

# Reston Community Center 2024 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

Reston Community Center's Board of Governors provides policy direction, fiscal oversight and programming prioritization that reflect the community's values and aspirations while assuring accountability for the resources RCC uses to deliver its offerings and services. Among our current strategic plan priorities is the objective of being environmentally conscientious about our use of energy.

Over the course of this past summer, RCC contractor CMTA Inc. replaced legacy building components that had reached the end of their useful life while simultaneously reducing the RCC Hunters Woods facility's carbon footprint. The project also provided solar rooftop panels to supplement the use of fossil fuel and LED lighting throughout the building. The energy utilization improvements will result in reducing our carbon dioxide emissions (CO<sub>2</sub>e) output by an estimated 73 metric tons. That's the equivalent of 15.7 gasoline-powered passenger vehicles being driven for a year.

We are also pleased that we completed this project, and several other important maintenance efforts, while still hosting our summer camps at both Hunters Woods and Lake Anne. We turn to the fall season after a very busy summer with confidence that Reston's commitment to the environment has been reflected in our capital projects while we remained steadfast in offering programs and services that enrich lives and build community.

As fall beckons, we hope you'll come enjoy the Reston Multicultural Festival in Reston Town Center, sign up for a class, drop in for a swim or get your tickets to the Professional Touring Artist Series shows lined up for the 2024-2025 season. We are looking forward to seeing you!

*Beverly Ann Cosham*

## BOARD OF GOVERNORS



**Paul Berry**



**William G. Bouie**



**William Penniman**



**Lisa Sechrest-Ehrhardt**



**Richard Stillson**



**Paul D. Thomas**



**Shane M. Ziegler**



**Vicky Wingert**





## LEILA GORDON, EXECUTIVE DIRECTOR, RCC

By the time this program guide reaches Reston mailboxes, RCC's Board of Governors will have completed their process of selecting the next executive director of this agency. This is another critical role performed by your friends and neighbors who volunteer their time and talent to guide Reston Community Center. The Board began the succession planning for filling this important position last January.

During June, candidates from an applicant pool of more than 100 people were invited to interview with our board members. Fairfax County government's Department of Human Resources provided support for the process. I am confident that the selected individual will be shepherding a community institution that is deeply embedded in the Reston lifestyle. RCC has a tremendously talented team of dedicated staff and volunteers who will continue to deliver the highest quality programs and services with a new executive.

As I prepare to retire in mid-December, I am almost in disbelief that 41 years have elapsed since I first came to work at Reston Community Center in September 1983. The time has flown by because every day was an opportunity to bring happiness to the people we serve. I shared the community's growth and changes over these four decades while holding fast to the values of its visionary founder, Robert E. Simon Jr. Those values and the caring, diverse, creative, intelligent and passionate people of Reston have made my career here fulfilling beyond description.

To all of the people with whom I have worked, I offer my undying gratitude for the joy of serving with you. To the people of Reston, I give my heartfelt thanks for allowing me to build community with you. It's been a gift beyond measure. I look forward to seeing you this fall to thank you personally and to help you welcome the next RCC executive director to the best job in the world.

A handwritten signature in black ink, appearing to read 'Leila', with a long, sweeping horizontal line extending to the right.

## RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!

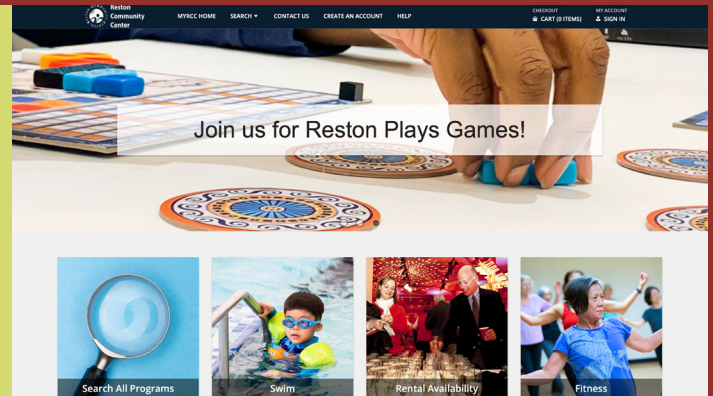


In October 2020, RCC earned accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA), a mark of an agency's excellence in its leadership, management, operations, programs and services. We are thrilled to be recognized for this achievement and will continue to uphold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

Reservations and a pass are required for daily aquatic and fitness classes and open ceramics, glass and woodshop studios. 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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# Reston

# Multicultural

# Festival

**Saturday, September 21**

11:00 a.m. – 6:00 p.m.

**Reston Town Center**

**FREE • All Ages**

The annual Reston Multicultural Festival celebrates our rich diversity through song, dance, food and art. Learn about our mosaic of cultures as the community gathers for a delightful day in Reston Town Center. All are encouraged to dress in attire that shares their pride in their cultural roots.



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



**For more information, please contact Asjah Heiligh, 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.*





## Party in the Park (Silent Dance)

**Wednesday, August 28**

5:00 p.m. – 6:30 p.m.

Reston Town Square Park

**Free • All Ages**

It's time to party! Come kick off the new school year in style. Join your friends and family to dance like nobody's watching at our Party in the Park, a youthful version of our silent disco party. Disc jockeys will spin different family-friendly music styles you alone can hear. Party in the Park will also feature activities for all to enjoy.

The personal headsets are loaned by exchanging a picture ID for the device. Dance your cares away!

Parking is available in all garages at Reston Town Center. The first hour and parking after 5:00 p.m. are free.

**For more information, contact Asjah Heiligh,  
RCC's Community Events Director, at 703-390-6166.**

## RCC Preference Poll

**September 6 – September 27**

You can play a vital role in shaping the future of recreation, cultural and leisure time pursuits in your community by participating in the 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. To register as a candidate, you must complete a Statement of Candidacy Form.

Statement of Candidacy Forms are available August 1 at RCC Hunters Woods and RCC Lake Anne, or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### MARK YOUR CALENDARS

**Candidates Forum: September 3 at 6:30 p.m. at the CenterStage at Reston Community Center Hunters Woods**

**Voting: September 6 – September 27 (until 5:00 p.m.)**

**Mail-in ballots must be received by 5:00 p.m. on September 26.**

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

# CENTERSTAGE CINEMA

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

## EQUITY MATTERS

*Moving Forward to Equal Justice*

### "Hamilton"

**Tuesday, November 5**

**9:00 a.m., 12:00 p.m. and 3:00 p.m.**

This groundbreaking retelling of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton, exploded on Broadway. Captured live from the Richard Rodgers Theater with the original Broadway cast, the incandescent performances and storytelling demonstrate why. While doing your civic duty by voting, stop into RCC for a refresher on the passions that informed the birth of the United States. (2020; PG-13)

### "Past Lives"

**Wednesday, November 20, 7:30 p.m.**

"Past Lives" is a 2023 romantic drama written and directed by Celine Song in her feature directorial debut. Starring Greta Lee, Teo Yoo, and John Magaro, it follows two childhood friends over the course of 24 years while they contemplate the nature of their relationship after their life paths split. The plot is inspired by real events from Song's life. (2023; PG-13)

### "The Color Purple"

**Sunday, December 15, 3:00 p.m.**

Based on the 1982 novel of the same name by Alice Walker, and its Broadway musical adaptation, this story follows the troubling and beautiful journey of Celie, her sister and the people in their lives. It is set in the American South from the early to the mid-20th century. (2023; PG-13)

## MONDAY MOVIES

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

### "The Red Violin"

**Monday, September 16, 10:00 a.m.**

An epic mystery unfolds when an appraiser of rare musical instruments discovers a one-of-a-kind red violin at a prestigious auction house. (1998; Rated R)

### "Calendar Girls"

**Monday, October 7, 10:00 a.m.**

A local women's group launches a fundraising effort by posing nude for a calendar and becomes a media sensation. (2003; PG-13)

### "Office Space"

**Monday, December 9, 10:00 a.m.**

In this hilarious satire, an office worker gets fired up... and decides to get fired. (1999; Rated R)

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







## Theatre in the Park Presents: "Good Witch/Bad Witch"

**Friday, Saturday, Sunday  
September 6 – 8**

7:30 p.m. – 9:00 p.m.

Reston Town Square Park

**Free • All Ages**

A concert of showstoppers featuring Glinda and Elphaba from the Broadway company of "Wicked" and "Good Witch/Bad Witch" has been thrilling audiences coast to coast with their stunning vocals and playful banter. Featuring Dee Roscioli and Alli Mauzey, this delightful diva duo has performed separately on Broadway, in regional theatre, and in renowned jazz clubs like New York's Birdland. Bring a blanket and settle in for two stars under the stars at Reston Town Center.

Presented by Reston Community Center and Reston Town Center Association.

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

**Saturday, September 7**

1:00 p.m. – 9:00 p.m.

Lake Anne Plaza

**Free • All Ages • Rain or Shine**

Enjoy the music, food and fun of this beloved community celebration of Reggae!

Hosted by Lake Anne of Reston, a Condominium Unit Owners Association, and Reston Community Center.

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

# HAPPY HOUR WITH DARDEN AND FRIENDS

AT TOWN SQUARE PARK • FREE • ALL AGES

FRIDAYS • 5:30 P.M. – 6:45 P.M.

There's no better way to kick off a weekend than to listen to some great jazz in the idyllic setting of Reston Town Square Park. Curated by local jazz fan favorite, Darden Purcell, this series regularly delivers some of the best jazz talent in the region.

**September 13**

Darden Purcell

**October 4**

Paul Carr Legacy Quartet

**September 20**

Bob Boguslaw Group

**October 11**

Mason Jazz Faculty All-Stars

**September 27**

CantoSur

**October 18**

Darden Purcell



FREE • ALL AGES

## SILENT DANCE PARTY

FRIDAY, SEPTEMBER 13

5:00 p.m. – 9:00 p.m. • Reston Station Metro Plaza

### PARTY ALERT! DANCING AND ACTIVITIES FOR ALL AGES

Reston Station is hosting a 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 among different music styles – mix and move to your personal favorites!

Parking is free in the ParkX garage with validation from 4:30 p.m. to 9:30 p.m. Validation only good at ParkX and not the Metro garage. *This event is presented by Reston Community Center and Comstock at Reston Station.*

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



# RCC COMMUNITY COFFEE

**SATURDAYS**

**September 14 – December 21**

**9:00 a.m. – 11:00 a.m.**

**Free • RCC Hunters Woods • All Ages**

Enjoy complimentary food and beverages with casual conversation.

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



## COFFEE & ORIGAMI

**18 years and older • Free**

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

**Friday, September 27 • 11:00 a.m. – 12:30 p.m.**

Registration: 86C200-5C

Location: Stonegate Village Community Center 2244 B Stonewheel Drive, Reston

**Friday, October 25 • 11:00 a.m. – 12:30 p.m.**

Registration: 86C200-5D

Location: Cedar Ridge Community Center 1601 Becontree Lane, Reston

(Registration is required in advance or at the door)



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

# MEET THE Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage • All Ages

## September 26

### Linda Monson and Her Studio

Dr. Linda Apple Monson, International Steinway Artist, serves as Director of the Dewberry School of Music of George Mason University. This inaugural recital of the Fall Meet the Artists Series will feature Dr. Monson's phenomenal artists from around the world performing an exciting program of dramatic and lyrical solo piano works by Beethoven, Chopin, Rachmaninoff and Ginastera.

## October 3

### Dr. Anna Balakerskaia and Her Piano Studio

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

## October 10

### Mark Irchai

Mark Irchai returns to one of his favorite venues, the CenterStage. His latest solo piano recital, "The Forest Reverie," encompasses the changes of the fall season with "Waldszenen/Forest Scenes" by Robert Schumann, and "On an Overgrown Path" by Leos Janacek.

## October 17

### The Tallwood Trio

The Tallwood Trio, with Nancy Riley (vocalist), Alan Wenberg (piano), Ron Musselwhite (drums) and guest artists, will perform material from the Great American Songbook, jazz, and contemporary selections.

## October 24

### Olga Simonova

Olga Simonova, Russian-American pianist, composer and Reston resident, will perform the world premiere of her original piano compositions. Her contemporary, cinematic style is full of echoes of the past.

## October 31

### Beverly Cosham

Beverly Cosham, Reston's favorite cabaret singer, 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.



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 – 22**

Reston Community Center has partnered with the Greater Reston Chamber of Commerce and Cornerstones to provide support to families in our community. You can contribute by donating non-perishable food and other essential items at Reston Community Center's Hunters Woods and Lake Anne locations, the Greater Reston Chamber of Commerce, and other designated drop-off points throughout the community. We encourage individuals, businesses, and organizations to participate and help improve the lives of those in need.

**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 26 or 27, a Volunteer Event Leader or a Volunteer Food Sorter on November 28. Please turn to page 31 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 Asjah Heiligh, RCC's Community Events Director, at 703-390-6166.



## Reston Holiday Parade

**Friday, November 29**

11:00 a.m. – 12:00 p.m.

Reston Town Center

**Free • All Ages**

Join us at Reston Town Center for the Reston Holiday Parade! Come for a full day of community, charity and cheer, including visits and photos with Santa, the tree lighting, a 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).

## Reston Town Center Holiday Performances

**Saturdays,**

**November 30 – Holiday Jazz Band**

**December 7 – Holiday Carolers**

**December 14 – Beltway Brass**

**December 21 – Holiday Carolers**

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. Catch the spirit of the season while you shop.

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



# Gifts from the HeART

## Shopping Event



RCC Lake Anne • Free • All Ages

**Saturday, December 7**  
**10:00 a.m. – 3:00 p.m.**

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.





## PROFESSIONAL TOURING ARTIST SERIES

James Baldwin, the great American writer and activist, would have been 100 years old in 2024. In honor of the occasion, Reston Community Center is participating in the GMU Alan Cheuse International Writers Center's "Baldwin100" celebration. This year-long effort brings together metropolitan Washington partners to read, watch and perform Baldwin's work. In an election year that echoes the conflicts his writing illuminated, it's an appropriate lens through which to explore those issues and our progress or lack of it. Baldwin himself acknowledged the permanence of change and the ongoing burden of generations to bend the moral arc of the universe. As he said:

**"For nothing is fixed, forever and forever, it is not fixed; the earth is always shifting, the light is always changing, the sea does not cease to grind down rock. Generations do not cease to be born, and we are responsible to them because we are the only witnesses they have. The sea rises, the light fails, lovers cling to each other and children cling to us. The moment we cease to hold each other, the moment we break faith with one another, the sea engulfs us and the light goes out."**

The Professional Touring Artist Series focuses on artists and thinkers who reflect on their worlds and reimagine them, enlightening us in surprising ways and changing the discourse of our culture. Mr. Baldwin would have fit right in here. Among the season's highlights this year, the CenterStage brings you diverse perspectives from bestselling author Sarah Vowell, self-described "empowermenteur" Angela Rye, dazzling singer Curtis Bannister, and indigenous musician Jeremy Dutcher.

## 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.**

We share a joint collaboration between musical innovator, Lara Downes, and the Pulitzer Prize-winning poet, Rita Dove. Reduced Shakespeare Company helps us laugh at ourselves and our often-tortured political history. The incomparable Judy Collins reminds us why she's a legend. It's a season that will be thought provoking and inspiring.

In closing, Baldwin leaves us with his timeless thought: "Not everything that is faced can be changed. But nothing can be changed until it is faced."

Let's face the inevitable changes ahead together – sharing music, tears, dance, words, laughter and hope at Reston Community Center.



Paul Douglas Michnewicz  
Director of Arts & Culture





The Zuni Olli Maidens are 2024 Heritage Fellows.

Celebrating some of the finest in folk and traditional arts  
**National Heritage Award Fellows and Virginia Folklife Apprenticeship Program**

at the Reston Multicultural Festival

**Saturday, September 21**

11:00 a.m. – 6:00 p.m.

**Reston Town Center**

**Free • All Ages**

Talent representing cultures from around the world will be joined by honorees from the National Heritage Fellows and the Virginia Folklife Program. These programs are supported by the National Endowment for the Arts, Virginia Humanities, Virginia Department of Education and other protectors of cultural gems. Come join us!



Members of Northern Virginia's Fundacion Socio Cultural Diablada Boliviana perform the Diablada dance in elaborate costumes.



**"Milo the Magnificent"**

**Sunday, September 29**

3:00 p.m.

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

Alex and Olmsted's "Milo the Magnificent" is a highly engaging puppet show about an aspiring magician. This wordless comedy, inspired by turn of the century vaudeville entertainers, is as highly physical as it is charming. Using stunningly innovative puppetry, Milo presents a variety of magic tricks which don't always go as planned. Great for all ages!

"It is clear why Alex and Olmsted have the Henson Foundation's support – their work is a delight that pushed the boundaries of the art."

– DC Theater Arts



Reduced Shakespeare Company's  
**"The Complete History of America (abridged)"**

**Saturday, October 5**

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

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

Newly updated for the 2024 election, the Reduced Shakespeare Company returns with 600 Years of History in 6,000 seconds! "The Complete History of America (abridged): Election Edition" provides the requisite historical context guaranteed to confuse any voter and make you the life of your next party – whatever party!

