

# Reston Community Center 2023 FALL PROGRAM GUIDE



[WWW.RESTONCOMMUNITYCENTER.COM](http://WWW.RESTONCOMMUNITYCENTER.COM)

*Enriching Lives. Building Community.*



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## BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

The Board of Governors says farewell this fall to three outstanding community leaders.

Bill Keefe has served on RCC’s board for 12 years. He’s provided his expertise to us in matters related to land use, and he’s been a passionate advocate for the role of RCC in helping the community’s young people feel included and connected to their community. Bill has been our valued colleague through two strategic planning cycles and his deep understanding of Reston will be missed. Thank you, Bill, for your selfless service.

Reston has benefited tremendously from the long service of two of our most dedicated elected officials – Delegate Ken Plum and Senator Janet Howell. Ken and Janet have been effectively representing Reston and Reston values in the Virginia General Assembly for many years. Each of them cherishes the principles upon which Reston was founded; they both counted Bob Simon as a dear friend and inspiration; and their abilities to shape the Commonwealth as a more compassionate state are unequalled. We salute them and offer our enduring gratitude.

The invisible strength of any community derives from the service to others that volunteering or offering oneself for elected office provide. The shining examples of Bill Keefe, Janet Howell and Ken Plum challenge us to follow in their footsteps.

## BOARD OF GOVERNORS



William G. Bouie



William Keefe



William Penniman



Lisa Sechrest-Ehrhardt



Richard Stillson



Paul D. Thomas



Shane M. Ziegler



Vicky Wingert



## LEILA GORDON, EXECUTIVE DIRECTOR, RCC

Reston Community Center has welcomed a bevy of new team members over the past year. We welcome our new Community Events Director, Kaia Greene. She's hit the ground running and her contributions are shaping the expansion of the Reston Multicultural Festival. Kaia joins Maggie Parker in the new RCC Offsite and Collaboration department. Maggie and Kaia work with RCC's team of programming professionals – Paul Michnewicz, Kevin Danaher, LaTanja Snelling – to stand up this new unit effectively and smoothly.

Sarah Alshamy and Özün Dalaran have joined the RCC communications team. Sarah's design expertise and Özün's public information skills are supporting our new website and RCC's board admirably. They join Lorna Campbell Clarke, who became our Director of Communications in 2022, and Samantha Korkowski, RCC's longtime Graphic Designer, in assuring RCC remains a strong presence in all media platforms.

In addition to these new RCC staff, we've seen several of our employees achieve promotions, and they are filling their new positions very well. Mark Anduss, Chris Brown, Nicholas Burt, Laura Moody and Mark Zubaly are congratulated on their career advancement and new RCC roles.

Change is a constant in all our lives. Managing it successfully depends on the thoughtful planning of everyone at RCC. As we launch our busiest and most ambitious fall season since 2019, I extend my deep appreciation to everyone employed by or volunteering for RCC – the work we accomplish together is measured in the happiness it brings to others.

Come enjoy fall 2023 with us!

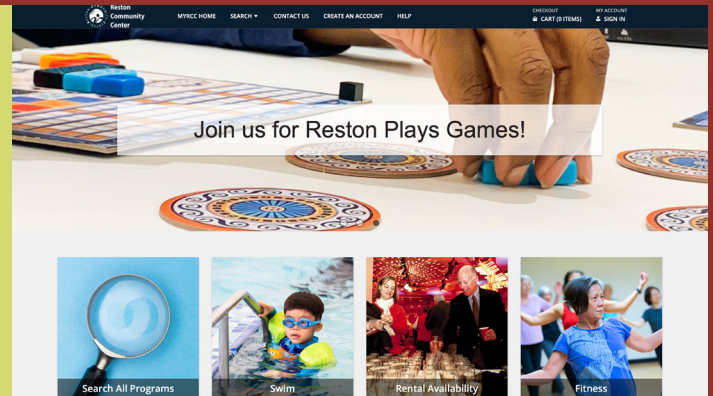
## RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!



In October 2020, RCC earned accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA), a mark of an agency's excellence in its leadership, management, operations, programs and services. We are thrilled to be recognized for this achievement and will continue to uphold these standards as we serve our patrons.

## TIP: Beat the Rush!

Prior to the start of registration, be sure to log into myRCC with your username and password and check your household information via "My Account." All family members you wish to register must be listed, along with their date of birth.



# myRCC Online Registration

## TO REGISTER ONLINE:

You will need to know your username and password.

## IF YOU ARE A NEW USER:

You will need to complete the online household profile. Your user information will be emailed to you within 48 hours.

## RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

Former drop-in programs now require a pass and an advance reservation through myRCC. Patrons can also cancel a reservation through myRCC. Learn how or visit our Help Center for more information.

## Online Registration (myRCC) Contact Information:

### Phone:

703-476-4500, ext. 8

### Fax:

703-476-2488

### Email:

RCCcontact@fairfaxcounty.gov

All emails to RCCcontact@fairfaxcounty.gov will be answered within 48 hours. If your question is urgent, please call during business hours.

## *What if I do not have or know my username?*

If any member of your household has registered for an RCC program in the last five years, you already have a username. To get your username, send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500 during business hours. All emails will be answered within 48 hours. If you have never participated in an RCC program, you need to set up an account by clicking Create an Account.

## *What if I have forgotten my password?*

On the Login box, click on "Forgot Password". You will be asked to enter your primary email address. The password reset link email is valid for 10 minutes. If you do not have an email address on file, or if our data fails to match your responses, you will need to contact our office.

## *I would like to add family members to my account. How do I do this?*

If you have an account already established, please send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500, ext. 8 during business hours.

## *How can I see what courses my family members are currently registered in?*

Once you have successfully signed in, click on My Account, then select Household Activity Calendar. All family member registrations will be displayed for the selected months in a calendar format. Or you can click on My Account, then My History. A listing of all enrollments will be created for the selected date range.

## *How can I cancel a reservation or free enrollment?*

Patrons can now cancel their reservations or enrollments in free options in myRCC.



## ARTS & CULTURE/ OFFSITE & COLLABORATION

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## Silent Dance Party

**Friday, September 8**

7:00 p.m. – 8:30 p.m.

Reston Station Metro Plaza

**Free • All Ages**

Party Alert! With dancing and activities for all ages, Reston Station is hosting another Silent Dance Party on the Reston Station Metro Plaza. Join your friends and family to dance like nobody's watching. Disc jockeys will spin music you alone can hear. The party will feature kid-friendly activities. To dance, please bring a driver's license to exchange for the headset. Dancers choose from different music styles – mix and move to your personal favorites!

Three hours free parking in the ParkX garage with validation. Validation is only good at ParkX and not the Metro garage.

**For more information, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.**

## Happy Hour with Darden and Friends

**Fridays, September 8 – October 13**

5:30 p.m. – 6:45 p.m.

Reston Town Center

**Free • All Ages**

There's no better way to kick off a weekend than to listen to some special jazz in the idyllic setting of Reston Town Square Park. Jazz vocalist and series curator Darden Purcell opens this Fall concert series. Presented by Reston Community Center and Reston Town Center Association in partnership with Darden Purcell.

At the Pavilion:

**September 8: Darden Purcell – Jazz and Brazilian Vocals**

At Reston Town Square Park:

**September 15: Victor Provost – Steelpan**

**September 22: Ben Patterson, Way of the Groove – Funk**

**September 29: Tom Lagana Group – Contemporary Guitar**

**October 6: Jessica Boykin-Settles – Vocal Jazz**

**October 13: Polytonic – Vocal Harmonies**

**For more information, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.**



**DON'T  
FORGET  
TO  
VOTE**



## RCC Preference Poll

**September 8 – September 29**

You can play a vital role in shaping the future of recreation, cultural and leisure-time pursuits in your community by participating in the annual RCC Preference Poll for Board of Governors positions. RCC Board members establish the overall policy and program directions for Reston Community Center while providing financial oversight.

Please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for more information on the 2023 candidates.

### MARK YOUR CALENDARS

**Candidates Forum: September 5 at 6:30 p.m.**

**Voting: September 8 – September 29 (until 5:00 p.m.)**

Mail-in ballots must be received by 5:00 p.m. on September 28.

For more information, please contact us at [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).

## RCC Community Coffee

**Saturdays**

**September 9 – December 30**

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

**Free • All Ages**

Enjoy complimentary food and beverages with casual conversation. Please note that there is no Community Coffee on September 2 and December 23.

For more information, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.



# CENTERSTAGE CINEMA

**RCC Hunters Woods – the CenterStage • 18 Years and Older • FREE**

Registration requested in advance or at the door.

## **EQUITY MATTERS:** *Moving Forward to Equal Justice*

### **Everything Everywhere All At Once** Sunday, September 17, 3:00 p.m.

A middle-aged Chinese immigrant is swept into an insane adventure in which she alone can save existence by exploring other universes and connecting with the lives she could have led. Rated R for some violence, sexual material and language.  
Registration Required: 261002-4A

Check out page 17 for another great Equity Matters film presentation.

### **We Feed People**

Monday, October 16 • 7:30 p.m.  
\$15 Reston/\$20 Non-Reston

*Be swept away to imagined worlds as you watch these great films in the comfort of the CenterStage.*

### **Ragtime**

Monday, September 11, 10:00 a.m.

Based on the 1975 novel by E.L. Doctorow, which also inspired the Broadway musical, this historical drama centers around a young Black pianist who becomes embroiled in the lives of an upper-class white family, in turn-of-the-century New York City, New Rochelle and Atlantic City. It illustrates racial tensions, infidelity and violence while including fictionalized references to actual people and events of the time.

Registration Required: 262001-4A

### **Into the Woods**

Monday, October 2, 10:00 a.m.

Filmed live at the Martin Beck Theatre for the Great Performances series, *Into the Woods* starts familiarly, with the stories of *Cinderella*, *Jack and the Beanstalk*, *Little Red Riding Hood* and *Rapunzel*, tied together with a new story of the Baker and his wife, who are trying to conceive a child. The musical soon discloses many twists and changes of fate for each of the characters as they experience the repercussions of their "happily ever afters." Registration Required: 262002-4A

### **The Big Sick**

Monday, November 6, 10:00 a.m.

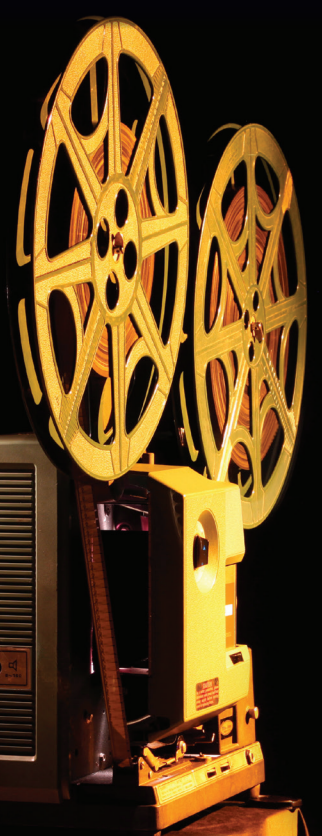
Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations and his true feelings. Rated R for language, including some sexual references.

Registration Required: 262003-4A

### **Love Actually**

Monday, December 11, 10:00 a.m.

This holiday romantic comedy follows the lives of eight very different couples in various loosely interrelated tales all set during the frantic month before Christmas in London, England. Rated R for sexuality and language. Registration Required: 262004-4A



For more information,  
please contact  
Paul Douglas Michnewicz,  
RCC's Arts & Culture Director,  
at 703-390-6167.



# Theatre in the Park Presents: Upright Citizens Brigade Touring Company

**Friday, Saturday and Sunday  
September 8 – 10**

7:30 p.m. – 9:00 p.m.

Reston Town Square Park

**Free • All Ages**

The Upright Citizens Brigade Touring Company (UCBTC) is the comedy powerhouse founded by Amy Poehler, Matt Besser, Ian Roberts and Matt Walsh. Dubbed “the most influential name in improv today” by *The New York Times*, UCBTC runs theatres in New York and Los Angeles, where audiences enjoy improv and sketch comedy seven nights a week. UCBTC also operates the only accredited sketch and improv training school in the country, with classroom facilities on both coasts. UCBTC alumni and instructors include performers and writers for *Saturday Night Live*, *The Tonight Show Starring Jimmy Fallon*, *Key & Peele*, *Veep*, *Silicon Valley*, *The Hangover*, *21 Jump Street* and many more.

Parking is free at Reston Town Center garages after 5:00 p.m. and on weekends.

**For more information, please contact  
Paul Douglas Michnewicz, RCC’s Arts & Culture  
Director, at 703-390-6167.**

# Reggae on the Lake Music Festival

**Saturday, September 9**

1:00 p.m. – 9:00 p.m.


Lake Anne Plaza

**Free • All Ages • Rain or Shine**

Celebrate Reggae music and Caribbean culture at the second annual Reggae on the Lake Music Festival. Enjoy acclaimed local and international musicians, food and craft vendors, and a beer garden in the beautiful setting of Lake Anne Plaza.

**Find out more and join the fun at  
[www.reggaeonthelake.com](http://www.reggaeonthelake.com).**

# Reston Multicultural Festival

A photograph of four women in traditional Burmese attire performing on stage. They are wearing ornate, gold-embroidered dresses and traditional Burmese headdresses. They are holding golden bowls and have their hands in a prayer-like gesture. The background shows a stage with musical equipment and a large screen displaying a scenic view.

The annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, community spirit and art. Learn about our mosaic of cultures as the community gathers for a delightful day at Reston Town Center. This signature Reston event honors diversity, one of our community's greatest assets. Everyone is encouraged to dress in attire that shares their pride in their own cultural roots.

**Saturday, September 23**

**11:00 a.m. – 6:00 p.m. • Reston Town Center**

**Free • Rain or Shine • All Ages**

For more information, contact Kaia Greene, RCC's Community Events Director, at 703-390-6166

*Reston Community Center is proud to present the Reston Multicultural Festival in partnership with Reston Town Center, Reston Town Center Association and BXP. Volunteer coordination is provided by Reston Association.*

MEET THE

# Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage • All Ages

Registration is requested in advance or at the door.

**September 28**  
**Beverly Cosham**

Cosham has performed at nightspots all over the country – from Los Angeles to New York to San Antonio – as well as in theatres throughout the Washington area.

271001-4A

**October 5**  
**Maya Lancor**

Guitarist Maya Lancor will be presenting a performance that includes works by guitar composers such as Heitor Villa-Lobos, Ida Presti, Emilia Giuliani Guglielmi, Roland Dyens, and her father, Miroslav Lancor.

271002-4A

**October 12**  
**Darden Purcell and Mason**  
**Jazz Vocalists**

Darden Purcell, with talented students from the Mason Jazz Voice Studio, performs an eclectic program of Jazz standards, Brazilian hits and exciting arrangements showcasing music from the Great American Songbook.

271003-4A

**October 19**  
**Rob Catinella**

Double bassist Rob Catinella plays an unconventional array of double bass works and transcriptions, including works by Pablo Sarasate, Astor Piazzolla and more.

271004-4A

**October 26**  
**DC Strings with**  
**Fedor Ousepensky and**  
**Johnny Walker Jr.**

Artists from the DC Strings Workshop, Fedor Ousepensky and Johnny Walker Jr., present a concert on violin and cello.

271005-4A

**November 2**  
**Dr. Anna Balakerskaia and**  
**her Piano Studio**

Dr. Balakerskaia, who teaches piano and chamber music performance and is known for her own piano flair and brilliance, will perform. The recital will also feature her outstanding students at the George Mason University Dewberry School of Music.

271006-4A



These programs are a joint venture between Osher Lifelong Learning Institute at George Mason University and Reston Community Center. The Osher Lifelong Learning Institute (OLLI) at George Mason University offers daytime courses, lectures, special events and other activities year-round. There are no exams, no credits, no college degree required or offered and no age threshold for joining. Learn more online at [www.lli.gmu.edu](http://www.lli.gmu.edu).

Schedule subject to change. Please check our website for up-to-date information.

For more information, please contact Paul Douglas Michnewicz, RCC's Arts & Culture Director, at 703-390-6167.



# RCC THANKSGIVING FOOD DRIVE

Drop Off Donations: **NOVEMBER 1 – 20**

Reston Community Center once again joins the Greater Reston Chamber of Commerce and Cornerstones to help families in our community. Patrons, businesses and organizations are encouraged to drop off non-perishable food and other items at Reston Community Center Hunters Woods and Lake Anne facilities, the Greater Reston Chamber of Commerce, as well as a variety of other drop-off points throughout the area.

**Please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) on November 1 for a complete list of needed items and drop-off points.**

## Want to Volunteer?

**THERE ARE THREE GREAT WAYS TO HELP OUT.**

Become a Volunteer Loader on November 22 or 23, or a Volunteer Event Leader or a Volunteer Food Sorter on November 23. Please turn to page 29 to find out more information and learn how to register for these great community service opportunities.

To Benefit: **Cornerstones**   
Hope for Tomorrow Today 

Organizations and businesses interested in participating as drop-off points can call Kaia Greene, RCC's Community Events Director, at 703-390-6166.



## Reston Holiday Parade

**Friday, November 24**

11:00 a.m. – 12:00 p.m.

Reston Town Center

**Free • All Ages**

Come and enjoy the parade that is consistently voted one of the top 10 in the country! Following the parade, enjoy holiday merriment at Reston Town Center including visits and photos with Santa, the tree lighting, a group sing-along and horse-drawn carriage rides. Reston Community Center is a proud community partner and sponsor for this special Reston tradition.

**For more information or to volunteer,  
email [RTC@myerspr.com](mailto:RTC@myerspr.com).**

## *Gifts from the HeART* Shopping Event

**Saturday, December 2**

10:00 a.m. – 3:00 p.m.

RCC Lake Anne

**Free • All Ages**

Join us for this unique holiday gift shopping event. Beautiful original artwork, remarkable ceramics, stunning jewelry and many other one-of-a-kind items will be sold by the artists. This event takes place in conjunction with the annual *Gifts from the HeART* Exhibit, which showcases original works of art in a variety of media and a wide range of sizes and prices. Artists are asked to donate 10% of the proceeds to benefit the ongoing community work of Cornerstones.

**For more information, please visit our website,  
[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com), or contact  
Gloria Morrow, RCC's Arts Education Assistant,  
at 703-390-6187.**



## Reston Town Center Holiday Performances

**Saturdays,  
December 2  
December 9  
December 16**

12:00 p.m. – 3:00 p.m.

Reston Town Center

**Free • All Ages**

Enjoy holiday performances in the fresh air at Reston Town Center. Check the RCC website in late November for a performance schedule.

For more information, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.

## Reston Dr. Martin Luther King Jr. Birthday Celebration

**Save the Dates:  
January 13 – 15, 2024**

Planning for the annual Reston Dr. Martin Luther King Jr. Birthday Celebration is underway. Reston Community Center is proud to present the 2024 Keynote Speaker, Rev. William Barber. The weekend is filled with service, education, music and conviviality under the banner of Dr. King's message. A complete schedule will be available December 1.

For more information, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.



## PROFESSIONAL TOURING ARTIST SERIES

The discussion that comes after the show is what I enjoy most about attending plays, concerts and author talks. What did we like? What did we not fully understand? What moved us? What made us laugh? In these discussions, everyone has a right to their own opinion, but everyone also is engaged with the opinion of others. I've been accused of being overly opinionated, but I can tell you with all honesty that I am very open to persuasion when it comes to how people experience art and what it tells them.

The dialogue starts during the show when your companion laughs or sighs, gasps or cries. The conversation continues when you clap loudly or just politely. And it goes with you as you get up from your seat and walk up the aisle. And then, finally, when you are released from the spell and enter the lobby, you begin to process your thoughts and feelings. Perhaps you have a word with a stranger as you put on your coat or see a neighbor who you didn't know was there. In the car, you start talking to your companion and that can continue through your post-performance activity.

Two days later, you may recall an idea that you didn't fully examine or a lyric that still haunts you.

Conversation is how we create, maintain and expand our community. This is why the arts are central to the core values of Reston Community Center and Reston itself. We build community through dialog and exploration prompted by creativity.

Join us this season, and let's talk about everything!



Paul Douglas Michnewicz  
Director of Arts & Culture

## TICKET SALES DATES

### August 1

The Box Office will be open from 4:00 p.m. – 9:00 p.m. for sales of Professional Touring Artist Series tickets for residents and/or employees of businesses in Small District 5.

### August 8

Professional Touring Artist Series tickets will go on sale to the general public and online at 4:00 p.m.

**Order forms are available online.**





## National Heritage Award Fellows

at the Reston Multicultural Festival

**Saturday, September 23**

11:00 a.m. – 6:00 p.m.

Reston Town Center

Free – Rain or Shine – All Ages

The National Endowment for the Arts (NEA) National Heritage Fellowships are the nation's highest honor in folk and traditional arts. Come to the annual Reston Multicultural Festival where you will see some of these renowned artists and so much more!



## A Conversation with Mandy Patinkin and Kathryn Grody

**Saturday, September 30**

3:00 p.m. and 8:00 p.m.

**\$40 Reston/\$60 Non-Reston**

He's a star of TV, stage and film. She's an award-winning actress and writer. Together on social media Mandy Patinkin and Kathryn Grody shared hilarious nuggets of their "uninterrupted togetherness," thoughts on marriage and hundreds of other topics, entertaining millions during the COVID shutdown. Now they are hitting the road with *A Conversation with Mandy Patinkin and Kathryn Grody*, a live in-person visit full of family stories, professional anecdotes and glimpses into their 40-plus years of *mostly* marital bliss.



## Screening of *We Feed People*

**Monday, October 16**

7:30 p.m.

**\$15 Reston/\$20 Non-Reston**

*We Feed People*, from Oscar-winning director Ron Howard, spotlights renowned chef José Andrés and his nonprofit World Central Kitchen's incredible mission evolution over 12 years. The film follows them from being a scrappy group of grassroots volunteers to becoming one of the most highly regarded humanitarian aid organizations in the world relief sector. This screening will be followed by a discussion with one of the executive producers, Restonian Nathan Mook.

As part of the Washington West Film Festival.

"Charming, irreverent ..."

– Sarah Lyall, *The New York Times*

"... a technically polished and emotionally stirring close-up view of celebrity chef José Andrés and his nonprofit World Central Kitchen."

– *Variety*



## Nefesh Mountain

**Wednesday, October 18**

8:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Nefesh Mountain has been hailed as one of today's boundary-pushing groups in American roots music. The band performances have been called "a master class in string music" by *Rolling Stone*, and "arguably some of the best bluegrass ever made" by *American Songwriter*. It embodies the wild natures and unbridled free spirits of its members, bridging compositional prowess and prolific songwriting with deft and exciting instrumental jams. Their music continues to forge new paths, combining elements of everything from Americana and Appalachian bluegrass to Celtic folk and Eastern European melodies with messages of inclusivity, diversity and hope for our ever-changing world.

"Refreshingly eclectic."

— *Rolling Stone Magazine*



## Negin Farsad

**Sunday, November 19**

7:00 p.m.

**\$20 Reston/\$30 Non-Reston**

Farsad is a regular panelist for NPR's weekly current events program *Wait Wait Don't Tell Me* and Neil deGrasse Tyson's *Star Talk*. In her feature film, *The Muslims Are Coming!*, she took a group of Muslim-American comedians on the road in Middle America to do shows, meet the locals and counter Islamophobia through jokes. The film features Jon Stewart, Lewis Black, Janeane Garofolo, David Cross and Rachel Maddow among other luminaries, and won a humanitarian award from the Arab American Institute. Farsad's first book, *How to Make White People Laugh*, was called "frank and hilarious" by *Salon*, while *The Austin Chronicle* calls her a "master humorist who is equal parts academic and amusing." Copies of her book will be on sale for the author to sign.

"Farsad's fresh and funny voice is perfect for presenting tactics to fight anti-Muslim sentiment in the US, and her work is intriguing and enjoyable to read."

— *Publishers Weekly*



Reduced Shakespeare Company's

## *Ultimate Christmas Show (abridged)*

**Saturday, December 16**

3:00 p.m. and 8:00 p.m.

**\$25 Reston/\$35 Non-Reston**

The fruitcakes of the Reduced Shakespeare Company take you on an irreverent yet heartwarming trip through the holidays in *The Ultimate Christmas Show (abridged)*. It's festive, funny physical family fun as these Three Wise Guys send up and celebrate your favorite winter holiday traditions. The only holiday show you'll ever need to see!

In the spirit of Shakespeare's comedies, RSC shows contain comic depictions of violence, mild innuendo, bawdy language, and the occasional rude word. All children (and parents) are different, so we've chosen to rate our shows PG-13: Pretty Good If You're Thirteen.

"A pure delight from start to finish ... inspired madness!"

— *Broadway World*



## Dan and Claudia Zanes

**Sunday, January 14**

2:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Grammy Award-winner Dan Zanes, and Haitian American jazz vocalist Claudia Zanes, perform a mix of old and new songs from near and far in a style that's been called "All-Ages Social Music." In other words, when they perform, it's a party! The music is homespun, joyful, sophisticated and artful. Claudia is a board-certified Music Therapist. Her background has given the pair additional ways to make meaningful community connections and reach a diverse audience.

"True children's music but executed with such sweet (and un-goopy!) humor, casual multiculturalism and shambling groove that you can call it your own."

– *The New York Times*



## Reston Dr. Martin Luther King Jr. Birthday Celebration

**Keynote Address and Community Lunch with**

**Rev. William Barber**

**Monday, January 15**

11:00 a.m.

**\$5 Reston/\$20 Non-Reston**

The Rev. Dr. William J. Barber II is the President of Repairers of the Breach and co-chair of the Poor People's Campaign. He has pastored Greenleaf Christian Church since 1993 and is a Professor at Yale Divinity School. Dr. Barber is a civil rights advocate and champion of various movements, including workers' rights and women's rights. He gained national attention with the Moral Monday protests in North Carolina in 2013 and co-anchored the relaunch of the Poor People's Campaign: A National Call for a Moral Revival in 2018.

"William Barber is the closest person we have to Martin Luther King Jr. in our midst."

