

Vienna adVentures

PARKS AND
RECREATION
PROGRAMS
AND EVENTS
GUIDE

FALL 2026

LAST UPDATED:

10/13/2026



SPECIAL EVENTS

See pages 17 to 19
and back cover



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

FALL 2026 GENERAL INFORMATION

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PARKS AND RECREATION

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

OPERATIONS

Jillian Franklin, CYSA, CCWS, Operations Superintendent703-255-5726
Joy DiLillo Harrington, Office Manager703-255-5741
Gagan Sandhu, Customer Care Specialist.....703-255-6360

PARKS

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

EVENTS AND CULTURE

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

PROGRAMS

Brandy Wyatt, Program Superintendent.....703-255-5721
Derrick Cowles, MPA, Rec. Program Coordinator II – Programs and Camps.....703-255-6352
Kathy Blevins, Recreation Program Coordinator – Mature Adults.....703-255-7801
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 EmailParksRec@viennava.gov

BUSINESS OFFICE HOURS

Monday – Friday: 8 a.m. – 4:30 p.m.

COMMUNITY CENTER HOURS OF OPERATION

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

Sunday: 12 p.m. (noon) – 6 p.m.

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

YOUTH TEAM SPORTS

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

VIENNA LITTLE LEAGUE — For children ages 5 – 12.
Visit www.vll.org for more information.

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

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

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

REGISTRATION DATES

IN TOWN BEGINS

August 3 at 8 a.m.

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



OUT OF TOWN BEGINS

August 10 at 8 a.m.

VIENNA LEARNING AND DISPLAY GARDEN

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

Contact Vienna Parks and Recreation at **703-255-6360** for more information.

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 www.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 in 2 blocks of 4 hours, 8 a.m. – 2 p.m. and 2 – 8 p.m. Reservations end October 31.

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 knowledge of the past. New members and volunteers are always welcome.

Throughout the year, we offer a variety of special events for the enjoyment of visitors, families and children.

For more information visit

www.historicviennainc.org or call
703-938-5187.



FREEMAN STORE AND MUSEUM

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

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



LITTLE LIBRARY

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

GENERAL INFORMATION

REGISTRATION DATES AND TIMES

In Town (*walk-in, mail-in, WebTrac, fax*) begins **August 3 at 8 a.m.**

Out of Town (*walk-in, mail-in, WebTrac, fax*) begins **August 10 at 8 a.m.**

Registrations are accepted at the Community Center front desk during hours of operation.

REGISTRATION FORM

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

WEBTRAC ONLINE REGISTRATION

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

FEES

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

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

AGE REQUIREMENT

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

WAITLIST NOTIFICATION

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

CLASS CANCELLATIONS

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

CLASS REFUNDS

Refunds – To obtain a full refund, a request must be submitted in writing 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.

SCHOLARSHIPS

Scholarships are available for children in grades K-12 who live within Town limits who qualify for free or reduced-price lunches, temporary assistance for needy families, Aid for Dependent Children, foster care or Medicaid. Find additional information about this program and an application online at **www.viennava.gov**, under Parks and Recreation classes and programs. Scholarship applications should be submitted with a completed class registration form.

CAMP CANCELLATIONS

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

CAMP REFUNDS AND TRANSFERS

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

CONFIRMATION POLICY

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

INCLEMENT WEATHER POLICY

Weather related class or camp cancellations
Full Closure

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

Modified Operating Schedule

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

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

Outdoor Programs Held in Spring, Summer and Fall Seasons

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

TEXT ALERTS

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

FAIRFAX COUNTY TEACHER WORKDAYS

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

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.

FACILITY RENTALS

HOST YOUR NEXT EVENT AT THE VIENNA COMMUNITY CENTER.

Looking for a venue for your next event? Look no further! **The Vienna Community Center** offers flexible spaces ideal for everything from small meetings to large-scale celebrations. Whether you are planning a retreat, a birthday party or a community gathering, we have the right space to fit your needs. Have questions? Email: **Rentals@viennava.gov**.

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

PARKS

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



NEED HELP AROUND THE HOUSE?

CHECK OUT THE VIENNA

ODD JOB LIST



Do you need help with shoveling snow or maybe to check off a few "to do" items from your list? Vienna Parks and Recreation provides the community a 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 After School Program Coordinator for more information, 703-255-5736.

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



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. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204061-A1	9/16-11/18	9	W	9:45-10:30am	2-3	\$85.50/\$103.50
204061-B1	9/16-11/18	9	W	10:45-11:30am	2-3	\$85.50/\$103.50
204061-C1	9/17-11/19	10	Th	9:45-10:30am	2-3	\$95/\$115

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	9/15-11/17	10	T	1:15-2pm	3-5	\$95/\$115
204062-B1	9/15-11/17	10	T	2:15-3pm	3-5	\$95/\$115
204062-C1	9/15-11/17	10	T	3:15-4pm	3-5	\$95/\$115
204062-D1	9/16-11/18	9	W	1:15-2pm	3-5	\$85.50/\$103.50
204062-E1	9/16-11/18	9	W	2:15-3pm	3-5	\$85.50/\$103.50
204062-F1	9/16-11/18	9	W	3:15-4pm	3-5	\$85.50/\$103.50
204062-G1	9/17-11/19	10	Th	10:45-11:30am	3-5	\$95/\$115
204062-H1	9/17-11/19	10	Th	1:15-2pm	3-5	\$95/\$115
204062-I1	9/17-11/19	10	Th	2:15-3pm	3-5	\$95/\$115
204062-J1	9/17-11/19	10	Th	3:15-4pm	3-5	\$95/\$115

GYMNASTICS FOR AGES 4-7

Instructor: Shannon Lake

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204060-A1	9/14-11/16	10	M	4:15-5pm	4-7	\$95/\$115
204060-B1	9/14-11/16	10	M	5:15-6pm	4-7	\$95/\$115
204060-C1	9/14-11/16	10	M	6:15-7pm	4-7	\$95/\$115

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: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214061-A1	9/15-11/17	10	T	4:05-5pm	5-13	\$112.50/\$140
214061-B1	9/15-11/17	10	T	5:05-6pm	5-13	\$112.50/\$140
214061-C1	9/15-11/17	10	T	6:05-7pm	5-13	\$112.50/\$140
214061-D1	9/16-11/18	8	W	4:05-5pm	5-13	\$90/\$112
214061-E1	9/16-11/18	8	W	5:05-6pm	5-13	\$90/\$112
214061-F1	9/16-11/18	8	W	6:05-7pm	5-13	\$90/\$112
214061-G1	9/17-11/19	10	Th	4:05-5pm	5-13	\$112.50/\$140
214061-H1	9/17-11/19	10	Th	5:05-6pm	5-13	\$112.50/\$140
214061-I1	9/17-11/19	10	Th	6:05-7pm	5-13	\$112.50/\$140

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: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214063-A1	9/15-11/17	10	T	7:05-8pm	7-13	\$220/\$275
214063-B1	9/16-11/18	8	W	7:05-8pm	5-8	\$176/\$220
214063-C1	9/17-11/19	10	Th	7:05-8pm	7-13	\$220/\$275

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	9/11-11/13	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, modified 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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204333-A1	9/9-11/4	9	W	1-2pm	3-5	\$153/\$184.50

CANCELLED

PRESCHOOL & YOUTH CLASSES

ALL SPORTS FOR KIDS

Instructor: Helen Petrakes

Get your child running, throwing, catching and learning the fundamentals of a variety of sports, including soccer, basketball, baseball, hockey, lacrosse, volleyball & track. Kids will

build confidence, coordination and teamwork while focusing on large motor skill development and hand eye coordination. Players will enjoy playing new games such as silly banana tag, rainbow run, end zone trappers, bye bye tag and much more! Every class is packed with energy, skill building and fun for all experience levels, with good sportsmanship and teamwork emphasized. This is a parent drop off class. *No Class: 11/3*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
204707-A1	9/15-11/17	9	T	1:30-2:30pm	3-6	\$175.50/\$218.25

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	9/15-11/3	8	T	10-10:45am	1-3	\$120/\$150
207250-B1	9/17-11/5	8	Th	10-10:45am	1-3	\$120/\$150

MINI DOODLERS

Instructor: Abrakadoodle

Ignite your child's imagination using real artists materials, including paint, oil pastels, creative tools and more. Carefully designed lessons help children develop skills while enhancing creativity. A \$32 materials fee is due at the first class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
207251-A1	9/15-11/3	8	T	2-2:45pm	3-6	\$120/\$150

TODDLER AND ME DANCE

Instructor: Tippi Toes Vienna

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. The type of class includes mom, dad, grandpa, grandma, participating in the class along with the little dancer. Our teacher will keep the music and curriculum moving while parents actively encourage, support and keep the little dancer on track.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
208120-A1	9/9-10/28	8	W	1-1:45pm	18mo-3	\$136/\$170

