

Vienna adventures

PARKS AND
RECREATION
PROGRAMS
AND EVENTS
GUIDE

WINTER 2025



SPECIAL EVENTS

*See pages 17 to 18
and Back Cover*



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

SANTA GRAM

SEND YOUR HOLIDAY WISHES BY NOVEMBER 26 TO THE VIENNA PARKS AND RECREATION DEPARTMENT, AND THE ELVES WILL MAKE SURE SANTA GETS YOUR LETTER. WE HAVE A SPECIAL MAILBOX IN THE COMMUNITY CENTER LOBBY, THAT GOES STRAIGHT TO THE NORTH POLE.

PARENTS AND CARETAKERS: ALL MAIL IS SENT TO THE NORTH POLE AND SANTA WILL RESPOND TO YOUR CHILD. PLEASE INCLUDE YOUR COMPLETE ADDRESS WITH ZIP CODE AND CLEARLY PRINT YOUR CHILD'S FULL NAME ON THEIR LETTER. SEND LETTERS TO VIENNA PARKS AND RECREATION, 120 CHERRY STREET SE, VIENNA VA 22180 OR DROP OFF AT THE MAILBOX IN THE COMMUNITY CENTER LOBBY.

LETTERS MUST BE RECEIVED BY NOVEMBER 26 TO GUARANTEE A LETTER BACK FROM SANTA!



SANTA CLAUS

SANTA 'S WORKSHOP

NORTH POLE

WINTER 2025 GENERAL INFORMATION

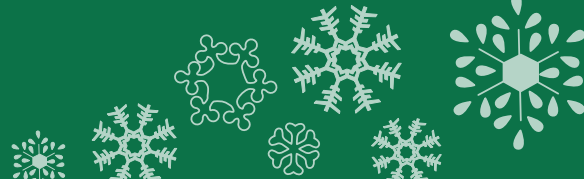


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PARKS AND RECREATION

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

COMMUNITY CENTER

Nick Jones, Assistant Building Manager..... 703-255-5726
 Joy DiLillo Harrington, Administrative Assistant II 703-255-5741
 Gagan Sandhu, Customer Care Specialist 703-255-6360

PARKS

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

RECREATION

Brandy Wyatt, Recreation Program Coordinator II 703-255-5721
 Lily Dunning Widman, Recreation Program Coordinator II – Special Events ... 703-255-5738
 Kathy Blevins, Recreation Program Coordinator – Mature Adults..... 703-255-7801
 Derrick Cowles, Recreation Program Coordinator – Youth and Camps..... 703-255-6352
 Lisa Shackelford CPRP, Assistant Special Events Coordinator..... 703-255-6395
 Ianna Alhambra, After School Program Coordinator 703-255-5736

PHONE NUMBERS

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

BUSINESS OFFICE HOURS

Monday – Friday: 8 a.m. – 4:30 p.m.

COMMUNITY CENTER HOURS OF OPERATION

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

Sunday: 12 p.m. (noon) – 6 p.m

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

YOUTH TEAM SPORTS

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

VIENNA LITTLE LEAGUE — For children ages 5–12,

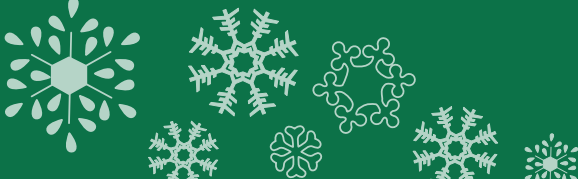
Little League also sponsors a T-ball program. For further information see vll.org

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

For more information visit vgsf.org

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

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



WINTER 2025 REGISTRATION

REGISTRATION DATES

IN TOWN BEGINS

November 4 at 8 a.m.

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

OUT OF TOWN BEGINS

November 12 at 8 a.m.



VIENNA COMMUNITY LEARNING AND DISPLAY GARDEN

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

PICNIC SHELTERS INFORMATION AND RESERVATIONS

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

RENTAL FEES:

Town Residents and Groups ▶ \$50 for 4-hour max

Non-Town Residents and Groups ▶ \$100 for 4-hour max

Bathroom/Water Key ▶ \$50 Deposit
(Must pick up key in-person one week prior to the rental)

Electricity: \$25 | **Water:** \$25

HISTORIC VIENNA

HISTORIC VIENNA INC.

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

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



FREEMAN STORE AND MUSEUM

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

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



LITTLE LIBRARY

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

GENERAL INFORMATION

REGISTRATION DATES AND TIMES

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

November 4 at 8 a.m.

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

November 12 at 8 a.m.

Registrations are accepted at the Community Center front desk.

REGISTRATION FORM

Please use a separate registration form for each distinct household.

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

WEBTRAC ONLINE REGISTRATION

Visit 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.

CLASS CANCELLATIONS

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

CLASS REFUNDS

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

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

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

PRORATED CLASSES

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

CAMP CANCELLATIONS

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

WAITLIST NOTIFICATION

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

CAMP REFUNDS AND TRANSFERS

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

CONFIRMATION POLICY

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

INCLEMENT WEATHER POLICY

Weather related class or camp cancellations

Full Closure

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

Modified Operating Schedule

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

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

Outdoor Programs Held in Spring, Summer and Fall Seasons

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable

weather conditions. Programs and classes will be rescheduled when possible. For those programs and classes that cannot be rescheduled, a refund will be given for the class. Please call the weather line, **703-255-7842** for updated information.

TEXT ALERTS

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

FAIRFAX COUNTY TEACHER WORKDAYS

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

GENERAL POLICY/BEHAVIOR POLICY

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

PARKS

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



ODD JOB LIST



Do you need help with shoveling snow or maybe to check off a few "to do" items from your list? Call the Vienna Parks and Recreation Department for our Youth Odd Job List. Vienna youth sign up to be on the list as a way to earn extra cash while helping their neighbors. The Town of Vienna is not responsible for setting wage expectations.


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

FACILITY RENTALS

LOOKING FOR A PREMIER LOCATION FOR YOUR EVENT?

Look no further. The Vienna Community Center can host events for any occasion from intimate meetings to large scale events. To discuss your event needs or to book a room, please contact **Nick Jones** at njones@viennava.gov, **703 255-5726**. You can also find more information and rental guidelines on our website at viennava.gov/rentals.

AMERICANS WITH DISABILITIES ACT

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

PRESCHOOL & YOUTH CLASSES



PLAYFUL PRESCHOOL YOGA

Instructor: Warrior Kids Yoga

Come join us on our magic carpet as we travel to the beach, the moon, the circus and other real and fantasy destinations in our story based yoga session. The students will learn traditional and not-so-traditional yoga postures while working on focus techniques and fine and gross motor skills. Our studio will be filled with songs and rhythmic movement sure to get our little yogis moving and laughing in no time. *No Class: 1/22*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
303005-A1	1/8-3/5	8	W	10-10:45am	3-5	\$126/\$156

SPORTS & GAMES FOR KIDS

Instructor: Chris Kurtzman

Come join the fun and get active in this dynamic sports and games class while learning sportsmanship and team work. Each week we will introduce fundamental rules and skills of a sport and then reinforce with a variety of games. Sports and games include soccer, basketball, hockey, volleyball, track and field/triathlon, flag football, baseball, kickball, Battleship, Friendship Tag, Alarm Clock, Pound Puppies, Super Troopers and a lot more. This is a parent drop off class. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304706-A1	1/13-3/17	8	M	1:30-2:30pm	3-6	\$138/\$172

ALL SPORTS FOR KIDS

Instructor: Helen Petrakes

All Sports will teach the fundamentals of a variety of team sports including soccer, basketball, baseball, hockey, volleyball and track and field. Kids will enjoy playing new games such as Rainbow Run, End Zone Trappers, Battleship, Bye-Bye Tag and much more. We will focus on large motor skill development and ball handling skills, as well as emphasizing good sportsmanship and teamwork. This is a parent drop off class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304707-A1	1/9-2/27	8	Th	1:30-2:30pm	3.5-6	\$138/\$172

WADDLERS

Instructor: MyGym Vienna

This stimulating program introduces balancing, tumbling, and agility skills, which helps the children develop a love of physical activity and a sense of pride in their achievements. Little ones will work on confidence building, socialization, and strength building through active play. A parent or caregiver must attend with the child.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
303701-A1	1/7-3/11	10	T	1-1:45pm	5mo-20mo	\$250/\$312.50
303701-B1	1/9-3/13	10	Th	1-1:45pm	5mo-20mo	\$250/\$312.50

GYMSTERS

Instructor: MyGym Vienna

During this engaging class the youngsters are elated as they sing, dance, play game, watch puppet shows, and take turns on special adventures! Our Gymsters feel great about themselves as they learn new strength building, gymnastics, and beginning sport skills in a constantly changing program with fresh ingredients and new equipment setups each week. A parent or caregiver must attend with the child.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
303702-A1	1/7-3/11	10	T	2-2:45pm	21mo-2.5	\$250/\$312.50
303702-B1	1/9-3/13	10	Th	2-2:45pm	21mo-2.5	\$250/\$312.50

LITTLE HOOPERS

Instructor: Brian Lonardo

The Little Hoopers class is focused on fun and learning the basic fundamentals of basketball. The kids will play tag games, work on dribbling, shooting, passing, and play modified games. *No Class: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304091-A1	1/10-3/14	9	F	4-5pm	4-7	\$225/\$281.25

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. *No Class: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304092-A1	1/10-3/14	9	F	5-6pm	8-12	\$225/\$281.25

TWOSEY DOODLERS

Instructor: Abrakadoodle

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

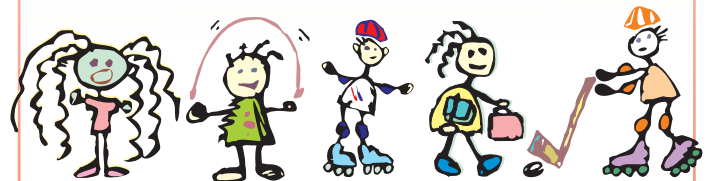
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
307250-A1	1/7-2/25	8	T	10:30-11:15am	1.5-3	\$120/\$150
307250-B1	1/7-2/25	8	T	11:30am-12:15pm	1.5-3	\$120/\$150
307250-C1	1/9-2/27	8	Th	10:30-11:15am	1.5-3	\$120/\$150