From Valley Forge to Fake News, yea verily from Manifest Destiny to Mar-a-Lago, from Alexander Hamilton the patriot to "Hamilton" the musical, the three cultural guerillas of the Reduced Shakespeare Company take you on a ninety-minute rollercoaster ride through the glorious quagmire that is American history.

History is normally re-written by the winners... but now it's the RSC's turn. Warning: If electoral dysfunction lasts longer than 248 years, please consult your constitution.

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



## James Baldwin Abroad

**Monday, October 21**

7:30 p.m.

**Free Film Screening and Talk Back**

As part of the Washington West Film Festival and the Baldwin100 Celebration, this evening includes three short films featuring James Baldwin and his keen observations about America.

**"James Baldwin: From Another Place"** (1973) was shot in Istanbul and finds the author discussing his work, sexuality and complex feelings about the United States.

**"Meeting the Man: James Baldwin in Paris"** (1970)

This short film has been preserved by the Yale Film Archive with support from the National Film Preservation Foundation. Returning to Paris, James Baldwin discusses the contradictory manners in which revolutions (French, Colonial, Black American) are portrayed and discussed.

**"Baldwin's N\*\*\*\*\*"** (1968) James Baldwin and comedian Dick Gregory speak to a group of radical West Indian students in London about everything from the state of the civil rights movement to the perils of false consciousness.

Stay afterward to hear a lively discussion of the films with George Mason Distinguished University Professor Dr. Keith S. Clark.



## Sarah Vowell

**Wednesday, October 23**

8:00 p.m.

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

Sarah Vowell is a New York Times bestselling author of seven nonfiction books on American history and culture. By examining the connections between the American past and present, she offers personal, often humorous accounts of American history as well as current events and politics. Her book, "Lafayette in the Somewhat United States," explores both the ideas and the battles of the American Revolution, especially the patriot founders' alliance with France as personified by the teenage volunteer in George Washington's army, the Marquis de Lafayette.

"Vowell's rollicking, sly humor is the perfect spoonful of sugar to down with her intensive research and historical insight."

— *Huffington Post*



## Curtis Bannister presents "Jantelagen" with pianist Mark Markham

**Wednesday, November 6**

8:00 p.m.

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

Curtis Bannister, the 2021 Actors Equity Association Roger Sturtevant Award recipient, and nominee for a 2021 Drama League Award, presents a program encompassing the Swedish cultural concept of Jantelagen, which translates to a focus on collective unity and humility over praise of the individual. Curtis performs a program including songs from the American Songbook, American pop and R&B songs, classical art songs and musical theatre. Recent credits include his debut in Bernstein's "Candide" featured in the film, "Maestro," opposite Bradley Cooper and Carey Mulligan; concert appearances with Heather Headley; and his debut in Bernstein's "MASS," which was presented in the Kennedy Center's 50th Anniversary season.

"Bannister's strikingly sensuous body language throughout this production is as seductive as his voice."

— *Herald Journal*





## **"The Other Witch" Choreographed and Performed by Nejla Yarkin**

**Saturday, November 23**

3:00 p.m.

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

"The Other Witch" is a multi-media and multi-lingual dance performance featuring elements of contemporary dance, dance ritual, text, sound and music. The solo is a haunting visual experience that alludes to the untamable aspects of nature. Yarkin draws inspiration from Mary Wigman's 1914 "Hexentanz" but creates a new interpretation.

Described by The New York Times as "a magician, telling tales and creating worlds" and "a fierce and supple performer," Chicago-based choreographer Nejla Yarkin travels the globe inspiring empathic connections between people and their environments.

"Dance Magazine names Miss Yarkin 'Top 25 to Watch' and it's easy to see why: she is a fierce and supple performer."

— The New York Times



## **Judy Collins**

**Saturday, November 30**

8:00 p.m.

**Sunday, December 1**

3:00 p.m.

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

Judy Collins has long inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs and a firm commitment to social activism. In the 1960s, she evoked both the idealism and steely determination of a generation united against social and environmental injustices. It's been five-plus decades, her luminescent presence shines brightly as new generations bask in the glow of her iconic 55-album body of work and take inspiration from her career.

"You could argue Collins has earned that 'legend' distinction as much by interpreting and inspiring songs as she has by writing or singing them..."

— Edmonton Journal

## **HAVA NAGILA (THE MOVIE)**

## **"Hava Nagila (The Movie)"**

**Sunday, January 5**

11:00 a.m.

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

This exuberant film is a documentary romp through the history, mystery and meaning of the great Jewish standard. Featuring interviews with interpreters like Harry Belafonte, Leonard Nimoy, Connie Francis, Glen Campbell, Regina Spektor and more, the film follows the ubiquitous party song on its fascinating journey from the shtetls of Eastern Europe to the cul-de-sacs of America.

High on fun and entertainment, "Hava Nagila (The Movie)" is also surprisingly profound, tapping into universal themes about the importance of joy, the power of music and the resilient spirit of a people.

**Dance the "Hava Nagila" afterward with guided instruction by Siggi Saadia. Light nosh will accompany the dancing.**

"Buoyant! The filmmakers mix the playful and serious."

— The New York Times



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

Keynote Address and Community Luncheon with **Angela Rye**

**Sunday, January 19**

11:00 a.m.

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

Angela Rye, award-winning host, social justice advocate, lawyer, commentator and self-described “empowermenteur,” embodies what it means to be a “bringer of truth.” Recognized for her honest, refreshing commentary and social justice advocacy by prominent civil rights organizations such as National Urban League, NAACP and National Action Network, she has been featured in publications including The New York Times, Vanity Fair, Essence, The Washington Post, Glamour, and Ebony. Working at the intersection of purpose, justice, and integrity, Angela is an effective leader who creates opportunities and opens doors for her peers and the next generation. She is also a partner of Charlamagne Tha God and Executive Producer Chris Morrow on iHeartMedia’s new political podcast network, Reasoned Choice Media. Rye co-hosts its flagship podcast called “Native Land Pod,” with Andrew Gillum and Tiffany D. Cross, where they digest and discuss the consequential 2024 election, the cable news industry, and much more.

“Her willingness to speak up for us has engaged us all in ways we never thought we’d be engaged before.”

– Representative Maxine Waters



## Firoozeh Dumas, Author Saturday, February 8

3:00 p.m.

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

Firoozeh Dumas’ books “Funny in Farsi,” “Laughing Without an Accent,” and “It Ain’t So Awful, Falafel,” have explored her personal immigrant experience and are hailed as gateways to many conversations and insights about our shared humanity, immigration, language, family and identity. She was a finalist for the prestigious Thurber Prize for American Humor, which she lost to Jon Stewart. She is the only Middle Easterner ever to be considered for this honor. Firoozeh has traveled the world reminding us that our commonalities far outweigh our differences.

“Remarkable... In the end, what sticks with the reader is an exuberant immigrant embrace of America.”

– San Francisco Chronicle



## “Paige in Full: A B-Girl’s Visual Mixtape”

**Sunday, February 16**

3:00 p.m.

**\$10 Reston/\$15 Non-Reston**

Paige Hernandez returns to our stage to bring us a visual mixtape that blends poetry, dance, visual arts and music to tell the tale of a multicultural girl growing up in Baltimore, Maryland. The production explores how a young woman’s identity is shaped by her ethnicity and popular culture, telling a personal, yet universal, story through the lens of hip-hop.

Named: “Top Theatre Worker You Should Know”

– by American Theatre Magazine





## Lara Downes and Rita Dove: "Tomorrow I May Be Far Away"

**Saturday, February 22**

8:00 p.m.

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

Hailed for her "luscious, moody and dreamy" playing by the New York Times, pianist Lara Downes is equally celebrated as a musical innovator and cultural investigator. In this collaboration with Pulitzer Prize-winning poet Rita Dove, she presents a kaleidoscopic evening of music and poetry inspired by myriad stories of migration and transformation.

This production is directed by Mindy Cooper and the projection design is by Ian Wallace.

"A trailblazing pianist who combines exquisite musicality with an acute awareness of how an artist can make a positive and lasting social impact."

— *The Piano Magazine*



## Lúnasa

**Sunday, March 2**

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

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

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

"The best Irish band on the planet."

— *Irish Echo*



## Alash

**Saturday, March 8**

8:00 p.m.

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

Alash are masters of traditional Tuvan instruments as well as the ancient art of throat singing, a remarkable technique of singing multiple pitches at the same time. Believing that traditional music must constantly evolve, the musicians subtly infuse their songs with western elements, creating their own unique style that is fresh and new, yet true to their Tuvan musical heritage.

"There are plenty of recordings of Tuvan throat singing out there, but they can't compare to witnessing such sonic magic in real time."

— *The Washington Post*



## Yumi Kurosawa Trio

**Saturday, March 15**

8:00 p.m.

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

Yumi Kurosawa was born and raised in a traditional Japanese music environment, taking up the Koto from a young age and rising quickly to the upper echelons of her craft. Ever since she was a teenager, however, she has surrounded herself with contemporary music by Western composers, integrating their melodies and phrasings into her solo Koto performances.

Yumi is joined by violinist Naho Parrini and percussionist Yousif Sheronick. Their program features exhilarating new compositions from Yumi alongside striking reinterpretations of favorites from her oeuvre, highlighting the shared affinity between these seemingly disparate instruments. The trio form allows Yumi to expand her solo compositions into dynamic and multi-faceted performances that encompass a wide range of expressions and dimensions.

"This is chamber music of a very high order."

— *All Music*



## Hot Peas 'n Butter

**Sunday, March 30**

3:00 p.m.

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

Hot Peas 'n Butter is an award-winning, multicultural family music band that wows thousands of young audiences across the nation every year with their highly energetic and interactive musical style. With their eight award-winning albums and numerous music videos (some of which have been featured on Nick Jr. and Nickelodeon TV), Hot Peas 'n Butter has made friends everywhere.

Named for the playground game they played as kids, Hot Peas 'n Butter incorporates many languages into their performances — English, Spanish, French, Korean and Hebrew to name just a few! Hot Peas 'N Butter mixes a tasty combination of traditional Latin music, Afro-Caribbean rhythms, jazz, bluegrass, country and rock, bringing fans of all ages to their feet.

"Hot and mellow multicultural groove."

— *Los Angeles Times*



## Jeremy Dutcher

**The "Motewolonuwok" Tour**

**Saturday, April 5**

8:00 p.m.

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

Jeremy Dutcher is a Two-Spirit song carrier, composer, activist, ethnomusicologist and classically trained vocalist from Canada. Five years after rising to international acclaim with his seminal, award-winning album *Wolastoqiyik Lintuwakonawa*, Dutcher returns to the stage with a new band and pivotal new music. On the tour for the *Motewolonuwok* album, Dutcher invites audiences to be transformed by music that is more personal and intimate than ever and that pushes the boundaries of his unique sonic landscape.

This musical journey is rooted in an ancestor quote: "Tan qiniw iyuwok wasis kpomawsuwinuwok, 'tankeyutomon-oc kihtahkomikomon," which means "as long as there is a child among our people, we will protect the land."

"There is no one making music like this."

— *NPR music*





## OkCello

**Saturday, May 31**

8:00 p.m.

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

Okorie Johnson is an American cellist/songwriter who performs under the moniker, OkCello. His artistry integrates cello performance, live sound looping, improvisation and storytelling – all culminating in original compositions that collide classical with jazz, EDM, reggae and funk. OkCello is inspired by the exploration of African Diasporic melodies and narratives, and their intersection with people's perceptions and assumptions about the classical and European nature of the cello.

In Okorie's own words: "After years of putting my cello down and picking it back up, after years of deciding that the cello wasn't financially practical, after years of thinking that my other voices were my native ones, I realized that the cello was the oldest, the most central and the most sacred part of me. I resolved never, ever, to deny it again."



## Tom Goss

**Saturday, June 7**

8:00 p.m.

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

A prolific writer and performer, Goss has released seven albums, made dozens of music videos and played thousands of shows across the U.S., Canada and Europe to a growing group of dedicated fans. Tom's songs have been heard on ABC, HBO, Disney+, Here TV and Univision, and his inventive music videos have been viewed more than 20 million times. He enjoys a particularly strong following in the LGBTQI+ community – singing about disillusionment, desire and hope in an intimate yet relatable way. Tom Goss has shared a stage with performers as diverse as Andy Grammer, Martha Wash, Taylor Dayne, Adrianne Gonzalez, Matt Alber and Catie Curtis.

"Moving and incredible."

– *The Huffington Post*

# 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 American Express, 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 credit card number, its expiration date and the security code;
- 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.
- No COVID-19 restrictions on the capacity of the CenterStage were in place at the time this was created. Should that change, patrons are required to abide by whatever health protocols are required.

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.

## DIRECTIONS:

**The CenterStage is located inside RCC Hunters Woods. To get to RCC Hunters Woods:**

**From Route 495 via Dulles Toll Road (Route 267):\***

Take Exit 12 to Reston Parkway  
Left on Reston Parkway  
Left on South Lakes Drive  
Right on Colts Neck Road  
Go 1/2 mile and turn left into Hunters Woods Village Center

**From Route 495 via Leesburg Pike (Route 7) going West:\***

Left on Baron Cameron Ave (Route 606)  
Left on Reston Parkway  
Left on South Lakes Drive  
Right on Colts Neck Road  
Go 1/2 mile and turn left into Hunters Woods Village Center

**From Centreville via Route 28:\***

Go North on Route 28  
Take Dulles Toll Rd East  
Take Exit 12 onto Reston Parkway  
Right on Reston Parkway  
Left on South Lakes Drive  
Right on Colts Neck Rd

\*Go 1/2 mile and turn left into Hunters Woods Village Center Park in the shopping center parking lot. Look for the walkway between Ledo Pizza and Buffalo Wing Factory. RCC is located on the plaza behind these restaurants.



# 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 20**

**1:00 p.m. – 5:00 p.m.**

**RCC Hunters Woods – the CenterStage**

## 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"*

**Saturday, December 7**

**11:00 a.m.**

**Sunday, December 8**

**3:00 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)

Reston Community Orchestra (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. Check the RCO website for updated concert information closer to the performance dates.

**Saturday, October 26**

**4:00 p.m. – 6:00 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, plus corporate and individual patrons.*

## 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.

*"Fiddler on the Roof"*

Book by Joseph Stein

Music by Jerry Bock,

Lyrics by Sheldon Harnick,

Directed by Christine Marie

**Fridays, October 18, 25**

**November 1, 8**

**8:00 p.m.**

**Saturdays, October 19, 26, November 2**

**8:00 p.m.**

**Saturday, November 9**

**2:00 p.m.**

**Sundays, October 27, November 3**

**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).

*Tickets are available online at [www.restonplayers.org](http://www.restonplayers.org). 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 7**

**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 website.

*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.

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

## SEPTEMBER

### "Paint and Beyond"

United States Geological Survey Eastern Geographic Science Center  
Sunrise Valley, Reston.

## OCTOBER

### "ArtRESTON Painters"

RCC Lake Anne – Jo Ann Rose Gallery

**Reception: Sunday, October 6**

**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. Reston's public art is always accessible both online and outdoors! 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 Underpass
- South Lakes High School STEAM Team's project for the Lake Thoreau spillway
- Marco Rando's "Intent, The Wooden Horse" at Lake Anne Village Center
- 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)



VIRGINIA COMMISSION FOR THE ARTS

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

##### "Unbounded "

A collection of works reflecting  
a highly eclectic style

by Sandra Dovberg

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

#### OCTOBER

##### Paint and paper art

by Julia Malakoff

**Reception: Sunday, October 13**  
**2:00 p.m. – 4:00 p.m.**

#### NOVEMBER

##### "Memories From A Childhood Home"

Paintings and collage

by Jennifer Duncan

**Reception: Sunday, November 10**  
**2:00 p.m. – 4:00 p.m.**

#### DECEMBER

##### "Holiday Sparkle"

RAGS artists present a group show of  
giftable art.

**Reception: Sunday, December 8**  
**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 (ICA) 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.

#### Charles Goodman: Reston Architect

Reston Museum's September program celebrates Charles Goodman, the Washington D.C. area's preeminent mid-century modernist. Known in Reston for designing Hickory Cluster, Goodman also worked on projects in Alexandria, Virginia, and Silver Spring and Takoma Park, Maryland. Learn about Charles Goodman and his impact on mid-century modern architecture.

**Wednesday, September 25**

**7:00 p.m.**

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

#### Restonians on Jeopardy!

Many Restonians have appeared on this legendary answer-and-question show throughout the years, some with great success. We'll hear from some of them about their experiences as contestants. There may even be an impromptu game played!