– Dr. Cornel West



## Kwame Alexander

**Sunday, February 4**

3:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Kwame Alexander is a poet, educator, producer and New York Times bestselling author of 38 books. A regular contributor to NPR's Morning Edition, Kwame is the recipient of numerous awards, including The Lee Bennett Hopkins Poetry Award, The Coretta Scott King Author Honor, three NAACP Image Award Nominations and the 2017 Inaugural Pat Conroy Legacy Award. In 2018, he opened the Barbara E. Alexander Memorial Library and Health Clinic in Ghana, as a part of LEAP for Ghana, an international literacy program he co-founded. The Kennedy Center commissioned a 2023 national tour of *Acoustic Rooster's Barnyard Boogie: Starring Indigo Blume* – a musical based on his two beloved books. He is the writer and executive producer of *The Crossover* television series, based on his Newbery Medal-winning novel of the same name, available on the Disney Channel and Disney+.

"Alexander is an accomplished writer, decorated with the top awards given to authors of literature for young people."

– *The New York Times*



## Robin Spielberg

**Saturday, February 10**

8:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Romance is in the air! Enjoy an evening of heartwarming tales and beautiful music performed by one of America's favorite female pianists, Robin Spielberg. Whether playing American classics from film and Broadway, or her original works inspired by love, nature and history, Robin's neo-classical piano stylings coupled with her ability to connect with audiences always inspire and make us laugh. A Steinway Artist, Robin is a Billboard-charting artist with 24 albums, including *Heal of the Hand*, *With a Song in My Heart* and *Love Story*.

"As a popular pianist, Spielberg has one of the best sets of hands going."

— *All-Music Guide*



## Soul to Soul

**Sunday, February 18**

3:00 p.m.

**\$15 Reston/\$20 Non-Reston**

The Jewish and African American people arrived in America by different paths. But the parallels in their histories as oppressed minorities brought them together in the struggle for equal rights. The exciting celebration of two cultures' commonalities is the essence of *Soul to Soul* which brings together African American and Yiddish American experiences in a deeply stirring musical presentation. Starring Lisa Fishman, Cantor Magda Fishman, Elmore James, Zalmen Mlotek, and Tony Perry, with Brian Glassman on bass, Dmitri Slepovitch on clarinet and saxophone, and Matt Temkin on percussion. *Soul to Soul* has been performed for enthusiastic audiences from coast to coast.

"(An) electrifying and emotionally captivating theatrical concert ..."

— *Broadway World*



## Lúnasa

**Sunday, February 25**

3:00 p.m. and 7:00 p.m.

**\$25 Reston/\$35 Non-Reston**

Named for an ancient Celtic harvest festival in honor of the Irish god Lugh, patron of the arts, Lúnasa is indeed a gathering of some of the top musical talents in Ireland. Its members have helped form the backbone of some of the greatest Irish groups of the decade.

"The best Irish band on the planet!"

— *Irish Echo*



Photo Credit:  
Paula Allen

## V (formerly Eve Ensler)

**Sunday, March 3**

3:00 p.m.

**\$20 Reston/\$30 Non-Reston**

V (formerly Eve Ensler) is a Tony Award-winning playwright, activist and author known for *The Vagina Monologues*. The play has been performed in 140 countries and is recognized as one of the most important plays of the past 25 years. V has also worked on films like HBO's *The Vagina Monologues*, the Sundance Film Festival-winning documentary *What I Want My Words to Do to You*, and served as a consultant for *Mad Max: Fury Road*. V is a co-founder of the City of Joy, a transformative center for women survivors of violence in the Democratic Republic of Congo, and featured in the Netflix documentary *City of Joy*.

"*Reckoning* ... exhorts readers to confront the worst and ugliest, pleads for progress and peace, and provokes admiration for its resilient, activist author. V shall overcome, someday."

— *The New York Times*



## Shenandoah Conservatory and Friends

*Slavic Dreams*

**Saturday, March 16**

3:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Violinist Akemi Takayama, a long-time friend of the CenterStage, with her musical colleagues from Shenandoah Conservatory and the Audubon Quartet, performs a concert celebrating their history and great music. Performers include Akemi Takayama (violin), Ellen Jewett (violin), Michael Stepniak (viola), Julian Schwarz (cello) and Ryo Yanagitani (piano). The afternoon's music includes Dvorak's Piano Quintet No. 2 in A Major, Op. 81 and Borodin's String Quartet No. 2 in D Major.

"Needless to say, Akemi Takayama was brilliant. Absolutely brilliant."

— *The Virginia Gazette*



## Mr. Vaudeville

**Saturday, March 23**

2:00 p.m.

**\$5 Reston/\$10 Non-Reston**

Once again, Buddy Silver, self-proclaimed "Mr. Vaudeville," finds himself in a predicament of theatrical confusion. Buddy has arrived at the CenterStage Motion Picture and Vaudeville House to host a vaudeville show that was to take place after the viewing of a film. When the film breaks, they call on Buddy to fill the gap. But he is the only one there. The acts he had lined up were not due to arrive until later. What does he do? What can he do? The show must go on! After all, he's Mr. Vaudeville! He'll just have to do it all by himself ... that is unless he can get a little help from the audience. It's fun for the whole family in this hilarious afternoon of magic, mayhem and classic vaudeville comedy.

"It was fantastic. We had eight adults and two kids in our group; everyone agreed he did such a great job with the whole production. A fun, fun time!"

— Joan Rose, Reston resident



## Cleo Parker Dance

**Wednesday, March 27**

8:00 p.m.

**\$25 Reston/\$35 Non-Reston**

The internationally renowned Cleo Parker Robinson Dance Ensemble, rooted for more than 50 years in African American traditions and modern dance legacy, brings both the iconic and the innovative to the stage. The power, passion and beauty of this ensemble will elevate your spirit and heal your heart!

" ... Cleo Parker Robinson Dance Ensemble, a troupe of extraordinarily talented contemporary dancers who are powerful, fast, razor-sharp, and exciting to watch."

– *Triangle Arts & Entertainment*



## Trout Fishing in America

**Saturday, April 6**

8:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Trout Fishing in America is the longstanding, four-time GRAMMY-nominated musical partnership of Keith Grimwood and Ezra Idlet. A willingness to at once make fun of our most annoying daily habits, then to touch our hearts with tender and passionate images of family life, is what makes the connection between Trout Fishing in America and its audiences so compelling and poignant. Catch a sneak peek performance at Founder's Day at Lake Anne Plaza earlier in the day.

" ... the Lennon and McCartney of kids' music."

– *National Public Radio*



Photo Credit: Lisa Monet Photography

## Okaidja Afroso

**Wednesday, April 24**

8:00 p.m.

**\$15 Reston/\$20 Non-Reston**

Okaidja Afroso ushers in a fresh breeze of musical flavors from the shores of Ghana's Gulf of Guinea, drawing from the ecological knowledge of the indigenous Ga-Dangme fishermen, the power of nature-based rituals, and the connections that his ancestors had to the elements, particularly to the ocean. With his new project *Jaku Mumor*, Okaidja's distinctive musical style extends ancestral traditions and creates a contemporary African oral tradition by combining percussion, guitar, dance and native language vocals.

"One of the undeniable highlights of the evening was the live music performed by Okaidja Afroso. His voice, guitar, and percussion instruments blended into a landscape that was transcendent."

– *LA Dance Review*



## Jen Kober

with Jeffrey Jay as Opener

**Saturday, June 1**

8:00 p.m.

**\$20 Reston/\$30 Non-Reston**

Jen Kober is originally from Lake Charles, La., and has energetically bounded onto the national stage bringing crowds to their feet with her original blend of stand-up, storytelling, and improvised rock-n-roll comedy. She is the winner of NPR's *Snap Judgement* Comedic Performance of the Year for her Girl Scout Cookie story, which went viral upon its release. She can be seen on Disney+ in *The Mandalorian* and *Diary of a Future President*, on HBO'S *Hacks*, Showtime's *Black Monday* and *American Horror Story*, and Netflix's *Dead to Me* and Ru Paul's *AJ and the Queen*.

Jeffrey Jay is a transgender comedian who was featured in *The Advocate* as one of "The Top 7 Transgender Comedians" and "7 LGBT Comics You Shouldn't Have Missed." He has been seen on the CW morning show *The Eye Opener*, and as a finalist in *The Funniest Comic in Texas*.

"Comedian Jen Kober is brassy, smart, ... and she will put you in your place."

— *Laist.com*

## CENTERSTAGE BOX OFFICE INFORMATION

### Online:

[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

Available until one hour before a performance and requires payment of a processing fee.

### By Mail:

**Return Ticket Order Form to RCC Box Office**

2310 Colts Neck Road, Reston, VA 20191

### In Person:

**Tuesday, Wednesday, Thursday: 4:00 p.m. – 9:00 p.m.  
Saturday: 1:00 p.m. – 5:00 p.m., and two hours before any ticketed performance.**

### Phone:

**703-476-4500, Press '3' • TTY 711**

Please provide the following information when you call:

- Your name with the correct spelling as it appears on your Visa, MasterCard or Discover credit card;
- The best telephone number for us to return your call;
- The performance title, date and curtain time you wish to attend;
- The number of tickets you wish to order and whether they are Reston, Non-Reston;
- Your Visa, MasterCard or Discover credit card number, its expiration date and the security code (no American Express please);
- The billing address of your credit card including zip code;
- Your email address so that we may send a confirmation as well as your e-tickets to you.

### Fax:

**Fax Ticket Order Form to 703-476-2488**

## BOX OFFICE POLICIES:

- No refunds or exchanges unless the show is canceled. For online ticket sales, per-ticket fees are refunded, but per-order fees are not refunded.
- Please indicate if a wheelchair accessible seat is needed, or of any other accommodations we can make to provide better access for patrons with any special needs; and do so as soon as possible to assure we can best accommodate you.
- All audience members, regardless of age or the performance location at Reston Community Center, are required by Virginia Fire Code to have a ticket.
- Tickets are not mailed. E-tickets will be sent electronically to the primary patron at the time of the sale. E-tickets may be printed at home or shown on your mobile device to be scanned at the theatre door. Any issues regarding e-tickets can be addressed by calling the Box Office.

Tickets for the Professional Touring Artist Series are sold at Reston (R) (Small District 5 residents or employees) or Non-Reston (NR) prices, regardless of age (no senior or youth tickets). Proof of residence or employment status may be requested. All seats are reserved unless otherwise indicated; payment is required at the time of reservation. All forms are available online.

# PERFORMING ARTS

## Fairfax-Loudoun Music Fellowship

[www.FLMF.org](http://www.FLMF.org)

Fairfax-Loudoun Music Fellowship offers membership to private music teachers looking for a non-competitive, friendly and enriching community. They meet monthly, organize recitals for students at the CenterStage and hold an annual ensemble festival, in which students play together on six grand pianos under the baton of a conductor. A commissioned harpsichord circulates among teachers' studios and is used for workshops and recitals.

### Fall Recitals

**Sunday, October 15**

**1:00 p.m. – 5:00 p.m.**

**RCC Hunters Woods – the CenterStage**

## Conservatory Ballet

[www.conservatoryballet.org](http://www.conservatoryballet.org)

The Conservatory Ballet is a nationally recognized, pre-professional ballet academy. Established in 1972 by founder Julia Redick, it is now under the watchful eye of Artistic Director Joan Boada, who trained with the Cuban National and the Paris Opera Ballet, before retiring as principal dancer with the San Francisco Ballet. Students of the Conservatory Ballet's year-round program – from the youngest to the oldest – learn the Vaganova Theory-Based Curriculum.

### Fall Recital

**Friday, November 17**

**8:00 p.m.**

**Saturday, November 18,**

**3:00 p.m. and 8:00 p.m.**

**RCC Hunters Woods – the CenterStage**

Tickets: Prices available at the CenterStage Box Office in late October.

## Ravel Dance Studio

[www.raveldance.com](http://www.raveldance.com)

703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity to perform original works of dance in a variety of dance genres so they may be better prepared to enter the professional world of dance or to gain acceptance to a university dance program. The Ravel Dance School educates young dancers through high school in classical ballet and pointe while offering additional opportunities to perform. Through an audition process, a dancer may be eligible to perform new and innovative works with the Ravel Dance Company.

### *The Nutcracker*

**Friday, December 1**

**7:30 p.m.**

**Saturday, December 2**

**2:00 p.m.**

**Sunday, December 3**

**2:00 p.m.**

**RCC Hunters Woods – the CenterStage**

Tickets: \$35 Adults, \$25 Children (10 and younger) Available at the CenterStage Box Office in early November.

## Reston Community Orchestra

[www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org)

RCO is an all-volunteer ensemble devoted to the cultural enhancement of the community through the presentation of diverse offerings of symphonic music, from classical to pop. This season, the orchestra will be offering four concerts under four conductors showcasing the players' versatility and strengths. Check the RCO website for updated concert information closer to the performance dates.

This season, which the RCO is calling *Renaissance*, the orchestra will be offering four concerts under four different conductors showcasing the players' versatility and strengths.

### *Harmonies of Reston*

Conducted by Yoon Nam

**Saturday, October 28**

**4:00 p.m.**

**RCC Hunters Woods – Community Room**

Tickets: Prices available at the CenterStage Box Office two weeks prior to the performance.

*The Reston Community Orchestra is supported in part by ArtsFairfax and the Virginia Commission for the Arts.*

## Reston Community Players

[www.restonplayers.org](http://www.restonplayers.org)

703-435-2707

Reston Community Players (RCP) continue their tradition of artistic excellence with touching, funny and timeless productions. RCP has been delighting audiences since 1966. Be sure you get in on the fun.

### *Avenue Q*

Book, Music and Lyrics by Robert Lopez and Jeff Marx. Directed by Leslie Anne Ross.

**Fridays, October 13, 20, 27**

**8:00 p.m.**

**Saturdays, October 14, 21, 28**

**8:00 p.m.**

**Sundays, October 22, October 29**

**2:00 p.m.**

**RCC Hunters Woods – the CenterStage**

Tickets: \$30 Adults (19-64), \$25 Seniors (65 and older), and \$25 Students (18 and younger).

*The Reston Community Players is supported in part by ArtsFairfax.*

## The Reston Chorale

703-834-0079

[www.restonchorale.org](http://www.restonchorale.org)

Don't miss a moment of the music being made this year by The Reston Chorale. Join your friends and neighbors, bring the family and savor the musical feast.

### *The Wonder of the Season*

**Saturday, December 9**

**4:00 p.m. and 7:00 p.m.**

**RCC Hunters Woods – Community Room**

Experience the wonder of the season when The Reston Chorale presents two performances of holiday favorites. It's a musical treat for all ages!

Tickets: \$30 Adults (18-61), \$25 Seniors (62 and older), Free for active duty military and for youth (17 and younger) with a ticketed adult. Tickets are available at the CenterStage Box Office and online.

*The Reston Chorale is supported in part by ArtsFairfax, the Virginia Commission for the Arts, the National Endowment for the Arts, The Reston Chorale Endowment Fund, and corporate donors and individuals.*



# VISUAL ARTS

## League of Reston Artists

[www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers and supporters of the arts. LRA is a non-profit 501(c)(3) volunteer-run organization that sponsors the Reston Photographic Society and provides an annual scholarship to a promising high school senior who will continue his or her education in the visual arts. Minimal annual dues entitle active artists to participate in a variety of exhibition, learning, community and volunteer activities. Numerous judged and juried shows in venues throughout the community give member artists and photographers opportunities to earn distinctions.

Art in Public Places (AIPP) also provides exhibit opportunities for LRA members. Located in approximately 5 commercial and public places, solo exhibits are on a three-month rotation basis. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

## SEPTEMBER – DECEMBER

*Art in Public Places (AIPP)*

Solo Shows – Quarterly rotation

## OCTOBER

*ArtRESTON Painters Exhibit*

RCC Lake Anne – Jo Ann Rose Gallery

**Reception: Sunday, October 8**

**2:00 p.m. – 4:00 p.m.**

## Public Art Reston

[www.publicartreston.org](http://www.publicartreston.org)

Public Art Reston's (PAR) mission is to be the catalyst for public art that inspires, engages and connects. Its vision is for public art to be recognized as essential to our thriving, diverse community. PAR commits to this work by nurturing and celebrating diverse participation, while providing opportunities to experience public art in all neighborhoods of Reston. It connects at the intersections of creativity, accessibility and belonging. Public art is a vehicle for building community and community building is vital to successful creative placemaking.

More than 43 permanent and temporary public artworks have been commissioned since Public Art Reston was founded in 2007, and since the adoption of the Public Art Master Plan for Reston in 2008. These public art offerings and more are accessible to all ages:

- Public Art Map of Reston and Public Art Bike Rides
- Five free, fun-filled Public Art Explorer packets to foster conversations and art making at home or while exploring public art around town
- *Thoreau's Ensemble* at the Colts Neck Road Underpass and *Emerge* at the Glade Drive Underpass
- Marco Rando's *Intent*, The Wooden Horse at Lake Anne Village Center – Washington Plaza
- DeWitt Godfrey's *Simon*

Visit the Public Art Reston website to find out where other projects have been realized in the community and sign up for the newsletter, *Emerge*, for updates!

*Public Art Reston programs are supported in part by Reston Community Center, ArtsFairfax, the Virginia Commission for the Arts and the National Endowment for the Arts.*

# PERFORMING ARTS TICKETS

Tickets for community arts organization events held at RCC (the CenterStage or the Community Room) are usually available for sale two weeks prior to the first performance date. Tickets are sold at Adult, Senior or Student/Youth prices, depending on the organization, regardless of residency (no discounts for Small District 5 residents or employees).

All seats are reserved unless otherwise indicated; payment is required at the time of reservation. Season subscription ticketing is handled differently by different organizations. Priority ordering information is provided with confirmation of the season subscription.

All forms are available online.

## GOVERNMENT FUNDERS

ArtsFairfax:

[www.artsfairfax.org](http://www.artsfairfax.org)



Virginia Commission for the Arts:

[www.arts.virginia.gov](http://www.arts.virginia.gov)



National Endowment for the Arts:

[www.arts.gov](http://www.arts.gov)



# VISUAL ARTS CONTINUED

## Reston Art Gallery and Studios (RAGS)

[www.restonartgallery.com](http://www.restonartgallery.com)  
703-481-8156

The charming artists' collective in historic Lake Anne Plaza is a source of beauty and inspires creativity in all who visit it. RAGS features unique artist-made jewelry, original prints, photography, watercolor, mixed media collage, and acrylic and oil paintings.

### SEPTEMBER

#### Love Notes

by Julia Malakoff

**Reception: Sunday, September 17**  
**2:00 p.m. – 4:00 p.m.**

### OCTOBER

#### October Surprise

by Sandra Dovberg

**Reception: Sunday, October 15**  
**2:00 – 4:00 p.m.**

### NOVEMBER – DECEMBER

#### Holiday Sparkle

RAGS artists present a group show of giftable art.

**Reception: Sunday, November 12**  
**2:00 p.m. – 4:00 p.m.**

Gallery Hours: Saturday and Sunday, 12:00 p.m. – 5:00 p.m. Open weekdays during concerts and special events or by appointment at other times. Catch artists as they work. Free parent/child drop-in craft workshops: 10:00 a.m. – 12:00 p.m. on Saturdays.

## Tephra ICA

[www.tephraica.org](http://www.tephraica.org)

Tephra Institute of Contemporary Art is committed to promoting innovative contemporary art and thinking. Leading with curiosity and care, Tephra ICA is a catalyst, generator, and advocate for visual and interdisciplinary arts. Tephra ICA's exhibitions and programs highlight contemporary artists whose practices are often globally influenced, culturally diverse and conceptually advanced. They provide education initiatives and public programs that encourage the development of critical thinking, creative expression, and support the interconnectivity of art and ideas. Admission to the Tephra ICA gallery is always FREE, as are most programs.

*Tephra ICA is supported in part by ArtsFairfax, Reston Community Center, Virginia Commission for the Arts, and the National Endowment for the Arts.*

# CULTURAL ARTS

## The Reston Museum

[www.restonmuseum.org](http://www.restonmuseum.org)  
703-709-7700

The Reston Museum was founded in 1996 as a community nonprofit organization that preserves the past, informs the present, and influences the future of Reston through its exhibits, public programs, and events including Founder's Day, the Reston Home Tour, and Lake Anne Cardboard Boat Regatta. Reston Museum is located at Lake Anne Plaza, is free to visit, and offers exhibits and a gift shop.

### Famous Restonians

Learn about the individuals born or raised in Reston who have excelled in their fields and made an impact beyond the Reston community. The program shares their remarkable and inspiring stories, and highlights the potential for greatness that lies within each of us.

**Wednesday, September 20**

**7:00 p.m.**

**RCC Lake Anne – Jo Ann Rose Gallery**

Free, Registration Required  
702005-4A

### Reston's Disco Era

Join Reston Museums on a journey through time to the Reston of the 1970s. Utilizing historic archival images from the museum's collection, the program explores the dynamic growth of Reston during this decade.

**Wednesday, November 15**

**7:00 p.m.**

**RCC Lake Anne – Jo Ann Rose Gallery**

Free, Registration Required  
702006-4A

# RCC GALLERY EXHIBITS

## RCC Hunters Woods Exhibits

### SEPTEMBER – OCTOBER

*Inspired by Nature*

Oil paintings by Ramziya Shakirova

### NOVEMBER

*Dreams of Nature*

Acrylic Paintings by Marshall Wickramaratne and his daughter, Laura

### DECEMBER

*Serendipity in the Woods*

Ten artists combine their bold and colorful, abstract and eclectic works of art

## RCC Jo Ann Rose Gallery Exhibits

### SEPTEMBER

*Art Mirrors Culture*

Reston Multicultural Festival Exhibit

### OCTOBER

*artRESTON Painters Exhibit*

League of Reston Artists (LRA)

**Reception: Sunday, October 8  
2:00 p.m. – 4:00 p.m.**

### NOVEMBER

*Through the Eye of the Needle*

A group exhibit by Cotting Quilters

### DECEMBER

*Gifts from the HeART Exhibit*

Annual art sale to benefit Cornerstones

**Shopping Event: Saturday, December 2  
10:00 a.m. – 3:00 p.m.**

## RCC Lake Anne 3D Gallery Exhibits

### SEPTEMBER – NOVEMBER

*Art Mirrors Culture*

Reston Multicultural Festival Exhibit

### DECEMBER – FEBRUARY

*Gifts from the HeART Exhibit*

Annual art sale to benefit Cornerstones

**Shopping Event: Saturday, December 2  
10:00 a.m. – 3:00 p.m.**

## Interested in Exhibiting?

For more information about exhibiting with Reston Community Center, please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or contact Gloria Morrow, Arts Education Assistant, at 703-390-6187.



# VOLUNTEER MANAGEMENT SYSTEM

## Adapted Aquatics Volunteers

(13 years and older)

Under the guidance of the Aquatics Program Manager, volunteers work one-on-one with children and adults with disabilities. For more information, please contact the Aquatics Service Desk at 703-390-6150.

**RCC Hunters Woods – Warm Water Pool  
September 9 – December 9**

Sat 10:45 a.m. – 12:00 p.m.  
Registration required through VMS.

## Halloween Family Fun Day Volunteers

(14 years and older)

Help will be needed from 9:30 a.m. – 11:30 a.m. with decorating, from 12:00 p.m. – 2:00 p.m. running games and directing patrons, and from 2:00 p.m. – 3:00 p.m. for clean-up. Volunteers can help with all or part of the event.

**RCC Hunters Woods  
October 21**

Sat 9:30 a.m. – 3:00 p.m.  
Registration required through VMS.

## RCC Community Coffee Volunteer

(14 years and older)

Help with set up, coffee making, serving patrons, keeping the area tidy and cleaning up at the end.

**September 9 – December 16**

Sat 7:30 a.m. – 11:30 a.m.  
Registration required through VMS.

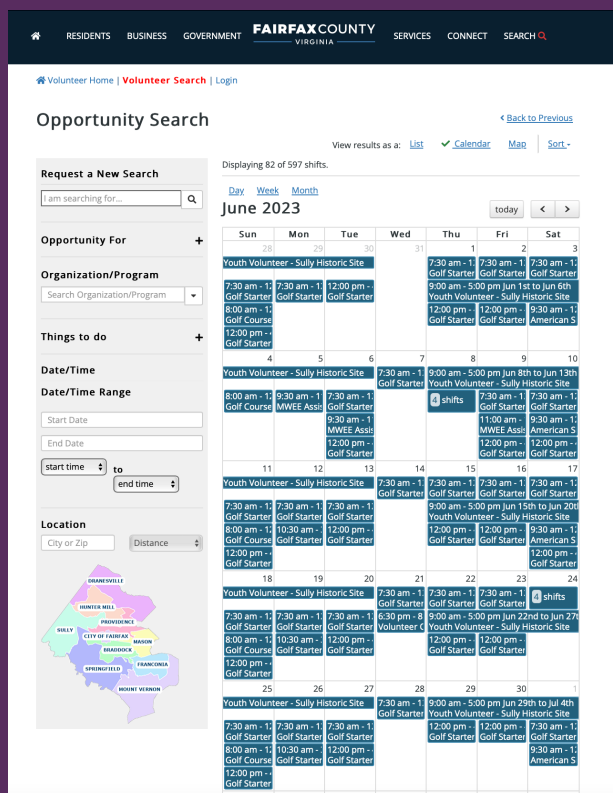
# VOLUNTEER MANAGEMENT SYSTEM (VMS)

Fairfax County has a consolidated, county-wide Volunteer Management System (VMS). Persons wishing to volunteer for a VMS opportunity at Reston Community Center should follow the below steps:

1. Visit: [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov)
2. Click on "Log In" then "New Volunteer Registration" and follow the directions to create your account. You will be asked to read several release forms and complete an electronic form. This one-time process will take just a few minutes. All information is secure and private.
3. Once you have created your account, click on "Search for Opportunities." You may do an "Organization Search" to find a list of all RCC volunteer opportunities. You may also search for a specific opportunity by entering the name of that event (as it appears in this RCC Program Guide) into the "Request a New Search" field.
4. Once you locate an opportunity you are interested in, click on it to find out more information or sign up for an available slot.

