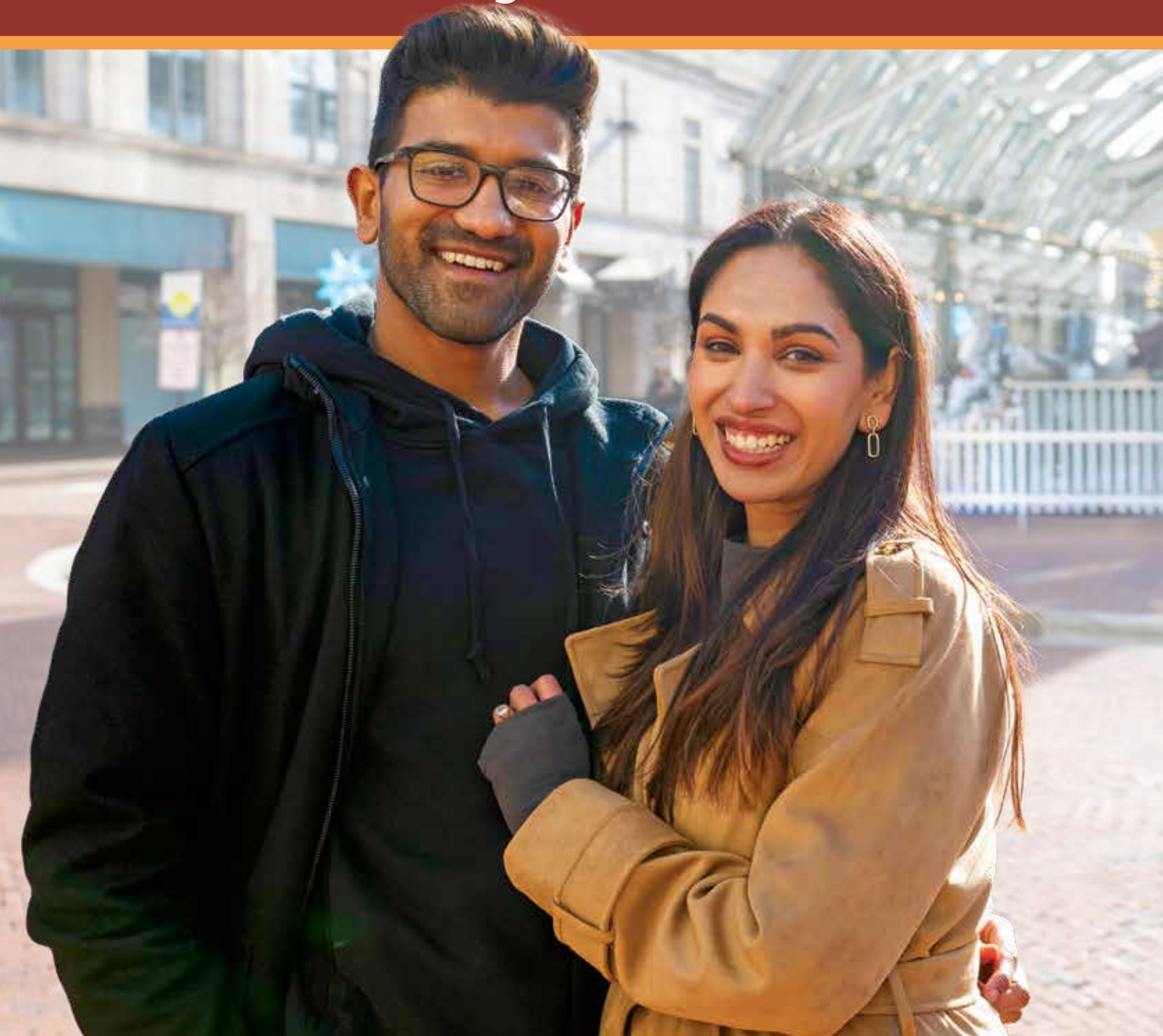


Reston Community Center

**2025FALL**

Program Guide



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

*Enriching Lives. Building Community.*



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# RCC BOARD OF GOVERNORS



**Paul Berry**



**William G. Bouie**



**Paul D. Thomas**



**Malka Wickramatilake**



**William Penniman**



**Lisa Sechrest-Ehrhardt**



**Vicky Wingert**



**Shane M. Ziegler**

At RCC, we're always working to grow, improve and serve our community, and to celebrate our progress along the way. We're excited to share a few key milestones from this year that reflect that ongoing journey.

In April, we welcomed a team from the Commission for Accreditation of Park and Recreation Agencies (CAPRA) as part of our reaccreditation process. CAPRA is the only national accreditation for parks and recreation organizations and sets the benchmark for quality and excellence across the country. We're proud to share that the reviewers clearly saw how RCC has grown from a traditional facility into a vibrant, community-centered hub, where staff are deeply engaged, relationships are strong and the work makes a real difference. Their recognition is a meaningful affirmation of our team's dedication and the deep trust we've built with the people we serve. We look forward to sharing more as the process concludes this fall.

In June, our team came together for an inspiring staff teambuilder focused on envisioning RCC's future and strengthening our shared purpose. It was a powerful opportunity to reconnect with our core values, define what excellence means in our context and ensure we continue to uphold a culture rooted in service, inclusion and community. This intentional work reinforces our commitment to being a dynamic, welcoming place where every individual feels seen, valued and supported.

This August, both RCC locations will be refreshed during the annual maintenance period. Updated staff offices and public spaces will bring renewed energy to our facilities and reflect our focus on creating a welcoming, inspiring environment.

While we embrace a fresh new look, our mission remains the same. We are here to foster a thriving, inclusive and connected community – and that commitment runs deep.

As summer winds down and the fall season begins, we invite you to discover the renewed spirit of RCC and explore our exciting lineup of programs for all ages. There's something here for everyone and we can't wait to welcome you.



**Beverly Ann Cosham**  
Chair, RCC Board of Governors



**BeBe Nguyen**  
Executive Director, RCC



# Reston MultiCULTuRaL Festival

**Saturday, September 20**

**11:00 a.m. – 6:00 p.m.**

**FREE FOR ALL AGES!**

**Reston Town Center**

**The annual Reston Multicultural Festival celebrates Reston's rich mosaic of cultures through song, dance, food and art. Immerse yourself in different cultures as we come together as a community.**

Reston Community Center is proud to present the Reston Multicultural Festival in partnership with Reston Town Center, Reston Town Center Association and BXP, in cooperation with the National Council of Traditional Arts. Volunteer coordination is provided by the Reston Association.

