

Vienna *adventures*

PARKS AND
RECREATION
PROGRAMS
AND EVENTS
GUIDE

FALL 2025

SPECIAL EVENTS

*See pages 17 to 20
and Back Cover*



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

FALL 2025 GENERAL INFORMATION



TABLE OF CONTENTS



	PAGE
General Information.....	2 – 5
Registration Dates.....	3
Historic Vienna, Inc.	3
Online Registration.....	4
About Our Parks.....	5
Preschool & Youth Classes.....	6 – 10
Club Phoenix Teen Center	11 – 13
Adult Drop-In and On-Going Programs.....	14 – 15
Adult Art & Pottery Programs	16
Special Events.....	17 – 20
Bowman House Pottery Show & Sale	17
CarFit Event.....	17
Big Screen on the Green	18
Chillin' on the Church.....	18
Town Clean Up Day.....	18
Vienna Theatre Company Presents.....	19
Oktoberfest Vienna.....	19
Halloween on the Green.....	19
Summer on the Green	20
Kids on the Green.....	20
Adult Fitness Programs	21 – 23
Adult Enrichment Classes.....	24
Adult Gardening Programs.....	25
Mature Adult Events, Classes and Lectures.....	26 – 29
Mature Adult Trips.....	30
Registration Form.....	31
Halloween Parade	Back Cover

PARKS AND RECREATION

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

COMMUNITY CENTER

Jillian Franklin, Operations Superintendent 703-255-5726
Joy DiLillo Harrington, Office Manager 703-255-5741
Gagan Sandhu, Customer Care Specialist 703-255-6360

PARKS

Jeremy Edwards, Parks Superintendent 703-255-6336
Brian Harrington, Parks Supervisor 703-255-5755
Matthew Fuller, ISA Cert. Arborist, Town Arborist 703-255-6309

RECREATION

Brandy Wyatt, Program Superintendent..... 703-255-5721
Lily Dunning Widman, Events and Culture Superintendent..... 703-255-5738
Derrick Cowles, Recreation Program Coordinator II—Programs and Camps 703-255-6352
Kathy Blevins, Recreation Program Coordinator—Mature Adults..... 703-255-7801
Lisa Shackelford CPRP, Assistant Special Events Coordinator..... 703-255-6395
Stephanie Junkin, Recreation Coordinator—Arts and Culture..... 703-255-6357
Ianna Alhambra, After School Program Coordinator 703-255-5736

PHONE NUMBERS

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

YOUTH TEAM SPORTS

VIENNA BABE RUTH LEAGUE — boys ages 13–18, visit 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 vll.org

VIENNA GIRLS SOFTBALL LEAGUE — Softball program for girls ages 3–18.

For more information visit vgsl.org

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

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

REGISTRATION DATES

IN TOWN BEGINS

August 4 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

August 11 at 8 a.m.

VIENNA COMMUNITY LEARNING AND DISPLAY GARDEN

The Vienna Community Learning and Display Garden 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**.

PICNIC SHELTERS INFORMATION AND RESERVATIONS

Park picnic shelters are a great place to hold a birthday party, corporate event, large family gathering, school picnic or any other special occasion. Come enjoy one of our three picnic shelters at Glyndon Park, Meadow Lane Park, and Southside Park. **The picnic shelter rental season is from April through October.** Reservations are accepted on a first come, first served basis. To view a picnic shelter calendar or make a reservation, please visit viennava.gov/rentals. Paper applications are available by calling the Town of Vienna Parks and Recreation Department at **703-255-6360**. Reservations for picnic pavilions are permitted for 4 hours during the hours of 10 am-8pm.

RENTAL FEES:

- Town Residents and Groups** ▶ \$50 for 4-hour max
- Non-Town Residents and Groups** ▶ \$100 for 4-hour max
- Bathroom/Water Key** ▶ \$50 Deposit
(Must pick up key in-person one week prior to the rental)
- Electricity:** \$25 | **Water:** \$25

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

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 **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

August 4 at 8 a.m.

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

August 11 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.

ONLINE REGISTRATION

Instructions on how to access WebTrac Visit viennava.gov/register

Use this Link directly to our ON-LINE REGISTRATION "WebTrac" and 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.

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.

WAITLIST NOTIFICATION

If a spot opens in a class, 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.

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 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. We ask that users **opt into the program** 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. You must opt in through your WebTrac account. Please 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.

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.

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.



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

LOOKING FOR A PREMIER LOCATION FOR YOUR EVENT?

The Vienna Community Center can host events for any occasion from intimate meetings to large scale events. To discuss your event needs or to book a room, please email Rentals@viennava.gov or contact the Vienna Community Center at **703-255-6360**. You can also find more information and rental guidelines on our website at viennava.gov/rentals.

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



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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204091-A1	9/12-11/7	9	F	4-5pm	4-7	\$225/\$281.25

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: Waters Field

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204333-A1	9/10-11/5	9	W	1-2pm	3-5	\$153/\$184.50

SPORTS & 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: 10/13, 11/3

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204706-A1	9/15-11/17	8	M	1:30-2:30pm	3-6	\$138/\$172



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. *No Class: 9/23, 11/4, 11/11*

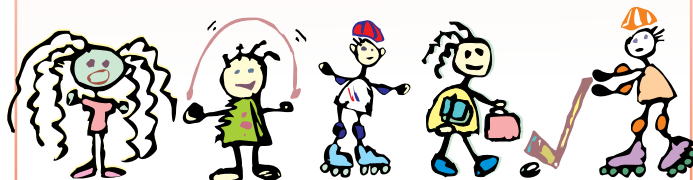
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204707-A1	9/9-11/25	9	T	1:30-2:30pm	3-6	\$171/\$213.75

TWOOSEY 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
207250-A1	9/16-11/4	8	T	10:30-11:15am	1-3	\$120/\$150
CANCELLED	9/16-11/4	8	T	11:30am-12:15pm	1-3	\$120/\$150
207250-C1	9/18-11/6	8	Th	10:30-11:15am	1-3	\$120/\$150



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.

No Class: 11/4, 11/11

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
CANCELLED	9/15-11/17	12	T	9:30-10:15am	birth - 5	\$295/\$345
208141-B1	9/9-12/9	12	T	10:30-11:15am	birth - 5	\$295/\$345

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 the instruments and build friendships. This is a parent participation class.

No Class: 11/6, 11/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
208142-A1	9/15-11/17	10	M	10-10:40am	10-30 mo	\$195/\$245
208142-B1	9/15-11/17	10	M	11-11:40am	10-30 mo	\$195/\$245
208142-C1	9/18-12/4	10	Th	10-10:40am	10-30 mo	\$195/\$245
CANCELLED	9/18-12/4	10	Th	11-11:40am	10-30 mo	\$195/\$245





PRESCHOOL & YOUTH CLASSES

GYMNASTICS



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 students need to learn gymnastics skill.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204060-A1	9/15-11/17	10	M	4:15-5pm	4-7	\$82.50/\$102.50
204060-B1	9/15-11/17	10	M	5:15-6pm	4-7	\$82.50/\$102.50
204060-C1	9/15-11/17	10	M	6:15-7pm	4-7	\$82.50/\$102.50

GYMNASTICS FOR AGES 5 TO 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! *No Class: 10/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214061-A1	9/16-11/18	10	T	4:05-5pm	5-13	\$100/\$125
214061-B1	9/16-11/18	10	T	5:05-6pm	5-13	\$100/\$125
214061-C1	9/16-11/18	10	T	6:05-7pm	5-13	\$100/\$125
214061-D1	9/17-11/19	9	W	4:05-5pm	5-13	\$90/\$112.50
214061-E1	9/17-11/19	9	W	5:05-6pm	5-13	\$90/\$112.50
214061-F1	9/17-11/19	9	W	6:05-7pm	5-13	\$90/\$112.50
214061-G1	9/18-11/20	10	Th	4:05-5pm	5-13	\$100/\$125
214061-H1	9/18-11/20	10	Th	5:05-6pm	5-13	\$100/\$125
214061-I1	9/18-11/20	10	Th	6:05-7pm	5-13	\$100/\$125

GYMNASTICS FOR PARENT AND 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
204061-A1	9/17-11/19	10	W	9:45-10:30am	2-3	\$82.50/\$102.50
204061-B1	9/17-11/19	10	W	10:45-11:30am	2-3	\$82.50/\$102.50
204061-C1	9/18-11/20	10	Th	9:45-10:30am	2-3	\$82.50/\$102.50

