



DPR

DC DEPARTMENT OF PARKS AND RECREATION

2015 Fall & Winter Resource Directory

AFTERNOON ACCESS

LEARN TO SWIM

SOCCER

TEEN PROGRAMS

SENIOR SERVICES

CHEERLEADING

COMMUNITY GARDENS

YOUNG LADIES
ON THE RISE

GYMNASTICS

... AND MUCH MORE



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



@dcdpr

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Note: Information provided in the booklet is accurate at time of printing and is subject to change. For additional information contact DPR at (202) 673-7647 or online at www.dpr.dc.gov.

DPR reserves the right to cancel programs with low enrollment. Refunds will be made available ONLY in the event a program must be cancelled due to low enrollment. All DPR programs must have a minimum number of patrons registered.

DPR Works For You



The DC Department of Parks and Recreation (DPR) provides quality urban recreation and leisure services and facilities for residents and visitors to the District of Columbia. DPR supervises and maintains area parks, pools, athletic fields, and community and recreation centers across the District.

DPR also coordinates and provides a wide variety of programs for residents of all ages, including sports leagues, youth development, therapeutic recreation, aquatic programming, Co-Op play programs, and senior citizen activities. There are many programs and classes offered in this years 2016 Fall and Winter program guide including: summer camps, Learn to Swim, Visual Arts, zumba and more.

With this booklet, you can learn about all the programs, events and activities that DPR has to offer. Visit us on our website: www.DPR.DC.GOV or call us at (202) 673-7647.

We hope you enjoy the directory, and we invite you to “Move – Grow – Be Green with DPR.”

Aquatics

The Aquatics Division offers residents of all ages and abilities a variety of high-quality aquatic programming and aquatic facilities across the District. DPR has 54 aquatics features, including 11 indoor pools, 18 outdoor pools, 4 outdoor children’s pools and 21 spray parks. Indoor pools operate year-round and outdoor pools and spray parks operate during the summer months. A variety of classes are available from swim instruction to scuba, aqua aerobics, and even water polo.

For more information call (202) 671-1289 .

Kids, Camps & Co-Op

DPR’s Summer Camps include sports camps, aquatic camps, therapeutic camps and more. Discovery camps for youth ages 6 to 13 and Little Explorers camps for youth ages 3 to 5 are also offered.

Seasonal Camps are also offered, which coincide with DC Public School’s schedule including, Spring Break camp and Winter Wondercamp for youth ages 3 - 13; and DPR Fun Days for youth ages 6 - 12 during DCPS’ Professional Development days.

The Cooperative Play program is offered for youth ages 18 months - 4 years old from September to June.

For more information call (202) 671-0372 or on the web at: summercamps.dc.gov.

Community Gardens Programs

Through environmental programs, DPR works with youth and adults to build a greater awareness and understanding of the natural environment in and beyond the District of Columbia. Camps and programs are offered through the environmental division. The Community Gardens division oversees the District’s 25 community gardens and offers classes and programs as well.

Contact DPR’s community gardens division at Joshua.singer@dc.gov.

Nutritional Services

The Office of Food and Nutrition Services operates a number of free meal programs at DPR centers across the District. These programs provide free, nutritious meals to children 18 and younger throughout the summer months when they are out of school. These meals are essential to the physical and mental development of children living in low-income areas (i.e. areas in which 50 percent or more children receive free and reduce priced meals during the school year).

For more information call (202) 576-7622 or on the web at: dpr.dc.gov.

Roving Leaders

Since 1956, the mission of the Roving Leaders program is to provide youth with opportunities to develop valuable life skills, learn morals and values, as well as positive social skills, by engaging in cultural experiences and community service projects. Roving leaders are trained outreach workers with a specialized knowledge of youth anti-bullying and gang prevention techniques. They provide mentoring, leadership development and prevent, neutralize and control challenged behaviors in youth and youth groups throughout the District. Community engagement, outreach, recreation and leisure time activities are a few of the intervention vehicles used by DPR's Roving Leaders to redirect anti-social, aggressive or destructive behaviors that may contribute to youth violence.

For more information call (202) 698.2250.

Senior Services

The Senior Services Division provides senior citizens across the District with interesting and fun opportunities for social interaction, individual development, and interaction with neighborhoods and communities through regular programs and special events throughout the year. Programs such as yoga, line dancing, aquatics and more are offered year round. Special events such as the DC Senior Games, Senior Fun Camp, the Senior Picnic and the Senior Luncheon Cruise are held annually by DPR. Many of the programs, events and activities enable Seniors to actively engage in productive and fun recreational activities.

For more information call (202) 299-3778.

Sports, Health & Fitness

DPR's Sports division provides sports and athletic opportunities to District youth and adults through competitive leagues and tournaments; and sports instruction through coaching, classes and clinics. DPR also provides a wide array of non-traditional sports opportunities through sports camps, exhibitions and field trips.

The Health & Fitness division offers classes such as zumba, boot camps, taekwondo and more. It also oversees the operation of DPR's 16 Fitness Centers which include cardio, strength training and mobile fitness equipment.

For more information on the Sports Division call (202) 671-0314.

For more information on the Health & Fitness Department call (202) 340-8779.

Teen Programs

Teen programs offers a wide variety of programs specifically designed to keep teens actively engaged throughout the year and help youth build and develop positive relationships with one another through cultural and social enrichment activities. Teen programs include Teen Nights Outs, Supreme Teen Clubs, Youth Council, community service projects, sports, leadership development and other fun recreational events. DPR's therapeutic division seeks to restore, remediate and rehabilitate through a continuum of specialized programs and services.

For more information call (202) 671-0451 or on the web at: dpr.dc.gov.

Therapeutic Recreation

Therapeutic Recreation provides recreation and athletic programs for residents of all ages, including adaptive programs and facilities for persons with disabilities. Services include leisure life skills development, adaptive sports and aquatics, senior programming, community inclusion activities, arts & crafts, cultural activities, summer camps, and special events and field trips.

For more information call (202) 299-3778.

DPR Inventory:

- 900 Acres of Park Space**
- 375 Parks**
- 200 Outdoor Basketball Courts**
- 139 Tennis Courts**
- 111 Athletic Fields**
- 92 Playgrounds**
(Harry Thomas, Sr. Ranked #2 in the Country)
- 73 Recreation Centers**
- 31 Gymnasiums**
- 30 Community Gardens**
- 11 Aquatics Centers**
- 11 Dog Parks**
- 22 Fitness Centers**
- 21 Spray Parks**
- 18 Outdoor Pools**
- 11 Indoor Pools**
- 7 Senior Centers**

Registration, Permits and Reservations

Registration Made Easy!

DPR offers two ways to register for our programs, classes, and events - either online at www.DPR.DC.GOV or in-person at any of the registration sites listed in this guide. (See pages 5 and 6.)

To register, you will need the registration number listed with each item in the guide (example: 4549.499) or the name of the program or class, and the time desired. If there are multiple options for one class, please make sure that you know the specific date and time of the event you are registering for. Please note that each time does have a unique registration number.

Note: Programs, classes, services, and facility features are subject to change.

Register Online

Go to www.DPR.DC.GOV. After clicking on the "Programs and Services" tab, go to the "Register for Programs" section. Click the "Login" link. First time users will need to create an account. If registering for multiple persons, click "Add Another Registrant". Once signed in, you can search by location, category, or keyword. When the desired program, class, or service is found - click "Register Now" to sign up. Please note: Payments online must be made by credit card (MasterCard, Visa or Discover Card).

Register In-Person

Feel free to visit any of the DPR centers listed as registration sites on pages 7 and 8, the symbol  indicates the sites where staff will be ready to assist you with your registration needs.

Making Payments

Payment can be made by check, credit card (MasterCard, Visa, Discover Card), or money order. Checks and money orders are to be made payable to "DC Treasurer". Please include the registrant's name, address, and phone number on all checks and money orders.

Please note: There is a \$65 fee for all returned checks.

Refunds

Refund requests submitted before the program start date will be honored. For all requests, a 10% administration fee will be subtracted. No refunds will be given after the start of an activity. Please note: Some activities do have a "No Refund" policy. Please refer to the written activity description to determine if this policy is in effect for your particular activity. The registrant is entitled to a full refund in the event that the Department of Parks and Recreation cancels a program.

DPR reserves the right to cancel programs with low enrollment. Refunds will be made available ONLY in the event a program must be cancelled due to low enrollment. All DPR programs must have a minimum number of patrons registered.

Permits and Reservations

The DPR Permit Office manages and issues permits for all DPR facilities and sites, community gardens, and picnic areas at Rock Creek Park and Fort Dupont Park. (Rock Creek and Fort Dupont are operated by the National Park Service, however permits are secured through DPR.) **A permit is required for the use of any DPR facility or site, if the following apply: there are more than 10 people for an hour or more; organized leagues; for special events; or for the reservation of a multipurpose room.**

For more information visit the "Permits and Reservations" section at www.DPR.DC.GOV or call the DPR Permit Office at (202) 673-7647.

Please remember a few tips:

Rental fees. DPR charges modest fees for reservations depending on the facility and the number of hours of use. All fees must be paid, in full, in advance.

Plan ahead. You may submit an application for a permit up to three months in advance - for most rental requests. Planning ahead gives you a better chance of securing the facility/park of your choice.

Provide details. The more information you provide on your permit application about your event, the better our staff will be able to serve and support your requests. All fees must be paid in order to secure a permit.

Allow enough time for setup and cleanup. When you secure a permit for an event, it is required that you set up and clean up before and after the event. Know the emergency (Park Rangers) contact number: (202) 441-2605 or 449-0148. We want to provide you with the best customer service possible, therefore, if staff is 15 minutes or more late in arriving, or if you have an emergency, please call the emergency contact number between the hours of 9 am and 12 midnight.

Permit Numbers

DPR Field, Parks, Pools, Tennis Courts and Facilities Permits ; (202) 671-2597
Rent a Sports Kits (202) 673-7647
Fields Weather Hotline (202) 671-0331

Check DPR's twitter @dcdpr or website dpr.dc.gov for weather related closures and delays.

DPR Partnership and Development Division

The DC Department of Parks and Recreation (DPR) is present and active in neighborhoods and communities across the District and is proud to draw a large amount of community involvement and support through partnerships, volunteers, and donations. The hard work and support provided by community volunteers and organizations is welcomed by all of us at DPR and allows DPR to extend the impact of many of the programs and services.

DPR Partnerships Programs

DPR welcomes partnerships from community and non-profit organizations, and others interested in partnering with DPR. DPR offers the following partnership opportunities:

Programmatic Partners – DPR partners with non-profit organizations to offer innovative programming at DPR recreation centers at no cost to participant.

Park Partners – DPR offers two Park Partner programs, “Adopt-a-Park Program” and the “Friends of Program” for the support, improvement, beautification, advocacy, fund raising and maintenance of DPR facilities.

Donations – DPR engages with organizations, groups, individuals, and others who seek to donate in-kind services or make financial contributions to support park projects, recreational programs and events.

Volunteer Programs

DPR Volunteers serve in many capacities by contributing time, energy and/or talent that helps to fulfill the mission of DPR. Volunteers generate enthusiasm and interest while fulfilling many roles within the agency. DPR volunteers bring energy and offer lots of time to DPR facilities and parks. There are two types of DPR volunteer programs: Individual Volunteer Program - Individuals become involved in DPR parks and recreation centers by offering program support. Individual volunteers bring expertise, talent, skills, knowledge, and time.

Community Service Program – Organizations, groups and individuals interested in completing community service projects such as park clean-ups, spruce-ups or local school projects augment DPR programs and services.

