



June 2020

Summer Fun



Arlington Heights
Park District

PLAN TO PLAY IN JUNE!

For general
Recreation Program
questions visit
www.ahpd.org/contact



FIND YOUR VIRTUAL FUN

Register for Virtual Programs at ahpd.org, click on Register Now button and search by season, then choose **June 2020**.

Site: All

Location: All

Meeting Dates: In progress/future

Days of the Week: Sun Mon Tue Wed Thu Fri Sat

Starting Date: From To

Starting Time: From To

Season: **June 2020**

Activity Category: All

Age Category: All

Instructor: All

Age Range: 0 - 100 yrs

Clear Filters

GOT A QUESTION? WE'RE HERE TO HELP

CB	Cari Boyle	Recreation Supervisor Athletics/Rentals	Cboyle@ahpd.org
CBr	Christina Brown	Fitness Supervisor	cbrown@ahpd.org
DT	David Terzaghi	Heritage Tennis Club Assistant Manager	dterzaghi@ahpd.org
ES	Emily Sowa	Recreation Supervisor Aquatic Programs	esowa@ahpd.org
EE	Emma Edmondson	Recreation Supervisor CAP/Day Camp	eedmondson@ahpd.org
KW	Katie Waszak	CAP/Camp Supervisor	kwaszak@ahpd.org
KK	Kevin Keister	Camelot Park Lake Arlington Supervisor	kkeister@ahpd.org
KD	Kyle Donahue	Cultural Arts Supervisor	kdonahue@ahpd.org
LP	Linda Paxson	Senior Center Supervisor	lpaxson@ahpd.org
LR	Lindsey Robertson	Arlington Ridge Center Aquatic Manager	lrobertson@ahpd.org
LM	Lynn Minuskin	Preschool/Early Childhood Supervisor	lminuskin@ahpd.org
MH	Matt Healy	Arlington Ridge Center Manager	mhealy@ahpd.org
MG	Mark Grassi	Frontier Park Supervisor	mgrassi@ahpd.org
NW	Nick Wirth	Athletic Supervisor	nwirth@ahpd.org
SD	Steve Dietz	Recreation Supervisor Athletics	sdietz@ahpd.org
TD	Tom Divello	Pioneer Park/Heritage Park Supervisor	tdivello@ahpd.org

EARLY CHILDHOOD



Virtual Crafty Tots w/Parent

Work on 4 fun crafts and enjoy 4 movement classes designed just for toddlers and their parent/caregiver. With some help and guidance as needed from their special someone, little artists will be provided with four 15-30 minute pre-recorded craft videos and all supplies needed. The fun continues with four 15-30 minute creative movement pre-recorded videos to get the wiggles out! Please pickup art supplies Friday, June 12 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 15 at 9am. Craft and movement videos can be done at your own pace, or once a week for a 4 week class virtual experience. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28549	1-3 yrs	M	9:00a-12:00p	6/15	\$35/\$52

Virtual Kid's Yoga Off to the Sea

Children ages 5-8 are invited to this virtual kids yoga class as we explore the seashore! Participants will learn breath awareness, yoga poses, beach games as well as discovering how to turn their bodies into surfers, fish, waves, mermaids, boats, turtles, crabs and sharks all with yoga poses. Parents are welcome to play along as well as this will be taught via zoom. A zoom link will be sent out the day before to all participants. Please sign by 6/26. (LM)

Code	Age	Day(s)	Time	Date(s)	Fee
28472	5-8 yrs	S	2:00p-3:00p	6/28	\$15



Virtual Tot Rock

Enroll in this virtual class session to sing, dance, play and learn! Tot Rock offers music and creative movement for children ages 1-2 years. Registered participants will receive an email with that week's private 30 minute virtual class allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Spring Day!" Each class will explore an aspect of spring through music and movement, and will include opening songs, weekly theme introduction, DIY instrument and prop ideas, 4-6 additional music activities, and closing songs. A welcome video and corresponding coloring pages will be provided as well. Watch for the email that will come from Rock-it-Kids with the link to access the class. (LM)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28372	1-2 yrs	M	12p-12:30p	6/15-8/3	\$73/\$75

Virtual Kid Rock

Enroll in this virtual class session to sing, dance, play and learn! Kid Rock offers music and movement classes for children 2-6 years old. Participants will receive an email with that week's private 30 minute virtual class allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Box of Crayons!" Each class will explore a different color through music and movement and will include opening songs, weekly theme introduction, DIY instrument and prop ideas, 4-6 additional music activities, and closing songs. Class activities will involve rhythm, fine and gross motor, imaginative play, sensory integration and listening skills. Look for an email from Rock-it-Kids with the link to access your class. (LM)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28373	2-5 yrs	M	12p-12:30p	6/15-8/3	\$73/\$75