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

**For more information, please contact Asjah Heiligh,  
RCC's Community Events Director, at 703-390-6159.**



Enriching Lives.  
Building Community.®



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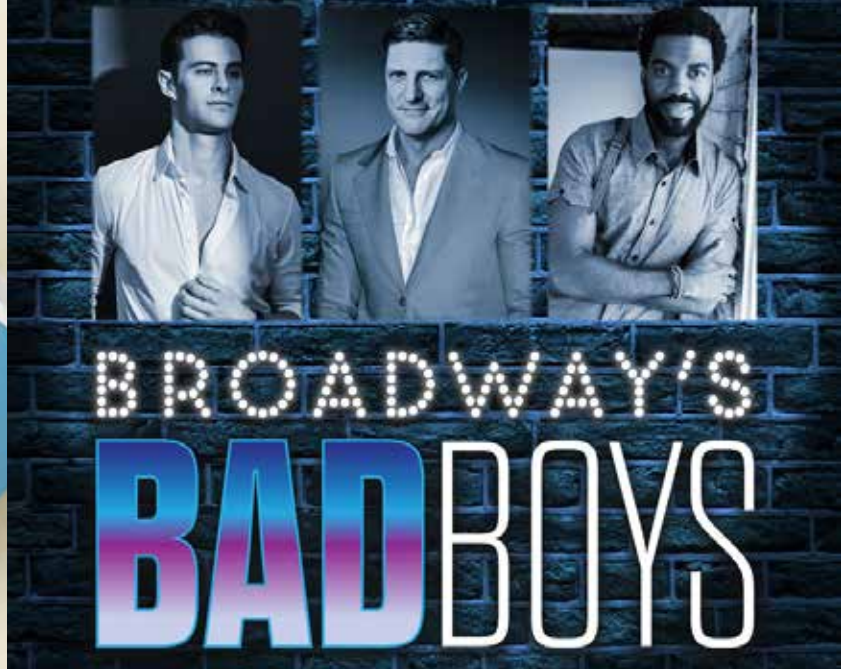
**RTCA**

**Reston**  
ASSOCIATION  
*Together we make Reston great*



## COMMUNITY EVENTS

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## RCC Community Coffee

**Saturdays**

**September 13 – December 20**

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

FREE

ALL AGES

Kick off your Saturday with good vibes, donuts, coffee and engaging conversations. Whether you're a regular or a first-timer, everyone is welcome. Start your weekend off right at RCC's Community Coffee.

There will be a few special themed Saturdays with unique foods and activities, crafts or entertainment to bring everyone together.

**October 4 – National Cinnamon Roll Day**

**November 1 – Day of the Dead**

**December 20 – Winter Solstice**

For more information, please contact Asjah Heiligh, RCC's Community Events Director, at 703-390-6159.

## Broadway on the Square "Broadway's Bad Boys"

**Friday, September 5**

**Saturday, September 6**

**Sunday, September 7**

7:30 p.m.

Reston Town Square Park

(Corner of Market Street and Explorer Street)

FREE

ALL AGES

Admit it! The villains get all the best songs. "Broadway's Bad Boys" lets you enjoy characters like the Phantom from "The Phantom of the Opera," the Beast from "Beauty and the Beast" and a bit of Harold Hill in between. The show features Broadway stars Chris Sieber, Julius Thomas III and Sam Gravitte. You will hear popular songs from classic Broadway shows and newer musicals, performed by a skilled cast of Broadway professionals with a strong trio of musicians.

Presented by Reston Community Center and Reston Town Center Association.

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





**DON'T  
FORGET  
TO  
VOTE**



## RCC Preference Poll

**September 5 – September 26**

You can play a vital role in shaping the future of recreation, cultural and leisure-time pursuits in your community by participating in the RCC Preference Poll for Board of Governors positions.

RCC Board members establish the overall policy and program direction for Reston Community Center while providing financial oversight.

To register as a candidate, complete a Statement of Candidacy Form, available August 1 at RCC Hunters Woods and RCC Lake Anne or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

### KEY DATES

- Candidates Forum: September 2, 6:30 p.m. at The Leila Gordon Theatre at RCC Hunters Woods
- Voting Period: September 5 – September 26 (until 5:00 p.m.). Mail-in ballots must be received by 5:00 p.m. on September 25.

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

## Reggae on the Lake

**Saturday, September 6**

1:00 p.m. – 9:00 p.m.

Lake Anne Plaza

FREE

ALL AGES

RAIN OR SHINE

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

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

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



## Silent Dance Party

**Friday, September 12**

7:00 p.m. – 9:00 p.m.

Reston Station

FREE

ALL AGES

Get ready for a fun-filled Silent Dance Party at Reston Station Metro Plaza with dancing and activities for all ages! Join your friends and family and dance like nobody's watching. Our talented disc jockeys will play music that only you can hear through your headset.

This event will also include family-friendly activities, ensuring everyone has a great time. To participate, please bring your driver's license to exchange for a headset. You'll be able to choose from different music styles and dance to your favorites. Don't miss out!

Presented by Reston Community Center and Comstock at Reston Station.

**For more information, please contact Asjah Heiligh, RCC's Community Events Director, at 703-390-6159.**

## Fall Wellness Fair

**Saturday, October 11**

10:00 a.m. – 12:00 p.m.

RCC Hunters Woods

FREE

ALL AGES

Kickstart your health journey before the new year! Join us for a free family-friendly event where you can explore a wide array of health resources, enjoy free screenings and access a range of wellness services – all in one place. Don't miss this fantastic opportunity to take charge of your well-being.

Presented by Reston Community Center in partnership with local organizations and government agencies.

**For more information, contact LaTanja Snelling, RCC's Equity Partnership Director, at 703-390-6180.**



# HAPPY HOUR

WITH DARDEN & FRIENDS

## FRIDAYS

**SEPTEMBER 12 – OCTOBER 17**

**5:30 P.M. – 6:45 P.M.**

**FREE • ALL AGES**

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



### RESTON TOWN SQUARE PARK

#### September 12

**Allyn Johnson**

Native Washingtonian musician, composer, arranger and producer

#### September 19

**Sarah Moyers**

Jazz vocalist and arranger

#### September 26

**Steve Williams Mighty Little Big Band**

An 11-piece, pint-sized big band

#### October 3

**José Luiz Martins**

Blending Brazilian rhythms with elements of jazz, classical, rock and contemporary music

#### October 10

**Clara Campbell  
& Justin Mendez**

Blending timeless standards, original works and inventive improvisation

#### October 17

**Darden Purcell**

Jazz vocalist and sought-after Jazz educator

Presented by Reston Community Center and Reston Town Center Association in partnership with Darden Purcell.

For more information, please contact Asjah Heiligh, RCC's Community Events Director, at 703-390-6159.



## Reston Holiday Parade

**Friday, November 28**

11:00 a.m. – 12:00 p.m.

Reston Town Center

FREE

ALL AGES

Come and enjoy the parade that is consistently voted one of the top 10 in the country!

Reston Community Center is a proud community partner and sponsor for this special Reston tradition.