Frequently Called Numbers

Customer Service	(202) 673-7647
Fields Weather Hotline	(202) 671-0331
Sports, Health & Fitness	(202) 671-0314
Aquatics	(202) 671-1289
Camping	(202) 671-0372
Co-Op Play Programs	(202) 671-0421
Communications	(202) 673-6768
Community Gardens	(202) 262-2138
DC Free Summer Meals	(202) 576-7622
Therapeutic	(202) 698-1794
Permits	(202) 671-2597
Human Resources	(202) 673-7603
Park Rangers	(202) 441-2605
Roving Leaders	(202) 698-2250
Seniors Services	(202) 664-7153
Rent a Sports Kit(s)	(202) 673-7647
Teen Programs	(202) 671-0451
Tennis Court Permits	(202) 671-2597
Area 1 & 2 Office	(202) 673-7611
Area 3 & 4	(202) 282-2201
Area 5, 6 & 7	(202) 673-9128
Area 8, 9 & 10	(202) 645-9203

For further information in Spanish, please call 311
Para más información en español, por favor llame al 311

For further information in French, please call 311
Pour plus d'informations en français, appelez le 311

For further information in Traditional Chinese, please call 311
欲瞭解以中文提供的更多資訊，請致電 311

For further information in Vietnamese, please call 311
Để lấy thông tin thêm nữa xin ngài gọi số điện thoại 311

For further information in Korean, please call 311
한국어로 된 정보가 더 필요하시면, 311번으로 전화하세요.

For further information in Amharic, please call 311
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Facility Features

Ward	Address	Phone	DPR Park					Center				Pool	
			Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool
Ward 1													
Banneker CC	2500 Georgia Ave., NW	Temporarily Offline	▼		◆	●	▲						❄
Columbia Heights CC	1480 Girard Street, NW	(202) 671-0373											
Harrison RC	1330 V Street, NW	(202) 673-6865	▼	■		●	▲						
Kalorama RC	1875 Columbia Road, NW	(202) 673-7606	S			●	▲						
Marie Reed RC	2200 Champlain Street, NW	(202) 673-7768			◆	●	▲			●		●	
Park View CC	693 Otis Place, NW	(202) 671-2186	▼			●	▲	■					
Rita Bright CC	2500 14th Street, NW	(202) 645-7111								●			
Ward 2													
East Potomac (Pool)	972 Ohio Drive, SW	(202) 727-6523											❄
Francis (Pool)	2535 N Street, NW	(202) 727-3285			■	◆							❄
Jelleff RC	3265 S Street, NW	(202) 462-1317	S	▼	■	●				●			❄
Mitchell Park RC	1801 23rd Street, NW	(202) 673-6871		▼									
Rose Park RC	2609 Dumbarton Street, NW	(202) 316-4210		▼		◆	●	▲					
Stead RC	1625 P Street, NW	(202) 673-4465	S		■	●	▲						
Volta Park RC	1555 34th Street, NW	(202) 645-5668	S	▼		◆	●	▲				♿	❄
Ward 3													
Chevy Chase CC	5601 Connecticut Ave., NW	(202) 282-2204	S			●	▲						
Chevy Chase RC	5500 41st Street, NW	(202) 727-7714	S	▼		◆	●	▲					
Friendship RC	4500 Van Ness Street, NW	(202) 282-2198	S	▼		◆	●	▲					
Guy Mason RC	3600 Calvert Street, NW	(202) 727-7527	S	▼	■	●	▲					♿	
Hardy RC	4500 Q Street, NW	(202) 282-2190	S		■	◆	●	▲					
Hearst RC	3950 37th Street, NW	(202) 282-2207			■	◆	●	▲					
Macomb RC	3409 Macomb Street, NW	(202) 282-2199	S	▼		●	▲	■					
Palisades CC	5200 Sherrier Place, NW	(202) 282-2186	S	▼	■	◆	●	▲	■	▼	●		
Stoddert RC	4001 Calvert Street, NW	(202) 299-3324		▼	■	●					●	♿	
Wilson (Pool)	4551 Fort Drive, NW	(202) 730-0583	S										●
Ward 4													
Emery SS\RC	5701 Georgia Ave., NW	(202) 576-3211	S	▼	■	●	▲	■	▼	●		♿	
Fort Stevens RC	1327 Van Buren Street, NW	(202) 541-3754	S	▼	■	◆	●	▲				♿	
Fort Stevens SS\RC	1327 Van Buren Street, NW	(202) 541-3755	S	▼	■	◆	●	▲				♿	
Hamilton RC	1340 Hamilton Street, NW	(202) 576-6855	S	▼	■	●	▲	■					
Lafayette RC	5900 33rd Street, NW	(202) 282-2206	S	▼	■	◆	●	▲	■				
Lamond SS\RC	20 Tuckerman Street, NE	(202) 576-9541	S	▼						▼		♿	
Petworth RC	801 Taylor Street, NW	(202) 576-6850	S			◆	●	▲	■			♿	
Raymond RC	3725 10th Street, NW	(202) 671-2181											
Riggs-LaSalle RC	501 Riggs Road, NE	(202) 576-5224	S	▼	■		▲		■	▼	●		
Takoma CC	300 Van Buren Street, NW	(202) 576-7068	S	▼	■	◆	●	▲	■	▼		♿	●
Upshur RC	4300 Arkansas Ave., NW	(202) 576-6842	S	▼	■	●	▲	■					❄

RC Recreation Center CC Community Center SS\RC Senior Services & Recreation Center SS (CC) Senior Services Cultural Center

Outdoor pools are closed for the 2015 Summer Season, with the exception of East Potomac, which will remain open until Sept. 30.

Did you know that Department of General Services is responsible for all facility related issues at select municipal facilities, DC Public Schools, DPR Recreation Centers and Parks? For more information, please visit <http://smartdgs.dc.gov> or call (202) 727-2800.



DPR Park					Center				Pool		
Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool	Outdoor Pool

Ward	Address	Phone	Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool	Outdoor Pool
Ward 5														
Arboretum CC	2412 Rand Place, NE	(202) 673-4507	S			◆	●	▲						
Brentwood RC	2311 14th Street, NE	(202) 576-6667	S	▼			●	▲				♿		
Butler-Wyatt Clubhouse # 2	120 M Street, NW	(202) 450-5232												
Dunbar (DCPS Based Pool)	101 N Street, NW	(202) 724-5328											♾	
Edgewood RC	3rd and Evarts Sts. NE	(202) 576-6410	S	▼	■	◆	●	▲						
Harry Thomas, Sr. RC	1743 Lincoln Rd. NE	(202) 576-5642	S	▼	■		●	▲	■			♿		*
Joseph Cole RC	1299 Neal Street, NE	(202) 442-9262	S								●			
Langdon Park CC	2901 20th Street, NE	(202) 576-6595	S	▼		◆	●	▲			●			*
New York Ave. RC	100 N Street, NW			▼			●	▲						
North Michigan Park RC	1333 Emerson Street, NE	(202) 541-3522	S	▼	■					▼	●	♿		
Theodore Hagans SS (CC)	3201 Fort Lincoln Drive, NE	(202) 576-3017				◆						♿		*
Trinidad RC	1310 Childress Street, NE	(202) 727-1293	S	▼					■	▼	●	♿		
Turkey Thicket RC	1100 Michigan Ave., NE	(202) 576-9238	S	▼	■	◆	●	▲	■	▼	●	♿	♾	
Ward 6														
Joy Evans (Play Ground)	555 L Street, SE	Temporarily Offline												
Kennedy RC	1401 7th Street, NW	(202) 671-4794	S	▼		◆	●	▲	■	▼	●	♿		
King Greenleaf RC	201 N Street, SW	(202) 645-7454	S	▼	■	◆	●	▲	■	▼	●	♿		
Randall RC	South Capitol & I Streets., SW	(202) 673-9128		▼	■	◆	●							*
RH Terrell RC	155 L Street, NW	(202) 939-5948			■		●	▲	■	▼	●			
Rosedale CC	1701 Gales Street, NE	(202) 727-2591			■		●	▲	■					*
Sherwood RC	640 10th Street, NE	(202) 698-3075	S	▼		◆	●	▲	■	▼	●	♿		
Watkins RC	420 12th Street, SE	(202) 724-4468		▼	■		●	▲						
William H. Rumsey (Pool)	635 North Carolina Ave., SE	(202) 724-4495	S										♾	
Ward 7														
Benning Park CC	Southern Ave. & Fable St., SE	(202) 341-6765	S	▼		◆	●	▲	■		●			*
Benning Stoddert CC	100 Stoddert Place SE	(202) 698-1873	S	▼		◆	●	▲	■		●			
Deanwood SS \ RC	1350 49th Street, NE	(202) 671-3077		▼	■	◆	●	▲	■	▼	●	♿	♾	
Fort Davis CC	1400 41st Street, SE	(202) 645-9212	S	▼		◆	●	▲	■		●	♿		
Hillcrest RC	3100 Denver Street, SE	(202) 645-9200	S					▲	■	▼	●	♿		
Marvin Gaye RC	6201 Banks Place, NE	(202) 727-5432		▼			●	▲						
Kelly Miller (Pool)	4900 Brooks Street, NE													*
Lederer Garden	4801 Nannie Burroughs Ave., NE	(202) 727-8061							■					
Ridge Road (Pool)	Formerly Fort Dupont	Temporarily Offline												*
Therapeutic (Pool) SS \ RC	3030 G Street, SE	(202) 299-3778	S	▼			●	▲			●	♿	♾	
H. D. Woodson (DCPS Based Pool)	5500 Eads Street, NE	(202) 671-1289											♾	*
Ward 8														
Anacostia RC	1800 Anacostia Drive, SE	(202) 698-2250		▼	■	◆	●	▲		▼				*
Bald Eagle RC	100 Joliet Street, SW	(202) 671-5123		▼		◆	●	▲	■	▼	●			
Barry Farm (Pool) RC	1230 Sumner Road, SE	(202) 442-5328		▼				▲	■	▼			♾	
Congress Heights RC	611 Alabama Ave., SE	(202) 645-3981	S	▼		◆	●	▲						
Douglass CC	1898 Stanton Terr., SE	(202) 645-3980	S	▼		◆	●	▲						*
Ferebee Hope RC	3999 8th Street, SE	(202) 645-3917	S	▼	■	◆	●	▲	■		●		♾	
Fort Greble RC	MLK Jr. Ave. & Elmira St., SW	Center Offline		▼	■		●	▲						
Fort Stanton SS \ RC	1812 Erie Street, SE	(202) 671-1040	S	▼	■	◆	●	▲	■		●	♿		*
Oxon Run (Pool)	501 Mississippi Ave., SE	(202) 645-5042												*
SE Tennis & Learning Center	701 Mississippi Ave., SE	(202) 645-6242				◆			■			♿		

Aquatics

The Aquatics Division offers residents of all ages and abilities a variety of high-quality aquatic programming and aquatic facilities across the District. DPR has 54 aquatics features, including 11 indoor pools, 18 outdoor pools, 4 outdoor children's pools and 21 spray parks. Indoor pools operate year-round and outdoor pools and spray parks operate during the summer months. A variety of classes are available from swim instruction to scuba, aqua aerobics, and even water polo.

Indoor Pools

Barry Farm Aquatic Center	1230 Sumner Road Street, SE	(202) 422-5328
Deanwood Aquatic Center	1350 49th Street, NE	(202) 671-3078
A Dunbar Aquatic Center	101 N Street, NW	(202) 724-5328
Ferebee-Hope Aquatic Center	3999 8th Street, SE	(202) 645-3916
A HD Woodson Aquatic Center	5500 Eads Street, NE	(202) 671-1289
A Marie Reed Aquatic Center	2200 Champlain Street, NW	(202) 673-7768
Takoma Aquatic Center	300 Van Buren Street, NW	(202) 576-9284
Therapeutic Aquatic Center	3030 G Street SE	(202) 645-5708
Turkey Thicket Aquatic Center	1100 Michigan Avenue, NE	(202) 576-9235
William H. Rumsey Aquatic Center	635 North Carolina Avenue, SE	(202) 724-4495
☀ Wilson Aquatic Center	4551 Fort Drive, NW	(202) 730-0583

Outdoor pools are closed for the 2015 Summer Season, with the exception of East Potomac, which will remain open until Sept. 30.