MINI DOODLERS

Instructor: Abrakadoodle

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more. The children create masterpieces that are truly unique. A materials fee of \$32 is due the first day of class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
307251-A1	1/9-2/27	8	Th	11:30am-12:15pm	3-6	\$120/\$150



PRESCHOOL & YOUTH CLASSES

GYMNASTICS | Instructor: Shannon Lake



PRESCHOOL GYMNASTICS

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304062-A1	1/7-3/11	10	T	1:15-2pm	3-5	\$82.50/\$102.50
304062-B1	1/7-3/11	10	T	2:15-3pm	3-5	\$82.50/\$102.50
304062-C1	1/7-3/11	10	T	3:15-4pm	3-5	\$82.50/\$102.50
304062-D1	1/8-3/12	10	W	1:15-2pm	3-5	\$82.50/\$102.50
304062-E1	1/8-3/12	10	W	2:15-3pm	3-5	\$82.50/\$102.50
304062-F1	1/8-3/12	10	W	3:15-4pm	3-5	\$82.50/\$102.50
304062-G1	1/9-3/13	10	Th	10:45-11:30am	3-5	\$82.50/\$102.50
304062-H1	1/9-3/13	10	Th	1:15-2pm	3-5	\$82.50/\$102.50
304062-I1	1/9-3/13	10	Th	2:15-3pm	3-5	\$82.50/\$102.50
304062-J1	1/9-3/13	10	Th	3:15-4pm	3-5	\$82.50/\$102.50

MINI SESSION

304062-K1	12/3-12/17	3	T	1:15-2pm	3-5	\$24.75/\$30.75
304062-L1	12/3-12/17	3	T	2:15-3pm	3-5	\$24.75/\$30.75
304062-M1	12/3-12/17	3	T	3:15-4pm	3-5	\$24.75/\$30.75
304062-N1	12/4-12/18	3	W	1:15-2pm	3-5	\$24.75/\$30.75
304062-O1	12/4-12/18	3	W	2:15-3pm	3-5	\$24.75/\$30.75
304062-P1	12/4-12/18	3	W	3:15-4pm	3-5	\$24.75/\$30.75
304062-Q1	12/5-12/19	3	Th	10:45-11:30am	3-5	\$24.75/\$30.75
304062-R1	12/5-12/19	3	Th	1:15-2pm	3-5	\$24.75/\$30.75
304062-S1	12/5-12/19	3	Th	2:15-3pm	3-5	\$24.75/\$30.75
304062-T1	12/5-12/19	3	Th	3:15-4pm	3-5	\$24.75/\$30.75

GYMNASTICS FOR PARENT/CHILD

Kids! Grab your favorite grown up and come to gymnastics. This is an introductory class where kids will explore the bars, beam, floor, and springboard with a responsible adult. Instructor provides guidance and supervision. Adults and children need to be cooperative and participating members of the class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304061-A1	1/8-3/12	10	W	9:45-10:30am	2-3	\$82.50/\$102.50
304061-B1	1/8-3/12	10	W	10:45-11:30am	2-3	\$82.50/\$102.50
304061-C1	1/9-3/13	10	Th	9:45-10:30am	2-3	\$82.50/\$102.50

MINI SESSION

304061-D1	12/4-12/18	3	W	9:45-10:30am	2-3	\$24.75/\$30.75
304061-E1	12/4-12/18	3	W	10:45-11:30am	2-3	\$24.75/\$30.75
304061-F1	12/5-12/19	3	Th	9:45-10:30am	2-3	\$24.75/\$30.75

GYMNASTICS FOR AGES 4-7

This class is set up for our younger gymnasts. The class will have three balance beams of different heights, a bar and floor and vaulting equipment. Everything students need to learn gymnastics skills. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
304060-A1	1/6-3/10	8	M	4:15-5pm	4-7	\$66/\$82
304060-B1	1/6-3/10	8	M	5:15-6pm	4-7	\$66/\$82
304060-C1	1/6-3/10	8	M	6:15-7pm	4-7	\$66/\$82

MINI SESSION

304060-D1	12/2-12/16	3	M	4:15-5pm	4-7	\$24.75/\$30.75
304060-E1	12/2-12/16	3	M	5:15-6pm	4-7	\$24.75/\$30.75
304060-F1	12/2-12/16	3	M	6:15-7pm	4-7	\$24.75/\$30.75

GYMNASTICS FOR AGES 5-13

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314061-A1	1/7-3/11	10	T	4:05-5pm	5-13	\$100/\$125
314061-B1	1/7-3/11	10	T	5:05-6pm	5-13	\$100/\$125
314061-C1	1/7-3/11	10	T	6:05-7pm	5-13	\$100/\$125
314061-D1	1/8-3/12	10	W	4:05-5pm	5-13	\$100/\$125
314061-E1	1/8-3/12	10	W	5:05-6pm	5-13	\$100/\$125
314061-F1	1/8-3/12	10	W	6:05-7pm	5-13	\$100/\$125
314061-G1	1/9-3/13	10	Th	4:05-5pm	5-13	\$100/\$125
314061-H1	1/9-3/13	10	Th	5:05-6pm	5-13	\$100/\$125
314061-I1	1/9-3/13	10	Th	6:05-7pm	5-13	\$100/\$125

MINI SESSION

314061-J1	12/3-12/17	3	T	4:05-5pm	5-13	\$30/\$37.50
314061-K1	12/3-12/17	3	T	5:05-6pm	5-13	\$30/\$37.50
314061-L1	12/3-12/17	3	T	6:05-7pm	5-13	\$30/\$37.50
314061-M1	12/4-12/18	3	W	4:05-5pm	5-13	\$30/\$37.50
314061-N1	12/4-12/18	3	W	5:05-6pm	5-13	\$30/\$37.50
314061-O1	12/4-12/18	3	W	6:05-7pm	5-13	\$30/\$37.50
314061-P1	12/5-12/19	3	Th	4:05-5pm	5-13	\$30/\$37.50
314061-Q1	12/5-12/19	3	Th	5:05-6pm	5-13	\$30/\$37.50
314061-R1	12/5-12/19	3	Th	6:05-7pm	5-13	\$30/\$37.50

ADVANCED GYMNASTICS

This class has a student/teacher ratio of 4 to 1 and is for the year round student. Students 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 child is ready for this class. Registration will not be accepted without a written letter from the instructor. Participants need to be registered for a minimum of two classes per week in addition to the advanced class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314063-A1	1/7-3/11	10	T	7:05-8pm	7-13	\$200/\$250
314063-B1	1/8-3/12	10	W	7:05-8pm	5-8	\$200/\$250
314063-C1	1/9-3/13	10	Th	7:05-8pm	7-13	\$200/\$250

MINI SESSION

314063-D1	12/3-12/17	3	T	7:05-8pm	7-13	\$60/\$75
314063-E1	12/4-12/18	3	W	7:05-8pm	5-8	\$60/\$75
314063-F1	12/5-12/19	3	Th	7:05-8pm	7-13	\$60/\$75

PRESCHOOL & YOUTH CLASSES



TINY TOTS DANCE

Instructor: Velocity Dance

This class focuses on teaching your dancer the basics of dance as well as working on overall body awareness, performance and showmanship, musicality, following directions and working with peers. Dancers will learn Ballet, Jazz and Hip-Hop. We use popular music, upbeat choreography and games to keep dancers engaged and excited about class. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308100-A1	1/13-3/17	8	M	4-5pm	3-7	\$120/\$150

MUSIC TOGETHER

Instructor: Little Steps Music

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308141-A1	1/7-3/11	10	T	9:30-10:15am	Birth-5	\$252/\$315
308141-B1	1/7-3/11	10	T	10:30-11:15am	Birth-5	\$252/\$315
308141-C1	1/7-3/11	10	T	11:30am-12:15pm	Birth-5	\$252/\$315

MUSIC FOR TODDLERS

Instructor: Chris Krouse

Join Miss Chris for a fun-filled class that focuses on building the most fundamental music skills. We will sing, bounce, clap, explore simple instruments, use seasonal props and have fun. The first 10 minutes of the 40 minute class is for children to warm up to me, the instruments and each other. This is a parent participation class. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
308142-A1	1/13-3/17	8	M	10-10:40am	0.75-2.5	\$156/\$196
308142-B1	1/13-3/17	8	M	11-11:40am	0.75-2.5	\$156/\$196

CODING WITH FUN

Instructor: Stemtree

Students will learn the computer programming concepts in a fun and interactive way. They will combine media elements to create and share their own interactive stories, animations, games, music, and art. Students will learn basic reasoning and problem solving skills; and they will have an opportunity to think creatively, communicate clearly, use technology fluently, and collaborate effectively. On the first day of the program students will be assessed on their grades and prior skill levels and placed into one of the three levels: Beginner, Intermediate, or Advanced. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314460-A1	1/6-3/10	8	M	5:30-6:30pm	6-11	\$208/\$260

SPANISH TOGETHER, MOMMY AND ME

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

Explore the Wonderful world of Spanish with your little one through music, dance, games, and puppetry! Enjoy your little one's first Spanish immersion experience where together through dynamic and interactive activities you will learn the fundamentals of the language such as numbers, colors, shapes, and every day vocabulary. This class requires caregiver attendance. ChiCeLaCu has nearly 20 years of experience providing Spanish immersion programs, come learn with us! *No Class: 2/18*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
309322-A1	1/7-3/20	21	T & Th	10-10:50am	2-3	\$409.50/\$459.50

SPANISH FOR PRESCHOOLERS

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

An abbreviated and fun introduction to ChiCeLaCu's Spanish immersion preschool experience where little ones learn through games, music, arts & craft, and many fun and dynamic play-based activities. This class teaches language fundamentals including the alphabet, primary colors, shapes, and basic greetings. Little ones learn to express in Spanish their needs, wants, feelings, and emotions in a fun and safe environment. Come learn with us! *No Class: 2/18*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
309321-A1	1/7-3/20	21	T & Th	11-11:50am	3-5	\$409.50/\$459.50

SPANISH FOR BEGINNERS

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

An introduction to Spanish that combines dynamic and fun teaching strategies with traditional classroom instruction. Students will begin building vocabulary and developing speaking and conversational skills through a variety of fun activities such as games, skits, plays, puppetry, song, dance, storytelling, and more. A fantastic way to introduce students to Spanish and nurture a love for the language.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
309323-A1	1/7-3/20	22	T & Th	4:30-5:20pm	6-8	\$429/\$479



CODING WITH FUN AND SCIENCE EXPLORERS

Instructor: Stemtree

This camp offers two programs in one: Coding with Fun and Science Explorers. It teaches campers the computer programming concepts in a fun and interactive way while developing their basic reasoning and problem solving skills, while keeping them engaged by learning the fundamental concepts behind scientific theories and apply them through fun, hands on activities.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
305571-A1	12/30-1/3	4	M,T,Th,F	9am-3pm	6-12	\$240/\$290

SCIENCE EXPLORERS

Instructor: Stemtree

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314462-A1	1/7-2/25	8	T	5:30-6:30pm	6-12	\$208/\$260

STEMTREE ROBOTICS

Instructor: Stemtree

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314661-A1	1/8-2/26	8	W	5:30-6:30pm	6-11	\$208/\$260

RUNNING CLUB

Instructor: Helen Petrakes

Join the fun in our high energy running club. Students will enjoy beginning each class with our challenging warm up games. Next, we break into our daily stations, training for fast paced running, building on endurance levels, quick footwork, agilities, and proper running form. Kids will enjoy this well rounded class preparing them for races, as well as quickness and agilities used in most sports.