JUST FOR KIDS



Virtual Babysitting

Learn to be a super sitter! Classes will cover child development, emergency & first aid training, activities to do with young children, and how to grow your personal babysitting business. (EE)

Code	Age	Day(s) Time	Date(s)	R/NR Fee
26896	11-13 yrs	M 6:00p-6:45p	6/15-8/3	\$77/\$92

Virtual Backyard Campout!

No parks? No problem! Here's a fun way to have an amazing campout experience with your family right in your own backyard if you have your own tent or if you feel like laying out some blankets in your family room, then this activity is just for you! Lets have a blast with activities like a nature scavenger hunt, fun crafts for kids, and a S'more cooking kit all delivered to your front door! Finish off the night with a warm campfire, some beautiful star gazing or family fun movie by the fireplace and savor those home cooked S'mores! Enjoy the family camping adventure and treats! (MG)

Code	Age	Day(s) Time	Date(s)	R/NR Fee
28330	6+	Sa 5:30p-5:30a	6/20	\$20/\$22

This History and Science of Carnival Games Virtual

Is there a science to winning these carnival games or is it all luck? We will turn into investigators and build confidence as we pull back the layers of the amusement park industry while revealing the answers! Popular games will be available for play such as Balloon Darts, Ring a Bottle and MORE! (MG)

Code	Age	Day(s) Time	Date(s)	Fee
22686	6-12 yrs	W 4:00p-4:30p	6/17	\$20

Virtual First Aid for Kids!

This class is perfect for any child age 7-12 who is looking to learn some handy first aid skills! This class does qualify as meeting the First Aid badge requirement for both Brownie and Junior girl scouts! (ES)

Code	Age	Day(s) Time	Date(s)	R/NR Fee
28323	7-12 yrs	W 2:00p-3:00p	6/17	\$6/\$8

Virtual Living Room Gymnastics

Get your child active for 30 minutes in this virtual gymnastics class designed for preschoolers. Mr. Joryn will guide you through gymnastics in your living room as we work on flexibility, balance, conditioning, and having a good time. Don't miss this new and exciting way to keep your little gymnast moving! Supplies: an open area and masking tape. All classes are virtual classes hosted through zoom. Registered participants will receive a zoom link prior to the start of class. (TD)

Code	Age	Day(s) Time	Date(s)	R/NR Fee
28418	3-5 yrs	Th 10:00a-10:30a	6/4-6/25	\$20/\$25
28417	6-12 yrs	F 10:30a-11:00a	6/5-6/26	\$20/\$25
28295	6-12 yrs	T 3:00p-3:30p	6/2-6/23	\$20/\$25

REGISTER NOW



CREATIVE CAMPS

Virtual Ballerina Camp

Dance and art mix for the perfect virtual summer camp! Enjoy three 30 minute pre-recorded dance videos and four 15-30 minute pre-recorded art videos to create 4 separate crafts over 2 weeks. Dancers will work towards a fun dance piece that will be reviewed and performed together virtually in a Zoom meeting during the last class

Virtual Ballerina Camp I

Please pickup art supplies Friday, June 12 between 10-11 am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 15 at 9am. Craft and dance videos can be done at your own pace, but should be completed in time for the final Zoom class on June 25. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28550	3-6 yrs	M	9:00a-1:00p	6/15-6/25	\$40/\$56

Virtual Ballerina Camp II

Please pickup art supplies Friday, June 19 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 22 at 9am. Craft and dance videos can be done at your own pace, but should be completed in time for the final Zoom class on July 2. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28551	3-6 yrs	M	9:00a-1:00p	6/22-7/2	\$40/\$56

Virtual Arts Alive Camp

Arts Alive staff prepares 5 crafty projects for the week! Craft activities are designed to take approximately 20-45 minutes each.