Once you have registered for VMS, your data will be saved for use by any County agency for which you want to volunteer. You will be able to review opportunities from all areas, track your hours and see your volunteer commitment calendar.

For questions or concerns with this system, please contact Kaia Greene, RCC's Community Events Director, at 703-390-6166.



## Thanksgiving Food Drive Loader

(14 years and older)

Volunteers are needed to unload a truck filled with unsorted non-perishable food donations collected as part of the Thanksgiving Food Drive. The ability to lift 50-pound boxes is required. Closed-toed shoes are required.

**RCC Hunters Woods**

**November 21 – November 22**

Tue 5:00 p.m. – 5:30 p.m.

Wed 5:00 p.m. – 5:30 p.m.

Registration required through VMS.

## Thanksgiving Food Drive Volunteer Event

(5 years and older)

Volunteers will sort non-perishable food donations, put them all on a truck and deliver and unload everything at the Cornerstones food storage facility. Due to overwhelming volunteer response in past years, there is a limit of 200 volunteers and registration is required for all volunteers. Families are encouraged to register all interested family members at one time. Children under the age of 14 are welcome to volunteer but must be accompanied at all times by an adult/guardian age 18 or older. Not all volunteers will need to go to the food storage facility. A smaller group of 25 volunteers with the ability to lift 50 lbs. will unload the truck. Transportation from RCC Hunters Woods to the food storage facility is the responsibility of the volunteer. Closed-toed shoes are required.

**RCC Hunters Woods**

**November 23**

Thu 10:00 a.m. – 1:00 p.m.

Registration required through VMS.

## Thanksgiving Food Drive Volunteer Event Leader (Including Training)

(16 years and older)

Volunteers with leadership abilities are needed. Training is from 9:00 a.m. – 10:00 a.m. and the event is from 10:00 a.m. – 1:00 p.m., or until done. Volunteer Leaders will direct and organize the large group of volunteers sorting, packing, loading and unloading the multiple tons of donated non-perishable food. Closed-toed shoes are required.

**RCC Hunters Woods**

**November 23**

Thu 9:00 a.m. – 1:00 p.m.

Registration required through VMS.

## VOLUNTEER – PARTNER PROGRAMS

### Annual Reston Multicultural Festival

(13 years and older)

The Reston Multicultural Festival is an all-day celebration of international cultures that brings together thousands of people to celebrate the community's diversity. Volunteers are an essential part of the festival, and each year it takes more than 100 volunteers to make the event a success. Please carefully review the list of job descriptions listed below. Younger volunteers age 13 –16 must be accompanied by an adult. Volunteers will receive a festival volunteer T-shirt and lunch.

**Reston Town Center**

**September 22 – September 23**

Fri 3:00 p.m. – 6:00 p.m.

Sat 8:30 a.m. – 8:00 p.m.

#### Festival Volunteer Schedule:

When you register, please specify which shift you would like, if you are taking two or more shifts. We will provide you with breaks in between shifts.

#### Friday, September 22

3:00 p.m. – 6:00 p.m.

Festival set-up

#### Saturday, September 23

8:30 a.m. – 11:00 a.m.

Festival set-up

10:00 a.m. – 2:00 p.m.

Specific jobs (see job descriptions)

2:00 p.m. – 6:00 p.m.

Specific jobs (see job descriptions)

6:00 p.m. – 8:00 p.m.

Breakdown

### Reston Multicultural Festival Volunteer

#### Job Descriptions:

**Activity Assistant** – Volunteers will assist with hands-on arts and crafts activities with school-age children. Volunteers will be assigned tasks by staff.

**Hospitality Tent** – Volunteer will help with set up and clean up of lunch. Volunteer will make sure RCC/Festival staff are the only ones that have access to the food.

**Survey Takers** – Volunteers will walk around the festival site asking attendees to fill out a brief survey. Volunteers should be outgoing and comfortable talking with people.

**Set-up/Break Down** – Set-up crew in the morning will help with decorating the park, setting up tables, chairs and tablecloths. May be required to do heavy lifting.

For more information or to volunteer, please contact Ha Brock, RA Volunteer Manager, at [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.

### Reston Holiday Parade Volunteers

(14 years and older)

Volunteer jobs include line marshals, pacers, character assistants and more. Also needed are balloon handlers, who must weigh more than 100 lbs. For volunteer information, email [RTC@myerspr.com](mailto:RTC@myerspr.com).

**Reston Town Center Pavilion**

**November 24**

Fri

9:00 a.m. – 1:00 p.m.

VOLUNTEER





# RIDES

Join • Volunteer • Ride



## Volunteer Drivers Needed

**RCC Rides volunteer drivers enhance the quality of life of older Reston adults (55+) who can no longer drive.**



*“RCC Rides is the perfect volunteer program for me because of the schedule flexibility. With RCC Rides, I can log in and choose to provide a ride that fits my schedule.”*

– Robin Parker, Volunteer Driver

**To become a volunteer, complete a volunteer driver application:  
[www.restoncommunitycenter.com/rccrides](http://www.restoncommunitycenter.com/rccrides)**

For more information, please contact the RCC Rides Coordinator at  
703-390-6198 or [RCCRides@fairfaxcounty.gov](mailto:RCCRides@fairfaxcounty.gov).

**VOLUNTEER**



# AQUATICS

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## FALL SCHEDULE • SEPTEMBER 9 – DECEMBER 31

	Lap Pool	Warm Water Pool	Spa
Monday/Wednesday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:30 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 3:00 p.m.* 4:00 p.m. – 5:00 p.m.*	7:00 a.m. – 12:00 p.m. 1:00 p.m. – 7:00 p.m.
Tuesday/Thursday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	1:00 p.m. – 3:00 p.m.* 4:00 p.m. – 5:00 p.m.*	7:00 a.m. – 12:00 p.m. 1:00 p.m. – 7:00 p.m.
Friday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 3:00 p.m.* 4:00 p.m. – 5:00 p.m.*	7:00 a.m. – 12:00 p.m. 1:00 p.m. – 6:00 p.m.
Saturday	9:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.
Sunday	10:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.

\*Swim lanes may be limited. Please note that the schedule is subject to change without notice. RCC schedules programming during open and lap swim times. The Terry L. Smith Aquatics Center is closed from 12:00 p.m. to 1:00 p.m. every day for a deep cleaning. Spa will be closed the last Sunday of every month for cleaning. Lap Pool will be closed from 4:00 – 5:00 p.m. weekdays beginning in November for South Lakes High School swim team practice. Programming will receive priority for pool space.

# AQUATICS

## AQUATICS CENTER RULES & REGULATIONS

- All persons entering the pools must register at the desk and pay the appropriate fee.
- Children under the age of 8 must be accompanied by an adult 16 years or older.
- Children 6 years and up must use appropriate locker rooms. The unisex room may be used.
- Children under the age of 3, and any patron diagnosed with incontinence, are required to wear plastic pants underneath swim apparel.
- All swimmers are encouraged to take a rinse shower before entering the pools. Persons leaving the pool area are required to shower before re-entering the pools.
- Spitting or expunging water is prohibited.
- Running, pushing and horseplay are prohibited.
- No diving into water less than 8 feet in depth is permitted. No back dives or flips from the side in any depth of water are permitted.
- Starting clocks are only available to swim lessons and rentals.
- ADA and entry ramps are for entry and exit only. No swimming or playing are permitted on the ramps, or in areas of the beach entry used by patrons to access the pools.
- Special equipment is for class use only (rings, noodles and barbells).
- Kickboards are restricted to lap lanes only.
- Masks must be marked "Tempered Glass" or "Plastic Lens."
- Snorkels must be properly attached to a mask.
- Fins are limited to the lap lanes.
- Children using floatation devices require direct one-on-one adult supervision. Coast Guard-approved floatation devices are available for patron use in a variety of sizes. Devices brought to the pools must be Coast Guard-approved.
- Food, drinks and chewing gum are not allowed in the pool areas or in the locker rooms.
- No glass containers or breakable objects of any kind are allowed in the pool areas or locker rooms.
- Non-swimmers ages 11 and under will wear an RCC-supplied wristband and are only allowed in the shallow ends of the pools.
- No videography of any kind, using any device, is permitted during swim team practices unless authorized in writing by the swim team coach.
- Talking to and visiting with a lifeguard who is on a stand or monitoring the pools are prohibited. Please see another Aquatics staff member in the office for assistance.
- Any conduct that may endanger the welfare of other patrons is prohibited.
- Appropriate swimwear is required. Only bathing suits or approved alternatives may be worn in the pools and/or spa. Excessively loose clothing or bathing garments will not be permitted due to safety reasons.
- The pools may be closed, or their use limited, at the discretion of management due to technical problems, overcrowding or threatening weather conditions.
- No prolonged underwater swimming or breath-holding is permitted. Competitive and repetitive breath holding can be deadly.

These rules will be enforced by the professional lifeguarding staff team of the Terry L. Smith Aquatics Center. Patron cooperation is appreciated.



# RCC LOCKER ROOM ETIQUETTE

Locker rooms in RCC’s Terry L. Smith Aquatics Center are used by many people throughout the day. To ensure the health and safety of patrons, RCC has established these rules regarding our locker rooms:

- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- No cell phones or other communications devices may be used in the locker rooms. Please use these in the lobby areas of RCC.
- Patrons share the space in the locker rooms; please keep in mind that many others are using them when placing items on surfaces, benches or other areas.
- Personal belongings should not be left in any locker room area before or after use.
- We greatly appreciate everyone’s efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair or other debris that shaving leaves behind. We appreciate your attention to hair that is shed from shampooing as well.
- Children 6 years and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.
- If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate your removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted.

RCC cleaning crews clean the locker rooms overnight and between 3:00 p.m. – 4:00 p.m., seven days a week.

## POOL FEES

	Reston Resident/ Employee	Non-Reston
<b>Daily Visit</b>		
Adult	\$5	\$10
Youth and Senior	\$3	\$6
<b>Daily Visit Pass (Price Per Visit)</b>		
Adult	\$4.50	\$9
Youth and Senior	\$2.75	\$5.50
<b>Monthly Pool Pass</b>		
Adult	\$45	\$90
Youth and Senior	\$25	\$50
<b>Aquatics Annual Pass</b>		
Adult	\$480	\$960
Youth and Senior	\$250	\$500

## WATER AEROBICS FEES

	Reston Resident/ Employee	Non-Reston
<b>Water Aerobics Daily Visit</b>		
Adult	\$7	\$14
Youth and Senior	\$6	\$12
<b>Water Aerobics Pass (Price Per Visit)</b>		
Adult	\$6	\$12
Youth and Senior	\$5	\$10

## AQUATICS HOLIDAY HOURS:\*

\*Some restrictions to lap lane or warm water access may apply.

Annual Maintenance	August 28 – September 8	CLOSED
Veterans Day (Observed)	November 10	7:00 a.m. – 6:00 p.m.
Thanksgiving Day	November 23	9:00 a.m. – 12:00 p.m.
Day After Thanksgiving	November 24	7:00 a.m. – 6:00 p.m.
Staff Teambuilder	December 20	CLOSED 12:00 p.m. – 5:00 p.m.
Christmas Eve	December 24	9:00 a.m. – 12:00 p.m.
Christmas Day	December 25	CLOSED
New Year’s Eve	December 31	9:00 a.m. – 12:00 p.m.
New Year’s Day	January 1	1:00 p.m. – 4:00 p.m.

## AQUATICS

To buy or renew your pass, visit myRCC where you can also make a reservation for lap lanes or daily aquatics aerobics. Passes may be used to reserve time or simply visit; a daily visit fee is charged if you just stop by to swim.

Pools will close a half hour prior to the building closing time to allow time for exiting from the Terry L. Smith Aquatics Center and close at 6:00 p.m. on Friday evenings. Early bird swimming occurs at the Terry L. Smith Aquatics Center Monday through Friday; check myRCC for reservations. The entire Aquatics facility, including locker rooms, will be closed daily from 12:00 p.m. to 1:00 p.m. for a deep cleaning.

Water Aerobics classes (Advanced Arthritis, Fibromyalgia and Multiple Sclerosis, Aqua Barre, Aqua Blast, Aqua Boot Camp, Aqua Burn, Aqua Mixer, Deep Water Mania, Tides in Motion) require reservations. Patrons must have a valid Water Aerobics Pass. Reservations for Water Aerobics classes are free, but patrons are required to purchase a pass and swipe the pass prior to each class. Patrons' passes will be debited a visit for unattended classes.

Patrons are reminded that there is no advantage to the use of paper reservation forms versus online reserving. Online reservations are your most reliable path to making your reservations or canceling a reservation for water exercise offerings. RCC Customer Service Representatives will process paper forms as they can after reservations for each month open at 9:00 a.m., but they never process those forms prior to the 9:00 a.m. opening of reservations online.

Failing to cancel a reservation you can't use keeps someone else from being able to access the offering. Thank you for being considerate!

## SPA USE

Swimmers may use the spa by purchasing a visit or a pass and swiping it for access or following use of a lap lane or warm water zone. People should limit sitting in the spa to 10 minutes or less for good health. The spa is monitored on camera by RCC lifeguards.

## LAP POOL

- Three of the six lap lanes are dedicated to reservation swimming only. Three will be available for open swim use.
- Non-swimming youth must be accompanied by an adult in the water. Both child and adult require payment.
- Lap lane reservations last one hour.
- Reservations that go unused, or uncanceled at least two hours in advance, will be charged to the passholder. Not using a reserved lane or failing to cancel a reservation is unfair to those who are on the waitlist or who want to reserve that slot.

## WARM WATER POOL

When classes are not in session, the Warm Water Pool is available for use without reservations being required.

## SPECIAL ACCOMMODATIONS

If you require a special accommodation, please do not hesitate to ask us. Where needs are unique, we will work with our patrons to accommodate them to the extent we are able and qualified. To request an alternative format and/or to inform us of your special need, please contact our ADA Coordinator at 703-390-6144.

## GROUP RESERVATIONS

Groups larger than eight people seeking to use the pool must coordinate that use with the Aquatics Director at least 14 days in advance to ensure adequate lifeguard coverage. RCC reserves the right to deny the use of the pool to any group that fails to inform the Aquatics Department in advance of its intent to use the pool. Please reach out to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov) for further information or requests.

## RCC PASS OPTIONS

Aquatics Passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk.

### Aquatics Daily Visit Pass

The Aquatics Daily pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The pass allows patrons the flexibility to purchase a minimum number of five visits to a maximum of 60 visits. Patrons can increase the number of visits online at myRCC. Passes are valid for two years from date of purchase.

### Aquatics Monthly Pass

The Aquatics Monthly pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The pass allows patrons the flexibility to purchase and then renew their pass on a monthly basis as they wish. Patrons can renew online at myRCC. Monthly passes are valid from date of purchase and do not renew automatically.

### Aquatics 12-Month Pass

The Aquatics 12-Month pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The 12-Month passes are valid from date of purchase and do not renew automatically. Aquatics Water Aerobics Pass

### Aquatics Water Aerobics Pass

The Aquatics Water Aerobics pass allows access to any of the Advanced Arthritis, Fibromyalgia and Multiple Sclerosis, Aqua Barre, Aqua Blast, Aqua Boot Camp, Aqua Burn, Aqua Mixer, Deep Water Mania and Tides in Motion class offerings. This pass does not provide access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim or open swim hours of operation. Passes may be purchased for a minimum of five visits to a maximum of 60 visits. Water Aerobics passes expire two years from date of purchase. Patrons can increase the number of visits online at myRCC.

# LAP POOL

Three of the six lap lanes are dedicated to reservation swimming only. Three will be available for open swim use.

Reservations are required for the below lap swim lanes at the Terry L. Smith Aquatics Center. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees, and the first of the month for Non-Reston. Reservations are for a 60-minute time slot. Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

## Lap Pool – Lane 1

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 60 minutes.

### 60-min. sessions at RCC HW Pool Pass, Reservations Req.

**September 9 – December 29**

Mon-Fri 6C0901-4A	7:00 a.m. – 8:00 a.m.
Mon-Fri 6C0901-4B	8:00 a.m. – 9:00 a.m.
Mon-Fri 6C0901-4C	9:00 a.m. – 10:00 a.m.
Mon-Fri 6C0901-4D	10:00 a.m. – 11:00 a.m.
Mon-Fri 6C0901-4E	11:00 a.m. – 12:00 p.m.
Mon-Sun 6C0901-4F	1:00 p.m. – 2:00 p.m.
Mon-Sun 6C0901-4G	2:00 p.m. – 3:00 p.m.
Mon-Sun 6C0901-4H	3:00 p.m. – 4:00 p.m.
Mon-Sat 6C0901-4I	4:00 p.m. – 5:00 p.m.



## Lap Pool – Lane 2

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 60 minutes.

### 60-min. sessions at RCC HW Pool Pass, Reservations Req.

**September 9 – December 29**

Mon-Fri 6C0902-4A	7:00 a.m. – 8:00 a.m.
Mon-Fri 6C0902-4B	8:00 a.m. – 9:00 a.m.
Mon-Fri 6C0902-4C	9:00 a.m. – 10:00 a.m.
Mon-Fri 6C0902-4D	10:00 a.m. – 11:00 a.m.
Mon-Fri 6C0902-4E	11:00 a.m. – 12:00 p.m.
Mon-Sun 6C0902-4F	1:00 p.m. – 2:00 p.m.
Mon-Sun 6C0902-4G	2:00 p.m. – 3:00 p.m.
Mon-Sun 6C0902-4H	3:00 p.m. – 4:00 p.m.
Mon-Sat 6C0902-4I	4:00 p.m. – 5:00 p.m.

## Lap Pool – Lane 3

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 60 minutes.

### 60-min. sessions at RCC HW Pool Pass, Reservations Req.

**September 9 – December 29**

Mon-Fri 6C0903-4A	7:00 a.m. – 8:00 a.m.
Mon-Fri 6C0903-4B	8:00 a.m. – 9:00 a.m.
Mon-Fri 6C0903-4C	9:00 a.m. – 10:00 a.m.
Mon-Fri 6C0903-4D	10:00 a.m. – 11:00 a.m.
Mon-Fri 6C0903-4E	11:00 a.m. – 12:00 p.m.
Mon-Sun 6C0903-4F	1:00 p.m. – 2:00 p.m.
Mon-Sun 6C0903-4G	2:00 p.m. – 3:00 p.m.
Mon-Sun 6C0903-4H	3:00 p.m. – 4:00 p.m.
Mon-Sat 6C0903-4I	4:00 p.m. – 5:00 p.m.

# RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)



The Reston Masters Swim Team (RMST) has been in existence since 1974. The "Masters" team has been at Reston Community Center since the pool opened. Masters Swimming is a national program under the auspices of U.S. Masters Swimming, a nationwide organization dedicated to the promotion of swimming in all its forms. The word "masters" in masters swimming does not imply expertise. It merely applies to age. Masters swimmers must be 18 years or older. Our team has members who range in age from 18 to 80-plus years old. RMST provides a venue for swimmers at all levels and for all reasons. We have fitness swimmers, triathletes and highly competitive swimmers. At this time, we have several members who are national champions (including our 80-plus year old). We have swimmers who swam in high school and/or college and either continued over the years or want to get back in the shape they were "way back when." We also have swimmers who are not competitive but simply enjoy swimming in an organized program.

Our indoor season is in the Terry L. Smith Aquatics Center. Terry was a longtime member of our team as well as a longtime member of the RCC Board. Our current coach, Frank Koval, has brought the team to a level of expertise that has seen us compete and win nationally on a regular basis. In the past two years, RMST has come in fifth and sixth respectively in the national championships, which bring out about 100 teams each year. We swim Tuesday, Thursday and Sunday evenings, and Saturday mornings. For exact times, please check the calendar on our website.

**Our dues are low and our enthusiasm is high. If you would like to learn more about us, please check our website at [www.restonmasters.com](http://www.restonmasters.com).**

## RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)



The Reston Swim Team Association is a year-round developmental swim league open to all swimmers between the ages of 6 and 18.

RSTA's summer league features eight teams, each with 110 swimmers from the greater Reston area. Swimmers practice almost daily from late May to the end of July and compete in six dual meets, an Individual Medley meet, and a select All-Star meet. RSTA's winter program provides developmental clinics and sessions from September through May designed to improve swimmers' stroke technique and endurance.

**Whether you are a beginner who wants to become competitive or a swimmer who wants to improve strokes, RSTA offers a program to suit your needs. Check our website at [www.rsta.org](http://www.rsta.org).**

AQUATICS

**FREE**

DEAP offerings are free for Reston residents and employees of Reston businesses.

**DEAP**

Drowning Education Awareness Program

### RCC/RA FREE PRESENTATIONS

RA and RCC offer two free land-based presentations targeted for different audiences and community civic groups. By working together, RCC and RA strive to provide our community access to healthy and safe fun in all of Reston's pools.

### LONGFELLOW'S WHALE TALES

(5 – 12 years old)

This program is a one-hour interactive presentation with fun activities designed to make water safety practices easy to learn.

### WATER SAFETY PRESENTATION

(18 years and older)

Enjoy a 90-minute presentation including a question and answer period focused on water safety training to keep families safe in, on and around the water.

# LEARN-TO-SWIM: INFANT – 7 YEARS OLD

The goals of Reston Community Center's Learn-to-Swim Program are to prepare participants for a lifetime of water pleasure and to promote water safety.

## Swim Lesson Registration Information and Tips

The swim lessons offered at the RCC Terry L. Smith Aquatics Center are among the most popular classes at RCC. To maximize the learning experience please read and consider the following points:

### Placement

- Use the skills placement chart located in the front of each age cohort section.
- If you are still unsure of the correct class, please contact the Aquatics Service Desk at 703-390-6150 for advice.
- A one-on-one skills assessment test may be requested by contacting the Aquatics Service Desk. Skill assessment testing is scheduled based on the patron's availability and is recommended to be done well in advance of each season's registration start date.
- When enrolling siblings online, we recommend you review the various class days/times to help you synchronize the classes.

### Duration of Enrollments

- Repetition of each levels skills is key to graduation. The advice we offer is to stay at the same lesson level for the entire season.
- Anticipating graduation to occur earlier than after repeat sessions may result in an interruption of the learning cycle.
- Students enrolled in the wrong class level will be refunded in full.

Even very small children can learn water safety basics. The American Red Cross recommends ensuring every member of the family learns to swim so they know these basic safety skills: how to enter the water, get a breath, stay afloat, change position, swim a distance and get out of the water safely.

AQUATICS

## INFANT – 7 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
<b>WATER INTRO</b>	6 – 18 months	No swimming skills required. Parent/caregiver must accompany child in the water.
<b>AQUA TOTS</b>	18 – 36 months	No swimming skills required. Parent/caregiver must accompany child in the water.
<b>POOL PALS AND WATER FRIENDS</b>	3 – 4 years	No swimming skills required. Parent/caregiver must accompany child in the water.
<b>SKIPPER I</b>	3 years	No swimming skills required. Comfortable with an instructor. Able to follow simple directions.
<b>SKIPPER II</b>	3 years	Enter and exit water independently. Put face in water and blow at same time. Float on back and front with assistance. Glide on front and back two body lengths with assistance. Swim on front and back three body lengths with assistance.
<b>ROOKIE I</b>	4 – 5 years	No swimming skills required. Able to follow simple instructions.
<b>ROOKIE II</b>	4 – 5 years	Enter and exit water independently. Put face in water and blow at same time. Float on back and front with assistance. Glide on front and back two body lengths with assistance. Swim on front and back three body lengths with assistance.
<b>RANGER</b>	4 – 7 years	Step from side into chest deep water, move into a front float for five seconds, roll to back, float for five seconds, return to a standing position. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, swim using combined arm and leg actions on back for five body lengths. Ages 6 and 7 equivalent to Level 3.
<b>MARLIN</b>	4 – 7 years	Jump into deep water from the side, swim front for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Ages 6 and 7 equivalent to Level 4.
<b>WATER WONDER</b>	4 – 7 years	Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards. Ages 6 and 7 equivalent to Level 5.

## Water Introduction

(6 – 18 months)

This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/ caregiver is required to accompany each child in the water and participate in the classes.

**6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 8:30 a.m. – 9:00 a.m.  
610000-4A

Sat 9:40 a.m. – 10:10 a.m.  
610000-4B

Sat 10:50 a.m. – 11:20 a.m.  
610000-4C

### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 9:00 a.m.  
610000-4D

Sat 9:40 a.m. – 10:10 a.m.  
610000-4E

Sat 10:50 a.m. – 11:20 a.m.  
610000-4F

### September 10 – October 15

Sun 9:40 a.m. – 10:10 a.m.  
610002-4A

### October 29 – December 10

(No Class: November 26)

Sun 9:40 a.m. – 10:10 a.m.  
610002-4B

## Aqua Tots

(18 months – 3 years old)

This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/ caregiver is required to accompany each child in the water and participate in the classes.

**6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 8:30 a.m. – 9:00 a.m.  
610007-4A

Sat 9:40 a.m. – 10:10 a.m.  
610007-4B

Sat 10:50 a.m. – 11:20 a.m.  
610007-4C

### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 9:00 a.m.  
610007-4D

Sat 9:40 a.m. – 10:10 a.m.  
610007-4E

Sat 10:50 a.m. – 11:20 a.m.  
610007-4F

### September 10 – October 15

Sun 9:40 a.m. – 10:10 a.m.  
610008-4A

### October 29 – December 10

(No Class: November 26)

Sun 9:40 a.m. – 10:10 a.m.  
610008-4B

## Pool Pals & Water Friends

(3 – 4 years old)

This class is designed for children and their parent(s) or other favorite adult. Pool Pals introduces students to floating, kicking, paddling, submerging and water safety skills. This class is a great way to transition young, hesitant children to swimming with a teacher. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/caregiver is required to accompany each child in the water and participate in the class.