No Class: 1/20, 2/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
314690-A1	1/13-3/17	8	M	4:15-5:15pm	5-9	\$138/\$172

CHESS CLUB

Instructor: Magnus Chess Academy

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



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
319710-A1	1/9-2/27	8	Th	5:30-6:30pm	5-12	\$170/\$212



CLAY-MAGINATION FOR KIDS

Instructor: Sydnie Swain

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

Location: Bowman House Arts and Craft Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
317210-A1	1/8-3/12	10	W	4-6pm	8-12	\$230/\$287.50

TEEN WHEEL - THROWING

Instructor: Sydnie Swain

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

Location: Bowman House Arts and Crafts Center

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
317212-A1	1/8-3/12	10	W	6:30-8:30pm	13-18	\$230/\$287.50

PRESCHOOL & YOUTH CLASSES



ADRENALINE Cheer & Tumbling

Instructor: Adrenaline Dance Force

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances. All of our 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: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328105-A1	1/10-3/7	8	F	6:30-7:30pm	6-12	\$136/\$170

STORYBOOK BALLET

Instructor: Adrenaline Dance Force

This ballet class will expose your little ballerina to many of the classical ballet stories such as Sleeping Beauty, Cinderella and The Nutcracker through literature, storytelling and music. Basic ballet concepts will be introduced to lay a positive technical foundation (i.e.: positions, plies, etc.). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! An in-class parent showcase will be held on the last day of class. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328107-A1	1/6-3/10	8	M	2-2:45pm	3-6	\$136/\$170
328107-B1	1/6-3/10	8	M	3-3:45pm	3-6	\$136/\$170

ADRENALINE DANCE FORCE HIP HOP ALL STARS

Instructor: Adrenaline Dance Force

Our ADF hip-hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip-hop is an ever-evolving style performed to current hip-hop music. The Adrenaline Dance Force 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. Adrenaline'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: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328108-A1	1/10-3/7	8	F	5:30-6:30pm	6-12	\$136/\$170

B-BOPPERS CREW- ALL BOYS HIP HOP

Instructor: Adrenaline Dance Force

Does your child love to dance around the house to their favorite songs? If so, then this is the perfect class for your little mover. This high energy beginner dance class will teach your child the basics in both jazz and hip hop helping to improve their rhythm, coordination and balance. Get ready to bust a move!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328110-A1	1/8-2/26	8	W	4-5pm	5-7	\$136/\$170

ENCHANTED BALLET

Instructor: Adrenaline Dance Force

Our introductory ballet class will focus on proper alignment, posture, and body positions. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility. This class is a great first ballet class or the next step after completing our Storybook Ballet class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328111-A1	1/8-2/26	8	W	5-6pm	6-8	\$136/\$170

HOMESCHOOL HIP HOP

Instructor: Adrenaline Dance Force

Our ADF hip-hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip-hop is an ever-evolving style performed to current hip-hop music. The Adrenaline Dance Force 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. Adrenaline'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: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
328112-A1	1/6-3/10	8	M	1-2pm	6-8	\$136/\$170

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
328313-A1	1/7-2/25	8	T	5:30-6:30pm	6-8	\$136/\$170

HOMESCHOOL 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
328314-A1	1/8-2/26	8	W	11am-12pm	6-8	\$136/\$170



CLUB PHOENIX TEEN CENTER



Club Phoenix Teen Center is an after-school program available for ages 11 – 17. We welcome all Teens and Tweens in the Greater Vienna area to enrich their lives through programs focused on their interests. We offer homework help on Tuesday's and Thursday's and for fun daily activities we have large tabletop games like air hockey, shuffleboard, and pool. We have 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.

Club Phoenix Location:

Vienna Community Center
120 Cherry Street, SE • Vienna, VA 22180

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:

November 28 – 29 | December 23 – 27
January 1 | January 17 | January 20
February 17

Club Phoenix extended hours dates:

12:30 – 6:30 p.m.

November 27 | December 9 | December 30 – 31
January 2 – 3 | January 29 | February 24
March 31

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

WEBTRAC REGISTRATION

Please register your child for Club Phoenix by creating a household on **WebTrac** and receive a key fob upon entry at Club Phoenix. If your child is already part of your household, no additional actions are required at this time.

“THE PHOENIX” PARENT E-NEWSLETTER

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

TEEN COUNCIL

Our Teen Council, in hopes of making a difference in their community. Driven teens learn and apply leadership skills by providing education on youth issues and volunteering at special events. Applications can be picked up at Club Phoenix. Meetings are on alternating Tuesday's from 5 p.m. – 6 p.m. volunteer opportunities are typically on the weekends, with some opportunities after school and during school breaks. Teens are chaperoned by a Town of Vienna employee on each volunteer outing.

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 with the Teens N Tech program, assisting at “The Nest” snack bar, and supporting our local Town of Vienna community. Interested students must fill out a volunteer application that can be found 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 at the Vienna Community Center Front Desk.

CLUB PHOENIX RENTALS

Club Phoenix is available for rentals on weekends to members of Club Phoenix. Fill out an application at the front desk or on the web and speak with the After School Program Coordinator, Ianna Alhambra, at **703-255-5736**, to gain more information and set up a tour.





CLUB PHOENIX SPECIAL EVENTS

WELLNESS WEDNESDAY *Themes*

**Wednesdays December – March
4 – 4:30 p.m.**

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

December: Social — teens show interest and concern in relationships with family, friends, coworkers, and community.

January: Financial — teens learn about savings, income, and debt through understanding financial situations.

February: Emotional — teens will develop a deeper ability to express feelings, adjust to emotional challenges and cope with stress.

March: Physical — teens will better understand a healthy body is one that balances nutrition, sleep, and exercise.



HIGH SCHOOL ONLY NIGHT

Second Friday of the Month | 7 – 9 p.m.

Friday, December 13, 2024: Open Mic Night

Friday, January 10, 2025: Sip and Paint Night (Hot Cocoa and Apple Cider)

Friday, February 14, 2025: Volunteer Night

Friday, March 14, 2025: Casino Night

Are you in High School and only want to hang with your high school friends on a Friday night? You're in luck! The Club Phoenix Teen Center is hosting "High School Only Night's" every third Friday of the month during the school year. Each month will have a different planned activity from escape rooms and Friendsgiving's to improv nights and pool tournaments. Not up for a planned activity? Enjoy all the fun that the teen center has to offer without the younger teens. Limited to Club Phoenix Teen Center Members only. Bring a friend and receive a chance at spin-to-win.

DUNGEONS AND DRAGONS CLUB

Every other Friday | 6 – 9 p.m.

Friday, November 15

Friday, December 13

Friday, January 10

Friday, January 24

Friday, February 7

Friday, February 21

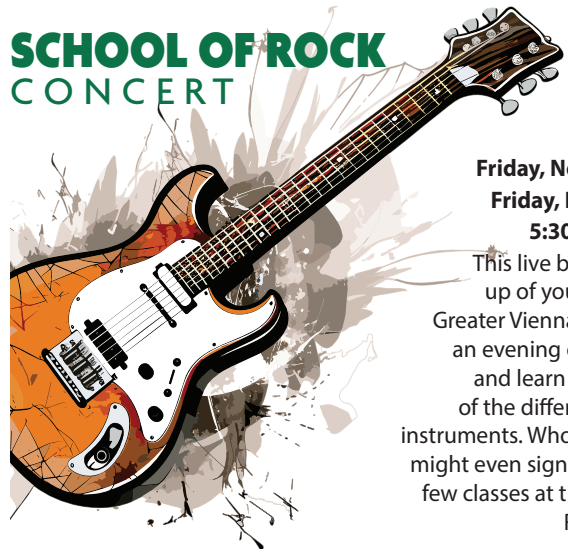
Friday, March 7

Friday, March 21



Join new and affluent Dungeons and Dragons players for adventurous fun in the Teen Center through this Dungeons and Dragons Club! We have everything you need to succeed in the game. This program is only for Club Phoenix Teen Center members.

SCHOOL OF ROCK CONCERT



Friday, November 15

Friday, February 28

5:30 – 7:30 p.m.

This live band is made up of youth from the Greater Vienna area. Enjoy an evening of live music and learn about some of the different types of instruments. Who knows, you might even sign up to take a few classes at the School of Rock Vienna!



CLUB PHOENIX TEEN CENTER

CLUB PHOENIX SPECIAL EVENTS

DECEMBER SPECIAL EVENTS

OPEN MIC NIGHT

Friday, December 13 | 5 – 7 p.m.

Join us for a fun night filled with laughter and test your skills to work a crowd through this open mic night supported by your peers. Test your comedy skills, share your acting skills, or work a crowd with a poetry slam, or share your talent through song and dance on the stage! Enjoy popcorn and be entertained all night long.



**Friday, December 20
3:30 – 6:30 p.m.**

It doesn't have to be ugly! This is our version of our winter holiday party, where teens are encouraged to wear any holiday/ winter themed sweater/ outfit. There will be music, food, games, prizes, and more. Do not miss out on this annual event.



JANUARY SPECIAL EVENTS

CANVAS AND COCOA PARTY

Thursday, January 16 | 4 – 5 p.m.