Virtual Arts Alive Camp I

Please pickup art supplies Friday, June 12 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 15 at 9am. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28536	4-6 yrs	M	9:00a-1:00p	6/15	\$65/\$91
28532	7-11 yrs	M	9:00a-1:00p	6/15	\$65/\$91

Virtual Arts Alive Camp II

Please pickup art supplies Friday, June 19 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 22 at 9am. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28537	4-6 yrs	M	9:00a-1:00p	6/22	\$65/\$91
28533	7-11 yrs	M	9:00a-1:00p	6/22	\$65/\$91

Virtual Arts Alive Camp III

Please pickup art supplies Friday, June 26 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, June 29 at 9am. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28538	4-6 yrs	M	9:00a-1:00p	6/29	\$65/\$91
28534	7-11 yrs	M	9:00a-1:00p	6/29	\$65/\$91

Virtual Arts Alive Camp IV

Arts Alive staff prepares 5 crafty projects for the week! Please pickup art supplies Friday, July 3 between 10-11am in the Annex of the Admin Center. Pre-recorded instructional videos will be emailed to participants by Monday, July 6 at 9am. Craft activities are designed to take approximately 20-45 minutes each. (KD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28539	4-6 yrs	M	9:00a-1:00p	7/6	\$65/\$91
28535	7-11 yrs	M	9:00a-1:00p	7/6	\$65/\$91



JUNE SUMMER FUN DAY CAMP

Camp activities will follow best practices in regards to social distancing guidelines. Campers will be assigned to a group of 10 campers for the week. Activities will take place primarily outdoors and will include sports, arts and crafts, exploring nature and more, weather permitting. Details will be emailed to parents prior to first day of camp. Program for children entering 1st through 6th grades. (KW)

Camelot Park

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28540	6-11 yrs	M-F	9:00a-3:00p	6/15-6/19	\$150/\$170
28541	6-11 yrs	M-F	9:00a-3:00p	6/22-6/26	\$150/\$170
28542	6-11 yrs	M-Th	9:00a-3:00p	6/29-7/2	\$120/\$140

Pioneer Park

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28544	6-11 yrs	M-F	9:00a-3:00p	6/15-6/19	\$150/\$170
28545	6-11 yrs	M-F	9:00a-3:00p	6/22-6/26	\$150/\$170
28543	6-11 yrs	M-Th	9:00a-3:00p	6/29-7/2	\$120/\$140

Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28546	6-11 yrs	M-F	9:00a-5:00p	6/15-6/19	\$200/\$220
28547	6-11 yrs	M-F	9:00a-5:00p	6/22-6/26	\$200/\$220
28548	6-11 yrs	M-Th	9:00a-5:00p	6/29-7/2	\$160/\$180



REGISTER NOW

AQUATICS

Virtual Interpark Running Club

No pool, no problem! Let's move our bodies together in the first Interpark Running Club! Join us for workouts, runs, and FUN. We will end the summer with a Time Trial Run August 1st and second. (LR)

Camelot Crocodiles

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28456	6-14 yrs	M-Th	7:30a-8:30a	7/6-7/16	\$32/\$35
28461	6-14 yrs	M-Th	7:30a-8:30a	7/20-7/30	\$32/\$35

Frontier Flyers

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28457	6-14 yrs	M-Th	7:30a-8:30a	7/6-7/16	\$32/\$35
28462	6-14 yrs	M-Th	7:30a-8:30a	7/20-7/30	\$32/\$35

Heritage Hurricanes

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28458	6-14 yrs	M-Th	7:00p-8:00p	7/6-7/16	\$32/\$35
28463	6-14 yrs	M-Th	7:00p-8:00p	7/20-7/30	\$32/\$35

Pioneer Piranhas

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28459	6-14 yrs	M-Th	7:30a-8:30a	7/6-7/16	\$32/\$35
28464	6-14 yrs	M-Th	7:30a-8:30a	7/20-7/30	\$32/\$35

Recreation Racers

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28460	6-14 yrs	M-Th	7:30a-8:30a	7/6-7/16	\$32/\$35
28465	6-14 yrs	M-Th	7:30a-8:30a	7/20-7/30	\$32/\$35

Recreation Stingrays

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28476	6-14 yrs	M-Th	7:00p-8:00p	7/6-7/16	\$32/\$35
28475	6-14 yrs	M-Th	7:00p-8:00p	7/20-7/30	\$32/\$35

Virtual June Marathon Challenge

Join us for a virtual month-long marathon challenge! Choose bike or run, and choose your distance. Walkers, Runners & Joggers can choose 13.1, 26.2 or 31.1 miles. Bikers can choose 25, 50 or 100 miles. Finish your distance and receive a shirt & medal! (LR)

Code	Age	Day(s)	Time	Date(s)	Fee
28370	All		8:00a-9:00a	6/1-6/29	\$20

Virtual Yoga for Swimmers

This one hour class is designed just for swimmers to improve strength and flexibility in the shoulders, hamstrings, hips, back, and feet.

