

Reston Community Center 2024 WINTER/SPRING PROGRAM GUIDE



WWW.RESTONCOMMUNITYCENTER.COM

Enriching Lives. Building Community.



TABLE OF CONTENTS

Arts & Culture/Offsite & Collaboration	5 – 34
Aquatics	36 – 55
Kids Corner	56 – 62
Leisure & Learning	63 – 83
Staff List	84
Information	85 – 87
Index	88 – 90
Hours	91



BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

On May 20, 1979 – 45 years ago – Reston Community Center opened its doors for the first time. In the four and a half decades since then, we’ve seen Reston grow from a population of about 30,000 people to a current population of 63,000-plus. When our front doors opened in 1979, a staff of 12 full-time employees and several dozen part-time employees served the community. Organizations that called RCC “home base” back then included the Reston Community Players and Reston Chorale, Reston Institute for the Arts, Narcotics Anonymous, Reston Masters Swim Team, and a variety of local faith communities.

We’ve certainly come a long way from our early years. However, Reston continues to evolve and change so the team at RCC continually adapts as well. We are bringing programming to more neighborhoods and finding new ways to connect to people where they are. Content that reflects the world we live in today – like managing streaming programming or coding for video games – would have been nearly unimaginable in 1979. We will keep evolving with our cherished community.

Change is an inevitable fact of life. We are thankful to have been a big part of the Reston “way of living” for these past decades and adjusting along with the community to its never ceasing growth. We added our beautiful Lake Anne facility in 1999 and will continue to expand in the coming years. RCC welcomes everyone who lives and works in Reston to play with us, learn with us, create with us, celebrate with us and take your place in the circle of people building community for all to enjoy in this very special place.

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

Over the 45-year history of RCC, our team has been making the leisure and lifestyle experiences of Reston exceptional. Through our programming, we've embraced the community's diversity, rich history, talented people and brilliant visitors. Artists from around the world have delighted to meet Reston audiences. Instructors of countless talents have enriched lives with their guidance. Building community has been the central occupation of each and every board member, employee, guest content provider and volunteer associated with RCC.

RCC's Board of Governors welcomes a new member this year – Paul Berry – to our ranks as we bid a fond and grateful farewell to Bill Keefe. Bill Keefe served on the RCC Board from 2008 to 2023. During those fifteen years, he was integral to Reston planning efforts as RCC's representative to the Reston Master Plan Special Study Task Force and helped with the first Lake Anne visioning project. Bill always centered the health and well-being of our community's children in his goals for RCC. His wit and wisdom will be greatly missed.

In the months ahead, we'll be engaging with the community as we develop a survey to help guide our future. It's been five years since our 2019 Community Survey, and we'll be working again with the University of Virginia Center for Survey Research to examine how you want RCC to address your interests in the coming years. We look forward to seeing you enjoying the programs described in the pages of this Guide and to hearing from you as we round the corner toward 50!

A handwritten signature in black ink, appearing to read 'Bill Keefe'.



William Keefe

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.



ARTS & CULTURE/ OFFSITE & COLLABORATION

<u>Community Events</u>	6 – 19
<u>Professional Touring Artist Series</u>	20 – 25
<u>Community Arts Organizations</u>	27 – 30
<u>RCC Gallery Exhibits</u>	31
<u>Volunteer Opportunities</u>	32 – 34

CENTERSTAGE CINEMA

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

Be swept away to imagined worlds as you watch these great films in the comfort of the CenterStage.
Registration is requested in advance or at the door.

FOR MORE INFORMATION:

Paul Douglas Michnewicz
RCC's Director of Arts and Culture,
703-390-6167

"Cry Freedom"

Monday, January 8, 10:00 a.m.

South African journalist Donald Woods is forced to flee the country after attempting to investigate the death in custody of his friend, the Black anti-Apartheid activist Steve Biko.
Rated PG. **262005-4A**

"The Joy Luck Club"

Monday, February 5, 10:00 a.m.

Through a series of flashbacks, four young Chinese American women and their mothers explore their pasts to help them understand their difficult mother/daughter relationships.
Rated R. **262006-4A**

"Selma"

Monday, March 4, 10:00 a.m.

A chronicle of the campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.
Rated PG-13. **262007-4A**

"It's a Mad, Mad, Mad, Mad World"

Monday, April 1, 10:00 a.m.

This blockbuster comedy sends drivers on a rambunctious race to see who can get to stolen cash first.
Rated G. **262008-4A**

"Swan Song"

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

Once a leading hairdresser and shining light of his gay community, Mr. Pat now lives in a nursing home, where he's informed that a former customer has requested his services for her funeral. Escaping the nursing home with only his flashy jewelry, he heads to town on foot. Along the way, recaptures some of the joy of his youth.
Rated R. **262009-4A**



Equity Matters: Moving Forward to Equal Justice

the CenterStage

FREE • 18 Years and Older

Registration requested in advance or at the door.

"imperfect"

Wednesday, February 21, 8:00 p.m.

Part of the Reel Abilities Film Festival, "imperfect" is a documentary that follows a company of actors with disabilities – from spinal cord injury to Parkinson's Disease, cerebral palsy to autism – as they attempt an unprecedented version of Kander, Ebb, and Fosse's beloved musical "Chicago." Stay afterward for a conversation with co-director Regan Linton.

Rated PG-13. **261003-4A**

"Arrival of the First Africans in English America"

Saturday, May 25, 3:00 p.m.

In 2019, Americans commemorated the 400-year anniversary of the arrival of the first enslaved Africans in English America, an event that inspired new scholarship on the meaning of our nation's origins and founding principles, as well as fierce controversy over the legacy of slavery. Stay afterward to speak with Director Ric Murphy and actor/composer Joe Minor.

Rated PG-13. **261005-4A**



RCC Community Coffee

Saturdays, January 6 – May 25

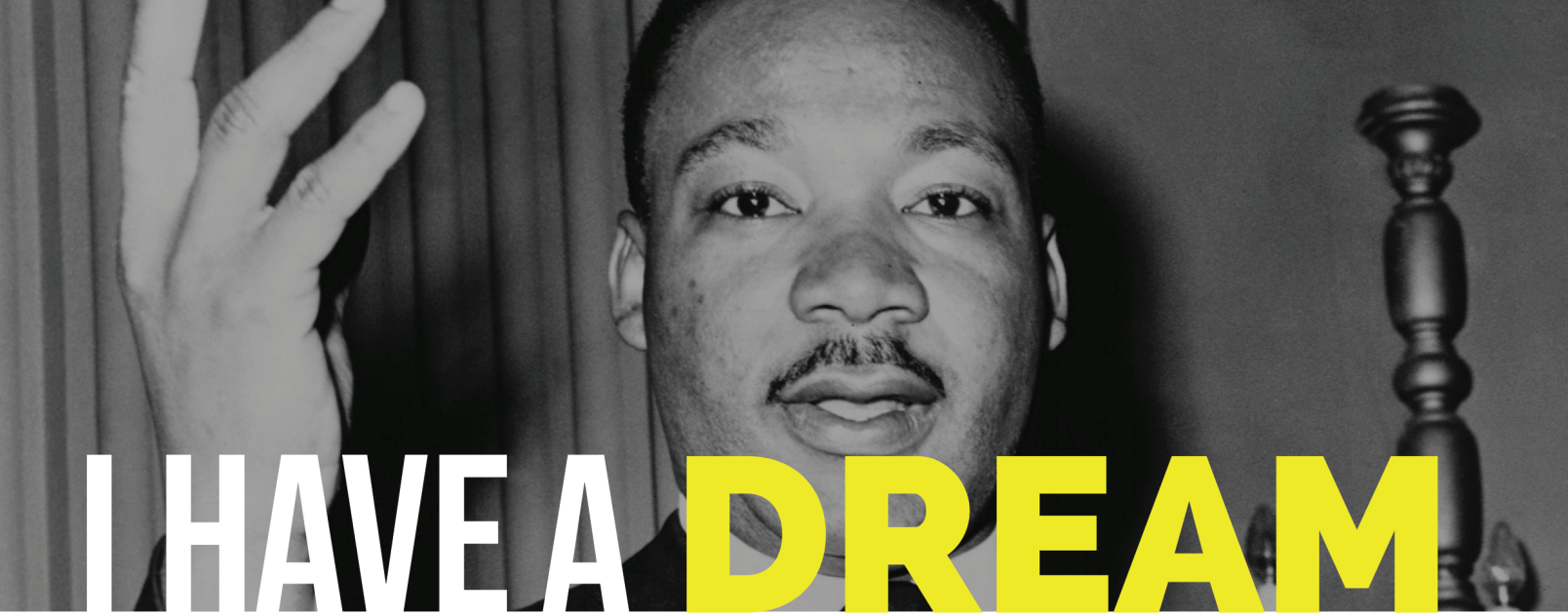
9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

Free • All Ages

Enjoy complimentary food and beverages with causal conversation.

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



RESTON DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION

Saturday, January 13

Community Service Projects

**9:00 a.m. • Cathy Hudgins Community Center at Southgate
12125 Pinecrest Road, Reston**

6 Years and Older • Free (To volunteer, please contact Ha Brock, RA's Volunteer Reston Manager at 703-435-7986 or Ha@reston.org.)

Join friends and neighbors in honoring Dr. King's legacy by serving your community. As Dr. King said, "Everybody can be great ... because anybody can serve." RCC is partnering with the Cathy Hudgins Community Center at Southgate, Reston Association, Cornerstones and The Closet on community service projects. Indoor projects include sorting and organizing items from The Closet and making bag lunches for the Embury Rucker Community Shelter. There will also be outdoor projects such as cleaning up natural areas, pathways and hardscape surrounding the area, weather permitting. Volunteer hours conclude around 11:00 a.m.



Reston Community Orchestra

"Annual Musical Tribute to Dr. Martin Luther King Jr.: Celebrating Black Excellence"

Mark Irchai, Conducting

4:00 p.m. • RCC Hunters Woods • Community Room

\$25 Adult, \$18 Senior (60+), Youth (under 18), Free to Active Military/First Responders (Tickets available through the CenterStage Box Office)

With music and words specifically chosen for this occasion, RCO joins the Reston community in a weekend commemoration of the contributions made by this celebrated American, and his vision of a society free of prejudice and racial division. The program features students from Al Fatih Academy, Alia Waheed and other special guests, along with overtures by Scott Joplin and Joseph Bologne.





Are We Keeping the Promise?



Sunday, January 14

Dan and Claudia Zanes

2:00 p.m. • RCC Hunters Woods • the CenterStage

\$15 Reston/\$20 Non-Reston (Tickets sold through the CenterStage Box Office)

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



Monday, January 15

Keynote Address and Community Lunch

Featuring Rev. William J. Barber (SOLD OUT)

Patrons wishing to obtain tickets should be in place at the Box Office window to get onto a wait list for released tickets beginning at 10:00 a.m. on Monday, January 15th.

11:00 a.m. • RCC Hunters Woods • the CenterStage and Community Room

\$5 Reston/\$20 Non-Reston (Tickets sold through the CenterStage Box Office)

The Rev. Dr. William J. Barber II is the President of Repairers of the Breach and co-chair of the Poor People's Campaign. He is the Founding Director of the Center for Public Theology and Public Policy at the Yale Divinity School. He pastored the Greenleaf Christian Church for 30 years, retiring in 2023. Dr. Barber is a civil rights advocate and champion of various movements, including workers' rights and women's rights. He gained national attention with the Moral Monday protests in North Carolina in 2013 and co-anchored the relaunch of the Poor People's Campaign: A National Call for a Moral Revival in 2018.



MLK Birthday Celebration Especially for Youth

10:30 a.m. – 1:30 p.m. • RCC Hunters Woods

6 – 12 Years Old • Free • Registration Required: #704750-4A

You may register your school-age child (first to sixth grade) to participate in activities at RCC. Children should be registered in advance. Limited onsite registration will be available on the day of the event and all forms must be completed in their entirety. Children will rotate through a series of activities including a performance, an age-appropriate video, and arts and crafts. All activities will be based on the history of Dr. King and the Civil Rights Movement. Lunch will be provided.



RESTON SUMMER CAMP EXPO

Saturday, January 27

9:00 a.m. – 12:00 p.m.

RCC Hunters Woods



Free • All Ages
Registration Req. 880600-4A

Don't miss your chance to learn about Reston-area summer camps and out-of-school activities – all in one place!

Bring the whole family for a fun and informative morning that will feature snacks, music, games, prizes and camp resources.

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

Camp Expo Features:

- **Child Identification and Fingerprinting**
Protect your child with fingerprinting and ID tools provided by the Office of the Fairfax County Sheriff.
- **Fantastic Door Prizes**
Prizes include fun items and a free week of camp.
- **Activities for Kids**
Enjoy the "camp experience" with hands-on games and crafts.
- **Scholarships**
Discover the range of fee waiver and camp scholarship opportunities.
- **Summer Employment**
Find out about summer camp employment and volunteer opportunities.

This event is coordinated by local nonprofit organizations and Fairfax County Government agencies in support of the Reston Opportunity Neighborhood program and is hosted by Reston Community Center.



Dress Drive • February 1 – 29

Drop off donations (circa 2019 or newer, in good condition and dry cleaned)
to RCC Lake Anne or RCC Hunters Woods:

**FORMAL DRESSES • SHOES • JEWELRY • SHAWLS
HANDBAGS • ACCESSORIES**

Donations are tax-deductible and may be dropped off at RCC Hunters Woods or RCC Lake Anne from 9:00 a.m. – 9:00 p.m., Monday – Saturday; 9:00 a.m. – 8:00 p.m. on Sundays. All donations are appreciated; however, we ask that donations are in good condition, no more than five years old (circa 2019) and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop-off. Dress donations will benefit students in Reston and other communities.

Shopping Event • March 16

11:00 a.m. – 3:00 p.m.

RCC Lake Anne: 1609-A Washington Plaza, Reston

FREE • 12 – 18 years old

Registration is requested in advance or at the door: 8C1008-4A

Diva Central is Reston Community Center's annual prom and formal dress giveaway boutique event. This incredible one-day shopping opportunity is open to any current middle or high school student who needs a formal dress, shoes, jewelry and other accessories. Everything is absolutely FREE. Limit two dresses, one set of accessories and one pair of shoes per person.

Please remember, dresses and accessories are only available to middle and high school students.

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



AARP Tax-Aide

**FREE • 18 YEARS AND OLDER
APPOINTMENTS REQUIRED
RCC HUNTERS WOODS**

February 1 – April 13

Tuesdays • 9:00 a.m. – 2:00 p.m.

Thursdays • 4:30 p.m. – 8:30 p.m.

Saturdays • 9:00 a.m. – 3:00 p.m.

Beginning February 1

**PICK UP AN INTAKE PACKET AT RCC HUNTERS WOODS
OR RCC LAKE ANNE**

Please pick up an intake packet at an RCC Customer Service Desk, fill out the packet at home, gather all tax documents and then request an appointment.

SCHEDULE AN APPOINTMENT:

Email: reston.taxaide@gmail.com

The email should contain a return email address and/or phone number and desired dates for an appointment. An AARP Tax-Aide volunteer will respond to make an appointment and answer questions.

AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. For years, RCC has offered community members this important program administered through the AARP Foundation with the cooperation of the Internal Revenue Service. All tax preparation is free and confidential.



SPRING FLEA MARKET

Saturday, March 2

RCC HUNTERS WOODS

9:00 a.m. – 12:00 p.m. • Free • All Ages

Searching for small appliances, books, jewelry, clothing, tools or toys? This is the place to be to support your neighbors – and our environment – by finding hidden gems to take home and enjoy rather than sending them to the nearest landfill.

REGISTER TO BE A VENDOR:

SPRING FLEA MARKET – VENDOR REGISTRATION

(18 YEARS AND OLDER)

\$15 (R)/\$12 (R55+)/\$20 (NR) • 980038-4A

Do you have old toys and books cluttering your home? Recycle and make money! The event runs from 9:00 a.m. – 12:00 p.m. Vendors may arrive as early as 7:30 a.m. to set up tables, which measure 6' x 3' each. Please note that at-home businesses, edible items and live animals cannot be brought to or sold at the flea market. Requests for donations of any kind from any table vendor are strictly prohibited.

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

MEET THE Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage • All Ages

Registration is requested in advance or at the door.

April 4 **Beverly Cosham**

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

271007-4A

April 11 **Miles Stiebel**

Violinist Miles Stiebel will perform a mix of popular songs and intrigue you with anecdotes from performances at the most monumental venues in the Washington, D.C., area and beyond.

271008-4A

April 18 **Linda Monson and Her Studio**

Dr. Linda Apple Monson brings her gifted students from George Mason University to present a diverse program of classical piano repertoire.

271009-4A

April 25 **Mark Irchai**

Mark Irchai returns to one of his favorite venues. He presents a new program for solo piano, "Scenes of Change," with music by Rameau and John Adams.

271010-4A

May 2 **Elizabeth Bozhich**

Elizabeth Bozhich, soprano, will present a classical vocal recital featuring the works of masters across the centuries.

271011-4A



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



Founder's Day

Saturday, April 6

12:00 p.m. – 4:00 p.m.

Lake Anne Plaza

Free • All Ages • Rain or Shine

Celebrate the anniversary of Reston's founding with the Reston Museum. The event is open to the whole community. Enjoy a day full of fun family activities and great music. There is something for everyone during this special celebration.

For more information, please contact Reston Museum at www.restonmuseum.org or 703-709-7700.

Spring Festival

Saturday, May 4

1:00 p.m. – 5:00 p.m.

Walker Nature Center

11450 Glade Drive, Reston

Free • All Ages • Rain or Shine

Enjoy an afternoon of entertainment, activities, and booths from local environmental groups.

See www.restonwebtrac.org for event updates. No registration required. Presented by Reston Association and Reston Community Center.

Find more information at www.reston.org.

GREEN RESTON



Saturday, April 13

10:00 a.m. – 12:00 p.m.

FREE • RCC HUNTERS WOODS PLAZA • ALL AGES

Registration Required: 8C8050-2A

Join us on the plaza in front of RCC Hunters Woods for a fun and eco-friendly family event to mark Earth Day. Local organizations will be onsite to provide information on resources, programs and services.



GREEN RESTON SCAVENGER HUNT April 1 – 15

Families may also take part in Green Reston in their neighborhoods. Participate in the Green Reston scavenger hunt anytime between April 1 – 15. Explore nature and take pictures along the way. Use the hashtag #GreenReston in social media platforms (make sure your account is set to public viewing).

Not on social media? Email pictures to LaTanja.Snelling@fairfaxcounty.gov.

The family with the best picture will win a prize!

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



Reston Water Safety Day

Saturday, May 4

12:00 p.m. – 2:00 p.m.

RCC Hunters Woods Plaza

Free, Registration Req. 855100-4A • All Ages

May is National Water Safety month. Reston Community Center and community partners will be hosting Reston Water Safety Day. This event is intended for people of all ages to learn about the importance of safe water activities and play throughout the summer. This family event will include an interactive water safety presentation, information booths, demonstrations, kid-friendly activities and more.

This event is coordinated by local nonprofit organizations and Fairfax County Government agencies in support of the Reston Opportunity Neighborhood program. It is hosted by Reston Community Center.

For more information, contact LaTanja Snelling, RCC's Equity Partnerships Director at 703-390-6158 or at latanja.snelling@fairfaxcounty.gov.

Tour de Hunter Mill

Sunday, May 5

8:30 a.m. – 12:00 p.m.