MINI POP STARS

Instructor: Adrenaline Dance Force

A fun, upbeat introduction to jazz and hip hop designed for young dancers! This class builds confidence, coordination, rhythm and performance skills through age-appropriate choreography, creative movement and kid-friendly music. Our experienced instructors create a positive, high-energy environment where dancers can learn, move and have fun while developing performance confidence and teamwork skills. An in-class parent showcase will be held on the final day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
208130-A1	9/14-11/16	10	M	4-4:45pm	4-6	\$185/\$230

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 \$43 non refundable supply fee is included in the cost of the class. Adult participation is required. *No Class: 11/3, 11/10*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
208141-A1	9/8-12/8	12	T	9:30-10:15am	birth - 5	\$307/\$357
208141-B1	9/8-12/8	12	T	10:30-11:15am	birth - 5	\$307/\$357

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: 11/5*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
208142-A1	9/14-11/16	10	M	10-10:40am	10-30 mo	\$257.50/\$320
208142-B1	9/14-11/16	10	M	11-11:40am	10-30 mo	\$257.50/\$320
208142-C1	9/10-11/19	10	Th	10-10:40am	10-30 mo	\$257.50/\$320
208142-D1	9/10-11/19	10	Th	11-11:40am	10-30 mo	\$257.50/\$320



PRESCHOOL & YOUTH CLASSES



MATH IN MOTION

Instructor: The Washington Center for Learning, LLC

A creative opportunity to develop a strong sense of the meaning of numbers and math operations through music, movement, choreography and manipulatives. Taught by a trained literacy coach, a former dancer and choreographer, who capitalizes on the love of learning and teaching young children.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
209701-A1	9/11-10/30	8	F	3-3:45pm	4-5	\$120/\$150

TEAM BUILDING FOR ENERGETIC LEADERS

Instructor: The Washington Center for Learning, LLC

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
212521-A1	9/11-10/30	8	F	4:30-5:15pm	5-7	\$120/\$150

TENNIS 1&2

Instructor: Bounce Boom (First Serve) Racquet 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: 10/12*

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214040-A1	9/14-11/16	9	M	4:30-5:25pm	7-9	\$234/\$270
214040-B1	9/14-11/16	9	M	5:30-6:25pm	7-9	\$234/\$270
214040-C1	9/14-11/16	9	M	6:30-7:25pm	10-13	\$234/\$270
214040-D1	9/8-11/17	11	T	5:30-6:25pm	7-9	\$286/\$330
214040-E1	9/8-11/17	11	T	6:30-7:25pm	10-13	\$286/\$330
214040-F1	9/10-11/19	11	Th	4:30-5:25pm	7-9	\$286/\$330
214040-G1	9/10-11/19	11	Th	5:30-6:25pm	10-13	\$286/\$330

LITTLE SHOTS

Instructor: Bounce Boom (First Serve) Racquet 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: 10/28, 11/11*

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214044-A1	9/9-11/18	9	W	4:30-5:20pm	5-6	\$234/\$270
214044-B1	9/9-11/18	9	W	5:30-6:25pm	5-6	\$234/\$270
214044-C1	9/9-11/18	9	W	6:30-7:20pm	5-6	\$234/\$270

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

SUM MATH FUN

Instructor: Stemtree

The Stemtree 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 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	9/15-11/3	8	T	5:30-6:30pm	6-11	\$230/\$286

CODING WITH FUN

Instructor: Stemtree

Students will learn the computer programming concepts in a fun and interactive way and will combine media elements to create and share their own interactive stories, animations, games, music and art. They will also learn basic reasoning and problem solving skills; and 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	9/14-11/2	8	M	5:30-6:30pm	6-11	\$230/\$286



POTTERY

CLAY-MAGINATION FOR KIDS

Instructor: Shelby Magalis

In these classes, children will explore the world of clay and ceramics. Students will be shown a wide variety of different tricks and tips in order to bring their clay projects to life. Processes will allow the students to experiment in building, sculpting and glazing, all while trying out new techniques. Students will find that clay can be just as unique and different as they are. Projects will go through a two-firing process of bisque to glazing and will be taken home on the last day and as they are completed throughout the program. The last 15 minutes of class will be dedicated to clean up. *No Class: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
217210-A1	9/9-11/18	9	W	4-6pm	8-12	\$193.50/\$238.50

TEEN WHEEL

Instructor: Shelby Magalis

Teens will enter a space of creativity, focus and the joy of learning something new while building their skills on the pottery wheel. Alongside their instructor, they will create both functional and aesthetic pieces that reflect their own unique perspective and personality. These classes will emphasize building skills on the wheel as well as hand building to add handles, lids and surface designs to their pieces. Teens will be empowered in their abilities as they sharpen their own unique sense of style through making one-of-a-kind art that will last a lifetime. The last 15 minutes of class will be dedicated to clean-up. *No Class: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
217212-A1	9/9-11/18	9	W	6:30-8:30pm	13-18	\$193.50/\$238.50



ROBOTICS- ROBO 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: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214661-A1	9/16-11/18	8	W	5:30-6:30pm	6-11	\$230/\$286



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. Runners will enjoy this well rounded class preparing them for races, as well as quickness and agilities used in most sports.

No Class: 9/21, 10/12, 11/2

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214690-A1	9/14-11/23	8	M	4:15-5:15pm	5-9	\$156/\$194

ALL STAR KIDS SPORTS CLUB

Instructor: Helen Petrakes

Join in the fun and get your child running, throwing, catching and more while learning the fundamentals of a variety of team sports (soccer, baseball, basketball, hockey, lacrosse, track and more)! Kids will enjoy playing challenging "warm up" games, then move through skill building stations, promoting cardio, hand eye coordination, agility and footwork training all in a positive and encouraging environment. Class ends with live scrimmages. *No Class: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
214707-A1	9/16-11/18	8	W	4-5pm	5-9	\$156/\$194

NOTHING BUT NET SINGLE DAY CAMP

Instructor: Brian Lonardo

Have fun on a Fairfax County Public School's no school day with the Nothing But Net camp! We will focus on a variety of sports, including basketball, soccer, floor hockey, pillow polo and more.

Location: Glyndon Park

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
215102-A1	9/21	1	M	9am-1pm	6-12	\$50/\$62.50
215102-B1	10/12	1	M	9am-1pm	6-12	\$50/\$62.50
215102-C1	11/2	1	M	9am-1pm	6-12	\$50/\$62.50
215102-D1	11/3	1	T	9am-1pm	6-12	\$50/\$62.50

YOUTH CLASSES



CHESS CLUB

Instructor: Silver Knights Chess

Learn chess with Silver Knights Chess Academy! We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments (in-person and online) outside of club time. This in-person club includes free online extras including weekly practice tournaments, a Chesskid Gold membership (\$49 value!) and an event with a chess celebrity. All chess supplies provided. All skill levels are welcome. For more information, please visit www.chessacademy.com.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
219710-A1	9/10-11/12	10	Th	5:30-6:30pm	6-11	\$220/\$275

SCHOLAR WARRIORS PROGRAM

Instructor: DC Math and Martial Science Club

The Scholar Warriors Program is a dual-discipline enrichment program designed to strengthen students' math foundation skills and personal discipline through the combined study of mathematics and traditional martial arts. The program reinforces the Four Areas of Math (FAM)- the core skills taught in school, from middle school, high school and college. Mathematics includes integers, fractions, decimals and whole numbers. The martial arts component is rooted in traditional Chinese practices focused on balance, discipline and inner calm. This pairing enhances focus, resilience and self-control. *No Class: 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
219730-A1	9/17-12/10	12	Th	7-8:30pm	10-18	\$222/\$276

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	9/14-11/16	10	M	5:30-6:30pm	7-12	\$185/\$230

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: 10/30*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228101-A1	9/18-11/20	9	F	5:30-6:30pm	8-10	\$166.50/\$207

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: 10/30*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228105-A1	9/18-11/20	9	F	6:30-7:30pm	8-12	\$166.50/\$207

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, story telling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plié, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! An in-class parent showcase will be held on the last day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
228107-A1	9/14-11/16	10	M	2-2:45pm	3-5	\$185/\$230
228107-B1	9/14-11/16	10	M	3-3:45pm	3-5	\$185/\$230



YOUNG ARCHITECTS CLUB

Instructor: Unity Active

Young Architects Club invites students to step into the world of design and imagination. Each week, children explore how real spaces through hands-on activities that build creativity, confidence and problem-solving skills. Students sketch floor plans, design dream rooms, plan playgrounds and map out their own mini cities while learning how architects think about space, balance and function.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
219720-A1	9/11-10/30	8	F	6:30-7:30pm	6-11	\$208/\$260



CLUB PHOENIX TEEN CENTER



Club Phoenix Teen Center, an after-school program available for ages 11 – 17. All Teens and Tweens in the Greater Vienna area are welcome. From homework help to fun daily activities that enrich teens' lives through programs focused on their interests, there is something for everyone at Club Phoenix. The teen center boasts large tabletop games like air hockey, shuffleboard, billiards, video games, board games, virtual reality games, music, special events, special interest activities and sports/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:

August 24 – September 7 | October 28

November 11 | November 26 – 27

Club Phoenix is open for extended hours:

12:30 – 6:30 p.m. • The following dates only

September 21

November 2

October 12

November 3

October 21

November 25

October 30

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

CLUB PHOENIX REGISTRATION

Please register your child online at **www.viennava.gov/register**.