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28466	10-17 yrs	F	10a-10:30a	6/26	\$10/\$12
28467	10-17 yrs	F	10a-10:30a	6/19	\$10/\$12

Virtual Water Safety Presentation

Water safety starts at home. Help be safer at the beach or pool, in the ocean or a river. Our Aquatic Management staff will lead your young swimmers through a brief 10 minute water safety presentation from the comfort of your own home. (LR)

Code	Age	Time	Date(s)	Fee
28371	All	8:00a	6/1-6/29	Free

Virtual Aquatic Dryland Training

Calling all swimmers & water polo players! Join Lindsey Robertson, Aquatic Manager & former Muskies Coach for a virtual dryland program that will work all the major muscle groups to keep us active outside the pool. No workout equipment needed. Not a swimmer but still interested? No worries! Anyone can join. (LR)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28293	8-10 yrs	M,W	11:30-12:00p	6/15-6/17	\$10/\$12
28360	8-10 yrs	M,W	11:30-12:00p	6/22-6/24	\$10/\$12
28556	8-10 yrs	M,W	11:30-12:00p	6/29-7/1	\$10/\$12
28284	11-13 yrs	M,W,F	8:00-8:30a	6/15-6/19	\$15/\$17
28286	11-13 yrs	M,W,F	8:00-8:30a	6/22-6/26	\$15/\$17
28553	11-13 yrs	M,W	8:00-8:30a	6/29-7/1	\$10/\$12
28274	14-18 yrs	M,W,F	1:00-1:30p	6/15-6/19	\$15/\$17
28291	14-18 yrs	M,W,F	1:00-1:30p	6/22-6/26	\$15/\$17
28554	14-18 yrs	M,W	1:00-1:30p	6/29-7/1	\$10/\$12

Virtual Water Polo Ball

Join Emily Sowa, former ISU water polo player, for this class that will work on important game information. A ball will be required. (ES)

Beginner Handling Skills

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28319	7-12 yrs	Th	3p-4:00p	6/11	\$5/\$7
28320	7-12 yrs	Th	3-4:00p	6/25	\$5/\$7

Game Knowledge

Participants will learn about positioning, plays, different types of fouls, and more! (ES)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28321	8-13 yrs	T,Th	2:00p-3:00p	6/16	\$10/\$12

Advanced Handling Skills

For advanced water polo players with 1 plus years of experience. A ball will be required. (ES)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28317	10-17 yrs	T	3:00p-4:00p	6/9	\$5/\$7
28318	10-17 yrs	T	3:00p-4:00p	6/23	\$5/\$7

Master Class

Participants will learn about positioning, plays, different types of fouls, and more so the the next time they watch a game, they will know what is going on! (ES)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28322	18+	T,Th	4:00p-5:00p	6/16	\$5/\$7
28468	18+	Th	4:00p-5:00p	6/18	\$5/\$7

KIDS SPORTS



Aces Pre-K Virtual Soccer Training

Please join AHPD's first Virtual Pre-K Soccer training class. Hosted through Zoom, participants will interact directly with Ace's professionally trained soccer staff. Through interactive instruction, participants will learn soccer basics, varied technical learning skills and enjoy fun with soccer while at home. (SD)

Code	Age	Day(s)	Time	Date(s)	Fee
28358	3-4 yrs	W	6:00p-6:30p	6/3-6/24	\$36

Aces Kindergarten Virtual Soccer Training

Please join AHPD's first Virtual Kindergarten Soccer training class. Hosted through Zoom, participants will interact directly with Ace's professionally trained soccer staff. Through interactive instruction, participants will learn soccer basics, varied technical learning skills and enjoy fun with soccer while at home. (SD)

Code	Age	Day(s)	Time	Date(s)	Fee
28359	5-6 yrs	W	6:00p-6:30p	6/3-6/24	\$36

Virtual Sport Camps (NAOA)

Ages 5-18 yrs | Offered through August 19

AHPD has teamed up with the National Academy of Athletics to offer instructional sports camps. Instruction is presented by the National Academy of Athletics Certified Coaches, whom are former college and ex-professional athletes. Once purchased, the videos can be viewed through the Internet, on TV, mobile phone and tablet, on demand for up to 30 days for only \$49 per camp. **PLEASE NOTE: YOU MUST GO TO THE NATIONAL ACADEMY OF ATHLETICS WEBSITE TO REGISTER FOR THE BELOW CAMPS.. AHPD IS NOT TAKING REGISTRATIONS.FEE OF \$49 FOR THE CAMP*** (SD)

- Virtual Air Attack Flag Football Camp
- Virtual Bump Set Spike Volleyball Camp
- Virtual Hit and Run Baseball/Softball Camp

Visit nationalacademyofathletics.com/ to sign up.