RCC Hunters Woods

Sign up through the Supervisor's office • All Ages

Hunter Mill District Supervisor Walter Alcorn hosts the Annual Tour de Hunter Mill bike ride. Routes take cyclists through the scenic Hunter Mill District.

This bike ride is organized in partnership with Fairfax County Police Department, Fairfax Alliance for Better Bicycling (FABB) and Reston Community Center. Ride marshals and Fairfax County police officers will help ensure a safe ride and provide aid as needed.

For more information and updates, please email at TourHunterMill@fairfaxcounty.gov or visit www.fairfaxcounty.gov/huntermill/tour-de-hunter-mill.



Tephra ICA Arts Festival

MAY 18 – 19

11:00 a.m. – 6:00 p.m.

Reston Town Center

Free • All Ages • Rain or Shine



Join Tephra Institute of Contemporary Art (Tephra ICA) for the Tephra ICA Arts Festival. This special weekend brings hundreds of artists from around the country with high-quality, hand-crafted, one-of-a-kind artworks to our neighborhood. The Tephra ICA Arts Festival is presented in the dynamic setting of Reston Town Center and provides the opportunity to make new friends and purchase art from exceptional artists. Visitors to the festival will also enjoy innovative performances and creative hands-on art projects.



The Festival is produced as a fundraiser for Tephra ICA. Art sales directly benefit the participating artists. To learn about volunteering, sponsoring and other ways to get involved, please visit www.tephraica.org/festival.

Free parking is available in all Reston Town Center garages for the festival weekend (Saturday – Sunday) courtesy of BXP. Reston Community Center is a proud sponsor of the Tephra ICA Festival.



Happy Hour with Darden & Friends

Fridays, May 17 – June 21

5:30 p.m. – 6:45 p.m.

Reston Town Square Park

Free • All Ages

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

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

Reston Pride

Saturday, June 1

12:00 p.m. – 6:00 p.m.

Lake Anne Plaza

Free • All Ages • Rain or Shine

The seventh annual Reston Pride festival will feature a concert and performances from local musicians and artists supporting and celebrating the LGBTQ community in the greater Reston Area. Reston Pride is organized by members and friends of the Reston LGBTQ community with support from Reston Community Center, non-profits and other local organizations. This year's celebration will feature an appearance by comedian Jen Kober.

For more information, please contact Reston Pride at restonpride@corefoundation.org.



**“YOU CAN’T
HAVE A DREAM
COME TRUE IF
YOU DON’T HAVE
A DREAM.”
– KWAME ALEXANDER**

PROFESSIONAL TOURING ARTIST SERIES

Dreaming never goes out of style. It sometimes changes names, though. Now folks are saying words like “manifesting” and “visualizing.”

Dreamers can also be thought leaders. These are the folks who are actively changing how we think about something using language, music, dance, humor. These are the people who are visualizing something different and manifesting new realities in their artworks.

We are surrounded by thought leaders. Take a look at our film makers and playwrights and comedians and dancers. The thought leaders among them make you think “Wow. That’s cool. I never thought of that before.” Our thought leaders are in the news all the time.

Professional Touring Artist Series seasons present these dynamic people as a function of both RCC’s mission and Reston values embodied in the planning of the community’s founder, Robert E. Simon Jr. Bob wanted the arts to be integral to people’s lives. In his view, art shouldn’t be segregated from our surroundings or only for a select few to enjoy. Art belongs within the community, comes to and from the community and creates new versions of community.

“Give voice to what you know to be true, and do not be afraid of being disliked or exiled. I think that’s the hard work of standing up for what you see.” – V (formerly Eve Ensler)

Playwright Eve Ensler wrote “The Vagina Monologues” – a landmark play in which she did something no one had done before: she brought the word vagina into our common vocabulary. Why was that so important? Because by doing so, she centered women’s lived experiences as worthy of reflection and attention. Since then, she has championed women’s rights all over the world and continues working to create a world free of misogyny.

“It’s not enough to conquer the opposition. In a nonviolent struggle, we are committed to fight on until we win our adversaries as friends.” – Rev. William J. Barber

Cornel West calls Rev. Barber the closest living person we have to Martin Luther King Jr. In Barber’s vision, the nature of how we pursue equity is as important as the pursuit, because in our conduct, we plant the seeds of conflict resolution and reconciliation.

We live where we live and live how we live because of the manifesting and visualizing of our ancestors and dreamers. Let’s keep up the habit. Experience the dreaming out loud of Kwame Alexander, V, Reverend William J. Barber and all the wonderful thought leaders at the Reston Community Center in the months ahead.



Paul Douglas Michnewicz
Director of Arts & Culture



Reduced Shakespeare Company's "Ultimate Christmas Show (abridged)"

Saturday, December 16

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

\$25 Reston/\$35 Non-Reston

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

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

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

— Broadway World



Dan and Claudia Zanes

Sunday, January 14

2:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

— The New York Times



Reston Dr. Martin Luther King Jr. Birthday Celebration (Sold Out)

Keynote Address and Community Lunch with William J. Barber

Monday, January 15

11:00 a.m.

\$5 Reston/\$20 Non-Reston

As of publication, this event is **SOLD OUT**. Patrons wanting tickets may place themselves on a wait list at 10:00 a.m. on **January 15**. The Rev. Dr. William J. Barber II pastored the Greenleaf Christian Church for 30 years, retiring in 2023. Dr. Barber is a civil rights advocate and champion of various movements. He gained national attention with the Moral Monday protests in North Carolina in 2013 and co-anchored the relaunch of the Poor People's Campaign: A National Call for a Moral Revival in 2018.

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

— Dr. Cornel West



Kwame Alexander

Sunday, February 4

3:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

– *The New York Times*



Photo Credit: Larry Kosson

Robin Spielberg

Saturday, February 10

8:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

– *All-Music Guide*



"Soul to Soul"

Sunday, February 18

3:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

– *Broadway World*



Lúnasa With Daoiri Farrell

Sunday, February 25

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

\$25 Reston/\$35 Non-Reston

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

"The best Irish band on the planet!"

— Irish Echo



V (formerly Eve Ensler)

Sunday, March 3

3:00 p.m.

\$20 Reston/\$30 Non-Reston

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

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

— The New York Times



Shenandoah Conservatory and Friends

"Slavic Dreams"

Saturday, March 16

3:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

— The Virginia Gazette



Mr. Vaudeville

Saturday, March 23

2:00 p.m.

\$5 Reston/\$10 Non-Reston

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

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

— Joan Rose, Reston resident



Cleo Parker Dance

Wednesday, March 27

8:00 p.m.

\$25 Reston/\$35 Non-Reston

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

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

— Triangle Arts & Entertainment



Trout Fishing in America

Saturday, April 6

8:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

— National Public Radio

Photo Credit: Lisa Monet Photography



Okaidja Afroso

Wednesday, April 24

8:00 p.m.

\$15 Reston/\$20 Non-Reston

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

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

— LA Dance Review



Jen Kober

with Jeffrey Jay as Opener

Saturday, June 1

8:00 p.m.

\$20 Reston/\$30 Non-Reston

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

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

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

— Laist.com

CENTERSTAGE BOX OFFICE INFORMATION

Online: www.restoncommunitycenter.com

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 credit card;
- The best telephone number for us to return your call;
- The performance title, date and curtain time you wish to attend;
- The number of tickets you wish to order and whether they are Reston, Non-Reston;
- Your Visa, MasterCard, American Express or Discover 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 barcoded e-tickets to you

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

BOX OFFICE POLICIES:

- No refunds or exchanges are made unless the show is canceled.
- 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. Barcoded e-tickets will be sent electronically to the primary patron at the time of the sale. Barcoded 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 order form 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.

PERFORMING ARTS

Fairfax-Loudoun Music Fellowship

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.

Spring Recital

Sunday, April 21

1:00 p.m. – 5:00 p.m.

RCC Hunters Woods – the CenterStage

Free

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.

Festival Ballet Virginia

www.gwdancecenter.com

Festival Ballet Virginia (FBV) was founded in 2018 as a dance company in residence at the Greater Washington Dance Center located in Reston, Virginia. FBV is a nonprofit, high-quality, pre-professional dance company dedicated to inspiring excellence and infusing passion in dancers and audience members. Festival Ballet Virginia provides the important performing experience necessary to complete our dancers' education.

"Reach"

Celebrating adversity, diversity and inclusion with every step. The program will feature the "Rainbow Etudes," originally choreographed by legendary choreographer Donald McKayle and based upon his masterpiece "Rainbow Round my Shoulder" that was created for the Alvin Ailey American Dance Theater. FBV will also present new, unique dance creations conceptualized and choreographed by Gretchen Vogelzang (FBV Director), David Arce (San Francisco Ballet), Stephanie Dorrcott (Director, Motion X Dance) and Mychal Keels (FBV Principal Guest Artist).

Friday, May 10

Saturday, May 11

7:30 p.m.

RCC Hunters Woods – the CenterStage

\$25 All Ages

Tickets available at the CenterStage Box Office and online in late April.

GOVERNMENT FUNDERS

ArtsFairfax:

www.artsfairfax.org



Virginia Commission for the Arts:

www.arts.virginia.gov



National Endowment for the Arts:

www.arts.gov



GroundShare Arts Alliance

www.groundsharearts.com

703-593-4384

GroundShare Arts Alliance provides dancers of all ages the opportunity to train and perform together. This multi-generational company explores the artistic process while building community and collaborating through dance. Every spring, GroundShare presents an original production of dance theatre developed from the work of students and teaching artists. Where dance meets storytelling, GroundShare's spring concert explores timely themes and artistic investigations.

Spring Concert

Friday, June 14

7:00 p.m.

Saturday, June 15

3:00 p.m.

RCC Hunters Woods – the CenterStage

\$5 (3 and younger), \$20 (4 and older)

Tickets available at the CenterStage Box Office and online early June.

Ravel Dance Studio

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.

**"Sleeping Beauty" and
"Simply the BEST"**

Friday, May 17

7:00 p.m.

Saturday, May 18

2:00 p.m. & 7:00 p.m.

RCC Hunters Woods – the CenterStage

\$30 (All ages)

Tickets available at the CenterStage Box Office and online early May.

COMMUNITY ARTS

Reston Community Orchestra

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. This season, titled "Renaissance," the orchestra will be offering four concerts under four conductors showcasing the players' versatility and strengths. Check the RCO website for updated concert information closer to the performance dates.

"Celebrating Black Excellence: Annual Musical Tribute to Dr. Martin Luther King Jr."

Mark Irchai, Conducting

With music and words specifically chosen for this occasion, RCO joins the Reston community in a weekend commemoration of the contributions made by this celebrated American, and his vision of a society free of prejudice and racial division. The program features students from Al Fatih Academy, Alia Waheed, and other special guests, along with overtures by Scott Joplin and Joseph Bologne, plus songs and spirituals known and loved by Dr. King.

Saturday, January 13

4:00 p.m.

RCC Hunters Woods – Community Room

\$25 Adults, \$18 Senior (60+), Free for Youth/Students (17 and under): Active Military, First Responders-Free and are available at the CenterStage Box Office.

"Get London on the Horn"

John Murton, Conducting

This concert features Eric Moore, principal horn for the Fairfax Symphony Orchestra, playing Lee Actor's "Concert for Horn and Orchestra," along with ageless London dance music.

Sunday, March 17

4:00 p.m.

RCC Hunters Woods – Community Room

\$25 Adults, \$18 Senior (60+), Free for Youth/Students (17 and under): Active Military, First Responders-Free and are available at the CenterStage Box Office.

"Connections"

Dietrich Paredes Beral, Conducting

The RCO season finale will connect Mozart's "Marriage of Figaro" and Beethoven's "Symphony No. 2" with a brilliant, young artist playing Haydn's "Cello Concerto in C Major."

Saturday, May 18

4:00 p.m.

RCC Hunters Woods – Community Room

\$25 Adult; \$18 Senior (60+); Free for Youth/Students (17 and under), Active Military/First Responders and are available at the CenterStage Box Office.

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

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.

"Murder on the Orient Express"

By Agatha Christie, Adapted by Ken Ludwig

Fridays, January 19, 26

Saturdays, January 20, 27

8:00 p.m.

Sundays, January 21, 28

2:00 p.m.

RCC Hunters Woods – the CenterStage

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

Tickets are available online at www.restonplayers.org.

"The Prom"

Book by Bob Martin & Chad Beguelin

Music by Matthew Sklar Lyrics by

Chad Beguelin

Fridays, April 19, 26, May 3

Saturdays, April 20, 27, May 4

8:00 p.m.

Sunday, April 28, May 5

2:00 p.m.

RCC Hunters Woods – the CenterStage

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

Tickets are available online at www.restonplayers.org.

The Reston Community Players is supported in part by ArtsFairfax.

The Reston Chorale

www.restonchorale.com

703-834-0079

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

"Everlasting Love"

Relive the romance and wonderful memories with timeless love songs from days gone by, from the Beatles to Broadway.

Saturday, March 23

7:00 p.m.

RCC Hunters Woods – Community Room

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

"A Star-Spangled Salute"

Bring a lawn chair and join The Reston Chorale and Brass of the Potomac for a free, patriotic concert honoring those who serve and remembering those who made the ultimate sacrifice. You can also show your support for our troops by sharing care package items for those deployed overseas.

Saturday, May 25

7:30 p.m.

Reston Town Center Pavilion

Free: Information at www.restonchorale.org

"Gardens of Note"

Enjoy exploring five beautiful Reston gardens with pop-up musical entertainment provided by members of The Reston Chorale followed by a garden party at Hidden Lane Residential Landscapes. Presented in partnership with The Garden Club of Reston.

Saturday, June 8

10:00 a.m.

Reston Town Center Pavilion

Ticket information at www.restonchorale.org

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

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 15 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.

JANUARY – FEBRUARY

"Art in Public Places" Exhibits (AIPP)

Solo Shows – Quarterly Rotation

FEBRUARY

"The Joy of Color"

Painting and photography exhibit at Reston Community Center Hunters Woods.

MARCH – MAY

"Art in Public Places" Exhibits (AIPP)

Solo Shows – Quarterly Rotation

Public Art Reston

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 digitally and al fresco! Public Art Reston's website hosts a comprehensive catalog of all the works (as yet identified) in Reston along with many other tools to use to enjoy public art.

Visit the Public Art Reston website to find out where other projects have been realized throughout our community and sign up for the newsletter, "Emerge," for updates. Please send an email to info@publicartreston.org for further information or to arrange public art tours or conversations.

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.

Reston Art Gallery and Studios (RAGS)

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.

JANUARY 4 – FEBRUARY 1

"Winter Winds"

Sculpture and Asian brush painting.

Reception: Sunday, January 14

2:00 p.m. – 4:00 p.m.

FEBRUARY 1 – 23

"A Touch of Red"

A group show featuring RAGS artists.

Reception: Sunday, February 11

2:00 p.m. – 4:00 p.m.

FEBRUARY 23 – 25

"The Pros and Cons of AI"

Special show exploring AI by Thomas Jefferson High School for Science and Technology and South Lakes High School students.

MARCH 7 – APRIL 4

"All 3D!"

Area-wide multimedia sculpture show.

Reception: Sunday, March 10

2:00 p.m. – 4:00 p.m.

APRIL 4 – MAY 2

"Annual Artist's Invitational Exhibit"

Multimedia exhibit with painting, collage, printmaking and pastel works.

Reception: Sunday, April 14

2:00 p.m. – 4:00 p.m.

MAY 2 – JUNE 6

"Art in Motion"

Mobile artworks by Wayne Schifflbein and friends.

Reception: Sunday, May 12

2:00 p.m. – 4:00 p.m.

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



Tephra ICA

www.tephraica.org

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

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

CULTURAL ARTS

The Reston Museum

www.restonmuseum.org
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 House 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.

"Desegregation in Northern Virginia Libraries"

Presentation by Chris Barbuschak and Suzanne LaPierre, librarians at the Virginia Room at Fairfax Library and authors of the book "Desegregation in Northern Virginia Libraries."

Wednesday, February 7

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free

Registration requested in advance or at the door: 702000-4A

An Artist Talk with Zachary Oxman

On the 20th anniversary of the installation of "Untold Stories" (aka Bronze Bob) meet Zachary Oxman. Zachary Oxman is a native of Reston and also the sculptor of Convergence at Aperture in Reston.

Wednesday, March 13

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free

Registration requested in advance or at the door: 702001-4A

Meet the SLHS STEAM Team

Meet the students and learn about their experiences working on their annual public art project. Now in its twelfth year, the SLHS STEAM Team has been creating temporary public art installations for the Lake Thoreau spillway – a utilitarian drainage platform. Guided by STEAM Team advisor and SLHS Art Teacher, Marco Rando, and proudly supported by Public Art Reston, Reston Community Center and Reston Association, the STEAM Team gains real-world experience by following the same process required for a professional artist to realize a public artwork in Reston. Students use all the elements of "STEAM" – Science, Technology, Art and Mathematics – to realize the sculptures.

Wednesday, May 8

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free

Registration requested in advance or at the door: 702002-4A

RCC GALLERY EXHIBITS

RCC Hunters Woods Exhibits

JANUARY

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

Art from Reston's elementary schools celebrating Dr. King and his life's work.

FEBRUARY

"The Joy of Color"

Painting and photography exhibit from the League of Reston Artists (LRA).

MARCH

"Youth Art Month"

Art from Langston Hughes Middle School and South Lakes High School students.

APRIL – MAY

"Young at Art"

Art from artists 55 years and older.

Reception: Thursday, April 11

12:30 p.m. – 2:00 p.m.

RCC Jo Ann Rose Gallery Exhibits

JANUARY

"Rainbow II"

Acrylic & watercolor paintings by Touran Mahdaviazar.

Reception: Sunday, January 14

2:00 p.m. – 4:00 p.m.

FEBRUARY

"The Essence of Everything – A Retrospective"

Acrylic paintings and fine drawings by Louise Seimanco.

Reception: Sunday, February 11

2:00 p.m. – 4:00 p.m.

MARCH

"Youth Art Month"

Art from Reston's elementary school students.

Open House: Sunday, March 10

1:00 p.m. – 4:00 p.m.

APRIL

"Founder's Day at Lake Anne"

Art from the League of Reston Artists (LRA).

Reception: Sunday, April 7

2:00 p.m. – 4:00 p.m.

MAY

"The Joy of Creating"

Annual RCC teacher and student art exhibit.

Reception: Sunday, May 5

2:00 p.m. – 4:00 p.m.

RCC Lake Anne 3D Gallery Exhibits

DECEMBER – FEBRUARY

"Gifts from the HeART"

Annual art sale to benefit Cornerstones.

MARCH – APRIL

"Youth Art Month"

Art from Reston's elementary school students.

MAY – MID-JULY

"The Joy of Creating"

Annual RCC teacher and student art exhibit.



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
January 6 – May 18

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. Registration required through VMS.

RCC Hunters Woods

January 6 – May 25

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

Especially for Youth Volunteers

(14 years and older)

Volunteers will help with the Youth programs. Assist with art projects, keep the area tidy and provide general help to RCC staff. Lunch is provided.

RCC Hunters Woods

January 15

Mon 10:00 a.m. – 2:00 p.m.
Registration required through VMS.

Reston Dr. Martin Luther King Jr. Birthday Celebration Community Lunch Volunteer

(14 years and older)

Volunteers will help serve the family-style lunch by setting the tables, serving beverages, delivering platters of food to the tables and tidying up at the end of the event. Lunch is provided.