Outdoor Pools

Anacostia Pool	1800 Anacostia Drive, SE	(202) 724-1441
Banneker Pool	2500 Georgia Avenue, NW	(202) 673-2121
Benning Park Pool	5100 Southern Avenue, SE	(202) 645-5044
Douglass Pool	1921 Frederick Douglass Ct. SE	(202) 645-5045
☀ East Potomac Pool	972 Ohio Drive, SW	(202) 727-6523
Fort Stanton Pool	1800 Erie Street, SE	(202) 678-1798
☀ Francis Pool	2435 N Street, NW	(202) 727-3285
Harry Thomas Sr. Pool	1743 Lincoln Road, NE	(202) 541-7499
Jelleff Pool	3265 S Street, NW	(202) 462-1317
Kelly Miller Pool	4900 Brooks St., NE	(202) 724-5056
Langdon Park Pool	2860 Mills Avenue, NE	(202) 576-8655
☀ Oxon Run Pool	501 Mississippi Avenue, SE	(202) 645-5042
Randall Pool	25 I Street, SW	(202) 727-1420
Z Ridge Road Pool (Formerly Fort Dupont)	830 Ridge Road, SE	(202) 645-5046
Rosedale Pool	1701 Gales Street, NE	(202) 397-1315
Theodore Hagan Pool	3201 Fort Lincoln Drive, NE	(202) 576-6389
Upshur Pool	4300 Arkansas Ave., NW	(202) 576-8661
Volta Park Pool	1555 34th Street, NW	(202) 645-5669

☀ Pool Facility Only A School Based Site Z Under Construction

For more information call (202) 671-1289 or on the web at: dpr.dc.gov.

Aquatics



Playgrounds & Play DC sites

Ward 1

11th & Monroe	11th and Monroe NW
16th Street Playground	3149 16th St. NW
a Banneker Playground	Banneker Playground
◆ Columbia Heights	1480 Girard St., NW
Girard Street Park	1480 Girard Street, NW
a Harrison Playground	1330 V Street, NW
Hobart Twins	825 Hobart Place NW
Kalorama Park	1875 Columbia Road, NW
Mitchell Park	1801 23rd Street, NW
Park View	693 Otis Place, NW
Walter Pierce Park	Adams Mill Road & Ontario Road, NW
Westminster Park	911 Westminster Street NW

Ward 2

26th & I	26th & I Street NW
Connie Maffin Memorial Park	1117 10th St. NE (10th St. Park)
Francis Park	2435 N Street, NW
◆ Mitchell Park	1801 23rd Street, NW
◆ Rose Park	2609 Dumbarton Street, NW
Stead	1625 P Street NW
a Volta Park	1555 34th Street, NW

Ward 3

Carolina Park	Macomb and Carolina Place NW
Chevy Chase Community Center	5601 Connecticut Avenue NW
Chevy Chase Recreation Center	5500 41st Street, NW
◆ Forest Hills Park	32nd & Chesapeake Avenue. NW
Foxhall Playground	48th & Ashby Street NW (W Street Park)
Friendship	4500 Van Ness NW
◆ Guy Mason	3600 Calvert NW
Hardy	4500 Q Street, NW
Hearst	3950 37th Street, NW
a Macomb Playground	Yes 3409 Macomb Street, NW
◆ Newark Park	39th & Newark Street NW
a Palisades Playground	Yes 5200 Sherier Place, NW
Stoddert	4001 Calvert Street, NW

Ward 4

a Emery Playground	5801 Georgia Avenue, NW
a Fort Stevens	3725 10th Street, NW
a Hamilton Playground	1340 Hamilton Street, NW
Lamond	20 Tuckerman Street, NE
◆ Lafayette	5900 33rd Street, NW
Petworth	801 Taylor Street, NE
a Raymond	3725 10th Street, NW
Shepherd Park	7800 14th Street, NW
a Takoma Playground	300 Van Buren Street, NW
a Upshur Playground	4300 Arkansas Avenue, NW

a Play DC Site **◆** Coming Soon Play DC Site

For more information call (202) 673-7647 or on the web at dpr.dc.gov.

Note: Information provided in this handout is accurate at time of printing and is subject to change. For additional information contact DPR at (202) 673-7647 or online at www.dpr.dc.gov

Playgrounds & Play DC sites



Playgrounds & Play DC sites

Ward 5

- | | |
|------------------------------|---------------------------------------|
| Arboretum | 2412 Rand Place, NE |
| a Brentwood Playground | 2311 14th Street, NE |
| Dakota Park | South Dakota Avenue & 33rd Street, NE |
| Dwight Mosely Sports Complex | 20th & Otis Street, NE |
| Edgewood | Third and Evarts Street, NE |
| Florida Avenue Park | 1st Street & Florida Avenue, NW |
| Fort Lincoln Park | 201 Fort Lincoln Drive, NE |
| a Harry Thomas Playground | 1743 Lincoln Road, NE |
| Joe Cole | 1299 Neal Street, NE |
| Langdon Park | 2901 20th Street, NE |
| New York Avenue Park | 1st & N Street, NW |
| North Michigan | 1333 Emerson Street, NE |
| a Noyes Park | 10th & Franklin Street, NE |
| ◆ Trinidad | 1310 Childress Street, NE |
| a Turkey Thicket | 1100 Michigan Avenue, NE |

Ward 6

- | | |
|-----------------------------|-------------------------------|
| 7th & N Street Park | 7th Street, NW & N Street, NW |
| 17th & C | 17th Street SE & C Street, SE |
| Garfield Park | Third & G Street, SE |
| Joy Evans | 555 L Street, SE |
| a Kennedy | 1401 7th Street, NW |
| ◆ King Greenleaf Playground | 201 N Street, SW |
| Love Joy Park | E Street NE & 12th Street, NE |
| ◆ Randall Playground | 25 I Street, SW |
| a Rosedale Playground | 1701 Gales Street, NE |
| Southwest Duck Pond | 6th Street & I Street, SW |

Ward 7

- | | |
|---------------------------------|---|
| a Benning Park Playground | Southern Avenue & Fable Street, SE |
| ◆ Benning Stoddert | 100 Stoddert Place, SE |
| Deanwood Playground | 1350 49th Street, NE |
| ◆ Ft. Davis Playground | 1400 41st Street, SE |
| a Hillcrest Playground | 3100 Denver Street, SE |
| Kenilworth | 4300 Anacostia Avenue, NE |
| Marvin Gaye Recreation Center | 6201 Banks Place, NE |
| Marvin Gaye Park Playground # 1 | Deane Avenue & Division Avenue, NE |
| Marvin Gaye Park Playground # 2 | 51st Street & Nannie Helen Burroughs Avenue, NE |
| Marvin Gaye Park Play Trail # 1 | 61st Street & Banks Place, NE |
| Marvin Gaye Park Play Trail # 2 | Division Avenue & Eads Street, NE |
| Marvin Gaye Park Play Trail # 3 | 50th Street & Nannie Helen Burroughs Avenue, NE |
| Ridge Road | 800 Ridge Road, SE |
| Therapeutic Recreation Center | 3030 G Street, SE |

Ward 8

- | | |
|------------------------------------|---|
| Bald Eagle | 100 Joliet Street, SW |
| ◆ Barry Farm | 1230 Sumner Road, SE |
| ◆ Congress Heights Playground | 611 Alabama Avenue, SE |
| a Douglass Playground | 1898 Stanton Terrace, NE |
| ◆ Ferebee Hope | 3999 8th Street, SE |
| a Fort Greble Playground | Martin Luther King Jr. Avenue and Elmira Street, SW |
| a Fort Stanton | 1812 Erie Street, SE |
| a Oxon Run Playground | 501 Mississippi Avenue, SE |
| Southeast Tennis & Learning Center | 701 Mississippi Avenue, SE |

a Play DC Site ◆ Coming Soon Play DC Site

For more information call (202) 673-7647 or on the web at: dpr.dc.gov.

Playgrounds & Play DC sites



Senior Services



Senior Services - Program Centers

In addition to the programs and events at the Department of Parks and Recreation (DPR) facilities across the District, the Senior Services Division offers dedicated programming at 7 program centers and 1 aquatic facility.

Ward 4	Emery Recreation Center	5801 Georgia Ave., NW	(202) 576-3211
	Fort Stevens Recreation Center	1327 Van Buren Street, NW	(202) 541-3754
	Lamond Recreation Center	20 Tuckerman Street, NW	(202) 576-9541
Ward 5	Theodore Hagans Cultural Center	3201 Fort Lincoln Dr., NE	(202) 576-3017
Ward 7	Deanwood Recreation Center	1350 49th Street, NE	(202) 671-3077
	Therapeutic Recreation Center	3030 G Street, SE	(202) 698-1794
Ward 8	Fort Stanton Recreation Center	1812 Erie Street, SE	(202) 671-1040

Department of Parks and Recreation also offers additional senior programs at the following locations:

Ward 3	■ Chevy Chase Community Center	5601 Connecticut Ave., NW	(202) 282-2204
	■ Guy Mason Recreation Center	3600 Calvert Street, NW	(202) 727-7527
	■ Wilson Aquatic Facility	4551 Fort Drive, NW	(202) 730-0583
Ward 4	■ Riggs LaSalle Community Center	501 Riggs Road, NE	(202) 576-5224
	■ Takoma Aquatic Center	300 Van Buren Street, NW	(202) 576-7068
Ward 5	■ Brentwood Recreation Center	2311 14th Street, NE	(202) 576-6667
	■ North Michigan Park Recreation Center	1333 Emerson Street, NE	(202) 541-3522
	■ Trinidad Recreation Center	1310 Childress Street, NE	(202) 727-1293
	■ Turkey Thicket Aquatic Facility	1100 Michigan Ave., NE	(202) 576-9235
	■ Turkey Thicket Recreation Center	1100 Michigan Ave., NE	(202) 576-9238
Ward 6	■ King Greenleaf Recreation Center	201 N Street, SW	(202) 645-7454
	■ William H. Rumsey Aquatic Facility	635 North Carolina Ave., SE	(202) 724-4495
Ward 7	■ Hillcrest Recreation Center	3100 Denver Street, SE	(202) 645-9200
	■ Deanwood Aquatic Facility	1350 49th Street, NE	(202) 671-3078
Ward 8	■ Bald Eagle Recreation Center	100 Joliet Street, SW	(202) 671-5123
	■ Ferebee Hope Aquatic Facility	3999 8th Street, SE	(202) 645-3916
	■ Southeast Tennis & Learning Center	701 Mississippi Ave., SE	(202) 645-6242

■ Please note that these locations will offer program(s), however they do not have dedicated senior programming.

For more information call (202) 299-3778 or on the web at: dpr.dc.gov.

Fitness Centers



DC Department of Parks and Recreation (DPR) Fitness Centers are maintained by DPR's Athletic Programs Administration (APA) at DPR centers across the District. DPR Fitness Centers offer a wide variety of wellness and fitness activities, with equipment to maintain or improve your physical fitness. Fitness Centers feature a variety of equipment including elliptical cross-trainers, stationary cycles, treadmills, rowing machines, free weights, weight machine, upright bikes, recumbent bikes and stair climbers. A fitness center membership provides access to all DPR facilities with fitness rooms.

For more information call (202) 671-0314.