Guided by our artistically proficient teenagers, we will learn how to blend and mix colors to create a masterpiece, while sipping hot chocolate.



FINANCE SIMULATOR

Wednesday, January 22 | 4 – 5 p.m.

Enjoy the game of life through this reality simulator. The wellness theme for the month of January is finance. Teens will better understand how to budget their life after choosing a career and starting salary in this interactive game.

SECOND SEMESTER OPEN HOUSE FOR PARENTS AND FAMILIES

Thursday, January 30 | 2:30 – 7 p.m.

Please enter from the Blue Club Phoenix Canopy entrance on the side of the Community Center. Parents, friends, and family are welcome to see where their Teens come to hangout after school. Meet the staff and ask any questions about the programs, daily activities, sign up to volunteer, mentor, tutor, etc. Compete against your parent in a game of pool, play Phase 10 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.

Winter Break Activities

Club Phoenix Teen Center will be closed the first week of Fairfax County Public School winter break:

Monday, December 23 – Friday, December 27. Club Phoenix Teen Center will reopen on Monday, December 30 for extended hours, 12:30 p.m. – 6:30 p.m.

Monday, December 30: *Holiday Episodes of your favorite shows*

Tuesday, December 31: *New Year's Eve at 12:30 p.m.: Celebrate the new year fun holiday festivities*

Wednesday, January 1: *Closed*

Thursday, January 2: *Switch Tournament*

Friday, January 3: *Club Phoenix Friday Flix — movie time in the auditorium @ 4:30 p.m.*

This winter break will have you enjoying the holiday season with puzzles, movies, board games, video games, holiday movies, music, and games. Free popcorn on movie days! Soda will be sold every day during winter break.

FEBRUARY BLACK HISTORY MONTH SPECIAL EVENTS

Wednesdays in February

During Black History Month we will learn about the roles and achievements of African Americans in the history of the United States. We will enjoy cuisine, art, music, and other influences of African American culture.

MARCH WOMEN'S HISTORY MONTH SPECIAL EVENTS

Wednesdays in March

During Women's History Month we will learn about the roles and achievements of women in the history of the United States. We will enjoy cuisine, art, music, and other influences that women from the past have accomplished.

ST. PATTY'S PARTY

Monday, March 17 | 3:30 – 5:30 p.m.

You don't need the luck of the Irish for this party. Remember to wear green and join us for a night of activities and faire related to the people of Ireland. No leprechauns allowed.



ADULT ART & POTTERY PROGRAMS



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



POTTERY LAB

Open to all adults enrolled in a pottery class. \$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. Lab registration is available online. Up to two labs per class participant. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337210-A1	1/13-3/17	8	M	9:30am-12:30pm	18-99	\$40
337210-B1	1/13-3/17	8	M	6-9pm	18-99	\$40
337210-C1	1/15-3/19	10	W	1-4pm	18-99	\$50
337210-D1	1/16-3/20	10	Th	1-4pm	18-99	\$50
337210-E1	1/24-3/21	9	F	9am-12pm	18-99	\$45
337210-F1	1/25-3/22	9	Sa	9am-12pm	18-99	\$45
337210-G1	1/25-3/22	9	Sa	1-4pm	18-99	\$45

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337214-A1	2/6-3/13	6	Th	9:30am-12:30pm	18-99	\$138/\$172.50

HANDBUILDING AND THROWING

Instructor: Ben Harrell III

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337215-A1	1/8-3/12	10	W	9:30am-12:30pm	18-99	\$230/\$287.50

INTERMEDIATE/ADVANCED HANDBUILDING WORKSHOP

Intermediate/advanced Handbuilding workshop is meant for current Bowman House Handbuilding students. Please do not register if you are a beginner potter. Prior Handbuilding class experience is required. Clay is not included in the fees. Participants can purchase up to two bags of clay.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337213-A1	1/9-1/30	4	Th	9:30am-2:30pm	18-99	\$20/\$20
337213-B1	1/9-3/13	10	Th	6:30-9:30pm	18-99	\$50/\$50

Acrylic Painting

Instructor: Kerry Burch

Learn the fundamentals of acrylic painting with canvas preparation and ground application, color mixing and "blocking in" technique. Overall development of composition and layout to final rendering of the finished piece will be the goal of this class. Students should arrive with a basic concept or idea for the painting they wish to produce. This should be an accurate preparatory drawing, photograph or some other fully developed idea. Contact the Community Center for materials list prior to the first class. Classes held at the Vienna Community Center. *No Class: 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337240-A1	1/27-3/17	7	M	7-9pm	18-99	\$73.50/\$94.50
337240-B1	1/29-3/19	8	W	7-9pm	18-99	\$84/\$108



ADULT POTTERY & WINTER 2025 SPECIAL EVENTS

POTTERY WHEEL



BEGINNING WHEEL

Instructor: Ben Harrell III

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337211-A1	1/7-3/11	10	T	6:30-9:30pm	18-99	\$230/\$287.50

INTERMEDIATE WHEEL

Instructor: Monday - Bikki Stricker / Tuesday - 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: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337212-A1	1/6-3/10	8	M	2-5pm	18-99	\$184/\$230
337212-B1	1/7-3/11	10	T	3-6pm	18-99	\$230/\$287.50

INTERMEDIATE/ADVANCED WHEEL

Instructor: Rachelle Stefanik

This class will build on existing skills, with a focus on planning projects from conception to final glazing. Focus will be on refining techniques and pushing past your comfort zone. Students should be able to center and throw at least 3 pounds of clay. Required materials include a towel, tools and your own bats. *No Class: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
337216-A1	1/10-3/14	9	F	7-10pm	18-99	\$207/\$258.75

SPECIAL EVENTS

Sign Up for

Vienna HAPPENINGS

E-Newsletter

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

DONUTS WITH SANTA

Santa will visit the Vienna Community Center to hear all your holiday wishes. Mrs. Claus has set up a donut bar for all the wonderful kids of Vienna. There will also be music, crafts by the Vienna Public Arts Commission, and lots of holiday spirit! A maximum of 8 tickets can be purchased per household. At least one parent/guardian must accompany children. Ticket must be purchased for each person in attendance. Children under 12 months are free.

Thank you to our sponsor,
Air Treatment Heating and Cooling.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
350681-A1	12/7	1	Sa	8-8:50am	1yr and above	\$5
350681-B1	12/7	1	Sa	9-9:50am	1yr and above	\$5
350681-C1	12/7	1	Sa	10-10:50am	1yr and above	\$5



WINTER 2025 SPECIAL EVENTS



CHURCH STREET HOLIDAY STROLL



Enjoy visits with Santa, live holiday music from local groups, a tree lighting lead by Mayor Linda Colbert and great deals from local Church Street Businesses! Visit historic sites such as the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church) and Vienna Presbyterian's Old Chapel.

Thanks to our sponsor, RTR Pilates!

For more information:
Call Historic Vienna at **703-938-5187** or
visit www.viennava.gov/stroll.

Monday, December 2
6-8:30 p.m.
Location: Church Street
(in front of the Freeman Store)



VIENNA THEATRE COMPANY PRESENTS

RUMORS

Written by Neil Simon

Chris and Ken Gorman arrive at a fancy dinner party for their friend, Charley Brock. They discover that all is not well, and that Charley has had an accident involving a shotgun and his earlobe. This could be damaging to Charley's reputation, as he is deputy mayor of New York City. Chris and Ken's friends begin to arrive. As they attempt to cover up the facts, hilarity ensues. Neil Simon's Rumors is a charming farce with lots of gags, twists, zingers, and zanies, but it also borrows from Simon's life experience to depict the challenges, as well as the comforts, of married life.

Performance Dates

8 p.m. | Fridays and Saturdays
January 17, 18, 24, 25, 31; Feb 1

2 p.m. | Sundays

January 26, February 2

All performances are at the
Vienna Community Center.

Tickets \$16

Tickets go on sale November 4 for residents and
November 12 for those living outside Town limits.

Purchase your tickets at

www.viennava.gov/webtrac or
in person at the **Vienna Community Center.**

More info at www.viennava.gov/theatre.
No refunds of ticket transfers.



WINTER 2025 HOLIDAY PROGRAMS & CAMPS

Holiday Programs

COCOA BOMBS AND MUGS HOLIDAY WORKSHOP

Instructor: Inspired By Love

Is your child ready for some holiday fun and cheer? Children will participate in making their own hot cocoa bombs and personalized coffee mugs. They will also create fun packaging and gift tags to share with their family. Spots are limited so sign up early so you don't miss out on this fun holiday workshop!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312600-A1	12/14	1	Sa	9am-12pm	7-12	\$40/\$50

HOLIDAY CRAFTING WORKSHOPS

Instructor: Inspired By Love

Join us for three weeks of festive fun in our Holiday Crafting Workshops! Each week features a new holiday-themed project, from cookie decorating, making ornaments and decorations to crafting seasonal gifts. Our workshops provide all the materials and guidance needed for kids to create unique, handcrafted treasures. Ideal for children of all ages, these sessions offer a creative way to celebrate the season, develop artistic skills, and make lasting memories. Sign up and let your child's imagination shine this holiday season!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312603-A1	12/3-12/17	3	T	4:30-6pm	7-12	\$50/\$62.50
312603-B1	12/5-12/19	3	Th	4:30-6pm	7-12	\$50/\$62.50

HOLIDAY CANDLE MAKING

Instructor: Inspired By Love

Does your child love the aromas of the holidays? If they do, this is a workshop that they don't want to miss! Your child will participate in holiday candle making using various molds and shapes, and create their own signature scent. Each child will also have the opportunity to create an extra candle that would be donated to the Katherine Hanely Women's and Children's Shelter. Don't miss this fun experience!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312601-A1	12/14	1	Sa	12:30-3:30pm	7-12	\$40/\$50

GINGERBREAD HOUSE EXTRAVAGANZA

Instructor: Inspired By Love

Join us for a delightful family gingerbread house-making event! Gather around for an evening of creativity and fun as we build and decorate festive gingerbread houses. We'll provide all the supplies, including gingerbread pieces, frosting, candy, and other decorations. This event is perfect for families of all ages to bond over a sweet holiday tradition. Fees include one gingerbread house for a family of four. Additional gingerbread houses can be purchased for \$10.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
312602-A1	12/13	1	F	5:30-7:30pm	7-12	\$25/\$31.25