RCC Hunters Woods

January 15

Mon 9:30 a.m. – 2:30 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:

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

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

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

The screenshot shows the Fairfax County Volunteer Management System (VMS) interface. At the top, there's a navigation bar with links for Residents, Business, Government, Services, Connect, and Search. Below this, the 'Opportunity Search' page is displayed. On the left, there's a sidebar with filters: 'Request a New Search' (with a search bar), 'Opportunity For' (with a dropdown), 'Date/Time' (with start/end date and time range selectors), and 'Location' (with a map of Fairfax County). The main content area shows a calendar for June 2023. The calendar grid displays various volunteer opportunities as blue blocks with text indicating the event name, date, and time. For example, 'Youth Volunteer - Sully Historic Site' is listed for multiple dates in June. The top right of the calendar area shows 'View results as: List, Calendar, Map, Sort' and 'Displaying 82 of 597 shifts'.



Spring Flea Market Volunteers

(14 years and older)

Help is needed from 7:30 a.m. to 9:30 a.m. to assist patrons in bringing in their items to be sold, from 9:30 a.m. to 11:30 a.m. to keep aisles clear, and from 11:30 a.m. to 1:00 p.m. to help clean up and assist patrons in taking their unsold items out of the building. Volunteers may work for one or more shifts.

RCC Hunters Woods

March 2

Sat 7:30 a.m. – 1:00 p.m.

Registration required through VMS

Diva Central Volunteers Pre-Event

(18 years and older)

Volunteers will help set up, sort and arrange dresses, accessories and shoes, as well as load and unload trucks.

RCC Lake Anne

March 15

Fri 5:00 p.m. – 9:00 p.m.

Registration required through VMS.

Diva Central Volunteer

(18 years and older)

Volunteers will help set up and arrange dresses, shoes and accessories, as well as assist patrons with their selections, event check-in and help clean up after the event.

RCC Lake Anne

March 16

Sat 10:00 a.m. – 4:00 p.m.

Registration required through VMS.

Eggnormous Egg Hunt Volunteers

(14 years and older)

Volunteers are needed to help decorate the venue, hide eggs and treats, provide crowd control, distribute candy to children, and clean up and breakdown. Registration required through VMS.

Sunrise Valley Elementary School

March 23

Sat 8:00 a.m. – 12:30 p.m.

Registration required through VMS.

PARTNER PROGRAMS

Reston Dr. Martin Luther King Jr. Birthday Celebration: Service Projects

(6 years and older)

Join friends and neighbors in honoring Dr. King's legacy by serving your community. As Dr. King said, "Everybody can be great ... because anybody can serve." RCC is partnering with the Southgate Community Center, Reston Association, Cornerstones and The Closet on community service projects. Indoor projects include sorting and organizing items from The Closet and making bag lunches for the Embury Rucker Community Shelter. There will also be outdoor projects such as cleaning up the natural areas, pathways and hardscape surrounding the area, weather permitting. Volunteer hours conclude around 12:00 p.m.

Cathy Hudgins Community Center at Southgate
January 13

Sat 9:00 a.m. – 12:00 p.m.

Registration required through Reston Association:

Ha Brock

RA's Volunteer Reston Manager
703-435-7986 or ha@reston.org

VOLUNTEER

VOLUNTEER APPRECIATION AFTERNOON RCC CELEBRATES ITS VOLUNTEERS

Saturday, March 16

3:00 p.m. – 5:00 p.m. • RCC Hunters Woods

Volunteers – Save the date for the "by invitation only" volunteer recognition afternoon. Reston Community Center invites you to the performance of "Slavic Dreams" by Shenandoah Conservatory and Friends with a reception following. RCC looks forward to recognizing your contributions.





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

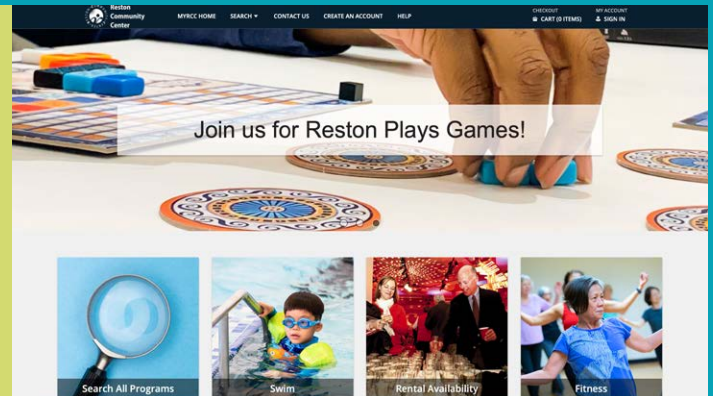
**To become a volunteer, complete a volunteer driver application:
www.restoncommunitycenter.com/rccrides**

For more information, please contact the RCC Rides Coordinator at
703-390-6198 or RCCRides@fairfaxcounty.gov.

VOLUNTEER

TIP: Beat the Rush!

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



myRCC Online Registration

TO REGISTER ONLINE:

You will need to know your username and password.

IF YOU ARE A NEW USER:

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

RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

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

Online Registration (myRCC) Contact Information:

Phone:

703-476-4500, ext. 8

Fax:

703-476-2488

Email:

RCCcontact@fairfaxcounty.gov

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

What if I do not have or know my username?

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

What if I have forgotten my password?

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

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

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

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

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

How can I cancel a reservation or free enrollment?

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

Summer Programs:

May 1 Reston • May 8 Non-Reston

Fall Programs:

August 1 Reston • August 8 Non-Reston

Winter/Spring Programs:

December 1 Reston • December 8 Non-Reston



AQUATICS

Information	37 – 39
Lap Swim	40
Swim Team/DEAP	41
Infant – 7 Year Old	43 – 47
6 – 12 Year Old	48 – 51
13 Years and Older	52 – 55

	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	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.
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 in January and February for South Lakes High School swim team practice. Programming will receive priority for pool space.

AQUATICS CENTER RULES & REGULATIONS

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

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

RCC LOCKER ROOM ETIQUETTE

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

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

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

POOL FEES

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

WATER AEROBICS FEES

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

AQUATICS HOLIDAY HOURS: *

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

Staff Teambuilder	December 20	CLOSED 12:00 p.m. – 5:00 p.m.
Christmas Eve	December 24	9:00 a.m. – 12:00 p.m.
Christmas Day	December 25	CLOSED
New Year's Eve	December 31	9:00 a.m. – 12:00 p.m.
New Year's Day	January 1	1:00 p.m. – 4:00 p.m.
MLK Jr. Day	January 15	7:00 a.m. – 7:00 p.m.
George Washington's Day	February 19	7:00 a.m. – 7:00 p.m.
Memorial Day	May 27	7:00 a.m. – 12:00 p.m.

AQUATICS

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

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

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

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

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

SPA USE

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

LAP POOL

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

WARM WATER POOL

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

SPECIAL ACCOMMODATIONS

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

GROUP RESERVATIONS

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

RCC PASS OPTIONS

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

Aquatics Daily Visit Pass

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

Aquatics Monthly Pass

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

Aquatics 12-Month Pass

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

Aquatics Water Aerobics Pass

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

LAP POOL

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

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

Lap Pool – Lane 1

(8 years and older)

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

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

January 1 – May 31

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



Lap Pool – Lane 2

(8 years and older)

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

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

January 1 – May 31

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

Lap Pool – Lane 3

(8 years and older)

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

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

January 1 – May 31

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

RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)

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

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

Our dues are low and our enthusiasm is high. If you would like to learn more about us, please check our website at www.restonmasters.com.

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.



AQUATICS

FREE

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

DEAP

Drowning Education Awareness Program

RCC/RA FREE PRESENTATIONS

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

LONGFELLOW'S WHALE TALES

(5 – 12 years old)

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

WATER SAFETY PRESENTATION

(18 years and older)

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

UNDERWATER EGG HUNT

Saturday, March 16 • 12:30 p.m. – 4:00 p.m.

\$4 Reston/\$8 Non-Reston



REGISTER TODAY TO HELP OUR BUNNY RECOVER HIS EGGS!

Our Bunny is missing hundreds of eggs, and they have been found floating in the Reston Community Center pools. Come splash, swim and hunt with us. Some treats will float for 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. A parent or caregiver must accompany each non-swimmer in the water and to participate in the activity. RCC will have a limited number of lifejackets available for optional use. Personal lifejackets approved by the United States Coast Guard may also be used.



6 months – 3 years old

12:30 p.m. – 1:00 p.m. • 643200-4A

4 – 5 years old

1:30 p.m. – 2:00 p.m. • 643300-4A

6 – 7 years old

2:30 p.m. – 3:00 p.m. • 643350-4A

8 – 9 years old

3:30 p.m. – 4:00 p.m. • 643400-4A

For more information, please contact Matthew McCall, Aquatics Director, at 703-390-6151.

LEARN-TO-SWIM: INFANT – 7 YEARS OLD

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

Swim Lesson Registration Information and Tips

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

Placement

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

Duration of Enrollments

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

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

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
WATER INTRO	6 – 18 months	No swimming skills required. Parent/caregiver must accompany child in the water.
AQUA TOTS	18 – 36 months	No swimming skills required. Parent/caregiver must accompany child in the water.
POOL PALS AND WATER FRIENDS	3 – 4 years	No swimming skills required. Parent/caregiver must accompany child in the water.
SKIPPER I	3 years	No swimming skills required. Comfortable with an instructor. Able to follow simple directions.
SKIPPER II	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.
ROOKIE I	4 – 5 years	No swimming skills required. Able to follow simple instructions.
ROOKIE II	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.
RANGER	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.
MARLIN	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.
WATER WONDER	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.

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)**

January 6 – February 10

Sat	8:30 a.m. – 9:00 a.m.
620000-4A	
Sat	9:40 a.m. – 10:10 a.m.
620000-4B	
Sat	10:15 a.m. – 10:45 a.m.
620000-4C	
Sat	10:50 a.m. – 11:20 a.m.
620000-4D	

February 24 – April 6

(No Class: March 30)

Sat	8:30 a.m. – 9:00 a.m.
620000-4E	
Sat	9:40 a.m. – 10:10 a.m.
620000-4F	
Sat	10:15 a.m. – 10:45 a.m.
620000-4G	
Sat	10:50 a.m. – 11:20 a.m.
620000-4H	

April 13 – May 18

Sat	8:30 a.m. – 9:00 a.m.
620000-4I	
Sat	9:40 a.m. – 10:10 a.m.
620000-4J	
Sat	10:15 a.m. – 10:45 a.m.
620000-4K	
Sat	10:50 a.m. – 11:20 a.m.
620000-4L	

January 7 – February 11

Sun	9:40 a.m. – 10:10 a.m.
620002-4A	
Sun	10:50 a.m. – 11:20 a.m.
620002-4B	

February 25 – April 7

(No Class: March 31)

Sun	9:40 a.m. – 10:10 a.m.
620002-4	
Sun	10:50 a.m. – 11:20 a.m.
620002-4D	

April 14 – May 19

Sun	9:40 a.m. – 10:10 a.m.
620002-4E	
Sun	10:50 a.m. – 11:20 a.m.
620002-4F	

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)**

January 6 – February 10

Sat	8:30 a.m. – 9:00 a.m.
620007-4A	
Sat	9:40 a.m. – 10:10 a.m.
620007-4B	
Sat	10:15 a.m. – 10:45 a.m.
620007-4C	
Sat	10:50 a.m. – 11:20 a.m.
620007-4D	

February 24 – April 6

(No Class: March 30)

Sat	8:30 a.m. – 9:00 a.m.
620007-4E	
Sat	9:40 a.m. – 10:10 a.m.
620007-4F	
Sat	10:15 a.m. – 10:45 a.m.
620007-4G	
Sat	10:50 a.m. – 11:20 a.m.
620007-4H	

April 13 – May 18

Sat	8:30 a.m. – 9:00 a.m.
620007-4I	
Sat	9:40 a.m. – 10:10 a.m.
620007-4	
Sat	10:15 a.m. – 10:45 a.m.
620007-4K	
Sat	10:50 a.m. – 11:20 a.m.
620007-4L	

January 7 – February 11

Sun	9:40 a.m. – 10:10 a.m.
620008-4A	
Sun	10:50 a.m. – 11:20 a.m.
620008-4B	

February 25 – April 7

(No Class: March 31)

Sun	9:40 a.m. – 10:10 a.m.
620008-4C	
Sun	10:50 a.m. – 11:20 a.m.
620008-4	

April 14 – May 19

Sun	9:40 a.m. – 10:10 a.m.
620008-4E	
Sun	10:50 a.m. – 11:20 a.m.
620008-4F	



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)**

January 6 – February 10

Sat 9:05 a.m. – 9:35 a.m.
620080-4A

February 24 – April 6

(No Class: March 30)

Sat 9:05 a.m. – 9:35 a.m.
620080-4B

April 13 – May 18

Sat 9:05 a.m. – 9:35 a.m.
620080-4C

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)**

January 6 – February 10

Sat 8:30 a.m. – 8:50 a.m.
620010-4A

Sat 8:50 a.m. – 9:10 a.m.
620010-4

Sat 9:10 a.m. – 9:30 a.m.
620010-4C

February 24 – April 6

(No Class: March 30)

Sat 8:30 a.m. – 8:50 a.m.
620010-4D

Sat 8:50 a.m. – 9:10 a.m.
620010-4

Sat 9:10 a.m. – 9:30 a.m.
620010-4F

April 13 – May 18

Sat 8:30 a.m. – 8:50 a.m.
620010-4G

Sat 8:50 a.m. – 9:10 a.m.
620010-4H

Sat 9:10 a.m. – 9:30 a.m.
620010-4I

January 7 – February 11

Sun 8:30 a.m. – 8:50 a.m.
620012-4A

Sun 8:50 a.m. – 9:10 a.m.
620012-4B

Sun 9:10 a.m. – 9:30 a.m.
620012-4C

Sun 9:40 a.m. – 10:00 a.m.
620012-4D

Sun 10:00 a.m. – 10:20 a.m.
620012-4E

Sun 10:20 a.m. – 10:40 a.m.
620012-4F

February 25 – April 7

(No Class: March 31)

Sun 8:30 a.m. – 8:50 a.m.
620012-4G

Sun 8:50 a.m. – 9:10 a.m.
620012-4H

Sun 9:10 a.m. – 9:30 a.m.
620012-4I

Sun 9:40 a.m. – 10:00 a.m.
620012-4J

Sun 10:00 a.m. – 10:20 a.m.
620012-4K

Sun 10:20 a.m. – 10:40 a.m.
620012-4L

April 14 – May 19

Sun 8:30 a.m. – 8:50 a.m.
620012-4M

Sun 8:50 a.m. – 9:10 a.m.
620012-4N

Sun 9:10 a.m. – 9:30 a.m.
620012-4O

Sun 9:40 a.m. – 10:00 a.m.
620012-4P

Sun 10:00 a.m. – 10:20 a.m.
620012-4Q

Sun 10:20 a.m. – 10:40 a.m.
620012-4R

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)**

January 6 – February 10

Sat 9:40 a.m. – 10:10 a.m.
620020-4A

February 24 – April 6

(No Class: March 30)

Sat 9:40 a.m. – 10:10 a.m.
620020-4B

April 13 – May 18

Sat 9:40 a.m. – 10:10 a.m.
620020-4C

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.

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.

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)**
January 6 – February 10

Sat 8:30 a.m. – 9:00 a.m.
620030-4A

Sat 10:15 a.m. – 10:45 a.m.
620030-4B

February 24 – April 6

(No Class: March 30)

Sat 8:30 a.m. – 9:00 a.m.
620030-4C

Sat 10:15 a.m. – 10:45 a.m.
620030-4D

April 13 – May 18

Sat 8:30 a.m. – 9:00 a.m.
620030-4E

Sat 10:15 a.m. – 10:45 a.m.
620030-4F

January 7 – February 11

Sun 9:05 a.m. – 9:35 a.m.
620032-4A

Sun 11:25 a.m. – 11:55 a.m.
620032-4B

February 25 – April 7

(No Class: March 31)

Sun 9:05 a.m. – 9:35 a.m.
620032-4

Sun 11:25 a.m. – 11:55 a.m.
620032-4D

April 14 – May 19

Sun 9:05 a.m. – 9:35 a.m.
620032-4E

Sun 11:25 a.m. – 11:55 a.m.
620032-4

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$100 (NR)**
January 9 – February 13

Tue 6:00 p.m. – 6:30 p.m.
620036-4A

January 11 – February 15

Thu 5:00 p.m. – 5:30 p.m.
620036-4B

February 27 – April 9

(No Class: March 26)

Tue 6:00 p.m. – 6:30 p.m.
620036-4C

February 29 – April 11

(No Class: March 28)

Thu 5:00 p.m. – 5:30 p.m.
620036-4D

April 16 – May 21

Tue 6:00 p.m. – 6:30 p.m.
620036-4E

April 18 – May 23

Thu 5:00 p.m. – 5:30 p.m.
620036-4F

**8, 30-min. sessions at Warm Water Pool
\$80 (R)/\$120 (NR)**
January 8 – January 31

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-4A

February 5 – February 28

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-4B

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-4C

April 8 – May 1

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-4D

**7, 30-min. sessions at Warm Water Pool
\$70 (R)/\$105 (NR)**
May 6 – May 29

(No Class: May 27)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-4E

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)**
January 6 – February 10

Sat 9:05 a.m. – 9:35 a.m.
620040-4A

Sat 10:50 a.m. – 11:20 a.m.
620040-4B

February 24 – April 6

(No Class: March 30)

Sat 9:05 a.m. – 9:35 a.m.
620040-4C

Sat 10:50 a.m. – 11:20 a.m.
620040-4

April 13 – May 18

Sat 9:05 a.m. – 9:35 a.m.
620040-4E

Sat 10:50 a.m. – 11:20 a.m.
620040-4F

January 7 – February 11

Sun 9:05 a.m. – 9:35 a.m.
620042-4A

Sun 10:50 a.m. – 11:20 a.m.
620042-4B

February 25 – April 7

(No Class: March 31)

Sun 9:05 a.m. – 9:35 a.m.
620042-4C

Sun 10:50 a.m. – 11:20 a.m.
620042-4D

April 14 – May 19

Sun 9:05 a.m. – 9:35 a.m.
620042-4E

Sun 10:50 a.m. – 11:20 a.m.
620042-4F

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$100 (NR)**
January 9 – February 13

Tue 5:00 p.m. – 5:30 p.m.
620046-4A

January 11 – February 15

Thu 5:30 p.m. – 6:00 p.m.
620046-4B

February 27 – April 9

(No Class: March 26)

Tue 5:00 p.m. – 5:30 p.m.
620046-4C

February 29 – April 11

(No Class: March 28)

Thu 5:30 p.m. – 6:00 p.m.
620046-4D

April 16 – May 21

Tue 5:00 p.m. – 5:30 p.m.
620046-4E

April 18 – May 23

Thu 5:30 p.m. – 6:00 p.m.
620046-4F

**8, 30-min. sessions at Warm Water Pool
\$80 (R)/\$120 (NR)**
January 8 – January 31

Mon, Wed 5:00 p.m. – 5:30 p.m.
620043-4A

February 5 – February 28

Mon, Wed 5:00 p.m. – 5:30 p.m.
620043-4B

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620043-4C

April 8 – May 1

Mon, Wed 5:00 p.m. – 5:30 p.m.
620043-4D

**7, 30-min. sessions at Warm Water Pool
\$70 (R)/\$105 (NR)**
May 6 – May 29

(No Class: May 27)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620043-4E

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)

January 6 – February 10

Sat 8:30 a.m. – 9:00 a.m.
620050-4A

Sat 10:15 a.m. – 10:45 a.m.
620050-4

February 24 – April 6

(No Class: March 30)

Sat 8:30 a.m. – 9:00 a.m.
620050-4C

Sat 10:15 a.m. – 10:45 a.m.
620050-4D

April 13 – May 18

Sat 8:30 a.m. – 9:00 a.m.
620050-4E

Sat 10:15 a.m. – 10:45 a.m.
620050-4F

January 7 – February 11

Sun 10:15 a.m. – 10:45 a.m.
620052-4A

February 25 – April 7

(No Class: March 31)

Sun 10:15 a.m. – 10:45 a.m.
620052-4B

April 14 – May 19

Sun 10:15 a.m. – 10:45 a.m.
620052-4C

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

January 9 – February 13

Tue 5:30 p.m. – 6:00 p.m.
620056-4A

February 27 – April 9

(No Class: March 26)

Tue 5:30 p.m. – 6:00 p.m.
620056-4B

April 16 – May 21

Tue 5:30 p.m. – 6:00 p.m.
620056-4C

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 • \$40 (R)/\$60 (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.

