March 13 | Noon – 3:45 p.m.

Show Dates:
 March 14 | 10 a.m. – 3 p.m.
 March 15 | Noon – 3 p.m.

Vienna Community Center

Open to Metropolitan area amateur photographers.

Entry fee: \$10 per person. **Entries limited to three photos with a maximum of two photos in any one category.**

Applications are available online at www.viennava.gov/photo or at the Vienna Community Center front desk.

Separate categories for Middle and High School students grades 7-12.

Ribbons will be awarded in seven categories.

The seven categories include: nature, pictorial, scenic, architecture, photojournalism, portraiture, and new this year, as a part of the Vienna 250 celebration: patriotic. For questions or more information visit www.viennava.gov/photo or contact events@viennava.gov or 703-255-6395.

PLANT SWAP & GARDEN GAB



May 9 | 9 – 11 a.m.
Vienna Learning and Display Garden

Come by the Learning and Display Garden and spend a fun and enjoyable morning with other gardeners. Bring and/or pick up plants at the Plant Swap and giveaway. Hang out at the Garden talking with other gardeners, asking questions, getting answers and sharing garden stories. Take the opportunity to have your garden questions answered by the pros. Please limit how many plants you take so everyone gets some. If you have any plants to swap or giveaway (no invasives please) bring them along! Free for the entire family.

SPRING NATIVE PLANT SALE

Hosted by the Town's Conservation and Sustainability Commission, this biannual event provides an opportunity to purchase native plants close to home. It also offers the community a chance to learn about the advantages of growing native plants. For more information, email CSC@viennava.gov or call 703-319-8610.

May 2 | 8 a.m. – Noon
Vienna Community Center



Saturday
May 2
10 a.m. – 3 p.m.

BOWMAN HOUSE POTTERY SHOW & SALE

Students will have handmade pottery available for sale at the Bowman House Arts and Crafts Center located at 211 Center Street S.

SPRING 2026 SPECIAL EVENTS



WALK ON THE HILL

April 26
2 – 5 p.m.
Windover Heights
Neighborhood

Held each spring since 1974, Walk on the Hill is perhaps Vienna's loveliest event, offering self-guided tours through approximately 50 participating yards and gardens in the Town's historic Windover Heights neighborhood. Welcome in the Spring with live entertainment, exhibits, and refreshments. Call **703-255-6360** or visit www.viennava.gov/walkonthehill for updates and more details.

FIFTH ANNUAL

BREW FEST

AT

VIVA VIENNA

Now on Mill Street, right next to the Town Green!

May 23 and May 24 | Noon – 10 p.m.

May 25 | 2-6 p.m.

Visit www.vivavienna.org/backstage-brewfest for details and updates.

Presented by
Rotary Club of Vienna



42ND ANNUAL

VIVA VIENNA | at Historic Church Street

May 23 & May 24

10 a.m. – 10 p.m.

May 25

10 a.m. – 6 p.m.

Memorial Day Weekend festival presented by the Rotary Club of Vienna. All proceeds support local charities.

Rides • Music • Crafts • Food
Children's Stage • Memorial Day Tribute

More info at:

www.vivavienna.org



GREEN EXPO

April 23 | 7 – 9 p.m.

Vienna Community Center

Hosted by the Town of Vienna's Conservation and Sustainability Commission, this annual event features more than 35 local exhibitors offering information on sustainable practices, including environmentally friendly landscaping, composting, recycling, energy efficiency, solar power, water conservation, wildlife conservation and more. Many exhibitors offer activities for kids, too. For more information, email CSC@viennava.gov or call **703-319-8610**.

BIG

SCREEN ON THE GREEN

Thanks to our sponsor:
Navy Federal Credit Union

More info at
www.viennava.gov/bigscreen

Fridays in May, September and December | 6:30 p.m.
Vienna Town Green

May 15 – How To Train Your Dragon (2025)

Enjoy a movie under the stars at the Vienna Town Green this spring! Complimentary water and popcorn will be available while supplies last. In case of bad weather movies will be presented in the Vienna Community Center auditorium. Inclement weather location will be announced at the website below and on social media (@TownofViennaVA) by 5 pm the day of the event.

About the Movie: As an ancient threat endangers both Vikings and dragons alike on the isle of Berk, the friendship between Hiccup, an inventive Viking, and Toothless, a Night Fury dragon, becomes the key to both species forging a new future together.



SPRING TOWN CLEAN-UP DAY

April 4 | 9 a.m. – Noon | Vienna Town Green, 144 Maple Avenue E

Help clean up Vienna parks and trails! After meeting at the Vienna Town Green, volunteers are assigned a location in town that needs some attention. The parks and recreation department coordinates the event, providing supplies and assistance throughout the day. Preregistration is recommended not required. To register contact Brian Harrington at bharrington@viennava.gov or call **703-255-5755**.

ARBOR DAY CELEBRATION

April 24 | 5 p.m.

Waters Field (Center Street batting cage)

The Town of Vienna Parks and Recreation Department, with help from local scouts, will plant a tree as part of the Town's Arbor Day celebration.

ARBOR DAY COMMUNITY TREE PLANTING

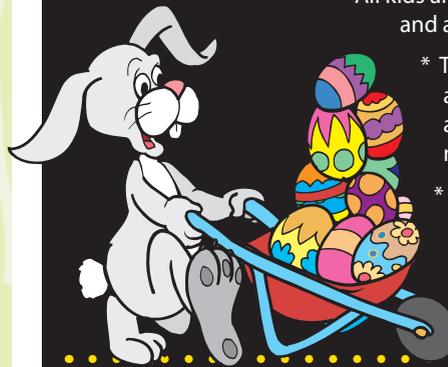
April 25 | 9 a.m.

Corner of Dominion Road SE and Park Street SE (near W&OD Trail)

As a part of this year's Arbor Day Celebration, the Town of Vienna will host a community tree planting. Volunteers will plant 75 trees and shrubs, all native local ecotype. This project is funded by the Maud Robinson Trust for municipal beautification, specifically for planting new trees within the Town of Vienna. The new tree plantings will add to the beautification of the Town, while also supporting efforts to increase the Town's tree canopy. To volunteer at this community tree planting contact Jeremy Edwards at Jeremy.Edwards@viennava.gov.

FLASHLIGHT EGG HUNT

Enjoy games and music before the hunt begins and do not forget your camera to take pictures of your kids visit with the bunny and friends.



* All kids are encouraged to bring a flashlight and a basket to collect eggs.

* The cost is \$5 per family member and registration is required for all attendees, except children 12 months and younger.

* Maximum of six participants per household. For more information visit www.viennava.gov/egg hunt.

Location: Glyndon Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
450681-A1	3/27	1	F	6:45-7:30pm	Recommended 5 and under	\$5/\$5
450681-B1	3/27	1	F	7:45-8:30pm	Recommended 6 and up	\$5/\$5

LIBERTY AMENDMENTS MONTH



Share Your Story

As we celebrate our country's 250th anniversary, individuals, families, and businesses are encouraged to share stories about what it has meant to be or become an American through a Liberty Amendments Month (LAM) interactive program called "Our American Liberty Stories." If you have an interesting story to tell about your journey to America, path to citizenship, or what it means to be American, share it with us! Stories can be shared in any format from now through May 15. A worksheet and submission form are available on the Town's website at www.viennava.gov/story. Questions? Contact lily.widman@viennava.gov or call **703-255-5738**.



ADULT DROP-IN & ON-GOING PROGRAMS



****Please note: Drop-in programs may be moved or cancelled due to special programs. Every effort will be made to inform participants.**

Visit www.viennava.gov/opengym for a complete schedule.

ADULT DROP-IN BASKETBALL, VOLLEYBALL and PICKLEBALL



BASKETBALL

Monday/Wednesday/Friday | 8 – 10 p.m.

VOLLEYBALL

Monday/Friday | 8 – 10 p.m.

INDOOR PICKLEBALL

Monday/Wednesday | 11 a.m. – 1 p.m.

Friday | 11 a.m. – 2 p.m.

Ends June 19 and resumes in September

Thursday | 6 – 10 p.m.