Your teen will 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”. The Phoenix includes 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.

ODD JOB LIST

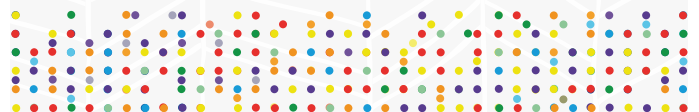
Calling all youth interested in earning some extra cash! Do you enjoy babysitting or have a passion for dog walking? The Vienna Parks and Recreation Department sponsors a program in which youth can sign up to be added to the Odd Job List to help their neighbors while potentially earning some extra cash. Applications can be found on the Club Phoenix Teen Center webpage at **www.viennava.gov/teencenter**.

CLUB PHOENIX RENTALS

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Receive an application and schedule a tour by emailing **Ianna.Alhambra@viennava.gov**.

AFTER SCHOOL VAN

We provide free transportation for members from local schools to Club Phoenix Teen Center. Registration to Club Phoenix Teen Center is required. Students must register a day in advance, seats limited to 11 riders per day. More information can be found at **www.viennava.gov/teencenter**.



CLUB PHOENIX TEEN CENTER



TEEN COUNCIL ELECTIONS AND MEETINGS

The Teen Council, a group of youth from Club Phoenix, participates in events ranging from stream cleanups to kids' activities in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by providing education on youth issues and volunteering at special events. Applications can be picked up at Club Phoenix starting Monday, August 3 and are due on Wednesday, September 16 to Ms. Ianna Alhambra. Meetings are on alternating Tuesdays from 5 – 6 p.m. Volunteering opportunities are typically after school, on the weekends and during school holidays. Teens are chaperoned by a Town of Vienna employee on each volunteer outing. First meeting will be held on Tuesday, September 22.

CLUB PHOENIX SPECIAL EVENTS

GOTR TEEN WELLNESS WORKSHOP

Instructor: Girls on the Run

Ready to build new leadership skills and strategies? Join Girls on the Run for a fun, interactive and empowering workshop series dedicated to growing this fall! Attendees will explore a variety of leadership topics designed to enhance their inner confidence, how to overcome challenges and how to become more adaptable and build up mental and emotional resilience to embrace change. Open to all teens, individuals can attend all workshops or pick and choose topics that resonate with them!

A1-September 16 – Finding Your Confidence

B1-October 15 – Facing Challenges with I Can Power

C1-November 19 – Facing the Future Fearlessly: Cultivating Resilience

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
222201-A1	9/16	1	W	4:30-5:30pm	11-17	Free
CANCELLED 222201-B1	10/15	1	Th	4:30-5:30pm	11-17	Free
222201-C1	11/19	1	Th	4:30-5:30pm	11-17	Free



FIRST SEMESTER OPEN HOUSE FOR PARENTS AND FAMILIES

Thursday, September 10 | 2:30 – 7 p.m.

Please enter from the Blue Club Phoenix Canopy entrance. Parents, friends and family are welcome to see where their Teens come to hangout after school. Meet the staff and ask 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 by creating an account on WebTrac.

VIENNA VIBIN' TEEN FESTIVAL

Friday, September 25 | 4:30 – 6:30 p.m.

The Club Phoenix Teen Center is hosting a chill fest for teens in the Greater Vienna area. The vibe is chill with food, vendors, swag and games. This is your chance to peep the Teen Center, get to know Teen Council members for School Year 2026-2027 and learn about local resources for teens and parents in the community. For vendor applications and more information about the event, email Ianna.Alhambra@viennava.gov.

HALLOWEEN PARTY ESCAPE ROOM

Friday, October 30 | 3:30 – 5:30 p.m.

Eager to go trick-or-treating after school? Fuel up for a fun and safe night of trick-or-treating at the Club Phoenix Teen Center Halloween Party. There will be festive holiday treats and prizes for the crowd favorite costume contest at 4:15 p.m. No need to skip out on some fun if you do not celebrate Halloween, we will begin our escape room at 4:30 and skip out on all the scares!

HIGH SCHOOL ONLY NIGHTS

Friday, September 11 - Meet and Greet, Popsicle Treat

Friday, October 9 - Escape Room

Friday, November 13 - Friendsgiving

7 - 9 p.m.

Club Phoenix Teen Center is closed to all elementary through 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.



CLUB PHOENIX TEEN CENTER

FALL FIELD TRIPS

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

COX FARMS

Join other Club Phoenix Members on a trip to Cox Farms. Race down the slides, get lost in a corn maze and enjoy Fall Festivities in the beautifully picturesque Cox Farms!

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

UP! ADVENTURE PARK

Join other Club Phoenix Members on a trip to Up! Adventure Park. Race down the slides, jump on a trampoline and enjoy Fall Festivities in this adventure park!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225401-A1	10/12	1	M	12-4pm	11-17	\$56.50/\$70.50

MONSTER MINI GOLF

Join other Club Phoenix Members on a trip to Monster Mini Golf. Enjoy this multi-attraction indoor mini golf that includes an arcade and more!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225403-A1	11/25	1	W	12:30-4:30pm	11-17	\$30.25/\$38

TIME MISSION AMUSEMENT CENTER

Join other Club Phoenix Members on a trip to Time Mission Amusement Center. Enjoy this social gaming adventure and utilize your speed, strength and skillset to pass the challenges.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225402-A1	9/21	1	M	12:30-4:30pm	11-17	\$54/\$67

THE OUTER LIMITS GAMING CENTER

Join other Club Phoenix Members on a 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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
225404-A1	11/2	1	M	12-4pm	11-17	\$41.25/\$51.50

ADULT DROP-IN & ON-GOING PROGRAMS



Please note: Drop-in programs may be moved or cancelled due to special programs.
Visit www.viennava.gov/opengym for a complete schedule.

ADULT DROP-IN BASKETBALL, VOLLEYBALL and PICKLEBALL

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

BASKETBALL

Wednesday/Friday | 8 – 10 p.m.

VOLLEYBALL

Monday/Friday | 8 – 10 p.m.

INDOOR PICKLEBALL

Monday/Wednesday | 11 a.m. – 1 p.m.

Friday | 11 a.m. – 2 p.m. | *Resumes September 9, 2026*

Thursday | 6 – 10 p.m. | *Ends mid-November and resumes mid-March*

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

YOUTH DROP-IN

Youth Drop In open gym is an opportunity for youth ages 18 and under to participate in an unstructured, supervised and safe environment designed for fun, skills practice and socialization such as basketball pick up games or general play time. Youth ages 10 and younger must be directly supervised by a parent or legal guardian, or caretaker over the age of 18. Schedule subject to change. Please check www.viennava.gov/opengym for the most up to date information. Youth drop in is free, however, registration is required. Visit www.viennava.gov/register and click Webtrac to link to our online registration portal. Type "youth" in the keyword search.

OUTDOOR PICKLEBALL AND TENNIS COURTS

Visit www.viennava.gov/courts for more information

CANASTA

Every Wednesday | 12:30 – 3:30 p.m.

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

THE VIENNA SENIORS BRIDGE CLUB

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

Group Coordinator: Fatechand Shah
703-758-9547, fateshaw@yahoo.com
Intermediate and advanced bridge players are invited to attend our gatherings. Light refreshments are provided and the group breaks for lunch at 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 knit and gather with friends for pleasant conversation.



ADULT DROP-IN & ON-GOING PROGRAMS



FIRST FRIDAY FLICKS

sponsored by Humana

2 p.m.

September 11

"United" — 2006

October 2

"Peanut Butter Falcon" — 2019

November 6

"Arthur the King" — 2024

December 4

"Salt of the Earth" — 1954

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.



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.

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, seasoned players are glad to tutor new players. All abilities are welcome.

RUMMIKUB

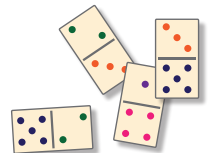
Every Thursday | 12:30 - 4:30 p.m.

Rummikub is a tile-based game for two to four players, combining elements of the card game rummy and Mah Jongg. 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. For newcomers and beginners; this is an easy game to learn.



TAI CHI CHUAN — QIGONG

Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health and flexibility. Suitable for all. To join this fun, welcoming group, contact hannan1122@gmail.com. The Tai Chi group meets in-person Tuesday through Friday at the Vienna Community Center from 7:30 - 8:30 a.m. The Qigong group meets in-person Mondays from 7:30 - 8:30 a.m.