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

January 6 – February 10

Sat 9:05 a.m. – 9:35 a.m.
620060-4A

February 24 – April 6

(No Class: March 30)

Sat 9:05 a.m. – 9:35 a.m.
620060-4B

April 13 – May 18

Sat 9:05 a.m. – 9:35 a.m.
620060-4C

January 7 – February 11

Sun 10:50 a.m. – 11:20 a.m.
620062-4A

February 25 – April 7

(No Class: March 31)

Sun 10:50 a.m. – 11:20 a.m.
620062-4B

April 14 – May 19

Sun 10:50 a.m. – 11:20 a.m.
620062-4C

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

January 9 – February 13

Tue 6:30 p.m. – 7:00 p.m.
620066-4A

February 27 – April 9

(No Class: March 26)

Tue 6:30 p.m. – 7:00 p.m.
620066-4B

April 16 – May 21

Tue 6:30 p.m. – 7:00 p.m.
620066-4C

**REGISTER TODAY
DON'T DELAY!**

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

AQUATICS

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
SWIM LEVEL 1	6 – 12 years	No swimming skills required.
SWIM LEVEL 2	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.
SWIM LEVEL 3	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.
SWIM LEVEL 4	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.
SWIM LEVEL 5	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.
SWIM LEVEL 6	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.
STROKE-N-TURN	6 – 8 years	Student must be able to swim continuously for 25 yards and demonstrate the use of two different strokes.
STROKE-N-TURN	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)

January 6 – February 10

Sat 9:40 a.m. – 10:10 a.m.
620310-4A

February 24 – April 6

(No Class: March 30)

Sat 9:40 a.m. – 10:10 a.m.
620310-4B

April 13 – May 18

Sat 9:40 a.m. – 10:10 a.m.
620310-4C

January 7 – February 11

Sun 8:30 a.m. – 9:00 a.m.
620312-4A

February 25 – April 7

(No Class: March 31)

Sun 8:30 a.m. – 9:00 a.m.
620312-4B

April 14 – May 19

Sun 8:30 a.m. – 9:00 a.m.
620312-4C

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

January 9 – February 13

Tue 6:30 p.m. – 7:00 p.m.
620316-4A

January 11 – February 15

Thu 5:00 p.m. – 5:30 p.m.
620316-4B

February 27 – April 9

(No Class: March 26)

Tue 6:30 p.m. – 7:00 p.m.
620316-4C

February 29 – April 11

(No Class: March 28)

Thu 5:00 p.m. – 5:30 p.m.
620316-4D

April 16 – May 21

Tue 6:30 p.m. – 7:00 p.m.
620316-4E

April 18 – May 23

Thu 5:00 p.m. – 5:30 p.m.
620316-4F



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)

January 6 – February 10

Sat 8:30 a.m. – 9:00 a.m.
620320-4A

Sat 10:15 a.m. – 10:45 a.m.
620320-4B

February 24 – April 6

(No Class: March 30)

Sat 8:30 a.m. – 9:00 a.m.
620320-4C

Sat 10:15 a.m. – 10:45 a.m.
620320-4D

April 13 – May 18

Sat 8:30 a.m. – 9:00 a.m.
620320-4E

Sat 10:15 a.m. – 10:45 a.m.
620320-4F

January 7 – February 11

Sun 9:40 a.m. – 10:10 a.m.
620322-4A

Sun 11:25 a.m. – 11:55 a.m.
620322-4B

February 25 – April 7

(No Class: March 31)

Sun 9:40 a.m. – 10:10 a.m.
620322-4C

Sun 11:25 a.m. – 11:55 a.m.
620322-4D

April 14 – May 19

Sun 9:40 a.m. – 10:10 a.m.
620322-4E

Sun 11:25 a.m. – 11:55 a.m.
620322-4F

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

January 9 – February 13

Tue 5:00 p.m. – 5:30 p.m.
620326-4A

January 11 – February 15

Thu 5:30 p.m. – 6:00 p.m.
620326-4B

February 27 – April 9

(No Class: March 26)

Tue 5:00 p.m. – 5:30 p.m.
620326-4C

February 29 – April 11

(No Class: March 28)

Thu 5:30 p.m. – 6:00 p.m.
620326-4D

April 16 – May 21

Tue 5:00 p.m. – 5:30 p.m.
620326-4E

April 18 – May 23

Thu 5:30 p.m. – 6:00 p.m.
620326-4F

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

January 8 – January 31

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-4A

February 5 – February 28

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-4B

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-4C

April 8 – May 1

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-4D

7, 30-min. sessions at Warm Water Pool \$70 (R)/\$105 (NR)

May 6 – May 29

(No Class: May 27)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-4E

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)****January 6 – February 10**

Sat 9:05 a.m. – 9:35 a.m.
620330-4A

Sat 11:25 a.m. – 11:55 a.m.
620330-4B

February 24 – April 6

(No Class: March 30)

Sat 9:05 a.m. – 9:35 a.m.
620330-4C

Sat 11:25 a.m. – 11:55 a.m.
620330-4D

April 13 – May 18

Sat 9:05 a.m. – 9:35 a.m.
620330-4E

Sat 11:25 a.m. – 11:55 a.m.
620330-4F

January 7 – February 11

Sun 10:15 a.m. – 10:45 a.m.
620332-4A

February 25 – April 7

(No Class: March 31)

Sun 10:15 a.m. – 10:45 a.m.
620332-4B

April 14 – May 19

Sun 10:15 a.m. – 10:45 a.m.
620332-4C

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$100 (NR)****January 9 – February 13**

Tue 5:30 p.m. – 6:00 p.m.
620336-4A

February 27 – April 9

(No Class: March 26)

Tue 5:30 p.m. – 6:00 p.m.
620336-4B

April 16 – May 21

Tue 5:30 p.m. – 6:00 p.m.
620336-4C

**8, 30-min. sessions at Warm Water Pool
\$80 (R)/\$120 (NR)****January 8 – January 31**

Mon, Wed 5:30 p.m. – 6:00 p.m.
620333-4A

February 5 – February 28

Mon, Wed 5:30 p.m. – 6:00 p.m.
620333-4B

**March 4 – April 3**

(No Class: March 25, March 27)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620333-4C

April 8 – May 1

Mon, Wed 5:30 p.m. – 6:00 p.m.
620333-4D

**7, 30-min. sessions at Warm Water Pool
\$70 (R)/\$105 (NR)****May 6 – May 29**

(No Class: May 27)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620333-4E

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 2 minutes.

**6, 30-min. sessions at Lap Pool
\$70 (R)/\$140 (NR)****January 6 – February 10**

Sat 9:40 a.m. – 10:10 a.m.
620340-4A

Sat 11:25 a.m. – 11:55 a.m.
620340-4B

February 24 – April 6

(No Class: March 30)

Sat 9:40 a.m. – 10:10 a.m.
620340-4C

Sat 11:25 a.m. – 11:55 a.m.
620340-4D

April 13 – May 18

Sat 9:40 a.m. – 10:10 a.m.
620340-4E

Sat 11:25 a.m. – 11:55 a.m.
620340-4F

January 7 – February 11

Sun 11:25 a.m. – 11:55 a.m.
620342-4A

February 25 – April 7

(No Class: March 31)

Sun 11:25 a.m. – 11:55 a.m.
620342-4

April 14 – May 19

Sun 11:25 a.m. – 11:55 a.m.
620342-4C

**6, 30-min. sessions at Lap Pool
\$65 (R)/\$100 (NR)****January 9 – February 13**

Tue 6:00 p.m. – 6:30 p.m.
620346-4A

February 27 – April 9

(No Class: March 26)

Tue 6:00 p.m. – 6:30 p.m.
620346-4B

April 16 – May 21

Tue 6:00 p.m. – 6:30 p.m.
620346-4C

**8, 30-min. sessions at Lap Pool
\$80 (R)/\$120 (NR)****January 8 – January 31**

Mon, Wed 6:00 p.m. – 6:30 p.m.
620343-4A

February 5 – February 28

Mon, Wed 6:00 p.m. – 6:30 p.m.
620343-4B

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 6:00 p.m. – 6:30 p.m.
620343-4C

April 8 – May 1

Mon, Wed 6:00 p.m. – 6:30 p.m.
620343-4D

**7, 30-min. sessions at Lap Pool
\$70 (R)/\$105 (NR)****May 6 – May 29**

(No Class: May 27)

Mon, Wed 6:00 p.m. – 6:30 p.m.
620343-4E

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)

January 6 – February 10

Sat 10:15 a.m. – 11:00 a.m.
620350-4A

February 24 – April 6

(No Class: March 30)

Sat 10:15 a.m. – 11:00 a.m.
620350-4B

April 13 – May 18

Sat 10:15 a.m. – 11:00 a.m.
620350-4C

6, 45-min. sessions at Lap Pool

\$70 (R)/\$105 (NR)

January 11 – February 15

Thu 6:00 p.m. – 6:45 p.m.
620356-4A

February 29 – April 11

(No Class: March 28)

Thu 6:00 p.m. – 6:45 p.m.
620356-4B

April 18 – May 23

Thu 6:00 p.m. – 6:45 p.m.
620356-4C

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)

January 6 – February 10

Sat 11:05 a.m. – 11:50 a.m.
620360-4A

February 24 – April 6

(No Class: March 30)

Sat 11:05 a.m. – 11:50 a.m.
620360-4B

April 13 – May 18

Sat 11:05 a.m. – 11:50 a.m.
620360-4C

Youth Stroke-n-Turn

(9 – 12 years old)

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

8, 45-min. sessions at Lap Pool

\$90 (R)/\$135 (NR)

January 8 – January 31

Mon, Wed 6:00 p.m. – 6:45 p.m.
620183-4A

February 5 – February 28

Mon, Wed 6:00 p.m. – 6:45 p.m.
620183-4

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 6:00 p.m. – 6:45 p.m.
620183-4C

April 8 – May 1

Mon, Wed 6:00 p.m. – 6:45 p.m.
620183-4D

7, 45-min. sessions at Lap Pool

\$80 (R)/\$120 (NR)

May 6 – May 29

(No Class: May 27)

Mon, Wed 6:00 p.m. – 6:45 p.m.
620183-4E

AQUATICS



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.

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)

January 6 – February 10

Sat 9:40 a.m. – 10:10 a.m.
 621210-4A

February 24 – April 6

(No Class: March 30)

Sat 9:40 a.m. – 10:10 a.m.
 621210-4B

April 13 – May 18

Sat 9:40 a.m. – 10:10 a.m.
 621210-4C

January 7 – February 11

Sun 8:30 a.m. – 9:00 a.m.
 621212-4A

February 25 – April 7

(No Class: March 31)

Sun 8:30 a.m. – 9:00 a.m.
 621212-4B

April 14 – May 19

Sun 8:30 a.m. – 9:00 a.m.
 621212-4C

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

January 8 – January 31

Mon, Wed 6:30 p.m. – 7:00 p.m.
 621213-4A

February 5 – February 28

Mon, Wed 6:30 p.m. – 7:00 p.m.
 621213-4B

March 4 – April 3

(No Class: March 25, March 27)

Mon, Wed 6:30 p.m. – 7:00 p.m.
 621213-4C

April 8 – May 1

Mon, Wed 6:30 p.m. – 7:00 p.m.
 621213-4D

7, 30-min. sessions at Warm Water Pool
\$70 (R)/\$56 (R55+)/\$105 (NR)

May 6 – May 29

(No Class: May 27)

Mon, Wed 6:30 p.m. – 7:00 p.m.
 621213-4E

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)

January 6 – February 10

Sat 10:50 a.m. – 11:35 a.m.
 621220-4A

February 24 – April 6

(No Class: March 30)

Sat 10:50 a.m. – 11:35 a.m.
 621220-4B

April 13 – May 18

Sat 10:50 a.m. – 11:35 a.m.
 621220-4C

6, 45-min. sessions at Lap Pool

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

January 11 – February 15

Thu 6:00 p.m. – 6:45 p.m.
 621226-4A

February 29 – April 11

(No Class: March 28)

Thu 6:00 p.m. – 6:45 p.m.
 621226-4B

April 18 – May 23

Thu 6:00 p.m. – 6:45 p.m.
 621226-4C



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)

January 6 – February 10

Sat 10:50 a.m. – 11:20 a.m.
 620190-4A

Sat 11:25 a.m. – 11:55 a.m.
 620190-4B

February 24 – April 6

(No Class: March 30)

Sat 10:50 a.m. – 11:20 a.m.
 620190-4C

Sat 11:25 a.m. – 11:55 a.m.
 620190-4D

INCLEMENT WEATHER

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

VOLUNTEERS NEEDED!

See page 32 for more information.

Now Hiring And Training **LIFEGUARDS**



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

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

*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.

DAILY AEROBICS

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

Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(18 years and older)

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

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

January 9 – May 30

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

Aqua Barre

(18 years and older)

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

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

January 8 – May 31

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

Aqua Blast

(18 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be in deep water and will include a cardio segment to improve cardiorespiratory 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.

January 7 – May 19

Sun 8:30 a.m. – 9:15 a.m.
6C0065-4

Sun 9:30 a.m. – 10:15 a.m.
6C0070-4

January 9 – May 30

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

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

WATER AEROBICS FEES

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

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.

January 8 – May 31

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

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

Aqua Burn

(18 years and older)

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

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

January 8 – May 29

(No Class: May 27)

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

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.



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.**

January 8 – May 29

(No Class: May 27)

Mon, Wed
6C0040-4

5:30 p.m. – 6:15 p.m.

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
Free, Registration Req.**

January 8 – May 31

(No Class: May 27)

Mon, Wed, Fri
6C0010-4 Staff

8:30 a.m. – 9:15 a.m.

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.**

January 8 – May 29

(No Class: May 27)

Mon, Wed
6C0150-4

6:30 p.m. – 7:15 p.m.



KIDS CORNER

Cooking	59
Crafts	59
Dance	60
Enrichment	60
Fitness	61
Meetups	61
Performing Arts	62
Social	62
Technology	62
Visual Arts	62
Woodworking	62

Eggnormous EGG HUNT

SATURDAY
March 23

10:00 a.m. – 11:30 a.m.

FREE • Registration Required
902907-4B

Infant – 8 years old

Sunrise Valley Elementary School

Hop along to a community tradition at Sunrise Valley Elementary School, located at 10824 Cross School Road (corner of Cross School Road and Sunrise Valley Drive). Enjoy live entertainment along with a life-sized bunny for picture-taking. The egg hunt will start at 10:30 a.m. sharp. Free, registration of children is required. Parents/caregivers must remain with their children throughout the event.

The egg hunt starts at 10:30 a.m. sharp!

DON'T FORGET:



A BASKET TO CARRY YOUR EGGS



A CAMERA FOR ALL THE PHOTO OPS



A PICNIC TO ENJOY OUTSIDE

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



SPRING FAMILY Crafternoons

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

When school is out for spring break, join RCC at noon for an hour of interactive crafting activities to offer families creative “together” time. Supplies will be provided. This program is free; registration is required.

Children must be accompanied by a parent/caregiver.

Monday, March 25

86C101-4A • Crescent Community Center – 1578 Cameron Crescent Drive #001, Reston

Tuesday, March 26

86C101-4B • Cedar Ridge Community Center – 1601 Becontree Lane, Reston

Wednesday, March 27

86C101-4C • Stonegate Village Community Center – 2244 B Stonewheel Drive, Reston

Thursday, March 28

86C101-4D • Westglade Neighborhood Center – 2110 Westglade Court, Reston

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

COOKING

Campfire Cooking

(9 – 14 years old)

Spring and summer are the perfect seasons for camping and enjoying cookouts. Participants will learn how to prepare popular summertime fare for campfire or indoor cooking using the foil method. Please note that this program will be unable to accommodate those with food allergies.

1, 3-hour session at RCC Hunters Woods
\$55(R)/\$83(NR)

April 14

Sun 1:00 p.m. – 4:00 p.m.
980031-4A Wilson

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)

March 10

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

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 64 – 81) 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.

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)

March 10

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

Cupcake Wars

(7 – 12 years old)

Team up with other bakers to create the ultimate cupcake in this friendly and fun competition. Supplies are included in the class fee. Please note that this program will be unable to accommodate those with food allergies.

1, 3-hour session at RCC Hunters Woods
\$40 (R)/\$60 (NR)

January 21

Sun 1:00 p.m. – 4:00 p.m.
903057-4A Wilson

Junior Gourmet – Taking it Up a Notch

(8 – 13 years old)

Junior gourmets with well-developed cooking skills such as cutting, measuring, flouring pans and mixing will learn to prepare intermediate level recipes to create a gourmet meal and dessert. Supplies are included in the class fee. Please note that this program will be unable to accommodate those with food allergies.

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

April 21

Sun 1:00 p.m. – 4:00 p.m.
903056-4A Wilson

CRAFTS

Airbrush Art

(7 – 17 years old)

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

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

January 27

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

March 16

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

Origami Arts – Mother's and Father's Day Cards

(8 years and older)

This class is geared toward beginners, but more advanced students are welcome. Participants will learn easy skills of folding colorful pieces of paper to craft simple designs that will be incorporated into pop-up cards. Once these skills are learned, they can bring a lifetime of enjoyment. This program is fun for individuals or the whole family. Children under the age of 12 must be accompanied by an adult for the duration of the program. All participants must register and pay. All supplies are included in the class fee.

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

April 20

Sat 1:00 p.m. – 3:00 p.m.
901372-4A Nelson

Origami Arts – Valentine's Day

(8 years and older)

This class is geared toward beginners, but more advanced students are welcome. Participants will learn easy skills of folding colorful pieces of paper to craft simple designs that will be incorporated into pop-up cards. Once these skills are learned, they can bring a lifetime of enjoyment. This program is fun for individuals or the whole family. Children under the age of 12 must be accompanied by an adult for the duration of the program. All participants must register and pay. All supplies are included in the class fee.

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

February 10

Sat 1:00 p.m. – 3:00 p.m.
901362-4A Nelson

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)**

January 10 – February 28

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

January 13 – March 2

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

April 3 – May 22

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

April 6 – May 25

Sat 11:00 a.m. – 11:45 a.m.
402402-4F 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)**

January 13 – March 2

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

April 6 – May 25

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

Hip Hop

(4 – 6 years old)

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

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

January 10 – February 28

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

January 13 – March 2

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

April 3 – May 22

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

April 6 – May 25

Sat 10:00 a.m. – 10:45 a.m.
402672-4F 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)**

February 7

Wed 10:00 a.m. – 11:00 a.m.
980016-4B 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 case of choking, information on household safety, and the fundamentals of childcare. Students must attend the entire training workshop to obtain certificates. Please bring a doll and a bag lunch.