Following the parade, stay for more holiday merriment at Reston Town Center including visits and photos with Santa, the tree lighting, a group sing-along and horse-drawn carriage rides.

Parade day volunteer jobs are available, including line marshals, pacers, character assistants and balloon handlers (who must weigh more than 100 pounds). Volunteers must be 14 years or older.

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

## Reston Town Center Holiday Performances

**Saturdays**

**November 29 – Jolly Jazz Band**

**December 6 – The Holiday Carolers**

**December 13 – Beltway Brass**

**December 20 – The Holiday Carolers**

12:00 p.m. – 3:00 p.m.

Reston Town Center

FREE

ALL AGES

Enjoy holiday performances in the crisp, fresh air at Reston Town Center. Catch the spirit of the season while you shop.

Presented by Reston Community Center and BXP.

For more information, please contact Asjah Heiligh, RCC's  
Community Events Director, at 703-390-6159.

# VOLUNTEER OPPORTUNITIES – VOLUNTEER MANAGEMENT SYSTEM

Find more information and register for these RCC volunteer opportunities in Fairfax County's Volunteer Management System (VMS) at [volunteer.fairfaxcounty.gov](http://volunteer.fairfaxcounty.gov).

## RCC Community Coffee Volunteers

(14+)

RCC Hunters Woods

September 13 – December 20

Sat 7:30 a.m. – 11:30 a.m.

## Adapted Aquatics Volunteers

(13+)

RCC Hunters Woods – Warm Water Pool

September 13 – December 13

Sat 10:45 a.m. – 12:00 p.m.

## Fall Family Crafternoons Volunteer

(18+)

Stonegate Village Community Center

September 23

Tue 11:30 a.m. – 2:00 p.m.

Crescent Community Center

October 20

Mon 11:30 a.m. – 2:00 p.m.

Cedar Ridge Community Center

November 3

Mon 11:30 a.m. – 2:00 p.m.

Westglade Club House

December 8

Mon 11:30 a.m. – 2:00 p.m.

## Halloween Family Fun Day Volunteers

(14+)

RCC Hunters Woods

October 18

Sat 9:30 a.m. – 3:00 p.m.

## Thanksgiving Food Drive Volunteer

(5+)

RCC Hunters Woods

November 27

Thu 10:00 a.m. – 1:00 p.m.

## Thanksgiving Food Drive Volunteer Leader

(Including Training)

(16+)

RCC Hunters Woods

November 27

Thu 9:00 a.m. – 1:00 p.m.

# VOLUNTEER OPPORTUNITIES – PARTNER PROGRAMS

## Reston Multicultural Festival

(13+)

Reston Town Center

Friday, September 19

Saturday, September 20

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

### Job Descriptions:

#### Activity Assistant

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

#### Survey Takers

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

### Set-up/Breakdown

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

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

## Reston Holiday Parade Volunteers

(14+)

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

Reston Town Center Pavilion

November 28

Fri 9:00 a.m. – 1:00 p.m.

## Volunteer Management System (VMS)

After registering for VMS, your information will be accessible to any County agency where you want to volunteer. You can review opportunities, track your volunteer hours and view your commitment calendar. For questions, please contact VMS Help at [VMSHelp@fairfaxcounty.gov](mailto:VMSHelp@fairfaxcounty.gov).





# RCC THANKSGIVING DRIVE

Drop Off Donations:  
**NOVEMBER 1 – NOVEMBER 26**

Reston Community Center proudly partners with the Greater Reston Chamber of Commerce and Cornerstones to make a meaningful difference for families in our community. You can help by donating non-perishable food and essentials at RCC Hunters Woods and Lake Anne, the Greater Reston Chamber of Commerce and other designated drop-off points. Join us in this community effort – together, we can make a difference!

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

**Want to Volunteer? Become an Event Leader or Food Sorter.**  
Learn how on page 11.



Organizations and businesses interested in participating as drop-off points can call Asjah Heiligh, RCC's Community Events Director, at 703-390-6159.



SATURDAY  
**DECEMBER 6**  
10:00 A.M. – 3:00 P.M.  
RCC Lake Anne

FREE

ALL AGES

**Gifts**   
from the  
**HeART**  
SHOPPING EVENT

Come join us for a fantastic holiday gift shopping experience! Find beautiful original artwork, charming ceramics, stunning jewelry and a variety of other unique items, all created and sold by talented artists.

This special event takes place alongside RCC's annual "Gifts from the HeART" exhibit, which showcases amazing works of art in a wide variety of styles, sizes and price ranges. Plus, artists will donate 10% of their proceeds to support Cornerstones' ongoing work to strengthen our community.

**For more information, please contact Gloria Morrow, RCC's Arts Education Assistant, at 703-390-6187.**

To Benefit  
**Cornerstones**   
Hope for Tomorrow Today

# RCC On Wheels COMING TO A NEIGHBORHOOD NEAR YOU!



After a summer of pop-up fun, RCC On Wheels is officially on the move! This new mobile unit brings enrichment, entertainment and leisure activities straight to neighborhoods across Reston. Equipped with the latest technology, it's a fresh, fun way to enjoy RCC programs right where you live. Get ready to connect, create and celebrate — RCC is coming to you!

For more information, or to arrange a visit by RCC On Wheels, please email [RCCoffsite@fairfaxcounty.gov](mailto:RCCoffsite@fairfaxcounty.gov).

## HOLIDAY LUNCHEON

THURSDAY  
**DECEMBER 11**  
11:30 A.M. – 2:00 P.M.  
RCC Hunters Woods

\$30 R

\$24 R55+

\$45 NR

Share the joy of the season at RCC's annual holiday celebration for adults 18 and older. Enjoy a cozy afternoon filled with a delicious meal, heartwarming music and dancing that lifts the spirit. Whether you come with friends or make new ones along the way, this festive gathering is all about connection, community and celebrating the season together.

For more information, please contact Cassie Lebron, RCC's Lifelong Learning Program Director, at 703-390-6157.





## ARTS & CULTURE

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# THE LEILA GORDON THEATRE

The dedication of The Leila Gordon Theatre marks a defining moment in Reston Community Center's legacy, symbolizing both deep gratitude and enduring vision.

This naming honor recognizes an individual whose contributions have profoundly shaped RCC's identity as a cornerstone for arts, culture and community connection in Reston and beyond.

For over four decades, Leila Gordon's leadership elevated RCC from a local facility to a dynamic and inclusive cultural institution that champions creativity, fosters belonging and reflects the values of the diverse community it serves. Her visionary stewardship ensured that the arts remained accessible, vibrant and central to Reston's civic life.

This recognition serves not only as a tribute to an extraordinary leader but also as a guiding light for the future. It affirms RCC's commitment to honoring its past while continuing to innovate, engage and inspire through the transformative power of the arts.