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. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204062-A1	9/16-11/18	9	T	1:15-2pm	3-5	\$74.25/\$92.25
204062-B1	9/16-11/18	9	T	2:15-3pm	3-5	\$74.25/\$92.25
204062-C1	9/16-11/18	9	T	3:15-4pm	3-5	\$74.25/\$92.25
204062-D1	9/17-11/19	10	W	1:15-2pm	3-5	\$82.50/\$102.50
204062-E1	9/17-11/19	10	W	2:15-3pm	3-5	\$82.50/\$102.50
204062-F1	9/17-11/19	10	W	3:15-4pm	3-5	\$82.50/\$102.50
204062-G1	9/18-11/20	10	Th	10:45-11:30am	3-5	\$82.50/\$102.50
204062-H1	9/18-11/20	10	Th	1:15-2pm	3-5	\$82.50/\$102.50
204062-I1	9/18-11/20	10	Th	2:15-3pm	3-5	\$82.50/\$102.50
204062-J1	9/18-11/20	10	Th	3:15-4pm	3-5	\$82.50/\$102.50

ADVANCED GYMNASTICS

Instructor: Shannon Lake

This invite only class has a 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. *No Class: 10/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214063-A1	9/16-11/18	10	T	7:05-8pm	7-13	\$200/\$250
214063-B1	9/17-11/19	9	W	7:05-8pm	5-8	\$180/\$225
214063-C1	9/18-11/20	10	Th	7:05-8pm	7-13	\$200/\$250



PRESCHOOL & YOUTH CLASSES



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: 10/31, 11/28*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228101-A1	9/12-12/19	13	F	5:30-6:30pm	6-12	\$227.50/\$282.75



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: 10/31, 11/28*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228105-A1	9/12-12/19	13	F	6:30-7:30pm	6-12	\$227.50/\$282.75

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, plies, 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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228107-A1	9/8-12/15	15	M	2-2:45pm	3-6	\$262.50/\$326.25
228107-B1	9/8-12/15	15	M	3-3:45pm	3-6	\$262.50/\$326.25

CANCELLED

SPANISH FOR BEGINNERS

Instructor: Children's Center for Language and Culture, Inc

An introduction to Spanish that combines dynamic and fun teaching strategies with traditional classroom instruction. Students will begin building vocabulary and developing speaking and conversational skills through a variety of fun activities such as games, songs, play, puppetry, song, dance, storytelling, and more. A fantastic way to introduce students to Spanish and nurture a love for the language. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
209323-A1	9/2-11/20	23	T & Th	4:30-5:20pm	Ages 6-8	\$437/\$487

CANCELLED

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228313-A1	9/8-12/15	15	M	5:30-6:30pm	6-8	\$262.50/\$326.25

TEAM BUILDING FOR ENERGETIC LEADERS

Instructor: The Washington Center for Learning, LLC

An opportunity for energetic children to explore teamwork while solving real-world physical problems. An age-appropriate obstacle course will be used as children use problem solving, language to socialize, lead, plan and carry out strategies for successful task completion. Expect your child to build physical confidence in areas of balance, strength, flexibility, as well as language communication. *No Class: 9/16, 9/23*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
212521-A1	9/2-11/18	10	T	5-6pm	6-10	\$150/\$187.50

YOUR PERFECT SCENT: SPOOKTACULAR CANDLE MAKING

Instructor: Inspired By Love

Boo! Our Halloween candle making workshop is a fantastic way to blend creativity with the spooky spirit of the season. Join us as we provide a variety of candle molds in fun shapes like ghosts, bats, and skulls; as well as different colors of wax and scents that evoke autumn, such as pumpkin spice, cinnamon, and apple.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
212602-A1	10/13	1	M	9am-1pm	Ages 7-12	\$40/\$50



YOUTH CLASSES

YOUR PERFECT SCENT: FALL HARVEST

Instructor: Inspired By Love

Pumpkin Spice and everything nice. Join us for our Harvest candle-making workshop, where participants can enjoy a delightful experience crafting a holiday-themed candle. You will have the opportunity to use a variety of scents and colors to bring out those cozy autumn tones.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
212603-A1	11/3	1	M	9am-1pm	Ages 7-12	\$40/\$50

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. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 6:1. *No Class: 10/13, 11/11*

Location: Meadow Lane Tennis Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214040-A1	9/8-11/17	10	M	4:30-5:25pm	6-8	\$250/\$300
214040-B1	9/8-11/17	10	M	5:30-6:25pm	7-10	\$250/\$300
214040-C1	9/8-11/17	10	M	6:30-7:25pm	10-14	\$250/\$300
214040-D1	9/9-11/18	10	T	4:30-5:25pm	6-8	\$250/\$300
214040-E1	9/9-11/18	10	T	5:30-6:25pm	7-10	\$250/\$300
214040-F1	9/9-11/18	10	T	6:30-7:25pm	10-14	\$250/\$300
214040-G1	9/11-11/20	11	Th	4:30-5:25pm	6-8	\$275/\$330
214040-H1	9/11-11/20	11	Th	5:30-6:25pm	7-10	\$275/\$330
214040-I1	9/11-11/20	11	Th	6:30-7:25pm	10-14	\$275/\$330

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
214091-A1	9/12-11/7	9	F	5-6pm	8-12	\$225/\$281.25

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: 10/13, 10/20, 11/3

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214690-A1	9/8-11/24	9	M	4:15-5:15pm	5-9	\$171/\$213.75



TEEN WHEEL - THROWING

Instructor: Sydnie Swain

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. Wear clothes you expect to get dirty. *No Class: 10/29*

Location: Bowman House Arts and Crafts Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
217212-A1	9/10-11/19	10	W	6:30-8:30pm	13-18	\$210/\$262.50

SUM MATH FUN

Instructor: Stemtreet

The Stemtreet Math After School Program is a customized, grade-specific curriculum that incorporates engaging exercises and physical manipulatives to make math more enjoyable. Our objective is for students to not only comprehend math but also to be able to apply what they've learned in class to their daily life. The Stemtreet math curriculum provides a solid foundation for children to build on, as well as guidance for kids who may already know the basics but require assistance with more complicated concepts.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214461-A1	9/16-11/4	8	T	5:30-6:30pm	6-11	\$208/\$258



YOUTH CLASSES



CODING WITH FUN

Instructor: Stemtreet

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214462-A1	9/15-11/3	8	M	5:30-6:30pm	6-11	\$208/\$258

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. *No Class: 10/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214707-A1	9/10-11/5	8	W	4:15-5:15pm	5-9	\$152/\$190

CHESS CLUB

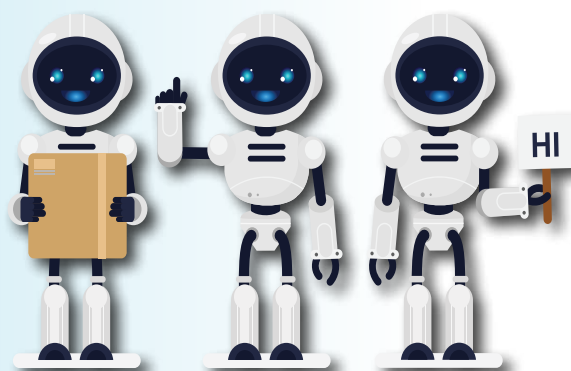
Instructor: Silver Knights Chess

Learn chess with Magnus Academy, five-time world champion Magnus Carlsen's academy! Class time is divided between lessons and practice time. In lessons, we range from the basic rules to advanced tournament strategies. The membership 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.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
219710-A1	9/11-11/13	10	Th	5-6pm	6-11	\$220/\$275

ROBOTICS — ROBOT FUN



Instructor: Stemtreet

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. *No Class: 10/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214661-A1	9/17-11/12	8	W	5:30-6:30pm	6-11	\$208/\$258

ARTSY CRAFTY WOW ART CAMP

Instructor: Abrakadoodle

Let's get crafty! Join us for this DIY Camp where students explore cool, interesting crafts from around the world, develop new craft skills and get creative juices flowing! You will have a jam-packed day with FUN activities like bowl making, designing Mexican Totopos and Russian Dolls, and more! This make-it and take-it camp is a big "WOW" in the world of crafts.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
215103-A1	9/23	1	T	9am-3pm	6-12	\$65/\$81.25



CLUB PHOENIX TEEN CENTER



Club Phoenix Teen Center, an after-school program available for ages 11 – 17, welcomes all teens and tweens in the Greater Vienna area to enrich their lives through programs focused on their interests. We offer homework help, fun daily activities, 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:

September 1 | October 29

November 11 | November 27 | November 28

Club Phoenix extended hours dates:

12:30 – 6:30 p.m.