**6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 9:05 a.m. – 9:35 a.m.  
610080-4A

### October 28 – December 9

(No Class: November 25)

Sat 9:05 a.m. – 9:35 a.m.  
610080-4B

## Skipper I

(3 years old)

Skipper I introduces students to floating, kicking, paddling, submerging and water safety skills. The class develops basic swimming skills. An instructor works with two children at a time for 20 minutes. Parents do not accompany the student in the water.

**6, 20-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 8:30 a.m. – 8:50 a.m.  
610010-4A

Sat 8:50 a.m. – 9:10 a.m.  
610010-4B

Sat 9:10 a.m. – 9:30 a.m.  
610010-4C

### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 8:50 a.m.  
610010-4D

Sat 8:50 a.m. – 9:10 a.m.  
610010-4E

Sat 9:10 a.m. – 9:30 a.m.  
610010-4F

### September 10 – October 15

Sun 8:30 a.m. – 8:50 a.m.  
610012-4A

Sun 8:50 a.m. – 9:10 a.m.  
610012-4B

Sun 9:10 a.m. – 9:30 a.m.  
610012-4C

Sun 9:40 a.m. – 10:00 a.m.  
610012-4D

Sun 10:00 a.m. – 10:20 a.m.  
610012-4E

Sun 10:20 a.m. – 10:40 a.m.  
610012-4F

### October 29 – December 10

(No Class: November 26)

Sun 8:30 a.m. – 8:50 a.m.  
610012-4G

Sun 8:50 a.m. – 9:10 a.m.  
610012-4H

Sun 9:10 a.m. – 9:30 a.m.  
610012-4I

Sun 9:40 a.m. – 10:00 a.m.  
610012-4J

Sun 10:00 a.m. – 10:20 a.m.  
610012-4K

Sun 10:20 a.m. – 10:40 a.m.  
610012-4L

## Skipper II

(3 years old)

Skipper II offers continued skill development with the introduction of independent stroke enhancement. Instruction covers swimming on front with kick, back glide with kick, entering deep water, introduction to proper breathing, increasing endurance and continued water safety orientation.

**6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 9:40 a.m. – 10:10 a.m.  
610020-4A

### October 28 – December 9

(No Class: November 25)

Sat 9:40 a.m. – 10:10 a.m.  
610020-4B

## Rookie I

(4 – 5 years old)

Rookie I is an introductory level class for 4 to 5 year olds with little or no swimming experience. Students will be guided through the water adjustment period and introduced to floating, kicking, paddling, submerging, basic swimming and water safety skills.

### 6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)

#### September 9 – October 14

Sat 8:30 a.m. – 9:00 a.m.  
610030-4A

Sat 10:15 a.m. – 10:45 a.m.  
610030-4B

#### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 9:00 a.m.  
610030-4C

Sat 10:15 a.m. – 10:45 a.m.  
610030-4D

#### September 10 – October 15

Sun 9:05 a.m. – 9:35 a.m.  
610032-4A

Sun 10:50 a.m. – 11:20 a.m.  
610032-4B

#### October 29 – December 10

(No Class: November 26)

Sun 9:05 a.m. – 9:35 a.m.  
610032-4C

Sun 10:50 a.m. – 11:20 a.m.  
610032-4D

### 6, 30-min. sessions at Warm Water Pool \$65 (R)/\$100 (NR)

#### September 12 – October 17

Tue 6:00 p.m. – 6:30 p.m.  
610036-4A

#### September 14 – October 19

Thu 5:00 p.m. – 5:30 p.m.  
610036-4B

#### October 31 – December 12

(No Class: November 21)

Tue 6:00 p.m. – 6:30 p.m.  
610036-4C

#### November 2 – December 14

(No Class: November 23)

Thu 5:00 p.m. – 5:30 p.m.  
610036-4D

### 8, 30-min. sessions at Warm Water Pool \$80 (R)/\$120 (NR)

#### September 11 – October 14

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-4A

#### October 16 – November 8

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-4B

#### November 13 – December 13

(No Class: November 20, 22)

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-4C

## Rookie II

(4 – 5 years old)

Rookie II offers continued skill development with the introduction of independent stroke enhancement. Instruction covers swimming on front with kick, back glide with kick, entering deep water, introduction to proper breathing, increasing endurance and continued water safety orientation.

### 6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)

#### September 9 – October 14

Sat 9:40 a.m. – 10:10 a.m.  
610040-4A

Sat 10:50 a.m. – 11:20 a.m.  
610040-4B

#### October 28 – December 9

(No Class: November 25)

Sat 9:40 a.m. – 10:10 a.m.  
610040-4C

Sat 10:50 a.m. – 11:20 a.m.  
610040-4D

#### September 10 – October 15

Sun 9:40 a.m. – 10:10 a.m.  
610042-4A

Sun 11:25 a.m. – 11:55 a.m.  
610042-4B

#### October 29 – December 10

(No Class: November 26)

Sun 9:40 a.m. – 10:10 a.m.  
610042-4C

Sun 11:25 a.m. – 11:55 a.m.  
610042-4D

### 6, 30-min. sessions at Warm Water Pool \$65 (R)/\$100 (NR)

#### September 12 – October 17

Tue 5:00 p.m. – 5:30 p.m.  
610046-4A

#### September 14 – October 19

Thu 5:30 p.m. – 6:00 p.m.  
610046-4B

#### October 31 – December 12

(No Class: November 21)

Tue 5:00 p.m. – 5:30 p.m.  
610046-4C

#### November 2 – December 14

(No Class: November 23)

Thu 5:30 p.m. – 6:00 p.m.  
610046-4D

### 8, 30-min. sessions at Warm Water Pool \$80 (R)/\$120 (NR)

#### September 11 – October 14

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610043-4A

#### October 16 – November 8

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610043-4B

#### November 13 – December 13

(No Class: November 20, 22)

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610043-4C



## Ranger

(4 – 7 years old)

The Ranger class builds on the skills in Rookie II through additional guided practice. Topics of instruction will include sitting and kneeling diving, underwater exploration, front and back glides, rotary breathing, front crawl, elementary backstroke, dolphin kick, and various safety topics.

**6, 30-min. sessions at Warm Water Pool**  
**\$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 9:05 a.m. – 9:35 a.m.  
 610050-4A

Sat 11:25 a.m. – 11:55 a.m.  
 610050-4B

### October 28 – December 9

(No Class: November 25)

Sat 9:05 a.m. – 9:35 a.m.  
 610050-4C

Sat 11:25 a.m. – 11:55 a.m.  
 610050-4D

### September 10 – October 15

Sun 10:15 a.m. – 10:45 a.m.  
 610052-4A

### October 29 – December 10

(No Class: November 26)

Sun 10:15 a.m. – 10:45 a.m.  
 610052-4B

**6, 30-min. sessions at Warm Water Pool**  
**\$65 (R)/\$100 (NR)**

### September 12 – October 17

Tue 5:30 p.m. – 6:00 p.m.  
 610056-4A

### October 31 – December 12

(No Class: November 21)

Tue 5:30 p.m. – 6:00 p.m.  
 610056-4B

## PRACTICE MAKES PERFECT

“Practice Makes Perfect” is a good motto for the RCC approach to our swimming lessons program. We encourage repeated enrollment in skill classes for students so they fully master the swimming techniques needed for lifelong aquatic enjoyment and water safety.

## Marlin

(4 – 7 years old)

Marlins develop confidence in the skills learned and improve other aquatic skills. Topics of instruction include surface dives, turns, standing dives, front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke and various safety topics.

**6, 30-min. sessions at Lap Pool**  
**\$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 9:05 a.m. – 9:35 a.m.  
 610060-4A

### October 28 – December 9

(No Class: November 25)

Sat 9:05 a.m. – 9:35 a.m.  
 610060-4B

### September 10 – October 15

Sun 10:50 a.m. – 11:20 a.m.  
 610062-4A

### October 29 – December 10

(No Class: November 26)

Sun 10:50 a.m. – 11:20 a.m.  
 610062-4B

**6, 30-min. sessions at Lap Pool**  
**\$65 (R)/\$100 (NR)**

### September 12 – October 17

Tue 6:30 p.m. – 7:00 p.m.  
 610066-4A

### October 31 – December 12

(No Class: November 21)

Tue 6:30 p.m. – 7:00 p.m.  
 610066-4B

## Water Wonder

(4 – 7 years old)

Water Wonder provides further coordination and refinement of strokes. Topics of instruction will include treading with alternate kicks, flip turns, increasing endurance and improving technique in front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke, and various safety topics.

**6, 30-min. sessions at Lap Pool**  
**\$70 (R)/\$140 (NR)**

### September 9 – October 14

Sat 9:40 a.m. – 10:10 a.m.  
 610070-4A

### October 28 – December 9

(No Class: November 25)

Sat 9:40 a.m. – 10:10 a.m.  
 610070-4B

## PRIVATE SWIM LESSONS

The RCC Terry L. Smith Aquatics Center offers private swim lessons for children and adults; class curriculum is tailored to the individual student and sessions are scheduled around the other uses of the pool, instructor availability and the participant’s schedule. Lessons are taught by RCC certified instructors in 30-minute increments of time. Please contact the Aquatics Program Director for more information or inquire about availability at 703-390-6152. Payment in full will be required prior to enrollment. Cancellations must be made 48 hours in advance by calling the Aquatics Service Desk at 703-390-6150.

**30-minute session • \$35 (R)/\$53 (NR)**



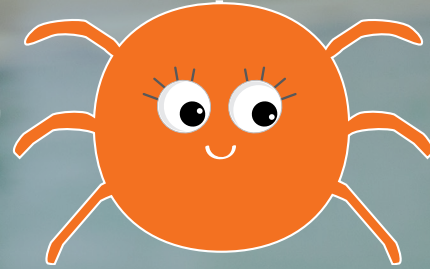


# Saturday, October 28

\$4 Reston/\$8 Non-Reston



# B



at the

# POOL

**6 months – 3 years old**

12:30 p.m. – 1:00 p.m. • 643001-4A

**4 – 5 years old**

1:30 p.m. – 2:00 p.m. • 643002-4A

**6 – 7 years old**

2:30 p.m. – 3:00 p.m. • 643003-4A

**8 – 9 years old**

3:30 p.m. – 4:00 p.m. • 643004-4A

Dive into the RCC Terry L. Smith Aquatic Center's Boo at the Pool! Some treats will float for the little ones, others will sink for those seeking a little more adventure. Each participating child will receive a goody bag upon completion of the event. Children wearing poolside costumes will receive an additional prize. A parent/adult is required to accompany each non-swimmer in the water and participate in the activity. RCC will have a limited number of life jackets available for optional use. Personal life jackets approved by the United States Coast Guard may also be used.

*Register today to ensure your spot in this boo-tastic event for your trick-or-treater!*

# LEARN-TO-SWIM: 6 – 12 YEARS OLD

The goals of Reston Community Center's Learn-to-Swim Program are to prepare participants for a lifetime of water pleasure and to promote water safety.

## Swim Lesson Registration Information and Tips

The swim lessons offered at the RCC Terry L. Smith Aquatics Center are among the most popular classes at RCC. To maximize the learning experience please read and consider the following points:

### Placement

- Use the skills placement chart located in the front of each age cohort section.
- If you are still unsure of the correct class, please contact the Aquatics Service Desk at 703-390-6150 for advice.
- A one-on-one skills assessment test may be requested by contacting the Aquatics Service Desk. Skill assessment testing is scheduled based on the patron's availability and is recommended to be done well in advance of each season's registration start date.
- When enrolling siblings online, we recommend you review the various class days/times to help you synchronize the classes.

### Duration of Enrollments

- Repetition of each levels skills is key to graduation. The advice we offer is to stay at the same lesson level for the entire season.
- Anticipating graduation to occur earlier than after repeat sessions may result in an interruption of the learning cycle.
- Students enrolled in the wrong class level will be refunded in full.

Swimming is the fourth most popular recreational sport in the United States, according to the Centers for Disease Control and Prevention (CDC), after walking, running and cycling. About 91 million Americans over the age of 16 swim in oceans, lakes and rivers each year, and about 36% of children 7 to 17 years old swim at least six times each year.

## 6 – 12 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
<b>SWIM LEVEL 1</b>	6 – 12 years	No swimming skills required.
<b>SWIM LEVEL 2</b>	6 – 12 years	Safely enter and exit the water from the side. Glide on front at least two body lengths, roll to a back float for five seconds, then recover to a vertical position with assistance.
<b>SWIM LEVEL 3</b>	6 – 12 years	Push off and swim using combined arm and leg actions on front for five body lengths. Back float for 15 seconds, roll to front and continue swimming for five body lengths.
<b>SWIM LEVEL 4</b>	6 – 12 years	Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for one minute, and swim elementary backstroke for 15 yards.
<b>SWIM LEVEL 5</b>	6 – 12 years	Perform a feet first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
<b>SWIM LEVEL 6</b>	6 – 12 years	Swim front crawl for 50 yards, then swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.
<b>STROKE-N-TURN</b>	6 – 8 years	Student must be able to swim continuously for 25 yards and demonstrate the use of two different strokes.
<b>STROKE-N-TURN</b>	9 – 12 years	Student must be able to swim continuously for 25 yards and demonstrate the use of two different strokes.

## Level 1

(6 – 12 years old)

Level 1 is for beginners with little or no experience in the water. It will give students an introduction to fundamental swimming skills. Topics of instruction will include independently using stairs, steps and ladders, submerging with bobs, introduction to front and back floats, front and back glides, swimming on front and back using arms and legs, and various safety topics.

### 6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)

#### September 9 – October 14

Sat 8:30 a.m. – 9:00 a.m.  
610310-4A

Sat 10:15 a.m. – 10:45 a.m.  
610310-4B

#### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 9:00 a.m.  
610310-4C

Sat 10:15 a.m. – 10:45 a.m.  
610310-4D

#### September 10 – October 15

Sun 8:30 a.m. – 9:00 a.m.  
610312-4A

Sun 10:50 a.m. – 11:20 a.m.  
610312-4B

#### October 29 – December 10

(No Class: November 26)

Sun 8:30 a.m. – 9:00 a.m.  
610312-4C

Sun 10:50 a.m. – 11:20 a.m.  
610312-4D

### 6, 30-min. sessions at Warm Water Pool \$65 (R)/\$100 (NR)

#### September 12 – October 17

Tue 6:30 p.m. – 7:00 p.m.  
610316-4A

#### September 14 – October 19

Thu 5:00 p.m. – 5:30 p.m.  
610316-4B

#### October 31 – December 12

(No Class: November 21)

Tue 6:30 p.m. – 7:00 p.m.  
610316-4C

#### November 2 – December 14

(No Class: November 23)

Thu 5:00 p.m. – 5:30 p.m.  
610316-4D



### 8, 30-min. sessions at Warm Water Pool \$80 (R)/\$120 (NR)

#### September 11 – October 4

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610313-4A

#### October 16 – November 8

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610313-4B

#### November 13 – December 13

(No Class: November 20, 22)

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610313-4C

## Level 2

(6 – 12 years old)

Level 2 is for children who have successfully completed Level 1 or have comparable skills. Level 2 will focus on safety skills and develop movement. Topics of instruction will include stepping and jumping into the water, front and back glides, floating for 15 seconds, treading water, and combined swim front for five strokes using arms, kicking, and breathing.

### 6, 30-min. sessions at Warm Water Pool \$70 (R)/\$140 (NR)

#### September 9 – October 14

Sat 8:30 a.m. – 9:00 a.m.  
610320-4A

Sat 10:15 a.m. – 10:45 a.m.  
610320-4B

#### October 28 – December 9

(No Class: November 25)

Sat 8:30 a.m. – 9:00 a.m.  
610320-4C

Sat 10:15 a.m. – 10:45 a.m.  
610320-4D

#### September 10 – October 15

Sun 9:05 a.m. – 9:35 a.m.  
610322-4A

Sun 11:25 a.m. – 11:55 a.m.  
610322-4B

#### October 29 – December 10

(No Class: November 26)

Sun 9:05 a.m. – 9:35 a.m.  
610322-4C

Sun 11:25 a.m. – 11:55 a.m.  
610322-4D

### 6, 30-min. sessions at Warm Water Pool \$65 (R)/\$100 (NR)

#### September 12 – October 17

Tue 5:00 p.m. – 5:30 p.m.  
610326-4A

#### September 14 – October 19

Thu 5:30 p.m. – 6:00 p.m.  
610326-4B

#### October 31 – December 12

(No Class: November 21)

Tue 5:00 p.m. – 5:30 p.m.  
610326-4C

#### November 2 – December 14

(No Class: November 23)

Thu 5:30 p.m. – 6:00 p.m.  
610326-4D

### 8, 30-min. sessions at Warm Water Pool \$80 (R)/\$120 (NR)

#### September 11 – October 4

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610323-4A

#### October 16 – November 8

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610323-4B

#### November 13 – December 13

(No Class: November 20, 22)

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610323-4C

**Level 3**

(6 – 12 years old)

Level 3 is for children who have successfully completed Level 2 or have comparable skills. The Level 3 class builds on the skills in Level 2 through additional guided practice. Topics of instruction will include sitting and kneeling diving, front and back glides, front crawl for 15 yards, rotary breathing, introduction to elementary backstroke, and various safety topics.

**6, 30-min. sessions at Warm Water Pool  
\$70 (R)/\$140 (NR)****September 9 – October 14**

Sat 9:05 a.m. – 9:35 a.m.  
610330-4A  
Sat 11:25 a.m. – 11:55 a.m.  
610330-4B

**October 28 – December 9**

(No Class: November 25)

Sat 9:05 a.m. – 9:35 a.m.  
610330-4C  
Sat 11:25 a.m. – 11:55 a.m.  
610330-4D

**September 10 – October 15**

Sun 10:15 a.m. – 10:45 a.m.  
610332-4A

**October 29 – December 10**

(No Class: November 26)

Sun 10:15 a.m. – 10:45 a.m.  
610332-4B

**6, 30-min. sessions at Warm Water Pool  
\$65 (R)/\$100 (NR)****September 12 – October 17**

Tue 5:30 p.m. – 6:00 p.m.  
610336-4A

**October 31 – December 12**

(No Class: November 21)

Tue 5:30 p.m. – 6:00 p.m.  
610336-4B

**8, 30-min. sessions at Warm Water Pool  
\$80 (R)/\$120 (NR)****September 11 – October 4**

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610333-4A

**October 16 – November 8**

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610333-4B

**November 13 – December 13**

(No Class: November 20, November 22)

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610333-4C

**Level 4**

(6 – 12 years old)

Level 4 is for children who have successfully completed Level 3 or have comparable skills. Level 4 develops confidence of the skills learned in Level 3. Topics of instruction will include entering and diving into deep water, swimming front crawl and elementary backstroke for 25 yards, swimming butterfly and breaststroke for 15 yards, back crawl for 15 yards, and treading water for two minutes.

**6, 30-min. sessions at Lap Pool  
\$70 (R)/\$140 (NR)****September 9 – October 14**

Sat 9:40 a.m. – 10:10 a.m.  
610340-4A

**October 28 – December 9**

(No Class: November 25)

Sat 9:40 a.m. – 10:10 a.m.  
610340-4B

**September 10 – October 15**

Sun 11:25 a.m. – 11:55 a.m.  
610342-4A

**October 29 – December 10**

(No Class: November 26)

Sun 11:25 a.m. – 11:55 a.m.  
610342-4B

**6, 30-min. sessions at Lap Pool  
\$65 (R)/\$100 (NR)****September 12 – October 17**

Tue 6:00 pm – 6:30pm  
610346-4A

**October 31 – December 12**

(No Class: November 21)

Tue 6:00 pm – 6:30pm  
610346-3B

**Level 5**

(6 – 12 years old)

Level 5 is for children who have successfully completed Level 4 or have comparable skills. Level 5 refines the skills learned in Level 4. Topics of instruction will include swimming front crawl and elementary backstroke for 50 yards, swimming butterfly and breaststroke for 25 yards, back crawl for 25 yards, flip turns for front crawl and treading water for five minutes.

**6, 45-min. sessions at Lap Pool  
\$80 (R)/\$160 (NR)****September 9 – October 14**

Sat 10:15 a.m. – 11:00 a.m.  
610350-4A

**October 28 – December 9**

(No Class: November 25)

Sat 10:15 a.m. – 11:00 a.m.  
610350-4B

**6, 45-min. sessions at Lap Pool  
\$70 (R)/\$105 (NR)****September 14 – October 19**

Thu 6:00 p.m. – 6:45 p.m.  
610356-4A

**November 2 – December 14**

(No Class: November 23)

Thu 6:00 p.m. – 6:45 p.m.  
610356-4B

**Level 6**

(6 – 12 years old)

This class is for children who have successfully completed Level 5 or have comparable skills. Level 6 refines the skills learned in Level 5 and utilizes swimming as a form of exercise. Topics of instruction will include swimming front crawl and elementary backstroke for 100 yards, swimming butterfly and breaststroke for 50 yards, back crawl for 50 yards, flip turns for both front and back crawl, introduction to swim equipment (pull buoys and fins) and retrieving an object from eight feet deep.

**6, 45-min. sessions at Lap Pool  
\$80 (R)/\$160 (NR)****September 9 – October 14**

Sat 11:05 a.m. – 11:50 a.m.  
610360-4A

**October 28 – December 9**

(No Class: November 25)

Sat 11:05 a.m. – 11:50 a.m.  
610360-4B

**Stroke-n-Turn**

(9 – 12 years old)

This class is for swim team swimmers ages 9 through 12 who would like to improve stroke coordination and refinement. Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include front and back crawl, breaststroke, butterfly, shallow dive, and how to glide two body lengths and begin any front stroke.

**8, 45-min. sessions at Lap Pool  
\$90 (R)/\$135 (NR)****September 11 – October 4**

Mon, Wed 6:00 p.m. – 6:45 p.m.  
610183-4A

**October 16 – November 8**

Mon, Wed 6:00 p.m. – 6:45 p.m.  
610183-4B

**November 13 – December 13**

(No Class: November 20, November 22)

Mon, Wed 6:00 p.m. – 6:45 p.m.  
610183-4C



## 13 YEARS AND OLDER

### Adult Beginner

(13 years and older)

This class is for people who have little or no swimming skills. Learn to swim a pool length and become comfortable in deep water. The course is self-paced and aimed at addressing the needs of each student.

**6, 30-min. sessions at Warm Water Pool**  
**\$70 (R)/\$56 (R55+)/\$140 (NR)**

**September 9 – October 14**

Sat 10:15 a.m. – 10:45 a.m.  
 640210-4A

**October 28 – December 9**

(No Class: November 25)

Sat 10:15 a.m. – 10:45 a.m.  
 610210-4B

**September 10 – October 15**

Sun 8:30 a.m. – 9:00 a.m.  
 610212-4A

**October 29 – December 10**

(No Class: November 26)

Sun 8:30 a.m. – 9:00 a.m.  
 610212-4B

**8, 30-min. sessions at Warm Water Pool**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 11 – October 4**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-4A

**October 16 – November 8**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-4B

**November 13 – December 13**

(No Class: November 20, 22)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-4C

### Adult Advanced Beginner

(13 years and older)

This class is for people who can swim one pool length (25 yards) and want to improve front crawl, backstroke and deep-water skills. Intermediate swimmers will learn advanced strokes and some diving. In addition, instruction will be given to correct poor swimming habits and modernize strokes to current techniques.

**6, 45-min. sessions at Lap Pool**  
**\$80 (R)/\$64 (R55+)/\$160 (NR)**

**September 9 – October 14**

Sat 10:50 a.m. – 11:35 a.m.  
 610220-4A

**October 28 – December 9**

(No Class: November 25)

Sat 10:50 a.m. – 11:35 a.m.  
 610220-4B

**6, 45-min. sessions at Lap Pool**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**September 14 – October 19**

Thu 6:00 p.m. – 6:45 p.m.  
 611226-4A

**November 2 – December 14**

(No Class: November 23)

Thu 6:00 p.m. – 6:45 p.m.  
 611226-4B



### Adapted Aquatics

(4 years and older)

Adapted Aquatics is a swimming instruction program that is individually adapted for children and adults with physical or learning disabilities. The program is supervised by RCC-trained instructors and volunteers. Family members may be requested to assist in the water if volunteers are not available. Questions regarding this program should be referred to the Aquatics Service Desk at 703-390-6150. Mainstreaming of swimmers is available upon request and consultation.

**6, 30-min. sessions at Warm Water Pool**  
**\$70 (R)/\$56 (R55+)/\$140 (NR)**

**September 9 – October 14**

Sat 10:50 a.m. – 11:20 a.m.  
 610190-4A

Sat 11:25 a.m. – 11:55 a.m.  
 610190-4B

**October 28 – December 9**

(No Class: November 25)

Sat 10:50 a.m. – 11:20 a.m.  
 610190-4C

Sat 11:25 a.m. – 11:55 a.m.  
 610190-4D

## INCLEMENT WEATHER

In the event of inclement weather, we advise our patrons and rental clients to call us at 703-476-4500 for the most complete and up-to-date information.

## VOLUNTEERS NEEDED!

See page 28 for more information.

# DAILY AEROBICS

These following classes now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons. Reservations for daily aerobics programming are free, but patrons are required to purchase a Water Aerobics pass and swipe the pass prior to each reserved class. Water Aerobic passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$6 (R)/\$12 (NR) per class. Fitness passes expire two years from the date of purchase. Patrons who need to cancel can now do so in myRCC.

## Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(18 years and older)

Classes will be taught in deep water, and students should be comfortable swimming in deep water. Classes will be led by a certified instructor and will include a warm-up, aerobic portion and cool-down for an exercise period of 30 minutes. Patrons with various forms of arthritis, fibromyalgia and Multiple Sclerosis (MS) benefit greatly from exercise in the water. Benefits include increasing and maintaining flexibility, strength, coordination, balance, endurance and range of motion. Additional benefits are increased blood supply to muscles (which reduces muscle spasms) and the relaxation of the nervous system. The water provides a stimulating and social environment for overall well-being. Participants can make new friends and have fun. At the same time, participants will learn exercises that increase flexibility and mobility and reduce the pain of daily routines. Instructor approval is required. Participants should consult a physician before starting this program.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 12 – December 14**

(No Class: November 21, 23)

Tue, Thu 10:30 a.m. – 11:15 a.m.  
6C0160-4

# WATER AEROBICS FEES

	Reston Resident/ Employee	Non-Reston
<b>Water Aerobics Daily Visit</b>		
Adult	\$7	\$14
Youth and Senior	\$6	\$12
<b>Water Aerobics Pass (Price Per Visit)</b>		
Adult	\$6	\$12
Youth and Senior	\$5	\$10

## Aqua Barre

(18 years and older)

Bringing ballet-inspired movements to the water, this program is designed to strengthen arms, legs and especially core. Using a noodle as a ballet barre for stability, participants will learn isometric movements to tone muscles, as well as lever movements to lengthen, strengthen and improve range of motion. Equipment will be provided. Participants must be comfortable in deep water.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 11 – December 15**

(No Class: November 20, 22, 24)

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.  
6C0110-4

## Aqua Blast

(18 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be in deep water and will include a cardio segment to improve cardio-respiratory circulation, movements to increase strength and muscle capacity, plus flexibility exercises to increase range of motion. Participants will work at the pace suited for them while feeling invigorated. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with a physician before starting this program.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 10 – December 10**

Sun 8:30 a.m. – 9:15 a.m.  
6C0065-4

Sun 9:30 a.m. – 10:15 a.m.  
6C0070-4

**September 12 – December 14**

(No Class: November 20, 22, 24)

Tue, Thu 8:30 a.m. – 9:15 a.m.  
6C0060-4

Tue, Thu 9:30 a.m. – 10:15 a.m.  
6C0075-4

## Aqua Boot Camp

(18 years and older)

This deep-water, high-intensity workout uses core-strengthening, cardio and range-of-motion exercises to help reach fitness goals. Equipment will be provided. Participants must be comfortable in deep water.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 11 – December 15**

(No Class: November 20, 22, 24)

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.  
6C0080-4

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.  
6C0100-4

## Aqua Burn

(18 years and older)

This is a complete program providing routines for warm up, stretching, toning and cardiovascular improvement. The cushioning effect of the water reduces stress on the joints, while its cooling effect serves to keep the body from overheating, even during strenuous exercises. Participants should consult with a physician before starting this program.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 11 – December 13**

(No Class: November 20, 22)

Mon, Wed 7:30 p.m. – 8:15 p.m.  
6C0140-4

## Aqua Mixer

(18 years and older)

This deep-water program will provide participants with a completely non-impact workout. The class is designed to enhance cardiovascular fitness, flexibility, muscular endurance and overall toning. Special attention will be given to strengthening lower back ligaments and muscles. Participants must be comfortable in deep water. Participants should consult with their physician before starting this program.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 11 – December 13**

(No Class: November 20, 22)

Mon, Wed 5:30 p.m. – 6:15 p.m.  
6C0040-4

## Deep Water Mania

(18 years and older)

Run and bicycle in deep water to achieve a great cardiovascular workout. Equipment will be furnished to ensure an excellent cross-training experience. Deep Water Mania will provide the benefits of a land-based program, but without the pounding and stress on the joints, tendons and ligaments. Participants should consult with a physician before starting this program.

**45-min. sessions at Warm Water Pool Pass, Reservation Req.**

**September 11 – December 13**

(No Class: November 20, 22)

Mon, Wed 6:30 p.m. – 7:15 p.m.  
6C0150-4

## Tides in Motion

(18 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups and improving aerobic capacity, balance and circulation. All exercises are conducted in shallow water using upbeat music for motivation. Equipment will be provided. Water shoes are highly recommended. Participants should consult with a physician before starting this program.

**45-min. sessions at Warm Water Pool Pass. Reservations Req.**

**September 11 – December 15**

(No Class: November 20, 22, 24)

Mon, Wed, Fri 8:30 a.m. – 9:15 a.m.  
6C0010-4



## WATER SAFETY ACADEMY

### Adult & Pediatric First Aid/CPR/AED

(13 years and older)

The American Red Cross Adult and Pediatric CPR/AED/First Aid course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies; and how to respond to breathing and cardiac emergencies to help victims of any age. Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED/First Aid valid for two years. Participants should expect to get up and down from a floor position during class. For more information, please email Matt McCall, Aquatics Director, at [Matthew.McCall@Fairfaxcounty.gov](mailto:Matthew.McCall@Fairfaxcounty.gov).

**1, 4-hour session at RCC Hunters Woods \$80 (R)/\$64 (R55+)/\$120 (NR)**

**October 18**

Wed 5:00 p.m. – 9:00 p.m.  
614210-4A

**REGISTER TODAY  
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.

## PRICING

RCC reviews its pricing for programs and services annually.

Increases in pricing reflect either increased costs or RCC's commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).

# NOW HIRING and TRAINING LIFEGUARDS



*Perfect For*  
HIGH SCHOOL STUDENTS  
COLLEGE STUDENTS  
STAY-AT-HOME PARENTS  
RETIRES

*Come Join The Fun And Get Paid!*

## Benefits Include:

- Competitive Wages
- Flexible Schedule
- FREE American Red Cross Lifeguard Training (\$200 value)\*
- FREE Uniforms
- Year-round Employment
- Discounts on RCC Programs
- Leadership and Teamwork Skills Development

**APPLY ONLINE:**

**[WWW.RESTONCOMMUNITYCENTER.COM/LIFEGUARD](http://WWW.RESTONCOMMUNITYCENTER.COM/LIFEGUARD)**

\*Lifeguarding classes are offered based upon public demand and instructor availability.

For more information, please contact Matt McCall, RCC's Aquatics Director, at [Matthew.McCall@Fairfaxcounty.gov](mailto:Matthew.McCall@Fairfaxcounty.gov).





## KIDS CORNER

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# Reston Baby Expo

**Saturday, October 7**

10:00 a.m. – 12:00 p.m.

**FREE • RCC Lake Anne**

The Reston Baby Expo is the perfect place for new and expecting moms and families to explore local resources, programs, and services from organizations in your neighborhood. This expo will also include workshops, educational sessions, cooking demonstrations and more.

**For more information, please contact LaTanja Snelling, RCC's Equity Partnerships Director, at 703-390-6158.**

## FALL FAMILY



RCC brings fun and interactive crafting activities to you on select teacher workdays at noon offering families creative "together" time. Supplies will be provided.

**Free • Registration Required • All Ages**

**Monday, September 25 • 12 p.m. – 1 p.m.**

Crescent Community Center • 86C103-4A  
1578 Cameron Crescent Drive #001

**Monday, October 9 • 12 p.m. – 1 p.m.**

RCC Hunters Woods • 86C103-4B  
2310 Colts Neck Road

**Monday, November 6 • 12 p.m. – 1 p.m.**

Stonegate Village Community Center • 86C103-4C  
2244 B Stonewheel Drive



*This program is in support of the Reston Opportunity Neighborhood initiative. It is sponsored by Reston Community Center.*

**For more information, contact LaTanja Snelling, RCC's Equity Partnerships Director, at 703-390-6158.**

# COOKING

## Chocolate Fun and Preparation for Kids

(6 – 9 years old)

Learn to make delicious chocolate candy. Take home prepared chocolates, as well as recipes, tips and ideas for making more of these luscious confections. Allergy warning: gluten, dairy and nuts will be used in some of the recipes.

**1, 2-hour session at RCC Hunters Woods**  
**\$45 (R)/\$68 (NR)**

**December 10**

Sun 10:00 a.m. – 12:00 p.m.  
901038-4A Wilson

## Chocolate Fun and Preparation for Tweens and Teens

(10 – 17 years old)

Participants will mold bite-sized chocolates, learn chocolate writing, prepare buttercream and peanut butter cups, and make rocky road. Each participant will take home chocolates made during class, as well as recipes, tips and ideas for making more chocolates at home. Allergy warning: gluten, dairy and nuts will be used in some of the recipes.

**1, 2-hour session at RCC Hunters Woods**  
**\$45 (R)/\$68 (NR)**

**December 10**

Sun 1:00 p.m. – 3:00 p.m.  
901352-4A Wilson

## Storybook Cook

(2 – 5 years old)

Many children's stories revolve around food as a theme. Children and parent/caregiver can be a part of timeless stories as they do story acting and then work together preparing a recipe that will tie in with that particular tale. Children will learn social readiness skills, including language and social cultural development, sharing and taking turns. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$10 (R)/\$15 (NR)**

**September 27**

Wed 10:00 a.m. – 11:00 a.m.  
901308-4A Gollop-Pagani

# CRAFTS

## Airbrush Art

(7 – 17 years old)

Create multicolor designs on T-shirts, canvas shoes and fabric purses or as temporary tattoos using airbrush techniques. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$45 (R)/\$68 (NR)**

**October 7**

Sat 1:00 p.m. – 4:00 p.m.  
903064-4A Morgan

## Autumnal Pottery

(2 – 5 years old)

Children can create a lifetime memory by designing a pottery piece with an autumnal theme. Participants will paint a happy pumpkin box for goodies or small treasures. This is a great, dishwasher-safe piece to use or display. Pottery will be painted during class and will be available for pickup at RCC shortly thereafter. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$15 (R)/\$23 (NR)**

**October 3**

Tue 10:00 a.m. – 11:00 a.m.  
902209-4A Clay Cafe Studios

## Letters to Santa

(All Ages)

Write and decorate a letter to Santa and "mail" it in our special RCC mailbox. Each child will receive a reply postmarked the North Pole. All supplies will be provided. Parent/caregiver must fully participate in the activities. All children and adults must register.

**1, 90-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**November 18**

Sat 9:30 a.m. – 11:00 a.m.  
901029-4A Staff

## Origami Workshop – Fall

(8 years and older)

Join us for an afternoon of origami led by our talented origami instructors. Bring the whole family to learn techniques to make various shapes that can be used for decorations and toys. This program is geared toward beginners, but more advanced students are welcome. All participants must register and pay. All supplies are included in the class fee.

**1, 2-hour session at RCC Hunters Woods**  
**\$15 (R)/\$12 (R55+)/\$23 (NR)**

**October 7**

Sat 1:00 p.m. – 3:00 p.m.  
901360-4A Nelson

## Origami Workshop – Holiday Ornaments

(12 years and older)

Origami artists who want to learn more intricate techniques to create unique holiday ornaments will enjoy this workshop. Participants should have some prior experience in origami. All supplies are included in the class fee.

**1, 2-hour session at RCC Hunters Woods**  
**\$15 (R)/\$12 (R55+)/\$23 (NR)**

**December 9**

Sat 1:00 p.m. – 3:00 p.m.  
901361-4A Nelson

# TEENS/TWEENS

Youth ages 13 – 17 may be able to participate in offerings for 18 and older with permission from the program director. Please email or call for information about Leisure and Learning offerings (pages 58 – 75) that may be of interest to those ages.

Teens and tweens are encouraged to write to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov) if they have a program suggestion or desire we can design for them.

# CRAFTS CONTINUED

## Turkey Handprint Plates

(2 – 5 years old)

Children can create a lifetime memory by designing a plate using their hand as the turkey motif. This is a great piece to use or display on the Thanksgiving table. Plates will be painted during class and will be available for pick up at RCC shortly thereafter. This pottery is safe for food, as well as in the dishwasher and microwave. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$15 (R)/\$23 (NR)**

**October 31**

Tue 10:00 a.m. – 11:00 a.m.  
 901106-4A Clay Cafe Studios

## Winter Pottery

(2 – 5 years old)

Create a handprint plate with a polar motif to keep or give as a gift in time for the holidays. This dish will be food and dishwasher safe. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. All participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$15 (R)/\$23 (NR)**

**December 5**

Tue 10:00 a.m. – 11:00 a.m.  
 901357-4A Clay Cafe Studios

“A child who learns to express their feelings creatively is experiencing firsthand the joys and power of creativity. Then they’re much more likely to look for more opportunities for creative self-expression and application to what they are learning.”

– Dona Mathews, Ph.D.,  
 gifted child educator.

# DANCE

## Ballet Basics I

(3 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

**8, 45-min. sessions at RCC Hunters Woods**  
**\$125 (R)/\$175 (NR)**

**September 13 – November 1**

Wed 5:00 p.m. – 5:45 p.m.  
 402402-4A Art in Motion

**September 16 – November 4**

Sat 11:00 a.m. – 11:45 a.m.  
 402402-4B Art in Motion

## Ballet Combo

(3 – 6 years old)

This class session is structured as an intro to ballet basics with an emphasis on creative movement.

**8, 45-min. sessions at RCC Hunters Woods**  
**\$125 (R)/\$175 (NR)**

**September 16 – November 4**

Sat 9:00 a.m. – 9:45 a.m.  
 402414-4A Art in Motion

## Hip Hop

(4 – 6 years old)

Introduction to hip-hop movement with a focus on creativity, flexibility and fun. Instruction is provided to age-appropriate music.

**8, 45-min. sessions at RCC Hunters Woods**  
**\$125 (R)/\$175 (NR)**

**September 13 – November 1**

Wed 4:00 p.m. – 4:45 p.m.  
 402672-4A Art in Motion

**September 16 – November 4**

Sat 10:00 a.m. – 10:45 a.m.  
 402672-4B Art in Motion

# ENRICHMENT

## Anatomy for Kids – Heart

(2 – 5 years old)

The heart pumps blood throughout our bodies delivering oxygen to every part. Learn about the function of the heart with a hands-on experience on a simple, working model. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$10 (R)/\$15 (NR)**

**October 18**

Wed 10:00 a.m. – 11:00 a.m.  
 980016-4A Morgan

## Anatomy for Kids – Lungs

(2 – 5 years old)

All living mammals need air to breathe, and our lungs are necessary in moving and filtering that air. Learn about how lungs work and experience a hands-on activity with a simple, working model that shows the amazing job that lungs do. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods**  
**\$10 (R)/\$15 (NR)**

**November 15**

Wed 10:00 a.m. – 11:00 a.m.  
 980015-4A Morgan

## Babysitting

(10 – 15 years old)

Earn some money babysitting by learning critical safety and injury prevention skills. Endorsed by the American Academy of Pediatrics, this class provides interactive instruction and training in pediatric first aid and CPR, what to do in the case of choking, information on household safety, and the fundamentals of childcare. Students must attend the entire training workshop to obtain certificates. Please bring a doll and a bag lunch.

**1, 6-hour session at RCC Hunters Woods**  
**\$100 (R)/\$150 (NR)**

**November 4**

Sat 9:30 a.m. – 3:30 p.m.  
 902300-4A McCall

## Junior Engineering Adventures

(5 – 8 years old)

Participants will be introduced to science, technology, engineering, and math (STEM), with a focus on education through hands-on activities selected from various engineering programs. Through open and focused exploration, students will work on several concepts such as building towers and bridges from civil engineering, cars from mechanical engineering, and rockets from aerospace engineering.

**1, 3-hour session at RCC Hunters Woods**  
**\$70 (R)/\$105 (NR)**

**October 28**

Sat 1:00 p.m. – 4:00 p.m.  
 980022-4A Naim

## Math Tutoring for Grades 3 and 4

(8 – 10 years old)

Tutoring on concepts such as multiplication and division, money, patterns, fractions, and more is available for students who want to improve their skills. More lesson information will be available upon registration.

**9, 90-min. sessions at RCC Hunters Woods Free, Registration Req.**

**October 9 – December 4**

Mon 4:30 p.m. – 6:00 p.m.  
901463-4A Samet

## Math Tutoring for Grades 5 and 6

(10 – 12 years old)

Tutoring on concepts such as prime and composite numbers, order of operations, ratio and unit rates, fraction and decimal number sense, and more is available for students who want to improve their skills.

**7, 90-min. sessions at RCC Hunters Woods Free, Registration Req.**

**October 10 – December 5**

(No Class: October 31, November 7)

Tue 4:30 p.m. – 6:00 p.m.  
901464-4A Samet

## Math Tutoring for Grades 7 and 8

(12 – 14 years old)

Tutoring on concepts such as number and number sense, computation and estimation, measurement and geometry, probability and statistics, and pattern functions and algebra is available for students who want to improve their skills.

**9, 90-min. sessions at RCC Hunters Woods Free, Registration Req.**

**October 11 – December 6**

Wed 4:30 p.m. – 6:00 p.m.  
901465-4A Samet

**REGISTER TODAY  
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.



## FITNESS

### Learn to Bike – Youth

(6 – 12 years old)

This class is for children who have never learned to ride a bike before or need to relearn the basics. Certified instructors use a technique that is intuitive and will take students through a progressive curriculum that has a very high success rate. Topics addressed include balance skills, basic steering skills and basic braking skills. Registration fee includes the rental of a bike and a Consumer Product Safety Commission (CPSC)-approved helmet. If the student would like to bring their own helmet, it must be CPSC approved. Students are asked to wear comfortable, weather-appropriate outerwear and bring water and a snack. Students will be contacted two weeks in advance of the class to ensure that the proper size bicycle is provided.

**1, 2-hour session at 1886 Metro Center Drive \$35 (R)/\$53 (NR)**

**September 10**

Sun 1:00 p.m. – 3:00 p.m.  
306208-4B Westenhoff

**October 15**

Sun 1:00 p.m. – 3:00 p.m.  
306208-4C Westenhoff

## PERFORMING ARTS

### Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. Participants will perform in an original production on November 11 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the week of November 6 – 10. The class meets on Fridays from 4:30 p.m. to 6:00 p.m. and Saturdays from 9:00 a.m. to noon. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.

**24, 90-min. sessions at RCC Hunters Woods \$235 (R)/\$410 (NR)**

**September 8 – November 11**

Fri 4:30 p.m. – 6:00 p.m.  
Sat 9:00 a.m. – 12:00 p.m.  
402467-4A Brutsché

# SOCIAL

## Big Fun for Little Ones

(1 – 5 years old)

Let kids work out their excess energy by playing on our indoor inflatables and with oversized toys. Parents/caregivers must fully participate and supervise children during all activities. Participating children must have a reservation.

**90-min. sessions at RCC Hunters Woods**

**Free, Registration Req.**

**October 13 – December 1**

(No Class: November 10, 24)

Fri 10:00 a.m. – 11:30 a.m.  
901340-4A

## Dinner and a Movie with the Grinch

(4 – 9 years old)

That well-known and “lovable” Grinch is the star for dinner and a movie to ring in the holidays. Cheese pizza and drinks will be provided for dinner, and participants will enjoy Grinch-themed games, stories and a movie accompanied by decaffeinated hot chocolate. This is the perfect opportunity for parents to do some holiday shopping, or just have a date night. This program is not appropriate for children younger or older than the advertised age range.

**1, 3-hour session at RCC Hunters Woods**

**\$25 (R)/\$38 (NR)**

**December 1**

Fri 7:00 p.m. – 10:00 p.m.  
901385-4A Morgan

## Ho, Ho, Ho!

(1 – 8 years old)

Put on a holiday outfit and participate in a morning of crafts, music, cookie decorating and stories while visiting with Santa! Parents are encouraged to bring a camera for this perfect photo opportunity. Parents/caregivers must fully participate in the activities. This program is not appropriate for children over the advertised age range. All children must be registered.

**1, 60-min. session at RCC Hunters Woods**

**Free, Registration Req.**

**December 13**

Wed 10:00 a.m. – 11:00 a.m.  
902015-4A Staff



## Musical Holiday Breakfast with Frosty

(1 year and older)

Kick off the holidays at a family breakfast with Frosty the Snowman and Peter McCarty’s one-man band. Breakfast will include hot and cold dishes, as well as vegetarian options. Bring a camera for photo opportunities with Frosty. Please arrive no later than 9:30 a.m. Parents/guardians over the age of 18 must accompany children. All participants must register and pay, including accompanying parents/caregivers.

**1, 90-min. session at RCC Hunters Woods**

**\$10 (R)/\$8 (R55+)/\$15 (NR)**

**December 9**

Sat 8:30 a.m. – 10:00 a.m.  
902063-4A Staff

## Tot Time

(Infant – 4 years old)

Kids love this play group and parents enjoy socializing with one another. Toys, games, books and music are provided. Parents/caregivers must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Participating children must be registered.

**90-min. sessions at RCC Hunters Woods**

**Free, Registration Req.**

**September 11 – December 14**

(No Class: November 23)

Mon, Thu 9:30 a.m. – 11:00 a.m.  
902989-4B Ali

## TRIPS AND MEETUPS

### Autumnal Hike

(2 – 5 years old)

Enjoy the magnificent colors of autumn during a short nature hike through Meadowlark Botanical Gardens. Afterward, participants will create leaf rubbings. Please meet at the main entrance to the Gardens, 9750 Meadowlark Gardens Court, Vienna. For directions, please visit [www.meadowlarkgardens.org](http://www.meadowlarkgardens.org), or call 703-255-3631. Children will learn school readiness skills, including learning colors, following instructions and dexterity. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at Meadowlark Gardens**

**Free, Registration Req.**

**October 24**

Tue 10:00 a.m. – 11:00 a.m.  
901007-4A Haneline

## Celebrate Native Americans

(2 – 5 years old)

Learn about Native American history as well as the current recognized tribes of modern Virginia and their influence. Meet at Loudoun Heritage Farm Museum, located at 21668 Heritage Farm Lane, Sterling. For directions, call 571-258-3800. Please stay after the program for 30 minutes of playtime. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 90-min. session at Loudoun Heritage Farm**  
**\$10 (R)/\$15 (NR)**

**November 14**

Tue 10:00 a.m. – 11:30 a.m.  
 980023-4A Haneline

## Fall Festival at Cox Farms

(2 years and older)

Celebrate fall at Cox Farms, where children can enjoy the giant slide, hayrides, baby animals, rope swings, kiddie area, goats, a maze and more! Parents/guardians must fully participate in the activities. Meet at the main entrance to Cox Farms, 15621 Braddock Road, Centreville. For directions, call 703-830-4121. This program is not appropriate for children younger or older than the advertised age range. All participants, children as well as parents/guardians, must pay.

**1, 2-hour session at Cox Farm**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**October 13**

Fri 10:00 a.m. – 12:00 p.m.  
 901434-4A Haneline

## Goblin Golf

(2 years and older)

Join us for a game of mini golf where friendly ghosts and goblins abound. This event is held at Burke Lake Park, located at 7515 Ox Road, Fairfax Station. For directions, call 703-323-6600. All registered children will receive a Halloween goody bag at the conclusion of mini golf. Please meet at the main entrance to sign in. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger than the advertised age range. All children and accompanying adults must register.

**1, 2-hour session at Burke Lake Park**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**October 8**

Sun 1:00 p.m. – 3:00 p.m.  
 980021-4A Morgan

## Holiday Train Show

(2 years and older)

Get ready for the holiday season at Fairfax Station Railroad where families can see trains from various eras and observe how they work. This program will pique the interest of train aficionados of all ages when rarely seen trains will be on display as a special holiday treat. Fairfax Station Railroad is located at 11200 Fairfax Station Road, Fairfax Station. For directions, call 703-425-9225. Participating children and adults must register.

**1, 2-hour session at Fairfax Station Railroad Museum**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**December 3**

Sun 1:00 p.m. – 3:00 p.m.  
 980020-4A

## Kings Dominion – Halloween Haunt

(12 – 18 years old)

Travel to Kings Dominion for a day and night of rides and thrills. "Haunt" transforms the park into a nighttime experience of scary and hair-raising fun. Teens will be chaperoned by RCC staff. Fee includes bus transportation and admission; participants are responsible for their own meals. This trip is open only to current middle and high school students.

**1, 12.5-hour trip**  
**\$95 (R)/\$143 (NR)**

**October 14**

Sat 10:30 a.m. – 11:00 p.m.  
 901341-4A Staff

## Winter Walk of Lights

(3 years and older)

Meadowlark Botanical Gardens' incredible light show will put everyone in the holiday spirit. Walking outdoors along the half-mile path, visitors will view many magnificent sights, including the dazzling Fountain of Lights, the animated light show on the lake and the big tree with 50,000 lights. Dress for the weather and bring a camera for photos with Flurry the Snowman and the Gingerbread Man. Meet at 6:00 p.m. in front of the main entrance to the Gardens, 9750 Meadowlark Gardens Court, Vienna. For directions, visit [www.meadowlarkgardens.org](http://www.meadowlarkgardens.org), or call 703-255-3631. Parent/caregiver must fully participate in the activities. Children ages 2 and younger are free and do not need to be registered, all others must register and pay.

**1, 90-min. session at Meadowlark Gardens**  
**\$5 (R)/\$4 (R55+)/\$10 (NR)**

**December 4**

Mon 6:00 p.m. – 7:30 p.m.  
 902207-4A Haneline

## VISUAL ARTS

### Art Attack

(7 – 11 years old)

Students will explore and unlock their imagination using various media such as pastels, watercolor, tempera, colored pencils and much more. Each class session will give participants the freedom to make choices and think about what is visually pleasing to them as an artist, resulting in fun, creative projects.

**8, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$130 (NR)**

**September 11 – October 30**

Mon 4:45 p.m. – 5:45 p.m.  
 402697-4A Lambakis

## WOODWORKING

### Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on specific dates and times from December to February to allow Cub Scouts to work on Pinewood Derby projects. Each Den may register for up to two sessions. A Den must register under the Den Leader's name and pay the flat fee upon registration for a minimum of six participants and a maximum of 12. Parents/caregivers are strongly encouraged to accompany their children to assist with supervision. The Woodshop will not be available for Pinewood Derby projects outside of the scheduled times. Only one Den will be hosted in the Woodshop per scheduled session. Reservations are required; no walk-ins.

**1, 2-hour session at RCC Hunters Woods**  
**\$75 (R)/\$113 (NR)**

**December 4**

Mon 5:30 p.m. – 7:30 p.m.  
 901003-4A Ingram

**December 8**

Fri 5:30 p.m. – 7:30 p.m.  
 901003-4B Ingram

**December 11**

Mon 5:30 p.m. – 7:30 p.m.  
 901003-4C Ingram

**December 15**

Fri 5:30 p.m. – 7:30 p.m.  
 901003-4D Ingram

**December 18**

Mon 5:30 p.m. – 7:30 p.m.  
 901003-4E Ingram



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# Halloween FAMILY FUN DAY

**Saturday, October 21**

**12:00 p.m. – 2:00 p.m.**

**RCC Hunters Woods**

FREE • Infant – 8 Years Old

Registration Req. • #902090-4A

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## CELEBRATE HALLOWEEN WITH RCC!