Membership Categories

Individual	DC Resident	Non-Resident
Daily	\$5	\$7
Monthly	\$25	\$32
3 Months	\$60	\$75
Yearly	\$125	\$150

Family	(2+ member of same household, per person) Membership must be done in person.	
	DC Resident	Non-Residents
Daily	\$4	\$6
Monthly	\$16	\$23
3 Months	\$40	\$55
Yearly	\$100	\$125

Seniors	(55 yrs. and over) Membership must be done in person.	
	DC Resident	Non-Resident
Daily	\$3	\$5
Monthly	\$12	\$19
3 Months	\$30	\$45
Yearly	\$75	\$100

Locations

Ward 1

Banneker Recreation Center    
2500 Georgia Avenue, NW (202) 673-6861

Columbia Heights Community Center   
1480 Girard Street, NW (202) 671-0373

Ward 4

Emery Recreation Center   
5801 Georgia Avenue, NW (202) 576-3211

Lamond Recreation Center   
20 Tuckerman Street, NE (202) 576-9541

Raymond Recreation Center   
3725 10th Street, NW (202) 671-2181

Riggs-LaSalle Recreation Center   
501 Riggs Road, NE (202) 576-5224

Takoma Recreation Center   
300 Van Buren Street, NW (202) 576-7068

Ward 5

North Michigan Park Recreation Center   
1333 Emerson Street, NE (202) 541-3526

Trinidad Recreation Center   
1310 Childress Street, NE (202) 727-1293

Turkey Thicket Recreation Center  
1100 Michigan Avenue, NE (202) 576-9238

Ward 6

Kennedy Recreation Center   
1401 7th Street, NW (202) 671-4794

King Greenleaf Recreation Center   
201 N Street, SW (202) 645-7454

Rosedale Recreation Center   
1701 Gales Street, NE (202) 258-6149

Sherwood Recreation Center   
640 10th Street, NE (202) 698-3075

Ward 7

Benning Park Community Center   
Southern Ave., & Fable Street, SE (202) 341-6765

Deanwood Recreation Center   
1350 49th Street, NE (202) 671-3077

Hillcrest Recreation Center   
3100 Denver Street, SE (202) 645-9200

Ward 8

Anacostia Recreation Center   
1800 Anacostia Drive, SE (202) 698-2250

Bald Eagle Recreation Center   
100 Joliet Street, SW (202) 645-3960

Fort Stanton Recreation Center   
1812 Erie Street, SE (202) 671-1040

Barry Farm Recreation Center   
1230 Sumner Road, SE (202) 730-0572

Southeast Tennis & Learning Center   
701 Mississippi Avenue, SE (202) 645-6242

 Cardio Equipment  Strength Training  Mobile Fitness  Under Renovation

Fitness Centers



Community Gardens

The Department of Parks and Recreation (DPR) works with the community to establish gardens across the District. DPR currently has 25 community gardens under its jurisdiction.

If you are interested in obtaining a plot at a DPR community garden please contact the garden organizer listed below or the DPR Community Garden Division at (202) 262-2138.

Community Gardens are listed by Ward, and then alphabetically. The number of plots indicated are the total number of plots at the garden.

Ward 1

Bruce Monroe Garden | 3000 Georgia Ave., NW
(214 plots | BruceMonroeGarden@gmail.com)

Euclid St. Garden/Justice Park | 14th & Euclid Sts., NW
(40 plots | euclidstgarden@gmail.com)

Kalorama Garden | Kalorama & Columbia Rds., NW
(19 plots | kaloramacommunitygarden@gmail.com)

Ward 2

West End Garden | 25th & N Sts., NW
(20 plots | kevinplattewdc@yahoo.com)

Ward 3

Friendship Garden | 45th & Van Ness Sts., NW
(50 plots | tommyt@erols.com)

Newark Street Garden | 39th & Newark Sts., NW
(220 plots | newarkstcommunitygarden@gmail.com)

Palisades Garden | 5200 Sherrier Pl., NW
(20 plots | dcbeehive@gmail.com)

Ward 4

Emery Garden | 9th St. & Missouri Ave., NW
(40 plots | TBA)

Fort Stevens Garden | 1327 Van Buren St., NW
(9 plots | joshua.singer@dc.gov)

Hamilton Garden | 1340 Hamilton St., NW
(8 plots | nadine.bell@dc.gov)

Takoma Garden | 300 Van Buren St., NW
(11 plots | svmills@aol.com)

Twin Oaks Garden | 14th & Taylor St., NW
(62 plots | twinoaksgarden@gmail.com)

Ward 5

Aboretum Education Garden 🌿
(2412 Rand Place, NE)

Edgewood Gardens | 300 Evarts St., NE
(10 plots | info@edgewooddc.org)

Langdon Community Garden 🌿
Franklin and Mills Ave., NE

Harry Thomas Gardens | 1743 Lincoln Rd., NE
(16 plots | joshua.singer@dc.gov)

Ledroit Gardens | 3rd & V Sts., NW
(56 plots | TBA)

Noyes Gardens | 10th & Franklin Sts., NE
(7 plots | friendsnofoyespark@gmail.com)

Theodore Hagans Garden 🌿
(3201 Fort Lincoln Drive, NE)

Turkey Thicket Gardens | 1100 Michigan Ave., NE
(15 plots | joshua.singer@dc.gov)

Ward 6

Lovejoy Garden | 12th & E Sts., NE
(18 plots | lovejoygarden@gmail.com)

Southwest Garden | K St. & Delaware Ave., SW
(32 plots | swgardensdc@gmail.com)

Virginia Ave., Garden | 9th & L Sts., SE
(80 plots | Commgarden@yahoo.com)

Ward 7

Benning Garden | Fable St. & Southern Ave., SE
(16 plots | joshua.singer@dc.gov)

Hillcrest Garden | 3100 Denver St., SE
(14 plots | joshua.singer@dc.gov)

Lederer Garden | 4801 Nannie H. Burroughs Ave., NE
(40 plots | Greenhouse | frederick.jones2@dc.gov)

Ward 8

Douglass Garden | 1898 Stanton Terrace, SE
(26 plots | joshua.singer@dc.gov)

Ferebee Hope Community Garden | 3999 8th St., SE
(11 plots | ferebeegarden@gmail.com)

Fort Greble Garden | Martin Luther King Jr. & Elmira St., SW
(9 plots | joshua.singer@dc.gov)

Fort Stanton Community Garden 🌿
1812 Erie St SE

🌿 Coming Soon

Community Gardens



Tennis Courts



Tennis Courts

Ward 1

16th & Irving St. Courts **2**
3149 16th Street, NW

Banneker Community Ctr. **3** ✱ **BO**
9th & Euclid Street, NW

Bruce Monroe Park Court **1**
Irving Street & Georgia Ave., NW

Marie Reed Recreation Ctr. **2** ✱
18th & California Streets, NW

Ward 2

Rose Park Recreation Ctr. **3**
26th & O Streets, NW

Volta Park Recreation Ctr. **2** **O**
1555 34th Street, NW

Ward 3

Chevy Chase Recreation Ctr. **2** ✱ **O**
5500 41st Street, NW

Forest Hills Courts **2**
32nd & Brandywine Streets, NW

Fort Reno Courts **3**
41st & Chesapeake Streets, NW

Friendship Recreation Ctr. **2** **O**
4500 Van Ness Street, NW

Hardy Recreation Ctr. **2**
4500 Q Street, NW

Hearst Recreation Ctr. **3** **O**
3600 Tilden Street, NW

Newark Street Park Courts **3**
39th & Newark Streets, NW

Palisades Community Ctr. **3** **O**
5200 Sherrier Pl., NW

Ward 4

Fort Stevens Recreation Ctr. **4** **O**
1327 Van Buren Street, NW

Lafayette Recreation Ctr. **4**
5900 33rd Street, NW

Raymond Recreation Ctr. **2** **O**
3725 10th Street, NW

Takoma Community Ctr. **6** ✱ **O**
300 Van Buren Street, NW

Ward 5

Arboretum Recreation Ctr. **2** **O**
2412 Rand Pl., NE

Dwight A. Mosley Courts **5** **O**
20th & Otis Streets, NE

Edgewood Recreation Ctr. **2** **O**
3rd & Everts Streets, NE

Harry Thomas Sr. Community Ctr. **2**
1743 Lincoln Rd., NE

Langdon Park Community Ctr. **4** ✱ **O**
2901 20th Street, NE

Langdon Park Courts **3**
26th & I Streets, NE

Theodore Hagans Ctr. **8** ✱ **BO**
3201 Fort Lincoln Dr., NE

Turkey Thicket Recreation Ctr. **8** ✱
1100 Michigan Ave., NE

Ward 6

Garfield Park Courts **2** **O**
Third & G Streets, SE

Kennedy Recreation Ctr. **1**
660 P Street, NW

King Greenleaf Recreation Ctr. **2** ✱ **O**
201 N Street, SW

Jefferson Courts (New) **3** ✱
G Street SW

Jefferson Courts **3**
7th Street SW

Randall Park Courts **2** ✱
First & I Streets, SW

Rosedale Recreation Ctr. **2**
1701 Gales Street, NE

Sherwood Recreation Ctr. **1** ✱ **O**
640 10th Street, NE

Ward 7

Deanwood Recreation Ctr. **1**
1350 49th Street, NE

Fort Davis Community Ctr. **1** ✱
1400 41st Street, SE

Hillcrest Recreation Ctr. **4** **O**
3100 Denver Street, SE

Kenilworth-Parkside Courts **4**
4300 Anacostia Ave., NE

Randle Highlands Court **2** ✱ **O**
31st St. & Pennsylvania Ave., SE

Ward 8

Bald Eagle Recreation Ctr. **2** ✱ **O**
100 Joliet Street, SW

Congress Heights Recreation Ctr. **1**
611 Alabama Ave., SE

Ferebee-Hope Recreation Ctr. **1**
3999 8th Street, SE

Fort Stanton Community Ctr. **1** ✱
1812 Erie Street, SE

Southeast Tennis & Learning Center (SETLC) ✱ 13 total
Indoor **6** Outdoor **7**
701 Mississippi Ave., SE

Courts **1** Lights ✱ Rest Rooms **B** Blended Lines **O**

For more information on Tennis programs, call (202) 671-0314.
To permit or reserve a court, please call (202) 671-2597.

DPR Dog Parks



DPR Dog Parks

Dog parks in the District of Columbia are maintained by the Department of Parks and Recreation (DPR) in partnership with the public. In 2007, dog park regulations were issued which allowed for the creation of official, public dog parks on District-owned parkland within the possession and control of the Government of the District of Columbia.

Dog park locations and the application process are further described below. For more information on DPR dog parks email dpr.dogparks@dc.gov

Ward 1

Gage - Eckington Dog Park
286 V Street, NW

Walter Pierce Dog Park
20th & Calvert Streets, NW

Ward 2

S Street Dog Park
17th & S Street, NW

Shaw Dog Park
11th & Rhode Island Avenue, NW

Ward 3

Chevy Chase Dog Park
41st & Livingston Streets, NW

Guy Mason Dog Park
3600 Calvert Street, NW

Newark Street Dog Park
39th & Newark Streets, NW

Ward 4

Upshur Dog Park
4300 Arkansas Avenue, NW

Ward 5

Langdon Dog Park
2901 20th Street, NE

Ward 6

Kingsman Dog Park
D Street, NE & Tennessee Avenue, NE

Landsburgh Dog Park
M Street & Delaware Avenue, SW

Call the Department of Parks and Recreation at (202) 673-7647 with questions about use and locations of dog exercise areas.

Call the Department of Health, Animal Disease Prevention Division at (202) 535-2323 with questions about Registration or DC Dog Licenses.

Call DC Animal Control at (202) 576-6664 to report animal bites (24 hours a day).

Call 9-1-1 in case of emergency while using the park.

Note: Information provided in the booklet is accurate at time of printing and is subject to change. For additional information contact DPR at (202) 673-7647 or online at www.dpr.dc.gov.

Move • Grow • Be Green *with*





2015 Fall & Winter Programs

Register online at www.DPR.DC.GOV

Abstract Painting (Fall & Winter)

This course is an introduction to working with contemporary abstract principles using acrylic and latex paint. Explore color, texture, composition and painting techniques and adapt to your own interests and style. Examine artists and movements of the 20th century, and current contemporary painting, to gain historical and theoretical knowledge to inform your own painting explorations.

Location(s): Chevy Chase CC

Adult Sports Programs (Year Round)

Enjoy Adult Basketball, Football, Kick ball, Taekwondo, Softball, Tennis & more!