September 10 | September 23

October 2 | October 8 | October 13 | October 20

November 3 | November 4 | November 12 | November 26

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

REGISTRATION

Please register your child for Club Phoenix online at **www.viennava.gov/Town-Departments/Parks-and-Recreation/Class-and-Program-Information/Teen-Center-Club-Phoenix** and receive a key fob upon entry at Club Phoenix.

THE PHOENIX” PARENT

E-NEWSLETTER

Get connected and stay informed with all the latest programs and activities 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.

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 at “The Nest” snack bar, and in our local Town of Vienna community. Interested students can fill out a volunteer application at the Club Phoenix Teen Center.

CLUB PHOENIX RENTALS

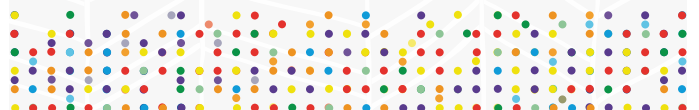
Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application from the After School Program Coordinator by emailing **Ianna.Alhambra@viennava.gov** and set up a tour for more information.

VAN TRANSPORTATION SYSTEM

Free transportation is available to any Club Phoenix member from select local Fairfax County Public Schools. Registration to Club Phoenix Teen Center is required. Students must sign up in advance and space is available on a first come first serve basis. More information can be found at **www.viennava.gov/Town-Departments/Parks-and-Recreation/Class-and-Program-Information/Teen-Center-Club-Phoenix**

TEEN COUNCIL ELECTIONS AND MEETINGS

The Teen Council, a group of youth from Club Phoenix, participates in many events ranging from stream cleanups to kids’ activities in hopes of making a difference in their community. The teens are leaders at Club Phoenix by providing education on youth issues and volunteering at special events. Applications are available at Club Phoenix starting Monday, July 28. Completed applications are due Wednesday, September 10. Meetings are held on alternating Tuesdays from 5 – 6 p.m. Volunteer opportunities are typically after school, on weekends and during school holidays. Teens are chaperoned by a Town of Vienna employee on each volunteer outing. First meeting of Teen Council is Tuesday, September 23.



CLUB PHOENIX TEEN CENTER



CLUB PHOENIX SPECIAL EVENTS

FIRST SEMESTER OPEN HOUSE FOR PARENTS AND FAMILIES

Thursday, September 4

2:30 – 7 p.m.

Please enter from the Club Phoenix blue canopy entrance. Parents, friends, and family are welcome to see where their Teens come to hangout after school. Meet the staff and ask any questions about the programs, daily activities, sign up to volunteer, mentor, tutor, etc. Compete against your parent in a game of pool, play Uno against your siblings, or play Rocket League® against your friends. Admission is free, and if you like what you see, register online at viennava.gov.

HIGH SCHOOL ONLY NIGHTS

Friday, September 12

Friday, October 10

Friday, November 14

7 – 9 p.m.

Club Phoenix Teen Center is closed to all Elementary – Middle School Students on the Second Friday of every month for the last two hours for High School Students to enjoy a safe and structured space. Bring a friend to be entered into the raffle at the end of each evening.

COX FARMS

Instructor: Teen Center Staff

Join other Club Phoenix Members on this Fall Field Trip to Cox Farms. Race down the slides, get lost in a corn maze, and enjoy Fall Festivities in the beautifully picturesque Cox Farms! Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225400-A1	11/3	1	M	12:30-4:30pm	11-17	\$35.75/\$45

PARENT DISCUSSION: TALK, THEY HEAR YOU

The Club Phoenix Teen Center is teaming up with the Fairfax County Community Services Board for the "Talk, They Hear You."® Campaign. SAMHSA's (Substance Abuse and Mental Health Services Administration) national youth substance use prevention campaign helps parents and caregivers, educators, and community members get informed, be prepared, and take action to prevent underage drinking and other substance use. Register to receive the access link to this virtual parent discussion. Please contact Ianna Alhambra, the After School Program Coordinator for any questions at Ianna.Alhambra@viennava.gov.



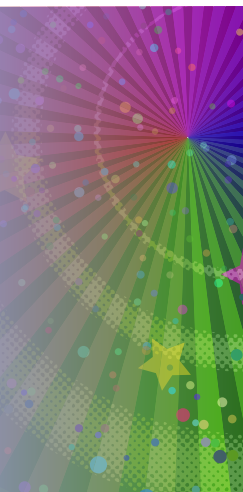
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
222300-A1	9/18	1	Th	11am-12pm	18-99	Free

VIENNA VIBIN': TEEN THRIVE FEST

September 13

1 – 5 p.m.

Kickback, connect, and engage as you expand your resources at this chill fair with refreshments, vendors, and live entertainment. Interested vendors, performers, and partners can contact Ianna.Alhambra@viennava.gov for more details.



SECURESURF TEEN EDITION: SMART, SAFE, AND SOCIAL

Instructor: HDM Proserv LLC

"SecureSurf Teen Edition: Smart, Safe, and Social" offers three independent, lecture-style digital safety classes designed for today's teens. Each session tackles a unique

topic, from protecting social media privacy to recognizing online scams and managing digital footprints, giving teens essential tools to navigate the internet wisely.

- A1- Social Media Privacy and Oversharing
- B1- Scams, Phishing, and How Teens Get Targeted
- C1- Your Digital Footprint and What Colleges/Employers See

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239741-A1	9/16	1	T	6-7pm	13-17	\$52/\$65
239741-B1	10/15	1	W	6-7pm	13-17	\$52/\$65
239741-C1	11/20	1	Th	6-7pm	13-17	\$52/\$65





CLUB PHOENIX TEEN CENTER

CLUB PHOENIX SPECIAL EVENTS

TIME MISSION AMUSEMENT CENTER

Join other Club Phoenix Members on this Fall Field Trip to Time Mission Amusement Center. Enjoy this social gaming adventure and utilize your speed, strength, and skillset to pass the challenges. Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225402-A1	9/23	1	T	12:30-4:30pm	11-17	\$50/\$62.50

THE OUTER LIMITS GAMING CENTER

Join other Club Phoenix Members on this Fall 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. Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225404-A1	10/13	1	M	11:30am-3:30pm	11-17	\$38.50/\$48.25



ZAVAZONE

Join other Club Phoenix Members on this Fall Field Trip to ZavaZone Amusement Center. Enjoy this multi-attraction indoor adventure park that includes trampolines, rope & ziplines, ninja warrior courses and more! Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225403-A1	10/2	1	Th	3:30-7:30pm	11-17	\$54.50/\$68

BEAT THE BOMB: ESCAPE ROOM

Join other Club Phoenix Members on this Fall Field Trip to Beat the Bomb: Escape Room. Enjoy this interactive escape room experience and Beat the Bomb or be splashed by Paint! Hazmat suits included. Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225405-A1	11/26	1	W	2:30-6:30pm	11-17	\$63.25/\$79



Flight Adventure Park

Instructor: Teen Center Staff

Join other Club Phoenix Members on this Fall Field Trip to Flight Adventure Park. Race down the slides, jump on a trampoline, and enjoy Fall Festivities in this trampoline park! Begin and end your day in the Club Phoenix Teen Center. Participants will be transported to and from the park by a fully trained Club

Phoenix Teen Center Specialist in our 12-passenger Town vehicle. Participants are welcome to bring extra cash as desired.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225401-A1	10/20	1	M	12:30-4pm	11-17	\$34.50/\$43.25

ODD JOB LIST – Volunteers Needed

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.



ADULT DROP-IN & ON-GOING PROGRAMS



For the most up to date monthly drop-in calendar, visit viennava.gov/opengym.

ADULT DROP-IN BASKETBALL, VOLLEYBALL and PICKLEBALL

BASKETBALL

Monday/Wednesday/Friday | 8 – 10:00 p.m.

VOLLEYBALL

Monday/Friday | 8 – 10:00 p.m.