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

March 9

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

Math Tutoring for Grades 3 and 4

(8 – 10 years old)

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

**8, 90-min. sessions at RCC Hunters Woods
Free, Registration Req.**

January 22 – March 18

(No Class: February 19)

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

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

April 8 – May 20

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

Math Tutoring for Grades 5 and 6

(10 – 12 years old)

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

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

January 23 – March 19

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

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

April 9 – May 21

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

Math Tutoring for Grades 7 and 8

(12 – 14 years old)

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

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

January 24 – March 20

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

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

April 10 – May 22

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

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 school-readiness 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)**

March 13

Wed 10:00 a.m. – 11:00 a.m.
901311-4A 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, children must be at least 45 inches tall.

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

April 14

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

May 5

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

MEETUPS

Chinese Lantern Festival

(3 years and older)

The Chinese Lantern Festival is an elaborate walkthrough display of Chinese lanterns and spectacular sculptures as well as interactive activities with lights. A lighted playground serves people of all ages and abilities. Parking will be on your own, but the festival is only 0.4 miles from the Tysons Corner Metro. The exact location is Lerner Square at Tysons Corner, 8025 Galleria Drive, between the Tysons and Galleria Malls. Please note the different prices for adults and children when registering.

1, 3-hour session at Lerner Square
\$18 (R)/\$27 (NR)

January 27 (Ages 3 –12)

Sat 6:00 p.m. – 9:00 p.m.
980028-4A Morgan

1, 3-hour session at Lerner Square
\$25 (R)/\$20 (R55+)/\$42 (NR)

January 27 (Ages 13 and older)

Sat 6:00 p.m. – 9:00 p.m.
980028-4B Morgan

Frying Pan Farm Park

(2 – 5 years old)

Frying Pan Farm Park is the only working farm in Fairfax County and is representative of “the way things used to be” from the 1920s through the 1950s. Participants will see baby animals, take a ride in a wagon and on a carousel. Please meet in front of the entrance to the gazebo at Kidwell Farm, which is located at Frying Pan Farm Park, 2709 West Ox Road, Herndon, Va. For directions, call 703-437-9101. 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 register.

1, 60-min. session at Frying Pan Park
Free, Registration Req.

May 14

Tue 10:00 a.m. – 11:00 a.m.
901451-4B Haneline

Fun with Simple Machines

(9 – 13 years old)

Colvin Run Mill is the oldest running water mill in the Washington, D.C., area. Participants can study and experience hands-on activities with simple and compound machines. Everyone will meet at the entrance of Colvin Run Mill, located at 10017 Colvin Run Road, Great Falls, Va. For directions, call 703-759-2771.

1, 2-hour session at Colvin Run Mill
\$5 (R)/\$8 (NR)

March 9

Sat 2:00 p.m. – 4:00 p.m.
980027-4A Morgan

Maple Syrup Boil Down

(2 – 12 years old)

Join us at Colvin Run Mill for a demonstration of a maple syrup boil down. As the weather warms, maple sap rises and is tapped and boiled down to a sweet syrup. Enjoy the sweet, fresh maple syrup over freshly baked cornbread. Dress for the weather as this is an outdoor activity. Meet at the entrance of the Colvin Run Mill located at 10017 Colvin Run Road, Great Falls, Va. For directions, call 703-759-2771.

1, 2-hour session at Colvin Run Mill
\$5 (R)/\$8 (NR)

February 25

Sun 12:00 p.m. – 2:00 p.m.
901393-4A Morgan

Queen of Hearts Tea Party

(10 years and older)

Let’s enjoy afternoon tea! Meet at the front entrance of Colvin Run Mill, located at 10017 Colvin Run Road, Great Falls, Va. For directions, call 703-759-2771. Children and parents/guardians can learn about tea while enjoying delectable desserts. This program is not appropriate for children under the advertised age range. All participants must register and pay.

1, 2-hour session at Colvin Run Mill
\$10 (R)/\$8 (R55+)/\$15 (NR)

February 10

Sat 2:00 p.m. – 4:00 p.m.
980026-4A Wilson

Tadpoles, Turtles, Garden Fairies

(2 – 5 years old)

Be a nature explorer and look for signs of spring by observing tadpoles and turtles making their homes in ponds. Watch for fairies hiding out in a bonsai garden and walk across bridges and through woods to see spring colors bursting. Meet at the main entrance to Meadowlark Gardens, 9750 Meadowlark Gardens Court, Vienna, Va. For directions, call 703-255-3631.

1, 60-min. session at Meadowlark Gardens
Free, Registration Req.

April 16

Tue 10:00 a.m. – 11:00 a.m.
901261-4A Haneline

May 7

Tue 10:00 a.m. – 11:00 a.m.
901261-4B Haneline

KIDS CORNER

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 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.

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 March 9 and June 8 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the weeks of March 4 – 8 and June 3 – 7. 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.

20 sessions at RCC Hunters Woods
\$235 (R)/\$410 (NR)

January 5 – March 9

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

April 5 – June 8

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

SOCIAL

Big Fun for Little Ones

(1 – 5 years old)

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

11, 90-min. sessions at RCC Hunters Woods
Free, Registration Req.

January 19 – March 29

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

April 12 – May 31

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

Tot Time

(Infant – 4 years old)

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

20, 90-min. sessions at RCC Hunters Woods
Free, Registration Req.

January 8 – March 21

(No Class: January 15, February 19)

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

April 8 – May 30

(No Class: May 27)

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

TECHNOLOGY

Junior Engineering for Travel

(5 – 8 years old)

Young engineers should pack their bags and prepare for an adventure. Team up with others for a wild ride across the globe and beyond. Students will create vehicles that can traverse the most treacherous terrains, brave the highest seas and soar above the clouds.

1, 3-hour session at RCC Hunters Woods
\$80 (R)/\$120 (NR)

February 24

Sat	1:00 p.m. – 4:00 p.m.
900283-4A	Naim

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.

10, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$130 (NR)

(No Class: January 15, February 19)

January 8 – March 11

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

April 1 – May 20

Mon	4:45 p.m. – 5:45 p.m.
402697-4C	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)/\$60 (R55+)/\$113 (NR)

January 5

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

January 8

Mon	5:30 p.m. – 7:30 p.m.
901003-4G	Ingra

January 12

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

January 19

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

January 22

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

January 26

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

January 29

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

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.



LEISURE & LEARNING

Cooking	64
Crafts	64
Creative Connections	65
Dance	65
Discussion	65
Enrichment	66 – 67
Fitness	68 – 73
Language	74
OLLI	74 – 75
Performing Arts	75
Social	75 – 76
Technology	76
Trips and Tours	77
Visual Arts	78 – 81
Woodworking	81
Open Studios	83

COOKING

Souper Bowl Saturday

(13 – 17 years old)

Prepare for Super Bowl Sunday by creating your own delicious soup in advance to serve. Participants may select one choice from the following: chili, chicken noodle, corn and crab chowder, or hearty vegetable. Each recipe will feed up to eight people. This program will be unable to accommodate those with food allergies.

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

February 10

Sat 1:00 p.m. – 4:00 p.m.
980030-4A Wilson

CRAFTS

Blacksmithing Workshop – Intermediate/Advanced: Letter Opener

(13 years and older)

This workshop is for those who have taken Blacksmithing Workshop previously or who have prior knowledge and experience of blacksmithing. More advanced techniques will be taught to make a letter opener. A list of protective clothing and gear to be worn during class will be sent after registration. This workshop will be held outdoors.

1, 3-hour session at RCC Hunters Woods
\$125 (R)/\$100 (R55+)/\$188 (NR)

April 21

Sun 1:00 p.m. – 4:00 p.m.
900299-4A Crane

Blacksmithing Workshop – Valentine's Heart

(13 years and older)

Create a unique, one-of-a-kind wrought-iron heart for someone special on Valentine's Day. No prior experience is required, but demonstrations will be given at the beginning of class that include how to use a propane forge, anvil, blacksmithing hammers, a vice, brushes and tongs, as well as finishing with a beeswax covering. A list of protective clothing and gear to be worn during class will be sent after registration. This workshop will be held outdoors.

1, 3-hour session at RCC Hunters Woods
\$125 (R)/\$100 (R55+)/\$188 (NR)

February 4

Sun 1:00 p.m. – 4:00 p.m.
900500-4A Crane

Fused Glass – Optical Illusions

(13 years and older)

Create a stunning piece of art using multicolored threads of glass that will form optical lenses after being fused in a kiln at 1480 degrees Fahrenheit. No experience required. All supplies will be provided.

1, 2.5-hour session at RCC Hunters Woods
\$55 (R)/\$44 (R55+)/\$82 (NR)

March 11

Mon 6:30 a.m. – 9:00 p.m.
980034-4A Toole

April 4

Thu 6:30 p.m. – 9:00 p.m.
980035-4A Toole

Japanese Floral Arrangement

(18 years and older)

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

1, 2-hour session at RCC Hunters Woods
\$60 (R)/\$48 (R55+)/\$90 (NR)

February 25

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

April 7

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

Paint and Sip for Teens

(13 – 17 years old)

Spend an evening with friends enjoying non-alcoholic beverages and creating a masterpiece in your unique style. No art experience necessary. All supplies are included.

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

February 23

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

Paper Quilling Workshop – Framed Paper Quilling Art

(10 years and older)

This art technique involves paper strips that are rolled, looped, curled and manipulated in other ways to produce and combine shapes to create designs. Participants will be introduced to tools and most of the basic techniques

of quilling. With these basic techniques, a beautiful card or frame can be created. All supplies will be provided.

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

March 10

Sun 2:00 p.m. – 5:00 p.m.
980037-4A More

April 20

Sat 2:00 p.m. – 5:00 p.m.
980037-4B More

Paper Quilling Workshop – Quilling Cards

(10 years and older)

This art technique involves paper strips that are rolled, looped, curled, and manipulated in other ways to produce and combine shapes to create designs. Participants will be introduced to tools and most of the basic techniques of quilling. With these basic techniques, a beautiful card or frame can be created. All supplies will be provided.

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

February 3

Sat 2:00 p.m. – 5:00 p.m.
980036-4A More

May 5

Sun 2:00 p.m. – 5:00 p.m.
980036-4B More

Sewing for Today's Fashions II

(13 years and older)

Delve further into the world of fashion design. This course is for those who have completed Fashion Sewing I or have more extensive experience with sewing (for example, graduates of RCC's Sewing I or Sewing II). Participants will design and produce two ready-to-wear garments while advancing their skills with a sewing machine, pattern cutting, hand sewing techniques and embellishments. Everyone is 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.

8, 2-hour sessions at RCC Hunters Woods
\$100 (R)/\$80 (R55+)/\$150 (NR)

March 13 – May 1

Wed 6:30 p.m. – 8:30 p.m.
901339-4A Minassian



CREATIVE CONNECTIONS

Reston Plant Swap

(18 years and older)

Bring a pest-free houseplant (or two), potted or bare root, but in a container, to swap out with the community. Please don't bring invasives. Learn different growing tips and techniques and share plant stories. Participants may also bring any plant supplies they wish to donate.

1, 90-min. session at TBD
Free, Registration Req.

May 16

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

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)

January 4 – March 7

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

March 21 – May 23

Thu 5:00 p.m. – 6:00 p.m.
503532-4C 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)

January 4 – March 7

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

March 21 – May 23

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

Sunday Afternoon Dances

(18 years and older)

Dancers of all skill levels convene to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to modern dance selections. A mini-lesson and door prizes add to the fun; partners are not required. Reservations for Sunday Afternoon Dances (held the second Sunday of the month, when available) are free, but patrons are required to purchase a dance pass and swipe the pass prior to each class. Dance passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC. For more information, please contact Cassie Lebron, Lifelong Learning Program Director, at 703-390-6157.

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

January 14, February 11, March 10, April 14, May 12

Sun 2:30 p.m. – 4:30 p.m.
509609-4

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.

January 25: "Song of the Lark" by Willa Cather

February 22: "Did Ye Hear Mammy Died?" by Séamas O'Reilly

March 28: "Fail: The Rise and Fall of the Secret Service" by Carol Leonnig

April 25: "Empire Falls" by Richard Russo

May 23: "In the Unlikely Event" by Judy Blume

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

January 25, February 22, March 28, April 25, May 23

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

January 4 – May 30

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

LEISURE & LEARNING

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.

ENRICHMENT

A Matter of Balance

(18 years and older)

Many older adults experience fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. The program is led by a trained facilitator. This evidence-based, nationally recognized program is proven to reduce falls.

8, 2-hour sessions at RCC Hunters Woods Free, Registration Req.

April 4 – May 23

Thu 10:30 a.m. – 12:30 p.m.
503546-4A Duke

Chronic Disease Self-Management

(18 years and older)

This workshop offers tools and information to help people manage chronic conditions and participate more fully in life. Through this supportive and interactive workshop, participants will learn healthy eating and exercise choices, better sleep techniques, how to evaluate new treatment choices, relaxation techniques, and the appropriate use of medications. This class will be offered on Zoom; registered patrons will be sent the Zoom link 24 hours prior to the class.

6, 2-hour sessions via Zoom Free, Registration Req.

January 19 – February 23

Fri 10:00 a.m. – 12:00 p.m.
503548-4A Duke

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.

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

May 15

Wed 11:00 a.m. – 12:00 p.m.
503509-4A Smarr

REGISTER TODAY

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

Easy Steps for Writing College Essays

(13 years and older)

This workshop for college-bound students will demonstrate how to write an essay that will help them stand out in a crowd. Parents are invited to register and attend as well. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

February 1

Thu 6:30 p.m. – 8:30 p.m.
980039-4A Ragins

Effective Communication in Relationships

(13 – 18 years old)

Participants will experience how important communication is to a healthy relationship. They will learn strategies to communicate clearly by role-playing through a variety of scenarios, and will discuss the differences in aggressive, passive, passive-aggressive and assertive behaviors. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

March 12

Thu 4:00 p.m. – 5:00 p.m.
900273-4A Miller

Effective Interviewing Techniques for Podcast Hosts

(18 years and older)

Join award-winning podcast host Kimberly Evering and learn effective interviewing techniques. This class will help participants gain some insight on what it takes to host their very own podcast.

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

March 21

Thu 6:00 p.m. – 7:00 p.m.
563230-4A Evering

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.

May 9

Thu 10:30 a.m. – 1:00 p.m.
547126-4B O'Connell

Introduction to Homeopathy

(18 years and older)

Homeopathy is a system of natural healing based on the potential of human bodies to heal themselves. This is an introductory presentation where the principles of homeopathy will be discussed as well as how to use remedies for minor ailments.

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

March 12

Tue 5:30 p.m. – 6:30 p.m.
563210-4A Perfilieva

Last-Minute College Financing Strategies

(13 years and older)

For many scholarships, particularly those for larger amounts of money, deadlines to apply occur early each academic year. As springtime approaches, the number of opportunities may have dwindled. Attend Last-Minute College Financing Strategies conducted by \$400,000 scholarship winner, Marianne Ragins, for help in finding additional money to attend the college or university of your dreams. Parents are invited to register and attend as well. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

March 14

Thu 6:30 p.m. – 8:30 p.m.
900270-4A Ragins

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 Teams
Free, Registration Req.

January 23

Tue 3:00 p.m. – 4:00 p.m.
500809-4C Lambeth

Life Skills for Teens

(13 – 18 years old)

Before becoming independent, learn basic life skills that will make the transition easier. Issues that will be discussed are how to balance a checkbook, do laundry, budget, register to vote, shop wisely, begin earning a credit score, and rent or purchase a home.

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

February 25

Sun 1:00 p.m. – 4:00 p.m.
900261-4B Wilson

Lifetime Values for Relationships

(13 – 18 years old)

Participants will explore the values they have learned through their life experiences and tap into the values that would keep them safe in a relationship. They will learn to differentiate between the components of a relationship that can be negotiable for them and the components that cannot. By the end of this workshop, participants will have a nuanced understanding of what their “personal dealbreakers” are in a relationship. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

1, 60-min. session via Zoom
Free, Registration Req.

January 16

Tue 4:00 p.m. – 5:00 p.m.
900271-4A Miller

Manifesting Your Soulmate

(18 years and older)

This class is designed to guide participants on a journey of self-discovery and empowerment, helping them cultivate a mindset toward and navigate the challenges of finding true love.

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

April 15

Mon 5:00 p.m. – 6:30 p.m.
563211-4A Finley

Master Recycling

(18 years and older)

This class will give an in-depth overview of the importance of recycling, what items are considered recyclable, and different ways to recycle and compost.

4, 60-min. sessions at RCC Hunters Woods
Free, Registration Req.

January 3 – January 24

Wed 7:00 p.m. – 8:00 p.m.
563212-4A Galliher

Maximizing Your Podcast Reach

(18 years and older)

This class will discuss and define techniques that have contributed to the growth and popularity of podcasts. The instructor will also talk about low-cost promotion and tapping into new audiences.

1, 60-min. session at RCC Lake Anne
Free, Registration Req.

May 23

Thu 6:00 p.m. – 7:00 p.m.
563229-4A Evering

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. This class will be virtual on Microsoft Teams; the link will be sent to registered patrons 24 hours prior to the class. Under ACL guidelines for conflict of interest, this presentation is not meant for health insurance brokers or agent education.

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

May 16

Thu 12:00 p.m. – 1:30 p.m.
500402-4C De Leon

Self-Esteem/Jealousy

(13 – 18 years old)

Attendees will learn the importance of healthy self-esteem in a relationship as well as tips and techniques to foster and maintain a healthy self-image. Participants will also explore the role of jealousy and how it affects a relationship. They will have a deeper understanding about the differences between jealous behavior, feelings and thoughts. In turn, they will recognize the impact jealousy might have on their self-esteem. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

February 15

Thu 4:00 p.m. – 5:00 p.m.
900272-4A Miller

Settling a Decedent's Estate

(18 years and older)

An instructor will guide participants through all the steps of settling an estate as quickly and painlessly as possible. 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 Teams
Free, Registration Req.

May 8

Wed 4:00 p.m. – 5:00 p.m.
503507-4B Lambeth

STDs and HIV

(13 – 18 years old)

Learn about STDs and HIV, the differences, what STDs are, methods of transmission, symptoms, treatment, prevention and resources. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

April 9

Tue 4:00 p.m. – 5:00 p.m.
900274-4A 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.

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

January 8 – March 11

(No Class: January 15, February 19)

Mon 10:45 a.m. – 11:45 a.m.
 300149-4B Biddy

March 18 – May 20

(No Class: March 25, April 1)

Mon 10:45 a.m. – 11:45 a.m.
 300149-4C 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.

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

January 9 – March 5

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

March 19 – May 21

(No Class: March 26)

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

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.

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.

9, 50-min. sessions at RCC Lake Anne
\$115 (R)/\$92 (R55+)/\$173 (NR)

January 8 – March 18

(No Class: January 15, February 19)

Mon 10:30 a.m. – 11:20 p.m.
 300014-4E Williams/Miles

11, 50-min. sessions at RCC Lake Anne
\$140 (R)/\$112 (R55+)/\$210 (NR)

January 10 – March 20

Wed 10:30 a.m. – 11:20 p.m.
 300014-4F Williams/Miles

7, 50-min. sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$135 (NR)

April 8 – May 20

Mon 10:30 a.m. – 11:20 p.m.
 300014-4G Williams/Miles

April 10 – May 22

Wed 10:30 a.m. – 11:20 p.m.
 300014-4H Williams/Miles

Mind-Body Fitness

(18 years and older)

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

11, 60-min. sessions at RCC Lake Anne
\$140 (R)/\$112 (R55+)/\$210 (NR)

January 9 – March 19

Tue 11:30 a.m. – 12:30 p.m.
 305840-4E Williams/Miles

January 11 – March 21

Thu 11:30 a.m. – 12:30 p.m.
 305840-4F Williams/Miles

7, 60-min. sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$135 (NR)

April 9 – May 21

Tue 11:30 a.m. – 12:30 p.m.
 305840-4G Williams/Miles

April 11 – May 23

Thu 11:30 a.m. – 12:30 p.m.
 305840-4H Williams/Miles

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.

