

2016

# Spring in Washington DC

District of Columbia  
Department of Parks and Recreation  
[www.dpr.dc.gov](http://www.dpr.dc.gov)  
(202) 673-7647



A Resource Directory  
to recreational programs  
for all ages



GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR



@dcdpr

# Mission

The mission of Department of Parks and Recreation is to enhance the quality of life and wellness of DC residents and visitors by providing equal access to affordable and quality recreational services, by organizing programs, activities and events.

## Contact Us

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
Environmental Initiatives_____	(202) 674-6619
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



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# Facility Features

DPR Park Center Pool

## Ward 1

	Address	Phone
Banneker CC	2500 Georgia Ave., NW	(202) 673-6861
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
Loughran RC	2500 14th Street, NW	(202) 673-7647
Marie Reed RC	2200 Champlain Street, NW	(202) 673-7768
Park View CC	693 Otis Place, NW	(202) 671-2186

## Ward 2

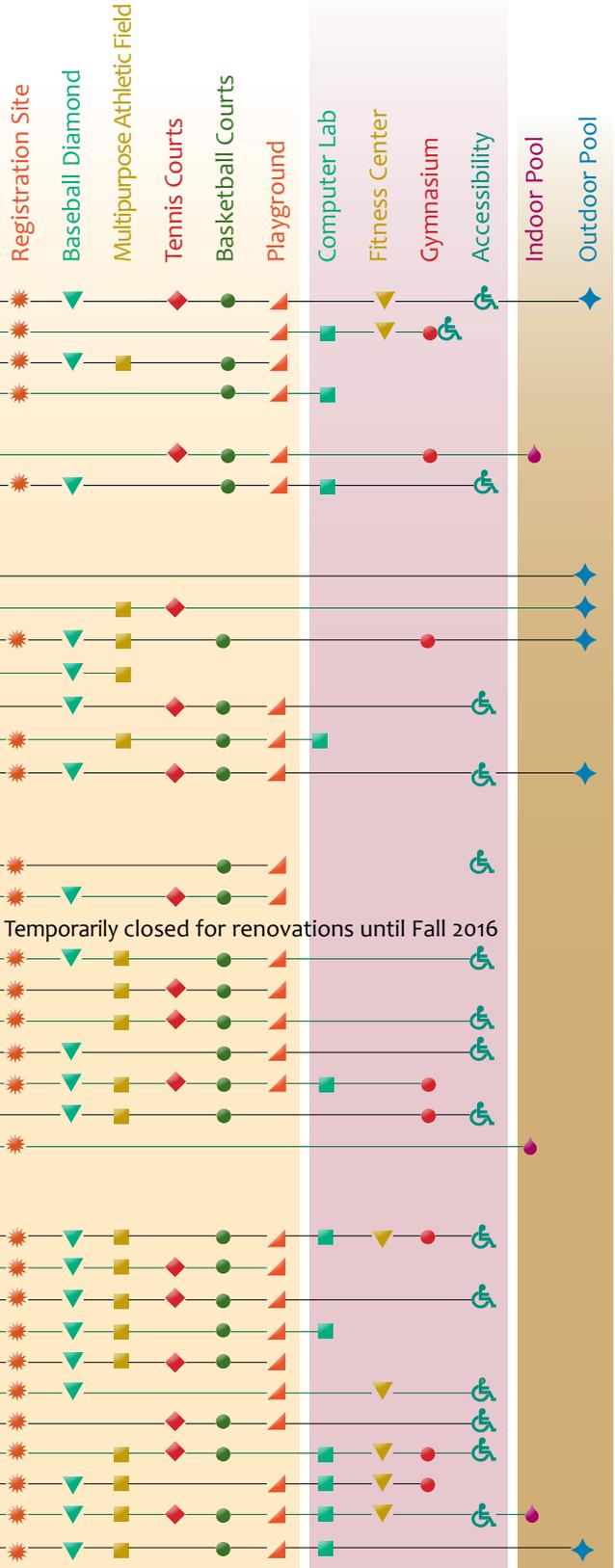
	Address	Phone
East Potomac (Pool)	972 Ohio Drive, SW	(202) 727-6523
Francis (Pool)	2535 N Street, NW	(202) 727-3285
Jelleff RC	3265 S Street, NW	(202) 462-1317
Mitchell Park RC	1801 23rd Street, NW	(202) 674-6641
Rose Park RC	2609 Dumbarton Street, NW	(202) 316-4210
Stead RC	1625 P Street, NW	(202) 673-4465
Volta Park RC	1555 34th Street, NW	(202) 645-5668

## Ward 3

	Address	Phone
Chevy Chase CC	5601 Connecticut Ave., NW	(202) 282-2204
Chevy Chase RC	5500 41st Street, NW	(202) 727-7714
Friendship RC	4500 Van Ness Street, NW	(202) 282-2198
Guy Mason RC	3600 Calvert Street, NW	(202) 727-7527
Hardy RC	4500 Q Street, NW	(202) 282-2190
Hearst RC	3950 37th Street, NW	(202) 282-2207
Macomb RC	3409 Macomb Street, NW	(202) 282-2199
Palisades CC	5200 Sherrier Place, NW	(202) 282-2186
Stoddert RC	4001 Calvert Street, NW	(202) 299-3324
Wilson (Pool)	4551 Fort Drive, NW	(202) 730-0583

## Ward 4

	Address	Phone
Emery SS\RC	5701 Georgia Ave., NW	(202) 576-3211
Fort Stevens RC	1327 Van Buren Street, NW	(202) 541-3754
Fort Stevens SS\RC	1327 Van Buren Street, NW	(202) 541-3755
Hamilton RC	1340 Hamilton Street, NW	(202) 576-6855
Lafayette RC	5900 33rd Street, NW	(202) 282-2206
Lamond SS\RC	20 Tuckerman Street, NE	(202) 576-9541
Petworth RC	801 Taylor Street, NW	(202) 576-6850
Raymond RC	3725 10th Street, NW	(202) 671-2181
Riggs-LaSalle RC	501 Riggs Road, NE	(202) 576-5224
Takoma CC	300 Van Buren Street, NW	(202) 576-7068
Upshur RC	4300 Arkansas Ave., NW	(202) 576-6842



RC - Recreation Center  
SS\RC - Senior Services & Recreation Center

CC - Community Center  
SS\CC - Senior Services Cultural Center

PG - Playground

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.

**Ward 5**

Address	Phone
Arboretum CC	(202) 673-4507
Brentwood RC	(202) 576-6667
Butler-Wyatt Clubhouse # 2	(202) 450-5232
Dunbar (DCPS Based Pool)	(202) 724-5328
Edgewood RC	(202) 576-6410
Harry Thomas, Sr. RC	(202) 576-5642
Joseph Cole RC	(202) 442-9262
Langdon Park CC	(202) 576-6596
New York Ave. RC	(202) 673-7647
North Michigan Park RC	(202) 541-3522
Theodore Hagans SS\CC	(202) 576-3017
Trinidad RC	(202) 727-1293
Turkey Thicket RC	(202) 576-9238

**Ward 6**

Address	Phone
Joy Evans (Play Ground)	Temporarily Offline
Kennedy RC	(202) 671-4794
King Greenleaf RC	(202) 645-7454
Randall RC	(202) 673-7647
RH Terrell RC	(202) 939-5948
Rosedale CC	(202) 727-2591
Sherwood RC	(202) 698-3075
Watkins RC	(202) 724-4468
William H. Rumsey (Pool)	(202) 724-4495

**Ward 7**

Address	Phone
Benning Park CC	(202) 645-3957
Benning Stoddert CC	Temporarily closed for renovations
Deanwood SS\RC	(202) 671-3077
Fort Davis CC	(202) 645-9212
Hillcrest RC	(202) 645-9200
Marvin Gaye RC	(202) 727-5432
Kelly Miller (Pool)	(202) 724-5056
Lederer Garden	(202) 727-8061
Ridge Road (Pool)	(202) 698-2250
Therapeutic (Pool) SS\RC	(202) 299-3778
H. D. Woodson (DCPS Based Pool)	(202) 671-1289

**Ward 8**

Address	Phone
Anacostia RC	(202) 698-2250
Bald Eagle RC	(202) 671-5123
Barry Farm RC (Pool)	(202) 442-5420
Congress Heights RC	(202) 645-3981
Douglass CC	(202) 645-3980
Ferebee Hope RC	(202) 645-3917
Fort Greble RC	Center Offline
Fort Stanton SS\RC	(202) 671-1040
Oxon Run (Pool)	(202) 645-5042
SE Tennis & Learning Center	(202) 645-6242

Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool	Outdoor Pool
Arboretum CC	☀	—	◆	●	▲	—	—	—	—	—	—
Brentwood RC	☀	▼	—	●	▲	—	—	—	♿	—	—
Butler-Wyatt Clubhouse # 2	—	—	—	—	—	—	—	●	—	—	—
Dunbar (DCPS Based Pool)	—	—	—	—	—	—	—	—	—	●	—
Edgewood RC	☀	▼	■	◆	●	▲	—	—	—	—	—
Harry Thomas, Sr. RC	☀	▼	■	—	●	▲	—	—	♿	—	◆
Joseph Cole RC	☀	▼	—	—	▲	—	—	●	—	—	—
Langdon Park CC	☀	▼	◆	●	▲	—	—	●	—	—	◆
New York Ave. RC	—	▼	—	●	▲	—	—	—	—	—	—
North Michigan Park RC	☀	▼	■	—	—	—	▼	●	♿	—	—
Theodore Hagans SS\CC	—	▼	■	◆	●	—	—	—	♿	—	◆
Trinidad RC	☀	▼	■	—	▲	—	▼	●	♿	—	—
Turkey Thicket RC	☀	▼	◆	●	▲	—	▼	●	♿	●	—
Joy Evans (Play Ground)	—	—	—	—	—	—	—	—	—	—	—
Kennedy RC	☀	▼	—	●	▲	—	▼	●	♿	—	—
King Greenleaf RC	☀	▼	■	◆	●	▲	—	●	♿	—	—
Randall RC	—	▼	■	◆	●	—	—	—	—	—	◆
RH Terrell RC	—	—	—	●	▲	—	▼	●	—	—	—
Rosedale CC	—	—	■	—	▲	—	—	—	—	—	◆
Sherwood RC	☀	▼	—	●	▲	—	▼	●	♿	—	—
Watkins RC	—	▼	■	—	▲	—	—	—	—	—	—
William H. Rumsey (Pool)	☀	—	—	—	—	—	—	—	—	●	—
Benning Park CC	☀	▼	—	●	▲	—	—	●	—	—	◆
Benning Stoddert CC	☀	▼	—	●	▲	—	—	●	—	—	—
Deanwood SS\RC	—	▼	■	◆	●	▲	—	▼	♿	—	●
Fort Davis CC	☀	▼	—	●	▲	—	—	●	♿	—	—
Hillcrest RC	☀	—	—	—	▲	—	▼	●	♿	—	—
Marvin Gaye RC	—	▼	—	●	▲	—	—	—	—	—	—
Kelly Miller (Pool)	—	—	—	—	—	—	—	—	—	—	◆
Lederer Garden	—	—	—	—	—	—	—	—	—	—	—
Ridge Road (Pool)	—	—	—	—	—	—	—	—	—	—	◆
Therapeutic (Pool) SS\RC	☀	▼	—	●	▲	—	—	●	♿	●	—
H. D. Woodson (DCPS Based Pool)	—	—	—	—	—	—	—	—	—	●	◆
Anacostia RC	—	▼	■	◆	●	▲	—	▼	—	—	◆
Bald Eagle RC	—	▼	—	◆	●	▲	—	▼	●	—	—
Barry Farm RC (Pool)	—	▼	—	—	—	—	—	▼	—	●	—
Congress Heights RC	☀	▼	—	◆	●	▲	—	—	—	—	—
Douglass CC	☀	▼	—	◆	●	▲	—	—	—	—	◆
Ferebee Hope RC	☀	▼	■	◆	●	▲	—	—	—	●	—
Fort Greble RC	—	▼	■	—	●	▲	—	—	—	—	—
Fort Stanton SS\RC	☀	▼	■	◆	●	▲	—	—	♿	—	◆
Oxon Run (Pool)	—	—	—	—	—	—	—	—	—	—	◆
SE Tennis & Learning Center	—	—	—	◆	—	—	—	▼	♿	—	—

# 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 year's 2014 Spring and Summer 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](http://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](http://summercamps.dc.gov).

## Environmental & 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 environmental division at [DPR.environmental@dc.gov](mailto:DPR.environmental@dc.gov).

Contact DPR's community gardens division at [Joshua.singer@dc.gov](mailto: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 reduced priced meals during the school year).

For more information call (202) 576-7622 or on the web at: [dpr.dc.gov](http://dpr.dc.gov) or [dcsummermeals.dc.gov](http://dcsummermeals.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](http://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
25	Community Gardens
11	Aquatics Centers
12	Dog Parks
22	Fitness Centers (Free for DC Residents)
21	Spray Parks
18	Outdoor Pools
11	Indoor Pools
7	Senior Centers

# Registration, Permits & Reservations

## Registration Made Easy!

DPR offers two ways to register for our programs, classes, and events - either online at [www.DPR.DC.GOV](http://www.DPR.DC.GOV) or in-person at any of the registration sites listed in this guide. (See pages 4 and 5.)

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](http://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).

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  
የበለጠ መረጃ በአማርኛ ቋንቋ ለማግኘት፡ አባክዎን በዚህ ቁጥር ይደውሉ፡ 311

## Register In-Person

Feel free to visit any of the DPR centers listed as registration sites on pages 4 and 5, 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](http://www.DPR.DC.GOV) or call the DPR Permit Office at (202) 673-7647.



# DPR Partnership & 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.

## 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](http://dpr.dc.gov) for weather related closures and delays.

## DPR Partnerships

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.

# Summer Camps 2016

The DC Department of Parks and Recreation (DPR) is set for another great summer of swimming, field trips, creative activities, and new experiences in the District of Columbia. The 2016 Summer Camp season will offer four sessions from June 20, 2016 through August 19, 2016.

## Session Dates

- Session 1: **June 20 – July 1, 2016**
- Session 2: **July 5 – July 15, 2016**  
(July 4th Holiday Observed)
- Session 3: **July 18 – July 29, 2016**
- Session 4: **August 1 – August 12, 2016**
- Session 5: **August 15 – August 19, 2016**

Most camps operate Monday through Friday, from 9 am – 5 pm.

DPR also offers a Before and After Care package for an additional flat rate. Before care is offered from 8 am - 9 am and after care is offered from 5 pm - 6 pm.

\*\* Please note that select camps will follow an alternate session schedule. Those camps will be identified on their individual pages.

## Summer Camp Registration:

(DC Resident Priority Registration)

DPR offered a rolling registration period beginning Monday, February 22, 2016. Each day until March 4th, a particular set of sites opened for registration beginning at 12 noon. Registration during this period is open to DC residents ONLY. Residents may register online at [summercamps.dc.gov](http://summercamps.dc.gov) or come into the Summer Camp Office (1480 Girard Street NW, Fourth Floor).

**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](http://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.

## Summer Camp Open Registration: March 21st at 10 am

As of March 21, 2016, and for the remainder of the summer, registration into any available spaces will remain open to residents, residents applying for reduced rate fees, and non-residents.

**DPR does not maintain a waitlist. Spaces are limited and are on a first come, first served bases.**

## Reduced Rate for Summer Camp

The DC Department of Parks and Recreation offers a reduced rate for qualified, District residents to ensure that summer camps are available to everyone, regardless of one's financial status or level of income. The DPR Summer Camp Reduced Rate program allows children of qualifying families to attend DPR Summer Camps with a discount of either 50% or 75% (depending on income and family size) per child, per camp session.

## Applicants are REQUIRED to provide the following:

- Valid DC-government issued photo ID
- Must provide a copy of your 2014 or 2015 tax return
- Must provide at least ONE document to prove DC residency (choose one of the following documents): Pay stub (issued within the last 45 days); Utility bill (gas, electric, or water within the past 2 months); Valid DC Motor Vehicle Registration; Valid lease or rental agreement.
- DPR Summer Camp office may request birth certificates and/or current pay stub to verify the information submitted or if tax documents are not available.



- Aqua Day Camp (ages 6-13)
- Camp Play DC (ages 6-13)
- DC Summer Engineers (ages 7-10)
- Discovery Camp (ages 6-10)
- Fun with Engineering (ages 6-13) - \*NEW
- Jelleff Summer Camp (ages 6-12)
- Junior Engineers (ages 3-5) - \*NEW
- Little Engineers (ages 4-6)
- Little Explorers Camp (ages 3-5)
- Olympic TaeKwonDo Camp (ages 6-13)
- REC Camp (ages 6-13)
- Releve' Ballet Camp (ages 5-8)
- Verano Spanish Camp (ages 3-5)

- **Sports Camps (ages 8-13)**

- ◆ Boxing Camp
- ◆ Camp Cheer (Cheerleading)
- ◆ Camp GOAL! (Soccer)
- ◆ Camp Score (Multi-Sport)
- ◆ Girls Basketball Camp
- ◆ Nothing but Net (Basketball)
- ◆ Tennis Camp (ages 8-17)

- **Teen Career Camps**

To register for DPR Teen Career Camps, please contact the Department of Employment Services (DOES) Office of Youth Programs at (202) 698-3492 or DPR's Teen Office at (202) 671-0451.