**Wednesday, November 20**

**7:00 p.m.**

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

# RCC GALLERY EXHIBITS

## RCC Hunters Woods Exhibits

### SEPTEMBER – OCTOBER

Oil on canvas works by Gaukhar Davis

### NOVEMBER

"Expressions from the Artist: Margarita Reyes"

Oil on canvas paintings by Margarita Reyes

### DECEMBER

"Dual Perspectives on Beauty in Life"

Oil, acrylic and watercolor paintings by Marie Mosanu and Nina Joffey

## RCC Jo Ann Rose Gallery Exhibits

### SEPTEMBER

"Art Mirrors Culture"

Reston Multicultural Festival Exhibit

### OCTOBER

"artRESTON Painters"

League of Reston Artists (LRA)

**Reception: Sunday, October 6**

**2:00 p.m. – 4:00 p.m.**

### NOVEMBER

"We Come Together Through Art"

Acrylic paintings by James Ondo &

Patricia Kent-Ondo

Acrylic & encaustic paintings by Robert Thiel

**Reception: Sunday, November 3**

**2:00 p.m. – 4:00 p.m.**

### DECEMBER

"Gifts from the HeART" Exhibit

Annual art sale to benefit Cornerstones

**Shopping Event: Saturday, December 7**

**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 7**

**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 7 – December 14**

Sat 10:45 a.m. – 12:00 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 14 – December 28**

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

## Halloween Family Fun Day Volunteers

(14 years and older)

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

**RCC Hunters Woods**  
**October 19**

Sat 9:30 a.m. – 3:00 p.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.

New volunteer accounts can ONLY be created when applying for an opportunity. The account made during this first application can be used when applying to all future opportunities. Feel free to click on the YouTube video link above if you would like to view this process in more detail.

1. Visit: [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov) and click "Find an Opportunity"
2. Find and Apply to any opportunity. (See below for more specific instructions)
3. Follow and complete the application as shown on screen

### How Do I Search and Apply for Opportunities?

**Search:** On the left-hand side of the page there is a grey search area with a search box and various filters.

### The options are as described below:

You can directly search by name using the Request a New Search box

You can filter available opportunities with the following fields:

- "Opportunity For": Who will be volunteering
- "Organization/Program": The organization or program hosting the opportunity (for example, Reston Community Center)
- "Things to do": The category/field of an opportunity (for example, Thanksgiving Food Drive)
- "Location": The location of the opportunity, you can filter by city or zip code and use the dropdown menu labeled "Distance" to filter by proximity to an opportunity.

**Apply:** Once you find an opportunity you are interested in applying for, click the title of the opportunity which will take you to the opportunity page. Then click the blue "Sign Up" button, found either on the left of the page or in the middle if the opportunity has shifts. After clicking "Sign Up", click "Login" if you already have a volunteer account, and "New Volunteer" if you do not have an account and would like to make one to apply for this opportunity.

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 and track your hours.

For questions or concerns with this system, please contact Asjah Heiligh, RCC's Community Events Director, at 703-390-6166 or [VMSHelp@fairfaxcounty.gov](mailto:VMSHelp@fairfaxcounty.gov)

The screenshot shows the 'Opportunity Search' interface of the Fairfax County VMS. It includes a search bar at the top, followed by filters for 'Opportunity For', 'Organization/Program', 'Things to do', 'Date/Time Range', and 'Location'. Below these filters is a calendar view for June 2023, showing various volunteer shifts with their respective times and locations. The calendar is organized by days of the week, with each day listing specific shifts and their durations.

## 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 26 – November 27**

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 aged 18 or older. Not all volunteers will need to go to the food storage facility. A smaller group of 25 volunteers who can lift 50 pounds 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 28**

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 28**

Thu 9:00 a.m. – 1:00 p.m.

Registration required through VMS.

## VOLUNTEER – PARTNER PROGRAMS

### 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 possible job descriptions listed below. Younger volunteers, ages 13 –16, must be accompanied by an adult. Volunteers will receive a festival volunteer T-shirt and a food voucher.

**Reston Town Center**

**September 20 – September 23**

Fri 3:00 p.m. – 7:00 p.m.

Sat 8:00 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, you will have scheduled breaks between shifts.

#### Friday, September 20

3:00 p.m. – 7:00 p.m.

Festival set-up

#### Saturday, September 21

8:00 a.m. – 11:00 a.m.

Festival set-up

10:30 a.m. – 2:30 p.m.

Specific jobs (see job descriptions)

2:30 p.m. – 6:30 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 for school-age children. Volunteers will be assigned tasks by staff.

#### 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

The setup crew will help decorate the park in the morning by setting up tables, chairs and tablecloths. They may also be required to do heavy lifting. Breakdown of the festival involves removal/stacking of these items and general tidying.

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 pounds. For volunteer information, email [RTC@myerspr.com](mailto:RTC@myerspr.com).

**Reston Town Center Pavilion**

**November 29**

Fri

9:00 a.m. – 1:00 p.m.





# 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 7 – 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 All Genders/ Accessible Dressing Room may be used, or either the women's or men's locker rooms.
- 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.
- Diving into water less than 8 feet in depth is prohibited. Back dives or flips from the side in any depth of water are prohibited.
- Starting blocks are only available to swim lessons and rentals.
- ADA and entry ramps are for entry and exit only. Open swimming and playing are prohibited on the Warm Water ramp or in areas of the beach entry used to access the Lap Pool.
- 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 prohibited in the pool areas or in the locker rooms.
- Glass containers and/or breakable objects are prohibited throughout the Terry L. Smith Aquatics Center.
- Non-swimmers ages 11 and under will wear an RCC-supplied wristband and are only allowed in the shallow ends of the pools.
- Videography and photography of any kind, using any device, are prohibited 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.
- Prolonged underwater swimming or breath-holding are prohibited. Competitive or prolonged 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	July 22 – September 6	CLOSED
Veterans Day	November 11	7:00 a.m. – 6:00 p.m.
Thanksgiving Day	November 28	9:00 a.m. – 12:00 p.m.
Day After Thanksgiving	November 29	7:00 a.m. – 6:00 p.m.
Staff Teambuilder	December 18	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.

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 lanes 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 31

Mon-Fri 6C0901-5A	7:00 a.m. – 8:00 a.m.
Mon-Fri 6C0901-5B	8:00 a.m. – 9:00 a.m.
Mon-Fri 6C0901-5C	9:00 a.m. – 10:00 a.m.
Mon-Fri 6C0901-5D	10:00 a.m. – 11:00 a.m.
Mon-Fri 6C0901-5E	11:00 a.m. – 12:00 p.m.
Mon-Sun 6C0901-5F	1:00 p.m. – 2:00 p.m.
Mon-Sun 6C0901-5G	2:00 p.m. – 3:00 p.m.
Mon-Sun 6C0901-5H	3:00 p.m. – 4:00 p.m.
Mon-Fri 6C0901-5I	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 31

Mon-Fri 6C0902-5A	7:00 a.m. – 8:00 a.m.
Mon-Fri 6C0902-5B	8:00 a.m. – 9:00 a.m.
Mon-Fri 6C0902-5C	9:00 a.m. – 10:00 a.m.
Mon-Fri 6C0902-5D	10:00 a.m. – 11:00 a.m.
Mon-Fri 6C0902-5E	11:00 a.m. – 12:00 p.m.
Mon-Sun 6C0902-5F	1:00 p.m. – 2:00 p.m.
Mon-Sun 6C0902-5G	2:00 p.m. – 3:00 p.m.
Mon-Sun 6C0902-5H	3:00 p.m. – 4:00 p.m.
Mon-Fri 6C0902-5I	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 31

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



# 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.

## 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.

## 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



## 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 14 – October 19**

Sat 8:30 a.m. – 9:00 a.m.  
610000-5A

Sat 9:40 a.m. – 10:10 a.m.  
610000-5B

Sat 10:15 a.m. – 10:45 a.m.  
610000-5C

Sat 10:50 a.m. – 11:20 a.m.  
610000-5D

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 9:00 a.m.  
610000-5E

Sat 9:40 a.m. – 10:10 a.m.  
610000-5F

Sat 10:15 a.m. – 10:45 a.m.  
610000-5G

Sat 10:50 a.m. – 11:20 a.m.  
610000-5H

**September 15 – October 20**

Sun 9:40 a.m. – 10:10 a.m.  
610002-5A

Sun 10:50 a.m. – 11:20 a.m.  
610002-5B

**November 3 – December 15**

(No Class: December 1)

Sun 9:40 a.m. – 10:10 a.m.  
610002-5C

Sun 10:50 a.m. – 11:20 a.m.  
610002-5D

## 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 14 – October 19**

Sat 8:30 a.m. – 9:00 a.m.  
610007-5A

Sat 9:40 a.m. – 10:10 a.m.  
610007-5B

Sat 10:15 a.m. – 10:45 a.m.  
610007-5C

Sat 10:50 a.m. – 11:20 a.m.  
610007-5D

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 9:00 a.m.  
610007-5E

Sat 9:40 a.m. – 10:10 a.m.  
610007-5F

Sat 10:15 a.m. – 10:45 a.m.  
610007-5G

Sat 10:50 a.m. – 11:20 a.m.  
610007-5H

**September 15 – October 20**

Sun 9:40 a.m. – 10:10 a.m.  
610008-5A

Sun 10:50 a.m. – 11:20 a.m.  
610008-5B

**November 3 – December 15**

(No Class: December 1)

Sun 9:40 a.m. – 10:10 a.m.  
610008-5C

Sun 10:50 a.m. – 11:20 a.m.  
610008-5D

## 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 14 – October 19**

Sat 9:05 a.m. – 9:35 a.m.  
610080-5A

**November 2 – December 14**

(No Class: November 30)

Sat 9:05 a.m. – 9:35 a.m.  
610080-5B

## 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.

## 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 14 – October 19**

Sat 8:30 a.m. – 8:50 a.m.  
610010-5A

Sat 8:50 a.m. – 9:10 a.m.  
610010-5B

Sat 9:10 a.m. – 9:30 a.m.  
610010-5C

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 8:50 a.m.  
610010-5D

Sat 8:50 a.m. – 9:10 a.m.  
610010-5E

Sat 9:10 a.m. – 9:30 a.m.  
610010-5F

**September 15 – October 20**

Sun 8:30 a.m. – 8:50 a.m.  
610012-5A

Sun 8:50 a.m. – 9:10 a.m.  
610012-5B

Sun 9:10 a.m. – 9:30 a.m.  
610012-5C

Sun 9:40 a.m. – 10:00 a.m.  
610012-5D

Sun 10:00 a.m. – 10:20 a.m.  
610012-5E

Sun 10:20 a.m. – 10:40 a.m.  
610012-5F

**November 3 – December 15**

(No Class: December 1)

Sun 8:30 a.m. – 8:50 a.m.  
610012-5G

Sun 8:50 a.m. – 9:10 a.m.  
610012-5H

Sun 9:10 a.m. – 9:30 a.m.  
610012-5I

Sun 9:40 a.m. – 10:00 a.m.  
610012-5J

Sun 10:00 a.m. – 10:20 a.m.  
610012-5K

Sun 10:20 a.m. – 10:40 a.m.  
610012-5L



## 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 14 – October 19**

Sat 9:40 a.m. – 10:10 a.m.  
610020-5A

**November 2 – December 14**

(No Class: November 30)

Sat 9:40 a.m. – 10:10 a.m.  
610020-5B

## 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 14 – October 19**

Sat 8:30 a.m. – 9:00 a.m.  
610030-5A

Sat 10:15 a.m. – 10:45 a.m.  
610030-5B

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 9:00 a.m.  
610030-5C

Sat 10:15 a.m. – 10:45 a.m.  
610030-5D

**September 15 – October 20**

Sun 9:05 a.m. – 9:35 a.m.  
610032-5A

Sun 10:50 a.m. – 11:20 a.m.  
610032-5B

**November 3 – December 15**

(No Class: December 1)

Sun 9:05 a.m. – 9:35 a.m.  
610032-5C

Sun 10:50 a.m. – 11:20 a.m.  
610032-5D

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

**September 17 – October 22**

Tue 6:00 p.m. – 6:30 p.m.  
610036-5A

**September 19 – October 24**

Thu 5:00 p.m. – 5:30 p.m.  
610036-5B

**November 5 – December 17**

(No Class: November 26)

Tue 6:00 p.m. – 6:30 p.m.  
610036-5C

**November 7 – December 19**

(No Class: November 28)

Thu 5:00 p.m. – 5:30 p.m.  
610036-5D

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

**September 16 – October 9**

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

**October 14 – November 6**

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

**November 11 – December 11**

(No Class: November 25, 27)

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

**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 14 – October 19**

Sat 9:05 a.m. – 9:35 a.m.  
 610040-5A

Sat 10:50 a.m. – 11:20 a.m.  
 610040-5B

**November 2 – December 14**

(No Class: November 30)

Sat 9:05 a.m. – 9:35 a.m.  
 610040-5C

Sat 10:50 a.m. – 11:20 a.m.  
 610040-5D

**September 15 – October 20**

Sun 9:40 a.m. – 10:10 a.m.  
 610042-5A

Sun 11:25 a.m. – 11:55 a.m.  
 610042-5B

**November 3 – December 15**

(No Class: December 1)

Sun 9:40 a.m. – 10:10 a.m.  
 610042-5C

Sun 11:25 a.m. – 11:55 a.m.  
 610042-5D

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

**September 17 – October 22**

Tue 5:00 p.m. – 5:30 p.m.  
 610046-5A

**September 19 – October 24**

Thu 5:30 p.m. – 6:00 p.m.  
 610046-5B

**November 5 – December 17**

(No Class: November 26)

Tue 5:00 p.m. – 5:30 p.m.  
 610046-5C

**November 7 – December 19**

(No Class: November 28)

Thu 5:30 p.m. – 6:00 p.m.  
 610046-5D

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

**September 16 – October 9**

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

**October 14 – November 6**

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

**November 11 – December 11**

(No Class: November 25, 27)

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

**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 14 – October 19**

Sat 8:30 a.m. – 9:00 a.m.  
 610050-5A

Sat 10:15 a.m. – 10:45 a.m.  
 610050-5B

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 9:00 a.m.  
 610050-5C

Sat 10:15 a.m. – 10:45 a.m.  
 610050-5D

**September 15 – October 20**

Sun 10:15 a.m. – 10:45 a.m.  
 610052-5A

**November 3 – December 15**

(No Class: November 1)

Sun 10:15 a.m. – 10:45 a.m.  
 610052-5B

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

**September 17 – October 22**

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

**November 5 – December 17**

(No Class: November 26)

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



## 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)**



## 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.

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### 6, 30-min. sessions at Lap Pool

**\$70 (R)/\$140 (NR)**

#### September 14 – October 19

Sat 9:05 a.m. – 9:35 a.m.  
610060-5A

#### November 2 – December 14

(No Class: November 30)

Sat 9:05 a.m. – 9:35 a.m.  
610060-5B

#### September 15 – October 20

Sun 10:50 a.m. – 11:20 a.m.  
610062-5A

#### November 3 – December 15

(No Class: December 1)

Sun 10:50 a.m. – 11:20 a.m.  
610062-5B

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### 6, 30-min. sessions at Lap Pool

**\$65 (R)/\$100 (NR)**

#### September 17 – October 22

Tue 6:30 p.m. – 7:00 p.m.  
610066-5A

#### November 5 – December 17

(No Class: November 26)

Tue 6:30 p.m. – 7:00 p.m.  
610066-5B



AQUATICS

## WEEKDAY SWIM CLASSES:

Please note that enrolling in weekday classes is a more cost-effective approach to your swimming lesson needs.

## REGISTER TODAY DON'T DELAY!

Signing up not only reserves your place, it assures other interested patrons that the class will go on as scheduled. We have noticed some patrons wait until just days before the event to register. For our programs to successfully run, we strive for a minimum enrollment at least one week in advance or the event could be canceled due to low enrollment. Please don't delay – register now online, by mail, fax or in person.

**FREE**

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

# DEAP

Drowning Education Awareness Program

Reston Community Center and Reston Association have teamed up to improve our community's safety around its many pools. Drowning remains the nation's second-leading cause of injury-related death among children ages 1 to 14, according to the Centers for Disease Control. For every child who dies from drowning, four more receive medical treatment for submersion-related injuries.

## 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.

Please contact RCC's Aquatics Service Desk at 703-390-6150,  
or the RA Aquatics Office at 703-435-6530 to schedule a presentation.