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 HELD AT THE BOWMAN HOUSE ARTS AND CRAFTS CENTER 211 CENTER STREET S.



POTTERY LAB

Open to adults currently enrolled in a pottery class. Up to two labs allowed per class participant. \$20.00 for 25 pounds of clay, which includes glazes and firings. Only clay purchased from the Parks and Recreation Department may be used in the studio. Children may not accompany parents to lab. *No Class: 11/5, 11/6, 11/7, 11/11, 11/26, 11/27, 11/28*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237210-A1	9/14-11/23	11	M	9:30am-12:30pm	18-99	\$55/\$55
237210-B1	9/16-11/25	10	W	1-4pm	18-99	\$50/\$50
237210-C1	9/17-12/3	10	Th	1-4pm	18-99	\$50/\$50
237210-D1	9/18-12/4	10	F	9am-12pm	18-99	\$50/\$50
237210-E1	9/18-12/4	10	F	4-7pm	18-99	\$50/\$50
237210-F1	9/19-12/5	10	Sa	9am-12pm	18-99	\$50/\$50
237210-G1	9/19-12/5	10	Sa	1-4pm	18-99	\$50/\$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: 11/5*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237214-A1	9/10-11/19	10	Th	9:30am-12:30pm	18-99	\$235/\$292.50
237214-B1	9/10-11/19	10	Th	6:30-9:30pm	18-99	\$235/\$292.50

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. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237215-A1	9/9-11/18	10	W	9:30am-12:30pm	18-99	\$235/\$292.50

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 can get dirty.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237211-A1	9/8-11/10	10	T	6:30-9:30pm	18-99	\$235/\$292.50

BEGINNER WHEEL 2

Instructor: Ben Harrell III

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237217-A1	9/8-11/10	10	T	9am-12pm	18-99	\$235/\$292.50

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: 10/12*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237212-A1	9/14-11/16	9	M	2-5pm	18-99	\$211.50/\$263.25
237212-B1	9/8-11/10	10	T	3-6pm	18-99	\$235/\$292.50

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: 9/28*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237216-A1	9/14-11/9	8	M	6:30-9:30pm	18-99	\$188/\$230

Fall 2026 SPECIAL EVENTS

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. *No Class: 10/13*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237240-A1	9/14-11/16	10	M	7-9pm	18-99	\$110/\$137.50
237240-B1	9/15-11/17	9	T	7-9pm	18-99	\$99/\$123.75

ADULT DRAWING CLASS

Instructor: Kerry Burch

Students will learn about line, contour, positive and negative space, shading, composition and perspective. Pencil, pen, conte and charcoal will be the primary tools used to create the basis for future work as well as finished pieces. Please bring an 11" x 14" sketch pad, one drawing pencil HB, one drawing pencil 4B and art gum eraser to class. *No Class: 10/28, 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
237241-A1	9/16-11/18	8	W	7-9pm	18-99	\$88/\$110

SPECIAL EVENTS

HALLOWEEN ON THE GREEN

Saturday, October 17 | 10:30 a.m. - 12:30 p.m.
Vienna Town Green

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, a sensory tent, 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.

More information at:

www.viennava.gov/halloweenonthegreen

Contact **703-255-6360** or
events@viennava.gov.

Thanks to our sponsor:
Silver Diner of Tysons




**Saturday,
October 3
11 a.m. – 7 p.m.**
**Historic Church
Street**

Presented 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!



Saturday, September 12

9 a.m. – 12 p.m.

Meet at the Vienna Town Green

The Town schedules two clean up 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.

FALL 2026 SPECIAL EVENTS



BIG SCREEN ON THE GREEN

Thanks to our sponsor:
Navy Federal Credit Union

Enjoy a movie under the stars at the Vienna Town Green this summer! Games and activities start at 6:30 p.m., movie starts at 7:30 p.m. Complementary popcorn and water provided while supplies last. In case of inclement weather, the event will be moved to the Vienna Community Center and will be announced at www.viennava.gov and on social media. More information at www.viennava.gov/bigscreen.

Friday,
September 11
6:30 p.m.
Vienna Town Green

Zootopia 2 (Rated PG)

Rookie cops Judy Hopps and Nick Wilde find themselves on the twisting trail of a great mystery when Gary De'Snake arrives in Zootopia and turns the animal metropolis upside down. To crack the case, Judy and Nick must go undercover to unexpected new parts of town, where their growing partnership is tested like never before.



CHILLIN' ON CHURCH VIENNA BLOCK PARTIES!

Fridays
August 21 and September 18

6:30 - 9:30 p.m.
Historic Church Street



August 21 **So Fetch** — Y2K Pop & Rock
September 18 **Uncle Jesse** — 90s and 00s Throwbacks

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 the event gates. No outside alcoholic beverages permitted. More information at www.viennava.gov/chillin.

Thanks to our
title sponsor: **Metro Motor.**

Thanks to our
September
sponsor:



SUMMER ON THE GREEN CONCERT SERIES

♥ • **Fridays, June 5 – August 14 | 6:30 p.m.**
*See Chillin' on Church for 3rd Friday schedule
Vienna Town Green

July 31 **US Army Band Swamp Romp** — Jazz and Folk of Louisiana
August 7 **The Maiden Band** — Classic Rock- 70s to present
August 14 **US Navy Band Commodores** — 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. For more information visit: www.viennava.gov/summeronthegreen



KIDS ON THE GREEN

♥ **Tuesdays | 10 a.m. | June 3- August 11**
Vienna Town Green (144 Maple Avenue E)

July 28 **Blue Sky Puppets** — Puppet Show
August 4 **The Grandsons Jr.** — Kids Music
August 11 **Fangs, Frogs and More** — Reptile Show

Enjoy a series of free, interactive kids 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**. For more information visit: www.viennava.gov/kidsonthegreen

Thanks to our series
sponsors:



VIENNA THEATRE COMPANY PRESENTS

An Old-Fashioned FAMILY MURDER

A comedy by Joe DiPietro

A good old-fashioned murder has occurred at the mansion of elderly Colonel Claythorne. With backstabbing, love and mother-knows-best advice complicating the investigation, it soon becomes clear that nothing is what it seems. "An Old-Fashioned Family Murder" is presented by arrangement with Concord Theatricals on behalf of Dramatists Play Service.

Performance Dates

7:30 p.m. | Friday and Saturday, October 16, 17, 23, 24, 30

2 p.m. | Sunday, October 18, 25 and November 1

Ticket Price: \$16

More info at www.viennava.gov/theatre.

CARFIT EVENT

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. This event will be held at the Vienna Volunteer Fire Department parking lot.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241255-A1	10/7	1	W	10-10:20am	55-99	Free
241255-B1	10/7	1	W	10:10-10:30am	55-99	Free
241255-C1	10/7	1	W	10:20-10:40am	55-99	Free
241255-D1	10/7	1	W	10:30-10:50am	55-99	Free
241255-E1	10/7	1	W	10:40-11am	55-99	Free
241255-F1	10/7	1	W	10:50-11:10am	55-99	Free
241255-G1	10/7	1	W	11-11:20am	55-99	Free
241255-H1	10/7	1	W	11:10-11:30am	55-99	Free
241255-I1	10/7	1	W	11:20-11:40am	55-99	Free
241255-J1	10/7	1	W	11:30-11:50am	55-99	Free
241255-K1	10/7	1	W	11:40am-12pm	55-99	Free
241255-L1	10/7	1	W	11:50am-12:10pm	55-99	Free
241255-M1	10/7	1	W	12-12:20pm	55-99	Free
241255-N1	10/7	1	W	12:10-12:30pm	55-99	Free
241255-O1	10/7	1	W	12:20-12:40pm	55-99	Free
241255-P1	10/7	1	W	12:30-12:50pm	55-99	Free
241255-Q1	10/7	1	W	12:40-1pm	55-99	Free
241255-R1	10/7	1	W	12:50-1:10pm	55-99	Free

Saturday,
November 7
10 a.m. – 3 p.m.



BOWMAN HOUSE POTTERY SHOW & SALE

Bowman House Arts and Crafts Center
211 Center Street S.