INDOOR PICKLEBALL

Monday/Wednesday | 11 a.m. – 1 p.m.

Friday | 11 a.m. – 2 p.m.

Thursday | 6 – 10 p.m. | *Until mid-November*

TABLE TENNIS

Wednesday/Friday | 8-9 a.m.

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. In-person registration is required. Please bring a valid photo I.D.

OUTDOOR PICKLEBALL AND TENNIS COURTS

Please visit viennava.gov/courts for more information

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 in-person or via Zoom® contact hanname1122@gmail.com. The Tai Chi group meets in-person on Tuesdays, Wednesdays, and Fridays at the Vienna Community Center from 7:30 – 8:30 a.m. and Zoom® Monday and Thursday from 7:30 – 8:30 a.m. The Qigong group meets in-person Mondays from 7:30 – 8:30 a.m. No Tai Chi 11/11

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.

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 4 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.

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.



ADULT DROP-IN & ON-GOING PROGRAMS



FIRST FRIDAY FLICKS

sponsored by Humana

First Friday of every month | 2 p.m.

September 5

"La Bamba" — 1987

October 3

"Goldfinger" — 1964

November 7

"Ordinary People" — 1980

December 5

"From Here to Eternity" — 1953

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

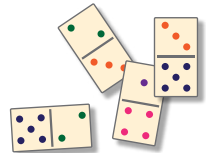
Every Thursday | 12:30 – 4:30 p.m.

Rummikub is a tile-based game for 2 to 4 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.



Hearing Screenings

October 20

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**.



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.

ADULT ART & POTTERY PROGRAMS



ALL POTTERY CLASSES AND LABS ARE LOCATED AT THE BOWMAN HOUSE ARTS AND CRAFT CENTER (211 CENTER STREET SW)

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 lab: 11/6, 11/7, 11/8, 11/27, 11/28, 11/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237210-A1	9/15-11/17	10	M	9:30am-12:30pm	18-99	\$50
237210-B1	9/15-11/17	10	M	6-9pm	18-99	\$50
237210-C1	9/17-11/19	10	W	1-4pm	18-99	\$50
237210-D1	9/18-12/4	10	Th	1-4pm	18-99	\$50
237210-E1	9/19-12/5	10	F	9am-12pm	18-99	\$50
237210-F1	9/20-12/6	10	Sa	9am-12pm	18-99	\$50
237210-G1	9/20-12/6	10	Sa	1-4pm	18-99	\$50

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: 11/6*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237214-A1	9/11-11/20	10	Th	9:30am-12:30pm	18-99	\$230/\$287.50
237214-B1	9/11-11/20	10	Th	6:30-9:30pm	18-99	\$230/\$287.50

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
237215-A1	9/10-11/12	10	W	9:30am-12:30pm	18-99	\$230/\$287.50

ACRYLIC PAINTING

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.

Location: Vienna Community Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237240-A1	9/15-11/10	9	M	7-9pm	18-99	\$94.50/\$121.50

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. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237211-A1	9/9-11/18	10	T	6:30-9:30pm	18-99	\$230/\$287.50

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: 11/11

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237212-A1	9/8-11/10	10	M	2-5pm	18-99	\$230/\$287.50
237212-B1	9/9-11/18	10	T	3-6pm	18-99	\$230/\$287.50

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: 9/26, 11/7

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237216-A1	9/12-11/21	9	F	7-10pm	18-99	\$207/\$258.75

GATHER. CELEBRATE. REPEAT.

For more information about any
Town of Vienna event, call 703-255-6360
or visit www.viennava.gov/events.

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.



Saturday
November 8
10 a.m. – 3 p.m.

BOWMAN HOUSE POTTERY SHOW & SALE

Bowman House Arts and Crafts Center • 211 Center Street S.

Don't miss out on great gifts for the holiday season.
Students will have handmade pottery available for sale at
the Bowman House Arts and Crafts Center.

Now accepting credit cards, cash, and checks!

CARFIT EVENT *(Ages 55+)*

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicle "fits" them. It is an individualized, personal instruction to educate drivers on how to best position themselves (by adjusting the car's safety features) to maximize their safe driving experience. CarFit uses a 12-point checklist to verify the driver's awareness of the car's safety features and operator controls. It is performed on the driver's car. A trained technician will work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete. This event is sponsored by Vienna Parks and Recreation.



Location: Vienna Volunteer Fire Department parking lot.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241255-A1	10/1	1	W	10-10:20am	55-99	Free
241255-B1	10/1	1	W	10:10-10:30am	55-99	Free
241255-C1	10/1	1	W	10:20-10:40am	55-99	Free
241255-D1	10/1	1	W	10:30-10:50am	55-99	Free
241255-E1	10/1	1	W	10:40-11am	55-99	Free
241255-F1	10/1	1	W	10:50-11:10am	55-99	Free
241255-G1	10/1	1	W	11-11:20am	55-99	Free
241255-H1	10/1	1	W	11:10-11:30am	55-99	Free
241255-I1	10/1	1	W	11:20-11:40am	55-99	Free
241255-J1	10/1	1	W	11:30-11:50am	55-99	Free
241255-K1	10/1	1	W	11:40am-12pm	55-99	Free
241255-L1	10/1	1	W	11:50am-12:10pm	55-99	Free
241255-M1	10/1	1	W	12-12:20pm	55-99	Free
241255-N1	10/1	1	W	12:10-12:30pm	55-99	Free
241255-O1	10/1	1	W	12:20-12:40pm	55-99	Free
241255-P1	10/1	1	W	12:30-12:50pm	55-99	Free
241255-Q1	10/1	1	W	12:40-1pm	55-99	Free
241255-R1	10/1	1	W	12:50-1:10pm	55-99	Free

FALL 2025 SPECIAL EVENTS



BIG SCREEN ON THE GREEN

Thanks to our sponsor:
Navy Federal Credit Union

More info at
www.viennava.gov/bigscreen



Friday, September 12 | 6:30 p.m.

Vienna Town Green

Inside Out 2

Teenager Riley's mind headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions. Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone.

Friday, December 12 | 6:30 p.m.

Vienna Community Center

Home Alone

An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve.

CHILLIN' ON CHURCH VIENNA BLOCK PARTIES!



**3rd Fridays in
August and
September**

6:30 - 9:30 p.m.

Historic Church Street



August 15

Ocho De Bastos

September 19

My Chemical Bromance

**LIVE MUSIC ♦ BEER & WINE FOR SALE ♦ FOOD TRUCKS
FAMILY FUN ♦ FREE ADMISSION**

Bring your blanket or lawn chair and enjoy a night out with family, friends and neighbors! Please note: must be 21 or older and present a valid ID to purchase alcoholic beverages (we 100% ID). All alcoholic beverages must be consumed inside event gates. No outside alcoholic beverages permitted.

More info at www.viennava.gov/chillin.

Thanks to our sponsor **LUKA Design and Build**



Town Clean Up Day

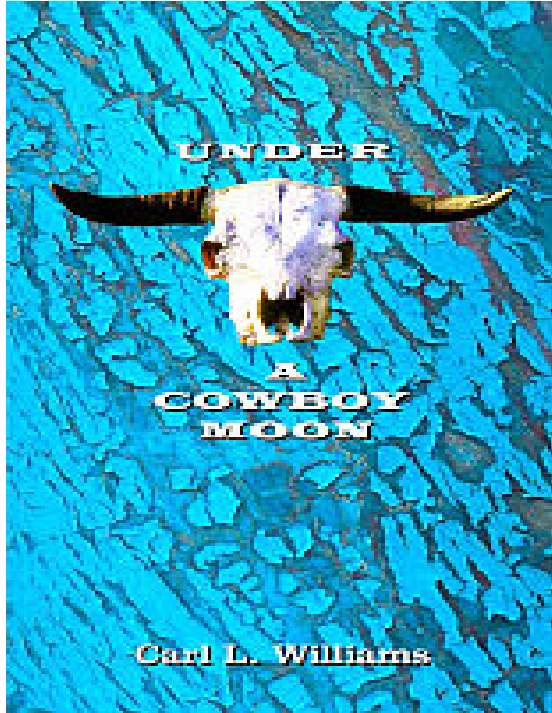
**Saturday,
September 13**
9 a.m. – 12 p.m.

Meet at the Vienna Town Green

The Town schedules two cleanup days per year in April and September. 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. Pre-registration via email is recommended, not required. To register email bharrington@viennava.gov.