# Saturday, October 26

**\$4 Reston/\$8 Non-Reston**



**B**   **at the**

**POOL**

<b>6 months – 3 years old</b> 12:30 p.m. – 1:00 p.m. • 643001-5A	<b>6 – 7 years old</b> 2:30 p.m. – 3:00 p.m. • 643003-5A
<b>4 – 5 years old</b> 1:30 p.m. – 2:00 p.m. • 643002-5A	<b>8 – 9 years old</b> 3:30 p.m. – 4:00 p.m. • 643004-5A

Dive into the RCC Terry L. Smith Aquatics 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 14 – October 19**

Sat 9:40 a.m. – 10:10 a.m.  
610310-5A

**November 2 – December 14**

(No Class: November 30)

Sat 9:40 a.m. – 10:10 a.m.  
610310-5B

**September 15 – October 20**

Sun 8:30 a.m. – 9:00 a.m.  
610312-5A

**November 3 – December 15**

(No Class: December 1)

Sun 8:30 a.m. – 9:00 a.m.  
610312-5B

**6, 30-min. sessions at Warm Water Pool  
\$65 (R)/\$100 (NR)****September 17 – October 22**

Tue 6:30 p.m. – 7:00 p.m.  
610316-5A

**September 19 – October 24**

Thu 5:00 p.m. – 5:30 p.m.  
610316-5B

**November 5 – December 17**

(No Class: November 26)

Tue 6:30 p.m. – 7:00 p.m.  
610316-5C

**November 7 – December 19**

(No Class: November 28)

Thu 5:00 p.m. – 5:30 p.m.  
610316-5D

**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 14 – October 19**

Sat 8:30 a.m. – 9:00 a.m.  
610320-5A

Sat 10:15 a.m. – 10:45 a.m.  
610320-5B

**November 2 – December 14**

(No Class: November 30)

Sat 8:30 a.m. – 9:00 a.m.  
610320-5C

Sat 10:15 a.m. – 10:45 a.m.  
610320-5D

**September 15 – October 20**

Sun 9:05 a.m. – 9:35 a.m.  
610322-5A

Sun 11:25 a.m. – 11:55 a.m.  
610322-5B

**November 3 – December 15**

(No Class: December 1)

Sun 9:05 a.m. – 9:35 a.m.  
610322-5C

Sun 11:25 a.m. – 11:55 a.m.  
610322-5D

**6, 30-min. sessions at Warm Water Pool  
\$65 (R)/\$100 (NR)****September 17 – October 22**

Tue 5:00 p.m. – 5:30 p.m.  
610326-5A

**September 19 – October 24**

Thu 5:30 p.m. – 6:00 p.m.  
610326-5B

**November 5 – December 17**

(No Class: November 26)

Tue 5:00 p.m. – 5:30 p.m.  
610326-5C

**November 7 – December 19**

(No Class: November 28)

Thu 5:30 p.m. – 6:00 p.m.  
610326-5D

**8, 30-min. sessions at Warm Water Pool  
\$80 (R)/\$120 (NR)****September 16 – October 9**

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

**October 14 – November 6**

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

**November 11 – December 11**

(No Class: November 25, 27)

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

**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 14 – October 19**

Sat 9:05 a.m. – 9:35 a.m.  
610330-5A

Sat 11:25 a.m. – 11:55 a.m.  
610330-5B

**November 2 – December 14**

(No Class: November 30)

Sat 9:05 a.m. – 9:35 a.m.  
610330-5C

Sat 11:25 a.m. – 11:55 a.m.  
610330-5D

**September 15 – October 20**

Sun 10:15 a.m. – 10:45 a.m.  
610332-5A

**November 3 – December 15**

(No Class: December 1)

Sun 10:15 a.m. – 10:45 a.m.  
610332-5B

**6, 30-min. sessions at Warm Water Pool  
\$65 (R)/\$100 (NR)****September 17 – October 22**

Tue 5:30 p.m. – 6:00 p.m.  
610336-5A

**November 5 – December 17**

(No Class: November 26)

Tue 5:30 p.m. – 6:00 p.m.  
610336-5B

**8, 30-min. sessions at Warm Water Pool  
\$80 (R)/\$120 (NR)****September 16 – October 9**

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610333-5A

**October 14 – November 6**

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610333-5B

**November 11 – December 11**

(No Class: November 25, 27)

Mon, Wed 5:30 p.m. – 6:00 p.m.  
610333-5C

**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 14 – October 19**

Sat 9:40 a.m. – 10:10 a.m.  
610340-5A

Sat 11:25 a.m. – 11:55 a.m.  
610340-5B

**November 2 – December 14**

(No Class: November 30)

Sat 9:40 a.m. – 10:10 a.m.  
610340-5C

Sat 11:25 a.m. – 11:55 a.m.  
610340-5D

**September 15 – October 20**

Sun 11:25 a.m. – 11:55 a.m.  
610342-5A

**November 3 – December 15**

(No Class: December 1)

Sun 11:25 a.m. – 11:55 a.m.  
610342-5B

**6, 30-min. sessions at Lap Pool****\$65 (R)/\$100 (NR)****September 17 – October 22**

Tue 6:00 p.m. – 6:30 p.m.  
610346-5A

**November 5 – December 17**

(No Class: November 26)

Tue 6:00 p.m. – 6:30 p.m.  
610346-5B

**8, 30-min. sessions at Lap Pool****\$80 (R)/\$120 (NR)****September 16 – October 9**

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610343-5A

**October 14 – November 6**

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610343-5B

**November 11 – December 11**

(No Class: November 25, 27)

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610343-5C

**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 14 – October 19**

Sat 10:15 a.m. – 11:00 a.m.  
610350-5A

**November 2 – December 14**

(No Class: November 30)

Sat 10:15 a.m. – 11:00 a.m.  
610350-5B

**6, 45-min. sessions at Lap Pool****\$70 (R)/\$105 (NR)****September 19 – October 24**

Thu 6:00 p.m. – 6:45 p.m.  
610356-5A

**November 7 – December 19**

(No Class: November 28)

Thu 6:00 p.m. – 6:45 p.m.  
610356-5B

**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 14 – October 19**

Sat 11:05 a.m. – 11:50 a.m.  
610360-5A

**November 2 – December 14**

(No Class: November 30)

Sat 11:05 a.m. – 11:50 a.m.  
610360-5B

**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).







## 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 14 – October 19**

Sat 9:40 a.m. – 10:10 a.m.  
 640210-5A

**November 2 – December 14**

(No Class: November 30)

Sat 9:40 a.m. – 10:10 a.m.  
 610210-5B

**September 15 – October 20**

Sun 8:30 a.m. – 9:00 a.m.  
 610212-5A

**November 3 – December 15**

(No Class: December 1)

Sun 8:30 a.m. – 9:00 a.m.  
 610212-5B

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

**September 16 – October 9**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-5A

**October 14 – November 6**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-5B

**November 11 – December 11**

(No Class: November 25, 27)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 610213-5C

### 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 14 – October 19**

Sat 10:50 a.m. – 11:35 a.m.  
 610220-5A

**November 2 – December 14**

(No Class: November 30)

Sat 10:50 a.m. – 11:35 a.m.  
 610220-5B

**6, 45-min. sessions at Lap Pool**

**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**September 19 – October 24**

Thu 6:00 p.m. – 6:45 p.m.  
 611226-5A

**November 7 – December 19**

(No Class: November 28)

Thu 6:00 p.m. – 6:45 p.m.  
 611226-5B

## 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.



### 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 14 – October 19**

Sat 10:50 a.m. – 11:20 a.m.  
 610190-5A

Sat 11:25 a.m. – 11:55 a.m.  
 610190-5B

**November 2 – December 14**

(No Class: November 30)

Sat 10:50 a.m. – 11:20 a.m.  
 610190-5C

Sat 11:25 a.m. – 11:55 a.m.  
 610190-5D

## VOLUNTEERS NEEDED FOR ADAPTED AQUATICS

See page 30 for  
more information.

# DAILY AEROBICS

The 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 Aerobics 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. 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 45 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 17 – December 19**

(No Class: November 26, 28)

Tue, Thu 10:30 a.m. – 11:15 a.m.  
6C0160-5

## 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 the 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 16 – December 20**

(No Class: November 25, 27, 29)

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.  
6C0110-5

## 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 17 – December 19**

(No Class: November 26, 28)

Tue, Thu 8:30 a.m. – 9:15 a.m.  
6C0060-5

Tue, Thu 9:30 a.m. – 10:15 a.m.  
6C0075-5

## 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 16 – December 20**

(No Class: November 25, 27, 29)

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.  
6C0080-5

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.  
6C0100-5

## 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 16 – December 18**

(No Class: November 25, 27)

Mon, Wed 7:30 p.m. – 8:15 p.m.  
6C0140-5



## 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 16 – December 18**

(No Class: November 25, 27)

Mon, Wed

5:30 p.m. – 6:15 p.m.

6C0040-5

## 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 16 – December 18**

(No Class: November 25, 27)

Mon, Wed

6:30 p.m. – 7:15 p.m.

6C0150-5

## 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, Reservation Req.**

**September 16 – December 20**

(No Class: November 25, 27, 29)

Mon, Wed, Fri

8:30 a.m. – 9:15 a.m.

6C0010-5





# 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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# FALL FAMILY



## Crafternoons



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**Free • Registration Required • All Ages • 12:00 p.m. – 1:00 p.m.**

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

**Friday, October 4**

86C103-5A • Westglade Neighborhood Center – 2110 Westglade Court, Reston

**Monday, October 14**

86C103-5B • RCC Hunters Woods – 2310 Colts Neck Road, Reston

**Friday, November 1**

86C103-5C • Cedar Ridge Community Center – 1601 Becontree Lane, Reston

*This program is presented 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. Please note that this program will be unable to accommodate those with food allergies.

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

**December 8**

Sun 10:00 a.m. – 12:00 p.m.  
901038-5C Staff

## 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. Please note that this program will be unable to accommodate those with food allergies.

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

**December 8**

Sun 1:00 p.m. – 3:00 p.m.  
901352-5A Staff

## Cooking with Apples

(8 – 13 years old)

Learn about the different types of apples and how they are used in cooking, from sweet to savory treats. Recipes will include apple cider donuts, apple pie smoothies, and apple, cheddar and bacon quesadillas. Please note that this program will be unable to accommodate those with food allergies.

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

**September 21**

Sat 1:00 p.m. – 3:00 p.m.  
900276-5A Staff

## A WORD ABOUT FOOD ALLERGIES

RCC Hunters Woods has a kitchen facility that is in constant use - both for teaching and for rental patrons. That level of use prevents us from being able to assure that allergens won't be present in the space.

## Cooking with Pumpkins

(8 – 13 years old)

With Halloween just around the corner, learn about some recipes using pumpkins. Recipes will include pumpkin-spiced hot chocolate, pumpkin chocolate chip cookies, pumpkin chili and mini pumpkin pies. Please note that this program will be unable to accommodate those with food allergies.

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

**October 20**

Sun 1:00 p.m. – 3:00 p.m.  
900300-5A Staff

## Holiday Baking

(9 – 14 years old)

Let's get set for the holidays with some baking. Junior chefs will enjoy creating cookies and other delights with holiday themed ingredients and flavors. Please note that this program will be unable to accommodate those with food allergies.

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

**December 7**

Sat 10:00 a.m. – 12:00 p.m.  
900317-5A Wilson

# CRAFTS

## Holiday Airbrush Sweater

(7 – 17 years old)

Create a holiday-themed design on a sweater using airbrush techniques. No experience necessary. Supplies and sweaters are included in the class fee.

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

**November 16**

Sat 1:00 p.m. – 3:00 p.m.  
900304-5A Morgan

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

**November 23**

Sat 9:30 a.m. – 10:30 a.m.  
901029-5B Staff

Sat 10:30 a.m. – 11:30 a.m.  
901029-5C Staff

## Scarecrow Building

(8 – 13 years old)

Just in time for the fall season, participants will build a scarecrow as a decoration or to keep their new plants safe. All supplies will be provided.

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

**October 5**

Sat 1:00 p.m. – 3:00 p.m.  
900275-5A Staff

# 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 18 – November 6**

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

**September 21 – November 9**

Sat 11:00 a.m. – 11:45 a.m.  
402402-5B Art in Motion

## Ballet Combo

(3 – 6 years old)

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

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

**September 21 – November 9**

Sat 9:00 a.m. – 9:45 a.m.  
402414-5A Art in Motion

## TWEENS/TEENS

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 62 – 82) that may be of interest to those ages.

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

## DANCE CONTINUED

### 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 18 – November 6**

Wed 4:00 p.m. – 4:45 p.m.  
402672-5A Art in Motion

**September 21 – November 9**

Sat 10:00 a.m. – 10:45 a.m.  
402672-5B 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)**

**November 13**

Wed 10:00 a.m. – 11:00 a.m.  
980016-5A 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**  
**\$25 (R)/\$40 (NR)**

**October 5**

Sat 9:30 a.m. – 3:30 p.m.  
902300-5A McCall

### Managing Stress

(7 – 17 years old)

Stress is an everyday occurrence that everyone experiences. Learn techniques for managing stress from pressures at school and friendships, as well as family and other relationships. Jerry Dykstra is a licensed life skills instructor who works with high school students and other groups.

**8, 60-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 18 – November 6**

Wed 5:00 p.m. – 6:00 p.m.  
900305-5A Dykstra

### Math Tutoring for

#### Grades 3 – 5

(8 – 11 years old)

Participants receive tutoring on concepts such as multiplication and division, money, patterns, and fractions. Additionally, tutoring is available about the concepts of decimal number sense, prime and composite numbers, and unit rates for students who want to improve those skills and understanding.

**10, 90-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 30 – December 9**

(No Class: November 11)

Mon 4:30 p.m. – 6:00 p.m.  
901463-5A Samet

### Math Tutoring for

#### Grades 6 – 8

(11 – 14 years old)

Tutoring on concepts such as number and number sense, computation and estimation, measurement and geometry, probability and statistics, fractions and decimal numbers, and order of operations is provided. Algebra and patterns functions tutoring will be available for students who want to improve those skills.

**10, 90-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**October 1 – December 10**

(No Class: November 5)

Tue 4:30 p.m. – 6:00 p.m.  
901464-5A Samet

### Math Tutoring for

#### Grades 9 – 12

(14 – 18 years old)

Tutoring is available on concepts such as algebra, geometry, functions, trigonometry, probability and statistics for those who want to improve their skills.

**10, 90-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**October 2 – December 11**

Wed 4:30 p.m. – 6:00 p.m.  
901465-5A Samet



# ENRICHMENT CONTINUED

## Sensing Science

(2 – 5 years old)

Children love learning about all five senses, and building sensory awareness opens a new realm of enrichment. Participants will be introduced to each of the five senses and then observe how they use them. Come ready to use eyes, ears, mouth, nose and hands to create fun-filled items. Children of all abilities are welcome and will learn schoolreadiness skills, including language, social and 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)**

**October 2**

Wed 10:00 a.m. – 11:00 a.m.

901311-5A Morgan

## 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. Due to bike sizes, child must be at least 45 inches tall.

**1, 2-hour session at 1886 Metro Center Drive**

**\$45 (R)/\$68 (NR)**

**September 8**

Sun 1:00 p.m. – 3:00 p.m.

306208-5B Westenhoff

**October 6**

Sun 1:00 p.m. – 3:00 p.m.

306208-5C 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 16 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 11-15. 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 sessions at RCC Hunters Woods**

**\$235 (R)/\$410 (NR)**

**September 13 – November 16**

Fri 4:30 p.m. – 6:00 p.m.

Sat 9:00 a.m. – 12:00 p.m.

402467-5A 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. This program is not appropriate for children younger or older than the advertised age range. Space is limited to 40 children with parent/guardian.

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

**Free, Registration Not Req.**

**October 4 – November 22**

Fri 10:00 a.m. – 11:30 a.m.

901340-5A Ali

**REGISTER TODAY  
DON'T DELAY!**

Signing up not only reserves your place, it assures other interested patrons that the class will go on as scheduled. We have noticed some patrons wait until just days before the event to register. For our programs to successfully run, we strive for a minimum enrollment at least one week in advance or the event could be canceled due to low enrollment. Please don't delay – register now online, by mail, fax or in person.

**KIDS CORNER**



## SOCIAL CONTINUED

### 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 6**

Fri 7:00 p.m. – 10:00 p.m.  
901385-5A Morgan

### Ho, Ho, Ho!

(1 – 8 years old)

Put on a holiday outfit and participate in a morning of crafts, music, cookie decorating and story time 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 11**

Wed 10:00 a.m. – 11:00 a.m.  
902015-5B Staff

### Musical Holiday Breakfast with Frosty

(1 year and older)

Kick off the holidays at a family breakfast with Frosty the Snowman and Peter McCory'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 14**

Sat 8:30 a.m. – 10:00 a.m.  
902063-5A 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. Space is limited to 25 children and their parents/guardians.

**90-min. sessions at RCC Hunters Woods**  
**Free, No Registration Required**

**September 16 – December 12**

(No Class: November 11, 28)

Mon, Thu 9:30 a.m. – 11:00 a.m.  
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, Va. 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. meetup at Meadowlark Gardens**  
**Free, Registration Req.**

**October 22**

Tue 10:00 a.m. – 11:00 a.m.  
901007-5C 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, located at 15621 Braddock Road, Centreville, Va. 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 meetup at Cox Farms**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**October 11**

Fri 10:00 a.m. – 12:00 p.m.  
901434-5A 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, Va. 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 meetup at Burke Lake Park**  
\$10 (R)/\$8 (R55+)/\$15 (NR)

**October 27**

Sun 1:00 p.m. – 3:00 p.m.  
980021-5A Morgan

## Holiday Lantern Tour

(7 years and older)

Colvin Run Mill will be decorated for the holidays and ready for its annual candlelight tour. See how families spent the winter months 200 years ago and enjoy some holiday treats. Please meet at the main entrance to sign in. Colvin Run Mill is located at 10017 Colvin Run Road, Great Falls, Va. For directions, call 703-759-2771. 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, 90-min. meetup at Colvin Run Mill**  
\$10 (R)/\$8 (R55+)/\$15 (NR)

**December 7**

Sat 7:00 p.m. – 8:30 p.m.  
900316-5A Morgan

## Holiday Train Show

(2 years and older)

Get ready for the holiday season at Burke Lake Park. See trains from different eras and learn how they work. Rarely seen trains will also be on display. This excursion is perfect for train enthusiasts of all ages. Burke Lake Park is located at 7515 Ox Road, Fairfax Station, Va. For directions, call 703-323-6600. Participating children and adults must register.