ARTSY CITY BUILDERS

Instructor: Abrakadoodle

Calling all creative minds, we are planning a City! Let's use artsy tools to design skyscrapers, bridges, community pools, houses, bistros, airports and museums. Create an artsy garden with trees and sculptures and paint your own urban skyline inspired by Van Gogh. Join us on the road to fun!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
307261-A1	12/30-1/3	4	M,T,Th,F	9am-3pm	6-12	\$250/\$300

NOTHING BUT NET SINGLE DAY CAMP

Instructor: Brian Lonardo

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
315102-A1	1/29	1	W	9am-1pm	6-12	\$60/\$75
315102-B1	3/31	1	M	9am-1pm	6-12	\$60/\$75
315102-C1	4/1	1	T	9am-1pm	6-12	\$60/\$75

i9 SPORTS MULTI-SPORT WINTER BREAK CAMP

Instructor: i9 Sports

Our youth sports camp is perfect for all skill levels from the absolute beginner to the advanced athlete. After warm-up and stretching, campers will rotate through fun-filled stations in several i9 sports including soccer, basketball, and volleyball! In addition, campers will have a blast playing games such as kickball, wiffle ball, flag tag, relay races, wacky Olympics and more! Campers will be assigned to age-appropriate groups with an i9 Sports instructor. It's a blast and we hope your child can join us!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
316093-A1	12/30-1/3	4	M,T,Th,F	9am-1pm	6-11.99	\$236/\$276



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 Health Qigong exercises, instructor will introduce the proper form as a foundation. After the basic form is sunk in, Students will appreciate the integration of intention and the eventual energy movements and transfer. Tai Chi and Qigong have roots in martial arts and relating to traditional healing. Each student depends on depth of proper learning and frequency of practice, and will achieve individual health and healing experiences.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333030-A1	1/8-3/19	11	W	9:30-10:30am	18-99	\$88/\$110

CARDIO MIX

Instructor: Sharon Turner

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333023-A1	1/7-3/18	11	T	5:30-6:30pm	18-99	\$165/\$206.25
333023-B1	1/9-3/20	11	Th	5:30-6:30pm	18-99	\$165/\$206.25

VINYASA FOUNDATION AND FLOW

Instructor: Sharon Turner

Come build your yoga practice from the ground up. We will begin class by introducing basic yoga postures while learning the proper techniques to execute each posture. We will the continue our journey by connecting our postures into a meaningful vinyasa flow. We will practice breathwork and mindfulness along the way. Class will end with a relaxing savasana and leave you ready to begin your day. All fitness levels are welcome. *No Class: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333027-A1	1/10-3/21	10	F	7:15-8:15am	18-99	\$150/\$187.50

ZUMBA

Instructor: Edita Dolnuts

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333025-A1	1/9-3/20	11	Th	5:45-6:45pm	16-65	\$132/\$165
333025-B1	1/11-3/22	11	Sa	11am-12pm	16-65	\$132/\$165



JAZZERCISE

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

**Monday/Wednesday
6:30 - 7:30 p.m.**

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

Take unlimited classes for \$59 for 14 consecutive days - starting the day of purchase, only at participating locations for new customers or those who have not attended and/or registered in one month or longer. Valid only during promotion dates. Special offer may be purchased in class or online at jazzercise.com. Other restrictions may apply. \$83 unlimited classes month to month membership. Single class drop-in rate \$25. Please call or text Yhomi Warshavsky at **703-909-6449** or email ffxjazzercise@gmail.com. To register visit jazzercise.com.



ADULT FITNESS PROGRAMS

PILATES

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: 1/17, 1/20, 2/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333020-A1	1/6-3/17	9	M	8:30-9:30am	18-99	\$135/\$168.75
333020-B1	1/10-3/21	10	F	8:30-9:30am	18-99	\$150/\$187.50

PILATES WITH PROPS

Instructor: Bodymoves Fitness, LLC

Pilates with Props extends the benefits of Pilates by employing small apparatus including flex bands, sponge balls and physio balls. (Optional material fee in class to purchase a burst-resistant, 55cm physio ball from instructor or bring your own.) Please bring a mat to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333500-A1	1/14-3/18	10	T	12:30-1:30pm	18-99	\$120/\$150

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: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333501-A1	1/13-3/17	8	M	7-8pm	18-99	\$96/\$120

PILATES MAT

Instructor: Bodymoves Fitness, LLC

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333502-A1	1/15-3/19	10	W	7-8pm	18-99	\$120/\$150



HATHA YOGA



HATHA YOGA BEGINNER

Instructor: John Giunta, MA/FRC

Have fun while we gain flexibility, strength, improve concentration and achieve a deeper union of body, mind and spirit with authentic classical yoga teachings. Dress for movement and bring a mat and towel if you think you need extra padding. John has made a pilgrimage to India, studying Raja yoga and Vedanta. John is a senior yoga teacher certified by the Himalayan Institute and has over 35 years of teaching experience. He is a Reiki practitioner, a yoga therapist and consultant listed with George Mason University Arts Wellness Program.

No Class: 1/13, 1/14, 1/20, 2/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333050-A1	1/6-3/17	8	M	1:15-2:45pm	18-99	\$96/\$120
333050-B1	1/7-3/18	10	T	7-8:30pm	18-99	\$120/\$150

HATHA YOGA BEGINNER/INTERMEDIATE

Instructor: John Giunta, MA/FRC

This is John Giuntas group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. *No Class: 1/11*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333051-A1	1/4-3/22	11	Sa	8-9:30am	18-99	\$132/\$165

HATHA YOGA ONGOING/EXPERIENCED

Instructor: John Giunta, MA/FRC

This is John Giuntas group of students with some past experience in any yoga tradition. Students who attend this group should know their safe range of motion and have a basic knowledge of some of the major postures/asanas in yoga. *No Class: 1/16*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333052-A1	1/9-3/20	10	Th	7-8:30pm	18-99	\$120/\$150

ADULT FITNESS PROGRAMS



PICKLEBALL



PICKLEBALL 0

Pickleball 0 is a free, one-day introductory class for individuals who are new to Pickleball and want to learn what it's all about. We'll teach you the game essentials so you can start playing: rules of the game, scoring, basic strokes, and more. Class will include coach-supervised game play. If you enjoy your experience sign up for Pickleball 1. Balls and paddles provided. The class is limited to 8 students. This class is led by a Vienna Parks and Recreation volunteer.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
334046-A1	1/31	1	F	5:30-7pm	15-99	Free
334046-B1	2/28	1	F	5:30-7pm	15-99	Free
334046-C1	3/28	1	F	5:30-7pm	15-99	Free

INDOOR PICKLEBALL 1

Instructor: First Serve Tennis

This is an introduction to all the basic strokes including dinks, volleys, forehands, backhands, the serve, and how to keep score. The class is best suited if you have never played, only tried play with a friend, or if you have never had a formal introduction to the game. Paddles and balls are provided. Please wear tennis shoes. Ratio 6:1. No Class: 1/29

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
334047-A1	1/14-3/11	9	T	1-1:50pm	18-99	\$225/\$281.25
334047-B1	1/15-3/19	9	W	1:15-2:05pm	18-99	\$225/\$281.25

INDOOR PICKLEBALL 2

Instructor: First Serve Tennis

Drills and game play will help you improve your skills to hit balls that are more accurate and consistent. Prior playing experience required. Bring your own paddle. Pickleballs are provided. Please wear tennis shoes. Ratio 6:1. No Class: 1/29

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
334048-A1	1/14-3/11	9	T	2-2:50pm	18-99	\$225/\$281.25
334048-B1	1/15-3/19	9	W	2:10-3pm	18-99	\$225/\$281.25

HIIT (HIGH INTENSITY INTERVAL TRAINING)

Instructor: Jennifer Booth

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333054-A1	1/14-3/18	10	T	5-5:45pm	18-99	\$140/\$175



CARDIO BOXING

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: 2/26

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333022-A1	1/8-3/19	10	W	8:15-9pm	16-99	\$110/\$137.50

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 life long healthy habits, increase energy levels, improve muscular strength and endurance and reduce the adverse effects of aging. Class will incorporate interval training, HIIT training, strength training, body weight training, cardiovascular conditioning as well as balance and flexibility training. No Class: 11/29, 12/2, 1/17, 1/20, 2/17

Instructor: Nathan Greiner

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
333429-A1	11/25-12/23	11	M,W,F	6-7am	18-99	\$214.50/\$266.75
333429-B1	1/3-1/31	11	M,W,F	6-7am	18-99	\$214.50/\$266.75
333429-C1	2/3-2/28	11	M,W,F	6-7am	18-99	\$214.50/\$266.75

ADULT ENRICHMENT CLASSES

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
340081-A1	2/11	1	T	10-11am	18-99	Free

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 every day life? 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 Charles Masarsky, D.C. Vienna Chiropractic Associates.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340082-A1	3/11	1	T	10-11am	18-99	Free

J'AIME LE FRANCAIS

Instructor: The French Way

Bonjour! Welcome to the French Language Tutoring course, designed for individuals (kids, students, and grownups alike) who are eager to learn and improve their French language skills, whether you are a beginner or seeking to enhance your proficiency. Section A1 is designed for Youth, and Families. Section B1 is designed for Adults.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
359100-A1	1/8-3/19	11	W	5:30-6:30pm	12-99	\$99/\$123.75
359100-B1	1/8-3/19	11	W	6:30-7:30pm	18-99	\$99/\$123.75

POETRY APPRECIATION AND 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 for approximately five or ten minutes. During that time, for example, you will write about someone you know well or something that made you happy or sad. 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
339171-A1	1/16	1	Th	2-3pm	18-99	Free
339171-B1	2/20	1	Th	2-3pm	18-99	Free
339171-C1	3/20	1	Th	2-3pm	18-99	Free

KEEPING SOCIALLY ENGAGED IN RETIREMENT

Instructor: Andy Livingston

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

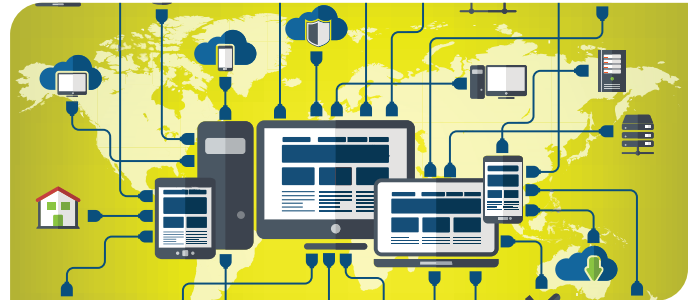
Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339753-A1	2/20	1	Th	1:30-3:30pm	55-99	\$45/\$56.25

