

## Exercise and Physical Fitness

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Some programs open to non-residents

Family

Yes

Intake Contact

Howard Herman

Intake Contact Email

recreation@ fallschurchva.gov

Intake Process

Phone, Walk-in. Please call for more information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Falls Church Recreation and Parks

<http://www.fallschurchva.gov/452/Recreation-Parks>

Main

(703) 248-5077

223 Little Falls Street

22046 VA

United States

Monday: 8:00 am-10:00 pm

Tuesday: 8:00 am-10:00 pm

Wednesday: 8:00 am-10:00 pm

Thursday: 8:00 am-10:00 pm

Friday: 8:00 am-11:00 pm

Saturday: 8:30 am-11:00 pm

Sunday: 2:00 am-6:00 pm

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Falls Church Recreation and Parks Department offers Slimnastics, aerobic dancing, yoga classes, men's/women's gym programs, youth sports and adult sports, and other fitness activities.

The Community Center is the perfect place to play basketball, volleyball, tennis, table tennis or pool; or to walk, take a class, or just enjoy time with family, friends, and neighbors.

Convenient to E. Falls Church subway stop.

Service Area(s)

Falls Church City