More information at
www.viennava.gov/towncleanup

VIENNA THEATRE COMPANY PRESENTS:



Under a Cowboy Moon a comedy by Carl L. Williams.

Winner of the Hill Country Playwriting Festival Peoples' Choice Award 2007.

Winner of the Backdoor Theatre New Play Award 2003.

There ain't much in Spitwhistle, TX, except some cowboys, some longnecks, and the Saddle Horn Bar. Needless to say, this West Texas town isn't much of a tourist destination. Desperate to lure visitors to their dying town, the residents have organized an annual cowboy poetry contest, where cowboys can compete for the chance at winning \$500 and "to be high-thought-of...for a change." But when a TV crew from PBS arrives to film the contest as part of a documentary on cowboy poetry, the prospect of appearing on national TV and winning a \$5,000 purse ups the stakes. The romance of the mythic West swirls around the barroom as young guns, old-timers, and even an English professor masquerading as a cowboy face off in a poetry showdown to determine who's the best pen in the West.

Recommended for ages 12+.

**Friday and Saturday October 17, 18, 24, 25, 31
and November 1 | 8 p.m.**

Sunday October 26 and November 2 | 2 p.m.

Ticket Price \$16

All performances are at the **Vienna Community Center.**

More info at www.viennava.gov/theatre



**Saturday, October 4 | 11:00 a.m. – 7:00 p.m.
Historic Church Street**

Sponsored by the Vienna Business Association and the Town of Vienna

Join us for a traditional Oktoberfest Festival with beer, wine, food, entertainment, craft vendors and games and activities for kids and families.

Watch for more information in the Vienna Voice Town Newsletter, at www.viennaoktoberfest.org, and in local papers!



Join in the fall family fun at our Halloween on the Green event presented by the Town of Vienna Parks and Recreation Department. Activities include a spooky craft, games and prizes, goodies to eat, and a chance to decorate your own pumpkin.

NOTE: A limited number of pumpkins will be available. This is a free event. In the event of inclement weather, please call **703-255-7842** for event status. Questions and more information? Contact **703-255-6360** or lisa.shackelford@viennava.gov.

FALL 2025 SPECIAL EVENTS



SUMMER ON THE GREEN CONCERT SERIES

Fridays | 6:30 p.m. | June 6 – August 22

**See Chillin' on Church for 3rd Friday schedule*

Vienna Town Green (144 Maple Avenue E)

August 1 **Fat Chance** — *Rock*

August 8 **US Army Band Swamp Romp** — *Jazz*

August 22 **US Navy Band Commadores** — *Jazz*

Thanks to our series sponsor: **The Rotary Club of Vienna**

A series of free, fun, and family-friendly concerts presented by the Town of Vienna and generous sponsors. In case of bad weather, please call the weather line at **703-255-7842** or the Vienna Community Center at **703-255-6360** up to two hours before the event. Chairs and blankets are encouraged, though we recommend you leave your pets at home. Alcoholic beverages are prohibited.



KIDS ON THE GREEN



Tuesdays | 10 a.m.
June 3 – August 26



Vienna Town Green (144 Maple Avenue E)

August 5 **Drew Blew Shoes** — *Magic*

August 12 **Tony M. Music** — *Kids Music*

August 19 **Marsha and the Positrons** — *Kids Music*

August 26 **Peter McCorys** — *Kids Music*



Enjoy a series of **free, interactive kid's programs** presented by the Town of Vienna and generous sponsors. Please bring chairs or blankets. In the event of bad weather, call the inclement weather line at **703-255-7842**.



Thanks to our
series sponsors:

Rotary Club of Vienna
and Vienna Presbyterian Church





ADULT FITNESS PROGRAMS

ZUMBA®

Instructor: Edita Dolunts

Let it move you! There are a lot of ways to get moving and lose weight...some are more fun! Ditch the workout and join the ultimate dance fitness class that has taken the world by storm. From salsa to reggaeton, young to old, beginner dancers to movers and shakers, Zumba® is for anyone and everyone. *No Class: 11/11, 11/27*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233024-A1	9/4-12/18	15	Th	6-7pm	16-99	\$180/\$225
233024-B1	9/6-12/20	16	Sa	11am-12pm	16-99	\$192/\$240
233024-C1	9/9-12/16	14	T	6-7pm	16-99	\$168/\$210

CANCELLED

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: 10/31, 11/3*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233020-A1	9/8-12/15	14	M	8:30-9:30am	16-99	\$210/\$262.50
233020-B1	9/5-12/19	15	F	8:30-9:30am	16-99	\$225/\$281.25

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. *No Class: 10/28, 10/30, 11/4, 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233023-A1	9/2-12/16	14	T	5:30-6:30pm	16-99	\$210/\$262.50
233023-B1	9/4-12/18	14	Th	5:30-6:30pm	16-99	\$210/\$262.50

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 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. *No Class: 10/31*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233027-A1	9/5-12/19	15	F	7:15-8:15am	18-80	\$225/\$281.25

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. *No Class: 10/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233022-A1	9/3-12/10	14	W	8:15-9pm	16-99	\$154/\$192.50

QIGONG FOR HEALTH & HEALING

Instructor: Carol Ritter

Qigong is a collection of ancient Chinese practices developed to promote healing and personal unfoldment. The Qigong repertoire includes movement, breathing, meditation and self-massage, all designed to balance the energies of our mind body and Spirit in support of our health and well-being. In this class, we will review the basic principles of Qigong and learn a series of practices to help us relax and rejuvenate. The movement practices are relatively easy, and the breathing practices are designed to calm our mind and hearts. We will also learn self-massage, which is a pleasant and effective way of enhancing energy flow in the body. This class is appropriate for all levels, both beginners and those with more experience in Qigong. The practices to be shared are from the teachings of Qigong Master Robert Peng.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233029-A1	9/20-10/25	6	Sa	10-11am	18-99	\$78/\$97.50

CANCELLED

JAZZERCISE

Monday/Tuesday/Wednesday/Friday/Saturday
9:30 – 10:30 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, only at participating locations for new customers or those who have not attended and/or registered in one month or longer. Valid only during promotion dates. Special offer may be purchased in class or online at jazzercise.com. Other restrictions may apply. \$83 unlimited classes month to month membership. Single class drop-in rate \$25. Please call or text Yhomi Warshavsky at **703-909-6449** or email ffxjazzercise@gmail.com. To register visit jazzercise.com.

ADULT FITNESS PROGRAMS



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 integration of intention and the eventual energy movements and transfer. Tai Chi and Qigong have roots in martial arts and relating 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
233030-A1	9/3-12/17	16	W	9:30-10:30am	18-99	\$128/\$160

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
233039-A1	12/16	1	T	10-11am	18-99	Free

HIIT (HIGH INTENSITY INTERVAL TRAINING)

Instructor: Jennifer Booth

A 45-minute-high intensity interval training program. Timed work periods alternating with low intensity periods. Scientifically proven to boost metabolism. Helps with weight loss. Improves cardiorespiratory fitness, and improves muscle tone.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233056-A1	9/2-11/18	12	T	11:30am-12:15pm	18-55	\$168/\$210

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: 10/13

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233501-A1	9/8-12/8	13	M	7-8pm	14-99	\$156/\$195



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 life long 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, cardiovascular conditioning as well as balance and flexibility training.

No Class: 10/13

Instructor: Nathan Greiner

HATHA YOGA

HATHA YOGA BEGINNER

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. Dress for movement and bring a mat and towel if you think you need extra padding. 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 35 years of teaching experience. He is a Reiki practitioner, a yoga therapist and consultant listed with George Mason University Arts Wellness Program. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233050-A1	9/8-12/15	15	M	1:15-2:45pm	18-99	\$180/\$225
233050-B1	9/9-12/16	14	T	7-8:30pm	18-99	\$168/\$210

HATHA YOGA BEGINNER/INTERMEDIATE

Instructor: John Giunta, MA/FRC

This is John Giuntas group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. *No Class: 11/29*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233051-A1	9/13-12/20	14	Sa	8-9:30am	18-99	\$168/\$210

HATHA YOGA ONGOING/ADVANCED

Instructor: John Giunta, MA/FRC

This group is comprised of students with significant past experience in any yoga tradition. *No Class: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233052-A1	9/11-12/18	14	Th	7-8:30pm	18-99	\$168/\$210

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.