Ends mid-November and resumes mid-March

All drop-in participants must have a pass (fob) to participate. Vienna residents play for free. Out of town residents fees are \$5 per visit. Please bring a valid photo I.D.

OUTDOOR PICKLEBALL AND TENNIS COURTS

Visit www.viennava.gov/courts for more information.

Visit www.viennava.gov/hours for a complete holiday hours schedule.

TAI CHI CHUAN - QIGONG

Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health, and flexibility. Suitable for all. To join this fun, welcoming group contact hanname1122@gmail.com. The Tai Chi group meets Tuesday through Friday at the Vienna Community Center from 7:30 - 8:30 a.m. The Qigong group meets in-person Mondays from 7:30 - 8:30 a.m. **No Tai Chi 6/19/2026**

SCRABBLE

Every Monday | 12:30 – 4 p.m.

Come out and make new friends as you play the game of Scrabble, a board game in which words are formed by placing lettered tiles in a pattern like a crossword puzzle.

A STITCH IN TIME — KNITTERS CIRCLE

Every Tuesday | 1 – 4 p.m.

Come meet others who enjoy knitting and crocheting and sharing their craft. For knitters of all skill levels. A great way to get yourself to knit and gather to have pleasant conversation.



CANASTA

Every Wednesday | 12:30 – 3:30 p.m.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus four jokers are shuffled together to make a 108 card pack. Seasoned players are willing to help others and welcome newcomers to the game.

THE VIENNA SENIORS BRIDGE CLUB

Every Wednesday | 10 a.m.-1:30 p.m.

Group Coordinator: Fatechand Shah 703-758-9547, fateshaw@yahoo.com. Meets at the Vienna Community Center Intermediate and advanced bridge players are invited to attend our gatherings. There are refreshments and a lunch break at about noon.



BINGO, BUNNIES & PEEPS

Come celebrate the arrival of spring with chocolate bunnies, peeps and jelly beans. Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes. Bingo cards are \$3 for 2 cards (limit 2 cards/person). Registration required. Please bring an inexpensive or lightly used item to donate to our prize table (no food items or clothing). For mature adults ages 55+. Pre-registration required.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441251-A1	4/10	1	F	1:30-3:30pm	55-99	\$3



ADULT DROP-IN & ON-GOING PROGRAMS



FIRST FRIDAY FLICKS

First Friday of every month | 2 p.m.

March 6

Suffragette — 2015

April 3

The Big Circus — 1959

May 1

Minari — 2021

June 5

Bobby — 2006

Come and enjoy an afternoon of entertainment as we show top-rated movies at the Vienna Community Center for adults 55+ on our large 13' x 9' dimension screen with specialized surround sound. Free popcorn will be available, or you may bring your own snack.



MAH JONGG

Every Thursday | 12:30 – 4 p.m.

Mah Jongg was introduced to the United States in 1920. American rules Mah Jongg is played here. There is no formal instruction, however, regular players are glad to tutor new players. All abilities are welcome.

RUMMIKUB

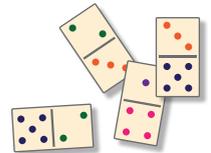
Every Thursday | 12:30 – 4:30 p.m.

Rummikub is a tile-based game for two to four players, combining elements of the card game rummy and mahjong. Players try to be the first to play all of the tiles in their rack by placing them in runs and groups, rummy style.

DOMINOES

Every Friday | 12:30 – 3:30 p.m.

Come out and make new friends as you play the game of Dominoes. Newcomers and beginners, this is an easy game to learn.



No Dimoninnoes 6/19/2026

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)

VIENNA-OAKTON CHAPTER

Group Coordinator: Kathy Arpa 703-205-9041

NARFE meets the second Tuesday of the month at 1 p.m. at the Vienna Community Center.



WELLNESS & SAFETY EXPO

**May 8
11 a.m. – 2 p.m.**

Vienna Parks and Recreation is offering a Wellness & Safety Expo for adults 55 and over at the Vienna Community Center. Attendees will benefit from medical screenings and educational opportunities from many local vendors providing a wide range of resources to enhance the physical and mental well-being of older adults. This Wellness & Safety Expo will provide a wonderful environment to nurture personal interest, learn something new, and gather vital information. To be a vendor contact Kathy Blevins at kblevins@viennava.gov or call (703)255-7801.

Sign Up for

Vienna HAPPENINGS

E-Newsletter

Visit www.viennava.gov/happenings to receive the Town's weekly email with updates on what's going down around town.

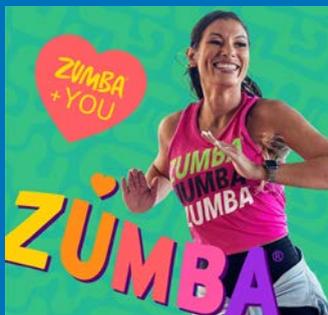
ADULT FITNESS PROGRAMS



ZUMBA®

Instructor: Edita Dolunts

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Feel the hypnotic rhythm of Latin and international music. You will enjoy this muscle-pumping, calorie-burning blast as you lose yourself in the music and find yourself in shape. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and super fun. For all levels of experience. Bring a towel and a water bottle.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433025-A1	4/9-6/18	11	Th	6-7pm	16-65	\$132/\$165
433025-B1	4/11-6/20	11	Sa	11am-12pm	16-65	\$132/\$165

PILATES STRENGTH FUSION

Instructor: Sharon Turner

A Pilates based class which includes strengthening exercises using hand weights, exercise tubing and Pilates balls. We will target strength, balance, flexibility, and core conditioning so no muscle group will be neglected. A series of stretches to help flexibility, range of motion, and posture will be included at the end of each workout. Please bring hand weights and a mat. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433020-A1	4/6-6/8	9	M	8:30-9:30am	18-99	\$135/\$168.75
433020-B1	4/10-6/12	10	F	8:30-9:30am	18-99	\$150/\$187.50

CARDIOBOXING

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab and punch your way to fitness to the hottest dance music.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433022-A1	4/8-6/3	9	W	8:15-9pm	18-99	\$99/\$123.75

CARDIO MIX

Instructor: Sharon Turner

This is a cardio-based body conditioning program which incorporates HIIT (High Intensity Interval Training). The workout is broken down into three segments beginning with HIIT, followed by a strength portion, and ending with core work and stretching. Please bring a set of hand weights and a mat.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433023-A1	4/7-6/2	9	T	5:30-6:30pm	18-99	\$135/\$168.75
433023-B1	4/9-6/11	10	Th	5:30-6:30pm	18-99	\$150/\$187.50

MORNING FITNESS WAKEUP

This class is a group personal training program for adults run by a certified personal trainer. Get the benefits of your own personal trainer at a fraction of the cost. The class is designed to promote lifelong healthy habits, increase energy levels, improve muscular strength and endurance, and reduce the adverse effects of aging. Class will incorporate interval training, HIIT training, strength training, body weight training, and cardiovascular conditioning as well as balance and flexibility training.