- **Therapeutic Recreation Camps:**

- ◆ Camp Adventure (ages 6-16)
- ◆ Camp Funward Bound (ages 21+)
- ◆ Let's Play Together (ages 6-10)
- ◆ Let's Play Together: Little Explorers (ages 3-5)

Move • Grow • Be Green *with*



# 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.

## Outdoor Pools

Anacostia Aquatic Center  
1800 Anacostia Drive, SE  
(202) 724-1441

Banneker Aquatic Center  
2500 Georgia Avenue, NW  
(202) 673-2121

Benning Park Aquatic Center  
5100 Southern Avenue, SE  
(202) 645-5044

Douglass Aquatic Center  
1921 Frederick Douglass Court, SE  
(202) 645-5045

East Potomac Aquatic Center ☀️  
972 Ohio Drive, SW  
(202) 727-6523

Fort Stanton Aquatic Center  
1800 Erie Street, SE  
(202) 678-1798

Francis Aquatic Center ☀️  
2435 N Street, NW  
(202) 727-3285

Harry Thomas Sr. Aquatic Center  
1743 Lincoln Road, NE  
(202) 541-7499

Jelleff Aquatic Center  
3265 S Street, NW  
(202) 462-1317

Kelly Miller Aquatic Center  
4900 Brooks Street, NE  
(202) 724-5056

Langdon Park Aquatic Center  
2860 Mills Avenue, NE  
(202) 576-8655

Oxon Run Aquatic Center ☀️  
501 Mississippi Avenue, SE  
(202) 645-5042

Randall Aquatic Center  
25 I Street, SW  
(202) 727-1420

Ridge Road Aquatic Center Z  
(Formerly Fort Dupont)  
830 Ridge Road, SE  
(202) 645-5046



Rosedale Aquatic Center  
1701 Gales Street, NE  
(202) 397-1315

Theodore Hagan Aquatic Center  
3201 Fort Lincoln Drive, NE  
(202) 576-6389

Upshur Aquatic Center  
4300 Arkansas Avenue, NW  
(202) 576-8661

Volta Park Aquatic Center  
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](http://dpr.dc.gov).



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

## Indoor Pools

Barry Farm Aquatic Center  
101 N Street, NW  
(202) 422-5328

Deanwood Aquatic Center  
1350 49th Street, NE  
(202) 671-3078

Dunbar Aquatic Center A  
101 N Street, NW  
(202) 724-5328

Ferebee-Hope Aquatic Center  
3999 8th Street, SE  
(202) 645-3916

HD Woodson Aquatic Center A  
5500 Eads Street, NE  
(202) 671-1289

Marie Reed Aquatic Center A  
2200 Champlain Street, NW  
(202) 234-2162

Takoma Aquatic Center  
300 Van Buren Street, NW  
(202) 576-9284

Therapeutic Aquatic Center  
3030 G Street, SE  
(202) 645-5708

## Children's Pools

Happy Hollow Children's Pool  
2200 Champlain Street, NW  
(202) 673-2123

Lincoln Capper Children's Pool  
555 L Street, SE  
(202) 727-1080

Park View Children's Pool  
693 Otis Place, NW  
(202) 576-8658

Watkins Children's Pool  
420 12th Street, SE  
(202) 727-1504



**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](http://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.

# Spray Parks



## Ward 1

**14th & Girard** ✳  
14th and Girard Streets, NW  
(202) 671-1289

**14th & Park Road** ✳  
14th Street and Park Road, NW  
(202) 671-1289

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

**Harrison Recreation Center** 💧  
1330 V Street, NW  
(202) 673-776

**Westminster Playground**  
911 Westminster Street, NW  
(202) 671-1289

## Ward 2

**Stead Recreation Center** 💧  
1625 P Street, NW  
(202) 673-4465

## Ward 3

**Chevy Chase Recreation Center** 💧  
5500 41st Street, NW  
(202) 727-7714

**Friendship Recreation Center** ☀  
4500 Van Ness Street, NW  
(202) 282-2198

**Guy Mason Recreation Center** 💧  
3600 Calvert Street, NW  
(202) 727-7527

**Macomb Recreation Center** 💧  
3409 Macomb Street, NW  
(202) 282-2199

**Palisades Community Center**  
5200 Sherier Place, NW  
(202) 282-2186

## Ward 4

**Fort Stevens Recreation Center** 💧  
1327 Van Buren Street, NW  
(202) 541-3754

**Lafayette Recreation Center**  
5900 33rd Street, NW  
(202) 282-2206

**Petworth Recreation Center**  
801 Taylor Street, NW  
(202) 576-6850

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

**Takoma Community Center** 💧  
300 Van Buren Street, NW  
(202) 576-7068

## Ward 5

**Joseph H. Cole Recreation Center** 💧  
1299 Neal Street, NE  
(202) 442-9262

**Turkey Thicket Recreation Center** 💧  
1100 Michigan Ave., 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

## Ward 7

**Fort Davis Community Center** ☀  
1400 41st Street, SE  
(202) 645-9212

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

**Marvin Gaye Recreation Center** 💧  
6201 Banks Place, NE  
(202) 727-5432

## Ward 8

**Fort Greble Recreation Center** 💧  
MLK Jr. Ave., & Elmira Street, SW  
(202) 671-1289

💧 New Spray Park   ✳ Spray Park Only   ☀ Coming Soon

# Playgrounds & Play DC sites

## Ward 1

**11th & Monroe**  
11th & Monroe, NW

**16th Street Playground**  
3149 16th Street, NW

**Banneker Playground** [a](#)  
2500 Georgia Ave., NW

**Columbia Heights**  
1480 Girard Street, NW

**Harrison Playground** [a](#)  
1330 V Street, NW



**Hobart Twins**  
825 Hobart Place, NW

**Kalorama Park**  
1875 Columbia Road, 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 Street, NE (10th St. Park)

**Francis Park**  
2435 N Street, NW

**Mitchell Park** [a](#)  
1801 23rd Street, NW

**Rose Park** [a](#)  
2609 Dumbarton Street, NW

**Stead**  
1625 P Street, NW

**Volta Park** [a](#)  
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** [a](#)  
32nd & Chesapeake Avenue, NW

**Foxhall Playground**  
(W Street Park)  
48th & Ashby Street, NW

**Friendship**  
4500 Van Ness, NW

**Guy Mason** [a](#)  
3600 Calvert, NW

**Hardy**  
4500 Q Street, NW

**Hearst**  
3950 37th Street, NW

**Macomb Playground** [a](#)  
3409 Macomb Street, NW

**Newark Park** [a](#)  
39th & Newark Street, NW

**Palisades Playground** [a](#)  
5200 Sherier Place, NW

**Stoddert**  
4001 Calvert Street, NW

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

# Playgrounds & Play DC sites

## Ward 4

**Emery Playground** ⓐ  
5801 Georgia Avenue, NW

**Fort Stevens** ⓐ  
1327 Van Buren Street, NW

**Hamilton Playground** ⓐ  
1340 Hamilton Street, NW

**Lamond**  
20 Tuckerman Street, NE

**Lafayette** ⓐ  
5900 33rd Street, NW

**Petworth**  
801 Taylor Street, NE

**Raymond** ⓐ  
3725 10th Street, NW

**Shepherd Park**  
7800 14th Street, NW

**Takoma Playground** ⓐ  
300 Van Buren Street, NW

**Upshur Playground** ⓐ  
4300 Arkansas Avenue, NW

## Ward 5

**Arboretum**  
2412 Rand Place, NE

**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**  
3201 Fort Lincoln Drive, NE

**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

**Noyes Park** ⓐ  
10th & Franklin Street, NE

**Trinidad**  
1310 Childress Street, NE

**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

**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

**Rosedale Playground** ⓐ  
1701 Gales Street, NE

**Southwest Duck Pond**  
6th Street & I Street, SW

**Southwest Playground**  
3rd and Street, SW

ⓐ Play DC Site    ◆ Coming Soon Play DC Site

## Ward 7

**Benning Park Playground** [a](#)  
Southern Avenue & Fable Street, SE

**Benning Stoddert** [◆](#)  
100 Stoddert Place, SE

**Deanwood Playground**  
1350 49th Street, NE

**Fort Davis Playground** [◆](#)  
1400 41st Street, SE

**Hillcrest Playground** [a](#)  
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

**Pope Branch Playground**  
1401 34th Street, SE

**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

**Douglass Playground** [a](#)  
1898 Stanton Terrace, NE

**Ferebee Hope**  
3999 8th Street, SE

**Fort Greble Playground**  
Martin Luther King Jr. Avenue and Elmira Street, SW

**Fort Stanton** [a](#)  
1812 Erie Street, SE

**Oxon Run Park # 1 (North)**  
Mississippi Avenue and 10th Place SE

**Oxon Run Park # 2 (South)**  
4368 Livingston Road, SE

**Oxon Run Park # 3 (South)**  
4509 1st Street, SE

**Oxon Run Playground** [a](#)  
501 Mississippi Avenue, SE

**Southeast Tennis & Learning Center**  
701 Mississippi Avenue, SE

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

# 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

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

## Up Coming Senior Events

33rd Annual  
DC Senior Games  
May 2 - 16, 2016

Senior Fest  
(Oxon Run Park)  
June 9, 2016

Senior Cruise  
July 6, 2016

Senior Fun Camp  
August 22 - 26, 2016

**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](http://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.

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

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



#### 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

# The Roving Leaders Program



The mission of the Roving Leaders Program is to prevent, neutralize and control hostile behavior in youth and youth groups through the development of positive relationships and experiences between the youth and the Roving Leaders.