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

**December 1**

Sun 1:00 p.m. – 3:00 p.m.  
980020-5A Morgan

## Six Flags America Fright Fest

(12 – 18 years old)

Travel to Six Flags America's Fright Fest for a night of rides and thrills. The park will be transformed into a nighttime experience of scary, hair-raising fun. Teens will be chaperoned by RCC staff. The 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, 8.25-hour trip**  
\$70 (R)/\$108 (NR)

**October 12**

Sat 3:30 p.m. – 11:45 p.m.  
900322-5A 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 at 9750 Meadowlark Gardens Court, Vienna, Va. 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.

**1, 90-min. meetup at Meadowlark Gardens**  
\$5 (R)/\$4 (R55+)/\$8 (NR)

**December 2**

Mon 6:00 p.m. – 7:30 p.m.  
902207-5B 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 16 – November 4**

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

## WOODWORKING

### Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on specific dates and times from December to January 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 6**

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

**December 9**

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

**December 13**

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

**December 20**

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

### Pinewood Derby Workshop – Individuals

(7 years and older)

The RCC Woodshop is available to allow Cub Scouts to work individually on Pinewood Derby projects. Up to six Scouts may register individually with an accompanying parent/guardian. The Woodshop will not be available for Pinewood Derby projects outside of the scheduled time. More individual Pinewood Derby workshops will be available in January.

**1, 2-hour session at RCC Hunters Woods**  
\$10 (R)/\$8 (R55+)/\$15 (NR)

**December 16**

Mon 5:30 p.m. – 7:30 p.m.  
900303-5A Ingram



# Halloween FAMILY FUN DAY

**Saturday, October 19**

**12:00 p.m. – 2:00 p.m.**

**RCC Hunters Woods**

FREE • Infant – 8 Years Old

Registration Req. • #902090-5B

## 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 renowned magician, Eric Henning, at 1:15 p.m. Little ghosts and goblins up to the age of 8 can try their skills 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 RCC's Youth/Teen Program Director, at 703-390-6163.





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## COOKING

### Vegan Cooking

(13 years and older)

Becoming vegan means refraining from the consumption of animal flesh, milk, eggs and dairy products. It is vital to one's health to select the right combination of beans, peas and vegetables in order to have a healthy, well-balanced diet when making the choice to be vegan. Join us in learning more about vegan cooking, while creating delicious and versatile recipes that are healthy and innovative. Please note that this program will be unable to accommodate those with food allergies.

**1, 2-hour session at RCC Hunters Woods**  
**\$45 (R)/\$23 (R55+)/\$68(NR)**

**November 2**

Sat 1:00 p.m. – 3:00 p.m.  
 901332-5A Staff

## CRAFTS

### Blacksmithing Workshop: "S" Hook – Level I

(13 years and older)

Learn essential skills such as hammer control, tapering, bending, and twisting as well as essential safety skills to avoid injury to yourself and others. 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**  
**\$125 (R)/\$100 (R55+)/\$188 (NR)**

**September 22**

Sun 1:00 p.m. – 4:00 p.m.  
 903063-5B Crane

### Blacksmithing Workshop: Decorative Leaf – Level II

(13 years and older)

Expand your skills with this decorative leaf, using fullers and top tools, controlled forging, forging bevels and more building block skills. 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**  
**\$125 (R)/\$100 (R55+)/\$188 (NR)**

**November 17**

Sun 1:00 p.m. – 4:00 p.m.  
 900266-5B Crane

### 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**  
**\$60 (R)/\$48 (R55+)/\$90 (NR)**

**September 15**

Sun 1:00 p.m. – 3:00 p.m.  
 500645-5A Shimizu

**October 20**

Sun 1:00 p.m. – 3:00 p.m.  
 500645-5B Shimizu

**November 10**

Sun 1:00 p.m. – 3:00 p.m.  
 500645-5C Shimizu

### 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 5**

Sat 1:00 p.m. – 3:00 p.m.  
 901360-5A 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 7**

Sat 11:00 a.m. – 1:00 p.m.  
 901361-5A Nelson



### Paper Quilling Workshop Cards – Sunflowers

(10 years and older)

This art technique involves paper strips that are rolled, looped, curled and manipulated in other ways to create designs. Participants will be introduced to tools and most of the basic techniques. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**September 21**

Sat 2:00 p.m. – 5:00 p.m.  
 900318-5A More

### Paper Quilling Workshop: Framed Paper Quilling Art – Pumpkins

(10 years and older)

This art technique involves paper strips that are rolled, looped, curled and manipulated in other ways to create designs. Participants will be introduced to tools and most of the basic techniques. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**October 6**

Sun 2:00 p.m. – 5:00 p.m.  
 900319-5A More

### Paper Quilling Workshop (10 years and older)

Make a festive candleholder using paper quilling techniques that involve creating a design from paper strips that are rolled, looped, curled and manipulated in various ways. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**November 10**

Sun 2:00 p.m. – 5:00 p.m.  
 900320-5A More

## CRAFTS CONTINUED

### Paper Quilling Workshop – Ornament

(10 years and older)

Make a festive ornament using paper quilling techniques that involve creating a design from paper strips that are rolled, looped, curled and manipulated in various ways. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**December 15**

Sun 2:00 p.m. – 5:00 p.m.  
900321-5A More

### 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.

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

**September 18 – October 23**

Wed 6:30 p.m. – 8:30 p.m.  
901338-5A Minassian

## CREATIVE CONNECTIONS

### Reston Journal and Planner Meetup

(18 years and older)

Join other planner and journal enthusiasts to schedule their upcoming month and customize their stationery goods. This is the perfect time to share creative ideas with others. This program offers a meetup in a casual environment – there will be no instruction provided. Please bring your own journals and/or planners; decorative supplies will be provided for participants to use as desired.

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

**September 19**

Thu 6:00 p.m. – 8:00 p.m.  
8C2017-5A

## DANCE

### Line Dancing with Scotty – Beginner

(18 years and older)

Learn the classic country favorites, newest pop dances and other line dancing styles. The class is designed for beginners. Please wear shoes that slide on the wood floor and bring water to class.

**10, 60-min. sessions at RCC Hunters Woods**  
**\$75 (R)/\$60 (R55+)/\$112 (NR)**

**September 12 – November 14**

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

### Line Dancing with Scotty – Intermediate

(18 years and older)

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

**10, 60-min. sessions at RCC Hunters Woods**  
**\$75 (R)/\$60 (R55+)/\$112 (NR)**

**September 12 – November 14**

Thu 6:00 p.m. – 7:00 p.m.  
503623-5A 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. Please note, there is no 55+ discount on the drop-in event. For more information, please contact Cassie Lebron, RCC's Lifelong Learning Program Director, at 703-390-6157.

**2-hour sessions at RCC Hunters Woods**  
**\$6 (R)/\$9 (NR), payable at HW Customer Service Desk**

**September 8, October 13,  
November 10, December 8**

Sun 2:30 p.m. – 4:30 p.m.  
509609-5 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 26: "River of the Gods"**

by Candice Millard

The race to find the source of the Nile was a treacherous adventure undertaken in the late 19th century. Two explorers sent from England become bitter enemies. Will either be successful?

**October 24: "West with Giraffes"**

by Lynda Rutledge

A tale unfolds as two giraffes are transported from the east coast to the San Diego Zoo in 1938. The story is inspired by true events.

**November 21: "Our Best Intentions"**

by Vibhuti Jain

This contemporary novel includes issues of race, class, family bonds, culture and community that develop for an immigrant family whose teenage daughter witnesses the aftermath of a crime.

**December 19: "My Brilliant Friend"**

by Elena Ferrante

Set in Naples, Italy in the 1950s, this is the evocative story of Elena and Lila's friendship as it matures and grows while Naples undergoes changes during the post-World War II years.

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

**September 26, October 24,  
November 21, December 19**

Thu 12:30 p.m. – 2:00 p.m.  
5C0075-5A 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 12 – December 26**  
(No Class: November 28)

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



## ENRICHMENT

### Banking and Budgeting Basics

(18 years and older)

This presentation will help you learn the basics of banking as well as how to build and repair your credit.

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

**December 11**

Wed 4:00 p.m. – 5:00 p.m.  
526988-5A Ortuno Reintsch

### Becoming a Homeowner

(18 years and older)

Gain the knowledge and information relevant to the home-buying process, including terms and questions to consider.

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

**October 21**

Mon 6:00 p.m. – 7:00 p.m.  
526987-5A Ortuno Reintsch

### Don't Get Scammed

(18 years and older)

In this presentation, learn about trending schemes such as unlicensed contractors, romance scams, grandparent scams and tips on how to protect yourself. This class will be offered on Microsoft Teams; registered patrons will be sent the link 24 hours prior to the class.

**1, 60-min. session at via Microsoft Teams  
Free, Registration Req.**

**November 7**

Thu 2:00 p.m. – 3:00 p.m.  
503509-5B Smarr

### Finding a New Podcast

(18 years and older)

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

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

**November 21**

Thu 10:30 a.m. – 1:00 p.m.  
547126-5A O'Connell

### Finding Your Dream College and Major

(13 years and older)

Marianne Ragins, \$400,000 scholarship winner and author of "Senior Year Head Start" and "College Survival and Success Skills 101," helps high school students find the college or university of their dreams. During the workshop students will learn how to consider their options for interesting majors and exciting careers. All high school seniors who attend will become eligible for the Ragins/Braswell National Scholarship. Parents are invited to register and attend as well. This class will be held virtually on Zoom; registered patrons will be sent the link 24 hours prior to the class. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer.

**1, 2-hour session via Zoom  
Free, Registration Req.**

**December 5**

Thu 6:30 p.m. – 8:30 p.m.  
900302-5A Ragins

### Hearing Screenings

(18 years and older)

Professionals from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons will offer private 30-minute hearing screening sessions and be available to answer individual questions and offer recommendations. This class is for educational purposes only; the attendees will not be solicited or obligated. Once registered, please call 703-390-6177 to schedule your 30-minute appointment.

**1, 5-hour session at RCC Hunters Woods  
Free, Registration Req.**

**September 11**

Wed 10:00 a.m. – 3:00 p.m.  
526989-5A O'Leary

**October 3**

Thu 10:00 a.m. – 3:00 p.m.  
526989-5B O'Leary

### 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. This class will be virtual using the Microsoft Teams platform, all registered patrons will be sent the Teams link 24 hours prior to the class.

**1, 60-min. session via Microsoft Teams  
Free, Registration Req.**

**September 19**

Thu 5:00 p.m. – 6:00 p.m.  
500809-5B Lambeth

**December 13**

Fri 1:00 p.m. – 2:00 p.m.  
500809-5C Lambeth

### 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 (inpatient hospitalization/skilled nursing), Part B (outpatient hospital services/doctors/labs/radiology), Part C (Medicare Advantage Plans) and Part D (prescription drugs), 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  
Free, Registration Req.**

**October 22**

Tue 12:00 p.m. – 1:30 p.m.  
500402-5A De Leon

**November 13**

Wed 12:00 p.m. – 1:30 p.m.  
500402-5B De Leon

## 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.

# ENRICHMENT CONTINUED

## Scholarship Workshop

(13 years and older)

Are you thinking about how to pay for college? Attend this free virtual program to learn the strategies used by 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 be eligible for the Ragins/Braswell National Scholarship. Parents/guardians are encouraged to attend as well. This class will be held virtually on Zoom; registered patrons will be sent the link 24 hours prior to the class.

**1, 2-hour session via Zoom**  
**Free, Registration Req.**

**September 26**

Thu 6:30 p.m. – 8:30 p.m.  
901433-5A 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.**

**November 18**

Mon 5:30 p.m. – 6:30 p.m..  
598104-5A 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 years.

**1, 2-hour session at RCC Hunters Woods**  
**Free, Registration Req.**

**October 24**

Thu 6:30 p.m. – 8:30 p.m.  
980019-5A Ragins

## Tax Strategies

(18 years and older)

This class will offer 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 9**

Mon 5:30 p.m. – 6:30 p.m.  
574123-5A Voorhees

## Teen Dating and Violence

(13 – 17 years old)

Join us for a discussion of 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. This workshop will be virtual. A link will be sent to registered participants a few days prior to the class.

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

**September 25**

Wed 3:30 p.m. – 5:00 p.m.  
901389-5A Miller

# 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. It blends ballet, dance, functional strength and mind-body inspired movement. Regular barre workouts can help increase bone density, endurance and metabolism rates. Participants should be able to transfer to the floor to use an exercise mat during class. Patrons are encouraged to bring their own mat to class.

**6, 60-min. sessions at RCC Lake Anne**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**November 4 - December 16**

(No Class: November 11)

Mon 10:45 a.m. – 11:45 a.m.  
300149-5A 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 encouraged to bring their own mat to class.

**12, 60-min. sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 10 – December 3**

(No Class: November 26)

Tue 5:30 p.m. – 6:30 p.m.  
300150-5A 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 encouraged to bring their own mat to class.

**11, 50-min. sessions at RCC Lake Anne**  
**\$155 (R)/\$124 (R55+)/\$233 (NR)**

**September 9 – December 16**

(No Class: September 23, 30, October 21, 28)

Mon 10:30 a.m. – 11:20 a.m.  
300014-5A Miles/Williams

**10, 50-min. sessions at RCC Lake Anne**  
**\$140 (R)/\$112 (R55+)/\$210 (NR)**

**September 11 – December 18**

(No Class: September 25, October 2, 23, 30, November 27)

Wed 10:30 a.m. – 11:20 a.m.  
300014-5B Miles/Williams

# LEISURE & LEARNING



## CARDIO AND STRENGTH CONTINUED

### LIIST

(18 years and older)

LIIST stands for Low Impact Interval Strength Training and is a total body workout. Exercises are performed in a circuit designed to help students develop strength and improve cardiovascular levels, with minimal stress on joints. The class will end with stretching and cool-down.

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

**September 14 – December 14**

(No Class: October 12, November 30)

Sat 9:00 a.m. – 10:00 a.m.  
 304605-5A Kumar

### 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 encouraged to bring their own mat to class.

**10, 50-min. sessions at RCC Lake Anne**  
**\$140(R)/\$112 (R55+)/\$210 (NR)**

**September 10 – December 17**

(No Class: September 24, October 1, 22, 29, November 5)

Tue 11:30 a.m. – 12:30 p.m.  
 305840-5A Miles/Williams

**10, 50-min. sessions at RCC Lake Anne**  
**\$140 (R)/\$112 (R55+)/\$210 (NR)**

**September 12 – December 19**

(No Class: September 26, October 3, 24, 31, November 28)

Thu 11:30 a.m. – 12:30 p.m.  
 305840-5B Miles/Williams

### 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 dance that creates a dynamic and effective fitness regimen.

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

**September 9 – December 9**

(No Class: October 14, November 11)

Mon 6:30 p.m. – 7:30 p.m.  
 302327-5A Ledesma

**September 12 – December 12**

(No Class: October 31, November 28)

Thu 6:00 p.m. – 7:00 p.m.  
 302327-5B Kumar

**September 14 – December 14**

(No Class: October 12, November 30)

Sat 10:15 a.m. – 11:15 a.m.  
 302327-5C 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 that include 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 9 – December 9**

(No Class: October 14, November 11)

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

**11, 50-min. sessions at RCC Lake Anne**  
**\$155 (R)/\$124 (R55+)/\$233 (NR)**

**September 9 – December 16**

(No Class: September 23, 30, October 21, 28)

Mon 11:30 a.m. – 12:30 p.m.  
 300147-5A Miles/Williams

**10, 50-min. sessions at RCC Lake Anne**  
**\$140 (R)/\$112 (R55+)/\$210 (NR)**

**September 11 – December 18**

(No Class: September 25, October 2, 23, 30, November 27)

Wed 11:30 a.m. – 12:30 p.m.  
 300147-5B Miles/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)**

**October 6**

Sun 1:00 p.m. – 3:00 p.m.  
 302400-5A Unger/Avilov





# MOVEMENT AND WELLNESS CONTINUED

## 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. This class is performed standing and promotes improvement of balance, flexibility, strength and cardiovascular conditioning.

**10, 60-min. sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 18 – November 20**

Wed 1:00 p.m. – 2:00 p.m.  
302305-5A 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.

**8, 45-min. sessions at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**September 10 – October 29**

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

**September 13 – November 1**

Fri 12:00 p.m. – 12:45 p.m.  
305045-5B 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 encouraged to bring their own mat to class.