Aces Soccer Camp

Arlington Aces soccer coaches will create a safe, fun-filled learning environment while developing and enhancing the soccer skills of all campers. Campers are placed into groups based on their skill level and age. In this challenging environment, youngsters are encouraged to have fun, make new friends, and improve their soccer playing ability. Daily sessions involve counselor demonstrations, specific skills training and games. (SD)

Location: Sunset Meadows

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
28392	3-6 yrs	M-F	9:00a-10:00a	6/15-6/19	\$95/\$105
28396	3-6 yrs	M-F	9:00a-10:00a	6/22-6/26	\$95/\$105
28411	3-6 yrs	M-Th	9:00a-10:00a	6/29-7/2	\$80/\$90
28394	6-14 yrs	M-F	10:30a-12:30p	6/15-6/19	\$120/\$130
28398	6-14 yrs	M-F	10:30a-12:30p	6/22-6/26	\$120/\$130
28414	6-14 yrs	M-Th	10:30a-12:30p	6/29-7/2	\$96/\$106

Virtual Breakaway Basketball Classes

AHPD and Breakaway Basketball are pumped to begin offering these exciting clinics during this very different time. Our focus will be on building confidence dribbling the basketball as well as incorporating some at home conditioning. All players will need 1 or 2 basketballs depending on the class, a place to dribble, and some water. The skills we teach will be great but the interaction of Coach Greg leading and being assisted by 6 Breakaway coaches in every class will be just as important. These classes will be 30-40 minutes in length. Breakaway Basketball is the largest skill development program in Illinois training over 8K players a year and partnering with over 300 feeder/travel teams to provide in season skill development and coaches training. (NW)

1st-3rd Grade Boys/Girls

Code	Day(s)	Time	Date(s)	R/NR Fee
28348	Th	5:00p-5:40p	6/11-7/2	\$40/\$42
28351	T,Th	5:00p-5:40p	6/9-7/2	\$80/\$82
28346	T	5:00p-5:40p	6/9-6/30	\$40/\$42

4th-8th Grade Boys/Girls

Code	Day(s)	Time	Date(s)	R/NR Fee
28349	Th	6:00p-6:40p	6/11-7/2	\$40/\$42
28352	T,Th	6:00p-6:40p	6/9-7/2	\$80/\$82

28347 T 6:00p-6:40p 6/9-6/30 \$40/\$42

Virtual Basketball

Basketball fundamentals and skill work will be covered with focus on basic mechanics to build confidence. Fun challenges will be added to keep participants engaged. We will cover dribbling, passing and age appropriate shooting technique. Mandatory Equipment: Basketball, hard surface to dribble, cones or cone substitute, Partner (parent or sibling) Optional/Ideal equipment: Basketball Hoop, 3rd Partner (parent or sibling) (KK)

Virtual Jr. Basketball

Code	Age	Day(s)	Time	Date(s)	Fee
28272	3-5 yrs	M	1:00p-1:30p	7/6-7/27	\$40
28354	3-5 yrs	W	1:00p-1:30p	6/10-7/1	\$40
28385	3-5 yrs	W	1:00p-1:30p	6/10-6/10	\$15

Virtual Basketball Skills

Code	Age	Day(s)	Time	Date(s)	Fee
28275	6-9 yrs	M	1:00p-1:30p	6/8-6/29	\$40
28277	6-9 yrs	M	1:40p-2:10p	7/6-7/27	\$40
28382	6-9 yrs	M	1:00p-1:30p	6/8-6/8	\$15

T-Ball Classes

Our intro level classes are designed to teach players fundamental ball-game skills through fun, small-sided games. All classes will be held in-person at Sunset Meadows. (CB)

Location: Sunset Meadows

Pre T-Ball

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
25402	4-5 yrs	Sa	10:00a-10:50a	6/13-6/27	\$36/\$42

T-Ball

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
25403	5-6 yrs	Sa	11:00a-11:50a	6/13-6/27	\$36/\$42

Virtual T-Ball

Designed to teach at a basic level while making sure the players stay active and engaged the entire class! Fundamentals and skill work will be covered with focus on basic mechanics to build confidence. Fun challenges will be added to keep participants engaged. (KK)