No Class: 10/29, 11/26

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233502-A1	9/3-12/10	13	W	7-8pm	14-99	\$156/\$195

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233429-A1	9/3-9/26	11	M,W,F	6-7am	18-99	\$231/\$288.75
233429-B1	9/29-10/24	11	M,W,F	6-7am	18-99	\$231/\$288.75
233429-C1	10/27-11/19	11	M,W,F	6-7am	18-99	\$231/\$288.75



ADULT FITNESS PROGRAMS

PICKLEBALL

Instructor: Bounce-Boom (First Serve) Racquet
Location: Meadow Lane Tennis Courts

PICKLE BALL 1

Beginner. Players learn the fundamentals, scoring, and how to boost consistency by minimizing errors. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 10/13, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234047-A1	9/8-11/17	10	M	5:30-6:25pm	15-99	\$250/\$312.50
234047-B1	9/9-11/18	10	T	6:30-7:25pm	15-99	\$250/\$312.50
234047-C1	9/10-11/19	11	W	11:30am-12:20pm	15-99	\$275/\$343.75
234047-D1	9/11-11/20	11	Th	6:30-7:25pm	15-99	\$275/\$343.75

PICKLE BALL 2

Advanced beginner. Prerequisite: 1-2 seasons of Pickleball 1 and/or a coach's recommendation. Players build upon fundamentals to learn important match-play skills that will improve results in competition. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun learning environment with a low student to instructor ratio to help students learn quickly and develop a lifelong love of the game. Please wear court shoes. Paddle required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 10/13, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234048-A1	9/8-11/17	10	M	7:30-8:25pm	15-99	\$250/\$312.50
234048-B1	9/9-11/18	10	T	7:30-8:25pm	15-99	\$250/\$312.50
234048-C1	9/10-11/19	11	W	9:30-10:20am	15-99	\$275/\$343.75
234048-D1	9/11-11/20	11	Th	5:30-6:25pm	15-99	\$275/\$343.75
234048-E1	9/11-11/20	11	Th	7:30-8:25pm	15-99	\$275/\$343.75

PICKLE BALL 3

Intermediate. Prerequisite: 2-4 seasons of Pickleball 2 and/or a coach's recommendation. Players increase power and accuracy while learning advanced match-play techniques and tactics to prepare for tournament play. Please wear court shoes. Paddles required. Contact us for class and equipment recommendations at info@bounceboom.com. Ratio 6:1. *No Class: 10/13, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234049-A1	9/8-11/17	10	M	6:30-7:25pm	15-99	\$250/\$312.50
234049-B1	9/9-11/18	10	T	5:30-6:25pm	15-99	\$250/\$312.50
234049-C1	9/10-11/19	11	W	10:30-11:20am	15-99	\$275/\$343.75

ADULT TENNIS

Instructor: First Serve Tennis
Location: Meadow Lane Tennis Courts

ADULT TENNIS 1

Beginner. Players learn the fundamental strokes and develop the ability to rally. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234040-A1	CANCELLED	11	Th	9:45-10:55am	18-99	\$385/\$440
234040-B1	9/11-11/20	11	Th	8:50-10pm	18-99	\$385/\$440

ADULT TENNIS 2

Advanced beginner. Prerequisite: 1-2 seasons of Tennis 1 and/or a coach's recommendation. Players drill strokes, develop rallying skills, and are introduced to situations and positioning for singles and/or doubles play. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement, and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. *No Class: 10/13, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234041-A1	9/8-11/17	10	M	9:45-10:55am	18-99	\$350/\$400
234041-B1	9/9-11/18	10	T	7:30-8:40pm	18-99	\$350/\$400
234041-C1	9/11-11/20	11	Th	11:05am-12:15pm	18-99	\$385/\$440
234041-D1	9/11-11/20	11	Th	7:30-8:40pm	18-99	\$385/\$440

ADULT TENNIS 3

Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or a coach's recommendation. Techniques for more reliable strokes, tactics and strategy-based drilling combine with match play situations. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 4:1. *No Class: 10/13*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234043-A1	9/8-11/17	10	M	11:05am-12:15pm	18-99	\$350/\$400
234043-B1	9/8-11/17	10	M	7:30-8:40pm	18-99	\$350/\$400

PRIVATE LESSONS

For students who seek the highest level of individual attention to improve their strokes and tennis game. Lessons meet once per week for 4 weeks. *No Class: 10/13*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234044-A1	CANCELLED	4	M	8:50-10pm	16-99	\$340/\$390
234044-B1	10/6-11/3	4	M	8:50-10pm	16-99	\$340/\$390

ADULT ENRICHMENT CLASSES



TODAYS 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
237620-A1	10/16-10/23	2	Th	9:45-11:45am	18-99	\$90/\$112.50

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
237621-A1	9/25-10/2	2	Th	9:45-11:45am	18-99	\$90/\$112.50

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 MeetUp groups, and online resources to stay engaged. Volunteer opportunities abound.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237625-A1	11/6	1	Th	1:30-3:30pm	18-99	\$45/\$56.25

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
237626-A1	9/18	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
237627-A1	10/30	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
237628-A1	11/13	1	Th	9:45-11:45am	18-99	\$45/\$56.25

FLIP YOUR SCRIPT-FINDING FULFILLMENT WHEN YOUR PURPOSE SHIFTS

Instructor: Jocelyn Hsu

Have you recently sent or are you preparing to send your youngest child off to college?

Or have you recently retired or are you contemplating retirement? Have you thought "so...what now?" Come and learn about the six components of leading a fulfilling life when your purpose shifts away from kids and career. The classes will explore the components through reflection, exercises, and goal-setting. The class will wrap up with an overall plan to set short, medium, and long-term goals to support transitioning into a new phase of life.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239172-A1	9/8-9/29	4	M	6:30-8:30pm	40-99	\$75/\$93.75



NOT ANOTHER HOME MOVIE

Instructor: Hanan Daqqa

Not Another Home Movie course is for parents and grandparents who 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 Georgetown University, will give you effective shortcuts to making your family story, writing, filming and editing it in just 8 Saturdays. You will screen your family film on the last day of the course and start a new you! We actualize ourselves when we tell our stories and share with the next generation.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239173-A1	10/2-10/23	4	Th	6-9pm	15-80	\$300/\$350

SECURESURF INTENSIVE: LOCK DOWN YOUR DIGITAL LIFE

Instructor: HDM Proserv LLC

Take control of your online privacy in this hands-on, two-session workshop. "SecureSurf Intensive: Lock Down Your Digital Life" equips participants with practical, step-by-step guidance to protect personal information, clean up digital footprints, and secure everyday devices. Designed for everyone, this immersive experience focuses on doing, not just learning — using your own phone or laptop, you'll walk through real tasks like opting out of data broker sites, setting privacy controls, and recognizing phishing scams.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239740-A1	11/5-11/12	2	W	6:30-8:30pm	18-99	\$120/\$150



ADULT GARDENING PROGRAMS

PARENTING TODDLERS AND PRESCHOOLERS IN THE DIGITAL AGE

Instructor: The Washington Center for Learning, LLC

Since the COVID pandemic, digital technology has increasingly occupied the toddlers and preschoolers' time. Researchers are now highlighting the implications of this trend. This workshop will share recent study recommendations regarding the use of technology for children aged 0 to 5.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
232500-A1	9/11	1	Th	12:30-1:30pm	18-99	\$15/\$18.75
232500-B1	10/9	1	Th	12:30-1:30pm	18-99	\$15/\$18.75
232500-C1	11/13	1	Th	12:30-1:30pm	18-99	\$15/\$18.75



ADULT GARDENING PROGRAMS

Instructor: Debby Ward | All gardening classes are located at the Vienna Learning and Display Garden

EXTENDING YOUR GARDEN HARVEST INTO FALL AND WINTER: CROPS AND STRUCTURES

See the various ways to extend your home garden harvest into fall and winter. We will explore types of crops to grow both with and without protection. Discuss an array of season extending options to make choices that are right for you including cold frames, hoop houses and greenhouses. We will look at growing in fall, winter and overwintering to fill the hunger gap in this info filled class. Handout included.