Location(s): Various 

Visit <http://bit.ly/AdultSportsPrograms> for a full listing of Adult Sports programs. #DPRAdultSports

Adult Basketball (Fall & Winter)

Location(s): Various 

Adult Basketball: Women (Year Round)

Women will learn basketball drills designed to promote stamina, control and physical fitness. There is also a strong emphasis on teamwork and sportsmanship.

Location(s): Stoddert

Adult Swim I : Learning the Basics (Fall)

This course is offered for adults who wish to improve their basic aquatic knowledge and skills; to increase the participants comfort level in the water and learn water safety.

Location(s): Barry Farm, Deanwood, Marie Reed, Takoma, Turkey Thicket, Wilson 

Adult Swim II : Improving Skills & Swimming Strokes (Fall)

This course will build on the skills learned in "Adult Swim I - Learning the Basics" course including building proficiency in basic aquatic skills and the six basic swimming strokes. An assessment will be required prior to enrolling in this course. Any participants enrolled in the incorrect skill level will be dropped from the course.

Location(s): Barry Farm, Deanwood, Marie Reed, Rumsey, Takoma, Turkey Thicket, Wilson 

Adult Swim III : Swimming for Fitness (Fall)

This course will build on the skills learned in "Adult Swim II - Improving Skills & Swimming Strokes" course by providing additional guided practice in deeper water. An assessment will be required prior to enrolling in this course. Any participants enrolled in the incorrect skill level will be dropped from the course.

Location(s): Deanwood, Marie Reed, Rumsey, Takoma, Turkey Thicket, Wilson 

Aerobics: Chair Exercise (Year Round)

Chair exercise for seniors will help you stay in shape and increase your metabolism without worrying about aching joints.

Location(s): Various 

Aerobics: Low Impact (Year Round)

In this class participants will learn stretching techniques and sustained exercise.

Location(s): Emery

Aerobics: Senior Strength and Tone (Year Round)

Seniors can participate in exercises that strengthen and tone muscles with safe and simple movements.

Location(s): Fort Stevens 

Aerobics: Seniors (Fall)

Enjoy the benefits of a slower paced aerobic workout to improve stamina and strength.

Location(s): Lamond

Afternoon Access (School Year)

Afternoon Access offers children a supportive and well-structured environment Monday through Friday. Afternoon Access youth receive homework help, participate in fitness activities and explore arts cultural opportunities. The Afternoon Access curriculum is designed to complement what children learn in school.

Location(s): Various 

Amateur Telescope Making (Year Round)

Hands on learning of telescope making and mirrors. Gain insight into astronomy. This class is ideal for children and parents. Please register in person at Chevy Chase Community Center.

Location(s): Chevy Chase CC

Aquatics Programs (Year Round)

Enjoy a variety of Learn To Swim classes, & more!

Location(s): Various 

Visit <http://bit.ly/Aquatics> for a full listing of Aquatics programs.

Art For Kidz (Fall & Winter)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

Location(s): Chevy Chase CC, Chevy Chase RC, Guy Mason, Hardy

Arts & Crafts (Fall)

This walk-in Arts Crafts class uses basic art supplies to create and design. Learn new techniques and new uses for common material.

Location(s): Various 

Awareness Through Movement (Fall & Winter)

A unique form of guided exploratory movement. Students verbally guided through a series of gentle and easy exploratory movements. Exercises are done lying on the floor, some from a chair, some through walking or standing. Reconnect with the joy of learning how to feel better.

Location(s): Chevy Chase CC

Ballet: Level 1 (Fall & Winter)

Participants will learn the basic positions, steps, terms and rhythms. They will have the experience of working as a group to achieve cooperative and collaborative goals.

Location(s): Chevy Chase CC

Basketball (Fall)

Location(s): Fort Stanton

Basketball (Winter)

Location(s): Hearst

Basketball: Adult Men's Basketball (Fall)

Men will learn basketball drills designed to promote stamina, control and physical fitness. There is also a strong emphasis on teamwork and sportsmanship.

Location(s): Stoddert

Basketball: Adult Men's Basketball (Fall)

Men will learn basketball drills designed to promote stamina, control and physical fitness. There is also a strong emphasis on teamwork and sportsmanship.

Location(s): Stoddert

BASS 1 (Fall)

In this beginner level "Learn to Swim" class, participants will learn basic swimming skills, floating, breathe control and kicking.

Location(s): Therapeutic 🌸

BASS 2 (Fall)

In this intermediate level "Learn to Swim" class, participants will learn basic instruction in floating with a kick, one to two stroke swimming, and submerging in deep water techniques.

Location(s): Therapeutic 🌸

Bid Whist Club (Fall & Winter)

Join in the fun of playing Bid Whist, a popular card game.

Location(s): Takoma, Fort Stevens, North Michigan Park, Therapeutic 🌸

Billiards (Year Round)

Learn the fundamentals of billiards.

Location(s): Therapeutic 🌸

Bingo (Fall)

Bingo is a fun-filled weekly game activity, winners receive prizes.

Location(s): Guy Mason, Macomb

Bingo (Winter)

Bingo is a fun-filled weekly game activity, winners receive prizes.

Location(s): Guy Mason

Board Game Bonanza (Year Round)

A friendly & fun interactive social activity that not only teaches skills such as; communicating, sharing, listening and reading; but is an activity that is full of fun for everyone!!

Location(s): Columbia Heights, Harrison

Body Blast (Winter)

30 minutes of high intensity, interval training

Location(s): Columbia Heights

Body Flex (Winter)

Resistance training using dumbbells, barbells, kettlebells, body bars, etc.

Location(s): Kennedy, Raymond

Book Club (Winter)

Location(s): Fort Stevens, Takoma

Boxing (Year Round)

Location(s): Various 🏆

Brazilian Samba (Fall & Winter)

This class will introduce the student to Brazilian Samba. Samba dance is a unique and specialized dance form using groups of four to six step movements incorporating side to side, forward and backward and circular motions.

Location(s): Guy Mason

Bridge Instruction (Fall & Winter)

Seniors meet to learn and play one of the world's most intriguing card games.

Location(s): Chevy Chase CC

Calm Waves (Fall)

Participants will do water exercises that are recommended by the Arthritis Foundation. The classes are intended to increase range of motion and build endurance. Please note that this class is low impact.

Location(s): Therapeutic 🌸

Cardio Kick (Year Round)

A workout that features kickboxing and realistic self-defense moves.

Location(s): Columbia Heights, Fort Stanton, Lamond

Certified Food Shoppers (Fall)

Program teaches participants to make healthy grocery store food choices. Participants are asked to wear athletic apparel and athletic shoes.

Location(s): Banneker

Chair-a-size (Fall)

A small class setting for wheelchair users to help tone and strengthen muscles and increase range of motion. Personal care attendants/dedicated aides are welcome with participants. Class size is limited.

Location(s): Emery

Cheer & Dance (Year Round)

Location(s): Ridge Road

Cheerleading (Fall)

Location(s): Macomb

Note: Information provided in the booklet is accurate at time of printing and is subject to change.

For additional information contact DPR at (202) 673-7647 or online at www.dpr.dc.gov.

DPR reserves the right to cancel programs with low enrollment. Refunds will be made available ONLY in the event a program must be cancelled due to low enrollment. All DPR programs must have a minimum number of patrons registered.

Chess Club (Fall)

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Participants who already know how to play will have the opportunity to match their skills against other players.

Location(s): Chevy Chase CC, Stoddert

Chess Club (Winter)

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Participants who already know how to play will have the opportunity to match their skills against other players.

Location(s): Chevy Chase CC

Chess Club (Year Round)

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Participants who already know how to play will have the opportunity to match their skills against other players.

Location(s): Arboretum

China Painting (Fall & Winter)

Learn to paint on porcelain, including basic brush strokes and how to mix colors. The class is designed for beginners and the more advanced, allowing students to work on their own projects and at their own pace.

Location(s): Guy Mason

Community Cider Press Workshop (One Day Only)

This workshop is an invitation for attendees to bring organic apples from their own trees, you-pick orchards, or the store to be pressed into apple cider to drink and keep. Registration is required. Workshop will take place on Sept. 30.

Location(s): Twin Oaks

Computer Training: Level 1 (Year Round)

Participants will learn basic computer and internet skills to use programs, surf the internet, and care for a computer.

Location(s): Barry Farm, Deanwood

Clubs Programs (Year Round)

Sign up today to participate in various DPR Clubs such as Girl Scouts, the Scrabble Club, Senior Book Club, Supreme Teens & more!

Location(s): Various 

Visit <http://bit.ly/ClubsPrograms> for a full listing of Clubs programs.

Computer Training: Seniors (Fall)

Seniors will learn the basics of using a computer. Emphasis is placed on the proper way to log on and off the computer, how to navigate the windows programs, and how to navigate email and the internet.

Location(s): Hamilton 

Computer Training: Seniors (Winter)

Seniors will learn the basics of using a computer. Emphasis is placed on the proper way to log on and off the computer, how to navigate the windows programs, and how to navigate email and the internet.

Location(s): Chevy Chase CC 

Cooking with Passion (Fall & Winter)

Participants will learn basics of cooking in a healthy way. Participants will learn to make wiser food choices and how to provide menu planning for family meals.

Location(s): Guy Mason

Cooking: Foods For a Healthier Lifestyle

(Year Round)

Vegan Chef Brennan Gerald will share healthy recipes and cooking tips. The class includes preparation and demonstration of nutritional dishes and food sampling. The chef will also address any questions from the class.

Location(s): Barry Farm

Cooking: Level 1 (Year Round)

Youth learn to prepare simple meals, proper table manners, table setting techniques, and what to look for when reading food labels.

Location(s): Kalorama

Create an Art or Craft (Year Round)

Fun & introductory approach to art & crafts allowing youth to learn through self expression which provides confidence & personal enrichment.

Location(s): Columbia Heights

Creative Arts (Fall & Winter)

Students will enjoy this program that highlights various forms of art and expression. Specific art forms will vary.

Location(s): Emery

Crochet (Fall)

Crocheting is a process of creating fabric from yarn or thread using a crochet hook. We will learn to make hats, scarves, and blankets.

Location(s): Fort Stevens, Therapeutic 

Cultivating Shiitake Mushrooms Workshop (One Day Only)

At this workshop, participants will learn how to plug logs and successfully grow their own shiitakes. Growing your own shiitake mushrooms is a delicious way to make use of your shady spaces. Shiitakes also boost your immune system and are a key component of growing a well-balanced diet yourself.

Location(s): Deanwood

Cultural Arts Programs (Year Round)

Enjoy Ballet, China Painting, Guitar & more!

Location(s): Various 

Visit <http://bit.ly/CulturalArtsPrograms> for a full listing of Cultural Arts programs.

Dance Dimensions (Fall & Winter)

Youth will learn basic position, step, terms and rhythm of ballet, tap and hip hop.

Location(s): Park View

Deep Water Aerobics (Fall)

In this class guests will participate in vigorous aerobic exercise while in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone. Please note: Participants MUST be comfortable in deep water for this class.

Location(s): Rumsey, Turkey Thicket, Wilson 

Deep Water Walking (Fall)

In this class guests will participate in vigorous aerobic exercise while in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone. Please note: Participants MUST be comfortable in deep water for this class.

Location(s): Therapeutic 

Double Dutch (Fall)

Learn and perform basic exercise needed for competitive Double Dutch jump rope including how to enter the rope, do stunts, compulsory exercises, speed jumping, and freestyle exercises.

Location(s): Lafayette

DPR Garden Tool Share Program (Year Round)

This program assists District gardeners who need help temporarily attaining garden tools for one-time use or special events by allowing them to borrow a variety of garden tools for one week increments.

Location(s): By Appointment

Drum Class (Winter)

Participants will learn music and development coordination. Curriculum includes learning the required 26 standard drum rudiments, how to play the snare drum, tenor drum and the tri-toms drum.

Location(s): Riggs LaSalle

Drums: Level 1 (Fall)

Learn music and development coordination. Participants will learn the required 26 standard drum rudiments, how to play the snare, tenor, bass drum and the tri-toms drums.