The Roving Leaders Outreach Staff utilizes recreation and leisure time activities as the intervening vehicle for re-directing anti-social and aggressive behavior.

Roving Leaders (commonly referred to as Outreach Workers) have been serving the District's residents since 1950.

## Our Goals

- To prevent, reduce, neutralize and control the negative behaviors of "at risk" youth, as well as the District's delinquency rate.
- To provide "at risk," as well as disadvantaged, youth, teens and young adults with quality outreach, support systems and referrals.
- To assist youth with developing leadership and cognitive development skills through the use of the Roving Leaders youth development model.

## Successful Methods

The success of the Roving Leaders Program is measured through a series of qualitative and quantitative methods, including programs and staff performance and efficacy; youth participation; and quality use of the services offered.

## Budget

The program is fully funded by the DC Department of Parks and Recreation's operating budget, as mandated by the DC City Council. The Roving Leaders program budget covers staffing cost, materials, transportation and operating expenses. There is no cost to youth for participating in the program.

## Relationships

The Roving Leaders program has built relationships of trust with youth, teens, young adults, District officials, the Metropolitan Police Department (MPD), community organizations and leaders, and public and private sector entities. The Outreach Staff interacts one-on-one with the targeted youth, and together a "plan of action" is developed by matching the youth's individual needs with the Roving Leader program's priorities.

Through the years, the outreach staff has counseled and mentored countless youth through some of their most challenging, as well as critical, life experiences. Experience has indicated that one-on-one relationships of trust must be established between the outreach staff and the youth. These relationships have proven to be effective means of preventing juvenile delinquency and to help prepare them for adulthood.

## Program Priorities

1. Youth Outreach
2. Conflict/Violence Resolution
3. Juvenile Delinquency Prevention
4. Recreation, Leisure & Cultural Activities
5. Education
6. Employment & Job Opportunities
7. Youth Participation
8. Inter-Agency Cooperation & Sharing
9. Social Services Referrals
10. Health & Well-Being

## In the Community

- Movie Night
- Rockwall
- Fun Wagon
- Skatemobile
- Camps

Roving Leaders Program  
Youth Development Division  
Anacostia Recreation Center  
1800 Anacostia Ave., SE  
Washington, DC 20020  
(202) 698-2250

DC Department of Parks and Recreation  
presents the

# 33rd Annual DC Senior Games

May 2- 16, 2016

Opening Ceremony, Howard Theatre  
Monday, May 2, 2016

Closing Ceremony, Howard Theatre  
Friday, May 16, 2016

Participants may register through DPR's online registration system or by visiting any DPR recreation center. There is a \$40 per athlete registration fee.



The DC Senior Games will be held from 8:00 AM - 5:00 PM  
at various DPR facilities and locations around the District of Columbia.  
For more information, call Jennifer Hamilton at

(202) 664-7153 or visit us at [bit.ly/2015DCSG](http://bit.ly/2015DCSG)



# 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. Previously, the fitness centers required a paid membership for access, but for 2016, those resident fees will be waived. Non-DC Resident membership are available for access to all DPR facilities with fitness rooms.

For more information call (202) 671-0314.



## Locations

### Ward 1

**Banneker Recreation Center**     
2500 Georgia Avenue, NW | Area 382 SF  
(202) 673-6861  
Mon. to Fri. 3:30 pm - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

**Columbia Heights Community Center**     
1480 Girard Street, NW | Area 994 SF  
(202) 671-0373  
Mon. to Fri. 9 am - 8:30 pm  
Sat 10 am - 3:30 pm | Closed Sun.

### Ward 4

**Emery Recreation Center**     
5801 Georgia Avenue, NW | Area 900 SF  
(202) 576-3211  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

**Lamond Recreation Center**     
20 Tuckerman Street, NE | Area 282 SF  
(202) 576-9541  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

**Raymond Recreation Center**     
3725 10th Street, NW | Area 751 SF  
(202) 671-2181  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

**Riggs-LaSalle Recreation Center**     
501 Riggs Road, NE | Area 877 SF  
(202) 576-5224  
Mon. to Fri. 9 am - 8:30 pm  
Sat. 9 am - 3:30 pm | Closed Sun.

## Membership Categories for Non-DC Resident

### Individual

Daily \$7  
Monthly \$32  
3 Months \$75  
Yearly \$150

### Family

(2+ member of same household, per person)

Membership must be done in person.

Daily \$6  
Monthly \$23  
3 Months \$55  
Yearly \$125

### Seniors

(55 yrs. and over)

Membership must be done in person. Daily \$5

Monthly \$19  
3 Months \$45  
Yearly \$100

 Cardio Equipment: ellipticals, stationary bikes, treadmills, stair climbers.

 Strength Training: universal weight machine, flat / incline benches, leg press, barbells.

 Mobile Fitness: dumbbells, kettlebells, medicine balls, resistance bands.

Takoma Recreation Center \* 🌐 ⬆️ c  
300 Van Buren Street, NW | Area 776 SF  
(202) 576-7068  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

Rosedale Recreation Center \* 🌐 ⬆️ c  
1701 Gales Street, NE | Area 451 SF  
(202) 258-6149  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

### Ward 5

North Michigan Park Recreation Center j 🌐 ⬆️ c  
1333 Emerson Street, NE | Area 920 SF  
(202) 541-3526  
Mon. to Fri. 9 am - 8:30 pm  
Sat 10 am - 3:30 pm | Closed Sun.

Sherwood Recreation Center j 🌐 ⬆️ c  
640 10th Street, NE | Area 1434 SF  
(202) 698-3075  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

Trinidad Recreation Center j 🌐 ⬆️ c  
1310 Childress Street, NE | Area 1091 SF  
(202) 727-1293  
Mon. to Fri. 3:30 pm - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

### Ward 7

Benning Park Community Center j 🌐 ⬆️ c  
Southern Ave., & Fable Street, SE | Area 486 SF  
(202) 341-6765  
Mon. to Fri. 3:30 pm - 8:30 pm  
Sat 10 am - 3:30 pm | Closed Sun.

Turkey Thicket Recreation Center ○ 🌐 ⬆️ c  
1100 Michigan Avenue, NE | Area 629 SF  
(202) 576-9238  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

Deanwood Recreation Center \* 🌐 ⬆️ c  
1350 49th Street, NE | Area 769 SF  
(202) 671-3077  
Mon. to Fri. 9 am - 8:30 pm  
Sat 9 am - 4:30 pm | Closed Sun.



Hillcrest Recreation Center \* 🌐 ⬆️ c  
3100 Denver Street, SE | Area 629 SF  
(202) 645-9200  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

### Ward 8

Anacostia Recreation Center j 🌐 ⬆️ c  
1800 Anacostia Drive, SE | Area 416 SF  
(202) 698-2250  
Mon. to Fri. 10 am - 8:30 pm | Closed Sat. & Sun.

Bald Eagle Recreation Center \* 🌐 ⬆️ c  
100 Joliet Street, SW | Area 870 SF  
(202) 645-3960  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

### Ward 6

Kennedy Recreation Center \* 🌐 ⬆️ c  
1401 7th Street, NW | Area 630 SF  
(202) 671-4794  
Mon. to Fri. 9 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

Fort Stanton Recreation Center \* 🌐 ⬆️ c  
1812 Erie Street, SE | Area 974 SF  
(202) 671-1040  
Mon. to Fri. 3:30 pm - 8:30 pm | Closed Sat. & Sun.