**10, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 5 – December 12**

(No Class: October 17, November 7, 14, 21, 28)  
Thu 10:15 a.m. – 11:15 a.m.  
305033-5A Avilov

**September 6 – December 13**

(No Class: October 18, November 8, 15, 22, 29)  
Fri 10:45 a.m. – 11:45 a.m.  
305033-5B Avilov

**September 10 – December 10**

(No Class: October 15, November 12, 19, 26)  
Tue 10:15 a.m. – 11:15 a.m.  
305033-5C Avilov

**12, 60-min. sessions at RCC Lake Anne**

**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 10 – December 3**

(No Class: November 26)  
Tue 6:45 p.m. – 7:45 p.m.  
305033-5D Fletcher

## 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 encouraged to bring their own mat to class.

**10, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 11 – December 11**

(No Class: October 16, November 13, 20, 27)  
Wed 10:45 a.m. – 11:45 a.m.  
305034-5A Avilov

**September 11 – December 4**

(No Class: October 2, November 6, 27)  
Wed 12:00 p.m. – 1:00 p.m.  
305034-5B Fletcher

## Forever Fit

(18 years and older)

This is a low-intensity workout focusing on cardiovascular conditioning, strength training, flexibility and balance. It's a fun way to stay fit regardless of your age. Participants use hand weights, a small ball for core work and a mat. Patrons are encouraged to bring their own mat to class.

**13, 60-min. sessions at RCC Lake Anne**  
**\$105 (R)/\$84 (R55+)/\$158 (NR)**

**September 12 – December 5**

Thu 9:00 a.m. – 10:00 a.m.  
305040-5C Moses

**4, 45-min. sessions at RCC Lake Anne**  
**\$35 (R)/\$28 (R55+)/\$53 (NR)**

**September 9 – September 30**

Mon 9:15 a.m. – 10:00 a.m.  
305040-5B Briglia

**5, 45-min. sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**November 4 – December 2**

Mon 9:15 a.m. – 10:00 a.m.  
305040-5D Briglia

## Healthy Back Workshop

(18 years and older)

In this two-hour workshop, students will learn the root causes of back pain and explore practical Essentrics techniques and yoga exercises that can help alleviate pain. Students will learn how to stretch and strengthen their back as well as effective relaxation and breathing techniques. This workshop is designed to help students move better, prevent recurring pain and build a healthy and strong back.

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

**September 7**

Sat 1:00 p.m. – 3:00 p.m.  
302403-5A Avilov/Sypula

## Intermediate Tai Chi

(18 years and older)

This class is a progression of Beginning Tai Chi. Students will continue to practice the 24 step Yang style Tai Chi form as well as various Qi Gong exercises. Participants are encouraged to wear supportive footwear to class. Previous Beginning Tai Chi participation is needed. Approval is required from Beginning Tai Chi instructor, Megan Durham, for this intermediate level class.

**10, 60-min. session at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 20 – November 22**

Fri 9:30 a.m. – 10:30 a.m.  
302307-5A Durham

LEISURE & LEARNING

## 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.

# MOVEMENT AND WELLNESS CONTINUED

## 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.

**10, 60-min. sessions at RCC Lake Anne**  
\$75 (R)/\$60 (R55+)/\$113 (NR)

**September 11 – December 4**

(No Class: October 2, November 6, November 27)

Wed 10:30 a.m. – 11:30 a.m.  
300129-5A Fletcher

**9, 60-min. sessions at RCC Lake Anne**  
\$70 (R)/\$56 (R55+)/\$105 (NR)

**September 13 – December 6**

(No Class: September 20, October 4, November 1, 29)

Fri 12:00 p.m. – 1:00 p.m.  
300129-5B 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 how to slow down racing thoughts, let go of negativity, and calm both mind and body. It combines various 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.

**8, 75-min. sessions at RCC Lake Anne**  
\$80 (R)/\$64 (R55+)/\$120 (NR)

**September 18 – November 13**

(No Class: October 16)

Wed 6:30 p.m. – 7:45 p.m.  
305059-5B Deschamps

**8, 60-min. sessions at RCC Lake Anne**  
\$65 (R)/\$52 (R55+)/\$98 (NR)

**September 25 – November 13**

Wed 12:00 p.m. – 1:00 p.m.  
305059-5A 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 a mat and may include stability balls, magic circles and light handweights. Patrons are encouraged to bring their own mat to class.

**6, 60-min. sessions at RCC Lake Anne**  
\$50 (R)/\$40 (R55+)/\$75 (NR)

**November 4 – December 16**

(No Class: November 11)

Mon 9:30 a.m. – 10:30 a.m.  
306030-5A Biddy

## 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. Please note: the class meets every other week.

**4, 60-min. sessions at RCC Lake Anne**  
\$40 (R)/\$32 (R55+)/\$60 (NR)

**September 8, 22, October 6, 20**

Sun 4:00 p.m. – 5:00 p.m.  
314761-5A 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 chronic disorders. Participants will learn to recognize the effects of stress and explore multiple techniques 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)

**December 8**

Sun 1:00 p.m. – 3:00 p.m.  
302401-5A Unger/Avilov

## Tai Chi for Health and Balance

(18 years and older)

This class is for new or returning Tai Chi students who would like to improve balance, relaxation and ease of movement. In this class, students explore simple, repetitive QiGong (energy generating) movements as well as practice some basic breathing and meditation exercises. Beginners are welcome.

**13, 60-min. sessions at RCC Lake Anne**  
\$120 (R)/\$96 (R55+)/\$180 (NR)

**September 10 – December 10**

(No Class: October 29)

Tue 9:15 a.m. – 10:15 a.m.  
306020-5A 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.

**13, 60-min. sessions at RCC Lake Anne**  
\$120 (R)/\$96 (R55+)/\$180 (NR)

**September 10 – December 10**

(No Class: October 29)

Tue 10:30 a.m. – 11:30 a.m.  
306013-5A Smyers

## Tribal Fusion Belly Dance

(18 years and older)

This is a beginner class for tribal fusion – a modern, American form of belly dance. This style has an earthier, more grounded feel than cabaret belly dance and includes movements such as shimmies, snake arms, and chest circles. Classes begin with a gentle warm-up, a moving meditation, then progress to a deeper focus on several movements and finish with a cool-down. This is a slower paced class focused on dance technique and utilizing detailed verbal instruction. Students should dress comfortably and may be barefoot or wear ballet split-sole soft shoes or socks with grippy soles.

**8, 60-min. sessions at RCC Lake Anne**  
\$65 (R)/\$52 (R55+)/\$98 (NR)

**September 25 – November 13**

Wed 5:30 p.m. – 6:30 p.m.  
304444-5A Mann

# 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.

**8, 75-min. sessions at RCC Lake Anne**  
**\$85 (R)/\$68 (R55+)/\$128 (NR)**

**September 5 – October 24**

Thu 10:15 a.m. – 11:30 a.m.  
304995-5A Sypula

**September 10 – October 29**

Tue 10:15 a.m. – 11:30 a.m.  
304995-5B 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 18 – November 20**

(No Class: October 30, November 6)

Wed 5:00 p.m. – 6:00 p.m.  
302300-5A 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 19 – November 21**

(No Class: October 31, November 7)

Thu 9:00 a.m. – 10:00 a.m.  
315001-5A 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 18 – November 20**

(No Class: October 30, November 6)

Wed 6:15 p.m. – 7:15 p.m.  
315002-5A 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 10 – October 29**

Tue 9:00 a.m. – 10:00 a.m.  
305055-5A 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.

**8, 75-min. sessions at RCC Lake Anne**  
**\$85 (R)/\$68 (R55+)/\$128 (NR)**

**September 5 – October 24**

Thu 6:30 p.m. – 7:45 p.m.  
314760-5A Sypula

**September 10 – October 29**

Tue 6:30 p.m. – 7:45 p.m.  
314760-5B Sypula

## Prenatal Yoga

(18 years and older)

This class is for expectant mothers and includes postures, breathing exercises, relaxation and meditation techniques adapted for pregnancy. Prenatal yoga can improve strength, flexibility and reduce common discomforts like fatigue, lower back pain, shortness of breath, swelling and digestive issues. All expectant mothers are welcome, but it's recommended to consult a health professional before starting any exercise program.

**8, 75-min. sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$135 (NR)**

**September 19 – November 21**

(No Class: October 31, November 7)

Thu 3:00 p.m. – 4:15 p.m.  
302100-5A Unger

# LEISURE & LEARNING

## 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.



# YOGA CONTINUED

## Slow Flow Yoga

(18 years and older)

Slow flow yoga is a breath-based, mindful movement style of yoga that moves at a slower pace. It includes a combination of traditional yoga poses that flow from one to the next and are often held for longer periods of time. Slow flow is designed to improve strength, flexibility, awareness and balance. It also helps to reduce stress and enhance emotional wellbeing. This class is suitable for all levels. Beginners are welcome.

**8, 60-min. sessions at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$98 (NR)**

**September 19 – November 14**

(No Class: October 31)

Thu 5:00 p.m. – 6:00 p.m.  
 305610-5A Pulupa

## Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qigong and is a series of dynamic breathcentered 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 21 – November 23**

(No Class: October 12, November 9)

Sat 11:45 a.m. – 12:45 p.m.  
 304888-5A 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.

**8, 60-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 18 – November 20**

(No Class: October 30, November 6)

Wed 9:00 a.m. – 10:00 a.m.  
 305601-5A 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 can increase strength, stability, safety and efficacy. These practices can be done seated in a chair, standing, or lying on the mat.

**8, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 21 – November 23**

(No Class: October 12, November 9)

Sat 10:30 a.m. – 11:30 a.m.  
 304890-5A Okerson

## Yoga with Weights

(18 years and older)

This class blends gentle yoga movements with weights, creating a challenging, mindful practice. Benefits of combined yoga and strength training include improving bone density, muscle strength, flexibility and balance.

**8, 60-min. sessions at RCC Lake Anne**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

**September 26 – November 14**

Thu 9:00 a.m. – 10:00 a.m.  
 304702-5A Okerson

## Yoga, Breath and Meditation

(18 years and older)

This class offers a holistic approach to wellness, incorporating gentle yoga poses (including chair yoga variations), pranayama (breath work), and mindfulness meditation practices. This class is designed to promote physical, mental and emotional wellbeing. This team-taught class allows the instructors to provide gentle guidance and support, encouraging students to listen to their bodies and honor their individual needs throughout the practice. This class is suitable for all levels. Beginners are welcome.

**8, 75-min. sessions at RCC Lake Anne**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**September 27 – November 15**

Fri 10:30 a.m. – 11:45 a.m.  
 305058-5A Patel/Shah

# 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 \$4.25 (R)/\$8.50 (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 encouraged to bring a mat to class.

**60-min. sessions at RCC Lake Anne Pass, Reservation Req.**

**September 13 – December 20**

(No Class: September 20, November 29)

Fri 10:45 a.m. – 11:45 a.m.  
3C0010-5 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 11 – December 18**

(No Class: November 27)

Wed 9:15 a.m. – 10:15 a.m.  
3C0095-5 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 in nearby parks and gardens. Refresh your day in the fresh air with a light stroll. The 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 11 – December 11**

(No Class: October 16, November 13, 20, 27)

Wed 12:15 p.m. – 1:15 p.m.  
3C0085-5 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 11 – December 13**

(No Class: November 27, 29)

Wed, Fri 9:30 a.m. – 10:30 a.m.  
3C0070-5 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 10 – December 10**

(No Class: November 26)

Tue 9:00 a.m. – 10:00 a.m.  
3C0080-5 Avilov



# 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 first 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 7, October 5, November 2**

Sat 11:00 a.m. – 1:00 p.m.  
5C0070-5A 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 host 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.lli.gmu.edu](http://www.lli.gmu.edu).

## Classic Film Festival

(18 years and older)

If you like old movies, this is the class for you. Each week a different classical film will be presented, which is designed to spark your awareness of acclaimed films. The instructor will introduce the film, and depending on time constraints, will lead a post-viewing discussion. Films are chosen in all genres based on critical recognition and popularity. Planned screenings include those directed by John Ford, Robert Wise, and Carol Reed, and feature some of your all-time favorite stars.

**7, 2.25-hour sessions at RCC Lake Anne  
\$35 (R)/\$28 (R55+)/\$55 (NR)**

**September 25 – November 13**

(No Class: October 9)

Wed 1:45 a.m. – 4:00 p.m.  
526984-5A OLLI

## Exploring First Amendment Freedoms

(18 years and older)

This class is an introduction to these core freedoms and will include an interactive discussion of how they have been interpreted throughout American history and today.

**6, 85-min. sessions at RCC Lake Anne  
\$30 (R)/\$24 (R55+)/\$45 (NR)**

**September 25 – October 30**

Wed 11:50 a.m. – 1:15 p.m.  
526986-5A OLLI

## Fear of Death

(18 years and older)

As we near the end of our lives, thoughts and feelings about death can arise. This course covers Thanatophobia, a clinical disorder that affects people of all ages. Participants will also discuss the normal thoughts and feelings that older adults face with aging, illness, and death.

**1, 85-min. session at RCC Lake Anne  
\$5 (R)/\$4 (R55+)/\$8 (NR)**

**November 12**

Tue 2:15 p.m. – 3:40 p.m.  
526996-5A OLLI

## Global Warming and the Challenge of Carbon Free Energy

(18 years and older)

Humanity is at a critical juncture due to global warming and the potential for severe climate change. Carbon emissions must be reduced, but providing a sustainable carbon-free energy supply is a huge challenge. This two-session class will provide a simple, factual picture of diverse energy sources and their associated carbon emissions, and a systematic basis upon which to address key questions. It will include selected excerpts from a DVD of Oliver Stone's documentary film, "Nuclear Now."

**2, 85-min. sessions at RCC Lake Anne  
\$10 (R)/\$8 (R55+)/\$15 (NR)**

**September 24 – October 1**

Tue 2:15 a.m. – 3:40 p.m.  
526995-5A OLLI

## Hearing Aids: Prescription or Over the Counter

(18 years and older)

"Over The Counter" (OTC) hearing aids are now widely available for purchase. This presentation will discuss the benefits and limitations of these hearing aids. Participants will learn about hearing loss in general, how to interpret an audiogram, myths and facts about hearing aids in general and OTC models specifically, and when prescription hearing aids are warranted. This program is presented by the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC). No sales or solicitations are involved.

**1, 85-min. session at RCC Lake Anne  
\$5 (R)/\$4 (R55+)/\$8 (NR)**

**September 25**

Wed 9:40 a.m. – 11:05 a.m.  
526997-5A OLLI

## The Study of Epigenetics

(18 years and older)

Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change a DNA sequence but rather how the body reads a DNA sequence. Genes play an important role in health, but so do behavior and environment. This course will focus on the role of epigenetics in health and various diseases including diabetes, alcoholism, diet and exercise, obesity, and cancer.

**3, 85-min. sessions at RCC Lake Anne  
\$15 (R)/\$13.50 (R55+)/\$22 (NR)**

**October 2 – October 16**

Wed 9:40 a.m. – 11:05 a.m.  
526982-5A 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 8 – October 29**

Tue 2:15 p.m. – 3:40 p.m.  
571982-5A OLLI



# OLLI CONTINUED

## Play Ball on Film

(18 years and older)

Baseball provides a rich backdrop for the American experience. Enjoy clips from some of the best films about the sport, including "Field of Dreams," "Pride of the Yankees," "The Sandlot," "A League of Their Own" and others. Some are based on fact, some on fiction. Some are about playing at the highest levels, others just about the love of the game. The class will discuss what we like or don't like and how each film reflects and fits into our culture; for the baseball diamond is a canvas used to illustrate the human condition.

**3, 85-min. sessions at RCC Lake Anne**  
**\$15 (R)/\$12 (R55+)/\$22 (NR)**

**October 30 – November 13**

Wed 9:40 a.m. – 11:05 a.m.  
526999-5A OLLI

## So Much, So Fast

(18 years and older)

This series focuses on the pace and nature of change now being experienced by people all over the world. The instructor will examine how invention and technology have dramatically altered all aspects of human existence, including where and how we live as individuals, families, communities, and nations. We face existential challenges to our planet's physical environment, ways humans organize and govern, and control over inventions. The instructor will organize each of the two sessions around the two broad themes of how fast and how much change is occurring, and what he and participants think might happen in the future.

**2, 85-min. sessions at RCC Lake Anne**  
**\$10 (R)/\$8 (R55+)/\$15 (NR)**

**November 6 – November 13**

Wed 11:50 a.m. – 1:15 p.m.  
526985-5A OLLI

## The First Navy Jack: A Myth that Became History

(18 years and older)

The "First Navy Jack" (FNJ) flag, with its stretched-out rattlesnake and 13 red-and-white stripes, is a familiar image in American history books, commonly associated with the Revolutionary War. The U.S. Navy has flown the FNJ since 1976 to commemorate its heritage, and it is often displayed at patriotic events. In fact, however, this flag appears to have been an accidental invention by 19th century historians, and it is very doubtful that it even existed during the Revolution. This class will trace the process by which a non-existent flag became an American icon and a modern official symbol.