Virtual Jr. T-Ball

Code	Age	Day(s)	Time	Date(s)	Fee
28383	3-5 yrs	M	1:40p-2:10p	6/8	\$15
28380	3-5 yrs	M	1:40p-2:10p	6/8-6/29	\$40

Virtual T-Ball

Code	Age	Day(s)	Time	Date(s)	Fee
28386	6-9 yrs	W	1:40p-2:10p	6/10	\$15
28381	6-9 yrs	W	1:40p-2:10p	6/10-7/1	\$40

Virtual Volleyball Skills

In our new Virtual Volleyball class boys and girls work on and learn the skills of passing, setting, spiking, and the serve as well as improve coordination all while playing fun games and being challenged weekly. This program allows players to learn or work on their game while we wait to get back on the court! Mandatory Equipment: Volleyball (or soccer ball), Cones or cone substitute, Partner (parent or sibling) Optional/ Ideal Equipment: Net (KK)

Code	Age	Day(s)	Time	Date(s)	Fee
28384	6-9 yrs	M	2:20p-2:50p	6/8	\$15
28387	6-9 yrs	W	2:20p-2:50p	6/10	\$15
28278	6-9 yrs	M	2:20p-2:50p	6/8-6/29	\$40
28279	6-9 yrs	M	2:20p-2:50p	7/6-7/27	\$40
28355	6-9 yrs	W	2:20p-2:50p	6/10-7/1	\$40

Virtual Kid's Karate Club

This program is specifically designed for children ages 4-14 years and focuses on safety and protecting oneself. This 12 video series program includes games, drills, and actual classes that mirror the in person classes. Students can participate on their own, or the whole family can participate together. Students will have access to the videos for 1 year to participate as their schedule allows. At the end of the course, students will be eligible to test for their next color belt, where they can see their achievements as they advance thru the program. (TD)

Beginners-White & Yellow Belts

Code	Age	Day(s)	Time	Date(s)	Fee
28375	4-14 yrs	M	6:15p-7:00p	7/6-7/27	\$58

Int./Adv. - Orange Belts & Up

Code	Age	Day(s)	Time	Date(s)	Fee
28377	4-14 yrs	M	7:00p-7:45p	7/6-7/27	\$58

Kid's Karate Club - Virtual Karate Videos

Gather the kids or the entire family and join in for some free karate. There are 10 short videos included which are designed for children ages 4-14 years. Please register for these free videos. Once registered we will email you a link to the videos and further instructions. (TD)

Code	Age	Date(s)	Fee
28378	4-14 yrs	6/1-6/30	Free
28379	4-14 yrs	7/1-7/31	Free

REGISTER NOW

FITNESS CLASSES

OUTDOOR CLASSES

Body Combat

BODYCOMBAT is a high-energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. It's totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. (CB)

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28488	16+	M	9:15a-10:00a	6/1-6/1	\$10
28695	16+	M	9:15a-10:00a	6/8-6/8	\$10
28696	16+	M	9:15a-10:00a	6/15-6/15	\$10
28697	16+	M	9:15a-10:00a	6/22-6/22	\$10
28698	16+	M	9:15a-10:00a	6/29-6/29	\$10

Strength & Balance Yoga

This well-rounded class will promote a balance between strength and flexibility. We will incorporate a balance and strengthening series that will train your brain to tap into focus and determination. Class will end in a meditation. All levels are encouraged to practice.

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28675	16+	W	9:15a-10:15a	6/17-6/17	\$10
28676	16+	W	9:15a-10:15a	6/24-6/24	\$10
28723	16+	F	12:00p-1:00p	6/12-6/12	\$10
28724	16+	F	12:00p-1:00p	6/19-6/19	\$10
28725	16+	F	12:00p-1:00p	6/26-6/26	\$10

Boot Camp

Integrate functional training, high intensity interval training, and calisthenics to provide safe and lasting results. Work on your posture, strength, core, breathing, relaxation, and mental motivation to gain a better understanding of how the body works in this fun and motivating class.

