

PHRA New Members-

Welcome from the volunteers on the Board of Directors and the membership committee!

We'd like to invite you for an informal stroll around PHRA where we can meet and provide an opportunity to ask/answer questions. The two dates we propose are:

Friday, May 26th @ 6PM

Tuesday, May 30th @ 6PM

On the date and times listed we will meet by the volleyball courts so look for the volunteer(s) wearing orange (the Crush swim team color). If you can't make one of these dates but you would still like to meet for a walk and talk, just email membership@poplarheights.org and we can find another time that works.

Also, please see below for general information about PHRA, curated from the PHRA website.

POPLAR HEIGHTS RECREATION ASSOCIATION: OVERVIEW

Poplar Heights Recreation Association (PHRA) amenities include:

- **Pool** (bathhouse, kitchenette, baby pool, main pool, deck, table tennis, playground, picnic tables)
- **Volleyball and basketball** courts
- **Tennis/Pickleball Courts** (four tennis courts, two are also marked for pickleball, and a practice court)
- **Parking** (paved and grass lots)
- **Special events**

Pool

The pool season is from 13 May 2023 to 17 September 2023 with the pool only open on weekends for the fringe season (before Memorial Day and after Labor Day) and open weekdays from Memorial Day to Labor Day. The pool is heated for the first and last few weeks of the season. Pool operating rules can be found [here](#) and include:

Lap lanes are available on a first-come, first-served basis and swimmers are asked to limit their time to 30 minutes, if others are waiting. You can check times for lap lanes here: [Lap Lane Swimming – Poplar Heights Recreation Association](#)

Operating Rules can be found on the website: <https://poplarheights.org/about-us/operating-rules/#top>

The deep end includes a slide and low dive board. The slide and board may be closed to open the deep end for swimming at the discretion of the guards. The next swimmer must wait for the previous swimmer to clear the deep end before heading up the ladder to the slide/board.

PHRA's swim team is called PHRA "Crush" and is open to swimmers 5-18.

For the youngest members of swim team, they may consider doing “Crush Course” which is an introduction to swim team without participation in swim meets. PHRA occasionally hosts swim meets and when PHRA is hosting, the pool, club house, and decks are closed to general member use. Email notifications of meet-related closures are sent to membership as reminders. More information can be found in the swim team section.

Swim team coaches and/or lifeguards often offer private **swim lessons** and information about this can usually be found on the pool house bulletin board.

When the guards hear thunder, the pools and deck are closed for at least 30 minutes from the last thunder. Members can sign up for text or email weather closure alerts on the PHRA website.

The **kitchenette** is available for members’ use. One refrigerator is solely for the use of swim team and/or ice cream concessions. The other refrigerator can be used by members and is cleaned out regularly so food must not be left overnight. The paper products stored in the kitchenette are for swim team use only.

Grills are also available and members are asked to clean them after use. The grills have direct gas and many members know how to light the grill so just ask another member to help the first time you use the grills. The address for **food delivery** is 2463 Buckelew Drive, Falls Church, VA 22040.

Volleyball and Basketball

Balls are stored in a basket near the pool house entrance or at the lifeguard station. No reservations needed. Please limit play to 30 minutes if others are waiting.

Tennis/Pickleball Courts

Courts are available for reservation through the [PHRA Website](#).

Members may also use the courts, if they are available, without a reservation but must yield to members with reservations. Courts 3 and 4 are also lined for pickleball play. The **tennis court Port-a-Potty door code** is available in the members’ only section of the website.

<https://poplarheights.org/combination-code/#top>

Tennis lessons (adult and children) and children’s camps are run through PHRA’s tennis pro and more information can be found in the tennis section. <https://poplarheights.org/lessons/coaches-information/#>

There are Tennis programs available to members and their children:

<https://www.prostoyou.com/poplarheights>

PHRA also has **children and adult tennis teams**. When PHRA hosts team tennis tournaments, the courts are closed to general membership use and members are reminded of these closures via email.

Parking

The main lot is the upper, paved lot with overflow parking in the lower, grass lot. Please park to the left of the plastic pylons (the full grass lot is opened as needed for extra parking). If you decide to park on the neighborhood streets surrounding PHRA, please take note of parking restrictions as

violators are often towed and be courteous of our neighbors. During the off season, the gate to the parking lot is sometimes closed and the code to open the gate is available in the members' only section of the website.

Special events

Usually PHRA volunteers organize several social events throughout the season. Past events include Fourth of July parties, float (ice cream and pool float) night, and adults only evening gathering. Members can also request to host private parties. See website @ [Poplar Heights Recreation Association](https://poplarheights.org).

Check the PHRA Calendar for upcoming events: <https://poplarheights.org/calendar/#top>

Events scheduled in MAY & JUNE 2023:

- Junior Tennis Team Welcome Party May 5, 2023 5:00 pm - 7:00 pm
- Pool Opens for the 2023 Season - May 13, 2023 - weekends only until Memorial Day weekend
- Swim Team Open House - May 21, 2023 11:30 am - 1:00 pm
- Tennis Open House - May 21, 2023 11:30 am - 1:00 pm
- Food Truck Friday May 26, 2023 3:00 pm - 8:00 pm
- Tennis Social - May 29, 2023 1:00 pm - 3:00 pm Round Robin match play
- Swim team practice (starts) May 30, 2023 5:00 pm - 7:30 pm
- Food Truck Friday June 2, 2023 3:00 pm - 8:00 pm
- Adult Tennis Social - June 2, 2023 6:00 pm - 8:00 pm Adult Friday Night Lights
- Wine & Cheese Party (adults only) June 2, 2023 8:00 pm - 10:30 pm - time subject to change