King Greenleaf Recreation Center ○ 🌐 ⬆️ c  
201 N Street, SW | Area 368 SF  
(202) 645-7454  
Mon. to Fri. 10 am - 8:30 pm  
Sat. 10 am - 3:30 pm | Closed Sun.

Barry Farm Recreation Center \* 🌐 ⬆️ c  
1230 Sumner Road, SE | Area 726 SF  
(202) 730-0572  
Mon. to Fri. 3:30 pm - 8:30 pm  
Sat. 10 am-3:30 pm | Closed Sun.

Southeast Tennis & Learning Center \* 🌐 ⬆️ c  
701 Mississippi Avenue, SE | Area 877 SF  
(202) 645-6242  
Mon. to Fri. 9 am - 8:30 pm  
Sat. 9 am - 3:30 pm | Closed Sun.

- Cardio Center : under 500 sq. ft. with 2-4 cardio equipment items & 2-3 mobile fitness items.
- \* Fitness Room : 501-1000 sq. ft. with 3-5 cardio equipment items; 2-4 strength training items; and 2-3 mobile fitness items.
- j Fitness Center : 1000+ sq. ft. with 4-6 cardio equipment items; 3-5 strength training items; and 3-4 mobile fitness items.

# Community Gardens



The Department of Parks and Recreation (DPR) works with DC communities to establish urban agriculture projects across the District. DPR currently has 31 community gardens and 5 partner urban farms under its jurisdiction. Community Gardens are gardens managed by volunteers and primarily full of individual personal plots for community members or community organizations. Partner Urban Farms are production farms managed by non profits dedicated to improving food security in DC communities.

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.

## Urban Garden Workshop Series

Annually, DPR offers over 100 free workshops focused on practical urban gardening skills during various time frames throughout the year. Many of our workshops are instructed/led by some of the most progressive and significant members and leaders of the District's urban garden community.

Currently, 4 workshop series' are being offered:

- Spring Urban Garden Certificate Course - March–April
- Garden Carpentry Course - April-May
- Summer Urban Garden Series - May-September
- Fall Urban Master Composter Course - Oct. - Nov.

## Community Compost Cooperative Network

In 2014, the Urban Garden Division launched the Community Compost Cooperative Network, in an effort to build 50 "critter proof" compost bins at DPR gardens and partner gardens across all 8 wards. The division successfully began to organize and train compost cooperatives to operate each bin for the purpose of mixing food scraps with garden waste to efficiently and responsibly create high quality compost. For people interested in dropping food scraps off at a cooperative site each person must take a 1-hour training and commit to one hour a month to help process compost.

## Garden Tool Share Program

In 2015, the Urban Garden Division launched a garden tool share program for District gardeners to "check out" garden tools for use in community, school and home gardens. Residents must complete a permit application process that allows them to "check out" a wide variety of garden tools such as roto tillers, power tools, broad forks, even an apple press and more. District residents are allowed to use the items for up to a week.



## Greenhouse Cooperative

DPR built and renovated 4 greenhouses in 2015-16 for the purpose of starting a greenhouse cooperative where urban Ag non profits and volunteers can have greenhouse space to grow seedlings in exchange for growing extra seedlings for DPR gardeners in need and youth garden programs. Participants in the greenhouse cooperative will also help teach free greenhouse programs to the public.

For more information about obtaining a plot, volunteering at a DPR community Garden or partner urban farm, participating in an urban garden programs, please contact the DPR Urban Garden Specialist at [joshua.singer@dc.gov](mailto:joshua.singer@dc.gov) or (202) 262-2138.

## 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  
twinoaksdc@gmail.com

**Upshur Garden**  
14th & Upshur St., NW  
38 plots  
joshua.singer@dc.gov

## Ward 5

**Aboretum Education Garden** 🌿 ◆  
(Youth program garden)  
2412 Rand Place, NE

**Edgewood Gardens**  
300 Evarts St., NE  
10 plots  
info@edgewooddc.org

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

**Langdon Youth Community Garden**  
Franklin & Mills Ave., NE  
22 Plots  
joshua.singer@dc.gov

**Ledroit Gardens**  
3rd & V Sts., NW  
56 plots  
TBA

**Noyes Gardens**  
10th & Franklin Sts., NE  
7 plots  
friendsofnoyepark@gmail.com

**Theodore Hagans Garden** 🌿 ◆  
(Adult program 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  
ashleighbtaylor@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  
9 plots  
joshua.singer@gmail.com

## Partner Urban Farms

**Girard Street Gardens**  
Girard and 15th street, NW  
Nonprofit: City Blossoms

**Common Good City Farm**  
V Street NW between 2nd  
and 4th Streets, NW  
Nonprofit: Common Good City Farm

**Marvin Gaye Greening Center**  
Lowrie Place and Nannie Helen  
Burroughs Ave., NE  
Nonprofit: Washington Parks and People

**Fort Dupont Urban Farm**  
3779 Ely Place, SE  
Nonprofit: DC Urban Greens

**Fort Stanton Urban Farm**  
1812 Erie Street, SE  
Nonprofit: DC Urban Greens

# Tennis Courts



DPR operates over 130 tennis courts throughout the District of Columbia, with multiple outdoor courts available in every Ward. DPR's premier tennis facility is the Southeast Tennis and Learning Center (SETLC), located at 701 Mississippi Avenue, SE (Ward 8). The SETLC is the only DPR tennis facility with indoor, tournament style courts.

To permit and/or reserve a court, please call (202) 671-2597. For more information on DPR's Tennis Division or Programs, please call (202) 671-0314. While a permit is not required to "Free Play" on any DPR Tennis Courts, DPR programs, classes, partner classes, permit holders and reservation holders are considered "first priority" on our courts. All "Free Play" tennis patrons are required to vacate the court if any of the aforementioned have reserved the court prior. We strongly encourage reserving a court for tennis play.

## Ward 1

- 16th & Irving Street ②  
3149 16th Street, NW
- Banneker Community Center ⑧ ✱ ❁ ■■  
9th & Euclid Street, NW
- Bruce Monroe Park ①  
Irving Street & Georgia Ave., NW
- Marie Reed Recreation Center ② ✱  
18th & California Streets, NW

## Ward 2

- Rose Park Recreation Center ③  
26th & O Streets, NW
- Volta Park Recreation Center ② ■■  
1555 34th Street, NW

## Ward 3

- Chevy Chase Recreation Center ② ✱ ■■  
5500 41st Street, NW
- Forest Hills Courts ②  
32nd & Brandywine Streets, NW
- Fort Reno Courts ③  
41st & Chesapeake Streets, NW
- Friendship Recreation Center ② ■■  
4500 Van Ness Street, NW
- Hardy Recreation Center ②  
4500 Q Street, NW
- Hearst Recreation Center ③ ■■  
3600 Tilden Street, NW
- Newark Street Park Courts ③  
39th & Newark Streets, NW
- Palisades Community Center ③ ■■  
5200 Sherrier Pl., NW



## Ward 4

- Fort Stevens Recreation Center ④ ■■  
1327 Van Buren Street, NW
- Lafayette Recreation Center ④  
5900 33rd Street, NW
- Raymond Recreation Center ② ■■  
3725 10th Street, NW
- Takoma Community Center ⑥ ✱ ■■  
300 Van Buren Street, NW

Courts ①    Lights ✱    Rest Rooms ❁    Blended Lines ■■



### Ward 5

- Arboretum Recreation Center 2412 Rand Pl., NE 2 ■■
- Dwight A. Mosley Courts 20th & Otis Streets, NE 5 ■■
- Edgewood Recreation Ctr. 3rd & Everts Streets, NE 2 ■■
- Harry Thomas Sr. Community Center 1743 Lincoln Rd., NE 2
- Langdon Park Community Ctr. 2901 20th Street, NE 4 \* ■■
- Langdon Park Courts 26th & I Streets, NE 3
- Theodore Hagans Cultural Center 3201 Fort Lincoln Dr., NE 8 \* ❁ ■■
- Turkey Thicket Recreation Center 1100 Michigan Ave., NE 8 \*

### Ward 6

- Garfield Park Courts Third & G Streets, SE 2 ■■
- Kennedy Recreation Center 660 P Street, NW 1
- King Greenleaf Recreation Center 201 N Street, SW 2 \* ■■
- Jefferson Courts (New) G Street SW 3 \*
- Jefferson Courts 7th Street SW 3
- Randall Park Courts First & I Streets, SW 2 \*