Instructor:
Nathan Greiner

No Class: 3/30, 4/1, 4/3, 4/6, 5/22, 5/29

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433429-A1	3/2-3/25	11	M,W,F	6-7am	18-99	\$231/\$288.75
433429-B1	3/27-4/29	11	M,W,F	6-7am	18-99	\$231/\$288.75
433429-C1	5/1-5/29	11	M,W,F	6-7am	18-99	\$231/\$288.75

VINYASA FOUNDATION AND FLOW

Instructor: Sharon Turner

Come build your yoga practice from the ground up. We will begin class by introducing basic yoga postures while learning the proper techniques to execute each posture. We will then continue our journey by connecting our postures into a meaningful vinyasa flow. We will practice breathwork and mindfulness along the way. Class will end with a relaxing savasana and leave you ready to begin your day. All fitness levels are welcome.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433027-A1	4/10-6/12	10	F	7:15-8:15am	18-99	\$150/\$187.50

TAI CHI-ALL LEVELS

Instructor: Ed Tang

Gentle mind-and-body workout to improve balance, posture, and coordination, through slow moving forms of standard Tai Chi movements and Qigong exercises. The instructor will introduce proper form as a foundation. After the basic form is mastered, the instructor will introduce integration of intention and the eventual energy movements and transfer. Tai Chi and Qigong have roots in martial arts and relate to traditional healing. Dependent on depth of proper learning and frequency of practice, students can achieve individual health and healing experiences.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433030-A1	4/8-6/17	11	W	9:30-10:30am	18-99	\$88/\$110

SOUND BATH HEALING

Instructor: The Healing Cove

A Sound Bath session is a deeply relaxing experience where participants lie down or sit comfortably. The sounds are created using instruments like crystal singing bowls, gongs, chimes, tuning forks, and drums. The tones and frequencies help calm the mind, relax the body, promote inner healing, and restore energetic balance. No active participation is required-just listening, breathing, and allowing the sounds to guide you into stillness. Please bring a mat or towel to class. Section A1 is a FREE introductory class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433032-A1	4/6	1	M	3-4pm	18-99	Free
433032-B1	4/13-5/18	6	M	3-4pm	18-99	\$120/\$155

ADULT FITNESS PROGRAMS

LIQUID MOTION™

Instructor: Zippora's Utopia

Liquid Motion™ is a method and style of dance movement education that blends fluid floorwork, expressive dance theory, and organic, flowing transitions. In this class, you'll explore elegant shapes, seamless floor patterns, and a hypnotic quality of movement. This class involves intricate floor-based movement and is not recommended for those with significant mobility limitations. Knee pads, a yoga mat, and yoga blocks are required; full leg coverage and socks are strongly recommended.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433060-A1	4/8-6/10	10	W	7-8:15pm	18-99	\$225/\$280

MOONLIGHT MELT & FLEX

Instructor: Zippora's Utopia

Looking for a fun way to unwind and get more flexible? Moonlight Melt & Flex is an evening stretch class that blends chill beats, gentle lighting, and cozy guided stretches to help you relax and increase flexibility at your own pace. All levels are welcome. Yoga mat and yoga blocks are required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433061-A1	4/8-6/10	10	W	8:30-9:30pm	18-99	\$225/\$280

YOGA + PILATES

Instructor: Bodymoves Fitness, LLC

This holistic integration energizes, relaxes and rejuvenates. Pilates exercises develop movement from a strong core, protecting and lengthening the spine, while yoga poses promote strength, flexibility, health of internal organs and stress relief. Please bring a yoga mat.

No Class: 5/25

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433501-A1	4/6-6/8	9	M	7-8pm	18-99	\$108/\$135

PILATES MAT

Instructor: Bodymoves Fitness, LLC

Enjoy the benefits of Pilates to strengthen the core, enhance balance and muscle control, increase flexibility and range of motion, develop proper body alignment, and connect mind to muscles using the breath and mental focus. Please bring a mat to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433503-A1	4/8-6/10	10	W	7-8pm	18-99	\$120/\$150

HATHA YOGA



HATHA YOGA: MINDFUL MOVEMENT & MEDITATION WITH JOHN GIUNTA

Instructor: John Giunta, MA/FRC

Have fun while we gain flexibility, strength, improve concentration and achieve a deeper union of body, mind and spirit with authentic classical yoga teachings. John has made a pilgrimage to India, studying Raja yoga and Vedanta. John is a senior yoga teacher certified by the Himalayan Institute and has over 50 years of teaching experience. He is a Reiki practitioner, and a yoga therapist. John is also a professional musician and plays his own music at the beginning of each meditation.

- Hatha Yoga for all levels and abilities
- Appropriate for beginners and students with significant experience in any yoga tradition
- Dress for movement and bring a mat, and a towel if you think you need extra padding.
- A shawl to cover yourself may be helpful during the meditation.

No Class: 5/25, 6/9

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433050-A1	4/6-6/15	10	M	1:15-2:45pm	18-99	\$120/\$150
433050-B1	4/7-6/16	10	T	7-8:30pm	18-99	\$120/\$150
433050-C1	4/9-6/18	11	Th	7-8:30pm	18-99	\$132/\$165
433050-D1	4/11-6/20	11	Sa	8-9:30am	18-99	\$132/\$165

JAZZERCISE

Monday/Tuesday/Wednesday/Friday/Saturday
9:30 – 10:30 a.m.

Thursdays
8:30 – 9:30 a.m.

Monday/Wednesday
6:30 – 7:30 p.m.

Jazzercise is an inclusive woman-owned fitness company dedicated to helping people live healthier, happier lives. We believe that working out is about more than looking great—it is about feeling great. The program fuses dance cardio and strength training into one heart-pounding sweat session.

Take unlimited classes for \$59 for 14 consecutive days - starting the day of purchase, for new customers or those who have not attended and/or registered in one month or longer. Special offer may be purchased in class or online at www.jazzercise.com enter location: Jazzercise Vienna Community Center. Single class drop-in rate \$25. Buy classes on-line or in our app.

ADULT FITNESS PROGRAMS



TENNIS | Location: Meadow Lane Park

ADULT TENNIS 1

Instructor: Bounce Boom (First Serve) Raquet Sports

Beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1 *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
CANCELLED	2/23-3/23	5	M	12:25-1:35pm	18-99	\$175/\$200
434040-B1	2/25-3/25	5	W	6:30-7:40pm	18-99	\$175/\$200
434040-C1	4/13-6/8	8	M	7:30-8:40pm	18-99	\$280/\$320
434040-D1	4/14-6/9	9	T	9:45-10:55am	18-99	\$315/\$360
434040-E1	4/16-6/11	9	Th	7:50-9pm	18-99	\$315/\$360

ADULT TENNIS 2

Instructor: Bounce Boom (First Serve) Raquet Sports

Advanced beginner. Prerequisite: 1-2 seasons of Tennis 1 and/or a coach's recommendation. Players drill strokes, develop rallying skills, and are introduced to situations and positioning for singles and/or doubles play. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1 *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434041-A1	2/23-3/23	5	M	11:05am-12:15pm	18-99	\$175/\$200
434041-B1	2/25-3/25	5	W	7:50-9pm	18-99	\$175/\$200
434041-C1	4/13-6/8	8	M	9:45-10:55am	18-99	\$280/\$320
434041-D1	4/14-6/9	9	T	11:05am-12:15pm	18-99	\$315/\$360
434041-E1	4/14-6/9	9	T	7:30-8:40pm	18-99	\$315/\$360
434041-F1	4/16-6/11	9	Th	6:30-7:40pm	18-99	\$315/\$360

ADULT TENNIS 3

Instructor: Bounce Boom (First Serve) Raquet Sports

Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or a coach's recommendation. Techniques for more reliable strokes, tactics and strategy-based drilling combine with match-play situations. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434045-A1	2/23-3/23	5	M	9:45-10:55am	18-99	\$175/\$200
434045-B1	4/13-6/8	8	M	11:05am-12:15pm	18-99	\$280/\$320

PICKLEBALL | Location: Meadow Lane Park

PICKLEBALL 1

Instructor: Bounce Boom (First Serve) Raquet Sports

Beginner. Players learn the fundamentals, scoring, and how to boost consistency by minimizing errors. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio to help students learn quickly and develop a lifelong love of the game. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
CANCELLED	2/24-3/24	5	T	5:30-6:25pm	15-99	\$130/\$162.50
CANCELLED	2/25-3/25	5	W	9:30-10:25am	15-99	\$130/\$162.50
434047-C1	4/13-6/8	8	M	6:30-7:25pm	15-99	\$208/\$260
434047-D1	4/14-6/9	9	T	5:30-6:25pm	15-99	\$234/\$292.50
434047-E1	4/15-6/10	9	W	9:30-10:25am	15-99	\$234/\$292.50

PICKLEBALL 2

Instructor: Bounce Boom (First Serve) Raquet Sports

Advanced beginner. Prerequisite: 1-2 seasons of Pickleball 1 and/or a coach's recommendation. Players build upon fundamentals to learn important match-play skills that will improve results in competition. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student-to-instructor ratio to help students learn quickly and develop a lifelong love of the game. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
CANCELLED	2/24-3/24	5	T	6:30-7:25pm	15-99	\$130/\$162.50
CANCELLED	2/25-3/25	5	W	10:30-11:25am	15-99	\$130/\$162.50
434048-C1	4/13-6/8	8	M	7:30-8:25pm	15-99	\$208/\$260
434048-D1	4/14-6/9	9	T	6:30-7:25pm	15-99	\$234/\$292.50
434048-E1	4/15-6/10	9	W	10:30-11:25am	15-99	\$234/\$292.50