Also recognized during the dedication event was Linda Ifert, RCC's longtime Technical Director. Linda's expertise, artistry and quiet leadership behind the scenes ensured the success of countless performances and productions. Her work supported generations of artists and audiences alike and her legacy lives on in the professional excellence and care that define every production at RCC.





# MOVIES THAT MOVE

**The Leila Gordon Theatre at RCC Hunters Woods • Free**

Experience captivating films as you are transported to imagined worlds from the comfort of The Leila Gordon Theatre.

## **"MY OCTOPUS TEACHER"**

**Monday, September 15**  
**10:00 a.m.**

A moving story of connection beyond barriers, brought to life with stunning cinematography. (2020, PG)

## **"SOUND OF METAL"**

**Monday, October 6**  
**10:00 a.m.**

Amid relentless gigs, punk drummer Ruben faces sudden hearing loss, threatening his music and his future. (2019, R)

## **"HAMILTON"**

**Special Election Day Screenings**

**Tuesday, November 4**  
**9:00 a.m. and 12:00 p.m.**

Enjoy the groundbreaking Broadway hit "Hamilton," captured live with the original cast. (2020, R)

## **"NO OTHER LAND"**

**Wednesday, November 12**  
**7:30 p.m.**

In this Academy Award-winning documentary, Palestinian activist Basel Adra teams up with Israeli journalist Yuval to document the destruction of Masafer Yatta. (2024, Not Rated, 18+)

## **"THE SOUND OF MUSIC"** **SING-ALONG**

**Wednesday, November 19**  
**7:30 p.m.**

Celebrate 60 years of this iconic film – sing along and relive the magic! (1965, PG)

## **"THE HOLDOVERS"**

**Monday, December 1**  
**10:00 a.m.**

A grumpy instructor bonds with a troubled student and grieving cook during Christmas break. (2023, R)

For more information about Movies That Move, contact Paul Michnewicz, RCC's Director of Arts and Culture, at 703-390-6167.

# MEET THE Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

The Leila Gordon Theatre • Free • All Ages

## BEVERLY COSHAM

**September 25**

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

## MARK IRCHAI

**October 2**

Mark Irchai performs a brand new recital program titled "Solitude," which attempts to paint a sonic picture of America's Loneliness Epidemic through the lens of the piano repertoire. Works by Brahms, Scriabin, Vienne and others.

## TALLWOOD TRIO

**October 9**

Nancy Riley (vocalist), Alan Wenberg (piano), Ron Musselwhite (drums) and guest artists will perform "The Great American Songbook," light jazz and contemporary selections.

## MARK IRCHAI AND THE LOUDOUN LYRIC OPERA

**October 16**

Loudoun Lyric Opera, Loudoun County's resident opera company, presents "What is Opera?" – a delightful survey of classics of the opera. Under the musical direction of artistic director, Mark Irchai, it will dazzle both newcomers and opera veterans.

## THE LONČAR GUITAR TRIO

**October 23**

The Lončar Guitar Trio is a unique family ensemble that consists of the family members Miroslav, Nataša and Maya. Their program combines original works written for three guitars with their own arrangements of musical masterpieces. The works will include music by such composers as Bellinati, Borodin, Gottschalk, Piazzolla and others.

## ELIZABETH BOZHICH

**October 30**

Elizabeth Bozhich, soprano, presents a Halloween-themed recital with narration. From eerie legends to fantastical fairy tales, this concert will feature spellbinding opera arias and art songs, bringing the stories of fairies, witches and enchantments to life.



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

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

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



# 2025/2026 Professional Touring Artists Series

Some of you may be aware of the recent changes at RCC, and indeed, things are not like they used to be.

Firstly, the CenterStage has been renamed The Leila Gordon Theatre in honor of longtime RCC Executive Director Leila Gordon, who retired in December 2024 after 41 years of dedicated service. She envisioned and created what is now known as the Professional Touring Artists Series, which brings the best musicians, dancers, actors and thought leaders from across the country and around the world to Reston, with the goal of building community through the arts.

Leila was not alone in this venture. RCC's former Technical Director, Linda Ifert, who retired in 2020, played a significant role in bringing Leila's vision to life. Linda dedicated countless hours to hanging and focusing lights, curtains and sound equipment, as well as replacing seating and carpeting. After that, she would write lighting cues, set sound levels and build projections in a small dark area above our heads known as the "tech booth." In recognition of her dedication and passion, we have renamed this The Linda Sue Ifert Technical Theatre Booth.

I owe an immense debt of gratitude to these two talented and passionate theatre artists. It has been an honor to continue their tradition of showcasing rare and excellent performances, and this season's offerings will uphold that tradition.

We are pleased to welcome our new Executive Director, BeBe Nguyen. In her honor, our first PTAS performance in The Leila Gordon Theatre will feature Pulitzer Prize-winning author Viet Thanh Nguyen. Reading his poignant and often humorous books has deepened my understanding of what it means to be an immigrant and, more broadly, what it means to be human.

We will celebrate these changes and the debut of the 2025/2026 PTAS season with a party in the Community Room immediately following Viet Thanh Nguyen's performance on September 27. Your ticket to the show will grant you entrance to this season opening celebration.

Amid all these changes, it's comforting to know that there is still a place where you can enjoy exquisite performances and celebrate the arts with neighbors and friends.

Some things change, but some things remain the same.



Paul Douglas Michnewicz  
Director of Arts & Culture

## TICKET ON SALE DATES

### August 1

Residents and/or employees of businesses in Small District 5 can purchase Professional Touring Artists Series tickets from the RCC Box Office in person or on the phone, which will be open on Friday, August 1 from 4:00 p.m. to 9:00 p.m.

### August 8

Professional Touring Artists Series tickets will go on sale to the general public and **online** at 9:00 a.m.

**Order forms are available online.**

### Regular RCC Box Office Hours

**Sunday, Monday, Friday:** Closed

**Tuesday, Wednesday, Thursday:** 4:00 p.m. - 9:00 p.m.

**Saturday:** 12:00 p.m. - 5:00 p.m.

**Online:** [www.restoncommunitycenter.com/ptas](http://www.restoncommunitycenter.com/ptas)

**Phone:** 703-476-4500, Press 3



## Viet Thanh Nguyen

**Saturday, September 27**

3:00 p.m.

**\$40 R     \$60 NR**

Viet Thanh Nguyen’s writing is bold, elegant and fiercely honest. His remarkable debut novel, “The Sympathizer,” won the Pulitzer Prize, was a Dayton Literary Peace Prize winner and made the finalist list for the PEN/Faulkner award.

Viet and his family came to the United States as refugees during the Vietnam War in 1975. The New York Times says that his novel “fills a void ... giving voice to the previously voiceless while it compels the rest of us to look at the events of forty years ago in a new light.” His voice is refreshing and powerful as he urges readers to examine the legacy of that tumultuous time and its aftermath from a new perspective. Copies of his books will be available for purchase and the author will sign them.