Rosedale Recreation Center 1701 Gales Street, NE 2

Sherwood Recreation Center 640 10th Street, NE 1 \* ■■

### Ward 7

Deanwood Recreation Center 1350 49th Street, NE 1

Fort Davis Community Center 1400 41st Street, SE 1 \*

Hillcrest Recreation Center 3100 Denver Street, SE 4 ■■

Kenilworth-Parkside Courts 4300 Anacostia Ave., NE 4

Randle Highlands Court 31st St. & Pennsylvania Ave., SE 2 \* ■■

### Ward 8

Bald Eagle Recreation Center 100 Joliet Street, SW 2 \* ■■

Congress Heights Recreation Center 611 Alabama Ave., SE 1

Ferebee-Hope Recreation Center 3999 8th Street, SE 1

Fort Stanton Community Center 1812 Erie Street, SE 1 \*

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





# 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](mailto:dpr.dogparks@dc.gov)

## Ward 1

**Gage - Eckington Dog Park**  
286 V Street, NW  
(Area 7,650 SF)

**Walter Pierce Dog Park**  
20th & Calvert Streets, NW  
(Area 11,000 SF)

## Ward 2

**Francis Dog Park**  
25th & M Streets, NW  
(Area 7,600 SF)

**S Street Dog Park**  
17th & S Street, NW  
(Area 7,500 SF)

**Shaw Dog Park**  
11th & Rhode Island Avenue, NW  
(Area 14,000 SF)

## Ward 3

**Chevy Chase Dog Park**  
41st & Livingston Streets, NW  
(Area 5,000 SF)

**Guy Mason Dog Park**  
3600 Calvert Street, NW  
(Area 6,750 SF)

**Newark Street Dog Park**  
39th & Newark Streets, NW  
(Area 9,570 SF)

## Ward 4

**Upshur Dog Park**  
4300 Arkansas Avenue, NW  
(Area 9,500 SF)

## Ward 5

**Langdon Dog Park**  
2901 20th Street, NE  
(Area 11,350 SF)



## Ward 6

**Kingsman Dog Park**  
D Street & Tennessee Avenue, NE  
(Area 11,750 SF)

**Landsburgh Dog Park**  
M Street & Delaware Avenue, SW  
(Area 11,000 SF)

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.

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# 2016 Spring Programs

Register online at [www.DPR.DC.GOV](http://www.DPR.DC.GOV)



## Abstract Painting (Spring)

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, King Greenleaf

## Adult Sports Programs (Year Round)

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

Location(s): Various

**DPR Adult Sports**

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

## Adult Swim I: Learning the Basics (Spring)

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

Location(s): Various

**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](http://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.**

## Aquatics 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): Various

**Aquatics**

## 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

**Aquatics**

## 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): North Michigan Park, Barry Farm

## 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 (School Year)

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 (Spring)

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

Location(s): Chevy Chase CC

## Arts & Crafts (Spring)

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 (Spring)

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 (Spring)**

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

**Baseball: Tee Ball Coed (Spring)**

The DPR Rookies Baseball Program is a co-ed instructional league for children ages 5-8. It is geared for teaching the fundamentals of baseball as well as the importance of teamwork, cooperation, and sportsmanship. Practices and games may vary by location.

Location(s): Various

**BASS 1 (Spring)**

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

Location(s): Therapeutic

**Aquatics**

**BASS 2 (Spring)**

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

**Aquatics**

**Bid Whist Club (Spring)**

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

Location(s): Various

**Senior Program**

**Billiards (Year Round)**

Learn the fundamentals of billiards. Location(s):

Therapeutic Bingo (Spring) Bingo is a fun-filled weekly game activity, winners receive prizes.

Location(s): Columbia Heights, King Greenleaf

**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 (School Year)**

30 minutes of high intensity, interval training.

Location(s): Park View

**Body Flex (School Year)**

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

Location(s): Raymond

**Book Club (Spring)**

Location(s): Hearst

**Boxing (Year Round)**

Location(s): Bald Eagle, Benning Park, Ferebee Hope, Langdon, Rosedale

**Bridge Instruction (Spring)**

Seniors meet to learn and play one of the worlds most intriguing card games.

Location(s): Chevy Chase CC, Fort Stevens

**Calm Waves (Spring)**

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 Aquatic Center

**Cardio Kick (School Year)**

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

Location(s): Columbia Heights, Lamond

**Cheer & Dance (School Year)**

Location(s): Deanwood, Raymond

**Cheerleading (School Year)**

Location(s): Various

**Chess Club (Spring)**

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): Various

**Chess Club (School Year)**

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

**College Bound (Spring)**

Partnership/Mentoring program which provides public/public charter school 8th thru 11th grade students in the DC Metropolitan area with network opportunities and resource assistance opportunities which lead to application, entrance and completion of a post secondary degree.

Location(s): Ferebee Hope, Riggs LaSalle, Sherwood

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**Computer Training: Level 1 (Spring)**

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

Location(s): Barry Farm, Deanwood, Kennedy

**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 (Spring)**

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): Various

**Seniors Program Cooking with Passion (Spring)**

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): Chevy Chase RC, Guy Mason

**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)**

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

Location(s): Columbia Heights

**Creative Arts (School Year)**

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

Location(s): Fort Davis, Fort Stevens, Riggs LaSalle

**Crochet (Spring)**

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

Location(s): Fort Stevens RC, Therapeutic

**Cultural Arts Programs (Year Round)**

Enjoy Ballet, Guitar & more!

Location(s): Various

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

**Dance Dimensions (Spring)**

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

Location(s): Barry Farm

**Dance Experience (Spring)**

The classes will consist of Tap, Modern Jazz, Ballet, and Hip-Hop.

Location(s): Ferebee Hope, Park View

**Deep Water Aerobics (Spring)**

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 **Aquatics**

**Deep Water Walking (Spring)**

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 **Aquatics**

**Double Dutch (Spring)**

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): Various

**Dodgeball – Youth (Spring)**

Dodge ball is any of a variety of games in which players try to hit other players on the opposing team with balls while avoiding being hit themselves. Participants learn the basic fundamentals and skills of dodge ball through practice.

Location(s): Columbia Heights

**DPR Fun Day (Spring)**

DPR Fun Day will take place during select DC Public School's Professional Development closures, as an option for District parents when DCPS is not in session. 2016 Fun Day's will take place on February 12 and May 6. Activities during this one-day program may include sports, games, character education exercises, and arts and crafts. For more information, visit "DPR. dc.gov," click the "Activities & Programs" tab, select the "Kids, Camps & Coop" page and click on "DPR Fun Day."

(Direct link: <http://dpr.dc.gov/page/dpr-fun-day-20152016>)

Location(s): Various

**DPR Garden Carpentry Course (Spring)**

DPR invites you to a 3-part class to learn basic building skills for the urban gardener taught by Eriks Andrejs Brolis from Urban Farm Plans. You will learn simple, practical tips for choosing the appropriate tools, materials, and designs for your urban garden project. We will touch upon how to build garden structures such as raised beds, trellises, composting systems, cisterns, low tunnels, and more! This is an interactive class where participants will get to practice fundamental hands-on techniques while posing questions to the instructor about projects that they intend to build themselves.

Location(s): Twin Oaks Community Garden **Urban Garden**

**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. (Direct link: <http://dpr.dc.gov/service/garden-tool-share-program>)

Location(s): By Appointment

**Drums: Level 1 (Spring)**

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): Chevy Chase CC, RH Terrell

**Educational Programs (Year Round)**

Enjoy Story Hour & Wee Play!

Location(s): Various

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

**Enrichment Zone (School Year)**

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 (Spring)**

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 Aquatic Center **Therapeutic Rec.**

**Fencing Club (Spring)**

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 (Spring)**

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

Location(s): Chevy Chase CC

**Fencing: Foil Intermediate (Spring)**

Participants will continue to 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 (Spring)**

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

Location(s): Chevy Chase CC

**Fencing: Junior Epee Club (Spring)**

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 (Spring)**

Learn the art of sword! Basic foil equipment provided.

Location(s): Chevy Chase CC

**Fitness Bootcamp (Year Round)**

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

Location(s): Various

**Football: Youth Flag Football**

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

Location(s): Various

**Football: Flag Football (Spring)**

Youth flag football league.

Location(s): Various

**Footsteps**

This performing arts program features multiple dance classes and performing opportunities. Classes in ballet, tap, lyrical and modern dance are offered to boys and girls ages 5 through 19.

Location: North Michigan Park

**Game Night (Spring)**

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): Various

**Games Can Be Exercise, Too! (Spring)**

Location(s): Volta Park

**Garden Cooking (Spring)**

Now that you've grown it, how will you eat it? This class will explore fun and delicious ways to make healthy, nutritious, affordable and filling recipes using your garden's bounty. Whether you ended up with a hill of beans, a cartload of cukes, or a bushel of basil you will come away from this class with fresh ideas on how to prepare and eat and preserve your harvest.