Come dressed in your favorite costume and enjoy sensational performances for the whole family. Peter McCory, a famed one-man-band, will put children in the Halloween spirit at 12:00 p.m., followed by Bob Brown's Puppets in "Monster Madness" at 1:15 p.m. Little ghosts and goblins up to age 8 can try their skill at games until 2:00 p.m. All children must be accompanied by an adult guardian (18 years and older) throughout the event.

For more information, please contact Debbie Heron, RCC's Youth/Teen Program Director, at 703-390-6163.





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## CRAFTS

### Blacksmithing Workshop – Beginner

(12 years and older)

Learn the history and uses of blacksmithing, as well as new skills, in this demonstration. The class includes how to use a propane forge, anvil, blacksmithing hammers, a vice, brushes and tongs, as well as finishing with a beeswax covering. A list of protective clothing and gear to be worn during class will be sent after registration.

**1, 3-hour session at RCC Hunters Woods**  
\$100 (R)/\$80 (R55+)/\$150 (NR)

**September 17**

Sun 1:00 p.m. – 4:00 p.m.  
903063-4B Crane

### Blacksmithing Workshop – Intermediate

(12 years and older)

This workshop is for those who have taken Blacksmithing Workshop previously or who have prior knowledge and experience of blacksmithing. Basics will be reviewed, and a more advanced technique will be taught. A list of protective clothing and gear to be worn during class will be sent after registration.

**1, 3-hour session at RCC Hunters Woods**  
\$100 /\$80 (R55+)/\$150 (NR)

**November 19**

Sun 1:00 p.m. – 4:00 p.m.  
900267-4B Crane

### Glass Holiday Ornaments and Gifts

(13 – 17 years old)

Create unique, and colorful glass ornaments for the holidays as well as glass-themed gifts for family and friends using fused glass. Basic glass-cutting techniques and safety will be covered. No experience necessary. All supplies are included in the class fee.

**1, 2.5-hour session at RCC Hunters Woods**  
\$45 (R)/\$68 (NR)

**November 17**

Fri 7:00 p.m. – 9:30 p.m.  
980024-4A Toole

### Japanese Floral Arrangement

(18 years and older)

Learn how to put fresh, seasonal flowers into beautiful arrangements with Japanese touches. Ikebana is the Japanese art of flower arrangement focusing on harmony, color, use, rhythm and elegantly simple designs. This disciplined art form is steeped in the philosophy of developing a closeness with nature. Flowers will be provided; students need to bring a vase and small scissors or garden clippers.

**1, 2-hour session at RCC Hunters Woods**  
\$55 (R)/\$44 (R55+)/\$83 (NR)

**September 10**

Sun 1:00 p.m. – 3:00 p.m.  
500645-4A Shimizu

**November 12**

Sun 1:00 p.m. – 3:00 p.m.  
500645-4B Shimizu

### Paint and Sip for Teens

(13 – 17 years old)

Enjoy an evening spending time with friends, sipping non-alcoholic beverages and creating a masterpiece in your unique style. No art experience is necessary. All supplies are included.

**1, 2-hour session at RCC Hunters Woods**  
\$45 (R)/\$68 (NR)

**September 29**

Fri 6:30 p.m. – 8:30 p.m.  
980017-4A Pinot's Palette

### Sewing for Today's Fashions I

(13 years and older)

Are you ready to venture into the world of fashion design and apparel? This course is for the beginner with no prior sewing skills who wants to create simple garments. Students will design and produce two ready-to-wear garments while maximizing their skills with a sewing machine, pattern cutting, hand sewing techniques and other embellishments. Students are encouraged to bring a portable sewing machine to class as only a limited number of RCC-owned machines are available. Fee includes all materials and supplies, and each student will receive a sewing bag.

**6, 2-hour sessions at RCC Hunters Woods**  
\$115 (R)/\$92 (R55+)/\$172 (NR)

**September 13 – October 18**

Wed 6:30 p.m. – 8:30 p.m.  
901338-4A Minassian

## CREATIVE CONNECTIONS

### Coffee & Origami

(18 years and older)

Enjoy complimentary coffee and learn basic paper-folding skills to create origami shapes. Bring a friend or meet a new neighbor with casual conversation. This program is instructor-led. All supplies are included.

**1.5 hours sessions**  
Free, Registration Req.

**Cedar Ridge Community Center,**  
1601 Becontree Lane

**September 29**

Fri 11:00 a.m. – 12:30 p.m.  
86C200-4D Staff

**Cathy Hudgins Community Center at Southgate, 12125 Pinecrest Road**

**Nov 3**

Fri 11:00 a.m. – 12:30 p.m.  
86C200-4E Staff

### Reston Journal and Planner Meetup

(18 years and older)

Join journaling enthusiasts to plan for their upcoming month and customize their stationery goods. This is the perfect time to share creative ideas and your personalized journals with others. This program is a meetup in a casual environment – there will be no instruction provided. Please bring your own journals and/or planners, and we will bring decorating supplies to use.

**1, 2-hour session at YMCA Reston**  
Free, Registration Req.

**September 14**

Thu 6:00 p.m. – 8:00 p.m.  
8C2017-4A Staff

### Reston Plant Swap

(18 years and older)

Bring a pest-free houseplant (or two), potted or bare root, to swap out with the community. Learn different tips, techniques and share your plant stories. You can also bring any plant supplies you wish to donate.

**1, 1.5 hour session at RCC Hunters Woods Plaza**  
Free, Registration Req.

**October 12**

Thu 6:00 p.m. – 7:30 p.m.  
862000-4B Staff

# DANCE

## Line Dancing with Scotty – Beginner

(18 years and older)

Learn the classic country favorites, newest pop dances and many styles in between. Dances will be taught for beginners. Please wear shoes that will slide on the wood floor and bring water to class.

**11, 60-min. sessions at RCC Hunters Woods**  
**\$75 (R)/\$60 (R55+)/\$112 (NR)**

**September 7 – November 16**

Thu 5:00 p.m. – 6:00 p.m.  
503532-4A Inman

## Line Dancing with Scotty – Intermediate

(18 years and older)

Learn the classic country favorites, newest pop dances and many styles in between. Participants should already know steps and be able to improve skills. Please wear shoes that will slide on the wood floor and bring water to class.

**11, 60-min. sessions at RCC Hunters Woods**  
**\$75 (R)/\$60 (R55+)/\$112 (NR)**

**September 7 – November 16**

Thu 6:00 p.m. – 7:00 p.m.  
503623-4A Inman

## Sunday Afternoon Dances

(18 years and older)

Dancers of all skill levels convene to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to modern dance selections. A mini-lesson and door prizes add to the fun; partners are not required. Reservations for Sunday Afternoon Dances (held the second Sunday of the month, when

available) are free, but patrons are required to purchase a Dance pass and swipe the pass prior to each class. Dance passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC. For more information, please contact Cassie Lebron, RCC's Lifelong Learning Program Director, at 703-390-6157.

**2-hour sessions at RCC Hunters Woods Pass, Reservation Req.**

**Pass: \$6 (R)/\$12 (NR) Per Session**

**September 10, October 8, November 12, December 10**

Sun 2:30 p.m. – 4:30 p.m.  
509609-4 Staff

# DISCUSSION

## Bookends

(18 years and older)

Participants engage in lively discussions of a variety of books. Please purchase the book or check it out from the library.

**September 28**

*God in Ruins* by Kate Atkinson

**October 26**

*A Sense of an Ending* by Julian Barnes

**November 16**

*Demon Copperhead* by Barbara Kingsolver

**December 21**

*Miss Austen* by Gill Hornby

**4, 90-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 28, October 26, November 16, December 21**

Thu 12:30 p.m. – 2:00 p.m.  
5C0075-4A Staff

## Current Issues Discussion Group

(18 years and older)

Join this lively gathering and be prepared to debate politics and how government works or doesn't work on local, national and world levels. Newcomers are welcome and encouraged to attend.

**2-hour sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 7 – December 28**

Thu 10:00 a.m. – 12:00 p.m.  
5C0080-4A Staff

# ENRICHMENT

## Build a Better Smoothie

(18 years and older)

Smoothies are a great way to fit all food groups into your diet. They are a fast and efficient way to replace a meal or make a healthy snack. This presentation will introduce participants to some new and surprising smoothie ingredients.

**1, 60-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**November 8**

Wed 2:00 p.m. – 3:00 p.m.  
598101-4A McGill

## Finding a New Podcast

(18 years and older)

Podcasts are the new and easy way to learn. This class will provide the tools to find and download podcasts that suit your interests.

**1, 2.5-hour session at RCC Hunters Woods**  
**Free, Registration Req.**

**November 14**

Tue 1:00 p.m. – 3:30 p.m.  
547126-4A O'Connell

## How to Make Fresh Produce Last Longer

(18 years and older)

This presentation will guide participants through steps to extend the life of fresh fruits and vegetables as well as ways to stretch the life of produce nearing its end.

**1, 90-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**October 11**

Wed 2:00 p.m. – 3:30 p.m.  
598102-4A McGill



# ENRICHMENT CONTINUED

## Legal: Estate Planning Basics

(18 years and older)

This class will give participants a basic knowledge of estate plans. Topics include advantages and disadvantages of different planning techniques (including joint ownership), using beneficiary designations, gifting, traditional wills and revocable living trusts. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

**1, 60-min. session • Virtual\*  
Free, Registration Req.**

**September 19**

Tue 5:00 p.m. – 6:00 p.m.  
500809-4A Lambeth

**December 13**

Wed 1:00 p.m. – 2:00 p.m.  
500809-4B Lambeth

## Life Skills for Teens

(13 – 17 years old)

Teenagers have more responsibilities as they begin preparing for “adulting.” Learn important life skills such as how to budget, do laundry, search for a job, register to vote, write a resume, acquire a driver’s license, cook simple meals, and more.

**1, 3-hour session at RCC Hunters Woods  
\$60 (R)/\$90 (NR)**

**September 30**

Sat 1:00 p.m. – 4:00 p.m.  
900261-4A Wilson

## Medicare 101

(18 years and older)

Medicare 101 is for individuals who will soon be eligible for Medicare. This session will address Medicare Part A, B, C, D as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Under ACL guidelines for conflict of interests, this presentation is not meant for health insurance brokers or agent education.

**1, 90-min. session at RCC Hunters Woods  
(October 3) and Virtual\* (November 6)  
Free, Registration Req.**

**October 3**

Tue 12:00 p.m. – 1:30 p.m.  
500402-4A De Leon

**November 6**

Mon 5:00 p.m. – 6:30 p.m.  
500402-4B De Leon

## Safe Investment Withdrawal Rates in Retirement

(18 years and older)

This class will teach people who are retired, or within 10 years of retirement, how to calculate a safe amount of withdrawal from investments to ensure funds last a lifetime despite ups and downs in the stock market.

**1, 60-min. session at RCC Hunters Woods  
Free, Registration Req.**

**November 13**

Mon 7:00 p.m. – 8:00 p.m.  
598100-4A Voorhees

## Scholarship Workshop

(13 years and older)

Are you thinking about how to pay for college? Attend this free virtual program to learn the strategies of Marianne Ragins, who won \$400,000 in scholarship funds. Over the years, Ragins has helped students win millions in college dollars. All high school seniors who attend will become eligible for the Ragins/Braswell National Scholarship.

**1, 2-hour session Virtual\*  
Free, Registration Req.**

**September 28**

Thu 6:30 p.m. – 8:30 p.m.  
901433-4A Ragins

## Social Security Planning

(18 years and older)

This presentation provides a basic overview of Social Security benefits including eligibility requirements, information about benefits, and how Medicare and Social Security work together.

**1, 60-min. session at RCC Hunters Woods  
Free, Registration Req.**

**September 6**

Wed 6:00 p.m. – 7:00 p.m.  
598104-4A Malley

## Study Smarter, Not Harder

(13 years and older)

Marianne Ragins, \$400,000 scholarship winner and author of *Winning Scholarships for College* and *College Survival and Success Skills 101* will help students of all ages, including middle and high school students, as well as current college students, understand how to organize their study plan and classes to breeze through their academic year.

**1, 2-hour session Virtual\*  
Free, Registration Req.**

**October 26**

Thu 6:30 p.m. – 8:30 p.m.  
980019-4A Ragins

## Tax Strategies

(18 years and older)

This class offers participants strategies to lower lifetime tax bills such as tax-efficient investments, charitable giving options, Roth conversions and more.

**1, 60-min. session at RCC Hunters Woods  
Free, Registration Req.**

**September 12**

Tue 7:00 p.m. – 8:00 p.m.  
574123-4A Voorhees

## Teen Dating and Violence

(13 – 17 years old)

Join us a discussion on teen dating violence, including the red flags that indicate an abusive relationship (such as aggression, stalking, cyberstalking, physical and emotional abuse) that young people should know how to identify.

**1, 90-min. session • Virtual\*  
Free, Registration Req.**

**September 21**

Thu 3:30 p.m. – 5:00 p.m.  
901389-4A Al-Suqi

## The Power of Financial Planning

(18 years and older)

Learn how to practice productive financial behaviors, the value of setting goals and what are the components of a comprehensive financial plan. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

**1, 60-min. session at RCC Hunters Woods  
Free, Registration Req.**

**November 28**

Tue 2:00 p.m. – 3:00 p.m.  
541789-4A Malley

## Why Do People Stay?

(13 – 17 years old)

Learn about the dynamics of dating violence: the cycle of violence, barriers to leaving an abusive relationship and how to be a positive bystander.

**1, 90-min. session • Virtual\*  
Free, Registration Req.**

**October 12**

Thu 3:30 p.m. – 5:00 p.m.  
900252-4A Al-Suqi

## \*VIRTUAL CLASSES

Virtual classes will use Microsoft Teams or Zoom, all registered patrons will be sent a link at least 24 hours prior to the class.

# FITNESS – CARDIO AND STRENGTH

## Barre Fusion

(18 years and older)

This class is a low impact strength workout that enhances muscle tone, posture, and flexibility. This class blends ballet, dance, functional strength and mind-body inspired movement. Regular barre workouts can help increase bone density, endurance and metabolism. Participants should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat.

**8, 60-min. sessions at RCC Lake Anne**  
**\$60 (R)/\$48 (R55+)/\$90 (NR)**

**September 11 – November 20**

(No Class: September 25, October 9, November 6)

Mon 10:30 a.m. – 11:30 a.m.  
 300149-4A Biddy

## Cardio Strength

(18 years and older)

This class combines cardio, strength training, and core strengthening using a variety of equipment to work all major muscle groups. This class will involve mat work on the floor. Patrons are required to bring their own mat to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 5 – December 5**

(No Class: October 31)

Tue 5:30 p.m. – 6:30 p.m.  
 300150-4A Fletcher

## Fitness Fusion

(18 years and older)

Tone and firm the entire body while improving cardiovascular health, strength and flexibility. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor. Patrons are required to bring their own mat to class.

**13, 50-min. sessions at RCC Lake Anne**  
**\$165 (R)/\$132 (R55+)/\$248 (NR)**

**September 11 – December 11**

(No Class: October 9)

Mon 10:30 a.m. – 11:20 a.m.  
 300014-4C Miles

**September 13 – December 13**

(No Class: November 22)

Wed 10:30 a.m. – 11:20 a.m.  
 300014-4D Miles



## Mind-Body Fitness

(18 years and older)

This team-taught program, led by two personal trainers, provides customized and individual attention to increase body strength, cardiovascular endurance and flexibility while incorporating various exercises and portable equipment. All skill levels welcome. Patrons are required to bring their own mat to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$165 (R)/\$132 (R55+)/\$248 (NR)**

**September 12 – December 12**

(No Class: November 21)

Tue 11:30 a.m. – 12:30 p.m.  
 305840-4C Williams

**September 14 – December 14**

(No Class: November 23)

Thu 11:30 a.m. – 12:30 p.m.  
 305840-4D Williams

## STRONG

(18 years and older)

STRONG is a high intensity interval training (HIIT) class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to music. Plyometric moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing to make sure students are challenged. This is a high energy class with movements that are easily adjustable and modified to fit the strength and conditioning levels of each student.

**8, 60-min. sessions at RCC Lake Anne**  
**\$60 (R)/\$48 (R55+)/\$90 (NR)**

**September 27 – November 15**

Wed 6:15 p.m. – 7:00 p.m.  
 302329-4A Kumar

## Zumba Fitness

(18 years and older)

Zumba combines high-energy and motivating music with unique moves and combinations that allow the participants to dance away their worries in a party-like atmosphere. Enjoy this fusion of Latin and international music and movements that create a dynamic and effective fitness regimen.

**12, 60-min. sessions at RCC Lake Anne**  
**\$115 (R)/\$92 (R55+)/\$173 (NR)**

**September 11 – December 11**

(No Class: October 9, November 6)

Mon 6:30 p.m. – 7:30 p.m.  
 302327-4A Ledesma

**September 14 – December 7**

(No Class: November 23)

Thu 6:00 p.m. – 7:00 p.m.  
 302327-4B Kumar

**September 16 – December 9**

(No Class: November 25)

Sat 9:00 a.m. – 10:00 a.m.  
 302327-4C Kumar

## Zumba Toning

(18 years and older)

Zumba Toning combines targeted body sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Students will use lightweight, maraca-like toning sticks or lightweight dumbbells to enhance rhythm and tone target areas including arms, abs and thighs. New participants must attend the first session of each class, which includes orientation on posture, alignment and form.

**12, 55-min. sessions at RCC Lake Anne**  
**\$115 (R)/\$92 (R55+)/\$173 (NR)**

**September 11 – December 11**

(No Class: October 9, November 6)

Mon 5:30 p.m. – 6:25 p.m.  
 302227-4A Ledesma

# FITNESS – MOVEMENT AND WELLNESS

## Aging with Power and Grace (18 years and older)

This fun class will explore a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living. Class can be performed standing or seated in a chair while focusing on functional exercises designed to improve flexibility, strength, balance and coordination. Participants are asked to wear supportive footwear to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$165 (R)/\$132 (R55+)/\$248 (NR)**

**September 11 – December 11**

(No Class: October 9)

Mon 11:30 a.m. – 12:30 p.m.  
300147-4C Williams

**September 13 – December 13**

(No Class: November 22)

Wed 11:30 a.m. – 12:30 p.m.  
300147-4D Williams

## Balance and Mobility Workshop (18 years and older)

Stay strong for a lifetime with this class from RCC instructors Christina Unger and Anya Avilov. The workshop combines yoga and Essentrics to improve balance, strength and flexibility. Learn movements, breathing techniques and relaxation to promote balance, increase range of motion in joints and develop awareness to reduce the likelihood of injuries from falls. It is never too early or too late to learn new things and create wellness in your body and mind.

**1, 2-hour session at RCC Lake Anne**  
**\$25 (R)/\$20 (R55+)/\$38 (NR)**

**September 13**

Wed 5:30 p.m. – 7:30 p.m.  
302400-4A Unger/Avilov

## Beginning Tai Chi (18 years and older)

This class emphasizes the physical discipline and structure of Tai Chi movements and provides the development of basic skills and techniques that lead toward an integration of the mind, body and spirit.

**8, 60-min. sessions at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**September 13 – November 1**

Wed 1:00 p.m. – 2:00 p.m.  
302305-4A Durham

**September 15 – November 3**

Fri 9:30 a.m. – 10:30 a.m.  
302305-4B Durham



## Bolly X (18 years and older)

This is a fun, high intensity interval training workout inspired and driven by the energetic, foot-tapping beats of Bollywood.

**6, 45-min. sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**September 12 – October 17**

Tue 5:30 p.m. – 6:15 p.m.  
305045-4A Chaturvedi

**September 15 – October 20**

Fri 12:00 p.m. – 12:45 p.m.  
305045-4B Chaturvedi

## Essentrics (18 years and older)

This class is designed to help students develop their fitness through a dynamic and fluid strengthening and stretching routine. Some of the benefits of this class include increased flexibility, improved range of motion/mobility, pain relief, injury prevention, stress release, posture improvement and increased energy. Patrons should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 5 – December 12**

(No Class: October 10, November 21)

Tue 10:15 a.m. – 11:15 a.m.  
305033-4A Avilov

**September 5 – December 5**

(No Class: October 31)

Tue 6:45 p.m. – 7:45 p.m.  
305033-4B Fletcher

**September 7 – December 14**

(No Class: October 12, November 23)

Thu 10:15 a.m. – 11:15 a.m.  
305033-4C Avilov

**September 8 – December 15**

(No Class: October 13, November 24)

Fri 10:15 a.m. – 11:15 a.m.  
305033-4D Avilov

## Essentrics: Aging Backwards (18 years and older)

This revolutionary approach to healthy aging is designed to restore movement in joints, increase muscle flexibility, relieve pain, and stimulate cells to increase energy, vibrancy and to fortify the immune system. This slow-paced, full-body workout was created by Miranda Esmonde-White, author of The New York Times bestseller Aging Backwards. Patrons should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 6 – December 13**

(No Class: October 11, November 22)

Wed 10:45 a.m. – 11:45 a.m.  
305034-4A Avilov

## Forever Fit (18 years and older)

A low-intensity workout focusing on cardiovascular conditioning, strength training, flexibility and balance. A fun way to stay fit no matter what your age. This class uses hand weights, a small ball for core work and mat. Patrons are required to bring their own mat to class.

**12, 45-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 7 – December 14**

(No Class: October 5, November 23, 30)

Thu 9:15 a.m. – 10:00 a.m.  
305040-4A Briglia

## Gut Feeling Seminar

(18 years and older)

This workshop explores the positive effects that yoga, breathing and meditation can have on the digestive system. Learn how stress plays a role in digestive health and practices on how to change responses to physical and psychological stressors. In addition to discussion, participants will learn some yoga postures and breathing practices geared toward balanced, healthy, happy gut and brain connections.

**1, 2-hour session at RCC Lake Anne**  
**\$25 (R)/\$20 (R55+)/\$38 (NR)**

**September 22**

Fri 6:00 p.m. – 8:00 p.m.  
305555-4A Unger

## Healthy Joints Workshop

(18 years and older)

Joint health and mobility refer to the movement around a joint. Having full range of motion and flexibility without pain and stiffness indicates healthy joints. However, many people have a limited range of motion, as the result of an injury, inactivity or lack of stretching. This causes joint pain that can make everyday tasks difficult. Learn stretches and exercises to help keep joints healthy and flexible, and to relieve pain. This workshop is led by Sasha Avilov, Doctor of Physical Therapy.

**1, 60-min. session at RCC Lake Anne**  
**Free, Registration Req.**

**September 17**

Sun 11:00 a.m. – 12:00 p.m.  
302402-4A Avilov

## Joint-Friendly Fitness

(18 years and older)

This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear supportive footwear.

**13, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 6 – December 6**

(No Class: November 22)

Wed 10:30 a.m. – 11:30 a.m.  
300129-4A Fletcher

**September 8 – December 15**

(No Class: September 22, November 24)

Fri 12:00 p.m. – 1:00 p.m.  
300129-4B Fletcher

## Mindfulness Meditation

(18 years and older)

Mindfulness can simply be defined as a mental state that involves being fully focused on “the now” so students can acknowledge and accept thoughts, feelings, and sensations without judgment. Mindfulness meditation is the mental training practice that teaches students to slow down racing thoughts, let go of negativity, and calm both mind and body. It combines the techniques of meditation to help hone the ability to be mindful in the present moment. Patrons are encouraged to bring their own mat to class

**4, 60-min. sessions at RCC Lake Anne**  
**\$30 (R)/\$24 (R55+)/\$45 (NR)**

**September 20 – October 11**

Wed 12:00 p.m. – 1:00 p.m.  
305059-4A Czintos

**6, 60-min. sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**November 8 – December 20**

(No class: November 22)

Wed 12:00 p.m. – 1:00 p.m.  
305059-4B Czintos

## Pilates Mat

(18 years and older)

Pilates is a system of exercises designed to develop the body’s core, mobilize and stabilize the spine, and build flexibility and strength. Most exercises will be performed on the mat and may include stability balls, magic circles and light hand weights. Patrons are required to bring their own mat to class.

**8, 60-min. sessions at RCC Lake Anne**  
**\$60 (R)/\$48 (R55+)/\$90 (NR)**

**September 11 – November 20**

(No Class: September 25, October 9, November 6)

Mon 9:15 a.m. – 10:15 a.m.  
306030-4A Bidy

## Sound Bath Meditation

(18 years and older)

Sound bath is a meditation class that aims to guide students to a deeper state of consciousness with the use of ambient sounds. The instructor creates sounds and vibrations using crystal singing bowls, wind chimes and other instruments. This class is meant to help students feel relaxed, refreshed and balanced.

**6, 60-min. sessions at RCC Lake Anne**  
**\$60 (R)/\$48 (R55+)/\$90 (NR)**

**September 17, October 1, 15, 29,  
November 12, December 3**

Sun 4:00 p.m. – 5:00 p.m.  
314761-4A Sypula

## Stress Relief Workshop

(18 years and older)

Stress affects the body’s emotions and behaviors and causes real chemical and physical changes, including tightness of muscles, headaches, digestive disturbances, anxiety and sleep issues. Long-term stress can contribute to many disorders. Participants will learn to recognize the effects of stress and explore multiple techniques on how to self-regulate and relax the body and mind. These include Essentrics, yoga, breathing, meditation and relaxation. These tools will help participants create balance, space, joy, and optimal health and wellness.

**1, 2-hour session at RCC Lake Anne**  
**\$25 (R)/\$20 (R55+)/\$38 (NR)**

**November 15**

Wed 5:30 p.m. – 7:30 p.m.  
302401-4A Unger/Avilov

## Tai Chi for Health and Balance

(18 years and older)

Explore simple tai chi movements that strengthen the legs, improve balance and promote relaxation. We will use simple, repetitive Qi Gong (energy generating) movements as well as practice some simple breathing and meditation. Suitable for all levels of fitness. Beginners are welcome.