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

January 8 – March 4

(No Class: February 19)

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

January 11 – February 29

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

January 13 – March 2

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

March 14 – May 16

(No Class: April 18, April 25)

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

March 16 – May 18

(No Class: April 20, April 27)

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

March 25 – May 13

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

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 dumb-bells to enhance rhythm and tone target areas that include arms, abs and thighs. New participants must attend first session of each class, which includes orientation on posture, alignment and form.

8, 55-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

January 8 – March 4

(No Class: February 19)

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

March 25 – May 13

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

9, 60-min. sessions at RCC Lake Anne

\$115 (R)/\$92 (R55+)/\$173 (NR)

January 8 – March 18

(No Class: January 15, February 19)

Mon 11:30 a.m. – 12:30 p.m.
300147-4E Williams/Miles

11, 60-min. sessions at RCC Lake Anne

\$140 (R)/\$112 (R55+)/\$210 (NR)

January 10 – March 20

Wed 11:30 a.m. – 12:30 p.m.
300147-4F Williams/Miles

7, 60-min. sessions at RCC Lake Anne

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

April 8 – May 20

Mon 11:30 a.m. – 12:30 p.m.
300147-4G Williams/Miles

April 10 – May 22

Wed 11:30 a.m. – 12:30 p.m.
300147-4H Williams/Miles

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)

March 3

Sun 1:00 p.m. – 3:00 p.m.
302400-4B Unger/Avilov



Beginning Tai Chi

(18 years and older)

This class emphasizes the physical discipline and structure of Tai Chi movements and provides the development of basic skills and techniques that lead toward an integration of the mind, body and spirit. This class is performed standing and promotes the improvement of balance, flexibility, strength and cardiovascular conditioning.

8, 60-min. sessions at RCC Lake Anne

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

January 17 – March 6

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

March 20 – May 15

(No Class: March 27)

Wed 1:00 p.m. – 2:00 p.m.
302305-4E 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.

9, 45-min. sessions at RCC Lake Anne

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

January 9 – March 5

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

January 12 – March 8

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

March 26 – May 21

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

March 29 – May 24

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

9, 60-min. sessions at RCC Lake Anne

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

January 9 – March 5

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

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

January 11 – March 7

Thu 10:15 a.m. – 11:15 a.m.
305033-4G Avilov

January 12 – March 8

Fri 10:45 a.m. – 11:45 a.m.
305033-4H Avilov

March 19 – May 21

(No Class: March 26)

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

March 26 – May 21

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

March 28 – May 23

Thu 10:15 a.m. – 11:15 a.m.
305033-4K Avilov

March 22 – May 24

(No Class: April 26)

Fri 10:45 a.m. – 11:45 a.m.
305033-4L Avilov

Essentrics: Aging Backwards

(18 years and older)

This revolutionary approach to healthy aging is designed to restore movement in joints, increase muscle flexibility, relieve pain, and stimulate cells to increase energy, vibrancy and to fortify the immune system. This slow-paced, full-body workout was created by Miranda Esmonde-White, author of "The New York Times" bestseller "Aging Backwards." Patrons should be able to transfer to the floor to use an exercise mat during class. Patrons are encouraged to bring their own mat to class.

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

January 10 – March 6

Wed 10:45 a.m. – 11:45 a.m.
 305034-4B Avilov

Wed 12:00 p.m. – 1:00 p.m.
 305034-4D Fletcher

March 27 – May 22

Wed 10:45 a.m. – 11:45 a.m.
 305034-4C Avilov

Wed 12:00 p.m. – 1:00 p.m.
 305034-4E 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.

9, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

January 4 – March 7

(No Class: January 25)

Thu 9:00 a.m. – 10:00 a.m.
 305040-4B Staff

March 21 – May 23

(No Class: March 28)

Thu 9:00 a.m. – 10:00 a.m.
 305040-4C Staff

**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.

Gut Feeling Seminar

(18 years and older)

This workshop explores the positive effects yoga, breathing and meditation can have on the digestive system. Learn how stress plays a role in digestive health and practices to change responses to physical and psychological stressors. In addition to discussions, participants will learn some yoga postures and breathing techniques geared toward balanced, healthy, happy gut and brain connections.

1, 3-hour session at RCC Lake Anne
\$25 (R)/\$20 (R55+)/\$38 (NR)

January 27

Sat 1:00 p.m. – 4:00 p.m.
 305555-4B Unger

Healthy Joints Workshop

(18 years and older)

Having full range of motion and flexibility without pain and stiffness indicates healthy joints. However, many people have a limited range of motion because of an injury, inactivity or lack of stretching. This causes joint pain that can make everyday tasks difficult. Learn stretches and exercises to help keep joints flexible and to relieve pain. This workshop is led by Sasha Avilov, Doctor of Physical Therapy.

1, 60-min. session at RCC Lake Anne
\$15 (R)/\$12 (R55+)/\$23 (NR)

March 3

Sun 11:00 a.m. – 12:00 p.m.
 302402-4B Sasha Avilov

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.

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

January 19 – March 8

Fri 9:30 a.m. – 10:30 a.m.
 302307-4A Durham

March 22 – May 17

(No Class: March 29)

Fri 9:30 a.m. – 10:30 a.m.
 302307-4B Durham

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.

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

January 10 – March 6

Wed 10:30 a.m. – 11:30 a.m.
 300129-4C Fletcher

January 12 – March 8

Fri 12:00 p.m. – 1:00 p.m.
 300129-4D Fletcher

March 20 – May 22

Wed 10:30 a.m. – 11:30 a.m.
 300129-4E Fletcher

March 22 – May 24

(No Class: March 29)

Fri 12:00 p.m. – 1:00 p.m.
 300129-4F 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.

6, 60-min. sessions at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$68 (NR)

January 24 – February 28

Wed 12:00 p.m. – 1:00 p.m.
 305059-4C Czintos

April 3 – May 8

Wed 12:00 p.m. – 1:00 p.m.
 305059-4D 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 hand-weights. Patrons are encouraged to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne

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

January 8 – March 11

(No Class: January 15, February 19)

Mon 9:30 a.m. – 10:30 a.m.
306030-4B Biddy

March 18 – May 20

(No Class: March 25, April 1)

Mon 9:30 a.m. – 10:30 a.m.
306030-4C 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.

8, 60-min. sessions at RCC Lake Anne

\$80 (R)/\$64 (R55+)/\$120 (NR)

**February 4, 18, March 3, 17, 31,
April 14, 28, May 12**

Sun 4:00 p.m. – 5:00 p.m.
314761-4C 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)

January 28

Sun 1:00 p.m. – 3:00 p.m.
302401-4B Unger/Avilov

Tai Chi for Health and Balance

(18 years and older)

Explore simple tai chi movements that strengthen the legs, improve balance and promote relaxation. We will use easy, repetitive Qigong (energy generating) movements as well as practice some breathing and meditation. Suitable for all levels of fitness. Beginners are welcome.

8, 60-min. sessions at RCC Lake Anne

\$75 (R)/\$60 (R55+)/\$113 (NR)

January 23 – March 12

Tue 9:15 a.m. – 10:15 a.m.
306020-4C Smyers

April 2 – May 21

Tue 9:15 a.m. – 10:15 a.m.
306020-4D 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.

8, 60-min. sessions at RCC Lake Anne

\$75 (R)/\$60 (R55+)/\$113 (NR)

January 23 – March 12

Tue 10:30 a.m. – 11:30 a.m.
306013-4C Smyers

April 2 – May 21

Tue 10:30 a.m. – 11:30 a.m.
306013-4D Smyers

FITNESS – YOGA

Gentle Yoga

(18 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor.

8, 75-min. sessions at RCC Lake Anne

\$75 (R)/\$60 (R55+)/\$113 (NR)

January 30 – March 19

Tue 10:15 a.m. – 11:30 a.m.
304995-4C Sypula

February 1 – March 21

Thu 10:15 a.m. – 11:30 a.m.
304995-4D Sypula

April 2 – May 21

Tue 10:15 a.m. – 11:30 a.m.
304995-4E Sypula

April 4 – May 23

Thu 10:15 a.m. – 11:30 a.m.
304995-4F 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

\$75 (R)/\$60 (R55+)/\$113 (NR)

January 17 – March 6

Wed 5:00 p.m. – 6:00 p.m.
302300-4B Unger

March 27 – May 15

Wed 5:00 p.m. – 6:00 p.m.
302300-4C 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)

January 18 – March 7

Thu 9:00 a.m. – 10:00 a.m.
315001-4B Unger

March 28 – May 16

Thu 9:00 a.m. – 10:00 a.m.
315001-4C 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)

January 17 – March 6

Wed 6:15 p.m. – 7:15 p.m.
315002-4B Unger

March 27 – May 15

Wed 6:15 p.m. – 7:15 p.m.
315002-4C Unger

YOGA CLASSES

Patrons are encouraged to bring their own mat to class.

YOGA CONTINUED

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)

January 30 – March 19

Tue 9:00 a.m. – 10:00 a.m.
305055-4B Sypula

April 2 – May 21

Tue 9:00 a.m. – 10:00 a.m.
305055-4C 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

\$80 (R)/\$64 (R55+)/\$120 (NR)

January 30 – March 19

Tue 6:30 p.m. – 7:45 p.m.
314760-4C Sypula

February 1 – March 21

Thu 6:30 p.m. – 7:45 p.m.
314760-4D Sypula

April 2 – May 21

Tue 6:30 p.m. – 7:45 p.m.
314760-4E Sypula

April 4 – May 23

Thu 6:30 p.m. – 7:45 p.m.
314760-4F Sypula

YOGA CLASSES

Patrons are encouraged to bring their own mat to class.



Power Yoga & Weights

(18 years and older)

This is a dynamic, challenging workout that flows through Vinyasa sequences which include updogs, downdogs, pushups, squats, and more. Incorporating weights into a yoga practice helps build muscles, while toning and sculpting your physique. This class offers numerous benefits to both body and mind.

8, 60-min. sessions at RCC Lake Anne

\$65 (R)/\$52 (R55+)/\$98 (NR)

January 8 – March 4

(No Class: February 19)

Mon 10:15 a.m. – 11:15 a.m.
304703-4A Barazi

April 1 – May 20

Mon 10:15 a.m. – 11:15 a.m.
304703-4B Barazi

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 breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility.

8, 75-min. sessions at RCC Lake Anne

\$75 (R)/\$60 (R55+)/\$113 (NR)

January 20 – March 9

Sat 4:00 p.m. – 5:15 p.m.
304888-4B Okerson

March 23 – May 18

(No Class: March 30)

Sat 4:00 p.m. – 5:15 p.m.
304888-4C 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)

January 17 – March 6

Wed 9:00 a.m. – 10:00 a.m.
305601-4B Unger

March 27 – May 15

Wed 9:00 a.m. – 10:00 a.m.
305601-4C Unger

Yoga for Health and Wellbeing

(18 years and older)

This class is designed to help students to improve strength, flexibility, body awareness and balance using yoga poses, breath work and relaxation. Yoga can transform not only physical health but emotional and mental health, and this class allows each student to enjoy yoga at their own comfort level. Students should be comfortable getting up and down from the floor.

7, 60-min. sessions at RCC Lake Anne

\$55 (R)/\$44 (R55+)/\$83 (NR)

January 23 – March 5

Tue 1:00 p.m. – 2:00 p.m.
305053-4A Downey

8, 60-min. sessions at RCC Lake Anne

\$65 (R)/\$52 (R55+)/\$98 (NR)

March 26 – May 14

Tue 1:00 p.m. – 2:00 p.m.
305053-4B Downey

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 weight-bearing 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)

January 20 – March 9

Sat 10:30 a.m. – 11:30 a.m.
304890-4C Okerson

March 23 – May 18

(No Class: March 30)

Sat 10:30 a.m. – 11:30 a.m.
304890-4D 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
\$65 (R)/\$52 (R55+)/\$98 (NR)

January 8 – March 4

(No Class: February 19)

Mon 9:00 a.m. – 10:00 a.m.
304702-4B Barazi

April 1 – May 20

Mon 9:00 a.m. – 10:00 a.m.
304702-4C Barazi

MORE EXERCISE MEANS MORE INDEPENDENCE:

According to Harvard Medical School, regular exercise promotes an older adults ability to walk, bathe, cook, eat, dress, and use the restroom. If independent living is a priority, exercise is one of the best ways to maintain independence for older adults.

FITNESS – DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations for daily fitness programming are free, but patrons are required to purchase a Fitness pass and swipe the pass prior to each class. Fitness passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$3.50 (R)/\$7.00 (NR) per class. Fitness passes expire two years from the date of purchase. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC.

Boot Camp

(18 years and older)

This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominals. Students will use weights during this hour-long class. The last 10 to 15 minutes are spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats. Please purchase a renewable fitness pass and swipe it at the Customer Service Desk before each class begins. Patrons are encouraged to bring their own mat to class.

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

January 12 – May 24

Fri 10:45 a.m. – 11:45 a.m.
3C0010-4 Fletcher

Cardio and Strength Intervals

(18 years and older)

Join us for an energizing workout that consists of intervals of cardiovascular and strength training movements. This class is designed to help improve metabolism and increase endurance and power. Weights will be provided.

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

January 10 – May 22

Wed 9:15 a.m. – 10:15 a.m.
3C0095-4 Fletcher

Walking Group

(18 years and older)

This group is designed to activate your day by engaging in a 60-minute walk on Reston's paths and at nearby parks and gardens. Refresh your day in the fresh air with a light stroll. Group will meet in different parts of Reston or slightly beyond Reston, such as Meadowlark Botanical Gardens in Vienna, to explore various locations. Program may be canceled in inclement weather.

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

January 3 – May 22

Wed 12:15 p.m. – 1:15 p.m.
3C0085-4 Avilov

Zumba Gold

(18 years and older)

Zumba Gold is for active adults looking for a modified class that recreates the original Zumba moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination using zesty Latin rhythms in a party-like atmosphere.

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

January 10 – May 24

Wed, Fri 9:30 a.m. – 10:30 a.m.
3C0070-4 Avilov

Zumba Gold Toning

(18 years and older)

The Zumba Gold Toning program utilizes the strength training techniques of Zumba Toning at a lower intensity, creating an easy-to-follow dance fitness program for active adults. Your instructor will guide you through a traditional Zumba Gold cardio dance party with enhanced movements incorporating light weights for added resistance and muscle conditioning.

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

January 9 – May 21

Tue 9:00 a.m. – 10:00 a.m.
3C0080-4 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 third Saturday of the month at RCC and other locations. An email will be sent to inform participants of the scheduled location for each month.

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

**January 20, February 17, March 16,
April 20, May 18**

Sat 3:00 p.m. – 5:00 p.m.
5C0070-4B Staff

OLLI

Reston Community Center and Osher Lifelong Learning Institute (OLLI) at George Mason University are partnering to provide unique educational opportunities for those living and working in Reston. OLLI offers daytime courses, lectures, and special events, and the course leaders are often well-known experts in their fields who enjoy sharing knowledge. Several times a year, OLLI and RCC hosts collaborative programs at RCC Lake Anne. Non-OLLI members can register through RCC and participate at a reduced cost. If you would like to learn more about OLLI or are interested in becoming a full-time member, visit www.olligmu.edu.

Anthropology of Culture Wars

(18 years and older)

Anthropology studies our differences and commonalities by examining the beliefs, symbols, perceptions, behaviors, relationships and tools that shape our world. Cultural anthropology investigates ethnocentrism, enculturation, adaptation and change. Work of prominent anthropologists, psychologists, and sociologists will be considered. This is a two-part program.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

January 24 – February 14

Wed 9:40 a.m. – 11:05 a.m.
563214-4A OLLI

March 27 – May 15

Wed 9:40 a.m. – 11:05 a.m.
563214-4B OLLI

Glories of Spain

(18 years and older)

This course explores the mystery of how exquisite gardens, uplifting architecture, and mathematics as beautiful as art simply vanished from Spain, and why writers, musicians, scientists, engineers and philosophers have been fascinated with the lost treasures ever since.

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

March 27 – April 3

Wed 11:50 a.m. – 1:15 p.m.
563219-4A OLLI

Highway Department

(18 years and older)

In this course, participants will get a behind-the-scenes view of daily transportation department activities, systems and services. They will learn about the collaboration and coordination that takes place among transportation agencies, first responders and emergency managers. Participants will gain an awareness of the ways entities and organizations try to provide safe and reliable transportation options in the Washington, D.C., region.

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

January 24 – January 31

Wed 2:15 p.m. – 3:40 p.m.
563216-4A OLLI

How Airplanes Fly

(18 years and older)

The largest commercial airplane in the world, the Airbus A380, can weigh 1,265,000 pounds when it takes off. Participants will explore the kinetic theory of gases and Bernoulli's principle and try out some demonstrations to see how those work. The instructor will also talk about laminar and turbulent flow, and conservation of momentum, both of which are critical to understanding flight.

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

February 7 – February 14

Wed 2:15 p.m. – 3:40 p.m.
563217-4A OLLI

Intelligence in the Civil War

(18 years and older)

This class will discuss various means used to gather and exploit both tactical and strategic military intelligence to influence events on the battlefield and in Washington, D.C., and Richmond.

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

January 24 – February 7

Wed 11:50 a.m. – 1:15 p.m.
563204-4B OLLI

Jerusalem's Holy Sites

(18 years and older)

This course will review the history of Jerusalem, emphasizing the origins of, and the competing rights to the holy sites of Judaism, Christianity and Islam. Discussion will focus on the most controversial religious site, known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary. Topics include the complicated administration of the Church of the Holy Sepulcher (where Jesus was crucified and buried) and the evolution of the Via Dolorosa (Jesus' route to the crucifixion) among others.

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

May 1 – May 15

Wed 11:50 a.m. – 1:15 p.m.
563222-4A OLLI

Jung, Doris Day and Hope

(18 years and older)

This course explores how our choices in popular culture – in the form of movies and music – may contribute to our collective malaise or collective hope. This exploration will be framed by psychologist Carl Jung's idea of archetypes as demonstrated in the film and musical performances of Doris Day. The class will consider whether the country might be a more optimistic and hopeful place if we currently had archetypal performers in popular culture who represent hope and optimism.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 27 – April 17

Wed 2:15 p.m. – 3:40 p.m.
563223-4A OLLI

Park Ranger Potpourri

(18 years and older)

Join National Park Service Rangers for a presentation on a new topic each week. National Park Service Rangers have participated in OLLI programs since 2001 by offering scores of thematic courses, special events and trips.

4, 85-min. sessions at RCC Lake Anne
Free, Registration Req.

April 23 – May 14

Tue 2:15 p.m. – 3:40 p.m.
571982-4B OLLI

The Ancient and Modern History of Cancer

(18 years and older)

Explore the history of cancer, its descriptions and treatments. Hippocrates (460-370 B.C.), the Father of Medicine coined the terms "carcinoses" or non-ulcerative tumors, and "carcinoma" for ulcer forming tumors. He thought tumors looked like crabs. The Roman physician, Celsus (25 B.C. – 50 A.D.), coined the term "cancer," from the Latin for crab. Galen (130-200 A.D.) described tumors as swellings and used the term "oncos," hence the field of oncology. Follow developments from ancient times to now. The modern history of cancer strengthens the idea that "as cancer research advances, so do the treatments."