Location(s): Hearst **Urban Garden**

### **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. Direct Link: <http://dpr.dc.gov/service/garden-tool-share-program>

Location(s): By Appointment **Urban Garden**

### **Girl Scouts (School Year)**

Young scouts will learn about topics and issues that are relevant to girls today including self-esteem, community services, financial literacy, science technology, environmental concerns, self-awareness, health wellness, and the arts.

Location(s): Hillcrest

### **Growing Edible Gardens and Organic Food with your Kids (School Year)**

Certified urban agriculture aficionados and youth camp organizers will share their love for organic food and how to grow it simply in a way that includes your kids as co-learners in a session that highlights the interdependence of us all with Mother Earth. Please dress comfortably and ready to get hands in the dirt. Every child will take a transplant or seedling home and seeds. Materials will be provided.

Location(s): Arboretum **Urban Garden**

### **Guitar (Spring)**

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Location(s): Chevy Chase CC Gymnastics (Spring)

Location(s): Chevy Chase CC, Stoddert

### **Hand Dance (Spring)**

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

Location(s): Columbia Heights, Emery, Fort Davis, King Greenleaf

### **Hand Dancing for Seniors (Spring)**

Enjoy swinging to the beat? Come out and enjoy the art of different styles of hand dancing.

Location(s): Fort Stevens

### **Health & Fitness Programs (Year Round)**

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

Location(s): Various

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

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### **Hip Hop (Spring)**

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): Barry Farm, Benning Park, Fort Davis, Petworth, Riggs LaSalle,



### **Hip Hop Fusion (School Year)**

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): Benning Park

### **Homework Zone (School Year)**

Group study and homework assistance for District youth.

Location(s): Park View

### **HydroSpin (Spring)**

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 **Aquatics | Health & Fitness**

### **-International Lifeguard Training Academy (ILGTA) (Spring)**

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, Takoma, Wilson

### **Ju jitsu: 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 defenses skills.

Location(s): Banneker **Health & Fitness**

### **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 **Health & Fitness**

### Junior Waves - Swim Team Prep (Spring)

The Junior Waves Swim Team Prep program is designed to enhance stroke mechanics and to teach participants how to develop the necessary skills to join a competitive swim team. Swimmers will not participate in any competitive swim team meets. **Please note:** Swimmers must successfully complete Level II Learn to Swim and complete an assessment by a DPR instructor prior to registering for this course. | Participation in the “Junior Waves – Swim Team Prep course” does not qualify nor guarantee a swimmer participation in the DC Wave Competitive Swim Team. Location(s): Deanwood, Rumsey, Turkey Thicket, Wilson **Aquatics**

### 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 (School Year)

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): Various

### Kickball - Youth (Spring)

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): Columbia Heights, Kennedy, Raymond, Stead **Youth Sports**

### Kickball: Adults (Year Round)

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): Stead

### Kickboxing (School Year)

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 (School Year)

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

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

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

### Lemonade Day (Spring & Summer)

Lemonade Day is a fun program designed to teach youth about entrepreneurship through lessons like 1) what it is to be an investor, 2) how do you market a product, 3) what is a micro-loan, etc. This culminates on Lemonade Day when the participants have the opportunity to set up, own, and operate their own business - a lemonade stand. Spring and summer program for ages 9 to 18. Location(s): Barry Farm, Columbia Heights

### Learn to Swim for Children I:

Introduction to Water Skills (Spring) The purpose of this class is to familiarize participants to the aquatic environment, help them gain basic aquatic skills and begin developing positive attitudes, good swimming habits and safe practices in and around the water. Swimmers will learn how to enter and exit the water, various float and glide techniques, treading water and more. Please note: While there is no skill prerequisite, an assessment may be required prior to enrolling in this course. Location(s): Various

### Aquatics Learn to Swim for Children II:

Fundamental Aquatic Skills (Spring) The purpose of this class is to begin give participants better success with their fundamental skills learned in Learn to Swim: Level 1. Swimmers will learn various floating and gliding techniques, how to retrieve objects from the pool floor, how to fully submerge underwater and more. Please note: An assessment or a valid “American Red Cross Learn to Swim Level I” certificate 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

### Aquatics Learn to Swim for Children III:

Stroke Development (Spring) The purpose of this class is to build on the skills learned in Levels 1& 2 and for participants to achieve basic pool competency. Swimmers will learn various techniques including head first entry, bobbing while moving toward safety, various floating and breathing techniques, and more. Please note: An assessment or a valid “American Red Cross Learn to Swim Level II” certificate 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 **Aquatics**

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**Learn to Swim for Children IV:**

Stroke Improvement (Spring) The purpose of this course is to develop the participant’s skill set in drills, strokes and techniques that were introduced in Level 3; and to improve skill sets already learned, and to learn additional, advance aquatics skill sets. Swimmers will learn a variety of techniques including survival swimming, feet first surface diving, and various crawls and kicks. Please note: An assessment or a valid “American Red Cross Learn to Swim Level III” certificate 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): Takoma, Turkey Thicket, Wilson **Aquatics**

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

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. Child must be at least 6 months old.

Location(s): Barry Farm, Deanwood, Marie Reed, Rumsey, Wilson **Aquatics**

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

Parent and child will learn together to increase the child’s comfort level and build basic water skills. 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. Participants will learn how to submerge in a rhythmic pattern, glide, change body position and more. Parent must accompany child to every class. Child must be at least 6 months of age. An assessment may be required prior to enrolling in this course.

Location(s): Barry Farm, Deanwood, Rumsey, Takoma, Wilson **Aquatics**

**Learn to Swim for Youth I:**

Introduction to Water Skills (Spring) The purpose of this class is to begin developing positive attitudes, good swimming habits and safe practices in and around the water.

Location(s): Ferebee Hope **Aquatics**

**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. An assessment is required for this program.

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 (Spring)**

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 **Therapeutic Rec. | Aquatics**



**Lifeguard Training Academy (LGTA) (Spring)**

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): Rumsey **Aquatics**

**Line Dancing (School Year)**

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

Location(s): Various

**Machine Pitch (Spring)**

Youth baseball league in which the ball is pitch via a machine. The focus will be on developing good fundamental baseball skills. Along with the baseball skills there will be a focus on teaching the concepts of good sportsmanship, teamwork, and work ethic.

Location(s): Various

**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

**Modeling Club (Spring)**

Models will learn how to walk, turn and strut on the runway. They will also participate in workshops and training sessions, which will help them to advance their learned skills.

Location(s): Barry Farm, Fort Davis

**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

**Personal Enrichment Programs (Year Round)**

Enjoy 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 (Spring)**

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

**Photography For Kids: Digital (Spring)**

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): Sherwood

**Piano (School Year)**

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

Location(s): Arboretum

**Pickleball (Spring)**

Pickleball is a racquet sport that combines elements of tennis, table tennis, and badminton. The court is smaller than a tennis court; it is the size of a doubles badminton court, and therefore easier for senior adults to play than traditional tennis. The "racquet" is a paddle, and the ball looks like a wiffleball.

Location(s): King Greenleaf

**Piloxing (School Year)**

Program uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates. Location(s): Raymond

**Poetically Speaking (Spring)**

Participants will acquire the knowledge of creative writing and study the art of poetry. They will develop strong speaking and correspondence skills; build self-confidence and stage presence.

Location(s): King Greenleaf

**Pottery: Level 1 (Spring)**

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 (Spring)**

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

**Preschool Aquatics: Level I (Spring)**

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. Prerequisites: No skill prerequisites.

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

**Aquatics Preschool Aquatics: Level II (Spring)**

This course will build on the skills learned in "Preschool Aquatics: Level I" course. Offered for children 4 to 5 years old, participants will gain greater independence in the water, learn various skills including how to front float, back glide and float, tread water and more. An assessment will be required prior to enrolling in this course.

Location(s): Deanwood, Takoma, Wilson

**Aquatics Preschool Aquatics: Level III (Spring)**

This course will build on the skills learned in "Preschool Aquatics: Levels I & II" courses. Participants will learn various skills including changing direction while swimming; front, jellyfish and tuck float; how to float/glide and recover to a vertical position and more. An assessment will be required prior to enrolling in this course.

Location(s): Wilson

**Aquatics**

**Qi Gong: Advanced (Spring)**

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

**Seniors Program**

**Qi Gong: Beginners (Spring)**

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

**Seniors Program**

**Quilting (Spring)**

Self-directed quilting as well as volunteered instructions on basic quilting. Location(s): Fort Stevens SC

**Rocking Waves (Spring)**

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 Aquatic Center

**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

**Scrapbooking (Spring)**

Learn attractive ways to preserve personal and family history through photos and art.