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

ADULT FITNESS PROGRAMS

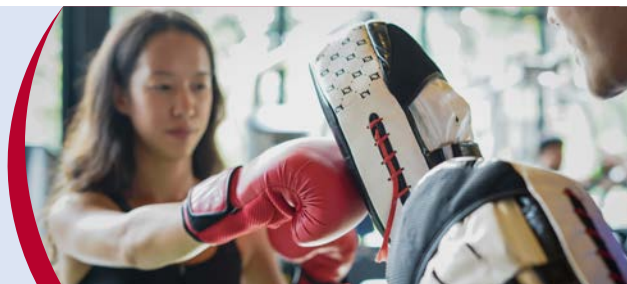


CARDIOBOXING

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: 9/30, 10/14, 10/28, 11/11, 11/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233022-A1	9/9-12/9	9	W	8:15-9pm	16-99	\$99/\$123.75



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: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233020-A1	9/14-12/14	14	M	8:30-9:30am	16-99	\$210/\$262.50
233020-B1	9/11-12/18	14	F	8:30-9:30am	16-99	\$210/\$262.50

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: 10/12*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233501-A1	9/14-12/7	12	M	7-8pm	18-99	\$144/\$180

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: 10/28, 11/11, 11/25*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233502-A1	9/9-12/9	11	W	7-8pm	18-99	\$132/\$165

CARDIO MIX

Instructor: Sharon Turner

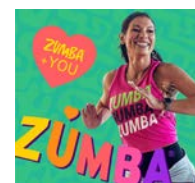
This is a cardio based body conditioning program which incorporates HIIT (High Intensity Interval Training). The workout is broken down into three segments beginning with HIIT, followed by a strength portion and ending with core work and stretching. Please bring a set of hand weights and a mat. *No Class: 11/3, 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233023-A1	9/8-12/15	14	T	5:30-6:30pm	16-99	\$210/\$262.50
233023-B1	9/10-12/17	14	Th	5:30-6:30pm	16-99	\$210/\$262.50

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: 11/26, 11/28*



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233024-A1	9/10-12/17	14	Th	6-7pm	16-99	\$168/\$210
CANCELLED 233024-B1	9/12-12/19	14	Sa	11am-12pm	16-99	\$168/\$210

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. Then will continue our journey by connecting our postures into a meaningful vinyasa flow. We will practice breathwork and mindfulness along the way. Class winds with a relaxing savasana and leave you ready to begin your day. All fitness levels are welcome. *No Class: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233027-A1	9/11-12/18	14	F	7:15-8:15am	18-80	\$210/\$262.50

MORNING FITNESS WAKEUP

This class is a group personal training program for adults run by a certified personal trainer. Get the benefits of your own personal trainer at a fraction of the cost. The class is designed to promote lifelong healthy habits, increase energy levels, improve muscular strength and endurance and reduce the adverse effects of aging. Class will incorporate interval training, HIIT training, strength training, body weight training and cardiovascular conditioning as well as balance and flexibility training. *No Class: 10/12, 11/11*

Instructor:
Nathan Greiner



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233429-A1	9/9-9/30	10	M,W,F	6-7am	18-99	\$210/\$262.50
233429-B1	10/2-10/28	11	M,W,F	6-7am	18-99	\$231/\$288.75
233429-C1	10/30-11/25	11	M,W,F	6-7am	18-99	\$231/\$288.75



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 introduce integration of intention and the eventual energy movements and transfer. Tai Chi and Qigong have roots in martial arts and relate to traditional healing. Dependent on depth of proper learning and frequency of practice, students can achieve individual health and healing experiences. *No Class: 11/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233030-A1	9/9-12/16	14	W	9:30-10:30am	18-99	\$112/\$140

SOUND BATH HEALING

Instructor: The Healing Cove

A Sound Bath session is a deeply relaxing experience where participants lie down or sit comfortably. The sounds are created using instruments like crystal singing bowls, gongs, chimes, tuning forks and drums. The tones and frequencies help calm the mind, relax the body, promote inner healing and restore energetic balance. No active participation is required-just listening, breathing and allowing the sounds to guide you into stillness. Please bring a mat or towel to class. *No Class: 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233721-A1	11/3-12/8	6	T	11am-12pm	18-99	\$120/\$155
233721-B1	10/29-12/10	6	Th	4:30-5:30pm	18-99	\$120/\$155

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	10/13	1	T	10-11am	18-99	Free

HATHA YOGA



HATHA YOGA: MINDFUL MOVEMENT & MEDITATION WITH JOHN GIUNTA

Instructor: John Giunta, MA/FRC

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

- Hatha Yoga for all levels and abilities.
- Appropriate for beginners and students with significant experience in any yoga tradition.
- Dress for movement and bring a mat and a towel if you need extra padding.

* A shawl to cover yourself may be helpful during the meditation.

No Class: 11/26, 11/28

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
233050-A1	9/14-12/14	14	M	1:15-2:45pm	18-99	\$168/\$210
233050-B1	9/8-12/15	15	T	7-8:30pm	18-99	\$180/\$225
233050-C1	9/10-12/17	14	Th	7-8:30pm	18-99	\$168/\$210
233050-D1	9/12-12/19	14	Sa	8-9:30am	18-99	\$168/\$210

JAZZERCISE



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

Thursday
8:30 – 9:30 a.m.

Monday/Wednesday
6:30 – 7:30 p.m.

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

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

ADULT FITNESS PROGRAMS



TENNIS

ADULT TENNIS 1

Instructor: Bounce Boom (First Serve) Racquet Sports

Beginner. An introduction to the fundamental strokes of tennis through fun games and activities designed to build eye-hand coordination. 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 5:1. *No Class: 10/12*

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234040-A1	9/14-11/16	9	M	7:30-8:40pm	18-99	\$315/\$360
234040-B1	9/10-11/19	11	Th	9:45-10:55am	18-99	\$385/\$440
234040-C1	9/10-11/19	11	Th	7:50-9pm	18-99	\$385/\$440

ADULT TENNIS 2: INTRO TO MATCH PLAY

Instructor: Bounce Boom (First Serve) Racquet Sports

Advanced beginner. Prerequisite: 1-2 seasons of Tennis 1 and/or a coach's recommendation. Players drill strokes, develop rallying skills and are introduced to situations and positioning for singles and/or doubles play. Bounce-Boom Racquet Sports uses innovative teaching techniques focused on eye tracking, movement and ball striking skills in a fun, friendly and supportive learning environment with a small class size. The low student to instructor ratio helps students learn the fundamentals quickly and develop a lifelong love of the game. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. *No Class: 10/12*

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234041-A1	9/14-11/16	9	M	9:45-10:55am	18-99	\$315/\$360
234041-B1	9/14-11/16	9	M	8:50-10pm	18-99	\$315/\$360
234041-C1	9/8-11/17	11	T	7:30-8:40pm	18-99	\$385/\$440
234041-D1	9/11-11/19	11	Th	11:05am-12:15pm	18-99	\$385/\$440
234041-E1	9/10-11/19	11	Th	6:30-7:40pm	18-99	\$385/\$440

CANCELLED

ADULT TENNIS 3: DRILL AND MATCH PLAY

Instructor: Bounce Boom (First Serve) Racquet Sports

Intermediate. Prerequisite: 2-4 seasons of Tennis 2 and/or a coach's recommendation. Techniques for more reliable strokes, tactics and strategy-based drilling combine with match play situations. Please wear tennis shoes. Racquet required. Contact info@bounceboom.com for program and equipment recommendations. Ratio 5:1. *No Class: 10/12*

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234043-A1	9/14-11/16	9	M	11:05am-12:15pm	18-99	\$315/\$360
234043-B1	9/8-11/17	11	T	8:50-10pm	18-99	\$385/\$440

PICKLEBALL

PICKLEBALL 1

Instructor: Bounce-Boom (First Serve) Racquet Sports

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

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234047-A1	9/9-11/18	10	W	9:30-10:25am	15-99	\$260/\$312.50

PICKLEBALL 2

Instructor: Bounce-Boom (First Serve) Racquet Sports

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

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234048-A1	9/8-11/17	11	T	6:30-7:25pm	15-99	\$286/\$343.75
234048-B1	9/9-11/18	10	W	10:30-11:25am	15-99	\$260/\$312.50

PICKLEBALL 3

Instructor: Bounce-Boom (First Serve) Racquet Sports

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

Location: Meadow Lane Courts

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
234049-A1	9/11-11/17	11	T	5:30-6:25pm	15-99	\$286/\$343.75
234049-B1	9/11-11/17	11	T	7:30-8:25pm	15-99	\$286/\$343.75
234049-C1	9/9-11/18	10	W	11:30am-12:25pm	15-99	\$260/\$312.50

CANCELLED
CANCELLED



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	10/15-10/22	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	9/24-10/1	2	Th	9:45-11:45am	18-99	\$90/\$112.50

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	9/17	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	11/12	1	Th	9:45-11:45am	18-99	\$45/\$56.25

YOUR DUSTY FLUTE

Instructor: John Giunta, MA/FRC

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
238141-A1	9/15-10/6	4	T	5:30-6:30pm	18-99	\$60/\$75

Poetry Appreciation & Writing Class

Instructor: Marjorie Sadin

This class, for which no previous poetry writing experience is necessary, involves reading poems aloud and discussing the feelings they evoke and what you like and don't like about them. The facilitator will introduce poems by Mary Oliver, Dylan Thomas, Elizabeth Bishop, Robert Frost, Shakespeare, among many others. You will use these poems as inspiration. There will be time for free writing in class. You will learn to use rhyme, repetition and metaphor in your writing. Then you may want to write poems at home. Using your imagination is a key to unlocking the emotions within you and that will be the source of your poetry. You will be encouraged to share your poems with class members but that is optional. Facilitated by Marjorie Sadin.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239174-A1	9/24	1	Th	2-3pm	18-99	Free
239174-B1	10/29	1	Th	2-3pm	18-99	Free
239174-C1	11/19	1	Th	2-3pm	18-99	Free