Location(s): Macomb

EcoCity Farms Demonstration Tour and Vermicompost / Bokashi Workshop (One Day Only)

The first part of this class will be a tour of ECO City Farms' Edmonston Urban Farm. On this sub-acre plot, we will experience space-saving techniques, season-extension technologies, various compost systems, and more. Registration is required.

Location(s): EcoCity Farms

Educational Programs (Year Round)

Enjoy Story Hour & Wee Play!

Location(s): Various 

Visit <http://bit.ly/EducationPrograms> for a full listing of Educational programs.

Enamels & Fused Glass: Series 1 (Fall)

Introductory workshop for copper enameling and fused glass: Sessions are the pre-requisite for students wishing to become eligible for the ongoing crafts studio series. Students will learn the basic skills needed to complete introductory projects.

Location(s): Guy Mason

Enrichment Zone (Fall)

Enrichment Zone is a power-packed hour-long program that will provide children with a safe, quiet, conducive space to focus on homework assignments or school projects. DPR staff will provide basic guidance to ensure children are on the right track to getting their work started. During the last 15 minutes, staff will provide an enriching activity with participants.

Location(s): Various 

Feeling Good (Fall)

This moderate impact, water exercise class is recommended by the Arthritis Foundation for adults 21 and older. Increasing range of motion and building endurance is the primary goal.

Location(s): Therapeutic

Fencing Club (Fall & Winter)

Participants will learn the art of fencing and practice with others. Focus is on skills and techniques.

Location(s): Chevy Chase CC

Fencing: Foil Beginner (Fall & Winter)

Participants will learn the art of Foil Fencing. Focus on beginner skills and techniques.

Location(s): Chevy Chase CC

Fencing: Foil Intermediate (Fall & Winter)

Participants will continue learn the art of Foil Fencing. Focus on intermediate skills and techniques. It is recommended that participants take Beginner Foil before enrolling in this course.

Location(s): Chevy Chase CC

Fencing: Junior Epee Beginner (Winter)

Participants will learn the art of Fencing. Focus on beginner skills and techniques.

Location(s): Chevy Chase CC

Fencing: Junior Epee Club (Winter)

Participants will continue to learn the art of Fencing and practice with others. Focus is on advanced skills and techniques. Junior Epee Fencing Club is intended for students who have previously taken Junior Epee.

Location(s): Chevy Chase CC

Fencing: Intermediate Junior Epee (Winter)

Learn the art of sword! Basic foil equipment provided.

Location(s): Chevy Chase CC

Fins 1 (Fall)

Beginner level "Learn to Swim" class for children. Participants will learn basic swimming skills, floating, breathe control and kicking.

Location(s): Therapeutic

Fins 2 (Fall)

Intermediate level "Learn to Swim" class for children. Participants will learn basic swimming skills, floating, breathe control and kicking.

Location(s): Therapeutic

Fitness Bootcamp (Fall)

Group exercise class that mixes traditional callisthenic and body weight exercises; with interval training and strength training.

Location(s): Palisades

Fitness Bootcamp (Winter)

Group exercise class that mixes traditional callisthenic and body weight exercises; with interval training and strength training.

Location(s): Columbia Heights, Palisades, Riggs LaSalle

Folk Dancing (Year Round)

Participants will learn Folk Dances of different countries while enjoying the music of each country. Squares, quadrilles and novelty dances are also taught.

Location(s): Chevy Chase CC

Football: Youth Flag Football (Fall)

Participants will learn the fundamental of Flag Football through practices and game play.

Location(s): Various 

Football: Flag Football (Fall)

Youth flag football league.

Location(s): Various 🏈

Football: Adult Flag Football Coed (Fall)

Location(s): Kenilworth-Parkside

Football: Adult Flag Football Men (Fall)

Location(s): Kenilworth-Parkside, Rosedale

Football: Adult Flag Football Women (Fall)

Location(s): Deanwood

Forested Forest Garden Tour & Acorn Flour Demo Workshop (One Day Only)

Tour Forested, a 10-acre research forest garden, just outside the beltway in Maryland. See some of the hundreds of edible and useful species growing in this model agro-ecosystem, and sample some of the fruits. We'll also have a demonstration of how to make acorn flour, a nutritious, delicious and highly productive forest food. Registration is required for this workshop.

Location(s): Forested Forest Garden

Game Night (Fall)

This class will give adults ages 18 and older the opportunity to enjoy each other's company. They will be able play various games (i.e. dominoes, ping pong, spades, poker, etc.), engage in various conversational topics, and occasional movies.

Location(s): Barry Farm

Games Are Exercise, Too! (School Year)

Location(s): Volta Park

Garden Tool Share Program (Year Round)

This program assists District gardeners who need help temporarily attaining garden tools for one-time use or special events by allowing them to borrow a variety of garden tools for one week increments. Official name: DPR Garden Tool Share Program.

Location(s): By Appointment

Girl Scouts (School Year)

Location(s): Hillcrest

Growing Rice in the City (One Day Only)

Come learn about our experimentation with growing upland rice varieties with biodegradable mulch and drip fertigation. Growing grains is one way you can promote local sustainability and good health for yourself and our community. Registration is required.

Location(s): Deanwood

Guitar (Winter)

Location(s): Chevy Chase CC

Gymnastics (Fall)

Location(s): Bald Eagle

Gymnastics (Fall & Winter)

Location(s): Chevy Chase CC, Stoddert

Hand Dance (Fall, Winter & Year Round)

Learn basic hand dance techniques while dancing with friends to a groovy beat.

Location(s): Various 🎶

Hand Tools: Choose the Right Garden Tool for the Job Workshop (One Day Only)

Ever wonder which tool would be best for you and your garden? Which tool will be most comfortable or most efficient? Join us at Radix Farm to trial and test various hand tools; receive an overview of basic hand tool sharpening and maintenance; and go on a brief tour of Radix Farm, a three acre Certified Naturally Grown vegetable farm. Registration is required for this workshop.

Location(s): Radix Farms

Health & Fitness Programs (Year Round)

Enjoy Aerobics, Boot Camps, HydroSpin, Jujitsu, Karate, Qi Gong, Yoga & more!

Location(s): Various 🎶

Visit <http://bit.ly/DPRFit> for a full listing of Health & Fitness programs. #DPRFit

Health Walk (Fall)

Location(s): Emery ☑

Hip Hop (Fall & Winter)

The participants in this class will learn some of the hottest dance moves often seen in music videos; and will perform a dance in the annual recital. Please note, participants are asked to wear loose fitting clothing and sneakers. Jeans are not permitted.

Location(s): Trinidad

Hip Hop Fusion (Fall)

Introduce participants to different genres of Hip Hop dance and its origins. Expose students to the basic rhythms, steps and movements involved in Hip Hop Fusion. Build strong dance routine; promote health, exercise, cultural awareness and unity through dance.

Location(s): Various 🎶

Homework Zone (School Year)

Group study and homework assistance for District youth.

Location(s): Park View

HydroSpin (Fall)

Back by popular demand, this aquatic fitness class combines the benefits of spinning with the resistance of the water. Classes use state-of-the-art official HydroRider bikes (made in Italy).

Location(s): Rumsey 💧

International Lifeguard Training Academy (ILGTA) (Fall)

ILGTA is a free course that assists prospective DPR lifeguard candidates to enhance their swimming skills, strength, and endurance so that they can pass the prerequisites required for admission into the International Lifeguard Training Program (ILTP). More information, ILTP course prerequisites and LGTA objectives are listed online.

Location(s): HD Woodson, Rumsey

Jujitsu: Level 1 (School Year)

Participants will learn discipline, self-confidence, and will become mentally and physically stronger, as well as learn basic techniques and self defense skills.
Location(s): Banneker

Judo: Level 1 (School Year)

Judo is a modern martial art, where the object is to either throw or takedown one's opponent to the ground, immobilize or otherwise subdue one's opponent with a grappling maneuver.
Location(s): Banneker, Kennedy

Junior Waves - Swim Team Prep (Fall)

The Junior Waves Swim Team Prep program is designed to enhance stroke mechanics and develop the necessary skills to join a competitive swim team.
Location(s): Various 🏊💧

Just Girls (School Year)

Just Girls provides a safe and informative environment to help young girls learn about adolescence and development in today's society.
Location(s): Sherwood

Karate: Level 1 (Fall & Winter)

Students will learn discipline, self-confidence and will become mentally and physically stronger. The one hour, twice a week class will include stretching, basic techniques, kata (forms), power, and special self defense techniques everyone should know!
Location(s): Chevy Chase CC, Palisades

Karate: Level 2 (Fall & Winter)

Students will learn discipline, self-confidence and will become mentally and physically stronger. This advanced class will build on students' prior knowledge of marital arts.
Location(s): Chevy Chase CC

Kickball - Youth (Fall)

Kickball is a fun competitive youth league in which an inflated ball is thrown to a person who kicks it and proceeds to run to bases.
Location(s): Chevy Chase RC, Stead

Kickball: Adults (Fall)

During summer, the Department of Parks and Recreation (DPR) offers an Adult Co-ed Kickball League for adults 25 years old and above. Teams consist of a team roster of 12 to 28 players, with 10 players on the field - 5 men and 5 women - during the game
Location(s): Various 🏈

Kickboxing (Fall)

Participants will learn the fundamentals and discipline of kickboxing from beginning to advance martial arts using hand and feet. Student will get an opportunity to participate in local and nation tournaments.
Location(s): Turkey Thicket

Kid Fit (School Year)

A fun and challenging fitness program designed to engage school children in physical activity, prepare them for sports, and to provide a fun approach to exercise. Wear athletic apparel and athletic shoes.
Location(s): Columbia Heights, Raymond

Knitters Club (Fall & Winter)

Learn the basic techniques and skills of knitting.
Location(s): Guy Mason

L.I.F.T. (School Year)

This program will introduce women to the proper techniques of weightlifting.
Location(s): Barry Farm

Learn to Swim for Children: Level 1 - Introduction to Water Skills (Fall)

The purpose of this class is to begin developing positive attitudes, good swimming habits and safe practices in and around the water. An assessment may be required prior to enrolling in this course.
Location(s): Various 🏊💧

Learn to Swim for Children II: Fundamental Aquatic Skills (Fall)

The purpose of this class is to begin give participants better success with their fundamental skills learned in Learn to Swim: Level 1. An assessment will be required prior to enrolling in this course. Any participants enrolled in the incorrect skill level will be dropped from the course.
Location(s): Various 🏊💧

Learn to Swim for Children III: Stroke Development (Fall)

The purpose of this class is to build on the skills learned in Level 2 and to provide additional guided practice in deep water aquatic skills. An assessment will be required prior to enrolling in this course. Any participants enrolled in the incorrect skill level will be dropped from the course.
Location(s): Various 🏊💧

Learn to Swim for Children IV: Stroke Improvement (Fall)

The purpose of this course is to develop the participant's skill set in drills, strokes and techniques learned in Level 3 and to improve and learn additional, advance aquatics skill sets. An assessment will be required prior to enrolling in this course. Any participants enrolled in the incorrect skill level will be dropped from the course.
Location(s): Rumsey, Turkey Thicket, Wilson 🏊💧

Learn to Swim for Parent/Child: Level A (Fall)

Parent and child will learn together as the child becomes familiar with the water, basic skills and water safety concepts. The purpose of this class is to familiarize young children with the water and to prepare them for future Learn to Swim courses. Please note that this course is designed to establish a comfort level in the water with a guardian present; this course is not designed to teach toddlers to survive in the water on their own. Parent must accompany child to every class. An assessment may be required prior to enrolling in this course.
Location(s): Various 🏊💧

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Learn to Swim for Parent/Child: Level B (Fall)

Parent and child will learn together to increase the child's comfort level in the water and build upon the foundation of basic skills learned in Level A. The purpose of this class is to familiarize young children with the water and to prepare them for future American Red Cross Pre-School Aquatics or Learn-to-Swim courses. Parent must accompany child to every class. An assessment may be required prior to enrolling in this course.