**7, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 5 – October 17**

Tue 9:15 a.m. – 10:15 a.m.  
306020-4A Smyers

**October 31 – December 12**

Tue 9:15 a.m. – 10:15 a.m.  
306020-4B Smyers

## Tai Chi Yang Style – Advanced

(18 years and older)

This class will continue refining the form and exploring principle as it applies to movement and balance. Instructor approval is required for this Advanced level class.

**7, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 5 – October 17**

Tue 10:30 a.m. – 11:30 a.m.  
306013-4A Smyers

**October 31 – December 12**

Tue 10:30 a.m. – 11:30 a.m.  
306013-4B Smyers

# FITNESS – YOGA

## Gentle Yoga

(18 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor. Patrons are required to bring their own mat to class.

**12, 60-min. sessions at RCC Lake Anne**  
**\$105 (R)/\$84 (R55+)/\$156 (NR)**

**September 12 – December 12**

(No Class: November 7, 21)

Tue 10:15 a.m. – 11:15 a.m.  
 304995-4A Sypula

**9, 75-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 14 – December 7**

(No class: November 23)

Thu 10:15 a.m. – 11:30 a.m.  
 304995-4B Sypula

## Gut Feeling Yoga

(18 years and older)

There is increasing evidence that yoga coupled with a mindful breathing practice can reduce the psychological and physical symptoms of Irritable Bowel Syndrome (IBS). Students will learn yoga postures and breathing techniques to help calm those “gut feelings” by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger. Patrons are required to bring their own mat to class.

**8, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 20 – November 8**

Wed 5:00 p.m. – 6:00 p.m.  
 302300-4A Unger

## Hatha Yoga I

(18 years and older)

The intention of this class is to create balance in the physical, mental and energetic bodies. Students will explore foundational postures (asanas), breathing (pranayama) and mindfulness practices. The class is open to all levels. Patrons are required to bring their own mat to class.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 21 – November 9**

Thu 9:00 a.m. – 10:00 a.m.  
 315001-4A Unger

## Hatha Yoga II

(18 years and older)

This class is a progression from Hatha Yoga I and will continue to explore creating balance in the physical, mental, and energetic bodies. In addition to foundational postures, this class will introduce some more challenging postures and sequences and focus on linking breath with movement to build strength, balance, awareness, and joy. Students should have prior knowledge or experience in Hatha Yoga. Patrons are required to bring their own mat to class.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 20 – November 8**

Wed 6:15 p.m. – 7:15 p.m.  
 315002-4A Unger

## Mindful Hatha Yoga

(18 years and older)

This class will teach breathing exercises, stretching movements and relaxation. Learn to use Hatha Yoga movements to work through stiff joints and muscles while developing strength and flexibility. Patrons are required to bring their own mat to class.

**12, 60-min. sessions at RCC Lake Anne**  
**\$105 (R)/\$84 (R55+)/\$158 (NR)**

**September 12 – December 12**

(No Class: November 7, 21)

Tue 9:00 a.m. – 10:00 a.m.  
 305055-4A Sypula

## Mindful Yoga with Sound Healing

(18 years and older)

This class will feature mindful (focused on body sensations in the present moment) yoga movements and the use of singing bowls that stimulate body energy centers. The soothing music from singing bowls is often associated with deep relaxation and is beneficial in enhancing spiritual practice. Students will learn yoga movements and corresponding breathing patterns designed to improve focus and concentration. The second half of the class utilizes the bowls and contains mindfulness meditation and final relaxation. Patrons are required to bring their own mat to class.

**12, 75-min. sessions at RCC Lake Anne**  
**\$120 (R)/\$96 (R55+)/\$180 (NR)**

**September 12 – December 12**

(No Class: November 7, 21)

Tue 6:30 p.m. – 7:45 p.m.  
 314760-4A Sypula

**September 14 – December 7**

(No Class: November 23)

Thu 6:30 p.m. – 7:45 p.m.  
 314760-4B Sypula

## Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qi Gong and is a series of dynamic breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility. Patrons are required to bring their own mat to class.

**12, 60-min. sessions at RCC Lake Anne**  
**\$110 (R)/\$88 (R55+)/\$165 (NR)**

**September 16 – December 16**

(No Class: October 7, November 25)

Sat 11:45 a.m. – 12:45 p.m.  
 304888-4A Okerson

## Vinyasa Flow Yoga

(18 years and older)

Vinyasa Yoga flows sequential movements from one posture to another, while coordinating the breath with each movement. Participants move from pose to pose with each held for several breaths. The class blends forward folds, twists, back bends, inversions and balancing poses. Vinyasa Yoga helps build muscle strength, stabilize the core, promote a healthy heart, improve mobility and flexibility, and calm the mind. Patrons are required to bring their own mat to class.

**10, 60-min. sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 14 – November 16**

Thu 6:15 p.m. – 7:15 p.m.  
 304722-4A Staff

## FITNESS STUDENTS

To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.





## Yin and Yang Yoga

(18 years and older)

Yin and Yang yoga combines yin yoga, a passive yoga practice focusing on deeper connective tissues and cooling energy, with yang yoga, an active practice focusing on muscles and warming energy. Combining Yin and Yang elements in this class provides a balanced practice and can have a powerful effect on energy levels. Patrons are required to bring their own mat to class.

**12, 60-min. sessions at RCC Lake Anne**  
**\$105 (R)/\$84 (R55+)/\$158 (NR)**

**September 13 – December 6**

(No Class: November 22)

Wed 11:45 a.m. – 12:45 p.m.  
 304701-4A Okerson

## Yoga 101

(18 years and older)

This course is designed for beginners or those interested in refreshing or increasing their knowledge of basic yoga poses and breathing techniques. This course follows a progressive curriculum and will build upon the postures and movements learned in each previous class. This class is designed to provide the tools necessary to develop increased awareness of body and mind through movement and breath. All levels are welcome. Patrons are required to bring their own mat to class.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 20 – November 8**

Wed 9:00 a.m. – 10:00 a.m.  
 305601-4A Unger

## Yoga for Healthy Bones

(18 years and older)

This class is designed to help students increase bone strength and to improve balance. The class will utilize bands, dumbbells and weightbearing movements to integrate concentric, eccentric and isometric muscle engagement. Using dynamic movement and static holds help to increase strength, stability, safety and efficacy. These practices can be done seated in a chair, standing, or lying on the mat.

**12, 60-min. sessions at RCC Lake Anne**  
**\$110 (R)/\$88 (R55+)/\$165 (NR)**

**September 16 – December 16**

(No Class: October 7, November 25)

Sat 10:30 a.m. – 11:30 a.m.  
 304890-4B Okerson

## Yoga for Strength and Stillness

(18 years and older)

The regular practice of yoga can reduce the risk of injury, make daily tasks easier to perform, improve balance, relieve pain, and allow for better movement and coordination. This class will use the foundations of Vinyasa yoga to create flowing poses through controlled breathing techniques and specific transitions from one pose to another. This class is a moving meditation designed to help students quiet their minds and strengthen their bodies.

**8, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 25 – November 20**

(No Class: October 9)

Mon 10:15 a.m. – 11:15 a.m.  
 305049-4A Barazi

## Yoga with Weights

(18 years and older)

This class blends yoga movements with weights, creating a challenging, mindful practice. Combined benefits of yoga and strength training include improving bone density, muscle strength, flexibility and balance.

**8, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 25 – November 20**

(No Class: October 9)

Mon 9:00 a.m. – 10:00 a.m.  
 304702-4A Barazi

## Yoga Stretch for Healthy Aging

(18 years and older)

This class explores movement through a variety of seated and standing yoga and stretching poses. These movements are designed to help improve flexibility, range of motion and balance throughout the body. All exercises and stretches can be performed seated or standing.

**12, 45-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 7 – December 14**

(No Class: October 5, November 23, 30)

Thu 10:15 a.m. – 11:00 a.m.  
 305044-4A Briglia

## RESTON PATRONS 55 YEARS AND OLDER

If you live or work in Reston, you pay a discounted rate on eligible classes. Please use the (R55+) price when making payment. If registering online, the adult price is displayed with the class description. The 55+ discounted price will be displayed on the checkout system.

## INCLEMENT WEATHER

In the event of inclement weather, we advise our patrons and rental clients to call us at 703-476-4500 for the most complete and up-to-date information.

## FITNESS – DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations for daily fitness programming are free, but patrons are required to purchase a Fitness pass and swipe the pass prior to each class. Fitness passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$3.50 (R)/\$7.00 (NR) per class. Fitness passes expire two years from the date of purchase. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC.

### Boot Camp

(18 years and older)

This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominals. Students will use weights during this hour-long class. The last 10 to 15 minutes are spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats. Please purchase a renewable fitness pass and swipe it at the Customer Service Desk before each class begins. Patrons are required to bring a mat to class.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

September 8 – December 15

Fri 10:45 a.m. – 11:45 a.m.  
3C0010-4 Fletcher

### Cardio and Strength Intervals

(18 years and older)

Join us for an energizing workout that consists of intervals of cardiovascular and strength training movements. This class is designed to help improve metabolism and increase endurance and power. Weights will be provided.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

September 6 – December 13

(No Class: November 22)  
Wed 9:15 a.m. – 10:15 a.m.  
3C0095-4 Fletcher

### Walking Group

(18 years and older)

This group is designed to activate your day by engaging in a 60-minute walk on Reston's paths and at nearby parks and gardens. Refresh your day in the fresh air with a light stroll. Group will meet in different parts of Reston or slightly beyond Reston, such as Meadowlark Botanical Gardens in Vienna, to explore various locations. Program may be canceled in inclement weather.

60-min. sessions at RCC Lake Anne Pass, Registration Req.

September 6 – December 13

(No Class: November 22)  
Wed 12:15 p.m. – 1:15 p.m.  
3C0085-4 Avilov

### Zumba Gold

(18 years and older)

Zumba Gold is for active adults looking for a modified class that recreates the original Zumba moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination using zesty Latin rhythms in a party-like atmosphere.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

September 6 – December 15

(No Class: November 22, November 24)  
Wed, Fri 9:30 a.m. – 10:30 a.m.  
3C0070-4 Avilov

### Zumba Gold Toning

(18 years and older)

The Zumba Gold Toning program utilizes the strength training techniques of Zumba Toning at a lower intensity, creating an easy-to-follow dance fitness program for active adults. Your instructor will guide you through a traditional Zumba Gold cardio dance party with enhanced movements incorporating light weights for added resistance and muscle conditioning.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

September 5 – December 12

Tue 9:00 a.m. – 10:00 a.m.  
3C0080-4 Avilov

The Alzheimer's Association says social engagement is associated with reduced rates of disability and mortality and may also reduce risk for depression among older adults. Remaining socially active may support brain health and possibly delay the onset of dementia. Great ways to stay socially active include participation in clubs, volunteer efforts and other community pursuits, joining a walking group or book club or simply engaging with friends and family on a regular basis.



# LANGUAGE

## Japanese Culture Club

(18 years and older)

Participants who have knowledge of conversational Japanese are welcome. New participants are always welcome and encouraged to attend. The club will meet on the third Saturday of the month at RCC and other locations. An email will be sent to inform participants of the scheduled location for each month.

**3, 2-hour sessions at RCC Hunters Woods Free, Registration Req.**

**September 16, October 21, November 18**  
Sat 3:00 p.m. – 5:00 p.m.  
5C0070-4A Staff

## OLLI

Reston Community Center and Osher Lifelong Learning Institute (OLLI) at George Mason University are partnering to provide unique educational opportunities for those living and working in Reston. OLLI offers daytime courses, lectures, and special events, and the course leaders are often well-known experts in their fields who enjoy sharing knowledge. Several times a year, OLLI and RCC hosts collaborative programs at RCC Lake Anne. Non-OLLI members can register through RCC and participate at a reduced cost. If you would like to learn more about OLLI or are interested in becoming a full-time member, visit [www.olligmu.edu](http://www.olligmu.edu).

## Intelligence in the Civil War

(18 years and older)

This program will focus on cavalry and irregular units on both sides of the Civil War, including Jesse Scouts and Mosby's Rangers. It will examine intelligence support to military operations during the 1862 Maryland and Fredericksburg campaigns. This lecture series focuses less on the battlefield, and more on the battle of wits.

**4, 85-min. sessions at RCC Lake Anne \$20 (R)/\$16 (R55+)/\$30 (NR)**

**September 20 – October 11**

Wed 11:50 a.m. – 1:15 p.m.  
563204-4A OLLI

## Lifestyle Changes to Prevent and Manage Chronic Diseases

(18 years and older)

The course will discuss chronic diseases and their causes. The instructor will explain healthy eating, physical activity, sedentary lifestyle, sleep and stress. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

**2, 85-min. sessions at RCC Lake Anne \$10 (R)/\$8 (R55+)/\$15 (NR)**

**October 4 – October 11**

Wed 9:40 a.m. – 11:05 a.m.  
563202-4A OLLI

## Park Ranger Potpourri

(18 years and older)

Join National Park Service Rangers for a presentation on a new topic each week. National Park Service Rangers have participated in OLLI programs since 2001 by offering scores of thematic courses, special events and trips.

**4, 85-min. sessions at RCC Lake Anne Free, Registration Req.**

**October 10 – October 31**

Tue 2:15 p.m. – 3:40 p.m.  
571982-4A OLLI

## Propaganda Films

(18 years and older)

Films not only entertain, they also can convince the viewer of a political point or influence the opinions or behavior of people, often by providing deliberately misleading, propagandistic content. Eisenstein's films, in particular *The Battleship Potemkin*, are seen as masterworks of the cinema, even as they glorify his communist ideals. During 1930s and 1940s, Leni Riefenstahl, a filmmaker working in Nazi Germany, created what is arguably the greatest propaganda movie of all time, *Triumph of the Will*, a film commissioned by Hitler to chronicle the 1934 Nazi Party rally in Nuremberg. During the Depression, the Resettlement Administration of the U.S. government sponsored two short films, *The Plow That Broke the Plains* and *The River*, to raise awareness about the New Deal. *Why We Fight* is a series of seven propaganda films commissioned by the government during World War II to demonstrate to American soldiers the reason for U.S. involvement in the war. The class will view the first and the last films in the series.

**8, 2-hour sessions at RCC Lake Anne \$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 20 – November 8**

Wed 1:40 p.m. – 4:00 p.m.  
563205-4A OLLI

## The Evolving Supreme Court

(18 years and older)

The course will review major decisions of the Supreme Court from 1953 to today. We begin with the highly liberal Warren court (1953-1969), which issued decisions protecting racial minorities, criminal defendants, free speech and free press, and decisions limiting government support of religion. Republican presidents tried to appoint Justices who would undue or limit these decisions. Although Republicans appointed 12 of the 16 justices after the end of the Warren Court, there was never a conservative majority until 2018. The post 2018 conservative court has gone much further in reversing liberal decisions.

**4, 85-min. sessions at RCC Lake Anne \$20 (R)/\$16 (R55+)/\$30 (NR)**

**October 18 – November 8**

Wed 11:50 a.m. – 1:15 p.m.  
563206-4A OLLI

## The Politics and Policy of Underrepresentation

(18 years and older)

This class and the book upon which it is based – *Women, Power, and Rape Culture: The Politics and Policy of Underrepresentation* – examines the principal events, actors, and paradigms in the politics of rape, sexual assault, and harassment during the Trump and #MeToo eras. Unlike other studies, it connects these traumatic events to women's underrepresentation in the public sphere. Class sessions, like the book's chapters, consider relevant policy actions in the three branches of government, by examining the power of presidential speech, judges and Congress in creating structural barriers to women's representation.

**3, 85-min. sessions at RCC Lake Anne \$15 (R)/\$12 (R55+)/\$22 (NR)**

**September 19 – October 3**

Tue 2:15 p.m. – 3:40 p.m.  
563200-4A OLLI

## PERFORMING ARTS

### ArtStream: Improvisation and Storytelling

(18 years and older)

Improvisation is a great way to practice listening and teamwork while having fun with new friends. Learning through performing arts builds confidence by allowing participants to make their own choices. Inclusive participation also fosters social connections and allows participants to practice communication skills like eye contact, listening and self-awareness. ArtStream has more than 10 years of experience creating programs for participants of all abilities.

**8, 90-min. sessions at RCC Hunters Woods**  
\$80 (R)/\$64 (R55+)/\$120 (NR)

**September 12 – October 31**

Tue 7:00 p.m. – 8:30 p.m.  
402684-4A ArtStream

## SOCIAL

### American Mah Jongg

(18 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This program is for players of all levels, from beginners to skilled.

**2.5-hour sessions at RCC Hunters Woods**  
Free, Registration Req.

**September 6 – December 27**

Wed 1:15 p.m. – 3:45 p.m.  
509605-4A Staff

**September 7 – December 28**

Thu 9:30 a.m. – 12:00 p.m.  
509605-4B Staff

### Bridge Mondays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Monday. Bring lunch for a midday break.

**4-hour sessions at RCC Hunters Woods**  
Free, Registration Req.

**September 11 – December 18**

Mon 10:00 a.m. – 2:00 p.m.  
509603-4A Staff

### Bridge Tuesdays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Tuesday. Bring lunch for a mid-day break.

**3-hour sessions at RCC Lake Anne**

Free, Registration Req.

**September 12 – December 26**

Tue 10:00 a.m. – 1:00 p.m.  
505551-4A Staff

### Chess Club

(13 years and older)

Join RCC's Chess Club to meet new partners and build skills. Participants of any skill level are welcome, but those under the age of 18 must be accompanied by a parent/caregiver at all times. If a parent/guardian is also playing, they must register.

**3-hour sessions at RCC Hunters Woods**

Free, Registration Req.

**September 7 – December 28**

(No Class: November 23)

Thu 6:30 p.m. – 9:30 p.m.  
901354-4B Staff

### Holiday Luncheon

(18 years and older)

Don't miss RCC's annual holiday celebration at RCC Hunters Woods. Enjoy lunch, conversations with friends, music and dancing. No group registration will be accepted; interested patrons must register individually.

**1, 2.5-hour session at RCC Hunters Woods**  
\$30 (R)/\$24 (R55+)/\$60 (NR)

**December 6**

Wed 11:30 a.m. – 2:00 p.m.  
505575-4A Staff

### Reston Plays Games

(18 years and older)

Tabletop gaming brings people together with cards, dice and meeples in hand to achieve goals both simple and complex. Bring your board, card and dice game collections and share the fun of playing with and making new friends. Games range in style including cooperative, worker placement, deck-building, strategy and more. Gamemasters for role-playing games may contact Bill Parker, (William.parker@fairfaxcounty.gov) for information regarding open gaming times for new or established groups.

**5-hour sessions at RCC Hunters Woods**

Free, Registration Req.

**September 6 – December 20**

Wed 5:00 p.m. – 10:00 p.m.  
503594-4A Parker

## TECHNOLOGY

### Automate Your Home with Google Home

(18 years and older)

Learn to smart automate your home with Google's Home app and their various audio, video and home security products. Google's Nest services and third-party connectivity will be covered.

**1, 2-hour session at RCC Hunters Woods**  
\$20 (R)/\$16 (R55+)/\$30 (NR)

**October 4**

Wed 10:00 a.m. – 12:00 p.m.  
505337-4A Livingston

### Computer Maintenance and Housekeeping

(18 years and older)

Learn how to keep computers running smoothly by using system tools, utility programs, firewalls and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files and keep computers updated automatically. Students may bring their own laptops.

**2, 2.5-hour sessions at RCC Hunters Woods**  
\$50 (R)/\$40 (R55+)/\$75 (NR)

**September 11 – September 18**

Mon 10:00 a.m. – 12:30 p.m.  
505001-4A Livingston

### Cut the Cable: Switch to Streaming TV

(18 years and older)

Participants will learn about the various streaming TV options and whether switching to streaming will save money. Please bring a cable bill to class to compare current charges to available options.

**1, 2-hour session at RCC Hunters Woods**  
\$20 (R)/\$16 (R55+)/\$30 (NR)

**September 14**

Thu 10:30 a.m. – 12:30 p.m.  
504173-4A O'Connell

### Decrease Telecom Costs

(18 years and older)

Want to explore ways to decrease landline, wireless and cable bills? Discover recent technologies like Roku, Aereo and Hulu. Learn how to get free HDTV, go wireless to help save money and communicate via FaceTime and Google Voice to replace a landline phone.

**1, 2.5-hour session at RCC Hunters Woods**  
\$25 (R)/\$20 (R55+)/\$37 (NR)

**November 8**

Wed 10:00 a.m. – 12:30 p.m.  
500315-4A Livingston

## Exploring Mobile Apps

(18 years and older)

From maps to photos to games, the phone and tablet offer a wide range of apps. Students will learn how to select, download, navigate and manage apps from the Apple App Store on their mobile devices. Android apps will be briefly discussed.

**1, 2-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**October 12**

Thu 10:30 a.m. – 12:30 p.m.  
500563-4A O'Connell

## Features of Canva

(18 years and older)

Canva is an online design and publishing tool that allows people to design invitations, flyers, images for social media, presentations and more. This class will help participants understand some of the many possibilities that Canva has to offer. Canva offers a free option for people who want to start designing their own projects. This class is a demonstration only and will not provide step-by-step instructions on using the online tool.

**1, 90-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**November 13**

Mon 10:00 a.m. – 11:30 a.m.  
598103-4A Snelling

## Google: Much More Than Search

(18 years and older)

Learn to use more Google features, such as Gmail and search tips, Google photos, Google Docs, translations, and much more. Learn how to create a personalized/shared calendar, make free phone calls, use the Cloud to print from anywhere and download books, music and apps from the Google Play store.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$35 (NR)**

**December 11**

Mon 10:00 a.m. – 12:30 p.m.  
500491-4A Livingston

## iPhone Camera

(18 years and older)

Learn how to use all the camera options that come with your iPhone camera. Discover how to take the best pictures of your family and friends.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**October 5**

Thu 10:00 a.m. – 12:30 p.m.  
500395-4A Leir



## iPhone Camera Editing

(18 years and older)

Learn how to edit photos using Snapseed. This free app can bring photos to life. Download the app before class. Please bring a mobile phone and charging cord to class.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$20 (R)/\$16 (R55+)/\$30 (NR)**

**November 2**

Thu 10:00 a.m. – 12:30 p.m.  
500496-4A Leir

## iPhone Storage

(18 years and older)

Learn how to organize photos on your phone or in the Cloud. Discover iCloud and how it works and how to remove photos from your phone. Participants should bring mobile phone and charging cords to class.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$35 (NR)**

**October 19**

Thu 10:00 a.m. – 12:30 p.m.  
500736-4A Leir

## Protect Your Privacy and Identity Online

(18 years and older)

The convenience of the digital world requires giving personal information that may leave us exposed to hackers and scammers. Learn the ways that privacy can be protected across technology platforms such as Google, email, Windows 10, iPad and when using email or social media platforms like Facebook. Participants will assess online activity, examine privacy settings and teach about the tools that restrict access to information.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**December 7**

Thu 10:00 a.m. – 12:30 p.m.  
500697-4A O'Connell

## Your Guide to Communications Technologies and Services

(18 years and older)

This class provides a basic understanding of terms like broadband, cable, Wi-Fi, and 5G. This presentation will explain the technologies and services in simple terms and give tools to make informed decisions about choosing communication technologies that are right for you.

**1, 60-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**December 18**

Mon 1:00 p.m. – 2:00 p.m.  
598106-4A Smarr

## Your Smart TV and Your Privacy

(18 years and older)

Smart TVs and other Smart Devices have entered homes, offering unprecedented access to video programming and information at the touch of our fingers or the sound of voices. Unless you're diligent about following the news or reading the fine print in service documents, you may not be aware that the companies behind your smart devices are collecting, using, and sometimes selling your personal information. The Fairfax County Department of Cable and Consumer Services will explain what personal information these devices collect and how it's done.

**1, 60-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**October 23**

Mon 10:00 a.m. – 11:00 a.m.  
598105-4A Smarr

## TRIPS AND TOURS

### **Moulin Rouge! The Musical at The Kennedy Center**

(18 years and older)

The Moulin Rouge is best known as the birthplace of the can-can dance. Join us for a trip to see Baz Luhrmann's revolutionary film come to life onstage, remixed in a new musical mash-up extravaganza. Directed by Tony Award winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and – above all – Love, that follows a young English poet, Christian, who falls in love with the star of the Moulin Rouge. The trip fee includes transportation, admission, and trip chaperones.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

#### **1, 6-hour trip**

**\$120 (R)/\$96 (R55+)/\$180 (NR)**

**September 21**

Thu

11:30 a.m. – 5:30 p.m.

512100-4A

Staff

### **Mt. Cuba Center**

(18 years and older)

Spend the day on a self-guided walk at Delaware's Mt. Cuba Center. What originated more than 80 years ago as farmland has now been transformed into a lush, botanical garden featuring some of the region's most beautiful native plants. Mt. Cuba Center's collections are focused on plants native to the Eastern Temperate Forests of the United States with a particular emphasis on the Appalachian Piedmont, an area that spans nine states from New York to Alabama. The trip fee includes transportation, admission, boxed lunch and trip chaperones.

7:30 a.m. Depart RCC Lake Anne

8:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated return to Reston

#### **1, 11.5-hour trip**

**\$95 (R)/\$76 (R55+)/\$142 (NR)**

**October 13**

Fri

7:30 a.m. – 7:00 p.m.

512101-4A

Staff

### **National Museum of the United States Army**

(18 years and older)

The National Museum of the United States Army celebrates over 245 years of Army history, and honors this nation's soldiers of the past, present and future, including the regular Army, The Army Reserve, and the Army National Guard. Trip attendees can visit the Army Theatre for the film, *Of Noble Deeds*, which explores what it means to be an American Soldier. It includes footage of soldiers and current Army operations along with recreations of some of the Army's most significant battles. The theatre's 300-degree screen and external sensory elements envelop the viewer in sight, sound and movement. The trip fee includes transportation, film, lunch voucher and trip chaperones.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

#### **1, 6-hour trip**

**\$85 (R)/\$68 (R55+)/\$130 (NR)**

**November 9**

Thu

10:00 a.m. – 4:00 p.m.