FLIP YOUR SCRIPT-FINDING FULFILLMENT WHEN YOUR PURPOSE SHIFTS

Instructor: Jocelyn Hsu

Have you recently sent or are you preparing to send your youngest child off to college? Or have you recently retired or are you contemplating retirement? Have you thought “so...what now?” Come and learn about the six components of leading a fulfilling life when your purpose shifts away from kids and career. Each of the first six classes will explore one of the components through reflection, exercises, and goal-setting. The last class will wrap up the overall plan and set short, medium, and long-term goals to support transitioning into a new phase of life. *No Class: 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339172-A1	1/13-3/10	7	M	6:30-8pm	40-99	\$75/\$93.75



SECURESURF: NAVIGATING THE DIGITAL WAVE

Instructor: HDM Proserv LLC

Are you concerned about your online privacy? Do you want to learn how to protect your personal information from potential threats? Look no further than SecureSurf's comprehensive online privacy class! In an age where our digital footprints are constantly being tracked and our personal information is vulnerable to hackers and data breaches, it's essential to equip ourselves with the knowledge and tools to maintain a secure online presence. Safeguard your personal information from prying eyes, master data removal techniques for a safer online presence, and dive into strategies for managing your digital identity by learning how to curate the information you share online and control what others find about you. Whether you're tech savvy or someone who's looking to learn more, this class is designed for everyone.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339740-A1	2/11	1	T	11am-12pm	18-99	\$30/\$37.50

ADULT ENRICHMENT CLASSES



DIGITAL MASTERY 360: ELEVATING YOUR DIGITAL PRESENCE IN THE AI ERA

Instructor: HDM Proserv LLC

Ready to elevate your digital game and seamlessly blend tech skills with ease? Look no further! Discover powerful websites that redefine your online finesse, streamline your daily tasks with cutting-edge AI applications, and craft a standout online presence that commands attention in the competitive job market. Bridge the tech gap confidently, regardless of age, and join a community eager to thrive in the ever-evolving tech landscape.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339741-A1	2/18	1	T	11am-12pm	18-99	\$30/\$37.50

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
339750-A1	3/6-3/13	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
339751-A1	1/30-2/6	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
339756-A1	1/9	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
339757-A1	3/20	1	Th	9:45-11:45am	18-99	\$45/\$56.25

ADULT GARDENING PROGRAMS

Instructor: Debby Ward

Location: Community Learning Garden



ANNUAL SEED SWAP AND SEED CLASS

Join other gardeners to swap seeds at the Town of Vienna's Annual Seed Swap. Please bring seeds that are two or less years old, or within their expected germination life. Enjoy a class on seed starting while we organize the seeds you bring. Be ready for spring planting and Lets Seed Swap!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339550-A1	2/8	1	Sa	9am-12pm	18-99	Free

WHEN TO PLANT YOUR SPRING AND SUMMER CROPS

Not sure the best time to put your spring and summer crops in the ground? Timing can make or break a successful garden. Come learn optimum times to put your spring and summer crops in the ground. Get ideas and tips on layout and design. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339551-A1	2/1	1	Sa	11am-12pm	18-99	\$5/\$6.25

HOW TO START A VEGGIE GARDEN

Not sure how to start a vegetable garden? You'll get Debby's 5 Steps Proven Professional Process to start a vegetable garden that works for you and your lifestyle. Gain personal support to decide what type of garden is best for you, your garden's location, plant spacing, soil, seeds, materials, tools and more. Workshop handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339552-A1	2/1	1	Sa	9-10:30am	18-99	\$7.50/\$9.50

WHY AND HOW TO MULCH YOUR GARDEN

Have questions about mulching your garden? Different types of plants like different types of mulch and mulches can serve different purposes. Join us to make sure you are using the best mulch for each area of your garden and understand your mulching options. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339553-A1	2/15	1	Sa	11am-12pm	18-99	\$5/\$6.25

ADULT GARDENING PROGRAMS

Instructor: Debby Ward | Location: Community Learning Garden

ORGANIC PEST CONTROL AND STRATEGY WORKSHOP

There are ways to handle pests before they bother your garden. In the workshop, begin creating your strategy for handling pests for your garden. Debby will include solutions for the most common pests we see in our local veggie gardens. She will uncover her favorites organic controls for a variety of pests including deer, rodents, cabbage moths, squash vine borer and whiteflies among others. Don't let those critters bug you and your veggies. Chart and workshop handout included. There will be a break part way through the session.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339554-A1	2/22	1	Sa	9am-12pm	18-99	\$15/\$18.75

INCREASE YOUR GARDEN ABUNDANCE WITH BIODYNAMICS FOR THE HOME GARDENER

Are you not getting the bounty you want from your garden? Biodynamics could help. Also called 'homeopathy for the garden', biodynamics means "dynamic life". Learn what it is, and how it boosts your garden's vibrancy. Be inspired by stories of how it creates amazing garden abundance. Illuminate these methods that use the power of herbs and calls in the energy of the cosmos to transform your garden spaces. Get proven practical ways to start unlocking biodynamic secrets, specifically for your home garden. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339561-A1	3/1	1	Sa	12-1pm	18-99	\$5/\$6.25

SUCCESS WITH CONTAINER GARDENING

Dive into details for successful container gardening. We'll look at types of containers, container soil and varieties for containers. Also get a timeline for container maintenance. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339556-A1	3/1	1	Sa	10:30-11:30am	18-99	\$5/\$6.25

MAXIMIZE YOUR GARDEN SPACE

Get 5 ways to maximize your garden space, whatever size garden you have so you can get the most out it. We'll look at tips to get maximum production and harvest, including design ideas for four seasons harvesting and a lot more. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339557-A1	3/1	1	Sa	9-10am	18-99	\$5/\$6.25

THE KEY TO GARDEN SUCCESS — BUILD SOIL AND WATER LESS

Building high quality organic soil is the key to a healthy garden of happy plants. Happy plants don't require as much maintenance. Uncover how healthy living soil will grow your plants for you and get a method of that not only builds soil, but waters your garden and looks good too. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339555-A1	2/15	1	Sa	9-10:30am	18-99	\$7.50/\$9.50

COMPANION PLANTING FLOWERS, VEGGIES, HERBS AND FRUIT

Let plants be your garden helpers. Understand how to implement and harness the benefits of companion planting veggies, herbs, and flowers to create a thriving garden so you work less. Discover the power of permaculture plant guilds for your fruit trees and shrubs. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339558-A1	3/15	1	Sa	9-11am	18-99	\$10/\$12.50

GROW GREAT TOMATOES

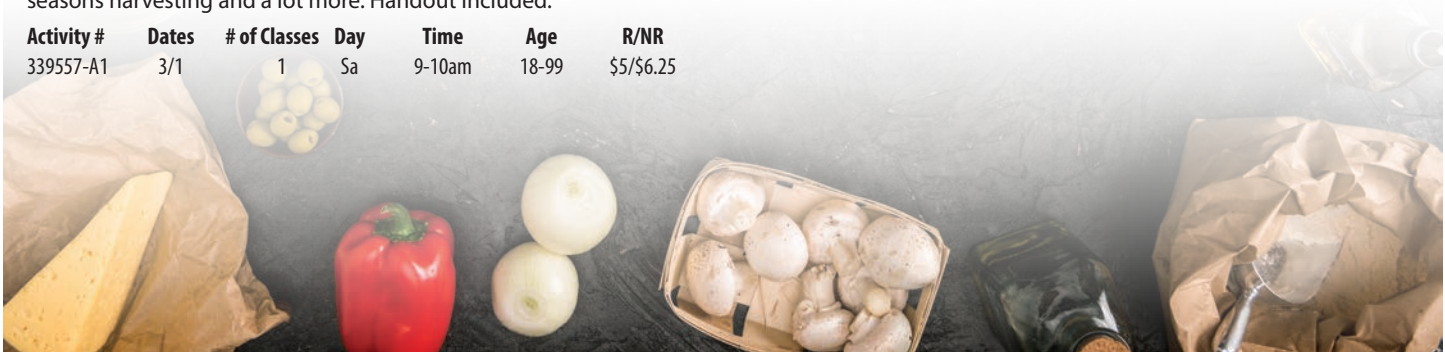
Love home grown tomatoes and want to maximize your yield? Enjoy this class specifically about growing luscious summer tomatoes. We will look at pruning, caging and trellising methods, critter protection and tips and tricks for early and extended harvests. Debby will also pass on some of her favorite varieties and why she loves them. Handout included.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339559-A1	3/8	1	Sa	9-10am	18-99	\$5/\$6.25

PLANT A PIZZA GARDEN

Does your family love Pizza? Creating a pizza garden at home is fun and simple with this step-by-step class. You'll get recommended varieties to grow to make pizza sauce and toppings including veggies and herbs. Be inspired to create a fun, beautiful and productive garden. Class handout also includes pizza garden designs to fit any size garden — even containers!

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
339560-A1	3/8	1	Sa	10:30-11:30am	18-99	\$5/\$6.25



ADULT DROP-IN & ON-GOING PROGRAMS



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



DROP-IN BASKETBALL, VOLLEYBALL, PICKLEBALL AND TABLE TENNIS

All drop-in participants must have a pass (fob) to participate. Vienna residents play for free. Out of town residents can pre-pay for up to 40 visits at \$3 per visit. In-person registration is required. Please bring a valid photo I.D.

BASKETBALL

Monday/Wednesday/Friday | 8 – 10:30 p.m.

VOLLEYBALL

Monday/Friday | 8 – 10:30 p.m.

INDOOR PICKLEBALL

Monday/Wednesday | 11 a.m. – 1 p.m.

Friday | 11 a.m. – 2 p.m.

Thursday (beginning mid-March)
6 – 10 p.m.

TABLE TENNIS

Wednesday/Friday | 8 – 9 a.m.