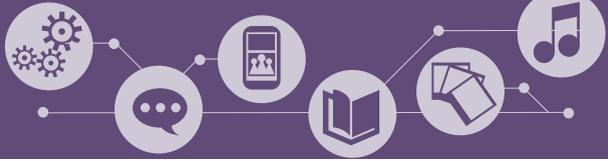
PICKLEBALL 3

Instructor: Bounce Boom (First Serve) Raquet Sports

Intermediate. Prerequisite: 2-4 seasons of Pickleball 2 and/or a coach's recommendation. Players increase power and accuracy while learning advanced match-play techniques and tactics to prepare for tournament play. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
434049-A1	2/24-3/24	5	T	7:30-8:25pm	15-99	\$130/\$162.50
CANCELLED	2/25-3/25	5	W	11:30am-12:25pm	15-99	\$130/\$162.50
434049-C1	4/13-6/8	8	M	5:30-6:25pm	15-99	\$208/\$260
434049-D1	4/14-6/9	9	T	7:30-8:25pm	15-99	\$234/\$292.50
434049-E1	4/15-6/10	9	W	11:30am-12:25pm	15-99	\$234/\$292.50

ADULT ENRICHMENT CLASSES



BREATHING EXERCISES FOR OPTIMAL BRAIN HEALTH

Are you happy with your current level of mental clarity, or are you interested in improving? Would you like to sharpen your focus at work, further excel at school, achieve more in your favorite sports and games, or just be more "together" in your everyday life? If you are happy with your current level of cognitive function, would you like to help your brain maintain that level as you age? In this course, you will learn breathing exercises designed to help support brain function. Presented by Dr. Charles Masarsky, D.C. with Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441563-A1	6/9	1	T	10-11am	18-99	Free

MOUTH AND THROAT TONING FOR BETTER SLEEP

Toning the mouth and throat muscles can dial down the volume of your snoring, thereby improving the quality of your sleep. Recent research indicates that exercising these muscles can even reduce the severity of obstructive sleep apnea. These exercises can be helpful when used alone or in conjunction with CPAP or other interventions. Even if you do not have apnea and are not snoring, these exercises may improve your sleep quality and help subtly sculpt your chin and cheek areas for a better appearance. Presented by Charles Masarsky, D.C. Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433033-A1	5/12	1	T	10-11am	18-99	Free

BUILDING KNEE STABILITY

In this course, you will be coached through exercises for four major muscle groups that stabilize the knee. These are simple, low-impact exercises that can be done while sitting in a chair. Plenty of time will be provided for questions and answers. Presented by Dr. Charles Masarsky, D.C. with Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
433026-A1	4/14	1	T	12-1 pm	18-99	Free

HOME STAGING WITH A FENG SHUI TWIST

Learn how to design spaces that feel good, whether you are planning to move or just want to refresh your home for more harmonious living. Discover simple adjustments in furniture placement, décor, and flow that make your home feel welcoming and full of positive energy. You will also learn practical home staging ideas using the principles of Feng Shui, such as balancing the Five Elements, that can make your home feel more inviting to buyers and help it sell faster. Presented by Suzy Minken, realtor with Compass.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
432303-A1	4/21	1	T	10-11am	18-99	Free

DECODING THE HOMEBUYER CHECKLIST: SMALL FIXES THAT MAKE A BIG IMPACT

This session is designed for homeowners considering selling or simply curious about the home buying/selling process. Attendees will gain insight into what buyers truly notice when touring a home and discover simple, practical updates that can dramatically enhance the appeal and value of their home. The session will be interactive, with visual examples and actionable takeaways that participants can implement immediately. Presented by Suzy Minken, realtor with Compass.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
432304-A1	5/19	1	T	10-11am	18-99	Free

KEEPING SOCIALLY ENGAGED IN RETIREMENT

Instructor: Andy Livingston

Now that you have the time, get involved in your community. You'll learn about many resources and organizations where you can put your skills to use. There are an abundance of non-profit organizations in the area that can benefit from your expertise. Teach, mentor or coach others. Learn about Meet Up groups, and online resources to stay engaged. Volunteer opportunities abound.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437627-A1	5/28	1	Th	1:30-3:30pm	18-99	\$45/\$56.25

COMPUTER MAINTENANCE

Instructor: Andy Livingston

Students will learn how to keep their computers running smoothly by learning to use system tools, utility programs, firewalls and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files, cookies and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection, wireless network protection and MUCH MORE! Students can bring their own equipment if they like.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437620-A1	4/9-4/16	2	Th	9:45-11:45am	18-99	\$90/\$112.50

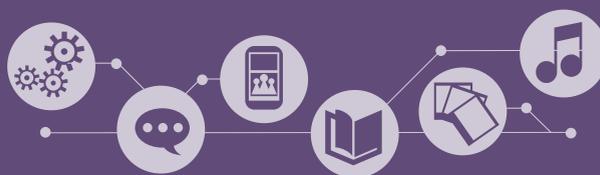
TODAY'S TECHNOLOGY

Instructor: Andy Livingston

Confused about all the technology that society is using? Want to stay connected and learn to utilize the latest in computers, tablets, and wireless devices? Want to explore the world and not leave your home? This informative, 2-week course will delve into smart phones, social media, apps and functions, and much more. You will be more productive and learn to connect with friends, family and the community.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437621-A1	4/30-5/7	2	Th	9:45-11:45am	18-99	\$90/\$112.50

ADULT ENRICHMENT CLASSES



GET UP TO SPEED ON YOUR iPhone/iPAD

Instructor: Andy Livingston

In this course we will help get you up and running with your iPhone/iPad including topics such as text messaging, taking pictures, understanding iCloud, installing apps, maps, Facetime, Airdrop, Health app, notifications and much more!



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437628-A1	4/23	1	Th	9:45-11:45am	18-99	\$45/\$56.25

GET UP TO SPEED ON YOUR ANDROID PHONE/TABLET

Instructor: Andy Livingston

In this course we will help get you up and running with your Android phone/tablet including topics such as your home screen, text messaging, taking/sharing pictures, understanding Google play store, installing apps, maps, photos, notifications, and much more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437629-A1	5/14	1	Th	9:45-11:45am	18-99	\$45/\$56.25

MASTERING DIGITAL SECURITY AND SCAM PREVENTION

Instructor: Andy Livingston

In today's increasingly connected world, it's more important than ever to ensure that your digital life is secure. This seminar is designed to provide practical, easy-to-understand guidance on how to safeguard your personal information, keep your devices running smoothly, and keeping yourself safe from the everyday scams that occur.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
437630-A1	5/21	1	Th	9:45-11:45am	18-99	\$45/\$56.25

CARE & CRISIS: USE YOUR iPhone TO TAKE BETTER CARE OF YOURSELF AND OTHERS

Instructor: Amy Burk

Your iPhone has powerful built-in tools that can support your health, safety, and peace of mind. Join Amy Burk of TechWise Coaching to learn how to make the most of these before you might need them. In this hands-on session you will learn how to set health goals, track your data and use reminders to stay on top of your wellness, store medical information that is easy to access and share during appointments or emergencies, set, update and access emergency contacts, understand and confidently use Emergency SOS features, find, share and send your location when it matters, and much more to help keep you and your loved ones safe. Presented by Amy Burk of TechWise Coaching. Designed for iPhone and iPad users. Please bring your device.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439559-A1	4/15	1	W	10-11:30am	18-99	\$45/\$56.25

NOT ANOTHER HOME MOVIE SPRING BOOTCAMP

Instructor: Hanan Daqqa

Not Another Home Movie course is for parents, grandparents and family members who want to preserve a family story for the next generation or want to preserve early childhood memories of their children in a 3-5 min film before they grow up. Hanan Daqqa, who teaches the course at George Washington University, will give you effective shortcuts to finding your family story, writing, filming and editing it in just 4 weeks. She believes we actualize ourselves when we tell our stories. You will screen your family film on the last day of the course and start a new you! First session: Find and write the family story.