Location(s): Takoma **Seniors Program**

**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 **Seniors Program**

**Senior Book Club (Year Round)**

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

Location(s): Fort Stevens Rec Center, Guy Mason

**Seniors Program Senior Crafts (Spring)**

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

Location(s): Bald Eagle, Fort Stevens, King Greenleaf, Sherwood **Seniors Program**

**Senior Fit Club (School Year)**

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

Location(s): Columbia Heights, Hillcrest **Seniors Program**

**Senior Programs (Year Round)**

Enjoy various Aerobics programs, Computer Training, 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 (Spring)**

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, Rumsey, Takoma, Turkey Thicket, Wilson **Seniors Program | Aquatics**

**Swim II: Improving Skills & Swimming Strokes (Spring)**

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, Rumsey, Takoma, Turkey Thicket, Wilson **Seniors Program | Aquatics**

**Swim III: Swimming for Fitness (Spring)**

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, Turkey Thicket **Seniors Program | Aquatics**



**Senior Water Exercise (Spring)**

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

**Seniors Program Senior Wellness (Spring)**

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): Barry Farm **Seniors Program**

**Seniors Movie Day (Spring)**

Weekly showing of classic and all-time favorite movies.

Location(s): Guy Mason **Seniors Program**

**Sew & Know (Spring)**

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

Location(s): Fort Stevens, SETLC, Upshur

**Shallow Water Aerobics (Spring)**

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 **Aquatics**

**Sister to Sister (Spring)**

Sister to Sister is a women’s group that seeks to empower women through, monthly round table discussions and guest speakers focusing on: · Encouraging self-empowerment · Self-Esteem · Personal Growth · Spiritual Growth · Health and wellness · Parenting

Location(s): Guy Mason

**Soccer (Spring)**

Location(s): Various

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**Soccer: Youth Soccer Coed (Spring)**

Soccer is a high energy sporting activity that allows youth to develop coordination, strength, stamina, and self-esteem. This program will teach participants the basic fundamentals of the sport, skill building exercises, and teamwork.

Location(s): Deanwood, Ferebee Hope

**Softball: Adult (Year Round)**

Adults form leagues to demonstrate their athletic abilities and skills.

Location(s): Stoddert

**Softball: Senior Slow Pitch (Spring)**

League games are designed to provide athletes 50 years old and above an opportunity to demonstrate their skill and ability to play slow pitch softball. All teams are coed. To sign up, contact Luna Harrison at (202) 671-0314.

Location(s): Ridge Road

**Softball: Youth (Spring)**

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): Various

**Spinning (School Year)**

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

Location(s): Raymond, Park View

**Spring Break Camp (Spring)**

DPR's Spring Break Camp will take place during DC Public Schools spring break sessions from Monday, March 28 through Friday, April 1 for children ages 6 to 12 years old. Registration will open on Monday, March 7 at 12 noon. Camp activities may include sports, games, character education exercises, arts and crafts, and more. For more information, visit "DPR.dc.gov," click the "Activities & Programs" tab and select the "Kids, Camps & Coop" page and click on "Spring Break Camp". (Direct link: <http://dpr.dc.gov/page/spring-break-camp-2016>)

Location(s): Various

**Sports Skills Development (School Year)**

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): Various

**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

**STEM Program (Spring)**

STEM: Science, Technology, Engineering, Math

Location(s): Bald Eagle

**Story Hour (School Year)**

Location(s): Columbia Heights, Stead

**Strength & Conditioning (School Year)**

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

Location(s): Emery, Rosedale

**Supreme Teens (Year Round)**

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 Teens

**Tae Kwon Do: Level 1 (School Year)**

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, Rosedale

**Tennis: Adult Beginner (Spring)**

Location(s): Various

**Tennis: Adult Cardio (Spring)**

Cardio Tennis is a fun, group activity for anyone (at any playing level) looking for a fun way to burn calories and interact with others outside of a gym setting. Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Location(s): Turkey Thicket

**Tennis: Adult Intermediate (Spring)**

Location(s): Takoma

**Tennis: Adult Intermediate/Advanced (Fall)**

Location(s): Fort Stevens, SETLC, Turkey Thicket

**Tennis: Advanced Beginner (Spring)**

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

Location(s): Raymond

**Tennis: Junior Advanced (Spring)**

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 (Spring)**

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

Location(s): Various

**Tennis: Junior High Performance (Spring)**

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

**Tennis: Junior Intermediate (Spring)**

Location(s): Takoma

**Tennis: Tiny Tots (Fall)**

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

Location(s): Benning Stoddert, Chevy Chase RC, Fort Stevens, SETLC

**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.

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**Tiny Tots! (School Year)**

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): Various

**Track & Field: Indoor (Spring)**

Location(s): Bald Eagle, Columbia Heights

**Track & Field: Outdoor (Spring)**

DC DPR Outdoor Track and Field is partnering with USA Track and Field to provide children ages 7-12 a fun chance to learn and practice the foundation skills of all sports – running, jumping, and throwing. These skills are the core of track field and can be applied on the track or on nearly any other sport’s playing field. Please note that each event has specific age ranges.

Location(s): Bald Eagle, Harry Thomas Sr., Raymond



**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.

Direct Link: <http://dpr.dc.gov/service/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

**Urban Gardening 101 (Spring)**

This class is for beginner gardeners and intermediate gardeners who feel they missed out on a strong gardening foundation. This class will focus on three areas of gardening: Soil preparation, garden design, and calculating a planting calendar. Participants will learn everything from how to test your soil, how to improve your soil, how to construct your garden, how to design your plant layout, what plants to plant when and where, and much more. You will walk away from this class with a strong gardening foundation to build upon.

Location(s): Raymond Urban Garden

**Vertical Gardening (Spring)**

Learn a unique “low-tech” way to maximize your urban growing space with one of the simplest and most unique growing methods in the world.

Location(s): Fort Davis Urban Garden

**Walk Fit (School Year)**

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): Various

**Water Aerobics: Abs & Glutes (Spring)**

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): Deanwood, Ferebee Hope, Takoma, Turkey Thicket Aquatics

**Water Aerobics: Aqua Zumba (Spring)**

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

Location(s): Deanwood, Rumsey, Turkey Thicket, Wilson Aquatics

**Water Aerobics: BLT (Buns, Legs, and Tummy) (Spring)**

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

**Aquatics Water Aerobics: Deep Water Drills & Skills (Spring)**

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 Aquatics

**Water Aerobics: Deep/Shallow (Spring)**

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



**Aquatics Water Aerobics: Senior Body Wise (Spring)**

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 Seniors Program | Aquatics

**Water Aerobics: Senior Shallow Water (Spring)**

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 Senior Program | Aquatics

**Water Boogie (Spring)**

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

**Therapeutic Program Water Spouts (Spring)**

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 Aquatic Center Therapeutic Program

**Wee Play (Spring)**

After school program for 3 to 5 year olds.

Location(s): Raymond

### **YMCA Low Impact Water Aerobics (Spring)**

[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 **Senior Program | Aquatics**

### **YMCA Senior Water Aerobics (Spring)**

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): Various **Senior Program | Aquatics**

### **Yoga: Beginners (Spring/School Year/Year Round)**

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

Location(s): Various

### **Yoga: Integral (School Year)**

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 (School Year)**

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 | Club Program 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 **Teens | Club Program**

### **Youth Baseball (Fall)**

Pitch, Hit & Run Sectional Competition Location(s): Stodert Youth Sports Programs (Year Round) Come out and join in some great team sports such as Machine Pitch, Baseball, Tee ball, and more!

Location(s): Various

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

### **Zumba (Spring)**

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

Location(s): Various

# INTERNATIONAL LIFEGUARD TRAINING PROGRAM (ILTP)

DPR is looking for motivated professionals to join our award winning aquatic safety team. Operating more than 50 aquatic centers, DPR employs certified lifeguards during the spring and summer, in order to serve District residents and guests.

Training and certification opportunities are provided along with a competitive pay and a guaranteed fun place to work. The International Lifeguard Training Program (ILTP) is a proactive, accountability-based approach to lifeguard training with an integrated curriculum that successfully trains lifeguards through proven training methods and state-of-the-art lifeguard rescue skills.

## REQUIREMENTS:

- Minimum age: 15 years
- Swim distance using front crawl (freestyle) or breaststroke without resting: 100 yards
- Feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface
- Tread water without using arms for 1 minute
- Training valid at facilities with flat water pools with depths to 16 ft. and only to the depth at which training was conducted. (excludes open water and wave environments)

## Course fee

\$100 DC Residents

\$150 non residents

**\*\*\*THIS CERTIFICATION IS  
REQUIRED FOR EMPLOYMENT  
AT DPR AS A LIFEGUARD\*\*\***



**For more information  
call (202) 671-1289**



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR



KEITH A. ANDERSON, DIRECTOR



@dcdpr