OUTDOOR PICKLEBALL AND TENNIS COURTS

Please visit viennava.gov/courts for more information

TAI CHI CHUAN - QIGONG

Tai Chi Chuan-Qigong is an easy, gentle, low-impact exercise for better balance, general health, and flexibility. Suitable for all. To join this fun, welcoming group in-person or via Zoom® contact hanname1122@gmail.com. The Tai Chi group meets in-person on Tuesdays, Wednesdays, and Fridays at the Vienna Community Center from 7:30 - 8:30 a.m. and Zoom® Monday and Thursday from 7:30–8:30 a.m. The Qigong group meets in-person Mondays from 7:30–8:30 a.m. *No Tai Chi 3/14 No Qigong 1/20, 2/17*

SCRABBLE

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

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

A STITCH IN TIME — KNITTERS CIRCLE

Every Tuesday | 1 - 4 p.m.

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



MAH JONGG

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

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

RUMMIKUB

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

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. Players try to be the first to play all of the tiles in their rack by placing them in runs and groups, rummy style.

DOMINOES

Every Friday | 12:30 - 3:30 p.m.

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



ADULT DROP-IN & ON-GOING PROGRAMS



FIRST FRIDAY FLICKS

First Friday of every month | 2 p.m.

January 3

"Midnight in Paris"— 2013

February 7

"Sunder"— 1972

March 7

"Three Secrets"— 1949

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.



CANASTA

Every Wednesday | 12:30 - 3:30 p.m.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108-card pack. Seasoned players are willing to help others and welcome newcomers to the game.

THE VIENNA SENIORS BRIDGE CLUB

Wednesdays | 10 a.m.-1:30 p.m.

Group Coordinator: Fatechand Shah 703-758-9547, fateshaw@yahoo.com

Meets at the Vienna Community Center Intermediate and advanced bridge players are invited to attend our gatherings. There are refreshments and a lunch break at about noon.

MARDI GRAS CELEBRATION

Tuesday, March 4 | 12-2 p.m.

Come get into the spirit of Mardi Gras and enjoy an afternoon of festivities with friends to include a Cajun cuisine lunch, Mardi Gras mask making and entertainment by the Park Street Steppers. This event is sponsored by Vienna Parks and Recreation and the Shepherd's Center of Northern Virginia. Registration fee is \$20 per person. To register call 703-281-0538. Deadline to register is February 24. For mature adults 55+.

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.

MATURE ADULT LECTURES



HEARING AIDS: BEWARE AND BE WISE

Thinking about getting hearing aids or know someone who is? Join Bonnie O'Leary from the Northern Virginia Resource Center (NVRC) who will present a program about hearing aids from the consumer/wearer's perspective. Her presentation will include a discussion about the impact of hearing loss on communication, the hearing evaluation, the differences between an audiologist and a hearing instrument specialist, types and styles of hearing aids, and how they can be used with other assistive listening devices. Bonnie is a late-deafened adult who has been wearing hearing aids for 20 years. She is a Certified Hearing Loss Support Specialist and Outreach Manager for NVRC.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340070-A1	2/3	1	M	10-11am	55-99	Free

THE FOUR PARTS OF MEDICARE, THE INS & OUTS OF SOCIAL SECURITY AND WHERE I.R.M.A.A. PLANNING FITS IN

Planning for when to take Medicare, Parts B, C, and D as well as when to take your PIA from Social Security as well trying to navigate I.R.M.A.A. has never been more complicated. As an AHIP certified Medicare Advisor, Bruce will go over the 4 parts of Medicare, when to apply for Medicare and go over key dates in the planning of when to take Medicare. Next Bruce will help you tackle when to take Social Security. Additionally, Bruce will also talk about Spousal Social Security and the calculation of other dependents receiving Social Security benefits. Finally, he will cover what is I.R.M.A.A., how does it work and how to prepare yourself to make sure that you don't run out of income during retirement.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340072-A1	3/3	1	M	10-11am	55-99	Free

THE ALPHABET SOUP OF MEDICARE

Are you confused about Medicare? Most seniors are so you are not alone. It's not only about the ABC's. There's also D and then there's Medical Supplement with it's own host of lettered plans! Have you heard about Medicare Advantage? That's where A+B+D (sometimes) =C. Yikes! And have you ever wondered how and if Medicare pays for nursing homes or long term care? If you have any of these questions, this course is for YOU. If you're not yet old enough for Medicare, come to the class so you can be a step ahead of the pack so that you know what to do when the time comes. If you're already on Medicare, come to better understand the benefits you currently have. This lecture is led by Maddie Sharpe, CFP® Specializing in Senior Health, LTC, Life, and Annuity Protection.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340073-A1	2/1	1	Sa	10am-1pm	55-99	\$10/\$12.50

AGING IN PLACE

Looking to improve your living environment and not ready to move? Learn best practices and philosophies from Home Care, Realtor, Builder and other Senior focused Business Professionals; on how to optimize your living environment. Realtor Jeff Wu and Home Builder Norm Gardner along with John Kippes of ComForCare, will share their insights.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340075-A1	2/13	1	Th	10-11am	55-99	Free



TAMING THE PAPERWORK BEAST

Shopping lists, tax documents, medical info, and even your kid's treasured drawings: the daily flow of paper can be overwhelming! In this relatable, amusing and informative session, we will discuss different organization tips and techniques, to sort, file, toss and finally TAME the paperwork beast. Presented by Conquer the Clutter.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340078-A1	2/21	1	F	10-11am	55-99	Free

MEET MARLIN THE POLICE DOG

The Town of Vienna Police Department welcomed a new furry, four-legged employee, Marlin! This Vienna Police Department facility dog recently graduated from an intensive training program at "Mutts with a Mission" along with his handler, Vienna Police detective Marcos Herrera. The organization trains service dogs for disabled veterans, first responders, and law enforcement officers at no cost to the recipients. Marlin is specifically trained to maintain composure in challenging circumstances, and he can turn any stressful or traumatic situation around for the better. He is also tasked with engaging in outreach initiatives to foster a positive rapport between law enforcement and the community. Come say hello to Marlin and learn about his new journey.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340080-A1	11/13	1	W	10-10:30am	55-99	Free

FRAUD BASICS

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This 30-minute session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340083-A1	3/17	1	M	10-10:30am	55-99	Free

NORMAL AGING VS. DEMENTIA

A discussion that occurs with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms. Presented by Melissa Long, with Insight Memory Care Center.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340084-A1	1/27	1	M	10-11am	55-99	Free

MATURE ADULT EVENTS & LECTURES

PARKINSON'S DISEASE 101: WHAT YOU AND YOUR FAMILY SHOULD KNOW

This program will provide a basic overview of Parkinson's disease and resources from the Parkinson's Foundation. Learn what Parkinson's is, what causes it, common symptoms, treatments, and strategies for managing symptoms. This presentation will also be offered virtually by Northern Virginia Virtual Center for Active Adults. Visit <https://bit.ly/novaVCAA> to access the presentation virtually.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
340085-A1	2/24	1	M	10-11am	55-99	Free

THE INTEGRATIVE POWER OF THE BODY & HEALTH CARE MODEL

Virginia University of Integrative Medicine will be discussing acupuncture and the holistic approach to healthcare by treating the whole person. This is a mind-body-spirit medicine. Understanding the ancient science behind the tradition and how that "translates" into our understanding of the interconnected aspects of the body systems and the mind-body interactions. Using this understanding to promote health care and lifestyle balance through an integrated approach to the whole person.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341246-A1	1/13	1	M	10-11am	55-99	Free

MOUTH AND THROAT TONING FOR BETTER SLEEP

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341562-A1	1/14	1	T	10-11am	18-99	Free

ADMINISTERING A DESCEDENT'S ESTATE

This lecture is designed to guide an executor, personal representative or trustee through all hoops of settling an estate and make it as quick and painless as possible. Alison Mathey Lambeth, Attorney at Law, will introduce you to the four areas where a fiduciary works to settle an estate.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341249-A1	1/22	1	W	10-11am	55-99	Free

Downsizing

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

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341345-A1	1/16	1	Th	10-11am	55-99	Free

ENHANCING COMMUNICATION WITH A PERSON WITH DEMENTIA

Communication often becomes difficult as dementia progresses. Learn skills that can help ease the frustration and lead to successful interactions. Presented by Insight Memory Care.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341382-A1	3/24	1	M	10-11am	55-99	Free

GOLD ZUMBA

Instructor: Edita Dolnuts

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.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342473-A1	1/9-3/20	11	Th	12-1pm	40-99	\$132/\$165

BINGO

Cookies & Cocoa



Join your friends for an afternoon of bingo, cookies and hot cocoa. Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes. Bingo cards are \$2 for 2 cards (limit 2 cards/person). Registration required. Please bring an inexpensive or lightly used item to donate to our prize table (no food items). For mature adults ages 55+. Pre-registration required.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341565-A1	1/24	1	F	1:30-3:30pm	55-99	\$2/\$2

Eggnog & BINGO

A popular game and the perfect holiday drink all wrapped in one for National Bingo Month! Enjoy a traditional bingo game in a friendly atmosphere while you win bargain prizes. Bingo cards are \$2 for 2 cards (limit 2 cards/person). Registration required. Please bring an inexpensive or lightly used item to donate to our prize table (no food items). For mature adults ages 55+. Pre-registration required.