INTRO TO ELECTRIC VEHICLES

Electric vehicles (EVs) are moving into the mainstream. If you're considering an EV, this friendly introduction course from the Electric Vehicle Association of Greater Washington DC (EVADC) will help you navigate the EV landscape. We'll cover key terminology, flexible energy use and storage, charging connectors, useful apps, ownership costs and compare the advantages of EVs with gas-powered vehicles. Presented by the Town of Vienna's Conservation and Sustainability Commission.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241253-A1	9/21	1	M	7-8pm	18-99	Free

YOUR DUSTY GUITAR

Instructor: John Giunta, MA/FRC

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
238142-A1	9/17-10/8	4	Th	5:30-6:30pm	18-99	\$60/\$75

PLAYING THE RECORDER

Instructor: John Giunta, MA/FRC

For teens, senior citizens and everyone in between. No experience necessary. Bring a soprano recorder or alto recorder or both (plastic or wood, gold or platinum), a music stands and pencil. A printable file of material will be sent to all registered students. Broadway talent scouts might attend unannounced...ha ha. Laughter will be encouraged.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
238143-A1	9/9-9/30	4	W	4:30-5:30pm	18-99	Free

ADULT GARDENING PROGRAMS



HOME COMPOSTING

Composting at home is easy and fun to do. Come learn the basics of composting and mulch making using the natural method. The session will highlight do's and do not's as practiced in our two time award winning home organic garden in the heart of Vienna which in 2016 was featured in the Washington Post. Presented by Town Of Vienna Conservation and Sustainability Commission member Miguel Ordonez.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241569-A1	10/8	1	Th	10-11am	18-99	Free

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

Instructor: Debby Ward

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. Discover an array of season extending options to makes 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.

Location: Vienna Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239550-A1	9/12	1	Sa	9-10am	18-99	\$10/\$12.50

SEED SAVING SAVVY

Instructor: Debby Ward

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.

Location: Vienna Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239551-A1	9/12	1	Sa	10:30-11:30am	18-99	\$10/\$12.50

FRUIT TREE BASICS

Instructor: Debby Ward

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.

Location: Vienna Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239553-A1	10/3	1	Sa	10:30-11:30am	18-99	\$15/\$18.75

INTRODUCTIONS TO GROWING MUSHROOMS AT HOME

Instructor: Debby Ward

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.

Location: Vienna Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239554-A1	9/12	1	Sa	12-1pm	18-99	\$10/\$12.50

YEARLY PLANT ROTATION FOR FOUR SEASON HARVEST

Instructor: Debby Ward

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.

Location: Vienna Learning and Display Garden

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
239555-A1	10/3	1	Sa	9-10am	18-99	\$10/\$12.50



MATURE ADULT CLASSES & LECTURES

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

This session is designed for homeowners considering selling or simply curious about the home buying/selling process. Attendees will gain insight into the disconnect between how sellers interpret common buyer wish-list items and how buyers actually experience a home when touring a property. Through visual examples and interactive discussion, participants will discover how small changes in presentation, flow and functionality can influence buyer connection and overall market appeal. Presented by Suzy Minken, Realtor with Compass.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
240071-A1	9/22	1	T	10-11am	55-99	Free

HOME VALUE VS. PERCEIVED VALUE: THE HIDDEN FACTORS THAT SHAPE BUYER PERCEPTION

Homebuyers often respond to a home emotionally before they ever analyze it logically. In this insightful seminar, discover the hidden factors that shape buyer perception and influence how value is experienced beyond price, square footage and updates. For sellers looking to maximize the value of their home, understanding perceived value can play an important role in how buyers connect with a property and how it performs in today's market. Presented by Suzy Minken, Realtor with Compass.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
240072-A1	10/20	1	T	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. Representatives from DBVI will discuss the array of services they provide and offer simple solutions to everyday problems. Learn about available programs 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	9/28	1	M	10-11am	55-99	Free

COST OF SENIOR LIVING IN NORTHERN VIRGINIA

This presentation provides an overview of the costs associated with senior living options in Northern Virginia, including independent living, assisted living, memory care and skilled nursing. Attendees will learn about current pricing trends, factors that influence costs and common payment strategies. The session will also highlight key considerations for planning ahead and making informed decisions about long-term care and housing options for older adults. Presented by Peggy Breda with A Family Tie.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241244-A1	11/16	1	M	10-11am	55-99	Free

AGING STRONG: THE 5 KEYS FOR STAYING ACTIVE, INDEPENDENT & HEALTHY FOR LIFE

In this presentation you will learn: How to protect your mobility and balance to reduce falls and stay confident doing the activities you love. The hidden connection between posture, spinal health and energy — and why many age-related symptoms are not simply "normal aging". Simple daily habits that help you stay stronger, think clearer and maintain your independence for years to come. Presented by Whole Body Health Chiropractic.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241246-A1	9/14	1	M	1-2pm	55-99	Free

MAXIMIZE YOUR PROFITS WHILE DECLUTTERING AND DOWNSIZING

Learn techniques for maximizing value of your prized possessions. Making charitable donations of items that may benefit others in need. Sorting and recycling in an environmentally conscious way. Presented by Jamie Grasso, a Gemological Institute of America certified AJP, owner of JG Jewelry and Estates licensed, bonded and insured; and Kitty Janney, Senior Move Management Specialist with Ararity Services. Kitty and Jamie will share their expertise on proven techniques for maximizing the value of your possessions and the steps needed to get from where you are today to a new chapter in your life!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241247-A1	12/7	1	M	10am-12pm	50-99	Free

TRANSPORTATION OPTIONS IN NORTHERN VIRGINIA

Join us for an informative presentation on transportation options available throughout Northern Virginia. Participants will learn about local bus and Metro services, volunteer driver programs and paratransit options designed to help older adults and individuals with disabilities stay independent and connected to their communities. Presented by DATA Mobility Partners.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241248-A1	10/5	1	M	10-11am	55-99	Free

TOO MUCH HOUSE, TOO MANY DECISIONS: WHEN THE HOUSE NO LONGER FITS THE LIFE

Many homeowners reach a point where the house that once fit their lifestyle no longer aligns with how they want to live today. Yet deciding where to go next, what to keep and how to coordinate the buying and selling process can quickly feel overwhelming. This seminar explores how to approach right-sizing with greater clarity, strategy and confidence, including how to begin planning the transition, evaluate next-step housing options and create a realistic roadmap for moving forward with less stress and more confidence. Presented by Suzy Minken, Realtor with Compass.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241249-A1	11/17	1	T	10-11am	55-99	Free

MATURE ADULT CLASSES & LECTURES



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
241256-A1	9/30	1	W	10:30am-1:30pm	55-99	\$10/\$12.50
241256-B1	10/21	1	W	10:30am-1:30pm	55-99	\$10/\$12.50
241256-C1	11/16	1	M	10:30am-1:30pm	55-99	\$10/\$12.50

THE SAVING CLAIRE PROJECT

Come learn about the Saving Claire Project. The Saving Claire Project is a community-based fall prevention and healthy aging initiative that uses documentary storytelling to educate older adults and their caregivers. Built around a short film, it examines everyday habits, resistance to change and real-life choices that increase fall risks. The Saving Claire Project has been actively rolled out across the Northern Virginia region in partnership with groups like Planning for Senior Life, the Marymount Center for Optimal Aging (MCOA) and UVA Health.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241333-A1	10/26	1	M	10-11am	55-99	Free

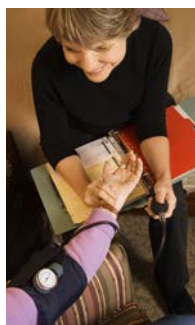
LIFE WELL PLANNED SEMINAR SERIES: REVERSE MORTGAGES

If you're a homeowner over 62 navigating rising expenses on a fixed income, there may be more financial flexibility sitting in your home's equity than you realize. Hear local experts explain exactly how they work and when they are worth considering and when they're not. Hosted by Nancy Heisel; Certified Senior Housing Professional.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241257-A1	10/6	1	T	10-11am	55-99	Free

LIFE WELL PLANNED SEMINAR SERIES: HOME HEALTH & IN-HOME CARE

Whether you are planning ahead for yourself or navigating care for someone you love, knowing how these services work before a crisis hits puts you in control. Join three local experts for an honest, educational conversation about costs, coverage and what it really takes to live well at home. Hosted by: Nancy Heisel, Certified Senior Housing Professional.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241258-A1	11/3	1	T	10-11am	55-99	Free