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

April 10 – April 17

Wed 11:50 a.m. – 1:15 p.m.
563220-4A OLLI

The Art and Practice of Counterintelligence

(18 years and older)

Counterintelligence (CI) is protecting a nation's secrets and technology from foreign spies. This course will discuss recent and notable spy cases and the CI challenges facing our country.

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

April 24

Wed 11:50 a.m. – 1:15 p.m.
563221-4A OLLI

The History of the Panama Canal

(18 years and older)

This course will cover the construction by a private U.S. company of a trans-isthmus railroad during the California gold rush period; the abortive French 1880-1900 attempt to build a sea-level canal; the growing U.S. desire to build a canal for a short-water connection between the Atlantic and Pacific to further commercial and military objectives in the 1900s; U.S. involvement in the 1900s with the Colombian government; an independent Panama; the Panama Canal Zone and the canal, and canal expansion by the Panamanians. The course includes photos, film clips, graphics and illustrations of the locks.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 26 – April 16

Tue 2:15 p.m. – 3:40 p.m.
563218-4A OLLI

The Life and Times of John Singleton Mosby

(18 years and older)

Take a deep dive into the life and times of John Singleton Mosby, known as the "Gray Ghost of the Confederacy." The course will consider Mosby's life from his birth in 1833 to his war experiences as a cavalry leader and his post-war life. His part in the Lincoln conspiracy will be examined as will his relationship with President Grant. The instructor will also share many authentic Civil War artifacts with the class.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 24 – May 15

Wed 2:15 p.m. – 3:40 p.m.
563224-4A OLLI

Understanding DARPA

(18 years and older)

The Defense Advanced Research Projects Agency (DARPA) is a relatively obscure funding agency within the Department of Defense that has made a profound impact on modern society with its research initiatives. This class will discuss DARPA's organizational structure and unique operational philosophy that allows DARPA to fund high-risk/high-payoff projects.

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

February 14

Wed 11:50 a.m. – 1:15 p.m.
563215-4A Staff

PERFORMING ARTS

ArtStream: Improvisation and Storytelling

(18 years and older)

Improvisation is a great way to practice listening and teamwork while having fun with new friends. Learning through performing arts builds confidence by allowing participants to make their own choices. Inclusive participation also fosters social connections and allows participants to practice communication skills like eye contact, listening and self-awareness. ArtStream has more than 10 years of experience creating programs for participants of all abilities.

8, 90-min. sessions at RCC Hunters Woods
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 9 – February 27

Tue 7:00 p.m. – 8:30 p.m.
402684-4B ArtStream

April 2 – May 21

Tue 7:00 p.m. – 8:30 p.m.
402684-4C ArtStream

SOCIAL

American Mah Jongg

(18 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This program is for players of all levels, from beginners to skilled.

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

January 3 – May 29

Wed 1:15 p.m. – 3:45 p.m.
509605-4C Staff

January 4 – May 30

Thu 9:30 a.m. – 12:00 p.m.
509605-4D Staff

Bridge Mondays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Monday. Bring lunch for a mid-day break.

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

January 8 – May 20

Mon 10:00 a.m. – 2:00 p.m.
509603-4B Staff

TIPS FOR LEARNING AFTER 60

The pathways in the brain are well-developed, so you shouldn't focus only on learning new facts but also on learning new viewpoints.
— WEBMD

SOCIAL CONTINUED

Bridge Tuesdays

(18 years and older)

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

3-hour sessions at RCC Lake Anne**Free, Registration Req.****January 2 – May 28**

Tue 10:00 a.m. – 1:00 p.m.
505551-4B 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. sessions at RCC Hunters Woods**Free, Registration Req.****February 1 – March 21**

Thu 5:00 p.m. – 6:00 p.m.
980033-4A 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.****January 4 – May 30**

Thu 6:30 p.m. – 9:30 p.m.
901354-4C Staff

**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.

Lunar New Year Celebration

(18 years and older)

Come and celebrate the Year of the Wood Dragon. Participants will enjoy food, fun, activities, and prizes. Traditionally, the festivities surrounding Chinese New Year were known as the Nian festival, which may be understood as "festival of the year." It is observed as a public holiday in several countries where sizable Chinese populations reside.

1, 2.5-hour session at RCC Hunters Woods**\$10 (R)/\$8 (R55+)/\$20 (NR)****February 9**

Fri 12:00 p.m. – 2:30 p.m.
500239-4A Staff

Reston Plays Games

(18 years and older)

Tabletop gaming brings people together with cards, dice and meeples in hand to achieve goals both simple and complex. Bring your board, card and dice game collections and share the fun of playing with and making new friends. Games range in styles including cooperative, worker placement, deck-building, strategy and more. Gamemasters for role-playing games may contact Bill Parker, at william.parker@fairfaxcounty.gov for information regarding open gaming times for new or established groups.

5-hour sessions at RCC Hunters Woods**Free, Registration Req.****January 3 – May 29**

Wed 5:00 p.m. – 10:00 p.m.
503594-4B 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, 2.5-hour session at RCC Hunters Woods**\$20 (R)/\$16 (R55+)/\$30 (NR)****March 14**

Thu 10:30 a.m. – 1:00 p.m.
504173-4B O'Connell

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 (55+)/\$37 (NR), Registration Req.****April 4**

Thu 10:30 a.m. – 1:00 p.m.
563213-4A O'Connell

Guide to Using an Apple Smart Watch

(18 years and older)

This class will provide information on the capabilities of the Apple Watch as well as demonstrate how to use the control center and manage apps. Patrons are encouraged to bring their watch with them to class to gain the full experience.

1, 2.5-hour session at RCC Hunters Woods**\$25 (R)/\$20 (R55+)/\$37 (NR)****May 2**

Wed 10:30 a.m. – 1:00 p.m.
519846-4A 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)****May 16**

Thu 10:30 a.m. – 1:00 p.m.
500487-4A O'Connell

TRIPS AND TOURS

"Frozen" at the Kennedy Center

(6 years and older)

Enjoy Disney's "Frozen" with its magical music by Kristen Anderson-Lopez and Robert Lopez. Trip fee includes transportation, admission and trip chaperones.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated Return to Reston

1, 6-hour trip

\$175 (R)/\$140 (R55+)/\$260 (NR)

January 13

Sat 11:30 a.m. – 5:30 p.m.
563226-4A Staff

Snow Tubing at Harpers Ferry

(13 – 17 years old)

Indulge in some winter fun while snow tubing on the longest trail on the East Coast. Take a break with hot chocolate or lunch on your own from one of two taco food trucks.

8:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated Return to Reston

1, 8-hour trip

\$55 (R)/\$82 (NR)

February 17

Sat 8:00 a.m. – 4:00 p.m.
980032-4A Morgan

National Portrait Gallery

(18 years and older)

The Smithsonian National Portrait Gallery tells the history of America through individuals who have shaped our nation. Enjoy paintings of presidents, visionaries and villains, actors and activists whose lives tell the American story. Participants will have free time to purchase lunch at the café. Lunch is on your own. Trip fee includes transportation and trip chaperones.

10:30 a.m. Depart RCC Lake Anne

11:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated Return to Reston

1, 5.5-hour trip

\$40 (R)/\$32 (R55+)/\$60 (NR)

February 23

Fri 10:30 a.m. – 4:00 p.m.
563228-4A Staff

Philadelphia Flower Show

(18 years and older)

Come to the Philadelphia Flower Show, which has been honored as a "best event in the world" by the International Festivals & Events Association. In addition to large and breathtaking flower displays, participants can enjoy presentations and demonstrations from leading horticulturists, and stroll the indoor marketplace. Trip fee includes transportation, admission, a snack and trip coordinator. Lunch is on your own. This trip includes extensive walking.

7:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated Return to Reston

1, 12-hour trip

\$85 (R)/\$68 (R55+)/\$128 (NR)

March 7

Thu 7:00 a.m. – 7:00 p.m.
503588-4A Staff

"The Illusionists" at the Kennedy Center

(18 years and older)

Enjoy one of the world's best-selling magic shows that dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever seen on stage. Trip fee includes transportation, admission and trip chaperones.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated Return to Reston

1, 6-hour trip

\$150 (R)/\$120 (R55+)/\$225 (NR)

April 25

Thu 11:30 a.m. – 5:30 p.m.
563227-4A Staff

Ladew Gardens

(18 years and older)

The Garden Club of America described Ladew Gardens as the most outstanding topiary garden in America. Located in the rolling countryside north of Baltimore, the gardens reflect the vibrant personality of self-taught gardener Harvey S. Ladew (1887-1976). As a colorful member of high society, world traveler and foxhunting enthusiast, Ladew transformed 22 acres of his large estate in rural Maryland into a creation for all to enjoy. Trip fee includes transportation, trip chaperones and lunch.

8:30 a.m. Depart RCC Lake Anne

9:00 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated Return to Reston

1, 8.5-hour trip

\$80 (R)/\$64 (R55+)/\$120 (NR)

May 24

Fri 8:30 a.m. – 5:00 p.m.
563225-4A Staff

GENERAL INFORMATION

Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

Cancellations:

Please see our cancellation/refund policy here on page 86.

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)

January 12 – March 1

Fri 2:00 p.m. – 4:30 p.m.
 402421-4B Thiel

April 3 – May 22

Wed 6:00 p.m. – 9:00 p.m.
 402421-4D Traynham

April 5 – May 24

Fri 2:00 p.m. – 4:30 p.m.
 402421-4C Thiel

Acrylic Painting Beginners

(18 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 10 – February 28

Wed 7:00 p.m. – 9:30 p.m.
 455011-4B Daniels

Art & Soul

(18 years and older)

This mixed media class is designed to foster a deeper connection between personal expression, the creative process and the meaning behind your work.

6, 2.5-hour sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$115 (NR)

January 9 – February 13

Tue 7:00 p.m. – 9:30 p.m.
 402768-4A Daniels

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.



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)

January 10 – February 28

Wed 2:00 p.m. – 5:00 p.m.
 404213-4B Daniels

March 19 – May 21

Tue 2:00 p.m. – 5:00 p.m.
 404213-4C Daniels

April 5 – May 24

Fri 6:00 p.m. – 9:00 p.m.
 404213-4D Traynham

Bill van Gilder: The Functional Pot – Tips, Tools & Techniques

(18 years and older)

Every potter has a list of what they want to make. How to make it is often the question. Join potter Bill van Gilder for this information-packed demo-workshop weekend. More than 50 making techniques will be demonstrated. Shortcuts, tips and tool-use at the wheel will be shared. Price includes a Friday evening meet and greet with the artist, Saturday and Sunday presentations and lunches.

3 sessions at RCC Lake Anne
\$200 (R)/\$160 (R55+)/\$250 (NR)

March 8 – March 10

Fri 7:00 p.m. – 9:00 p.m.
 Sat 9:30 a.m. – 4:00 p.m.
 Sun 9:30 a.m. – 4:00 p.m.
 402766-4A Staff

Broken China Jewelry

(18 years and older)

Make a lovely pendant or earrings using heirloom pieces. You may bring in your own patterned dishware or use what the instructor provides.

1, 3-hour session at RCC Hunters Woods
\$85 (R)/\$68 (R55+)/\$160 (NR)

February 7

Wed 6:30 p.m. – 9:30 p.m.
 402772-4A Damron

April 24

Wed 6:30 p.m. – 9:30 p.m.
 402772-4B Damron

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)

January 18 – February 22

Thu 10:00 a.m. – 12:30 p.m.
 402512-4B Griffith Tso

April 4 – May 9

Thu 10:00 a.m. – 12:30 p.m.
 402512-4C Griffith Tso

Contemporary Wire Earring Workshop

(18 years and older)

Embrace the art of contemporary wire earrings. This workshop focuses on creating contemporary wire earrings that will leave everyone mesmerized. Participants will learn how to combine intricate wirework with modern design aesthetics, turning simple materials into statement earrings. Each participant's earrings will be uniquely their own.

1, 2-hour session at RCC Lake Anne
\$135 (R)/\$108 (R55+)/\$175 (NR)

March 30

Sat 1:00 p.m. – 3:00 p.m.
 402773-4A Robnett-Moore

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

March 23

Sat 10:00 a.m. – 3:00 p.m.
 402455-4A Daniels

Creating in the Abstract

(18 years and older)

Abstract art is defined as nonobjective and nonrepresentational; yet, it does communicate. For many, working in the abstract frees their creative process allowing the discovery of deeply personal work that represents their unique vision and perspectives. This class will provide instruction in the various techniques and elements used to create in the abstract. Free yourself from the restraints of convention and see what you can do.

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

March 20 – May 8

Wed 2:00 p.m. – 5:00 p.m.
 402769-4A Daniels

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, glazes, firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 11 – February 29

Thu 10:00 a.m. – 12:30 p.m.
 402752-4B Sternberg/Page

April 4 – May 23

Thu 10:00 a.m. – 12:30 p.m.
 402752-4C Sternberg/Page

Creative Hands Pottery

(18 years and older)

Participants will explore hand-building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 9 – February 27

Tue 10:00 a.m. – 12:30 p.m.
 402665-4B Page

April 2 – May 21

Tue 10:00 a.m. – 12:30 p.m.
 402665-4C Page

Drawing 101

(18 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 8 – March 11

(No Class: January 15, February 19)

Mon 7:00 p.m. – 9:00 p.m.
 402614-4B Sterud

April 1 – May 20

Mon 7:00 p.m. – 9:00 p.m.
 402614-4C Sterud

Flowers, Faces and Figures in Watercolor

(18 years and older)

This watercolor class will focus on painting flowers, faces and figures. 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)

January 9 – February 27

Tue 10:00 a.m. – 12:30 p.m.
 402767-4A Ellor

Fused Glass

(18 years and older)

Learn the basics of glass fusing. Full use of the manual and machine glass cutting and shaping tools will be made available. Glass, adhesives and bails are included for several projects. Students who own their own molds may create slumped pieces. All work will be fired offsite after the last class and will be available for pickup later. All supplies are included in the class fee.

3, 3-hour sessions at RCC Hunters Woods
\$165 (R)/\$132 (R55+)/\$285 (NR)

January 10 – January 24

Wed 6:30 p.m. – 9:30 p.m.
 405163-4B Damron

March 4 – March 18

Mon 10:00 a.m. – 1:00 p.m.
 405163-4C Damron

March 27 – April 10

Wed 6:30 p.m. – 9:30 p.m.
 405163-4D Damron

Gelli Plate Printing and Collage

(18 years and older)

This class combines two dynamic art practices – gelli plate monoprints and abstract collage. Students will learn ways to utilize the gelli plate for exciting stand-alone prints and collage papers.

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 10 – February 28

Wed 10:00 a.m. – 12:30 p.m.
 402771-4A Fitzurka

Viewing art is a quality way to ease stress. A study by London's University of Westminster said participants who visited an art gallery on their lunch break reported feeling less stressed afterwards. They had lower concentrations of cortisol, the stress hormone, from just 35 minutes spent looking at art in the gallery.

Making Pottery with or without the Wheel

(18 years and older)

This class is for students with beginner through advanced hand building and/or wheel throwing skills. The class will emphasize design, construction of functional and non-functional forms, and surface decoration. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand building or wheel, or to combine elements of both. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 10 – February 28

Wed 7:00 p.m. – 9:30 p.m.
 402616-4B Benton

April 3 – May 22

Wed 7:00 p.m. – 9:30 p.m.
 402616-4C Benton

Micromosaic Jewelry

(18 years and older)

Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. All supplies are included in the class fee.

1, 3-hour session at RCC Hunters Woods
\$85 (R)/\$68 (R55+)/\$160 (NR)

January 31

Wed 6:30 p.m. – 9:30 p.m.
 402623-4C Damron

April 8

Mon 6:30 p.m. – 9:30 p.m.
 402623-4D Damron

May 1

Wed 6:30 p.m. – 9:30 p.m.
 402623-4E Damron

CERAMICS STUDENTS

Open Ceramics Studio passes expire at the end of each season. Fall class passes expire December 31, Winter/Spring class passes expire May 31, and Summer class passes expire August 31.

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+)/\$325 (NR)

January 8 – February 26

(No Class: January 15, February 19)

Mon 6:30 p.m. – 9:30 p.m.
 404040-4E Damron

January 10 – February 14

Wed 10:00 a.m. – 1:00 p.m.
 404040-4F Damron

March 20 – April 24

Wed 10:00 a.m. – 1:00 p.m.
 404040-4H Damron

April 15 – May 20

Mon 6:30 p.m. – 9:30 p.m.
 404040-4G Damron

Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Unleash imagination and creativity by learning to paint with alcohol inks on tile. This medium allows participants to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies are included in the class fee.

1, 2-hour session at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$75 (NR)

January 20

Sat 1:00 p.m. – 3:00 p.m.
 402728-4E Clark

February 17

Sat 1:00 p.m. – 3:00 p.m.
 402728-4F Clark

March 16

Sat 1:00 p.m. – 3:00 p.m.
 402728-4G Clark

April 20

Sat 1:00 p.m. – 3:00 p.m.
 402728-4H Clark

May 18

Sat 1:00 p.m. – 3:00 p.m.
 402728-4I Clark

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)

April 2 – May 21

Tue 10:00 a.m. – 1:00 p.m.
 402620-4A Mullarkey

Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 9 – February 27

Tue 7:00 p.m. – 9:30 p.m.
 402500-4D Zoller

January 22 – March 11

Mon 10:00 a.m. – 12:30 p.m.
 402500-4C Zoller

April 1 – May 20

Mon 10:00 a.m. – 12:30 p.m.
 402500-4E Zoller

April 2 – May 21

Tue 7:00 p.m. – 9:30 p.m.
 402500-4F Zoller

Stained Glass Sun Catcher

(18 years and older)

Create a beautiful stained glass sun catcher that can be displayed in a window. Several designs will be available to choose from based on skill level. Students will cut and shape glass using a variety of manual and power tools and will learn to foil, solder and affix hanging hardware. All skill levels are welcome, and all supplies are included in the class fee.