Second session: The Art of the Interview

Third session: Film grammar and editing techniques

Fourth session: Storyboard and edit your first draft.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439173-A1	5/28-6/18	4	Th	6-9pm	15-80	\$500/\$550

FAMILY FILMS SCREENING EVENT

Instructor: Hanan Daqqa

Are you looking for inspiration to tell your own family story? Come watch artistic and meaningful family films created by George Washington University Students and engage in a discussion on the power of telling our own stories. After the screening, you have the chance to vote on top films and share your questions with Hanan Daqqa, the creator of Not Another Home Movie. Refreshments will be provided.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439174-A1	4/16	1	Th	6-8pm	15-80	\$15/\$18.75

FIND YOUR FAMILY STORY

Instructor: Hanan Daqqa

You know you have a unique family story, but you are not sure which memory will bring it to life. In this one hour workshop, we will do activities that have been proven to help many people connect with themselves and a memory that is meaningful to them. You will leave with an "Aha!" moment and more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439175-A1	4/23	1	Th	10-11am	18-99	\$45/\$56.25
439175-B1	5/14	1	Th	10-11am	18-99	\$45/\$56.25

TELL YOUR TRUE & MEANINGFUL STORY IN 100 WORDS

Instructor: Hanan Daqqa

In this session, Hanan Daqqa will lead you in several writing activities to help you find those lines to preserve a family memory in 100 words. Oh, the possibilities your 100-word story has! Hanan Daqqa is an independent media journalist and an adjunct faculty member at George Washington University, teaching the course, "Not Another Home Movie."

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439176-A1	4/25	1	Sa	11am-1pm	18-99	\$100/\$125
439176-B1	5/2	1	Sa	11am-1pm	18-99	\$100/\$125
439176-C1	5/9	1	Sa	11am-1pm	18-99	\$100/\$125



ADULT ENRICHMENT CLASSES & GARDENING PROGRAMS

YOUR DUSTY FLUTE

Instructor: John Giunta, MA/FRC

Do you have a flute that you have not touched in years? Would you like to engage with the instrument again? This will be a no-pressure, group workshop to refresh your memory about this wonderful instrument. We will work on assembling the flute, breathing, tone production and basic music notation. Reading music notation is helpful but not required. Bring a flute in playable condition, a cleaning rod and soft cloth, a music stand and pencil. Information sheets will be provided. John is a conservatory-trained musician with amazing experience.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
438141-A1	5/5-5/26	4	T	5:30-6:30pm	18-99	\$60/\$75

YOUR DUSTY GUITAR

Instructor: John Giunta, MA/FRC

It seems that everyone has a guitar somewhere. In this no-pressure, group environment, we will look at the several ways the guitar is played, and how to progress on your own. We will review the care of the guitar, the various ways of picking and strumming the guitar, how to interview a teacher, and the various approaches to learning and teaching. Bring a guitar in playable condition, any method books or notes you have, and a music stand. Information sheets will be provided. John is a conservatory-trained musician with amazing experience.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
438142-A1	5/7-5/28	4	Th	5:30-6:30pm	18-99	\$60/\$75

ADULT GARDENING PROGRAMS

Instructor: Debby Ward unless otherwise noted

GARDENING FOR WILDLIFE

Want to make your yard alive with birds and pollinators? Learn how to "garden for wildlife" with Roxanne Paul, formerly with the National Wildlife Federation's Certified Wildlife Habitat Program. Whether you decide to certify your yard or not with NWF, learn how plants native to Virginia can provide food and cover to wildlife. **Presented by Roxanne Paul with the Town's Conservation & Sustainability Commission.**

Location: Vienna Community Center

Location: Vienna Community Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439449-A1	4/9	1	Th	7-8pm	18-99	Free

GROW FOOD IN THE SHADE

Many folks have shady areas of their yards and yearn to grow food, thinking they are not able to because of the shade. See how and what edibles you can grow in shadier areas of your property. Get a list of shade tolerant edible plants and design ideas including an introduction on creating a food forest on your property. Handout included.

Location: Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439551-A1	4/4	1	Sa	10:30-11:30am	18-99	\$10/\$12.50

COMPOST!

Understand how living compost works and the benefits it has for your garden. Gain knowledge on the pros and cons of different composting tools and methods, including biodynamic composting, to make the right composting choices for you. See how we compost at the Learning Garden Compost Center. Handout included.

Location: Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439552-A1	4/4	1	Sa	9-10am	18-99	\$10/\$12.50

GROW GREAT BERRIES

Adding luscious berries to your home garden is delicious and rewarding. We will look at blueberries, strawberries, raspberries, blackberries, and more. Get growing and pruning information so your berries thrive. Enjoy these yummy fruits fresh from your own backyard with confidence. Handout included.

Location: Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439553-A1	4/4	1	Sa	12-1pm	18-99	\$10/\$12.50

HERB PROPAGATION METHODS

Enjoy some time in the herb section at the Learning Garden. Learn the best methods of propagating different herbs. See demonstrations of layering and dividing herbs to avoid buying more plants. We'll talk about plant life cycles and harvesting your herbs. Handout includes an herb propagation chart.

Location: Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439554-A1	6/6	1	Sa	9-10am	18-99	\$10/\$12.50

FOUR SEASON HARVEST PLANNING

Enjoy food from your garden year-round. Optimum planning and seed starting for your fall and winter plants is mid-summer. Timing can make or break a successful garden. Understand when to start your seeds and how to layout your garden to follow-on your summer crops with fall and winter ones. Get ideas and tips on layout and design in this workshop. Handout included.

Location: Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
439555-A1	6/6	1	Sa	10:30-11:30am	18-99	\$10/\$12.50



MATURE ADULT CLASSES & LECTURES



PREVENTING ELDER FINANCIAL FRAUD

This presentation exposes the growing crisis of financial fraud, with losses among Americans aged 60 and older soaring to \$4.9 billion in 2024—a 43% increase from the prior year. It explains the most common scams targeting individuals, including phone impersonators, phishing messages, romance and social media cons, tech support deception, and identity theft. The goal is to raise awareness, empower individuals to recognize red flags, and provide simple actions to protect themselves and loved ones from financial exploitation. Presented by Vienna resident, Edward Cody.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441244-A1	3/30	1	M	10-11am	55-99	Free

THE SIX PILLARS OF BRAIN HEALTH

In this interactive session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more. Presented by AARP.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441245-A1	5/4	1	M	10-11am	55-99	Free

WHAT IS YOUR PELVIC FLOOR AND HOW DO YOU KEEP IT FUNCTIONING PROPERLY?

Join pelvic floor physical therapist Dr. Kristin Dunn for an engaging session on understanding and maintaining pelvic floor health as you age. Learn what the pelvic floor is, why it matters, and how it affects bladder and bowel function, sexual health, and core stability. Discover practical tips to prevent or manage incontinence, constipation, and pelvic pain through movement, lifestyle strategies, and self-care. This interactive session is perfect for anyone seeking to age with confidence and comfort.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441254-A1	5/18	1	M	10-11am	55-99	Free

VIGILANCE AGAINST CYBERCRIME

In today's fast-paced online environment, protecting your personal information is more crucial than ever. This workshop is designed to empower you with the knowledge and tools to navigate the digital world safely. We will cover how to stay safe in public, at home, when using social media and when shopping and banking. We will also look at common scams and how to avoid them. Join us to learn more! Presented by AARP.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441250-A1	6/1	1	M	10-11am	55-99	Free

NATURAL PAIN MANAGEMENT

A life with less pain without drugs and surgery is possible! This presentation explores effective, drug-free healthcare approaches that address the root cause of your discomfort and empower your body's natural healing abilities. Presented by Eric Terrel I with Horizon Chiropractic.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441256-A1	5/11	1	M	10-11am	55-99	Free