**1, 85-min. session at RCC Lake Anne**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**October 9**

Wed 2:15 p.m. – 3:40 p.m.  
526983-5A OLLI

## 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 11 – December 11**

Wed 1:15 p.m. – 3:45 p.m.  
509605-5B Staff

**September 12 – December 19**

(No Class: November 28)  
Thu 9:30 a.m. – 12:00 p.m.  
509605-5A 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 9 – December 30**

(No Class: November 11)  
Mon 10:00 a.m. – 2:00 p.m.  
509603-5A Staff

## Bridge Tuesdays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Tuesday. Bring lunch for a midday break.

**3-hour sessions at RCC Lake Anne**  
**Free, Registration Req.**

**September 10 – December 31**

(No Class: November 5, December 24)  
Tue 10:00 a.m. – 1:00 p.m.  
505551-5A Staff

## Building Self-Confidence – One Step At A Time

(13 – 17 years old)

This program will concentrate on the following topics: happiness, role playing, overcoming fears, bullying, the skill of learning to fail and techniques to improve thinking.

**8, 60-min. session at RCC Hunters Woods**  
**Free, Registration Req.**

**October 10 – December 12**

(No Class: October 31, November 28)  
Thu 5:00 p.m. – 6:00 p.m.  
980033-5A Dykstra

## 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 12 – December 19**

(No Class: November 28)  
Thu 6:30 p.m. – 9:30 p.m.  
901354-5A 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, at [william.parker@fairfaxcounty.gov](mailto:william.parker@fairfaxcounty.gov) for information regarding open gaming times for new or established groups.

**5-hour sessions at RCC Hunters Woods**  
**Free, Registration Not Required.**

**September 4 – December 18**

Wed 5:00 p.m. – 10:00 p.m.  
503594-5A Staff

# TECHNOLOGY

## 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**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**September 19**

Thu 1:00 p.m. – 3:30 p.m.  
 504173-5A O'Connell

## Decrease Telecom Costs

(18 years and older)

Want to explore ways to decrease landline, wireless and cable bills? Discover new 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**  
**\$20 (R)/\$16 (R55+)/\$30 (NR)**

**November 6**

Wed 10:00 a.m. – 12:30 p.m.  
 500315-5A Livingston

## Explore Smart Home Automation

(18 years and older)

Learn how to automate your home with Google's Home app and their various "smart" audio, video and home security products. Google's Nest services and third-party connectivity will be covered. Start automating daily tasks such as turning on lights, playing music and adjusting the temperature on your thermostat.

**1, 2-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**October 2**

Wed 10:00 a.m. – 12:00 p.m.  
 505337-5A O'Connell

## 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, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**November 7**

Thu 10:30 a.m. – 1:00 a.m.  
 500563-5A O'Connell



## Learn Google and Its Applications

(18 years and older)

Learn and improve your skills on various Google services like Gmail, Google Photos, Google Docs, personalized/shared calendar, Google Voice, Google Play store, Google Keep, and Google Translate in this highly interactive class.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**December 9**

Mon 10:00 a.m. – 12:30 p.m.  
 500491-5B Livingston

## Maintain Your Computer

(18 years and older)

Students will learn how to keep their Apple and Windows computers running smoothly by learning to use system tools, utility programs, firewalls, and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files and unwanted programs, and keep their computers updated automatically. Additionally, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection.

**2, 2.5-hour sessions at RCC Hunters Woods**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**September 9 – September 16**

Mon 10:00 a.m. – 12:30 p.m.  
 505001-5A Livingston

## Managing Your Health with Technology

(18 years and older)

Learn the various devices and apps that are currently on the market to help manage health and safety. Participants will see a demonstration of smart watch and smart phone health features as well as apps for managing health.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**October 24**

Thu 1:00 p.m. – 3:30 p.m.  
 563213-5A O'Connell

## Prepare iPhones & iPads for Travel

(18 years and older)

Planning a trip this year? Turn your smartphone or tablet into a travel companion that will save time and aggravation and bring entertainment on the go. This class is packed with tips on finding Wi-Fi, saving battery life, storing maps, using trip planners and finding the best travel apps. Bring your device to class fully charged.

**1, 2.5-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**December 5**

Thu 10:00 a.m. – 1:00 p.m.  
 500487-5A O'Connell

# TECHNOLOGY CONTINUED

## 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 learn about the tools that restrict access to information.

**1, 3-hour session at RCC Hunters Woods**  
**\$25 (R)/\$20 (R55+)/\$37 (NR)**

**October 10**

Thu 10:00 a.m. – 1:00 p.m.  
500697-5A O'Connell

## TRIPS AND TOURS

### Fall Festival at Mount Vernon

(18 years and older)

Celebrate the season with 18th century activities and demonstrations at the farm at Mount Vernon. Access to Mount Vernon grounds as well as the farm are included. The trip fee includes transportation, admission, a lunch voucher and trip coordinator.

8:30 a.m. Depart RCC Lake Anne

9:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

**1, 7.5-hour trip**  
**\$85 (R)/\$68 (R55+)/\$125 (NR)**

**October 19**

Sat 8:30 a.m. – 4:00 p.m.  
526992-5A Staff

### Holiday Ice Show at the National Harbor

(18 years and older)

Enjoy the holidays on the Potomac at the National Harbor. Experience "ICE!" at the Gaylord at National Harbor and shopping. "ICE!" is an indoor wonderland exhibit with a variety of holiday scenes created entirely from two million pounds of ice. Spend the day on your own as you like; the admission ticket can be used at any time, providing time for shopping. The trip fee includes transportation and admission to "ICE!"

9:00 a.m. Depart RCC Lake Anne

9:30 a.m. Depart RCC Hunters Woods

4:30 p.m. Estimated return to Reston

**1, 7.5-hour trip**  
**\$120 (R)/\$96 (R55+)/\$180 (NR)**

**November 22**

Fri 9:00 a.m. – 4:30 p.m.  
526991-5A Staff

### Virginia Scenic Railway

(18 years and older)

Experience the charm and beauty of Virginia's Shenandoah Valley as the Alleghany Special ventures westward from historic Staunton through the beautiful farmland of the Shenandoah Valley. This three-hour excursion will include lunch and dessert on the train. The trip fee includes transportation, lunch and trip coordinator.

7:00 a.m. Depart RCC Lake Anne

7:30 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

**1, 9-hour trip**  
**\$175 (R)/\$140 (R55+)/\$260 (NR)**

**September 20**

Fri 7:00 a.m. – 4:00 p.m.  
526990-5A Staff

## TRIP INFORMATION

Prior to the trip you will receive an itinerary and a link to a website to provide emergency contact information and to agree to the Trip Code of Conduct. Please complete these online forms prior to the day of the trip.

Please contact Cassie LeBron, RCC's Lifelong Learning Director, at 703-390-6157 if you need help accessing the online forms.

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 19 – November 7**

Thu 2:00 p.m. – 4:30 p.m.  
 402421-5A 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.

**10, 2.5-hour sessions at RCC Lake Anne**  
**\$110 (R)/\$88 (R55+)/\$175 (NR)**

**September 11 – November 13**

Wed 7:00 p.m. – 9:30 p.m.  
 455011-5B 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 new personal projects.

**8, 3-hour sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$65 (NR)**

**September 10 – October 29**

Tue 2:00 p.m. – 5:00 p.m.  
 404213-5B Daniels

**6, 3-hour sessions at RCC Lake Anne**  
**\$35 (R)/\$28 (R55+)/\$45 (NR)**

**November 5 – December 17**

(No Class: November 26)

Tue 2:00 p.m. – 5:00 p.m.  
 404213-5C Daniels

### Art Media Survey

(18 years and older)

Here is a chance to explore the basics of different art media before committing to an entire class. During this session, students will learn the basics of using acrylic, watercolor, chalk and pastels. All materials will be provided.

**1, 5.5-hour session at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**September 14**

Sat 11:30 a.m. – 5:00 p.m.  
 402758-5A 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 15**

Tue 6:00 p.m. – 7:00 p.m.  
 402521-5A Tephra ICA

**November 12**

Tue 6:00 p.m. – 7:00 p.m.  
 402521-5B 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 with 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 18 – November 6**

Wed 1:00 p.m. – 5:00 p.m.  
 402762-5A Sterud

### Beginning Drawing

(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, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 20 – November 8**

Fri 7:00 p.m. – 9:30 p.m.  
 402614-5B 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)**

**September 26 – October 31**

Thu 10:00 a.m. – 12:30 p.m.  
 402512-5A Griffith Tso

### Crayon Batik Sampler

(18 years and older)

By using crayons like never before, this non-traditional batik method offers brilliant colors and a direct and spontaneous approach. Create a two-dimensional image by painting with melted crayons on unbleached muslin. A supply list will be provided prior to the first class.

**1, 5.5-hour session at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**October 26**

Sat 11:30 a.m. – 5:00 p.m.  
 402455-5A Daniels

### Fun with Fusing – Glass Jewelry and Suncatcher

(13 years and older)

The beginner or intermediate/advanced student will have fun creating a unique piece of glass jewelry and/or suncatcher. 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)/\$36 (R55+)/\$68 (NR)**

**October 27**

Sun 1:00 p.m. – 3:30 p.m.  
 900298-5A Toole

### Fused Glass Bubble Construction Workshop

(18 years and older)

This workshop will focus on techniques used to create bubble grids with glass stringers. Projects will be fired and slumped into shallow bowls.

**1, 3-hour session at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$100 (NR)**

**September 25**

Wed 10:00 a.m. – 1:00 p.m.  
 402785-5B Gallagher

**October 30**

Wed 10:00 a.m. – 1:00 p.m.  
 402785-5A Gallagher

## Fused Glass Stacked Construction Workshop

(18 years and older)

This fused glass workshop will focus on stacking techniques. Using cut squares of various sized glass stacked on top of each other, projects will be fired and slumped into a shallow bowl.

**1, 3-hour session at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$100 (NR)**

**October 9**

Wed 10:00 a.m. – 1:00 p.m.  
402782-5A Gallagher

**November 13**

Wed 10:00 a.m. – 1:00 p.m.  
402782-5B Gallagher

## Glass Holiday Ornaments and Gifts

(13 years and older)

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)/\$36 (R55+)/\$68 (NR)**

**November 7**

Thu 6:30 p.m. – 9:00 p.m.  
980024-5A Toole

## Holiday Greeting Card Workshop

(18 years and older)

Receiving an actual card or letter in the mail has become nearly obsolete. Imagine being the person who sends a selfmade card to friends and family this holiday season. Let's revive a tradition. Four kinds of card making will be taught: Iris cards, abstract designs and mono and lino print. No previous experience is required. A supply list will be provided prior to first class.

**1, 5.5-hour session at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**November 23**

Sat 11:30 a.m. – 5:00 p.m.  
402784-5A Daniels



## Intermediate Drawing

(18 years and older)

This class is for students who wish to further their drawing ability and will incorporate and build upon the fundamental skills learned in Beginning Drawing. Various drawing exercises will be included, with the aim of increasing and broadening manual skills, as well as bringing out the inner artist. Further techniques will be explored, from gesture drawing and sketching to abstraction, using more advanced tools such as charcoal and pen. A supply list will be provided prior to first class.

**8, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 19 – November 7**

Thu 7:00 p.m. – 10:00 p.m.  
402775-5B Sterud

## Mixed Media Exploration

(18 years and older)

With 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, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 16 – November 4**

Mon 6:00 p.m. – 9:00 p.m.  
402765-5A Traynham

## Mixed Media Junk Journal

(18 years and older)

This class will focus on the construction and assembly of junk journals, handmade art books, handmade pamphlets, concertinas, altered books and glue books. These practices are similar to scrapbooking, but more artistically intended. Techniques will focus on mixed media and abstract collage, and approaches will move from structured and formal to more abstract and "loose" styles, depending on student preferences. All skill levels are welcome. A supply list will be provided prior to first class.

**8, 3-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**September 20 – November 8**

Fri 10:00 a.m. – 1:00 p.m.  
402780-5A Fitzurka

## 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**  
**\$200 (R)/\$160 (R55+)/\$250 (NR)**

**September 23 – October 28**

Mon 10:00 a.m. – 1:00 p.m.  
404040-5B Damron

**September 25 – October 30**

Wed 6:00 p.m. – 9:00 p.m.  
404040-5C Damron

## VISUAL ARTS CONTINUED

### Remixed Media Project: Silk Scarves

(18 years and older)

Participants will create personalized pieces of original, wearable art by painting, stenciling, stamping and doodling onto blank habotai silk scarves. All supplies are included in the class fee.

**8, 3-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 17 – November 5**

Tue 10:00 a.m. – 1:00 p.m.  
402620-5A Mullarkey

### 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**  
**\$200 (R)/\$160 (R55+)/\$250 (NR)**

**October 30 – December 4**

Wed 6:30 p.m. – 9:30 p.m.  
402255-5A Damron

### Watercolor Flowers Workshop with Lubna Zahid

(18 years and older)

Are you a nature lover? If so, then this workshop is for you. Learn to paint a flower composition in beautiful transparent watercolors. This in-person class provides the opportunity to ask questions and watch demonstrations with step-by-step instructions. Learn various watercolor techniques to give form and shape to subjects, concentrating on value and color. Some watercolor experience is recommended.

**1, 4-hour session at RCC Lake Anne**  
**\$65 (R)/\$52 (R55+)/\$100 (NR)**

**November 22**

Fri 10:00 a.m. – 2:00 p.m.  
402781-5A Zahid

### Working Large

(18 years and older)

This class will focus on working with paintings and collages that are 18 by 24 inches or larger. Topics addressed will be scaling up, tools for working larger, focal points, negative spaces, viewing the pieces, thinking bigger and filling the space. This program is for those with intermediate/advanced skill levels. Much of the class time will be spent working on each student's art, with tips and tricks for working large provided from the instructor and feedback from classmates. A supply list will be provided prior to the first class.

**8, 3-hour sessions at RCC Lake Anne**  
**September 16 – November 4**

**September 23**

Mon 10:00 a.m. – 1:00 p.m.  
402779-5A Fitzurka

## VISUAL ARTS—CERAMICS

### Lottery for Ceramics Classes

Due to the overwhelming popularity of RCC Ceramics classes, enrollment is being moved to a lottery registration process. The lottery for all ceramics classes for Reston patrons will be available between August 1 and August 4. The lottery spin will take place on the morning of August 5 and patrons will receive an email about their enrollment status – enrolled or waitlisted. Any ceramics class slots still available on the 8th can be enrolled in by Reston and Non-Reston patrons on a first-come, first-serve basis.

We appreciate all the feedback we have received regarding our ceramics program offerings. We are continuing to evaluate ways to make the studio reservations process and class enrollment as equitable as possible within the physical constraints of RCC's available studio and kiln space.

### Creative Clay House

(18 years and older)

With the guidance of instructors Kate Sternberg and Tena Page, learn, improve, and share your hand-building and sculpting skills. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 19 – November 14**

Thu 10:00 a.m. – 12:30 p.m.  
402752-5A 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, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 17 – November 12**

Tue 10:00 a.m. – 12:30 p.m.  
402665-5B Sternberg/Page

### 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 an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 18 – November 13**

Wed 7:00 p.m. – 9:30 p.m.  
402616-5B Benton

Open Ceramics Studio class 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.



## 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 an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 16 – November 11**

Mon 10:00 a.m. – 12:30 p.m.  
402500-5A Sternberg

**September 17 – November 12**

Tue 7:00 p.m. – 9:30 p.m.  
402500-5B Sternberg

## 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 an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 17 – November 12**

Tue 10:00 a.m. – 12:30 p.m.  
402639-5C Dwivedi

Tue 7:00 p.m. – 9:30 p.m.  
402639-5D Marcum

## 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 an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 19 – November 14**

Thu 10:00 a.m. – 12:30 p.m.  
402462-5C Grace

Thu 7:00 p.m. – 9:30 p.m.  
402462-5D Stefanik

## Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginner to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 20 – November 15**

Fri 1:00 p.m. – 3:00 p.m.  
404210-5B 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 an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**September 16 – November 11**

Mon 7:00 p.m. – 9:30 p.m.  
402463-5B Alexander



# 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 Art Family Day

(All Ages)

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!**



# WOODWORKING

## Box Building Basics

(18 years and older)

Learn the skills and techniques needed to make beautiful wooden boxes for your home or as gifts. We will discuss the elements of box design including proportion, scale, texture, focal point, visual illusion, function and interior design. Participants will also learn basic woodworking skills necessary for all woodworking projects: safe use of tools, selection of the appropriate tool, stock preparation and marking and precision cutting. Participants will learn two types of boxes featuring different joinery and lids. All materials and supplies will be included in the class fee.

**4, 3-hour sessions at RCC Hunters Woods**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**October 3 – October 24**

Thu 6:30 p.m. – 9:30 p.m.  
500786-5A Burke

## Build a Ring Box

(18 years and older)

In this class, students will learn how to build a ring box out of wood. The instructor will teach students how to use the various woodshop tools and students will walk away with a self-made ring box. No experience is needed.

**1, 3-hour session at RCC Hunters Woods**  
**\$80 (R)/\$64 (R55+)/\$120 (NR)**

**October 31**

Thu 6:30 p.m. – 9:30 p.m.  
526994-5A Burke

## Build a Toy Truck

(18 years and older)

Wooden toys have been a staple in children's lives for many generations. This class will teach the techniques to assemble and finish a wooden pickup truck toy.