500200-4A

Staff

### **Miracle on 34th Street at Riverside Dinner Theatre**

(18 years and older)

Experience the excitement, memories, and joy of Christmas as a cast of singers and dancers present the very heart and essence of the holiday season in *Miracle on 34th Street*. A holiday classic from the writer of the musical theatre masterpiece, *The Music Man*, and based on the movie of the same name, Meredith Wilson's story follows Kris Kringle as he takes on the cynics in this beloved holiday classic. Trip fee includes transportation, admission, seated three-course lunch and trip chaperones.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

#### **1, 7.5-hour trip**

**\$130 (R)/\$104 (R55+)/\$195 (NR)**

**December 15**

Fri

10:00 a.m. – 5:30 p.m.

512103-4A

Staff

### **Swept Away at Arena Stage**

(18 years and older)

*Swept Away*, set off the coast of Massachusetts in 1888, tells the tale of how four sailors choose to survive after a violent storm sinks their whaling ship and whether they can live with the consequences. It's an

epic tale of exploration and how facing tragedy can open the door to forgiveness. With music and lyrics from The Avett Brothers. Trip fee includes transportation, admission and trip chaperones.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

#### **1, 6-hour trip**

**\$125 (R)/\$100 (R55+)/\$187 (NR)**

**December 20**

Wed

10:00 a.m. – 4:00 p.m.

512102-4A

Staff

## TRIP INFORMATION

Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

#### **Departure and Arrival:**

Unless otherwise noted, departures occur from and return to RCC Hunters Woods.

#### **Emergency Forms:**

Prior to the trip, you will receive an itinerary and an emergency form. Please complete the form and bring it with you on the day of the trip.

#### **ADA Accommodations:**

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.



## VISUAL ARTS

### Acrylic Painting

(18 years and older)

This class will explore using acrylic paint and is designed for beginner and intermediate levels. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 15 – November 3**

Fri 10:00 a.m. – 12:30 p.m.  
 402421-4A Thiel

### Acrylic Painting for Beginners

(18 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

**8, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 12 – October 31**

Tue 10:00 a.m. – 1:00 p.m.  
 455011-4A Daniels

### Art and the Aging Brain

(18 years and older)

Most of us think of participating in the arts as entertainment or escape. Recent research indicates that engagement in creative processes is vital to our well-being at all levels. This is particularly true for aging adults. The workshop will explore recent research and data on how our brains mature, how we process and respond to creative engagement, how these processes promote healing for mind, body and spirit, and why creativity is now recognized as essential for overall health. The workshop will include an informational lecture and creative practice ideas to incorporate creativity into daily living.

**1, 4-hour session at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$85 (NR)**

**October 28**

Sat 12:30 p.m. – 4:30 p.m.  
 402759-4A Daniels

### Art Lab

(18 years and older)

Artists of all skill levels are invited to explore their creativity. This open studio class is the perfect time to complete projects that are left over from previous classes or work on personal projects.

**8, 3-hour sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$65 (NR)**

**September 12 – October 31**

Tue 2:00 p.m. – 5:00 p.m.  
 404213-4A Daniels

## Art School & Career Panel Series

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? Are you a graduate student or emerging professional who wants to learn more about jobs in the visual arts field? Join Tephra Institute of Contemporary Art (Tephra ICA) for our Art School & Career Panel Series and hear a panel of professionals discuss a variety of art school programs and career opportunities in the arts. Panelists may include art educators and arts practitioners working in museums, galleries, universities, community colleges and more.

**1, 60-min. session at Tephra ICA at 12001 Market Street**  
**Free, Registration Req.**

**October 17**

Tue 6:00 p.m. – 7:00 p.m.  
 402521-4A Tephra ICA

**November 7**

Tue 6:00 p.m. – 7:00 p.m.  
 402521-4B Tephra ICA

### Beginner Plein Air Painting

(18 years and older)

Plein air painting, which means going outside and painting directly from nature, is an intense and rewarding endeavor. Learn the basics of how to capture a composition on a small canvas using acrylic paint in two to three hours. The class will focus on getting acquainted with the tools and basics of plein air painting. Supply list will be provided prior to the first class.

**8, 4-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 13 – November 1**

Wed 1:00 p.m. – 5:00 p.m.  
 402762-4A Sterud

### Chinese Brush Painting

(18 years and older)

This session of Chinese Brush Painting is geared toward intermediate and advanced students and will reinforce fundamental brushstroke skills.

**6, 2.5-hour sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$150 (NR)**

**October 5 – November 9**

Thu 10:00 a.m. – 12:30 p.m.  
 402512-4A Griffith Tso

## Creative Clay House

(18 years and older)

With the guidance of Instructors Kate Sternberg and Tena Page, join this class to learn, improve, and share your hand-building and sculpting skills. Class fee includes 25 lbs. of clay, glazes and firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 15 – November 3**

Fri 10:00 a.m. – 12:30 p.m.  
402752-4A Sternberg/Page

## Creative Hands Pottery

(18 years and older)

Participants will explore hand-building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 12 – October 31**

Tue 10:00 a.m. – 12:30 p.m.  
402665-4A Page

## Drawing 101

(18 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

**8, 2-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 11 – October 30**

Mon 7:00 p.m. – 9:00 p.m.  
402614-4A Sterud

## Drawing with Pastels

(18 years and older)

Learn the fundamentals of creating with soft pastels. The class will be geared for beginners, but all levels of experience are welcome. A supply list will be provided prior to the first class.

**8, 2-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 14 – November 2**

Thu 7:00 p.m. – 9:00 p.m.  
402460-4A Daniels

## Fused Glass

(18 years and older)

Learn the basics of glass fusing. Full use of the manual and machine glass cutting and shaping tools will be made available. Glass, adhesives and bails are included for several projects. Students who own their own molds may create slumped pieces. All work will be fired offsite after the last class and will be available for pickup at a later date. All supplies are included in the class fee.

**3, 3-hour sessions at RCC Hunters Woods**  
**\$165 (R)/\$132 (R55+)/\$285 (NR)**

**September 13 – September 27**

Wed 6:30 p.m. – 9:30 p.m.  
405163-4A Damron

## Handstitched Fabric Collage

(18 years and older)

In this new mixed media class, participants will combine painting, printmaking and simple hand-stitching techniques to make a variety of fabric collages. Paint and dye fabric for collage using inks, watercolors, acrylics and natural methods. Bring collages to life with texture and detail through "slow stitching." Suitable for beginners. Prior sewing experience or sewing machine are not required. A supply list will be provided before the first class.

**6, 3-hour sessions at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$140 (NR)**

**November 6 – December 11**

Mon 10:00 a.m. – 1:00 p.m.  
402760-4A Mullarkey

## Intermediate Watercolor

(18 years and older)

This class is for artists who have previous watercolor experience. Learn techniques to achieve a variety of textures and atmospheric effects, construct a strong painting composition using simple tools, simplify a complex scene into basic shapes and choose the best colors for your subject. A supply list will be provided prior to first class.

**8, 2-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 14 – November 2**

Thu 1:00 p.m. – 3:30 p.m.  
455012 4A Ellor

## Make Your Own Wrapping Paper and Cards

(18 years and older)

Let go and have some creative fun blowing pigment-loaded bubbles! Stenciling and stamping add to the creativity, resulting in wrapping paper and cards that are personal and unique. A supply list will be provided prior to first class.

**3, 2-hour sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$85 (NR)**

**November 7 – November 21**

Tue 10:00 a.m. – 12:00 p.m.  
402761-4A Ryan

## Making Pottery with or Without the Wheel

(18 years and older)

This class is for students with beginning through advanced hand building and/or wheel throwing skills. The class will emphasize design, construction of functional and non-functional forms, and surface decoration. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand building or wheel, or to combine elements of both. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 13 – November 1**

Wed 7:00 p.m. – 9:30 p.m.  
402616-4A Staff

## Micromosaic Jewelry

(18 years and older)

Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$85 (R)/\$68 (R55+)/\$160 (NR)**

**October 25**

Wed 10:00 a.m. – 1:00 p.m.  
402623-4A Damron

**November 29**

Wed 6:30 p.m. – 9:30 p.m.  
402623-4B Damron



# ARTIST DIALOGUES AND EVENTS AT TEPHRA ICA



Join RCC for these programs at Tephra ICA. Programs are sponsored by Reston Community Center.

FOR SCHEDULE PLEASE VISIT: [www.tephraica.org](http://www.tephraica.org)

## Creative Responses

(13 years and older)

Creative professionals will respond to the work on view in the gallery. The short presentation will be followed by an open conversation.

## In Their Own Words

(13 years and older)

Hear from the current exhibiting artist in their own words about their work, life and inspiration in a short presentation followed by an opportunity to engage with the artist.

## Insights

(13 years and older)

Listen to curators and directors of major art institutions commenting on the gallery exhibit and its cultural context.

## Slow Looking Program Series

(18 years and older)

Slow Looking is a Tephra ICA staff-guided approach and program series that allows visitors to spend more time getting to know an artwork.

## Tephra ICA Connect Professional Networking Series

(18 years and older)

Visit Tephra ICA for young professional events that will include a preview of the current Tephra ICA exhibition, artist/curator talks and networking opportunities.

## Second Saturdays

(18 years and older)

Tephra ICA is teaming up with Reston Town Center Association. A portion of streets will be blocked off allowing visitors to explore shops, programming in the park and the Tephra ICA gallery. On certain Saturdays, Tephra will provide a special on-site activation, installation or performance at the gallery.

## Tephra ICA Art Family Day

(All Ages)

**Saturday, October 14 • 12:00 p.m. – 3:00 p.m.**

Tephra Institute of Contemporary Arts (Tephra ICA) opens its doors for an afternoon of family artmaking and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family.

**Tephra ICA**

**12001 MARKET STREET, SUITE 103, RESTON, VA**

Reston Town Center garage parking is free on weekends and weekdays after 5:00 p.m.

**FREE!**

## Mixed Media Exploration

(18 years and older)

Encouraging an open mind and a large dose of imagination, this class explores a variety of mixed-media techniques and materials that will expand and transform your art-making practice. Discover the excitement of combining different materials, mediums, and art techniques, while creating original and compelling works of art. Supply list will be provided prior to first class.

**8, 2-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 15 – November 3**

Fri 2:30 p.m. – 4:30 p.m.  
 402765-4A Traynham

## Mosaic Art

(18 years and older)

Mosaics are one of the original art forms, and pieces can be made to last for centuries. Choose from among several exciting projects, from beginner through expert, or bring your own unique project (with instructor approval). Sufficient tools, supplies and materials are included in the class fee to complete one beginner or intermediate project.

**6, 3-hour sessions at RCC Hunters Woods**  
**\$130 (R)/\$104 (R55+)/\$225 (NR)**

**September 13 – October 18**

Wed 10:00 a.m. – 1:00 p.m.  
 404040-4B Damron

**November 1 – December 13**

(No Class: November 22)

Wed 10:00 a.m. – 1:00 p.m.  
 404040-4C Damron

## Oil and Acrylic Painting Studio

(18 years and older)

Participants will explore their painting potential while using oil or acrylic paint. This class is designed for all skill levels in a guided studio workshop setting. A supply list will be provided prior to the first class.

**8, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 13 – November 1**

Wed 6:00 p.m. – 9:00 p.m.  
 402688-4A Traynham

Open Ceramics Studio passes expire at the end of each session. Fall class passes expire December 31, Winter/Spring class passes expire May 31 and Summer class passes expire August 31.



## Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Unleash imagination and creativity by learning to paint with alcohol inks on tile. This medium allows participants to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies are included in the class fee.

**1, 2-hour session at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$75 (NR)**

**September 23**

Sat 1:00 p.m. – 3:00 p.m.  
 402728-4A Clark

**October 21**

Sat 1:00 p.m. – 3:00 p.m.  
 402728-4B Clark

**November 18**

Sat 1:00 p.m. – 3:00 p.m.  
 402728-4C Clark

**December 16**

Sat 1:00 p.m. – 3:00 p.m.  
 402728-4D Clark

## Reclaiming the Inner Artist

(18 years and older)

This mixed-media class is designed for emerging artists to access their creative side and for practicing artists in search of fresh inspiration. Using creative exercises rooted in the Four Elements (earth, water, air and fire), connect with where you are in the creative cycle, tap into creative flow, face the inner critic and learn to overcome perceived obstacles. This transformative class is a combination of intuitive art, meditation and personal journaling. Make an art journal to document your journey toward reclaiming unique trust in your creative power. Supply list will be provided prior to the first class.

**8, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 11 – October 30**

Mon 10:00 a.m. – 1:00 p.m.  
 402641-4A Mullarkey

## Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. Supplies will be discussed during the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 11 – October 30**

Mon 10:00 a.m. – 12:30 p.m.  
 402500-4A Zoller

**September 12 – October 31**

Tue 7:00 p.m. – 9:30 p.m.  
 402500-4B Zoller

## Tapestry Mosaic Art

(18 years and older)

Elaborate patchwork tapestry fabrics from Rajasthan and Gujarat, India are the inspiration for this class. Specialty glass (including Van Gogh glass and millefiori), crystal and beads are used to create multiple patterns of color and texture. Basic knowledge of mosaics is recommended for this class. All supplies are included in class fee.

**6, 3-hour sessions at RCC Hunters Woods**  
**\$190 (R)/\$152 (R55+)/\$370 (NR)**

**October 4 – November 15**

(No Class: November 1)

Wed 6:30 p.m. – 9:30 p.m.  
 402255-4A Damron

## Wednesday Watercolor

(18 years and older)

This watercolor class is for intermediate and beginning painters who want to build and improve their painting skills. We will use lectures, demonstration and class painting time to explore fun subjects such as landscapes, buildings and simple figures, while focusing on the fundamental building blocks of watercolor painting. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 13 – November 1**

Wed 10:00 a.m. – 12:30 p.m.  
 402735-4A Ellor

## Wheel Exploration

(18 years and older)

Whether experienced or just starting out, participants can practice and refine skills with guidance from an instructor. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 12 – October 31**

Tue 10:00 a.m. – 12:30 p.m.  
 402639-4A Staff

Tue 7:00 p.m. – 9:30 p.m.  
 402639-4B Markum

## Wheel I

(18 years and older)

Learn how to work with clay and master wedging, centering and throwing to make bowls, cylinders and small plates. Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 14 – November 2**

Thu 10:00 a.m. – 12:30 p.m.  
 402462-4A Staff

Thu 7:00 p.m. – 9:30 p.m.  
 402462-4B Stefanik

## Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 15 – November 3**

Fri 12:30 p.m. – 3:00 p.m.  
 404210-4A Anderson

## Wheel III

(18 years and older)

Prerequisites include being able to wedge, center and throw an approximately eight-inch bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 11 – October 30**

Mon 7:00 p.m. – 9:30 p.m.  
 402463-4A Alexander

## WOODWORKING

### Good Neighbors Woodworking Group

(18 years and older)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration through myRCC.

**16, 5-hour sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 5 – December 19**

Tue 9:30 a.m. – 2:30 p.m.  
 5C0085-4A Staff



# OPEN STUDIOS

## LEISURE & LEARNING

### Open Ceramics Studios

(18 years and older)

The public is invited to use RCC's Ceramics Studio. The Open Ceramics Studio now requires reservations following purchase of a pass. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC, purchase or use a pass and select the dates and studio in which you wish to participate. Reservations for the Open Ceramics Studio are free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each reserved visit. Passes may also be renewed online through myRCC. Ceramics Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$15 (R)/\$30 (NR) per visit. Ceramics Studio passes expire two years from date of purchase. The pass fee includes firing and glazes. Clay cost is \$20 – \$30 for 25 lbs.

#### 4-hour sessions at RCC Lake Anne Pass, Reservation Req.

##### September 13 – December 13

(No Class: November 22)

Wed	10:00 a.m. – 2:00 p.m.
4C0020-4	Ceramics Studio
4C0025-4	3D Studio

##### September 16 – December 16

Sat	1:00 p.m. – 5:00 p.m.
4C0030-4	Ceramics Studio
4C0035-4	3D Studio

### Open Glass Studio

(18 years and older)

The public is invited to use RCC's Open Glass Studio. Open Glass Studio is facilitated by an experienced glass artist. Tools are provided; however, participants must work independently on projects and bring their own materials. The Open Glass Studio now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates you wish to attend. Reservations for the Open Glass Studio are free, but patrons are required to purchase a Glass Studio pass and swipe the pass prior to each reserved visit. Glass Studio can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (NR) per visit. Glass Studio passes expire two years from date of purchase.

#### 4-hour sessions at RCC Hunters Woods Pass, Reservation Req.

##### September 17, October 1, October 15, November 5, November 19, December 3, December 17

1st and 3rd Sun	12:30 p.m. – 4:30 p.m.
4C0010-4	Damron

### Open Woodshop

(18 years and older)

The public is invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a joiner, a planer and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. The Open Woodshop now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates and times you wish to attend. Reservations for the Open Woodshop are free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each reserved visit. Woodshop passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$12 (R)/\$24 (NR) per visit. Woodshop passes expire two years from date of purchase. Each visit includes a maximum of 3.5 hours. Please note that woodworking projects may not be left in the RCC shop; no storage is available.

#### 3.5-hour sessions at RCC Hunters Woods Pass, Reservation Req.

##### September 5 – December 26

Tue	6:00 p.m. – 9:30 p.m.
5C0010-4	Staff

##### September 2 – December 30

Sat	9:00 a.m. – 12:30 p.m.
5C0030-4	Staff
Sat	1:00 p.m. – 4:30 p.m.
5C0050-4	Staff



## RESERVATIONS

All participants are required to have a pass to access Ceramics, 3D, Glass Studios and Woodshop environments. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

## Administration

Leila Gordon	Executive Director
BeBe Nguyen	Deputy Director
Renata Wojcicki	Finance Director
Lorna Campbell Clarke	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Relations Director
Fred Russo	Building Engineer
Sarah Alshamy	Web/Graphic Artist
Warren Bailey	Customer Service
Chris Brown	Billing and Reconciliation Specialist
Nicholas Burt	Customer Relations Assistant Director
Suzanne Connell	Personnel Specialist
Özün Dalaran	Public Information Officer
Samantha Korkowski	Graphic Artist
James Rockett	Financial Specialist
Grazyna Siebor	Procurement Specialist

## Facility Rentals & Operations

Brian Gannon	Facility Services Director
Mohammed Alhadi	Facility Team
Guillermo Human	Facility Team
Will Sanchez	Facility Operations Manager
Cristobal Rivera	Facility Team
Ken Wade	Facility Team
Cory Woods	Facility Team

## Aquatics

Matthew McCall	Aquatics Director
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Program Director
Samantha Stettner	Customer Service
TJ Wilson	Aquatics Operations Assistant

## Arts & Culture

Paul Douglas Michnewicz	Director of Arts & Culture
Mark Anduss	Technical Director
Cheri Danaher	Arts Education Director
Laura Moody	Assistant Technical Director
Gloria Morrow	Arts Education Assistant
Rhia Ovington	Box Office Assistant
William D. Parker	Box Office Manager

## Leisure & Learning

Kevin Danaher	Leisure & Learning Director
Anya Avilov	Fitness & Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
Kim Gollop-Pagani	Youth/Teen Program Assistant
Debbie Heron	Youth/Teen Program Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth/Teen Program Assistant
Jonathan Navarro	Fitness & Wellness Program Director

## Offsite & Collaboration

Maggie Parker	Offsite & Collaboration Director
Kaia Greene	Community Events Director
LaTanja Snelling	Equity Partnerships Director

STAFF

## THANK YOU

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

# COMMUNITY PARTNERS

## Thank you to our Community Partners:

- AARP Foundation (AARP Tax Aide Program)
- AARP Virginia
- Al Fatih Academy
- ArtsFairfax
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Dance Place of Washington, DC
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fairfax NAACP
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Herndon Community Center
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- Jewish Community Center of Northern Virginia
- Lake Anne Plaza
- League of Reston Artists
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor; Walter L. Alcorn
- Osher Lifelong Learning Institute (OLLI) at George Mason University
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston for a Lifetime
- Reston Museum
- Reston Hospital Center
- Reston Masters Swim Team
- Reston Town Center Association
- Shenandoah Conservatory
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- Tephra ICA
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworkers Guild
- YMCA Fairfax County/Reston

# HOW TO REGISTER

## Online Registration

Online registration opens at 9:00 a.m. on August 1 for Reston.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to create an account through myRCC to receive a household username and initial password.
- To access myRCC, go to [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com), click on myRCC. Under Quick Links, click Create an Account. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov) or to a customer service representative at 703-476-4500: Mon – Sat: 9:00 a.m. – 9:00 p.m. Sun: 9:00 a.m. – 8:00 p.m.

## In Person/Mail/Fax Registration

- All forms are available online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA, 20191
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

# REGISTRATION FORMS

Please note that no matter when you drop off your registration, it will not be processed until August 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on August 1 if they are received by July 31.

Our Customer Service team will be inputting registrations in the myRCC system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

# REGISTRATION POLICIES

## Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Fees are listed as Reston/Non-Reston.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is on the RCC website.

## Priority Reston Registration

Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

## Non-Reston Registration

Non-Reston registration begins at the end of the one-week priority-Reston registration period.

## Payment

Payment is required at the time of registration. Pay by cash, check (payable to Reston Community Center), money order, MasterCard, VISA or Discover. Cash payments cannot be accepted during Reston priority registration.

## Confirmation

Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

## Liability Waiver on RCC Registration Forms

The Liability Waiver is on all RCC registration forms and Drop-in sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

# CODE OF CONDUCT

For your protection and comfort, Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling and shouting.
- Physical contact with another person in any angry or threatening way.
- Displaying an object or weapon that can be considered harmful or threatening.
- Any demonstration of sexual activity or sexual contact with another person.
- Behavior deemed lewd or lascivious.
- Harassment or intimidation with words, gestures, body language or other menacing behavior.
- Behavior which intends or results in theft or destruction of property.
- Leaving a child under 8 years of age unattended. A child is considered unattended if they are without parent/caregiver supervision and wandering around the building.
- Intrusion upon an event to which one is not an invited or registered participant.
- Being under the influence of alcohol or drugs.

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. No refunds will be given.

## Code of Conduct for Camp Participants

Camp participants and parents/caregivers are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online.

# FEES

- Reston patrons 55 years and older may receive a discount on eligible class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to reservation activities.
- Passes will expire two years from date of purchase, with the exception of monthly pool passes.
- Single visit swim passes may be issued for any facility closure or interruption.

# FEE WAIVER PROGRAM

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online.

# CLASS CANCELLATION

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

# REFUNDS

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of monthly pool passes.

# PRICING

RCC reviews its pricing for programs and services annually. We will gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services is established while keeping in mind the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).

# FUNDING

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees so they may enjoy programs and services at greatly subsidized rates.

## PATRON HEALTH AND SAFETY

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

## ADA ACCOMMODATIONS

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

## BOARD OF GOVERNORS

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

RCC's Board of Governors invites the general public to its Board meetings; anyone is welcome to attend and share input. Dates subject to change. Additional committee meetings are scheduled as needed. Please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for a current list of Board meetings.

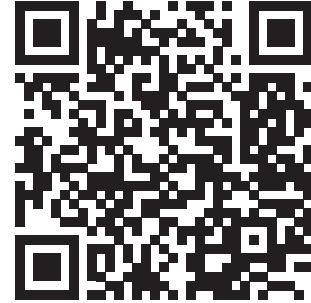
<b>Monthly Meeting</b> Monday, September 11	8:00 p.m.
<b>Monthly Meeting</b> Monday, October 2	8:00 p.m.
<b>Monthly Meeting</b> Monday, November 6	8:00 p.m.
<b>Monthly Meeting</b> Monday, December 4	8:00 p.m.

Finance Committee meetings, when scheduled, occur on the third Monday of a month. Check RCC's website for the most current meeting information.

Questions, comments, concerns and suggestions for RCC's Board of Governors may be directed to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov). All inquiries are answered within 48 business hours.

## RCC PUBLICATIONS

Visit this page to view current RCC program guides and other publications filled with updated event and class information.



## REGISTRATION DATES

**Summer Camps**  
(June – August)  
February 1 Reston/February 8 Non-Reston

**Summer Programs**  
(June – August)  
May 1 Reston/May 8 Non-Reston

**Fall Programs**  
(September – December)  
August 1 Reston/August 8 Non-Reston

**Winter/Spring Programs**  
(January – May)  
December 1 Reston/December 8 Non-Reston



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# LOCATIONS AND HOURS OF OPERATION

## LOCATIONS

### RCC Hunters Woods – 2310 Colts Neck Rd., Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the CenterStage Theatre, Woodshop, Glass Studio and Meeting Rooms.

### RCC Lake Anne – 1609-A Washington Plaza, Reston, VA 20190

Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, Fitness Studios and 3D Gallery.

Directions: Please use only the directions on the RCC website; directions provided by online sites or GPS systems may be inaccurate.

## PHONE NUMBERS

703-476-4500

703-476-8617 (Fax)

711 (TTY)

## HOURS OF OPERATION

Monday – Saturday 9:00 a.m. – 9:00 p.m.\*

Sunday 9:00 a.m. – 8:00 p.m.\*

\*Rental hours may vary. Contact the RCC Facility Services Department.



Enriching Lives.  
Building Community.®



# FALL HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 4	CLOSED	CLOSED
Veterans Day (Observed)	November 10	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 23	9:00 a.m. – 2:00 p.m.	CLOSED
Day After Thanksgiving	November 24	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Team Builder	December 20	CLOSED 1:00 p.m. – 4:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

LIKE US ON FACEBOOK:

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# Reston Multicultural Festival

**Saturday, September 23**

**11:00 a.m. – 6:00 p.m. • Reston Town Center**

**Free • Rain or Shine • All Ages**



Turn to page 11 for more information.

Reston Community Center presents the Reston Multicultural Festival in partnership with Reston Town Center, Reston Town Center Association and BXP. Volunteer coordination is provided by Reston Association.