MEDICARE 101 AND SOCIAL SECURITY

Come and learn how to choose a Medicare plan that is right for you and find out how you can match the right plan to your needs and goals. Presented by Sharon Accardo, Senior Insurance Advisor/Community Educator-Innovative Insurance Group, LLC and Gary Wong, Certified Financial Planner™ Edward Jones Financial Advisor

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441247-A1	3/10	1	T	10-11:30am	55-99	Free

MEDICARE: GETTING READY AND MAKING THE MOST OF YOUR OPTIONS

Are you turning 65 soon or preparing to enroll in Medicare within the next six months? Or are you already enrolled and looking to make informed decisions during Medicare Open Enrollment? This class is designed for you. We'll walk through the key components of Medicare—Parts A, B, C (Medicare Advantage), and Part D (prescription drug coverage)—and take a deeper look at Medicare Supplement (Medigap) policies. You'll gain a clearer understanding of what each option covers, how costs compare, and what questions to ask when evaluating plans. We will also discuss how to avoid common mistakes and maximize the value of your Medicare benefits. Whether you are new to Medicare or considering a plan change during Open Enrollment, this session will give you the tools to make confident, well-informed decisions. Bring your questions—we'll provide practical answers and resources to help you navigate the Medicare landscape with clarity. Presented by Maddie Sharp, CFP® Specializing in Senior Health, LTC, Life, and Annuity Protection.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441252-A1	4/11	1	Sa	10am-1pm	55-99	\$10/\$12.50

STRENGTH TRAINING AND FALL PREVENTION FOR AGING POPULATIONS

Falls are the leading cause of injury among older adults, with one in four Americans aged 65 and older experiencing a fall each year. Even more concerning, falls are the most common cause of hip fractures and traumatic brain injuries in this age group! But the good news is that many falls can be prevented. Join Dr. Ryan Moody PT, DPT, OCS Physical Therapist from PT Solutions Physical Therapy in Vienna for an informative and interactive seminar focused on simple, effective exercises that improve balance, strength, and coordination. This seminar will explore the importance of strength training for maintaining and improving quality of life and reducing falls in the 55+ population.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441255-A1	6/8	1	M	10-11am	55-99	Free



MATURE ADULT CLASSES & LECTURES

HIP & KNEE REPLACEMENT OPTIONS

Come join Dr. Robert Sershon to learn about new hip and knee replacement techniques. Dr. Sershon is nationally respected as an authority on kinematic knee replacement — a technique that restores each patient’s natural alignment and ligament balance through customized instrumentation or robotics. These advanced hip and knee techniques are designed to replicate the joint’s natural biomechanics before arthritis develops, enabling patients to return to the activities they love without pain.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441257-A1	4/20	1	M	4:30-5:30pm	55-99	Free

CURRENT CONCEPTS IN KNEE & HIP ARTHRITIS REPLACEMENT

Dr. Nigel Azer will discuss the latest current concepts in knee and hip arthritis replacement, highlighting how modern techniques are improving outcomes for patients. He will review advancements in implant technology, less-invasive surgical approaches, and enhanced recovery methods that help individuals return to their daily activities more quickly and comfortably. Community members will gain a clear understanding of what to expect from knee and hip replacement today and how these innovations are transforming arthritis care.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441332-A1	6/15	1	M	10-11am	55-99	Free

AGING IN YOUR HOME

Looking to improve your living environment and not ready to move? Learn best practices and philosophies from Home Care, Realtor, Builder and other Senior focused Business Professionals on how to optimize your living environment.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441333-A1	4/16	1	Th	10-11am	55-99	Free

NAVIGATE WITH NANCY: ARE YOU READY FOR A 30 YEAR RETIREMENT?

Living into your 90s is now common, not rare. Our expert panel shares what you need to know about funding those extra decades, maintaining independence longer, and making housing decisions that work as you age. Get practical insights for being prepared, however long you live. Hosted by Nancy Heisel; Certified Senior Housing Professional, Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441560-A1	4/7	1	T	10-11am	55-99	Free

NAVIGATE WITH NANCY: THE ROAD AHEAD; SAFE DRIVING & SMART DECISIONS

How do you know when it is time to stop driving? Join our panel for honest conversation about maintaining safety after 80, making the transition with dignity, and discovering local transportation options that preserve your independence and connections. Hosted by Nancy Heisel, Certified Senior Housing Professional, Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441561-A1	5/5	1	T	10-11am	55-99	Free

NAVIGATE WITH NANCY: UNDERSTANDING HOSPICE PALLIATIVE CARE

What is the difference between hospice and palliative care—and when might you need them? Our expert panel answers the questions many people hesitate to ask eligibility, costs, what happens at home, and the practical steps to take now so you are prepared when the time comes. Hosted by Nancy Heisel, Certified Senior Housing Professional, Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441562-A1	6/2	1	T	10-11am	55-99	Free

STAYING ACTIVE & HEALTHY WITH FOOT & ANKLE PROBLEMS

One of the most important factors for a long and healthy lifestyle is finding ways to stay active and maintain a regular level of physical activity. Pain or dysfunction from foot and ankle problems, such as arthritis, Achilles tendinitis, bunions, and others, often dissuade people from participating in the activities they enjoy. Thankfully, recent advances in minimally invasive and patient-specific surgery have revolutionized the approach to these problems. Minimally invasive bunion correction and minimally invasive Achilles tendon surgery result in less swelling, a faster recovery, and a quicker, more reliable return to activity. Now, better than ever, we can fix these issues and help people return to function faster. Presented by Dr. Brian Gallagher.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441565-A1	5/11	1	M	10-11am	50-99	Free

MAXIMIZE YOUR PROFITS WHILE DECLUTTERING AND DOWNSIZING

Learn techniques for maximizing value of your prized possessions. Making charitable donations of items that may benefit others in need. Sorting and recycling in an environmentally conscious way. Stacey Peterson, Ararity Services and Jamie Grasso, JG Jewelry and Estates will share their expertise on proven techniques for maximizing the value of your possessions and the steps needed to get from where you are today to a new chapter in your life!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441566-A1	4/6	1	M	10am-12pm	50-99	Free

A MATTER OF BALANCE: 8-WEEK PROGRAM

Many older adults experience concerns about falling and restrict their activities. A matter of balance is an award-winning program designed to manage falls and increase activity levels. Through discussion and exercise you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. This 8-week program is presented by Fairfax County Area Agency on Aging. This program requires a minimum of 8 people and a maximum of 12. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441574-A1	4/13-6/8	8	M	10am-12pm	55-99	Free

MATURE ADULT CLASSES & LECTURES



DON'T SHRINK YOUR BRAIN, AVOID ALZHEIMER'S AND DEMENTIA

Memory is life's greatest gift. Memory provides us with cognitive function. It is memory and cognitive function that makes us who we are. Yet, we are led to believe that age causes our brain to shrink, robs us of memory, and may even impose some sort of dementia. That is a myth. Your brain shrinks; you lose memory and develop some form of dementia because your brain is not healthy. It can be prevented or corrected. Join this discussion with author and brain health coach, Norton S. Beckerman.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441575-A1	4/13	1	M	10-11am	55-99	Free

SENIOR FITNESS

Instructor: Tuesday: Mary Mignatti Thursday: Katie Culligan

This energizing class is for older adults who have been exercising on a regular basis. This program includes cardio, weightlifting and stretching to aid in building physical endurance, muscle strength, balance and flexibility. Participants are asked to bring water and hand weights to class. Participants are responsible for knowing and regulating their own fitness level.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
443730-A1	4/7-6/9	10	T	11:30am-12:30pm	55-99	\$30/\$37.50
443730-B1	4/9-6/18	11	Th	10:30-11:30am	55-99	\$33/\$41.25

INTRODUCTION TO PILATES RING TONING

Instructor: Edita Dolunts

Join this FREE 30-minute introductory class and get a full body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Pilates Ring works for all fitness levels, and the exercises emphasize moving intentionally and taking deep, focused breaths. Pilates Ring Toning is great for reducing stress and improving mental focus and body awareness. This is a seated exercise class with a chair.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442469-A1	3/31	1	T	11am-12pm	55-99	Free