**4, 2.5-hour sessions at RCC Hunters Woods**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**September 11 – October 2**

Wed 6:30 p.m. – 9:30 p.m.  
526993-5A Staff

## 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.

**14, 5-hour sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**September 10 – December 17**

(No Class: November 5)

Tue 9:30 a.m. – 2:30 p.m.  
5C0085-5A Staff

# LEISURE & LEARNING





# OPEN STUDIOS

## Open Ceramics Studios

(18 years and older)

The public is invited to use RCC's Ceramics Studio. RCC has adjusted the approach to reserving space in the Ceramics Studio because of the extremely high demand for time and access. The Open Ceramics Studio now requires reservations through a lottery system to allow for more equitable distribution of spots. Lottery enrollment for the Open Ceramics Studio is 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 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 the date of purchase. The pass fee includes firing and glazes. Clay costs \$20 – \$30 for 25 lbs. The lottery for ceramics studio reservations for Reston patrons will be available from the 25th – 28th of each month for the following month. There is no limit on the number of lottery requests that can be made. The lottery spin will take place on the morning of the 29th; patrons will receive their emailed enrollment status: enrolled or waitlisted. Any ceramics studio slots still available on the 29th can be reserved by Reston patrons on a first-come, first-serve basis. If there are remaining slots on the first of month, they are available to both Reston and Non-Reston patrons.

**4-hour sessions at RCC Lake Anne Pass, Reservation Req.**

**September 18 – December 11**

Wed	10:00 a.m. – 2:00 p.m.
4C0020-5	Ceramics Studio
4C0025-5	3D Studio

**September 21 – December 21**

Sat	1:00 p.m. – 5:00 p.m.
4C0030-5	Ceramics Studio
4C0035-5	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. 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.

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

**September 15, October 6, October 20, November 3, November 17, December 1, December 15**

Sun	12:30 p.m. – 4:30 p.m.
4C0010-5	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: woodworking projects may not be left in the RCC shop; no storage is available. 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.

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

**September 7 – December 21**

Sat	9:00 a.m. – 12:30 p.m.
5C0030-5	Staff
Sat	1:00 p.m. – 4:30 p.m.
5C0050-5	Staff

**September 10 – December 31**

(No Class: December 24)

Tue	6:00 p.m. – 9:30 p.m.
5C0010-5	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
Brian Gannon	Accreditation Specialist
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
Long Nguyen	Customer Service
Bart Mickler	Customer Service
James Rockett	Financial Specialist
Evelyn Rosa	Procurement Specialist
Samantha Stettner	Customer Service
Mark Zubaly	Customer Service

## Facility Rentals & Operations

William D. Parker	Facility Services Director
Mohammed Alhadi	Facility Team
Guillermo Huaman	Facility Team
Will Sanchez	Facility Operations Manager
Cristobal Rivera	Facility Team
Ken Wade	Facility Team
Cory Woods	Facility Team

## Aquatics

Matthew McCall	Aquatics Director
Ryan Kasprovicz	Aquatics Operations Director
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Program Director

## Arts & Culture

Paul Douglas Michnewicz	Arts & Culture Director
Mark Anduss	Technical Director
Cheri Danaher	Arts Education Director
Laura Moody	Assistant Technical Director
Gloria Morrow	Arts Education Assistant
Matt Nogay	Assistant Technical Director
Rhia Ovington	Box Office Assistant

## Leisure & Learning

Kevin Danaher	Leisure & Learning Director
Anya Avilov	Fitness & Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
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
Asjah Heiligh	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
- Boy Scouts of America, Washington Capital Area
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Domestic & Sexual Violence Services (DSVS)
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- 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
- Pozez Jewish Community Center of Northern Virginia
- 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
- South Lakes High School
- 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. 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. 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/passers 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.

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

# Reston Community Center Aquatics Registration Form

- Select up to three choices per session and up to four different sessions per form.
- If a class section, and all choices are full, your name will be placed on a waiting list for your first choice for that session.

- Patrons are encouraged to register for as many sessions as desired. Patrons should enroll at the same level for all sessions.
- Please note: Absences and personal scheduling conflicts are not reimbursable.

Adult Name	First																			Last																																			
Home Address																																																							
City																				State																		Zip																	
Phone	Home																			Cell																																			
Emergency																																																							
New Address?		<input type="checkbox"/> Yes <input type="checkbox"/> No		Resident of Small District 5?										<input type="checkbox"/> Yes <input type="checkbox"/> No		Work in Small District 5?										<input type="checkbox"/> Yes <input type="checkbox"/> No																													
If yes, provide business address																																																							
E-Mail Address																																																							

PARTICIPANT'S FIRST NAME										PARTICIPANT'S LAST NAME										DATE OF BIRTH					SEX	

SESSION DATE:												
	ACTIVITY NUMBER						CLASS NAME				FEE	
CHOICE 1						-						
CHOICE 2						-						
CHOICE 3						-						

SESSION DATE:												
	ACTIVITY NUMBER						CLASS NAME				FEE	
CHOICE 1						-						
CHOICE 2						-						
CHOICE 3						-						

SESSION DATE:												
	ACTIVITY NUMBER						CLASS NAME				FEE	
CHOICE 1						-						
CHOICE 2						-						
CHOICE 3						-						

SESSION DATE:												
	ACTIVITY NUMBER						CLASS NAME				FEE	
CHOICE 1						-						
CHOICE 2						-						
CHOICE 3						-						

**PLEASE NOTE: Please do not make changes to this paragraph. Participation in RCC programs is contingent on all the following conditions.**

I recognize that there may be inherent risks in participating in programs and activities being offered by Reston Community Center ("RCC"), and I understand that RCC strongly recommends that any person participating in any such program or activity should be covered by insurance while participating in any such program. By my signature below, I agree to assume all of the risks and accept personal responsibility for any damages or medical expenses following any injury, permanent disability, or death that may result from my participation. By my signature below, I agree to waive any and all claims for liability against RCC, the Governing Board of RCC, the Board of Supervisors of Fairfax County, Fairfax County, their officers, employees, volunteers, and agents, and I agree to hold such entities and persons harmless from any and all property damage or injury, permanent disability, or death that may result from my participation. If I am registering a child, by my signature below, I represent that I am the parent/legal guardian of the child being enrolled and that I am making the representations stated above on behalf of that child. I also recognize that employees of RCC and/or the County may take and edit photographs and/or video tapes of RCC programs for either archival or public relations purposes. By my signature below, I acknowledge and agree that any such photographs and/or videos are the property of RCC and/or the County, that any such photos and/or videos may be used in the publications of RCC and/or the County without compensation to me, and that any such photos and/or videos may be subject to the Virginia Freedom of Information Act and other applicable laws. By my signature below, I acknowledge and agree to the RCC refund and cancellation policy.

**SIGNATURE:**

**DATE:**

Payment Information Only – No Other Information Below

DATE STAMP (RCC Staff)

## CREDIT CARD INFORMATION

**CARD HOLDER'S NAME :** \_\_\_\_\_

**CHARGE:** ☐ MASTERCARD ☐ VISA ☐ DISCOVER **EXP. DATE:** \_\_\_\_\_

**ACCOUNT #:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

Registration/Pass Refunds: Written request required. If received 14 days or more in advance: 20% processing fee for classes, workshops; 50% for trips. Less than 14 days requires replacement registration to be approved (less applicable processing fee).  
Pass refunds pro-rated minus 20% processing fee. No refunds for fees under \$10.

## FORM OF PAYMENT

☐ CASH ☐ MONEY ORDER

☐ CHECK ☐ CREDIT CARD (VISA/MC/DISCOVER)

☐ OTHER \_\_\_\_\_



**Reston Community Center Hunters Woods**  
2310 Colts Neck Road • Reston, VA 20191

**Reston Community Center Lake Anne**  
1609-A Washington Plaza • Reston, VA 20190

703-476-4500, TTY 711 • 703-476-0563 (FAX)



Revised May 2019



**USE ONE FORM PER HOUSEHOLD** (ONLY FAMILY MEMBERS RESIDING AT THE SAME ADDRESS) • **PLEASE PRINT**

**PLEASE NOTE: Please do not make changes to this paragraph. Participation in RCC programs is contingent on all the following conditions.**

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

## FORM OF PAYMENT

☐ **OTHER**

Acrylic Painting .....	76	Creative Responses .....	80
Acrylic Painting for Beginners .....	76	Current Issues Discussion Group .....	63
Adapted Aquatics .....	49	Cut the Cable: Switch to Streaming TV .....	74
Adapted Aquatics Volunteers .....	30	Decrease Telecom Costs .....	74
Adult Beginner .....	49	Deep Water Mania .....	51
Advanced Arthritis, Fibromyalgia and Multiple Sclerosis .....	50	Dinner and a Movie with the Grinch .....	58
Aging with Power and Grace .....	66	Don't Get Scammed .....	64
American Mah Jongg .....	73	Essentrics .....	67
Anatomy for Kids – Heart .....	56	Essentrics: Aging Backwards .....	67
Annual Reston Multicultural Festival .....	31	Explore Smart Home Automation .....	74
Aqua Barre .....	50	Exploring First Amendment Freedoms .....	72
Aqua Blast .....	50	Exploring Mobile Apps .....	74
Aqua Boot Camp .....	50	Fall Festival at Cox Farms .....	58
Aqua Burn .....	50	Fall Festival at Mount Vernon .....	75
Aqua Mixer .....	51	Fear of Death .....	72
Aqua Tots .....	40	Finding a New Podcast .....	64
Art Attack .....	59	Finding Your Dream College and Major .....	64
Art Lab .....	76	Fitness Fusion .....	65
Art Media Survey .....	76	Forever Fit .....	67
Art School & Career Panel Series .....	76	Fun with Fusing – Glass Jewelry and Suncatcher .....	76
Autumnal Hike .....	58	Fused Glass Bubble Construction Workshop .....	76
Babysitting .....	56	Fused Glass Stacked Construction Workshop .....	77
Balance and Mobility Workshop .....	66	Gentle Yoga .....	69
Ballet Basics I .....	55	Glass Holiday Ornaments and Gifts .....	77
Ballet Combo .....	55	Global Warming and the Challenge of Carbon Free Energy .....	72
Banking and Budgeting Basics .....	64	Goblin Golf .....	59
Barre Fusion .....	65	Good Neighbors Woodworking Group .....	81
Becoming a Homeowner .....	64	Gut Feeling Yoga .....	69
Beginner Plein Air Painting .....	76	Halloween Family Fun Day Volunteers .....	30
Beginning Drawing .....	76	Hatha Yoga I .....	69
Beginning Tai Chi .....	67	Hatha Yoga II .....	69
Big Fun for Little Ones .....	57	Healthy Back Workshop .....	67
Blacksmithing Workshop: Decorative Leaf – Level II .....	62	Hearing Aids: Prescription or Over the Counter .....	72
Blacksmithing Workshop: "S" Hook – Level I .....	62	Hearing Screenings .....	64
Bolly X .....	67	Hip Hop .....	56
Bookends .....	63	Ho, Ho, Ho! .....	58
Boot Camp .....	71	Holiday Airbrush Sweater .....	55
Box Building Basics .....	81	Holiday Baking .....	55
Bridge Mondays .....	73	Holiday Greeting Card Workshop .....	77
Bridge Tuesdays .....	73	Holiday Ice Show at the National Harbor .....	75
Build a Ring Box .....	81	Holiday Lantern Tour .....	59
Build a Toy Truck .....	81	Holiday Train Show .....	59
Building Self-Confidence – One Step At A Time .....	73	Insights .....	80
Cardio and Strength Intervals .....	71	Intermediate Drawing .....	77
Cardio Strength .....	65	Intermediate Tai Chi .....	67
Challenge of Carbon Free Energy .....	72	In Their Own Words .....	80
Chess Club .....	73	Japanese Culture Club .....	72
Chinese Brush Painting .....	76	Japanese Floral Arrangement .....	62
Chocolate Fun and Preparation for Kids .....	55	Joint-Friendly Fitness .....	68
Chocolate Fun and Preparation for Tweens and Teens .....	55	Lap Pool – Lane 1 .....	37
Classic Film Festival .....	72	Lap Pool – Lane 2 .....	37
Cooking with Apples .....	55	Lap Pool – Lane 3 .....	37
Cooking with Pumpkins .....	55	Learn Google and Its Applications .....	74
Crayon Batik Sampler .....	76	Learn to Bike – Youth .....	57
Creative Clay House .....	78	Legal: Estate Planning Basics .....	64
Creative Hands Pottery .....	78	Letters to Santa .....	55

Level 1 .....	47	Scarecrow Building .....	55
Level 2 .....	47	Scholarship Workshop .....	65
Level 3 .....	47	Sculpture I .....	79
Level 4 .....	48	Sensing Science .....	57
Level 5 .....	48	Sewing for Today's Fashions I .....	63
Level 6 .....	48	Shopping Event .....	16
LIIST .....	66	Six Flags America Fright Fest .....	59
Line Dancing with Scotty – Beginner .....	63	Skipper I .....	41
Line Dancing with Scotty – Intermediate .....	63	Skipper II .....	41
Maintain Your Computer .....	74	Slow Flow Yoga .....	70
Making Pottery with or without the Wheel .....	78	Slow Looking Program Series .....	80
Managing Stress .....	56	Social Security Planning .....	65
Managing Your Health with Technology .....	74	So Much, So Fast .....	73
Marlin .....	43	Sound Bath Meditation .....	68
Math Tutoring for Grades 3 – 5 .....	56	Stress Relief Workshop .....	68
Math Tutoring for Grades 6 – 8 .....	56	Study Smarter, Not Harder .....	65
Math Tutoring for Grades 9 – 12 .....	56	Sunday Afternoon Dances .....	63
Medicare 101 .....	64	Tai Chi for Health and Balance .....	68
Mind-Body Fitness .....	66	Tai Chi Yang Style – Advanced .....	68
Mindful Hatha Yoga .....	69	Tao Yin Yoga .....	70
Mindfulness Meditation .....	68	Tapestry Mosaic Art .....	78
Mindful Yoga with Sound Healing .....	69	Tax Strategies .....	65
Mixed Media Exploration .....	77	Teen Dating and Violence .....	65
Mixed Media Junk Journal .....	77	Tephra ICA Art Family Day .....	80
Mosaic Art .....	77	Thanksgiving Food Drive Loader .....	31
Musical Holiday Breakfast with Frosty .....	58	Thanksgiving Food Drive Volunteer Event .....	31
Open Ceramics Studios .....	82	Thanksgiving Food Drive Volunteer Event Leader .....	31
Open Glass Studio .....	82	The First Navy Jack: A Myth that Became History .....	73
Open Woodshop .....	82	The Study of Epigenetics .....	72
Origami Workshop – Fall .....	62	Tides in Motion .....	51
Origami Workshop – Holiday Ornaments .....	62	Tot Time .....	58
Paper Quilling Workshop .....	62	Tribal Fusion Belly Dance .....	68
Paper Quilling Workshop Cards – Sunflowers .....	62	Vegan Cooking .....	62
Paper Quilling Workshop: Framed Paper Quilling Art – Pumpkins .....	62	Virginia Scenic Railway .....	75
Paper Quilling Workshop – Ornament .....	63	Walking Group .....	71
Park Ranger Potpourri .....	72	Watercolor Flowers Workshop with Lubna Zahid .....	78
Pilates Mat .....	68	Water Introduction .....	40
Pinewood Derby Workshop .....	59	Wheel Exploration .....	79
Pinewood Derby Workshop – Individuals .....	59	Wheel I .....	79
Play Ball on Film .....	73	Wheel II .....	79
Pool Pals & Water Friends .....	40	Wheel III .....	79
Prenatal Yoga .....	69	Winter Walk of Lights .....	59
Prepare iPhones & iPads for Travel .....	74	Working Large .....	78
Protect Your Privacy and Identity Online .....	75	Yoga 101 .....	70
Ranger .....	42	Yoga, Breath and Meditation .....	70
RCC Community Coffee Volunteer .....	30	YOGA Continued .....	70
Registration required through VMS .....	30	Yoga for Healthy Bones .....	70
Registration required through VMS .....	31	Yoga with Weights .....	70
Remixed Media Project: Silk Scarves .....	78	Young Actors Theatre .....	57
Reston Holiday Parade .....	15	Zumba Fitness .....	66
Reston Holiday Parade Volunteers .....	31	Zumba Gold .....	71
Reston Journal and Planner Meetup .....	63	Zumba Gold Toning .....	71
Reston Plays Games .....	73	Zumba Toning .....	66
Reston Town Center Holiday Performances .....	15		
Rookie I .....	41		
Rookie II .....	42		



# 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 2	CLOSED	CLOSED
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 28	9:00 a.m. – 1:00 p.m.	CLOSED
Day After Thanksgiving	November 29	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Team Builder	December 18	CLOSED 12:00 p.m. – 5:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 1:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 1:00 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:

[facebook.com/HuntersWoodsNeighborhoodCoalition](https://facebook.com/HuntersWoodsNeighborhoodCoalition)



2310 Colts Neck Road  
Reston, Virginia 20191

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

# Reston Multicultural Festival

**Saturday, September 21**

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

**Free • Rain or Shine • All Ages**



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.