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28489	16+	T	7:00p-7:45p	6/2-6/2	\$10
28490	16+	Th	10:30a-11:15a	6/4-6/4	\$10
28707	16+	T	7:00p-7:45p	6/9-6/9	\$10
28708	16+	T	7:00p-7:45p	6/16-6/16	\$10
28709	16+	T	7:00p-7:45p	6/23-6/23	\$10
28710	16+	T	7:00p-7:45p	6/30-6/30	\$10
28717	16+	Th	10:30a-11:15a	6/11-6/11	\$10
28718	16+	Th	10:30a-11:15a	6/18-6/18	\$10
28719	16+	Th	10:30a-11:15a	6/25-6/25	\$10
28491	16+	W	9:15a-10:00a	6/3-6/3	\$10
28492	16+	Sa	10:15a-11:00a	6/6-6/6	\$10
28711	16+	W	9:15a-10:00a	6/10-6/10	\$10
28712	16+	W	9:15a-10:00a	6/17-6/17	\$10
28713	16+	W	9:15a-10:00a	6/24-6/24	\$10
28726	16+	Sa	10:15a-11:00a	6/13-6/13	\$10
28727	16+	Sa	10:15a-11:00a	6/20-6/20	\$10
28728	16+	Sa	10:15a-11:00a	6/27-6/27	\$10

Tabata Challenge

Complete several series of 4 minute exercise sequences broken into intervals of 20 seconds of high intensity work followed by 10 seconds of rest to improve your cardiovascular endurance, strength, and balance.

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28495	16+	F	9:15a-10:00a	6/5-6/5	\$10
28720	16+	F	9:15a-10:00a	6/12-6/12	\$10
28721	16+	F	9:15a-10:00a	6/19-6/19	\$10
28722	16+	F	9:15a-10:00a	6/26-6/26	\$10

REGISTER NOW

REGISTER NOW



Tween Boot Camp

Integrate functional training, high intensity interval training, and calisthenics to provide safe and lasting results. Work on your posture, strength, core, breathing, relaxation, and mental motivation to gain a better understanding of how the body works in this fun and motivating class.

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28559	9-13 yrs	Th	9:15a-10:00a	6/11-6/25	Free

Tween Running Club

Kids bored at home? Too much energy and nothing to do? Join the AHPD running club! We will meet Mondays, Wednesday, and Fridays at 9am at ARC. Whatever your goal is - burn off energy, perfect running form, get some great exercise - we can help you meet those goals!

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28564	9-13 yrs	M,W,F	9:00a-10:00a	6/8-6/26	\$60

Tween Yoga

Students will learn fun poses to improve flexibility, strength, balance, and focus through an engaging and energizing yoga practice. They will also go home with lifelong tools that will teach them how to deepen their breathing and lung capacity, calm their minds, and cope with both internal and external stressors. (CB)

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28557	9-13 yrs	T	10:30a-11:30a	6/9-6/30	\$40
28558	9-13 yrs	W	10:30a-11:30a	6/10-6/24	\$30

Zumba

Zumba is a Latin-inspired dance fitness program that blends red hot international music and contagious dance steps to form a fitness party atmosphere.

Location: Arlington Ridge Center

Code	Age	Day(s)	Time	Date(s)	Fee
28497	16+	W	6:15p-7:15p	6/3-6/3	\$10
28498	16+	S	11:15a-12:15p	6/7-6/7	\$10
28500	16+	M	10:30a-11:30a	6/1-6/1	\$10
28501	16+	T	9:15a-10:00a	6/2-6/2	\$10
28699	16+	M	10:30a-11:30a	6/8-6/8	\$10
28700	16+	M	10:30a-11:30a	6/15-6/15	\$10
28701	16+	M	10:30a-11:30a	6/22-6/22	\$10
28702	16+	M	10:30a-11:30a	6/29-6/29	\$10
28703	16+	T	9:15a-10:00a	6/9-6/9	\$10
28704	16+	T	9:15a-10:00a	6/16-6/16	\$10
28705	16+	T	9:15a-10:00a	6/23-6/23	\$10
28706	16+	T	9:15a-10:00a	6/30-6/30	\$10
28714	16+	W	6:15p-7:15p	6/10-6/10	\$10
28715	16+	W	6:15p-7:15p	6/17-6/17	\$10
28716	16+	W	6:15p-7:15p	6/24-6/24	\$10
28729	16+	S	11:15a-12:15p	6/14-6/14	\$10
28730	16+	S	11:15a-12:15p	6/21-6/21	\$10
28731	16+	S	11:15a-12:15p	6/28-6/28	\$10

WORKOUT @ ARC

One-on-One Workout Sessions

Workout in the ARC fitness center. Staff will be present during your workout to help answer questions regarding cleaning, equipment usage, and to ensure social distancing while you workout. [Please see website for dates and times.](#) All classes will take place at Arlington Ridge Center and will be \$20 for a 45 minutes session. (CBr)

VIRTUAL FITNESS

Virtual Body Combat

BODYCOMBAT is a high-energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. It's totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. (CB)

Code	Age	Day(s)	Time	Date(s)	Fee
28667	16+	T	9:15a-10:00a	6/16-6/16	\$5
28668	16+	T	9:15a-10:00a	6/23-6/23	\$5
28669	16+	T	9:15a-10:00a	6/30-6/30	\$5

Virtual Boot Camp

Integrate functional training, high intensity interval training, and calisthenics to provide safe and lasting results. Work on your posture, strength, core, breathing, relaxation, and mental motivation to gain a better understanding of how the body works in this fun and motivating class.