PILATES RING TONING

Instructor: Edita Dolunts

With each Pilates Ring Toning class, you can expect a full body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Pilates Ring works for all fitness levels, and the exercises emphasize moving intentionally and taking deep, focused breaths. Pilates Ring Toning is great for reducing stress and improving mental focus and body awareness. This is a seated exercise class with a chair.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442470-A1	4/7-6/16	11	T	11am-12pm	55-99	\$132/\$165

DOWNSIZING

Comprehensive seminar helping you to plan for the future by discussing various aspects of the downsizing process. Some topics to be discussed: decluttering your current home, organizing and getting it ready for sale and selling your home to researching future home options involving different types of living and levels of care available. Presented by Jeff Wu, Agent Knows Homes Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441576-A1	5/21	1	Th	10-11am	55-99	Free

GOLD ZUMBA®

Instructor: Edita Dolunts

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardio, muscular conditioning, flexibility, and balance. Once the Latin and World rhythms take over, you will get an awesome dose of energy each time you leave class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442471-A1	4/9-6/18	11	Th	12-1pm	40-99	\$132/\$165

CHAIR YOGA

Instructor: John Giunta, MA/FR

The Chair Yoga class will be conducted while sitting in sturdy, armless chairs, with some asanas/postures in the standing position, as your abilities dictate. Complete safety, along with self-knowledge will be the mainstays of this class. Any limitations in your movement will be respected and nurtured. We will study yogic anatomy, breathing, meditation, and the elements of solid and confident balance. We will have the same traditional approach that John Giunta uses in his other classes. John is an Initiate of the Himalayan Institute, founded by Swami Rama, and he has made a pilgrimage to India. His varied background and life experience as a US Army veteran, Interfaith Minister and musician will serve us well across all spiritual and secular Paths. John plays his own live music for the introduction to each meditation. *No Class: 5/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442472-A1	4/6-6/15	10	M	10-11am	55-99	\$100/\$125

PERSONAL HISTORY—MEMOIR WRITING

Everyone has a story worth telling! Our memoirs are the best way to record the unique experiences of our lives for our children, grandchildren, and future generations. In this group, which has been meeting since 1988, we encourage each other to write about topics that are important to us in a friendly, supportive environment. There are no formal writing instructions or critiques, just sharing to jog our memories and stay connected to our pasts. Our topics are selected by group members, and our writing is shared privately within the group. Individual readings of essays of 600-1000 words are timed based on the number of participants in each meeting so that all members have an opportunity to share their writing. Join us for 90-minutes of fun, friendship, and the joy of sharing our life stories. The meetings are primarily in-person, but online participation is available.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442480-A1	4/9-6/18	11	Th	10:30am-12:30pm	50-99	Free

MATURE ADULT CLASSES & LECTURES



MONDAY MORNING WALKERS



Instructor: Dadia Stern

This walking program will teach you how to safely and comfortably incorporate physical activity into your everyday lifestyle while enjoying a fun hour of socializing and walking.

Walks will be on local trails, scenic paths, neighborhoods and parks in the area beginning at the Vienna Community Center. You should be able to walk each two to three mile route in about one hour, and be able to keep up with the group. The program will meet rain or shine, with the exception being heavy rain or thunderstorms.

This program is led by a certified instructor.
No Class: 5/25

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
443282-A1	4/6-5/11	6	M	10-11am	55-99	\$18/\$22.50
443282-B1	5/18-6/29	6	M	10-11am	55-99	\$18/\$22.50

ESTATE PLANNING 101

This lecture is designed to highlight the main parts to an estate plan and the critical importance of each document. Topics include wills, revocable living trusts, advance medical directives, power of attorney and probate. Presented by Alison Mathey Lambeth, Attorney at Law.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442482-A1	5/18	1	M	10-11am	55-99	Free

LEARN BALLROOM DANCE

Learn to ballroom dance or brush up on your steps with a professional ballroom dancer, Sophia Hsieh. Sophia has been dancing for over 20 years and competes throughout the country. Single ballroom dance, no partner necessary. Requires advance registration.
No Class: 4/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442487-A1	4/10-6/12	9	F	11am-12:30pm	55-99	\$0/\$5

ESSETRICS LEVEL 1

Instructor: Kate Montoya

Essentrics is a full body workout that can change the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles and changes your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. This workout leaves you feeling energized, youthful, and healthy. Please bring a thin yoga mat, theraband or yoga strap and towel to class. Participants must be able to get down and up from the floor on their own.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442575-A1	4/15-6/17	10	W	11:15am-12:15pm	40-99	\$75/\$92.50

ESSETRICS LEVEL 2

Instructor: Kate Montoya

This class will add another level of complexity and strength training to the exercise sequences. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Perfect for men and women of all fitness levels. This workout leaves you feeling energized, youthful, and healthy. Must have completed three semesters (or sessions) of Level 1. Please bring a yoga mat and towel to class

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442578-A1	4/17-6/12	9	F	11:15am-12:15pm	40-99	\$67.50/\$83.25

S.A.I.L.—STAY ACTIVE & INDEPENDENT FOR LIFE

Instructor: Teresa Fletcher

S.A.I.L is an evidence-based fall prevention program centered around a strength, balance, and fitness program for adults 65 and older. The SAIL curriculum includes aerobics, balance exercises, stretching routines and education-the exercises can be done standing or sitting. SAIL classes are proven to improve balance, mobility, strength, and flexibility and to reduce known risk factors for falls. Two classes a week are recommended. *No Class: 4/8, 4/10, 4/15, 4/17, 5/6, 5/8*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
442577-A1	4/1-6/17	9	W	2-3pm	65-99	\$76.50/\$94.50
442577-B1	4/3-6/12	8	F	2-3pm	65-99	\$68/\$84

MY STORY AND ART

Instructor: Sunny Kim Art LLC

Now in its third year, this reflective class is about telling your story through art and incorporating artistic methods from other cultures. We will discuss specific memories from childhood to the present and create artworks reflective of those memories using both conventional and non-conventional materials such as glass, marbles, flower petals, seaweed, etc. Highlights have included Zensho (Japanese flower arrangement), Sumi ink scroll painting, glass marble printmaking, rangoli (Indian tradition of creating a personal/family pattern using flower petals). Each class will be theme specific. Just bring kindness and a willingness to connect with others and to try something fun and new. No prior art experience necessary and all skill levels are welcome!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
447620-A1	4/7-5/19	7	T	10-11:30am	55-99	\$210/\$262.50

Hearing Screenings

**April 27
10 a.m.-3 p.m.**

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons will be offering free 30-minute hearing screenings to determine if you will need a hearing test. No hearing aid sales are involved. To schedule an appointment, call **703-255-7801**.



MATURE ADULT TRIPS



VIENNA VA 250

The 250th anniversary of the American Revolution has arrived, and it promises to be among the most significant commemorations in the nation's history. Join us in celebrating America's 250th birthday by visiting historic sites, witnessing reenactments, and touring the residences of individuals who played a pivotal role in gaining our independence.