Celebrate the opening of the 2025/2026 Professional Touring Artists Series with a reception in the Community Room. Light fare will be served.

“Compares favorably with masters like Conrad, Greene and le Carré.”  
— The New York Times



## “An American Bombing: The Road to April 19th” Screening with producer Mahrya MacIntire

**Monday, October 13**

7:30 p.m.

Part of the Washington West  
Film Festival

**\$5 R     \$10 NR**

On April 19, 1995, the Oklahoma City bombing became the deadliest act of homegrown terrorism against the government in U.S. history. “An American Bombing: The Road to April 19th” examines the details of that day, the experiences of the people there, the hunt for the perpetrators, the pivotal moments of the trial and its effects still felt today.

“It’s a trip into the past that’s also a rendezvous with the present and a warning about the future.”  
— The New York Times



## Nobuntu

**Wednesday, October 29**

8:00 p.m.

**\$15 R     \$20 NR**

Nobuntu, the female a cappella quartet from Zimbabwe, has drawn international acclaim for its inventive performances that range from traditional Zimbabwean songs to Afro Jazz to Gospel. The ensemble’s concerts are performed with pure voices, augmented by minimalistic percussion, traditional instruments such as the Mbira (thumb piano) and organic, authentic dance movements.

“... a vibrant and stunning performance full of sparkling energy.”  
— Sunday Times (Germany)



## Aparna Nancherla with Kenice Mobley

**Saturday, November 8**

8:00 p.m.

\$15 R

\$20 NR

Aparna Nancherla is a unique comedian celebrated for her blend of dry, existential and absurd humor. She currently appears on "After Midnight" on CBS and "The Drop" on Hulu and has a half-hour special in the second season of "The Standups" on Netflix. Recognized by Rolling Stone as one of "The 50 Funniest People Right Now," she released her debut album, "Just Putting It Out There," in 2016 and has appeared on several notable shows, including "Late Night with Stephen Colbert" and "Two Dope Queens." Her HBO comedy special can be seen this fall. She will be bringing all new material to Reston.

Her book, "Unreliable Narrator: Me, Myself, and Impostor Syndrome," will also be available for signing.

Opening for Aparna is Kenice Mobley, a standup comedian and filmmaker from Brooklyn. Kenice has performed around the world and recently debuted on "The Tonight Show with Jimmy Fallon."

"Aparna Nancherla is the envy of any working comedian today."

— The Nerdist



## American Patchwork Quartet

**Sunday, November 16**

3:00 p.m.

\$15 R

\$20 NR

American Patchwork Quartet (APQ), led by multi-Grammy award-winning guitarist/vocalist Clay Ross, binds timeless American folk songs with jazz sophistication, country twang, West African hypnotics and East Asian ornamentation. APQ's sound is a masterful confluence of tradition and innovation, transcending culture, politics and ideology.

APQ resonates as a potent symbol of unity in diversity. It stands testament to the notion that, from a collage of varied backgrounds, a coherent and beautiful whole can be fashioned. Mirroring America's cultural mosaic, APQ stitches together a story that's both intricate and resilient. The fabric of their music is genuine – it neither feigns tolerance nor presents an overly-embellished image of unity. Instead, each carefully chosen piece dives deep into America's patchwork soul and shares the joys, sorrows and unwavering hope of a nation crafted by shared dreams and diverse histories.

"APQ creates music to unify and lift up diverse voices."

— CBS



## "Marooned! A Space Comedy"

**Sunday, November 23**

3:00 p.m.

\$15 R

\$20 NR

An astronaut traveling 87,000 light years into space crash-lands on an uncharted planet where she must resort to emergency measures to seek rescue. From the award-winning team of Alex and Olmsted, "Marooned! A Space Comedy" is a show where elegant puppetry design meets joyful, meaningful storytelling. Live performance, shadow puppetry and marionettes shine to delightful effect in a production that is "achingly beautiful..." (Maryland Theatre Guide).

This Jim Henson Foundation grant-awarded show is puppetry life support of the best kind, at just the right moment.

"...amusing, charming, delightful and, at times, utterly and completely astonishing ... and I can say, with confidence, that they are out of this world."

— D.C. Theatre Scene





## Lúnasa

**Sunday, December 7**

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

\$25 R    \$35 NR

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



## "Navidad Flamenca" Presented by Furia Flamenca

**Saturday, December 20**

8:00 p.m.

\$20 R    \$30 NR

Come celebrate the Holidays with us! Let's create a new tradition by celebrating the Spanish and Puerto Rican way. "Navidad Flamenca" is a delightful program that will take you on a journey of some of the most festive holiday traditions as celebrated in Spain and Puerto Rico. The show was conceived by Estela Vélez de Paredez, Artistic Director of the company, who grew up in Puerto Rico and experienced the unique celebrations of the holidays on the island and the parallels to the Spanish traditions.

Enjoy an evening of joyous and mesmerizing Spanish holiday music and song (villancicos) alongside thrilling flamenco dancing – and even a Puerto Rican "parranda" (caroling/ party) or two.

"Join us in this thrilling celebration of various holiday traditions."

— Paul Michnewicz



## Akua Allrich and the Tribe

**Sunday, January 18**

3:00 p.m.

\$15 R    \$20 NR

Jazz vocalist Akua Allrich, a native of Washington, D.C., has established herself as a remarkably talented musician with a passionate stage presence. With skill and charisma, this vocalist, composer and teacher has carved out a niche for her distinctive musical expression, captivating audiences in and around the nation's capital with sold-out performances.

"Akua Allrich has a warm and sassy delivery, not unlike a young Aretha Franklin, and uses her voice in a flexible way that includes drops, falls and growls almost like an old school trumpet player."

— Jazz Weekly



## Keynote Address and Community Luncheon with Dr. Eddie Glaude Jr.

Reston Dr. Martin Luther King Jr. Birthday Celebration

### Monday, January 19

11:00 a.m.

\$5 R \$20 NR

Dr. Eddie Glaude Jr. is a prominent scholar known for his impact as an author, political commentator and passionate educator. He explores the complexities of the American experience, particularly through the lens of race and democracy.

His notable works include "Democracy in Black: How Race Still Enslaves the American Soul" and "In a Shade of Blue: Pragmatism and the Politics of Black America," which examine the struggles within Black communities and the broader societal challenges of racial issues. His bestseller, "Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own," reflects on Baldwin's insights and their relevance today.

Through his writing and public speaking, Glaude inspires thought and dialogue around race, identity and democratic responsibility, making significant contributions to our understanding of these critical issues.



## Happenstance Theater "Preposterous!"

Sunday, February 8

3:00 p.m.