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239550-A1	9/6	1	Sa	9-10am	18-99	\$5/\$7.50

SEED SAVING SAVVY

Learn why and how to save seeds from your garden. Understand the difference between dry and wet seed saving and which plants you save which way. You will see why heirloom varieties are great choices for seed saving and we will save a few seeds for next year's garden and be ready for the February Vienna Seed Swap in this fun and informative workshop. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239551-A1	9/6	1	Sa	10:30-11:30am	18-99	\$5/\$7.50

NOW IS A GREAT TIME TO START YOUR SPRING GARDEN

Miss starting your garden this year? Want to expand or add a veggie garden to your landscape? Fall is the best time to plan your garden and begin preparing the site for next year. You will learn a simple bed starting method to do now that will save you loads of labor next spring. Learn how to start a new garden area so you work less and let nature work for you. Class Location: Vienna Community Center

CANCELLED

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239552-A1	10/5	1	Sa	9-10am	18-99	\$5/\$7.50

FRUIT TREE BASICS

Want to add fruit trees to your landscape? They are a rewarding addition to your yard, not only gracing you with beautiful flowers in spring, but also giving you a bounty of edible fruit. Get a grasp on tree sizes and basic pruning. Understand which types of trees need more than one variety and which are easier to grow in Northern Virginia and get tips on fruit tree placements and planting.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239553-A1	10/4	1	Sa	11am-12pm	18-99	\$5/\$7.50

INTRODUCTIONS TO GROWING MUSHROOMS AT HOME

Mushrooms are super fun and easy to grow. Plus, they give you food from the shady parts of your yard. They are a great learning opportunity for the whole family. Get fresh home-grown mushroom harvests, in some cases, for years from one patch or log stack. Understand mushroom lifecycles, basic terminology, and the different ways you can grow them at home. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239554-A1	9/6	1	Sa	12-1pm	18-99	\$5/\$7.50

YEARLY PLANT ROTATION FOR FOUR SEASON HARVEST

One of the most satisfying things about growing your own food is eating from your garden. You can extend this delight to a year round enjoyment. Come learn how to shift your beds from one season to the next throughout the year. Gain an overview of using your garden to its maximum potential. Plan your garden from now through next year in the hands-on workshop. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239555-A1	10/4	1	Sa	9-10:30am	18-99	\$7.50/\$9.50



MATURE ADULT CLASSES & LECTURES



AUTUMN HARVEST LUNCHEON

November 6 | 12-2 p.m.

With the harvest season upon us, come celebrate the bounty of the season for an Autumn Harvest luncheon. Autumn is a beautiful season to enjoy the changing colors and the crisp air... So, why not embrace the season by joining friends for this special fall event. Enjoy turkey, stuffing, mashed potatoes, green beans, rolls and pumpkin pie along with fun entertainment from Hickory Grove. This event is sponsored by Vienna Parks and Recreation, the Shepherd's Center of Northern Virginia, and Greenspring. Registration fee is \$20 per person. To register call 703-281-0538. For mature adults 55+.

THE BENEFITS OF PET THERAPY

Join volunteers with the Fairfax Pets on Wheels program as they discuss the benefits of pet therapy. Interact with the furry ones and learn about their mission to provide volunteer teams to the long term care facilities in Fairfax County.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
240072-A1	12/1	1	M	10-11am	55-99	Free

ASSISTANCE FOR THE VISUALLY IMPAIRED

Virginia's Department for the Blind and Vision Impaired (DBVI) is committed to providing quality services to assist citizens who are blind, deafblind or visually-impaired. DBVI representative Alex Diaz will discuss the array of services they provide and offer simple solutions to everyday problems. Learn about programs available such as low-vision exams, glasses, magnifiers and tips and tricks to get around Northern Virginia.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
240079-A1	9/22	1	M	10-11am	55-99	Free

CLEAR CAPTIONS

Clear Captions is available to qualified, hard-of-hearing U.S. residents at no cost as part of Title IV of the Americans with Disabilities Act (ADA). These laws were created to make sure people with disabilities like hearing loss have equal opportunities and access to phone calls — it's your right! As part of the ADA, the Federal Communications Commission (FCC) requires telephone and internet companies to contribute to the Telecommunications Relay Services (TRS) fund. The TRS fund is managed by the FCC and helps pay service providers like ClearCaptions. That's how we're able to make captioned calls available at no cost to you. Join Rupali Dewan with ClearCaptions to learn more and see how these phones work.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241248-A1	11/17	1	M	10-11am	55-99	Free

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 (NWF) 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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241244-A1	10/30	1	Th	2-3pm	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 with Horizon Chiropractic.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241246-A1	10/27	1	M	10-11am	55-99	Free

ACCESS SERVICES LIBRARY

The Access Services branch of Fairfax County Public Library provides home delivery of materials to people who cannot physically visit a local library due to age, disability, or frailty. We also administer the Talking Book program on behalf of the Library of Congress, where we provide materials in braille and audio format to individuals of all ages who are unable to read due to blindness, visual impairment, or disability. Come to this presentation to learn more about the services the library can provide.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241249-A1	9/29	1	M	10-11am	55-99	Free

EDUCATE, EMPOWER, PROTECT: SCAMS AND FRAUD PREVENTION

Nobody is immune to being scammed, in our presentation we will discuss the different types of scams, how we are affected by scams, the nationwide and local impacts of fraud, and how to protect yourself. Presented by Kimberly Vallejos with Fairfax County Department of Consumer Affairs.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
240071-A1	10/13	1	M	10-11am	55-99	Free

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241254-A1	9/15	1	M	10-11am	55-99	Free

MATURE ADULT CLASSES & LECTURES



DOWNSIZING

This comprehensive seminar helps you 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
241250-A1	11/13	1	Th	10-11am	55-99	Free

MEDICARE 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 Advisor CFP® CRPC® AAMS®, Edward Jones.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241251-A1	9/25	1	Th	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 (October 15–December 7)? 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'll also discuss how to avoid common mistakes and maximize the value of your Medicare benefits. Whether you're 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 Sharpe, CFP®, Specializing in Senior Health, LTC, Life, and Annuity Protection.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241252-A1	9/25	1	Sa	10am-1pm	55-99	\$10/\$12.50
241256-B1	10/25	1	Sa	10am-1pm	55-99	\$10/\$12.50
241256-C1	11/15	1	Sa	10am-1pm	55-99	\$10/\$12.50

HEALTHY HOLIDAYS START IN THE KITCHEN

Get ahead of holiday stress with a clean, organized kitchen and a plan for simple, nourishing meals. In this free workshop, you'll learn how to reset your pantry and fridge, replace common unhealthy ingredients, and prep for the season with ease. Perfect for anyone who wants to enjoy festive foods without sacrificing energy, balance, or health. You'll walk away with practical tools, healthy recipe ideas, and a kitchen that supports your wellness goals all season long. Presented by Living Well with LL.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241335-A1	12/8	1	M	10-11am	50-99	Free

APPLE® WATCH CONTROLS & FEATURES

Instructor: Amy Burk

Discover the power of the Apple Watch in this hands-on session. Whether you're new to the Apple® Watch or looking to enhance your skills, this workshop will help you unlock the full potential of your Apple® Watch. Learn about essential apps that can enhance your daily technology confidence and skills and become more Tech Wise.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241253-A1	9/18	1	Th	10-11:30am	55-99	\$45/\$56.25

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
241257-A1	9/8	1	M	10-11am	55-99	Free

REDUCING, REUSING AND RECYCLING PROPERLY

Recycling and doing it correctly has become a puzzle, with mixed messaging and information making it difficult to know how to do it correctly. Mala Persaud, owner of Trace—The Zero Waste Store in Vienna will share a brief presentation about the reduce-reuse-recycle hierarchy, answer your questions, and help you along the journey to living more sustainably.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241258-A1	9/25	1	Th	2-3pm	55-99	Free

HEALTHY AGING AND FALL PREVENTION

Come learn about easy ways to stay active, safe, and independent as you get older. We'll also share some helpful tips and local resources that can make a big difference in everyday life for seniors! Presented by Sunrise Vienna.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241332-A1	11/3	1	M	10-11am	55-99	Free

WHY POSTURE MATTERS MORE AS WE AGE

As we age, the way we carry our bodies can quietly add to stress and discomfort. Many don't realize that poor posture places strain on the nervous system, leading to increased tension and fatigue. Often, we accept this as inevitable or don't know where to begin making changes. In this talk, you'll discover how small, mindful adjustments to your posture can help reduce stress, restore balance, and improve your overall health, proving it's never too late to feel better in your body and mind. Presented by Whole Body Health Chiropractic.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241333-A1	10/6	1	M	10-11am	55-99	Free

MATURE ADULT CLASSES & LECTURES



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'll get an awesome dose of energy each time you leave class. *No Class: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242469-A1	9/4-12/18	15	Th	12-1pm	40-99	\$180/\$225
242469-B1	9/12-12/15	15	M	12-1pm	40-99	\$180/\$225

CANCELLED

MY STORY AND ART

Instructor: Sunny Kim Art LLC

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 2D ikebana (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! *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242470-A1	9/30-11/25	8	T	10-11:30am	60-99	\$210/\$262.50

CHAIR YOGA

Instructor: John Giunta, MA/FRC

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242478-A1	9/8-12/15	15	M	10-11am	55-99	\$150/\$187.50

Apple Pie & BINGO!