COLONIAL ANNAPOLIS WALKING TOUR AND ANNAPOLIS HARBOR CRUISE



Experience the people and places from over 250 years ago. Annapolis played a key role in gaining our independence and forming the country we know today. Our tour will be less than 1 mile of walking through the Historic District of Annapolis. We will visit the State House, once the capitol of the United States. We will see several Georgian mansions, visit St. Anne's Parish, the Hammond-Harwood House, and the Paca House, hear about the rivalry between the U.S. Naval Academy and St. John's College and learn about everyday life in colonial Maryland. Approximately halfway through the tour we will stop for lunch at Galway Bay Restaurant. After our tour we will enjoy an afternoon cruise on the Chesapeake to hear the history of the U.S. Naval Academy, Annapolis' role as a historic seaport, the region's waterways, and catch a glimpse of the Bay Bridge. Lunch is included in the trip fee. This trip requires a significant amount of walking outdoors.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441236-A1	4/8	1	W	9am-5:30pm	55-99	\$129/\$161.25

"CALL TO ARMS" AT THE NATIONAL MUSEUM OF THE UNITED STATES ARMY



Step into history through the powerful exhibition "Call to Arms" commemorating the U.S. Army's 250th Birthday and the upcoming 250th anniversary of the Declaration of Independence. This landmark display features rare Revolutionary War artifacts from the original colonies, England, France, and Canada. Our docent-led tour includes personal artifacts, digital maps, and life-size dioramas, offering a deeper understanding of the Revolutionary War Soldier experience, exploring what they were fighting for and why they served. Lunch will be on your own at the Museum Café.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441237-A1	4/22	1	W	9am-2pm	55-99	\$58/\$72.50

Philadelphia 250



Join us in celebrating our nation's historic milestone and explore the history and global impact of the Declaration of Independence from 1776 to today. Our day in Philadelphia will include docent-led guided tours at the National Constitution Center, Independence Hall and the Museum of the American Revolution. Lunch will be on your own at the Delegate's Cafe. This trip requires a significant amount of walking. Individuals must be able to keep up with the group. Transportation will be a 55-passenger coach bus with a restroom.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441240-A1	6/17	1	W	7am-7pm	18-99	\$128/\$160

TRIP ACTIVITY LEVELS

All of our trips feature activity level icons as guides to the type of itinerary and level of challenge you can expect to encounter while travelling with us. The information below explains what each activity level means, so you can make sure you find the right trip for you. **Persons with disabilities requiring ADA accommodations must call 703-255-7801 at least 10 business days in advance of the scheduled trip.** Vienna Parks and Recreation retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.



EASY GOING: Minimal Walking



ON YOUR FEET: Getting on and off the bus, standing and strolling through museums



KEEP THE PACE: Walking historic areas at a moderate pace, stairs, able to keep up with the group



LET'S GO! Physically challenging, capable of walking three or more miles over uneven terrain including hills and rocks

Monticello



Come with us to Charlottesville, Va. and delve into the life, interests, achievements, and legacies of the U.S.'s 3rd President-Thomas Jefferson. Our guided experience includes first floor spaces in Thomas Jefferson's home, the West Lawn, and the South Wing. We will learn about Jefferson and his vision for America, the realities of slavery on the Monticello plantation, and the mountaintop's iconic architecture. There will be time on your own to join one of these other tours with your ticket: The Slavery at Monticello Tour and Seasonal Gardens & Grounds Tour. Lunch will be on your own at the Monticello Café featuring grab-and-go options and made-to-order sandwiches, salads, shareable plates, and desserts. This trip requires a significant amount of walking on mixed surfaces of brick, asphalt, and crushed gravel.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441239-A1	6/3	1	W	8:30am-6:30pm	55-99	\$112/\$140

LADY CAMELLIA & TALL SHIP PROVIDENCE DOCKSIDE TOUR



Enjoy beautiful waterfront scenery in Old Town Alexandria, a lovely spot for our afternoon tea at Lady Camellia to include tea sandwiches, scones, croissants, pastries and choice of tea. After our tea we will walk to the Alexandria dock to climb aboard the original Tall Ship Providence for a historical dockside tour of the ship. Travel back in time to 1776 where you will join the crew, meet Captain John Paul Jones, and begin your training as a member of the Continental Navy. We will visit the quarterdeck, the main deck, the captain's cabin, and the hold. After disembarking, we will head to the Naval History Theater for an exclusive showing of the short film, Providence: Dawn of the US Navy, produced especially for Tall Ship Providence and featuring four subject matter experts and many beautiful shots of the ship at sea. Please note: There are a few steps that must be climbed down at the end of the ship's gangway to board the ship. Climbing ladders are the only way to move between the decks.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
441238-A1	5/6	1	W	11am-4pm	55-99	\$133/\$166.25



TOWN OF
VIENNA
Parks and Recreation

REGISTRATION FORM

TOWN OF VIENNA PARKS AND RECREATION
120 CHERRY ST. SE
VIENNA, VA 22180
PH: 703-255-6360 / FAX: 703-255-6399
www.viennava.gov

VCC USE ONLY - DATE: _____
REGISTRATION ACCEPTED BY: _____

CHECK ONE: RESIDENT ___ Non RESIDENT ___
CHANGE OF ADDRESS: YES ___ NO ___
EMAIL ADDRESS CHANGE: YES ___ NO ___

ONE HOUSEHOLD PER REGISTRATION FORM

HEAD OF HOUSEHOLD LAST NAME: _____ FIRST NAME: _____
ADDRESS: _____ BIRTHDATE: _____
CITY: _____ STATE: _____ ZIP CODE: _____
HOME PHONE:(____) _____ WORK PHONE:(____) _____
CELL:(____) _____ (CELL PROVIDER): _____ EMAIL: _____
EMERGENCY CONTACT: _____ EMERGENCY PHONE NUMBER:(____) _____

PARTICIPANT NAME FIRST/LAST NAME	BIRTHDATE	M/F	ACTIVITY NUMBER AND SECTION (222222 A1)	ACTIVITY NAME	FEE
SAM SAMPLE	1/2/03	M	(222222 B1)	GYMNASTICS	\$32

PAYMENT METHOD		TOTAL FEES: _____	
CHECK MADE PAYABLE TO: TOWN OF VIENNA	Total: _____	LESS HOUSEHOLD	_____
CASH (<i>Exact change only</i>)	Total: _____	CREDIT:	_____
CREDIT CARD:	Total: _____	TOTALPAID:	_____
<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover	Exp. Date: ____/____/____ CVC: _____	PLEASE REVIEW OUR REFUND POLICY BEFORE REGISTERING FOR CLASS.	
Signature _____ (<i>I agree to pay above credit card total</i>)			

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program & associated activities, I hereby release the Town of Vienna, Virginia & its officers, employees, agents, & volunteers from any & all liability relating to or arising out of the registrant's participation. The Town neither endorses nor provides any financial advice or counseling and financial counselors and/or lecturers are not employed by the Town. Any registrant to a financial counseling seminar or lecture assumes all risk of loss as a result of following any lecturer's advice. I authorize the Town of Vienna and its officials, employees, agents & volunteers, at any such person's discretion to administer emergency first aid treatment & at my expense to obtain the services of a physician(s) and/or rescue squad & authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE _____

Town of Vienna
Parks and Recreation

120 Cherry Street, S.E.
Vienna, Virginia 22180



VIENNA THEATRE COMPANY PRESENTS:

LERNER AND LOEWE'S

Adapted from George Bernard Shaw's play and Gabriel Pascal's motion picture "Pygmalion". Original Production Directed by Moss Hart.



PERFORMANCE DATES:

Fridays and Saturday | 7 p.m.
April 17, 18, 24, 25, May 1 and 2

Sundays | 2 p.m.
April 19, 26 and May 3

Lerner and Loewe's award-winning story of a cockney flower girl transformed into an elegant lady is widely considered one of the greatest musicals of all time. Eliza Doolittle is a young flower seller with an unmistakable Cockney accent which keeps her in the lower rungs of Edwardian society. When Professor Henry Higgins tries to teach her how to speak like a proper lady, an unlikely friendship begins to flourish.

**Tickets
are \$18**

Tickets on sale **February 2** for residents and February 9 for folks living outside Town limits. Purchase your tickets at www.viennava.gov/register or in person at the Vienna Community Center. More info at www.viennava.gov/theatre.

VIENNA YOUTH PLAYERS AUDITIONS:

GUYS & DOLLS

Audition Dates

Vienna Community Center Auditorium

May 23 & 24 • 12 p.m. (noon)–4 p.m.

May 26 • 4–6:30 p.m.

Callbacks will be held on May 26 • 6:45–10 p.m.

www.viennava.gov/theatre for sign-ups and more information.

VYP is for ages 10–18

VIENNA COMMUNITY CENTER

**60th
ANNIVERSARY
OPEN HOUSE**

**April 17 | 4 – 7 p.m. Vienna
Community Center**

Celebrate six decades of memories at the Vienna Community Center! Join us April 17 from 4–7 p.m. for a nostalgic 1960s-themed open house with self-guided tours, a photo memory wall, giveaways, and a chance to share your own stories from the past 60 years. *Ceremonial cake-cutting at 4:30 p.m.