Location(s): Various 🏊💧

Learn to Swim for Youth I: Introduction to Water Skills (Fall)

The purpose of this class is to begin developing positive attitudes, good swimming habits and safe practices in and around the water.

Location(s): Barry Farm, Rumsey 🏊

Learn to Swim for Youth II: Fundamental Aquatic Skills (Fall)

The purpose of this class is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. An assessment will be required prior to enrolling in this course.

Location(s): Barry Farm, Rumsey 🏊

Leisure Awareness Program (School Year)

The Leisure Awareness Program (LAP) is an alternative to the traditional day treatment program, serving adults with special needs. Activities to include arts and crafts, fitness/exercise, adapted sports, the promotion of socialization skills, the enhancement of daily living skills, guest speakers, special events, and field trips.

Location(s): Therapeutic 🌸

Leisure Life Skills Program (School Year)

The Leisure Life Skills Program is a day program for adults with special needs. Activities are used for the promotion of socialization, daily living skills, fitness, and the opportunity to make leisure choices. An assessment is required.

Location(s): Therapeutic 🌸

Leisure Swim (Fall)

Participants can swim or do exercises recommended by their physician at their own pace. Please note that this is a "non-instructed class."

Location(s): Therapeutic 🌸💧

Lifeguard Training Academy (LGTA) (Fall)

LGTA is a free course that will help prospective DPR lifeguards enhance their swimming skills, strength, and endurance so that they can pass the lifeguarding class.

Location(s): HD Woodson, Rumsey 🏊

Line Dancing (Fall)

Learn the basic steps and techniques to the latest line dances.

Location(s): Fort Stanton, Joe Cole, Turkey Thicket

Line Dancing (Winter)

Learn the basic steps and techniques to the latest line dances.

Location(s): Fort Stanton, Turkey Thicket

Metro TR Bowling League (School Year)

A bowling program for adults with special needs. For more information contact the TR Center at (202) 698-1794.

Location(s): Therapeutic 🌸

"No Cook" Cooking (Fall)

This "cooking" program, designed for children, will help participants learn to create snacks, desserts and treats without the use of ovens or stoves. This may be the next Top Chef in the making!

Location(s): Chevy Chase RC

"No Cook" Cooking (Winter)

This "cooking" program, designed for children, will help participants learn to create snacks, desserts and treats without the use of ovens or stoves. This may be the next Top Chef in the making!

Location(s): Chevy Chase RC, Lafayette

Olympic Taekwondo (School Year)

Learn the technical, tactical and physical skills necessary to compete in the Olympic sport of Taekwondo, while learning the character building tenets of the martial art.

Location(s): Banneker

Painting for Pleasure (Year Round)

Art class for all levels using acrylic, watercolor or oil. Advanced students may work from their own projects whether it be still life, landscape or photograph. Instructor will advise on composition, color and materials.

Location(s): Fort Stevens

Personal Enrichment Programs (Year Round)

Enjoy Brazilian Zumba, Garden Tool Share Program, Enamels & Fused Glass, Hand Dance, Hip Hop Fusion, Piano, Radio Broadcasting & more!

Location(s): Various 🌸

Visit <http://bit.ly/PersonalEnrichmentPrograms> for a full listing of Personal Enrichment programs.

Photography: Digital (Fall)

Have you made the switch to digital photography? JPG's? RAW? Compact Flash? Resolution? Sound confusing? This class will help guide you through the technology of the digital maze, improving the quality of your photographs and much more.

Location(s): Chevy Chase CC

Piano (School Year)

Piano prepares young students for all forms of music. Students will be instructed in keyboard and theory.

Location(s): Arboretum

Piloxing (Winter)

Program uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates.

Location(s): Deanwood

Pinochle Club (Year Round)

Come enjoy this regular social gathering where we play pinochle and good times.

Location(s): Fort Stevens

Pokeno (Fall)

Pokeno offers seniors the thrill of Poker and the suspense of Keno.

Location(s): Emery



Pottery: Level 1 (Fall)

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

Location(s): Guy Mason

Pottery: Level 1 (Winter)

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

Location(s): Chevy Chase CC, Guy Mason

Pottery: Level 2 (Fall & Winter)

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

Location(s): Guy Mason

Preschool Aquatics: Level I (Fall)

This course, offered for children 4 to 5 years old, will allow participants to familiarize themselves with the water, and help them to acquire rudimentary aquatic skills and learn water safety.

Location(s): Barry Farm, Deanwood, Marie Reed, Takoma, Turkey Thicket, Wilson 

Preschool Aquatics: Level II (Fall)

This course will build on the skills learned in "Preschool Aquatics: Level I" course. An assessment will be required prior to enrolling in this course.

Location(s): Marie Reed, Takoma, Wilson 

Preschool Aquatics: Level III (Fall)

This course will build on the skills learned in "Preschool Aquatics: Level II" course. An assessment will be required prior to enrolling in this course.

Location(s): Takoma, Wilson 

Qi Gong: Advanced (Fall & Winter)

Students can relieve stress and back pain while increasing flexibility and energy with this ancient Chinese art. Learn breathing techniques, visualization and graceful gentle movements that are fun and relaxing.

Location(s): Chevy Chase CC 

Qi Gong: Beginners (Fall & Winter)

Students can relieve stress and back pain while increasing flexibility and energy with this ancient Chinese art. Learn breathing techniques, visualization and graceful gentle movements that are fun and relaxing.

Location(s): Chevy Chase CC 

Quilting (Fall)

Self-directed quilting as well as volunteered instructions on basic quilting.

Location(s): Emery, Guy Mason

Quilting (Winter)

Self-directed quilting as well as volunteered instructions on basic quilting.

Location(s): Guy Mason

Radio Broadcasting (Fall)

Hands on instructions will be provided in Radio Production and Programming Techniques, Voice Overs, Live Studio Recorded Interviews, Sports Casting and Commercials.

Location(s): Deanwood

Rocking Waves (Fall)

A high impact water exercise class, this class is recommended by the Arthritis Foundation. Class goals are to increase range of motion and build endurance.

Location(s): Therapeutic

Rugby: Youth (Fall)

Location(s): Raymond

Run & Walk for a Healthy Tomorrow (School Year)

This program promotes healthy living for children ages 14 & under by introducing youth to the opportunities of proper running mechanics, proper nutrition, mentorships, group discussions, exposure to running in green spaces, the importance of environmental stewardship and more.

Location(s): Barry Farm

Scaling Up - Planning and Growing for Market Workshop (One Day Only)

Want to scale up beyond small plot farming? Interested in selling produce through a CSA or farmers market? Workshop will include: learning how to plan for production, a review of seasonal planting plans, crop rotations, cover cropping for soil fertility and more. Registration is required.

Location(s): Raymond

Scrabble Club (Year Round)

Come play this strategic game of word identification and skill.

Location(s): Chevy Chase CC, Therapeutic 

Senior Beading Class (Year Round)

Come create and design your very own beaded jewelry. Beginners to advance members are welcome, we are learning while sharing our ideas and thoughts.

Location(s): Therapeutic 

Senior Book Club (Year Round)

Enjoy spirited discussions on books selected by you and your peers.

Location(s): Fort Stevens Senior Center 

Senior Crafts (Fall)

Participants will make a variety of crafts including tissue flowers, paintings, and masks.

Location(s): Emery, Guy Mason

Seniors Program

Senior Crafts (Winter)

Participants will make a variety of crafts including tissue flowers, paintings, and masks.

Location(s): Guy Mason 

Senior Fit Club

Seniors are invited to participate in fun and fellowship as the walk and move together.

Location(s): Riggs LaSalle 

Senior Programs (Year Round)

Enjoy various Aerobics programs, Computer Training, Health Walks, Pinochle, Pokeno, Pickleball & more!

Location(s): Various 

Visit <http://bit.ly/SeniorsPrograms> for a full listing of Seniors programs.

Senior Swim I: Learning the Basics (Fall)

This course will teach participants the basics of swimming in the water, basic aquatic skills and swimming strokes; along with water safety.

Location(s): Barry Farm, Deanwood, HD Woodson, Rumsey, Takoma, Turkey Thicket, Wilson  

Senior Swim II: Improving Skills & Swimming Strokes (Fall)

This course will build on the skills learned in "Senior Swim I - Learning the Basics" course. An assessment will be required prior to enrolling in this course.

Location(s): Barry Farm, Deanwood, Takoma, Turkey Thicket, Wilson  

Senior Swim III: Swimming for Fitness (Fall)

This course will build on the skills learned in "Senior Swim II - Improving Skills & Swimming Strokes" course. An assessment will be required prior to enrolling in this course.

Location(s): Takoma  

Senior Water Exercise (Fall)

A slow paced class where participants will do water exercises that are recommended by the Arthritis Foundation. The classes are intended to increase range of motion and build endurance.

Location(s): Therapeutic 

Senior Wellness (Fall)

Senior Wellness is a class that focuses on teaching DC's aging population how to best care for their bodies, minds, and spirits during their golden years.

Location(s): Hamilton 

Seniors Movie Day (Fall)

Weekly showing of classic and all-time favorite movies.

Location(s): Emery 

Seniors Moving, Going Green & Growing (Fall & Winter)

The senior services division provides a variety of recreation and leisure experiences for people ages 50 and up. Program goals consist of providing recreation and leisure activities that increase social interaction, development of new recreation activity skills, and provide services that are inclusive for seniors and their communities. Program offerings include arts and crafts, digital photography, line dancing, fiber arts, sewing, tai chi, yoga, sports, exercise, trips, and special event activities.

Location(s): Guy Mason 

Seniors Travel Group (Year Round)

Excursions all over the USA. Activities include visiting historic sites in the USA and local areas of interest. Group attends plays and other theatrical activities.

Location(s): Fort Stevens 

Sew & Know (Fall & Winter)

Students will learn basic sewing skills, how to design and construct garments and accessories using original concepts.

Location(s): Park View

Shallow Water Aerobics (Fall)

Participants will engage in vigorous aerobic exercise while in shallow water. This class promotes muscle strength, endurance and muscle tone. This is a high-energy water aerobics class for active adults.

Location(s): Barry Farm, HD Woodson, Rumsey, Turkey Thicket 

Slimnastics (Fall)

A total body workout with strength, flexibility, posture, breathing work, and aerobic improvement.

Location(s): Chevy Chase CC

Soccer (Fall)

Location(s): Various 

Soccer (Winter)

Location(s): Stoddert

Soccer: Adult (Fall)

Participants will be taught the basic rules, fundamentals and techniques of soccer and practice in competitive games.

Location(s): Sherwood, Upshur

Soccer: DC United (Fall)

United for DC and DC United are excited to bring the United Soccer Club to your recreation center! This is a free program for all youth between 6 and 11 years old. Sign up to learn the basic skills of soccer from professional coaches.

Location(s): Taft Field

Softball: Adult Slow Pitch Coed 5 & 5 (Fall)

Location(s): Amidon Field

Softball: Adult Slow Pitch Men (Fall)

Location(s): Jefferson Field

Softball: Youth (Fall)

Youth Softball will teach the basic skills, drills, and rules of softball. Participants will also learn the importance of teamwork, cooperation, and sportsmanship. Lessons, games, and practices may vary by location.

Location(s): Taft Field

Spinning (Fall)

This class is designed to allow participants to use cycling to get an excellent cardiovascular workout.

Location(s): Raymond, Park View

Spiritual Studies (Year Round)

A discussion of the human psyche, various religious traditions and how to live a spiritual life.

Location(s): Fort Stevens 

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Spoon Carving Workshop (One Day Only)

Use simple tools and techniques to create a beautiful, useful object: a wooden spoon! Learn the relaxing and engaging craft of wood carving; instructor will talk through and demonstrate the process of wood selection and processing; and more. Registration is required.

Location(s): Raymond

Sports Skills Development (Fall)

Comprehensive motor skill development program that prepares participants for their sport season. Various types of sport skills programs are available through the agency.