\$15 R \$20 NR

Celebrating their 20th year, we are happy to bring Happenstance Theater back to Reston.

Their newest work, "Preposterous!" is a sophisticated, family-friendly, pocket-sized clown circus in which charming vintage clowns play circus animals, sing as human calliopes, do the classic circus mirror routine with a twist, invent several ridiculous "entrees," perform live music and execute a very satisfying slow-motion number involving a pie!

Fun for all ages.

"Happenstance Theater is a delightfully precise group of actors/clowns, all hell bent on making you smile. It will be a smile that goes directly to your heart."

— Paul Binder, Founder, Big Apple Circus



## This Land: An Evening with Lara Downes and Judy Collins

Saturday, February 14

8:00 p.m.

Sunday, February 15

3:00 p.m.

\$40 R \$60 NR

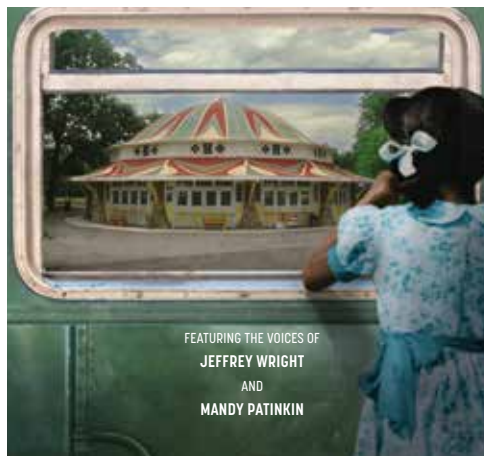
Celebrate America's 250th anniversary with pianist Lara Downes and folk legend Judy Collins in an inspiring evening of music and conversation, exploring the diverse voices and stories that shape our nation.

Judy, with Lara on piano, will perform beloved hits. Lara will also preview "Life" by composer Valerie Coleman, co-commissioned by RCC to honor The Leila Gordon Theatre's renaming, ahead of its July 1, 2026 premiere at Lincoln Center.

"This Land" is not just a concert. Through their performances and dialogue, these artists will create an evening of celebration and reflection, fostering empathy and connection as we recognize our shared history.

"This is a one-of-a-kind event which should not be missed."

— Paul Michnewicz



## **"Ain't No Back to a Merry-Go-Round" Screening & Talk-Back with Ilana Trachtman**

**Wednesday, February 18**

7:30 p.m.

FREE

Five Howard students broke barriers in the summer of 1960 by riding the whites-only carousel at Glen Echo Amusement Park. Their protest sparked an unprecedented alliance with the local white community, drawing national attention, union support, and eventually producing ten 1961 Freedom Riders, including Stokely Carmichael, and a Supreme Court case.

"Ain't No Back to a Merry-Go-Round," directed by Emmy winner Ilana Trachtman, brings this untold story to life with never-before-seen footage and voices by Jeffrey Wright, Mandy Patinkin, Bob Balaban, Lee Grant, Peter Gallagher, Dominique Thorne, Alysia Reiner and Tracie Thoms.

Stay afterward for a discussion with director Ilana Trachtman.

## **Reduced Shakespeare Company's "All The Great Books (abridged)"**

**Sunday, February 22**

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

\$25 R

\$35 NR

Little Dickens. Short Longfellow. Reduced Proust. All the Great Books. Less is More. The literary canon explodes as the Reduced Shakespeare Company once again unleashes a comic outrage on an unsuspecting public.

The Bad Boys of Abridgment take you on a ninety-eight-minute roller-coaster ride through their compact compendium of the world's great books in "All The Great Books (abridged)." Buckle up and hop aboard as they zip through everything you didn't get around to reading in school.

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.

"English class meets Monty Python"

— The Washington Post

## **Cleo Parker Robinson Dance Ensemble**

**Saturday, February 28**

8:00 p.m.

\$20 R

\$30 NR

The internationally renowned Cleo Parker Robinson Dance Ensemble, rooted for over 50 years in African American traditions and the modern dance legacy bring 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





## **"Different Ships, Same Boat"**

**Saturday, March 7**

8:00 p.m.

\$15 R

\$20 NR

"Different Ships, Same Boat" is a stirring exploration of the joys, tensions and complexities of who we are and who we aspire to be, both to ourselves and to one another.

With a podcast-like narration that ranges from humorous to poignant to poetic, performers Regie Gibson and Guy Mendilow introduce each chapter, presenting moving, real-world stories – from WWII Hungary to contemporary small town USA – set against an evocative musical score.

"...a unique and beautiful approach to understanding perspectives beyond your own, something we need so badly in the world right now."

— Laura Conrad Mandel  
Executive Director, Jewish Arts Collaborative



## **"Seasons of the Witch: Honoring Women & The Stories They Inspire"**

Mandy Brown, soprano

Tatiana Loisha, accompanist

**Sunday, April 19**

3:00 p.m.

\$15 R

\$20 NR

"Seasons of the Witch" is a wickedly good time exploring stereotypes of the witch and reconciling these fantastical fabrications with who these women truly were, unique individuals, healers and wise women.

The recital includes selections in a variety of languages and musical styles, slides of quotes and translations, along with poetry excerpts. A trio of witchy songs by Fiona Linnane, an award-winning composer in Ireland, has been commissioned especially for this program.

After the show, sample the herbalist kitchen and learn about the magic growing all around us.

"Soprano Mandy Brown sang with consummate poise, her top range warm and powerful but also capable of a limpid shimmer."

— Washington Classical Review



## **Murray Hill**

**Saturday, May 30**

8:00 p.m.

\$15 R

\$20 NR

Murray Hill is a well-known entertainer in New York City. He is a comedian, TV host and emcee. Audiences enjoy his performances for their high energy, humor and engaging storytelling. Starring as Fred Rococo in HBO's acclaimed series "Somebody Somewhere," Murray has won several awards, including a Peabody Award and AFI. He hosted "Drag Me to Dinner" on Hulu and appears in "Life & Beth" and "Welcome to Flatch." He also acts in the upcoming movie "Jackpot," starring John Cena and Awkwafina.

In 2025, he will release his memoir "Showbiz! My Life as a Middle-Aged Man" with Simon & Schuster's Gallery Books. He served as a special guest correspondent for ABC News during "Pride Across America," covering Pride marches in San Francisco, New York and Chicago. NBC News recognized him as one of the 30 most influential drag performers today.

Murray received the New York Voices commission from Joe's Pub at The Public Theater, where he presented his one-man show "About to Break." His holiday show "A Murray Little Christmas" has sold out at Joe's Pub for a decade, drawing audiences with its festive spirit and fun performances.