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY

Come learn about the Program of All-inclusive Care for the Elderly (PACE). PACE is a Medicare and/or Medicaid comprehensive medical and social services program. It is designed to support older adults (55+) who qualify, the opportunity to live in their community, rather than moving to a nursing home. The program provides interdisciplinary and coordinated care 24 hours a day, 7 days a week. Participants benefit from primary medical care, PT/OT/RT, nutrition services, social work & home care coordination, as well as transportation to the PACE center and all medical appointments.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241332-A1	11/9	1	M	10-11am	55-99	Free

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	10/8	1	Th	10-11am	55-99	Free

FIND YOUR PURPOSE, SHARE YOUR PASSIONS: THE POWER OF SENIOR VOLUNTEERING

Ready to make your retirement years your most fulfilling yet? Join us for an inspiring discussion and discover how sharing your unique life experiences can strengthen our community while boosting your own health and happiness. Learn about rewarding local opportunities that fit your schedule, interests and talents. Presented by RSVP-Northern Virginia.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241335-A1	10/19	1	M	10-11am	50-99	Free

MATURE ADULT CLASSES & LECTURES

REGAINING & MAINTAINING A HEALTHY BRAIN

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241575-A1	9/21	1	M	10-11am	55-99	Free

PREVENTING ELDER FINANCIAL FRAUD

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242281-A1	11/2	1	M	10-11am	55-99	Free

SPINAL HYGIENE: DAILY HABITS FOR A HEALTHIER SPINE

Most people brush their teeth every day, but few practice "spinal hygiene." Join Dr. Brandon Lemuel to learn simple daily habits that can help reduce pain, improve posture, increase mobility and support long-term spinal health. Discover practical tools for protecting your spine at work, at home and throughout every stage of life.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242483-A1	11/13	1	F	10-11am	55-99	Free

SLEEP ISSUES: WHY AM I SO TIRED?

Struggling with poor sleep, low energy or waking up feeling exhausted? Join Dr. Brandon Lemuel as he explores common causes of sleep issues and practical strategies to improve sleep quality naturally. Learn how stress, lifestyle habits, nervous system health and daily routines can impact your ability to rest, recover and perform at your best.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242484-A1	10/16	1	F	10-11am	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 say 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	9/10	1	Th	10-11am	55-99	Free

CHRONIC DISEASE SELF-MANAGEMENT

Don't let ongoing health problems stop you from living the life you enjoy. Fairfax County's Chronic Disease Self-Management Program is a FREE six-week group interactive workshop series for individuals who are interested in learning how to live better by effectively managing their ongoing health conditions. Learn positive strategies for better health, such as managing pain & fatigue, sleeping and eating better, increasing physical activity and so much more. Connect with others managing similar concerns. Take control of your health and improve your overall happiness.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242489-A1	9/14-10/19	6	M	10am-12pm	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	9/8	1	T	10-11am	18-99	Free

MOUTH AND THROAT TONING FOR BETTER SLEEP

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242525-A1	11/10	1	T	10-11am	55-99	Free

DEMENTIA 101

Learn the difference between Dementia and Alzheimer's Disease. Dive into current treatments and better testing methods on the horizon. Presented by Insight Memory Care.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
243271-A1	10/26	1	M	10-11am	55-99	Free

Learn Ballroom Dance

Learn to ballroom dance or brush up on your steps with a professional ballroom dancer, Sophia Hsieh. Sophia has been dancing for over 20 years and competes throughout the country. 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: 11/27

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242487-A1	10/2-12/18	14	F	11am-12:30pm	55-99	Free/\$5

MATURE ADULT CLASSES & LECTURES



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	12/8	1	T	10-11am	55-99	Free

STRONGER MEMORY MONDAYS

2nd Monday of every month | 11-11:45 a.m.

Are you ready to deepen your connection to your brain's potential and boost your memory? Join Kathy Blevins, Recreation Program Coordinator, for engaging and interactive sessions as we embark on the transformative journey of the StrongerMemory program, developed by Goodwin Living. StrongerMemory is more than just a curriculum—it's an invitation to stimulate and nurture the prefrontal cortex, the vital part of our brain that empowers us to retrieve memories and stay sharp. Through thoughtfully designed activities like trivia, word puzzles, basic math exercises, writing by hand, reading aloud, card matching and sensory games, you'll discover how to sharpen your focus, reclaim misplaced items and remember conversations more easily. Come be part of this welcoming new program, filled with simple, enjoyable activities that not only stimulate your mind but also foster meaningful connections with others. No pre-registration required.

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	11/5	1	Th	1:30-3:30pm	55-99	\$45/\$56.25

SENIOR FITNESS

Instructor: Body Moves Fitness

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: 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
243470-A1	9/8-12/8	14	T	11:30am-12:30pm	55-99	\$38.50/\$49
243470-B1	9/10-12/10	13	Th	10:30-11:30am	55-99	\$35.75/\$45.50

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: 10/14, 10/16, 11/11, 11/25, 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242577-A1	9/9-12/9	11	W	2-3pm	65-99	\$93.50/\$115.50
242577-B1	9/11-12/11	12	F	2-3pm	65-99	\$102/\$126

50's-80's HITS EXERCISE DANCE

Instructor: Galeet BenZoin

Many have enjoyed the best hits from the 1950's through the 1980's, songs that are rarely used to exercise anymore. This exercise class begins with a warm-up, offering a cardio workout, upper-body, core and lower-body conditioning while engaging the full range of motion. A series of simple sequenced steps increase coordination and confidence, moving all to the best of the 50's-80's hits. The class winds down with a slow, smooth stretching segment. Exercise attire recommended, sport shoes, bottled water and a towel.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
243571-A1	9/14-11/16	10	M	11:30am-12:30pm	55-99	\$145/\$180

STABILITY FOR MOBILITY

Instructor: Galeet BenZoin

Stability for Mobility is not just a catchy phrase. It is a method designed to increase one's stability and balance by improving overall body's strength. Research has shown that as we age, we lose muscle strength which is directly related to loss of stability and balance. Stability for Mobility is designed to prevent strength and mobility loss. Light weights and resistance bands are used to achieve personal strength goals. Each participant's unique strength and balance needs will be addressed by explaining and demonstrating correct execution of each exercise. Participants leave each class empowered and energized. Light weights and resistance bands are provided.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
243572-A1	9/8-11/10	10	T	11:30am-12:30pm	55-99	\$145/\$180

INTRODUCTION TO PILATES RING TONING

Instructor: Edita Dolunts

This is a free introduction class. 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
242467-A1	9/8	1	T	11am-12pm	55-99	Free

MATURE ADULT CLASSES & LECTURES

PILATES RING TONING

Instructor: Edita Dolunts

With each Pilates Ring Toning class, you can expect a full body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Pilates ring works for all fitness levels and the exercises emphasize moving intentionally and taking deep, focused breaths. Pilates ring is great for reducing stress and improving mental focus and body awareness. This is a seated exercise class with a chair. *No Class: 11/27*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242468-A1	9/15-12/15	14	T	11am-12pm	55-99	\$168/\$210
242468-B1	9/11-12/18	14	F	11am-12pm	55-99	\$168/\$210

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: 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242469-A1	9/10-12/17	14	Th	12-1pm	40-99	\$168/\$210

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	9/14-12/14	14	M	10-11am	55-99	\$140/\$175

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. This program is led by a certified instructor.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242479-A1	9/14-11/16	10	M	10-11am	55-99	\$30/\$37.50

PERSONAL HISTORY-MEMOIR WRITING

Everyone has a story worth telling! Our memoirs are the best way to record the unique experiences of our lives for our children, grandchildren and future generations. In this group, which has been meeting since 1988, we encourage each other to write about topics that are important to us in a friendly, supportive environment. There are no formal writing instructions or critiques, just sharing to jog our memories and stay connected to our pasts. Our topics are selected by group members and our writing is shared privately within the group. Individual readings of essays of 600-1000 words are timed based on the number of participants in each meeting so that all members have an opportunity to share their writing. Join us for ninety-minutes of fun, friendship and the joy of sharing our life stories. The meetings are primarily in-person, but online participation is available. *No Class: 11/26*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
242480-A1	9/10-12/17	14	Th	10:30am-12:30pm	55-99	Free

AARP SMART DRIVER COURSE

Since 1979, AARP Driver Safety has helped nearly 20 million people stay safe, educated and confident on the road. AARP Smart Driver course participants will learn:

- Valuable defensive driving skills
- Proven safety strategies
- How to stay current with the latest driving technologies
- The current rules of the road, specific to your community
- How to manage and accommodate common age-related changes in vision, hearing and reaction time