2, 3-hour sessions at RCC Hunters Woods
\$85 (R)/\$68 (R55+)/\$170 (NR)

March 25 – April 1

Mon 6:30 p.m. – 9:30 p.m.
 404127-4A Damron



Wednesday Watercolor

(18 years and older)

This watercolor class is for intermediate and beginner painters who want to build and improve their painting skills. We will use lectures, demonstration and class painting time to explore fun subjects such as landscapes, buildings and simple figures, while focusing on the fundamental building blocks of watercolor painting. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

April 3 – May 22

Wed 10:00 a.m. – 12:30 p.m.
 402735-4B Ellor

Wheel Exploration

(18 years and older)

Whether experienced or just starting out, participants can practice and refine skills with guidance from an instructor. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 9 – February 27

Tue 10:00 a.m. – 12:30 p.m.
 402639-4C Dwivedi

Tue 7:00 p.m. – 9:30 p.m.
 402639-4D Marcum

April 2 – May 21

Tue 10:00 a.m. – 12:30 p.m.
 402639-4E Dwivedi

Tue 7:00 p.m. – 9:30 p.m.
 402639-4F 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 one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 11 – February 29

Thu 10:00 a.m. – 12:30 p.m.
 402462-4C Grace

Thu 7:00 p.m. – 9:30 p.m.
 402462-4D Stefanik

April 4 – May 23

Thu 10:00 a.m. – 12:30 p.m.
 402462-4E Grace

Thu 7:00 p.m. – 9:30 p.m.
 402462-4F 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 one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 12 – March 1

Fri 1:00 p.m. – 3:30 p.m.
 404210-4B Anderson

April 5 – May 24

Fri 1:00 p.m. – 3:30 p.m.
 404210-4C Anderson

Wheel III

(18 years and older)

Prerequisites include being able to wedge, center and throw an approximately eight-inch bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 22 – March 11

Mon 7:00 p.m. – 9:30 p.m.
 402463-4B Alexander

April 1 – May 20

Mon 7:00 p.m. – 9:30 p.m.
 402463-4C Alexander

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)

March 7 – March 28

Thu 6:30 p.m. – 9:30 p.m.
 500786-4A Burke

Good Neighbors Woodworking Group

(18 years and older)

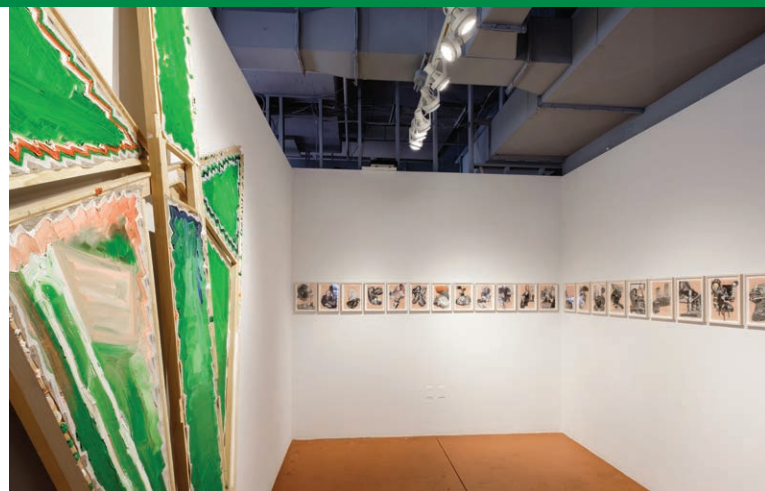
The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration through myRCC.

22, 5-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 2 – May 28

Tue 9:30 a.m. – 2:30 p.m.
 5C0085-4B Staff

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

Creative Responses

(13 years and older)

Creative professionals will respond to the work on view in the gallery. The short presentation will be followed by an open conversation.

In Their Own Words

(13 years and older)

Hear from the current exhibiting artist in their own words about their work, life and inspiration in a short presentation followed by an opportunity to engage with the artist.

Insights

(13 years and older)

Listen to curators and directors of major art institutions commenting on the gallery exhibit and its cultural context.

Slow Looking Program Series

(18 years and older)

Slow Looking is a Tephra ICA staff-guided approach and program series that allows visitors to spend more time getting to know an artwork.

Tephra ICA Connect Professional Networking Series

(18 years and older)

Visit Tephra ICA for young professional events that will include a preview of the current Tephra ICA exhibition, artist/curator talks and networking opportunities.

Second Saturdays

(18 years and older)

Tephra ICA is teaming up with Reston Town Center Association. A portion of streets will be blocked off allowing visitors to explore shops, programming in the park and the Tephra ICA gallery. On certain Saturdays, Tephra will provide a special on-site activation, installation or performance at the gallery.

Tephra ICA Art Family Day

(All Ages)

Tephra Institute of Contemporary Arts (Tephra ICA) opens its doors for an afternoon of family artmaking and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family.

Tephra ICA

12001 MARKET STREET, SUITE 103, RESTON, VA

Reston Town Center garage parking is free on weekends and weekdays after 5:00 p.m.

FREE!

OPEN STUDIOS

Open Ceramics Studios

(18 years and older)

The public is invited to use RCC's Ceramics Studio. The Open Ceramics Studio now requires reservations following purchase of a pass. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC, purchase or use a pass and select the dates and studio in which you wish to participate. Reservations for the Open Ceramics Studio are free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each reserved visit. Passes may also be renewed online through myRCC. Ceramics Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$15 (R)/\$30 (NR) per visit. Ceramics Studio passes expire two years from date of purchase. The pass fee includes firing and glazes. Clay cost is \$20 – \$30 for 25 lbs.

4-hour sessions at RCC Lake Anne Pass, Reservation Req.

January 10 – May 29

Wed	10:00 a.m. – 2:00 p.m.
4C0020-4	Ceramics Studio
4C0025-4	3D Studio

January 13 – May 25

Sat	1:00 p.m. – 5:00 p.m.
4C0030-4	Ceramics Studio
4C0035-4	3D Studio

Open Glass Studio

(18 years and older)

The public is invited to use RCC's Open Glass Studio. Open Glass Studio is facilitated by an experienced glass artist. Tools are provided; however, participants must work independently on projects and bring their own materials. The Open Glass Studio now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates you wish to attend. Reservations for the Open Glass Studio are free, but patrons are required to purchase a Glass Studio pass and swipe the pass prior to each reserved visit. Glass Studio 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 \$10 (R)/\$20 (NR) per visit. Glass Studio passes expire two years from date of purchase.

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

January 7, January 21, February 4, February 18, March 3, March 17, April 7, April 21, May 5, May 19

1st and 3rd Sun	12:30 p.m. – 4:30 p.m.
4C0010-4	Damron

Open Woodshop

(18 years and older)

The public is invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a joiner, a planer and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. The Open Woodshop now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates and times you wish to attend. Reservations for the Open Woodshop are free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each reserved visit. Woodshop passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$12 (R)/\$24 (NR) per visit. Woodshop passes expire two years from date of purchase. Each visit includes a maximum of 3.5 hours. Please note that woodworking projects may not be left in the RCC shop; no storage is available.

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

January 2 – May 28

Tue	6:00 p.m. – 9:30 p.m.
5C0010-4	Staff

January 6 – May 25

Sat	9:00 a.m. – 12:30 p.m.
5C0030-4	Staff
Sat	1:00 p.m. – 4:30 p.m.
5C0050-4	Staff

LEISURE & LEARNING



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
Harunor Rashid	Network Administrator
Fred Russo	Building Engineer
Sarah Alshamy	Web/Graphic Artist
Warren Bailey	Customer Service
Chris Brown	Billing and Reconciliation Specialist
Nicholas Burt	Customer Relations Assistant Director
Suzanne Connell	Personnel Specialist
Özün Dalaran	Public Information Officer
Samantha Korkowski	Graphic Artist
James Rockett	Financial Specialist
Evelyn Rosa	Acting Procurement Specialist

Facility Rentals & Operations

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 Kasprowicz	Aquatics Operations Director
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Program Director
Samantha Stettner	Customer Service
TJ Wilson	Aquatics Operations Assistant

Arts & Culture

Paul Douglas Michnewicz	Director of Arts & Culture
Mark Anduss	Technical Director
Cheri Danaher	Arts Education Director
Laura Moody	Assistant Technical Director
Gloria Morrow	Arts Education Assistant
Matt Nogay	Assistant Technical Director
Rhia Ovington	Box Office Assistant
William D. Parker	Box Office Manager

Leisure & Learning

Kevin Danaher	Leisure & Learning Director
Anya Avilov	Fitness & Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
Kim Gollop-Pagani	Youth/Teen Program Assistant
Debbie Heron	Youth/Teen Program Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth/Teen Program Assistant
Jonathan Navarro	Fitness & Wellness Program Director

Offsite & Collaboration

Maggie Parker	Offsite & Collaboration Director
William D. Parker	Acting Community Events Director
LaTanja Snelling	Equity Partnerships Director

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
- BXP
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Dance Place of Washington, DC
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fairfax NAACP
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Herndon Community Center
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- Jewish Community Center of Northern Virginia
- Lake Anne Plaza
- League of Reston Artists
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor; Walter L. Alcorn
- Osher Lifelong Learning Institute (OLLI) at George Mason University
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston for a Lifetime
- Reston Museum
- Reston Hospital Center
- Reston Masters Swim Team
- Reston Town Center Association
- Shenandoah Conservatory
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- Tephra ICA
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworkers Guild
- YMCA Fairfax County/Reston

HOW TO REGISTER

Online Registration

Online registration opens at 9:00 a.m. on December 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, 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 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.
- 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 December 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on December 1 if they are received by November 30.

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, American Express or Discover. Cash payments cannot be accepted during Reston priority registration.

Confirmation

Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

Liability Waiver on RCC Registration Forms

The Liability Waiver is on all RCC registration forms and Drop-in sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

CODE OF CONDUCT

For your protection and comfort, Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling and shouting.
- Physical contact with another person in any angry or threatening way.
- Displaying an object or weapon that can be considered harmful or threatening.
- Any demonstration of sexual activity or sexual contact with another person.
- Behavior deemed lewd or lascivious.
- Harassment or intimidation with words, gestures, body language or other menacing behavior.
- Behavior which intends or results in theft or destruction of property.
- Leaving a child under 8 years of age unattended. A child is considered unattended if they are without parent/caregiver supervision and wandering around the building.
- Intrusion upon an event to which one is not an invited or registered participant.
- Being under the influence of alcohol or drugs.

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. No refunds will be given.

Code of Conduct for Camp Participants

Camp participants and parents/caregivers are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online.

FEES

- Reston patrons 55 years and older may receive a discount on eligible class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to reservation activities.
- Passes will expire two years from date of purchase, with the exception of monthly pool passes.
- Single visit swim passes may be issued for any facility closure or interruption.

FEE WAIVER PROGRAM

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online.

CLASS CANCELLATION

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

REFUNDS

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of monthly pool passes.

PRICING

RCC reviews its pricing for programs and services annually. We will gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services is established while keeping in mind the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via RCCcontact@fairfaxcounty.gov.

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 for a current list of Board meetings.

Annual Strategic Planning Session		
January 6		9:00 a.m. – 3:00 p.m.
Monthly Meeting		
February 5		8:00 p.m.
Community Relations & Program/Policy Joint Meeting		
February 12		6:30 p.m.
Monthly Meeting		
March 4		8:00 p.m.
Community Relations & Program/Policy Joint Meeting		
March 11		6:30 p.m.
Monthly Meeting		
April 1		8:00 p.m.
Monthly Meeting		
May 6		8:00 p.m.

Finance Committee meetings, when scheduled, occur on the third Monday of a month. Check RCC’s website for the most current meeting information.

Questions, comments, concerns and suggestions for RCC’s Board of Governors may be directed to RCCcontact@fairfaxcounty.gov. 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

AARP Tax-Aide	12	Cardio Strength.....	68
Acrylic Painting	78	CenterStage Cinema	6
Acrylic Painting Beginners.....	78	Chess Club	76
Adapted Aquatics	52	Chinese Brush Painting	78
Adapted Aquatics Volunteers	32	Chinese Lantern Festival	61
Adult Advanced Beginner.....	52	Chocolate Fun and Preparation for Kids.....	59
Adult Beginner	52	Chocolate Fun and Preparation for Tweens and Teens	59
Advanced Arthritis, Fibromyalgia and Multiple Sclerosis	54	Chronic Disease Self-Management	66
Aging with Power and Grace	69	Contemporary Wire Earring Workshop	79
Airbrush Art.....	59	Crayon Batik Sampler.....	79
A Matter of Balance	66	Creating in the Abstract	79
American Mah Jongg	75	Creative Clay House	79
Anatomy for Kids – Heart.....	60	Creative Hands Pottery.....	79
Anthropology of Culture Wars.....	74	Creative Responses	82
Aqua Barre.....	54	Cupcake Wars.....	59
Aqua Blast	54	Current Issues Discussion Group.....	65
Aqua Boot Camp.....	54	Cut the Cable: Switch to Streaming TV.....	76
Aqua Burn	54	Deep Water Mania	55
Aqua Mixer	55	Diva Central	11
Aqua Tots	44	Diva Central Volunteer	33
Art Attack.....	62	Don't Get Scammed	66
Art Lab	78	Drawing 101	79
Art & Soul	78	Easy Steps for Writing College Essays	66
ArtStream: Improvisation and Storytelling	75	Effective Communication in Relationships	66
Babysitting.....	60	Effective Interviewing Techniques for Podcast Hosts	66
Balance and Mobility Workshop.....	69	Eggnormous Egg Hunt	57
Ballet Basics I	60	Eggnormous Egg Hunt Volunteers.....	33
Ballet Combo	60	Equity Matters Movie.....	7
Barre Fusion	68	Especially for Youth Volunteers	32
Beginning Tai Chi	69	Essentrics	69
Big Fun for Little Ones	62	Essentrics: Aging Backwards	70
Bill van Gilder: The Functional Pot	78	Fairfax-Loudoun Music Fellowship	27
Blacksmithing Workshop – Letter Opener	64	Festival Ballet Virginia.....	27
Blacksmithing Workshop – Valentine's Heart	64	Finding a New Podcast.....	66
Bolly X.....	69	Fitness Fusion.....	68
Bookends	65	Flowers, Faces and Figures in Watercolor	79
Boot Camp.....	73	Forever Fit	70
Box Building Basics.....	81	Founder's Day	15
Bridge Mondays.....	75	"Frozen" at the Kennedy Center	77
Bridge Tuesdays	76	Frying Pan Farm Park.....	61
Broken China Jewelry.....	78	Fun with Simple Machines	61
Building Self-Confidence – One Step at a Time	76	Fused Glass.....	79
Campfire Cooking	59	Fused Glass – Optical Illusions.....	64
Cardio and Strength Intervals	73	Gelli Plate Printing and Collage	79

Gentle Yoga.....	71
Glories of Spain.....	74
Good Neighbors Woodworking Group	81
Green Reston	16
GroundShare Arts Alliance	27
Guide to Using an Apple Smart Watch	76
Gut Feeling Seminar.....	70
Gut Feeling Yoga	71
Happy Hour with Darden & Friends.....	19
Hatha Yoga I.....	71
Hatha Yoga II	71
Healthy Joints Workshop.....	70
Highway Department.....	74
Hip Hop.....	60
How Airplanes Fly	74
Insights	82
Intelligence in the Civil War	74
Intermediate Tai Chi	70
In Their Own Words.....	82
Introduction to Homeopathy.....	66
Japanese Culture Club	74
Japanese Floral Arrangement.....	64
Jerusalem's Holy Sites	74
Joint-Friendly Fitness.....	70
Jung, Doris Day and Hope	74
Junior Engineering for Travel.....	62
Junior Gourmet – Taking it Up a Notch	59
Ladew Gardens	77
Lap Pool	40
Last-Minute College Financing Strategies	66
League of Reston Artists	29
Learn to Bike – Youth	61
Legal: Estate Planning Basics	67
Level 1 Swim.....	49
Level 2 Swim.....	49
Level 3 Swim.....	50
Level 4 Swim.....	50
Level 5 Swim.....	51
Level 6 Swim.....	51
Life Skills for Teens	67
Lifetime Values for Relationships	67
Line Dancing with Scotty – Beginner	65
Line Dancing with Scotty – Intermediate	65
Lunar New Year Celebration.....	76

Making Pottery with or without the Wheel	80
Managing Your Health with Technology	76
Manifesting Your Soulmate	67
Maple Syrup Boil Down.....	61
Marlin	47
Master Recycling.....	67
Math Tutoring for Grades 3 and 4.....	60
Math Tutoring for Grades 5 and 6.....	60
Math Tutoring for Grades 7 and 8.....	60
Maximizing Your Podcast Reach.....	67
Medicare 101	67
Meet the Artists	14
Micromosaic Jewelry.....	80
Mind-Body Fitness.....	68
Mindful Hatha Yoga	72
Mindfulness Meditation	70
Mindful Yoga with Sound Healing.....	72
Mosaic Art.....	80
National Portrait Gallery	77
Open Ceramics Studios	83
Open Glass Studio.....	83
Open Woodshop.....	83
Origami Arts – Mother's and Father's Day Cards.....	59
Origami Arts – Valentine's Day.....	59
Paint and Sip for Teens	64
Painting with Alcohol Inks on Tile Workshop.....	80
Paper Quilling Workshop – Framed Paper Quilling Art	64
Paper Quilling Workshop – Quilling Cards.....	64
Park Ranger Potpourri.....	74
Philadelphia Flower Show	77
Pilates Mat.....	71
Pinewood Derby Workshop	62
Pool Pals & Water Friends.....	45
Power Yoga & Weights	72
Prepare iPhones & iPads for Travel.....	76
Public Art Reston.....	29
Queen of Hearts Tea Party	61
Ranger	47
Ravel Dance Studio	27
RCC Community Coffee.....	7
RCC Community Coffee Volunteer.....	32
RCC Rides	34
Remixed Media Project: Silk Scarves	80
Reston Art Gallery and Studios (RAGS)	29

Reston Community Orchestra	28	The Life and Times of John Singleton Mosby	75
Reston Community Players	28	The Reston Chorale	28
Reston Dr. MLK Birthday Celebration	8-9	The Reston Museum	30
Reston Dr. MLK Birthday Celebration Volunteer	32	Tides in Motion	55
Reston Dr. MLK Celebration: Service Projects	33	Tot Time.....	62
Reston Plant Swap	65	Tour de Hunter Mill	17
Reston Plays Games.....	76	Understanding DARPA	75
Reston Pride.....	19	Underwater Egg Hunt	42
Reston Summer Camp Expo	10	Walking Group.....	73
Reston Water Safety Day	17	Water Introduction.....	44
Rookie I.....	46	Wednesday Watercolor	81
Rookie II.....	46	Wheel Exploration.....	81
Sculpture I.....	80	Wheel I.....	81
Second Saturdays.....	82	Wheel II.....	81
Self-Esteem/Jealousy.....	67	Wheel III.....	81
Sensing Science.....	60	Yoga 101.....	72
Settling a Decedent's Estate.....	67	Yoga for Health and Well-being	72
Sewing for Today's Fashions II	64	Yoga for Healthy Bones.....	73
Skipper I.....	45	Yoga with Weights	73
Skipper II.....	45	Young Actors Theatre	62
Slow Looking Program Series.....	82	Youth Stroke-n-Turn	51
Snow Tubing at Harpers Ferry.....	77	Zumba Fitness.....	68
Sound Bath Meditation	71	Zumba Gold	73
Souper Bowl Saturday.....	64	Zumba Gold Toning.....	73
Spring Family Crafternoons	58	Zumba Toning	68
Spring Festival.....	15		
Spring Flea Market.....	13		
Spring Flea Market Volunteers	33		
Stained Glass Sun Catcher	80		
STDs and HIV	67		
Stress Relief Workshop.....	71		
Sunday Afternoon Dances.....	65		
Tadpoles, Turtles, Garden Fairies.....	61		
Tai Chi for Health and Balance.....	71		
Tai Chi Yang Style – Advanced.....	71		
Tao Yin Yoga.....	72		
Tephra ICA	30		
Tephra ICA Art Family Day.....	82		
Tephra ICA Arts Festival	18		
Tephra ICA Connect Professional Networking Series	82		
The Ancient and Modern History of Cancer	75		
The Art and Practice of Counterintelligence	75		
The History of the Panama Canal	75		
"The Illusionists" at the Kennedy Center	77		

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.*



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WINTER/SPRING HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Staff Team Builder	December 20	CLOSED 1:00 p.m. – 4:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED
Martin Luther King Jr. Day	January 15	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
George Washington's Day	February 19	9:00 a.m. – 9:00 p.m.	CLOSED
Easter	March 31	9:00 a.m. – 8:00 p.m.	CLOSED
Memorial Day	May 27	9:00 a.m. – 2:00 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



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