# RCC BOX OFFICE INFORMATION

## TO PURCHASE TICKETS:

### Online:

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

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

### By Mail:

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

2310 Colts Neck Road, Reston, VA 20191

### In Person:

**Tuesday, Wednesday, Thursday: 4:00 p.m. – 9:00 p.m.**

**Saturday: 1:00 p.m. – 5:00 p.m., and two hours before any ticketed performance.**

### Phone:

**703-476-4500, Press '3' • TTY 711**

You will need to provide your email address, credit card number, or other information during the call.

### Fax:

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

## BOX OFFICE POLICIES:

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

Tickets for the Professional Touring Artists 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 TICKETS

Tickets for community arts organization events held at RCC (The Leila Gordon Theatre 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 at  
[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## GOVERNMENT FUNDERS

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



Virginia Commission for the Arts:  
[www.arts.virginia.gov](http://www.arts.virginia.gov)



VIRGINIA COMMISSION FOR THE ARTS

National Endowment for the Arts:  
[www.arts.gov](http://www.arts.gov)



# CULTURAL ARTS

## The Reston Museum

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

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

### A Network of Neighbors: Technology and Togetherness in Reston's Story

Join us as we explore how Reston successfully combined innovative technology with core values like connection and community. Guest speaker Charles Veatch will share how one of the first computer modeling systems shaped Reston's early development and discuss the town's focus on attracting research and technology industries, emphasizing "think tanks" over "smokestacks" for community and economic growth.

**Wednesday, November 19**  
**7:00 p.m.**

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

## PERFORMING ARTS

### Fairfax-Loudoun Music Fellowship

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

Fairfax-Loudoun Music Fellowship offers membership to private music teachers looking for a non-competitive, friendly and enriching community.

#### Fall Recitals

**Sunday, October 12**  
**1:00 p.m. and 4:00 p.m.**

**RCC Hunters Woods –**  
**The Leila Gordon Theatre**  
**Free, All Ages**

## Ravel Dance Studio

[www.raveldance.com](http://www.raveldance.com)  
703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity to perform original works of dance in a variety of dance genres so they may be better prepared to enter the professional world of dance or to gain acceptance to a university dance program.

### "The Nutcracker"

**Friday, December 12**

**7:00 p.m.**

**Saturday, December 13**

**7:00 p.m.**

**Sunday, December 14**

**2:00 p.m.**

**RCC Hunters Woods –**  
**The Leila Gordon Theatre**

**Tickets: \$25**

*Tickets will be available at the RCC Box Office in November.*

## Reston Community Orchestra

[www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org)  
571-449-7095

Reston Community Orchestra (RCO) is an all-volunteer ensemble devoted to the cultural enhancement of the community through the presentation of diverse offerings of symphonic music, from classical to pop. Check the RCO website for updated concert information closer to the performance dates.

### "Gr8 Romantic Relatives"

The RCO opens its 38th season with two beloved works from the Romantic era: Max Bruch's "Concerto for Violin and Viola in E Minor" and Antonín Dvořák's "Symphony No. 8 in G Major." The concerto will feature the local favorite, the Marcolivia Duo. Interestingly, both pieces are Opus 88, which is the 88th work by each composer, and are written in relative minor and major keys, making them a great fit.

**Saturday, October 25**  
**4:00 p.m.**

**RCC Hunters Woods –**  
**Community Room**

\$25 for adults; \$18 for seniors (60+); youth (17 and below), Free for military and first responders. Donations are appreciated.

*RCO is supported in part by ArtsFairfax, the Virginia Commission for the Arts and National Endowment for the Arts, plus corporate and individual patrons.*

## Reston Community Players

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

Reston Community Players (RCP) continue their tradition of artistic excellence in Reston and surrounding communities with touching, funny and timeless productions. RCP has been delighting audiences since 1966.

### "The Rocky Horror Show"

**Friday, October 10, 17, 24, 31**

**8:00 p.m.**

**Saturday, October 11, 18, 25**

**8:00 p.m.**

**Sunday, October 19 and 26**

**2:00 p.m.**

**RCC Hunters Woods –**  
**The Leila Gordon Theatre**

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

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

*The Reston Community Players receive funding from ArtsFairfax and the Virginia Commission for the Arts, which are supported by the Virginia General Assembly and the National Endowment for the Arts.*

## The Reston Choral

[www.restonchorale.org](http://www.restonchorale.org)  
703-834-0079

The Reston Choral is an inclusive mixed-voice chorus with a full repertoire that varies in style from the great choral masterworks of Bach and Beethoven to the American classics of Gershwin and Copland. Experience the wonder of the season when The Reston Choral presents two performances of holiday favorites. It's a musical treat for all ages!

### "The Wonder of the Season"

**Saturday, December 6**  
**4:00 p.m. and 7:00 p.m.**

**RCC Hunters Woods –**  
**Community Room**

\$30 Adults (18-61), \$25 Seniors (62 and older), Free Active-duty military & Youth (17 and younger) with a ticketed adult.

*Tickets are available at RCC's Box Office and website.*

*The Reston Choral is supported in part by ArtsFairfax, Fairfax County Government, the Virginia Commission for the Arts, the National Endowment for the Arts and The Reston Choral Endowment Fund, corporate donors, sponsors and individuals.*



# VISUAL ARTS

## League of Reston Artists

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

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers and supporters of the arts. LRA is a nonprofit 501(c)(3) volunteer-run organization that sponsors the Reston Photographic Society.

Art in Public Places (AIPP) provides exhibit opportunities for LRA members. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

### SEPTEMBER – DECEMBER

#### Art in Public Places (AIPP)

Solo Shows – Quarterly rotation

### SEPTEMBER

#### "Paint and Beyond"

United States Geological Survey Eastern Geographic Science Center  
12201 Sunrise Valley Drive  
Reston, VA 20192

### OCTOBER

#### "ArtRESTON Painters"

RCC Lake Anne – Jo Ann Rose Gallery  
**Reception: Sunday, October 19**  
**2:00 p.m. – 4:00 p.m.**

### Public Art Reston

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

Public Art Reston (PAR) aims to inspire and connect the community through public art, which is essential for a thriving and diverse environment. Since its founding in 2007 and the adoption of the Public Art Master Plan in 2008, PAR has commissioned over 43 permanent and temporary artworks. It promotes creativity, accessibility and belonging.

*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](http://www.restonartgallery.com)

703-481-8156

The charming artists' collective in historic Lake Anne Plaza features unique artist-made jewelry, original prints, photography, watercolor, mixed media collage and acrylic and oil paintings. Visit website for gallery hours and workshop schedule.

### SEPTEMBER

#### Paintings and Collage

by Jennifer Duncan

**Reception: Sunday, September 14**  
**2:00 p.m. – 4:00 p.m.**

### OCTOBER

Art by Julia Malakoff

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

### NOVEMBER

Art by Marthe McGrath

**Reception: Sunday, November 9**  
**2:00 p.m. – 4:00 p.m.**

### DECEMBER

#### "Holiday Sparkle"

RAGS artists present a group show of giftable art.