This course now includes new videos and updated course content, so you will have the most up-to date information for your state! Many participants may be eligible for a multi-year insurance discount after taking the course. There are no tests required to pass the course. Class size is limited to 30 participants. Individuals are given a 30-minute break for lunch. It is suggested you bring a bag lunch to class. The course is \$20 for AARP members and \$25 for non-members, payable by check made out to AARP on the day of the course. Advance registration is required. Registration cannot be taken over the phone.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
249441-A1	9/16	1	W	8am-4:30pm	55-99	Free



Apple Pie and 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 \$3 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	9/18	1	F	1:30-3:30pm	55-99	\$3/\$3

MATURE ADULT TRIPS



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.**



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

FORT MCHENRY & BALTIMORE INNER HARBOR CRUISE

The birthplace of the Star Spangled Banner, Fort McHenry still stands as it did when "the rockets' red glare, the bombs bursting in air, gave proof through the night that our flag was still there." We will join park staff for the morning flag-changing tradition to discover why the flag became a powerful symbol during the Battle of Baltimore and how it became deeply tied to the nation's story as the inspiration behind the Star-Spangled Banner. After our visit we will enjoy a 45-minute narrated sightseeing cruise through the Baltimore Inner Harbor. Lunch will be on your own in downtown Inner Harbor.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241236-A1	9/30	1	W	8am-4:30pm	55-99	\$103/\$128.75

"COME FROM AWAY" AT FORD'S THEATRE

Come From Away tells the heart-warming true story of how a small Canadian town cared for 6,579 airline passengers stranded there on 9/11. When 38 planes were diverted to its doorstep, the town of Gander doubled in size, playing host to an international community of strangers and offering food, shelter and friendship. Featuring a rousing score of folk and rock. The show is one hour and 40-minutes with no intermission. There will be time before the show to explore the Ford's Theatre museum to view exhibits on Lincoln's presidency, Civil War milestones and the assassination conspiracy led by John Wilkes Booth.



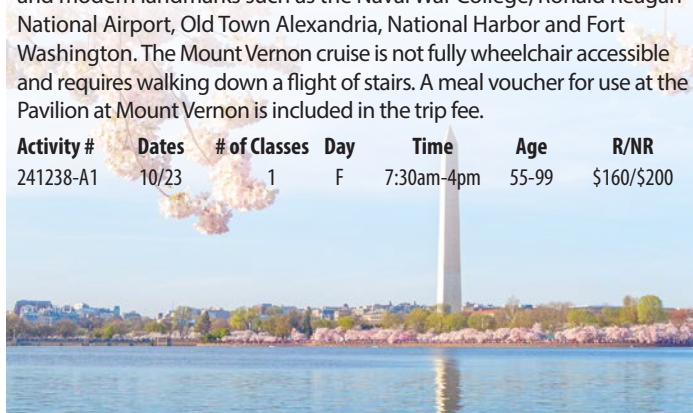
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241237-A1	10/8	1	Th	9am-1:30pm	55-99	\$96/\$120

MOUNT VERNON ROUND TRIP CRUISE

Join us for a truly American experience, a round-trip Mount Vernon cruise direct from Washington, D.C. This experience includes admission to Mount Vernon with three hours to explore the estate and gardens. This narrated riverfront tour will pass both historic and modern landmarks such as the Naval War College, Ronald Reagan National Airport, Old Town Alexandria, National Harbor and Fort Washington. The Mount Vernon cruise is not fully wheelchair accessible and requires walking down a flight of stairs. A meal voucher for use at the Pavilion at Mount Vernon is included in the trip fee.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241238-A1	10/23	1	F	7:30am-4pm	55-99	\$160/\$200



GEORGE WASHINGTON'S FERRY FARM & KENMORE HOUSE

George Washington's Ferry Farm in Stafford, Va. is where young Washington spent his formative years and became an extraordinary man. The future general and first president was 6 years old when his family moved to King George County in 1738. Our guided tour of the Washington house replica will explore the lives of George, his mother Mary, other Washington family members and the enslaved community. Historic Kenmore is a beautiful, Georgian-style brick mansion built for George Washington's sister, Betty Washington Lewis and her husband. Our guided tour will focus on the Lewis family, the enslaved community and the sacrifices made to support the American cause during the War for Independence. Historic Kenmore is not accessible and ADA compliant. Lunch at Harry's Downtown is included in the trip fee.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241239-A1	11/4	1	W	9am-4:30pm	55-99	\$104/\$130

NATIONAL GEOGRAPHIC MUSEUM OF EXPLORATION

The Museum of Exploration in Washington, D.C. provides visitors with a state-of-the-art, sustainably built destination illuminating the wonder of the world through innovative technology, immersive displays, iconic photography and artifacts. We will have a guided tour to hear the story of the National Geographic Society's evolution from building the Society's first permanent home in D.C. to creating the Museum of Exploration. Lunch will be on your own at Explorer's Eatery in the museum.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241240-A1	11/18	1	W	9am-1:30pm	55-99	\$75/\$93.75

AFTERNOON TEA AT ArTea

Come and immerse yourself in this beloved tradition! An afternoon tea is more than just a gathering—it's a heartfelt celebration of the season. Let the comforting, warm flavors at ArTea in McLean fill your soul with joy, connection and the true spirit of togetherness. This will be a thoughtfully curated 1.5-hour experience where tradition and modern elegance intertwine. Each afternoon tea tower includes four savories and four desserts, two scones and two butter spreads. Served with a pot of tea and one glass of wine, cocktail, or mocktail. After our tea experience, we will head over to Mesmeralda's Gifts—a beloved local boutique offering one-of-a-kind treasures, perfect for finding special holiday gifts.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241241-A1	12/9	1	W	11:30am-3pm	55-99	\$124/\$155

REGISTRATION FORM

ONE HOUSEHOLD PER REGISTRATION FORM

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

HEAD OF HOUSEHOLD LAST NAME: FIRST NAME:

ADDRESS: _____ BIRTHDATE: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE:() WORK PHONE:()

CELL:() EMAIL:

EMERGENCY CONTACT:_____ EMERGENCY PHONE NUMBER:(____)_____

REQUEST FOR AMERICAN WITH DISABILITIES ACT ("ADA")/VIRGINIA DISABILITIES ACT ACCOMODATION: YES ☐ NO ☐

IF YES, PLEASE PROVIDE ADDITIONAL INFORMATION, WHAT TYPE OF ADA ACCOMODATION IS NEEDED? _____

DOES YOUR CONDITION REQUIRE THAT YOU NEED A PERSONAL ASSISTANT? YES ☐ NO ☐

IF YES, THE TOWN DOES NOT PROVIDE PERSONAL ASSISTANCE AND YOU MUST BRING A PERSONAL ASSISTANT WITH YOU, AND THAT PERSON MUST BE REGISTERED FOR THE EVENT. FAILURE TO PROVIDE A PERSONAL ASSISTANT THAT IS NEEDED FOR YOUR ACCOMMODATION MAY RESULT IN YOUR NOT BEING ABLE TO PARTICIPATE IN THE EVENT OR PROGRAM. TOWN STAFF CANNOT PROVIDE PERSONAL ASSISTANCE OR SERVICES OF A PERSONAL NATURE TO INDIVIDUALS WITH A DISABILITY.

[illegible]

PAYMENT METHOD

CHECK MADE PAYABLE TO: TOWN OF VIENNA

Total:

CASH

Total:

CREDIT CARD:

Total:

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

- - - Exp. Date: / CVC:

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

TOTAL _____

**PLEASE REVIEW OUR REFUND
POLICY BEFORE REGISTERING
FOR A CLASS OR CAMP.**

In consideration of the registrant being granted permission by the Town of Vienna, Virginia to participate in this program and associated activities, I hereby release the Town of Vienna, Virginia and its officers, employees, agents, and volunteers from any and all liability to or arising out of the registrant's participation. The Town neither endorses nor provides any financial advice 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 and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or cosponsored by the Park and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials.

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE _____

Town of Vienna Parks and Recreation

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



This year's parade application deadline is September 18.
Applications found online www.viennava.gov/halloween.

Vienna's 80th Annual HALLOWEEN PARADE

2026 THEME:
**HAUNTED HISTORY:
250 YEARS OF
AMERICA**

Wednesday
October 28
— 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 2026 parade marshal is Mark Lee Keam, honoring his public service and advocacy for the greater Vienna area and beyond for many years. Mark Keam currently leads the Korean American Institute; a nonprofit organization whose mission is to produce insightful and actionable research to improve decision making on issues facing Korean Americans. He has held elected office as a Virginia state lawmaker, served in politically appointed roles for two Presidents and was the top legal advisor to a United States Senate Whip. Born in Seoul, Mark immigrated to the United States as a teenager and has maintained close ties with the Korean American community. With bilingual and bicultural skills, he has worked with dozens of community-based organizations that serve immigrant and minority communities.

*Wear a
costume and
come join the fun!*

This year's parade application deadline is **September 18**.
Applications can be found online at www.viennava.gov/halloween.

Questions? Contact events@viennava.gov or call **703-255-6360**.
More information at www.viennava.gov/halloween.