Code	Age	Day(s)	Time	Date(s)	Fee
28678	16+	W	10:30a-11:15a	6/17-6/17	\$5
28679	16+	W	10:30a-11:15a	6/24-6/24	\$5

Virtual Peace Yoga I and II

Combine postures, basic stretches, breath work, meditation, and relaxation to help create harmony between the mind and body. Level I is designed for true beginners. Level II includes the basics and introduces some of the more challenging postures. Class will be Level 1 until 8 pm. Participants interested in Level 2 poses can stay until 8:15 pm. (CB)

Code	Age	Day(s)	Time	Date(s)	Fee
26682	18+	W	7:00p-8:15p	6/3-8/26	\$110

Virtual Strength & Balance Yoga

This well-rounded class will promote a balance between strength and flexibility. We will incorporate a balance and strengthening series that will train your brain to tap into focus and determination. Class will end in a meditation. All levels are encouraged to practice.

Code	Age	Day(s)	Time	Date(s)	Fee
28663	16+	M	7:15p-8:15p	6/15-6/15	\$5
28664	16+	M	7:15p-8:15p	6/22-6/22	\$5
28665	16+	M	7:15p-8:15p	6/29-6/29	\$5
28674	16+	W	9:15a-10:15a	6/10-6/10	\$5
28692	16+	S	10:00a-11:00a	6/14-6/14	\$5
28693	16+	S	10:00a-11:00a	6/21-6/21	\$5
28694	16+	S	10:00a-11:00a	6/28-6/28	\$5

Virtual Strength Circuit

Strengthen your entire body in this challenging workout suitable for all levels that will leave you feeling strong and sculpted.

Code	Age	Day(s)	Time	Date(s)	Fee
28659	16+	M	10:30a-11:15a	6/15-6/15	\$5
28660	16+	M	10:30a-11:15a	6/22-6/22	\$5
28661	16+	M	10:30a-11:15a	6/29-6/29	\$5
28680	16+	Th	9:15a-10:00a	6/11-6/11	\$5
28681	16+	Th	9:15a-10:00a	6/18-6/18	\$5
28682	16+	Th	9:15a-10:00a	6/25-6/25	\$5

Virtual Tabata Challenge

Complete several series of 4 minute exercise sequences broken into intervals of 20 seconds of high intensity work followed by 10 seconds of rest to improve your cardiovascular endurance, strength, and balance.

Code	Age	Day(s)	Time	Date(s)	Fee
28686	16+	F	10:30a-11:15a	6/12-6/12	\$5
28687	16+	F	10:30a-11:15a	6/19-6/19	\$5
28688	16+	F	10:30a-11:15a	6/26-6/26	\$5

Virtual WERQ

WERQÆ is the fiercely fun dance fitness workout class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. The WERQÆ warmup previews the dance steps used in class and the WERQÆ cooldown includes balance and yoga-inspired poses. Are you ready to WERQÆ?

Code	Age	Day(s)	Time	Date(s)	Fee
28683	16+	Th	7:00p-8:00p	6/11-6/11	\$5
28684	16+	Th	7:00p-8:00p	6/18-6/18	\$5
28685	16+	Th	7:00p-8:00p	6/25-6/25	\$5
28689	16+	Sa	9:00a-10:00a	6/13-6/13	\$5
28690	16+	Sa	9:00a-10:00a	6/20-6/20	\$5
28691	16+	Sa	9:00a-10:00a	6/27-6/27	\$5

Virtual Zumba

Zumba is a Latin-inspired dance fitness program that blends red hot international music and contagious dance steps to form a fitness party atmosphere.

Code	Age	Day(s)	Time	Date(s)	Fee
28671	16+	T	10:30a-11:30a	6/16-6/16	\$5
28672	16+	T	10:30a-11:30a	6/23-6/23	\$5
28673	16+	T	10:30a-11:30a	6/30-6/30	\$5