Activity #	Dates	# of Classes	Day	Time	Age	R/NR
341563-A1	12/13	1	F	1:30-3:30pm	55-99	\$2/\$2

MATURE ADULT CLASSES



MAGIC CIRCLE TONING

Instructor: Edita Dolnits

With each Magic Circle Toning class, you can expect a full body workout that challenges and improves your strength, stability, mobility, breathing and the mind-body connection. The Magic Circle (a pilates prop) works for all fitness levels, and the exercises emphasize moving intentionally and taking deep, focused breaths. Magic Circle Toning is great for reducing stress and improving mental focus and body awareness.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342474-A1	1/7-3/18	11	T	10-11am	55-99	\$132/\$165

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. *No Class: 1/13, 1/20, 2/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342475-A1	1/6-3/17	8	M	10-11am	55-99	\$80/\$100

ESSENTRICS LEVEL 2

Instructor: Kate Montoya

This class will add another level of complexity and strength training to the exercise sequences. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Perfect for men and women of all fitness levels. This workout leaves you feeling energized, youthful, and healthy. Must have completed three semesters (or sessions) of Level 1. Please bring a yoga mat and towel to class. *No Class: 1/17, 3/14*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342477-A1	1/3-3/21	10	F	11:15am-12:15pm	40-99	\$75/\$92.50

ESSENTRICS LEVEL 1

Instructor: Kate Montoya

Essentrics is a full body workout that can change the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles and changes your posture. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Perfect for men and women of all fitness levels. This workout leaves you feeling energized, youthful and healthy. Please bring a yoga mat and towel to class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342478-A1	1/8-3/19	11	W	11:15am-12:15pm	40-99	\$82.50/\$101.75

PERSONAL HISTORY

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members themselves select topics about which to write. Each week each class member comes to class prepared to read the equivalent of one to two typed written pages (pieces may be handwritten). There is no formal critique of writing. This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. A \$5 cash donation is paid in class to purchase coffee, tea, sugar, and creamer to be served at each class.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342480-A1	1/9-3/27	12	Th	10:30am-1pm	21-99	Free

LEARN BALLROOM DANCE

Come and learn 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. Sophia is excited to be teaching ballroom dance at the Vienna Community Center. Single ballroom dance, no partner necessary. Requires advance registration. *No Class: 1/17*

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342487-A1	1/3-3/28	13	F	11am-12:30pm	55-99	Free/\$5



SENIOR FITNESS

Instructor: Robin Monroe and Teresa Fletcher

This energizing class is for older adults who have been exercising on a regular basis. This program will include cardio, weight lifting 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 asked to take responsibility for knowing and regulating their own fitness level.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
343730-A1	1/14-3/18	10	T	11:30am-12:30pm	55-99	\$22.50/\$27.50
343730-B1	1/9-3/13	10	Th	10:30-11:30am	55-99	\$22.50/\$27.50



MATURE ADULT CLASSES & TRIPS



S.A.I.L.- STAY ACTIVE IN 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: 1/17

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
342577-A1	1/8-3/12	10	W	2-3pm	55-99	\$85/\$105
342577-B1	1/10-3/14	9	F	2-3pm	55-99	\$76.50/\$94.50

MY STORY AND ART


Instructor: Sunny Kim Art LLC

Do you want to discover the artist within you and to tell your story through your art? This class is about sharing your story through art and is designed for adults 60 and up. It's for participants to connect, to create art using both conventional and non-conventional materials (such as glass marbles, flower petals, seaweed, etc.) and to share their special life memories and stories with others. Participants will also get to learn and incorporate artistic expressions from other cultures. No prior art experience nor art talent necessary. Just bring kindness and willingness to try something fun and new.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
347620-A1	1/21-3/11	8	T	10-11:30am	60-99	\$210/\$262.50



MATURE ADULT TRIPS



"Sound of Music"

AT TOBY'S DINNER THEATRE





One of the most beloved musicals of all time! In Austria, 1938, a young postulant, Maria, is sent to serve as a governess to the seven children of the imperious Captain von Trapp, Maria finds love while bringing music and joy back to a broken family. But as the forces of Nazism take hold of Austria, the entire von Trapp family must make moral decisions. Included in your ticket fee is a 25-item salad bar, carving station, and a plentiful buffet. Toby's is one of the few regional dinner theatres featuring a live orchestra.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351511-A1	1/8	1	W	9:30am-5:30pm	55-99	\$119/\$148.75

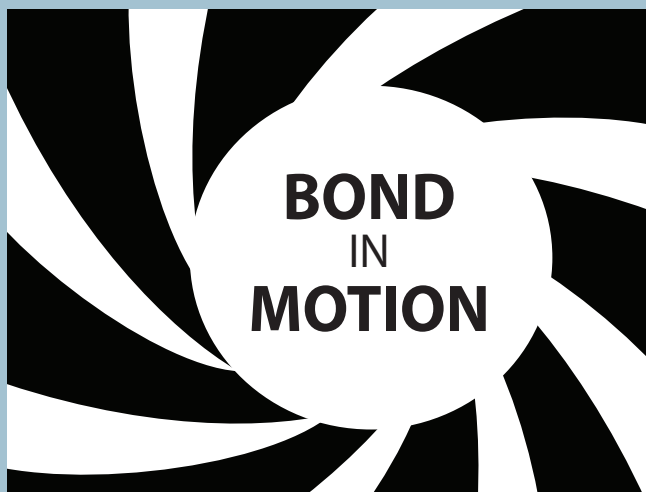
TRIP ACTIVITY LEVELS

All of our trips feature activity level icons as guides to the type of itinerary and level of challenge you can expect to encounter while travelling with us. The information below explains what each activity level means, so you can make sure you find the right trip for you.

Persons with disabilities requiring ADA accommodations must call 703-255-7801 at least 10 business days in advance of the scheduled trip. Vienna Parks and Recreation retains the right to decline, accept or retain any person as a member of a trip when such action is deemed to be in the best interest of the health, safety or general welfare of the tour group or the individual concerned.

-  **EASY GOING:** Minimal Walking
-  **ON YOUR FEET:** Getting on and off the bus, standing and strolling through museums
-  **KEEP THE PACE:** Walking historic areas at a moderate pace, stairs, able to keep up with the group
-  **LET'S GO!** Physically challenging, capable of walking three or more miles over uneven terrain including hills and rocks

MATURE ADULT TRIPS



BOND IN MOTION EXHIBIT AT INTERNATIONAL SPY MUSEUM



The International Spy Museum is proud to host this official exhibition of iconic vehicles, all used on-screen by 007 and his many allies and adversaries. While James Bond is a fictional character, he embodies the spirit of many real spies in this museum. Bond In Motion features 17 iconic pieces from the EON Productions Archive and the Ian Fleming Foundation. There will be time to explore the rest of the Spy Museum as well. Lunch will be on your own at L'Enfant Plaza Food Court with over 20 Food Court restaurants.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351512-A1	2/5	1	W	9am-3pm	55-99	\$79/\$98.75



The beloved musical by Grammy Award-winner Sara Bareilles is yet another Olney Theatre Center Regional Premiere. Jenna is stuck in a lousy marriage and dreaming of an escape while she bakes pies and waits tables at her small town's local diner. But it "Only Takes a Taste" of something different to spark some drastic changes – but are they for better or worse? With the help of her fellow waitresses and a cast of colorful characters, Jenna learns the winning recipe's been hers from the start.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351562-A1	3/19	1	W	12-5pm	55-99	\$94/\$117.50

Philadelphia FLOWER SHOW

The PHS Philadelphia Flower Show is the nation's largest and longest-running horticultural event and features stunning displays by the world's premier floral and landscape designers. The 2025 theme, Gardens of Tomorrow, invites you to explore the future through the eyes of visionary designers, expert gardeners, and passionate green enthusiasts as they merge nature's brilliance with human ingenuity. This trip is in collaboration with the City of Fairfax. Transportation will be a 55-passenger bus with a restroom.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
351560-A1	3/5	1	W	9am-8:30pm	16-99	\$90/\$112.50



THE NUTCRACKER AT HYLTON PERFORMING ARTS CENTER



Make your holiday season even brighter by joining us for an evening out to see the "The Nutcracker" performed by the Manassas Ballet Theatre at the Hylton Performing Arts Center. Gorgeous sets and costumes plus live music by the Manassas Ballet Theatre orchestra help make the performance the highlight of the holidays. Before the show we will have an exclusive backstage tour to include a behind-the-scenes look at the inner workings of backstage: lights, audio, sets, and more. Dinner before the show at Olive Garden will be on your own.

Activity #	Dates	# of Classes	Day	Time	Age	R/NR
241242-A1	12/18	1	W	3-11pm	55-99	\$112/\$140



TOWN OF

VIENNA

Parks and Recreation

REGISTRATION FORM

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

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

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

ONE HOUSEHOLD PER REGISTRATION FORM

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

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

PAYMENT METHOD

CHECK MADE PAYABLE TO: TOWN OF VIENNA

Total: _____

CASH (*Exact change only*)

Total: _____

CREDIT CARD:

Total: _____

VISA MasterCard AMEX Discover

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

Signature _____ (*I agree to pay above credit card total*)

TOTAL FEES: _____
 LESS HOUSEHOLD _____
 CREDIT: _____
 TOTAL PAID: _____

**PLEASE REVIEW OUR
 REFUND POLICY BEFORE
 REGISTERING FOR CLASS.**

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

SIGNATURE OF PARTICIPANT, PARENT, GUARDIAN _____ DATE _____

Town of Vienna
Parks and Recreation

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



HOLIDAY BIG SCREEN

Featuring:

ELF



(Rated PG)

Friday, December 13
6:30 p.m.
Vienna Community Center

Thanks to
our sponsor:
**Navy Federal
Credit Union**

More info at
www.viennava.gov/bigscreen



Enjoy a movie on the Community Center's BIG screen! Complimentary water and popcorn will be available while supplies last. Celebrate the season with a free, family friendly movie night featuring: Elf. About Elf: Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit. No registration required, doors open at 6 p.m. 200 seat capacity, seats available first come, first served.

THANKS TO OUR 2024
VIENNA HALLOWEEN PARADE TITLE SPONSOR

CARNEGIE
DINER & CAFE

SANTA GRAM

SEND YOUR HOLIDAY WISHES BY NOVEMBER 26 TO THE VIENNA PARKS AND RECREATION DEPARTMENT, AND THE ELVES WILL MAKE SURE SANTA GETS YOUR LETTER. WE HAVE A SPECIAL MAILBOX IN THE COMMUNITY CENTER LOBBY, THAT GOES STRAIGHT TO THE NORTH POLE.

PARENTS AND CARETAKERS: ALL MAIL IS SENT TO THE NORTH POLE AND SANTA WILL RESPOND TO YOUR CHILD. PLEASE INCLUDE YOUR COMPLETE ADDRESS WITH ZIP CODE AND CLEARLY PRINT YOUR CHILD'S FULL NAME ON THEIR LETTER. SEND LETTERS TO VIENNA PARKS AND RECREATION, 120 CHERRY STREET SE, VIENNA VA 22180 OR DROP OFF AT THE MAILBOX IN THE COMMUNITY CENTER LOBBY.

LETTERS MUST BE RECEIVED BY NOVEMBER 26 TO GUARANTEE A LETTER BACK FROM SANTA!



SANTA CLAUS

SANTA 'S WORKSHOP

NORTH POLE