Location(s): Kennedy, North Michigan Park, Raymond, Stead

Sports Skills Development (Year Round)

Comprehensive motor skill development program that prepares participants for their sport season. Various types of sport skills programs are available through the agency.

Location(s): Deanwood

Story Hour (Fall)

Location(s): Chevy Chase RC, Guy Mason, Volta Park

Story Hour (Winter)

Location(s): Chevy Chase RC, Guy Mason

Strength & Conditioning (Fall)

Participants will learn to improve the fundamental attributes of an athlete's speed, quickness, strength, power, balance, coordination, flexibility, and agility. Athletes will utilize plyometric, as well as resistance training.

Location(s): Riggs LaSalle

Studio Engineering (Fall)

Participants learn the day-to-day operations of the music industry. Participants will gain knowledge of the inner workings of a recording studio while producing and recording their own music and poetry.

Location(s): Columbia Heights

Supreme Teens (Fall)

Leisure activities, social, educational, and community service experiences are accompanied by workshops with emphasis on leadership skills, role-play, and issues that confront their daily lives. These series of activities help to perpetuate growth and self-acceptance, raise self-esteem, and discover untapped talent.

Location(s): Various 🏳️🚩 ▲

Tae Kwon Do: Level 1 (Winter)

Participants will learn the fundamentals of the Olympic sport Tae Kwon Do. Participants will also improve flexibility, balance, strength, coordination, and physical fitness while developing discipline, integrity, perseverance, and self control.

Location(s): Chevy Chase CC

Tai Chi (Fall & Winter)

Participants will learn the techniques of this form of martial arts through self defense, flexibility, strength and body conditioning.

Location(s): Guy Mason

Tai Chi: Arthritis (Fall)

The practice of Tai Chi stimulates the central nervous system, helps lower blood pressure, relives stress and strengthens the immune system.

Location(s): Therapeutic 🌸

Tai Chi: Level 1 (Year Round)

A Chinese martial art that is often practiced for health reasons that is low impact. Participants will learn the various forms that are associated with this ancient art form.

Location(s): Fort Stevens Senior Center

Tai Chi: Seniors (Year Round)

A Chinese martial art that is often practiced for health reasons that is low impact. Participants will learn the various forms that are associated with this ancient art form.

Location(s): Fort Stevens SC

Tai Chi: Seniors (Fall)

A Chinese martial art that is often practiced for health reasons that is low impact. Participants will learn the various forms that are associated with this ancient art form.

Location(s): Guy Mason

Tennis: Adult Beginner (Fall)

Location(s): Various 🏳️🚩

Tennis: Adult Cardio (Fall)

Location(s): Turkey Thicket

Tennis: Adult Intermediate (Fall)

Location(s): Southeast Tennis & Learning Center (SETLC), Takoma

Tennis: Adult Intermediate/Advanced (Fall)

Location(s): Various 🏳️🚩

Tennis: Junior Advanced (Fall)

DPR offers this introductory program to teach youth the basics of tennis. The advanced program focuses on fine-tuning skills based on the student's individual progress.

Location(s): Southeast Tennis & Learning Center (SETLC), Takoma

Tennis: Junior Beginner (Fall)

DPR offers this introductory program to teach youth the basics to tennis.

Location(s): Various 🏳️🚩

Tennis: Junior High Performance (Fall)

Location(s): Southeast Tennis & Learning Center (SETLC)

Tennis: Junior Intermediate (Fall)

Location(s): Takoma

Tennis: Skills & Drills (Fall)

This class will focus on ways to develop specific shot mechanics ("skills") and put these newly developed techniques into practice via simulated game situation ("drills"). It is recommended that you have USTA match experience.

Location(s): Fort Lincoln

Tennis: Tiny Tots (Fall)

Learn basic tennis strokes, stroke technique, and court awareness.

Location(s): Various 🏠

Therapeutic Recreation Programs (Year Round)

Enjoy BASS 1 or 2, Calm Waves, Fins 1 or 2, Leisure Swim, Metro TR Bowling League & more!

Location(s): Various 🏠

Visit <http://bit.ly/TherapeuticRecreationPrograms> for a full listing of Therapeutic Recreation programs.

Tiny Tots! (Fall & Winter)

A fun-filled parent and child high-energy activity program that includes songs, parachutes, games, balls, music, running, learning, and more. Focus on development of gross motor skills, coordination, socialization, cooperation and reinforcement of cognitive development. A great workout for the children...and the adults!

Location(s): Chevy Chase RC, Guy Mason

Tool Share for Gardens Program (Year Round)

This program assists District gardeners who need help temporarily attaining garden tools for one-time use or special events by allowing them to borrow a variety of garden tools for one week increments. Official name: DPR Garden Tool Share Program.

Location(s): By Appointment

Urban Gardening Programs (Year Round)

Enjoy various, one-day only workshops including: Community Cider Press, Forest Garden Tours, Composting and more!

Location(s): Various 🏠

Visit <http://bit.ly/UrbanGardeningPrograms> for a full listing of Urban Gardening programs.
#DPRUrbanGardens

Value Added Series 1 (One Day Only)

This workshop is a series of 30-minute value added lessons, taught by a variety of different instructors, to bring extra value to your garden produce. Registration is required.

Location(s): Deanwood

Value Added Series 2 (One Day Only)

This workshop is a series of 30-minute value added lessons, taught by a variety of different instructors, to bring extra value to your garden produce. Registration is required.

Location(s): Raymond

Note: Information provided in the booklet is accurate at time of printing and is subject to change.

For additional information contact DPR at (202) 673-7647 or online at www.dpr.dc.gov.

DPR reserves the right to cancel programs with low enrollment. Refunds will be made available ONLY in the event a program must be cancelled due to low enrollment. All DPR programs must have a minimum number of patrons registered.

Volleyball: Adults (Fall)

Participants learn the basic fundamentals and skills of volleyball through practice and advanced competitive play.

Location(s): Stoddert

Walk Fit (Fall)

Looking for a great way to ease into a higher level of fitness and health? Walking is a great low-impact exercise that can help you do just that. It's one of your body's most natural forms of exercise. It's simple, safe and the health benefits are endless.

Location(s): Harrison, Hardy, Hearst

Walk Fit (Winter)

Looking for a great way to ease into a higher level of fitness and health? Walking is a great low-impact exercise that can help you do just that. It's one of your body's most natural forms of exercise. It's simple, safe and the health benefits are endless.

Location(s): Hardy, North Michigan Park, Turkey Thicket

Water Aerobics: Abs & Glutes (Fall)

Abs Glutes is a very high energy, co-ed class conducted in the shallow end of the pool. Exercises target the abs and glutes while still giving an overall workout. This is an advanced class level.

Location(s): Turkey Thicket 💧

Water Aerobics: Aqua Zumba (Fall)

This course promotes muscle strength, endurance and tones large muscle groups. This is a high energy class for active adults.

Location(s): Deanwood, Turkey Thicket, Wilson 💧

Water Aerobics: BLT (Buns, Legs, and Tummy) (Fall)

Participants can expect a vigorous aerobic workout that serves BLTs, (Buns, Legs and Tummy!). Participants will work to tighten, tone and strengthen their core and lower body with plenty of music to accompany the class.

Location(s): Deanwood 💧

Water Aerobics: Deep Water Drills & Skills (Fall)

This class uses ballistic type exercises, utilizing flotation belts and a progression method of teaching, each student will find his comfort zone while obtaining a cardio workout and converting fat into lean muscle mass. Drills and Skills is an aerobic workout focusing on the core, while building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class.

Location(s): Takoma, Wilson 💧

Water Aerobics: Deep Water Running (Fall)

This class is designed as a deep water running and conditioning class. Plan to improve your cardiovascular endurance and muscular strength in this fast paced, exciting workout packed with good music and fun.

Location(s): Takoma 💧

Water Aerobics: Deep/Shallow (Fall)

This class is a full body cardiovascular strengthening work out for all levels. It is designed to challenge participants and improve fitness all while having fun in the water with fast paced music. The program can be modified for different levels, body types or specific needs and accommodations.

Location(s): HD Woodson 

Water Aerobics: Senior Body Wise (Fall)

This class is a full body cardiovascular strengthening work out for all levels. It is designed to challenge participants and improve fitness all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations.

Location(s): Takoma, Wilson  

Water Aerobics: Senior Shallow Water (Fall)

This course is a full body, cardiovascular strengthening work out for all levels in shallow water. It is designed to challenge participants and improve fitness, all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations.

Location(s): Takoma  

Water Boogie

A high impact water exercise class. This class is recommended by the Arthritis Foundation and its goal is to increase range of motion and build endurance.

Location(s): Therapeutic 

Water Spouts

This moderate impact water exercise class is recommended by the Arthritis Foundation for adults 21 and older. Increasing range of motion and building endurance is the primary goal.

Location(s): Therapeutic 

Wee Play

After school program for 3 to 5 year olds.

Location(s): Volta

Winter Wonder Camp

Winter Wonder Camp will take place during DC Public Schools winter break sessions. Camp activities include sports, games, character education exercises, and arts and crafts. For more information, visit “DPR.dc.gov, “ click the “Activities & Programs” tab and select the “Kids, Camps & Coop” page.

Location(s): Various 

Words of Wisdom (Year Round)

Senior round table discussion on harmony, hope, and humor.

Location(s): Therapeutic 

YMCA Low Impact Water Aerobics (Fall)

[Formerly: Water Aerobics:
Low Impact Water Aerobics]

This course is through a partnership with the YMCA of Metropolitan Washington. Participants will experience a shallow water workout designed to improve cardiovascular ability, muscle strength and endurance with low impact on the body. This class is only offered to guests who are 55 years or older.

Location(s): Deanwood, Rumsey  

YMCA Senior Water Aerobics (Fall)

This course, through a partnership with the YMCA of Metropolitan Washington, is designed for those with arthritis and other health challenges. Participants will work towards increasing strength, flexibility and joint mobility.

Location(s): Barry Farm, Wilson, HD Woodson,
Turkey Thicket  

Yoga: Beginners (Fall & Winter)

Yoga for beginners will provide relaxation with flexibility work, gentle movement, breathing exercises and meditation.

Location(s): Chevy Chase CC, North Michigan Park

Yoga: Integral (Fall & Winter)

Integral Yoga creates an opportunity for integration and harmony for the individual by calming the mind and toning the entire nervous system. The typical one and a half hour session includes four aspects: a series of physical postures, deep relaxation, simple breathing exercises, and meditation.

Location(s): Guy Mason

Yoga: Seniors (Fall)

Gain flexibility, balance, muscular strength and relaxation through movement and breathing exercises. Experience how yoga can relax your mind, body and enhance your concentration.

Location(s): Chevy Chase CC

Young Ladies on the Rise (Year Round)

Ladies will learn about making positive choices, and discussing life skills are agenda topics. Please check with your local site to register for this program.

Location(s): Various 
Teens

Young Men, Future Leaders (Year Round)

What is doing the right thing? Rites of passage, making positive choices, and developing life skills are all topics in these men only discussion groups. Please check with your local site to register for this program. (This program was formerly Boys to Men.)

Location(s): Various  

Youth Baseball (Fall)

Pitch, Hit & Run Sectional Competition

Location(s): Stoddert

Youth Sports Programs (Year Round)

Enjoy various, one-day only workshops including: Community Cider Press, Forest Garden Tours, Composting and more!

Location(s): Various 

Visit <http://bit.ly/YouthSportsPrograms> for a full listing of Youth Sports programs. #DPRYouthSports

Zumba (Fall & Winter)

Zumba is a Latin-inspired dance fitness program involving dance and aerobic elements.

Location(s): Fort Stanton

2015 Fall & Winter Resource Directory

CO-OP PLAY

SOCCER

AEROBICS FOR SENIORS

TAI CHI

Basketball

CREATIVE ARTS

BOXING

TENNIS

Pottery

Young Men, Future Leaders

SOFTBALL

... AND MUCH MORE



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