There's no better way to end the summer than with apple pie and bingo! Join your friends for a traditional game of bingo in a friendly atmosphere while you win white elephant prizes. Bingo cards are \$2 for 2 cards (limit 2 cards/person). Registration is required. Please bring in a white elephant item in good condition to donate to our prize table. For mature adults 55+.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241563-A1	9/12	1	F	1:30-3:30pm	55-99	\$2/\$2

Pilates Ring

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 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
242468-A1	9/12-12/17	16	T	11am-12pm	55-99	\$192/\$240
242468-B1	9/3-12/17	16	W	10-11am	55-99	\$192/\$240

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. Perfect for men and women of all fitness levels. This workout leaves you feeling energized, youthful and healthy. Please bring a yoga mat and towel to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242475-A1	9/10-11/19	11	W	11:15am-12:15pm	40-99	\$79.75/\$99

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
242473-A1	9/12-11/21	11	F	11:15am-12:15pm	40-99	\$79.75/\$99

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 2-3 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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242479-A1	9/8-11/10	10	M	10-11am	55-99	\$30/\$37.50

MATURE ADULT CLASSES & LECTURES

PERSONAL HISTORY WRITING

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages (pieces may be handwritten). There is no formal critique of writing. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. *No Class: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242480-A1	9/4-12/18	15	Th	10:30am-12:30pm	55-99	Free

AGING IN PLACE

Can I age in place, or do I need to move? With a host of new technologies, products, and services available, it is more viable for people to stay in their homes longer. This presentation focuses on such areas as home modification and services available to age in place. Presented by Jeff Wu, Agent Knows Homes Realtor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242486-A1	10/9	1	Th	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. She is a volunteer teacher at Liang Hong Dance School and the Lewinsville Senior Center. Single ballroom dance, no partner necessary. Requires advance registration. *No Class: 11/28*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242487-A1	9/5-12/19	15	F	11am-12:30pm	55-99	Free/\$5

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
242525-A1	10/21	1	T	10-11am	55-99	Free

BUILDING A HEALTHIER NECK

The nerves that pass through the neck control the shoulders, arms and hands, as well as several internal organ functions. In this course, you will be coached through three exercises that will help you build a healthier neck. A fourth exercise will be demonstrated. 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
242522-A1	9/16	1	T	10-11am	18-99	Free

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
242485-A1	11/10	1	M	10-11am	55-99	Free

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

Instructor: Teresa Fletcher

Stay Active and Independent for Life (SAIL) 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: 9/19*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242577-A1	9/3-11/19	12	W	2-3pm	55-99	\$102/\$126
242577-B1	9/5-11/21	11	F	2-3pm	55-99	\$93.50/\$115.50

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
243283-A1	11/18	1	T	10-11am	55-99	Free



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. *No Class: 11/4, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
243470-A1	9/2-12/9	13	T	11:30am-12:30pm	55-99	\$35.75/\$45.50
243470-B1	9/4-11/20	12	Th	10:30-11:30am	55-99	\$33/\$42

MATURE ADULT TRIPS



GARI MELCHERS HOME & STUDIO

Located in Falmouth, Va, this 27-acre estate of American artist Gari Melchers and his wife Corinne features the historic home, art studio and galleries, gardens, historic buildings and several miles of walking trails. Our day's outing will begin with a 12-minute introductory film. Our tour, led by trained, knowledgeable docents, will include visits to Gari Melchers' studio, three galleries of artwork, and the historic house museum. There will be time to explore the restored gardens and grounds on your own and visit the Museum Store. Lunch will be on your own at Amy's Café with a diverse menu and cozy and relaxed atmosphere with outdoor seating. This trip requires a significant amount of walking outdoors.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241236-A1	10/8	1	W	8:30am-3:30pm	55-99	\$71/\$88.75



GETTYSBURG NATIONAL MILITARY PARK

For three days in 1863, Union and Confederate forces met on the fields, hills and ridges of Gettysburg in the turning-point battle of the American Civil War. Today, the 6,000-acre battlefield includes more than 1,300 monuments, markers and memorials to tell the story of the battle and the men who fought there. Before heading out to the battlefield, we will start our visit with a 20 minute film, "A New Birth of Freedom", narrated by award winning actor Morgan Freeman. We'll then step aboard our motor coach, visit iconic landmarks and explore the battlefield with our licensed battlefield guide. The tour provides historical context and commentary while the bus is in motion or at designated stops. Lunch will be on your own prior to our Battlefield visit at Garryowen Irish Pub offering authentic Irish food paired with traditional pub fare.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241237-A1	10/22	1	W	9am-5:30pm	55-99	\$134/\$167.50

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

WASHINGTON D.C. FALL FOLIAGE LUNCH CRUISE

Enjoy the best views of the Washington Monument and other iconic Washington, D.C. sights in the beauty of fall. This 2-hour Potomac River lunch cruise includes freshly prepared entrees, salads and desserts, unlimited coffee, hot tea, iced tea and water, along with a live DJ. Relax on indoor and open-air decks as you enjoy a chef-prepared plated lunch and the fall foliage views.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241238-A1	11/5	1	W	11am-3pm	55-99	\$139/\$173.75

"A Christmas Carol" AT FORD'S THEATRE

Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption at this historic theatre in Washington, DC. Originally conceived by Michael Baron, this music-infused production captures the magic and joy of Dickens's Yuletide classic, with familiar characters, ghosts and a children's ensemble in the spirit of the holidays. Enjoy center orchestra seats offering premium viewing experience for this performance, with excellent visibility of the stage and set pieces.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241239-A1	12/4	1	Th	11am-3pm	55-99	\$121/\$151.25

TOWN OF

VIENNA

Parks and Recreation

REGISTRATION FORM

TOWN OF VIENNAPARKS AND RECRATION
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: (____) _____

[illegible]

PAYMENT METHOD

CHECK MADE PAYABLE TO: TOWN OF VIENNA

Total:_____

CASH (Exact change only)

Total:_____

CREDIT CARD:

Total:_____

 VISA **MasterCard** **AMEX** **Discover**

_____ Exp. Date: ____/____/____ CVC: _____

Signature_____ *(I agree to pay above credit card total)*

TOTAL FEES:

LESS HOUSEHOLD

CREDIT: _____

TOTAL PAID: _____

PLEASE REVIEW OUR

**PLEASE REVIEW OUR
REFUND POLICY BEFORE
REGISTERINGFORCLASS.**

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 _____



Vienna's 79th Annual HALLOWEEN PARADE

2025 Theme:
BROADWAY ON MAPLE

Wednesday
October 29
— 7 p.m. —
Maple Avenue

Thanks to our title sponsor: **CARNEGIE DINER & CAFE**

Vienna's most popular event! This fun, free parade features originally created floats, bands, costumed kids, and more. The Vienna Halloween Parade is co-hosted by the Town of Vienna and the Vienna Business Association. The 2025 parade marshal is Eric Storck, honoring his legacy for his work with Vienna Theatre Company (VTC) and the Theatre and Arts community in Vienna over the past 30 years. This year's theme is a nod to Storck and his years of service to theatre in Vienna, but it also celebrates the return of a VTC Musical for the first time in many years. In Spring of 2026 VTC will present 'My Fair Lady'.

This year's parade application deadline is September 19. Applications can be found online at www.viennava.gov/halloween.

Questions? Contact lily.widman@viennava.gov or call 703-255-5738.

Wear a costume and come join the fun!

CARNEGIE
DINER & CAFE