**Reception: Sunday, December 14**  
**2:00 p.m. – 4:00 p.m.**

### Tephra ICA

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

703-956-9513

The Tephra Institute of Contemporary Art (ICA) promotes innovative contemporary art and thought. Acting as a catalyst and advocate for visual and interdisciplinary arts, Tephra ICA showcases globally influenced and diverse artists. The Institute offers educational initiatives and public programs that encourage critical thinking and creative expression. Admission to the 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.*

## RCC GALLERY EXHIBITS

## RCC Hunters Woods Exhibits

### SEPTEMBER/OCTOBER

"Things I'd Rather Not Know About Myself"

Pen & Ink/Photography works by Glenn Simonelli

### NOVEMBER

Art By Yelena Guiyeva

### DECEMBER

"Metro"

Urban photography by Lucia Sanchez

## RCC Lake Anne Jo Ann Rose Gallery Exhibits

### SEPTEMBER

"Art Mirrors Culture"

Reston Multicultural Festival Exhibit

### OCTOBER

artRESTON Painters Exhibit

A Fine Arts Exhibit from the League of Reston Artist (LRA)

### NOVEMBER

"What We Love"

Mixed Media Paintings by Alfa Tate-O'Neill

### DECEMBER

"Gifts from the HeART"

Annual Art Sale to benefit Cornerstones

**Shopping Event: Saturday, December 6**  
**10:00 a.m. – 3:00 p.m.**

## RCC Lake Anne 3D Gallery Exhibits

### SEPTEMBER – NOVEMBER

"Art Mirrors Culture"

Reston Multicultural Festival Exhibit

### DECEMBER – FEBRUARY 2026

"Gifts from the HeART"

## COMMUNITY ARTS

## INTERESTED IN EXHIBITING?

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



## AQUATICS

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## FALL SCHEDULE • SEPTEMBER 6 – DECEMBER 31

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

**\*Swim lanes may be limited.** Please note that the schedule is subject to change without notice. RCC schedules programming during open and lap swim times. The pools are 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. Programming will receive priority for pool space.

**Hours:** Pools will close a half hour prior to the building closing time to allow time for exiting from the 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.

## THE TERRY L. SMITH AQUATICS CENTER RULES & REGULATIONS

- Any conduct that jeopardizes the safety of other patrons is prohibited.
- Spitting or expelling water is strictly prohibited.
- Diving into water less than 8 feet deep is prohibited. Back dives or flips from the side in any depth of water are also prohibited.
- Running, pushing and horseplay are not allowed.
- Food, drinks and chewing gum are not allowed in pool areas or locker rooms.
- Glass containers and breakable objects are strictly prohibited throughout the Terry L. Smith Aquatics Center.
- Non-swimmers aged 11 and under must wear an RCC-supplied wristband and are only permitted in the shallow ends of the pools.
- Children using flotation devices require direct adult supervision. Only Coast Guard-approved flotation devices are allowed. You may bring your own Coast-Guard approved flotation device or use one provided by RCC.
- All individuals entering the pool must register at the Aquatics desk and pay the required fee.
- Children under 8 must be accompanied by an adult aged 16 or older.
- Children aged 7 and up must use the appropriate locker rooms. They may use the All Genders/Accessible Dressing Room or either the women's or men's locker rooms.
- Children under 3 and any patron diagnosed with incontinence must wear plastic pants underneath swimwear.
- All swimmers must rinse off before entering the pools. Anyone leaving the pool area must shower before re-entering.
- Kickboards and fins are only allowed in the lap lanes.
- Masks must be marked "Tempered Glass" or "Plastic Lens."
- Snorkels must be properly attached to a mask.
- Special equipment (rings, noodles and barbells) is for class use only.
- Starting blocks are reserved for swim lessons and rentals only.
- ADA and entry ramps are for entry and exit only. Open swimming or playing on the Warm Water or Lap Pool ramps is prohibited.
- Videography and photography of any kind during swim team practices are prohibited unless authorized in writing by the swim team coach.
- Do not converse with lifeguards on duty. Seek assistance from other Aquatics staff members in the office.
- Appropriate swimwear is mandatory. Only bathing suits or approved alternatives are permitted; excessively loose clothing or garments are not allowed for safety reasons.
- The pools may be closed or access limited at management's discretion due to technical issues, overcrowding or severe weather conditions.
- Prolonged underwater swimming or breath-holding is prohibited. Engaging in competitive or extended breath-holding can be dangerous.

These rules will be enforced by the professional lifeguarding staff of the Terry L. Smith Aquatics Center. Compliance with these rules is essential for the comfort and safety of all our patrons. Thank you for your cooperation.



## AQUATICS HOLIDAY HOURS:\*

Event	Date	Time
Annual Maintenance Period	August 25 – September 5	CLOSED
Boo at the Pool	October 25	CLOSED 1:00 p.m. – 5:00 p.m.
Veterans Day	November 11	7:00 a.m. – 6:00 p.m.
Thanksgiving Day	November 27	9:00 a.m. – 12:00 p.m.
Day After Thanksgiving	November 28	7:00 a.m. – 6:00 p.m.
Staff Teambuilder	December 17	CLOSED 1:00 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. – 1:00 p.m.

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

## LOCKER ROOM RULES

The locker rooms at RCC's Terry L. Smith Aquatics Center serve many patrons each day. To ensure the health and safety of our patrons, RCC requests that all patrons abide by these established rules:

- Only water bottles are allowed in the locker rooms. No food or any other beverages are permitted.
- The use of cell phones and any communication devices is strictly prohibited inside the locker rooms. You may use these devices only in the lobby areas of RCC.
- The locker rooms are shared spaces. Respect others by keeping surfaces, benches and all areas free of personal items. Any personal belongings should be stored in a locker during your visit. Clutter will not be tolerated.
- Do not leave your personal belongings in the locker rooms before or after use. This includes clothing, bags and other items. Lockers should be emptied after each visit.
- Maintaining a clean and tidy locker room is mandatory. Showers and sinks should be used efficiently.

- Absolutely no shaving is allowed. Hair shed from shampooing must be cleaned up immediately.
- Children ages 7 and older must use the locker room designated for their gender. This rule is not negotiable when bringing children to the pool.
- If you arrive at RCC with mud or debris on your shoes, you must remove your shoes before entering the locker rooms. Failure to do so will result in you being asked to leave the premises.



## 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 ACCOMODATIONS

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

## GROUP RESERVATIONS

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

## RCC PASS OPTIONS

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

### Aquatics Daily Visit Pass

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

### Aquatics Monthly Pass

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

### Aquatics 12-Month Pass

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

### Aquatics Water Aerobics Pass

The Aquatics Water Aerobics pass allows access to any of the Arthritis, Fibromyalgia and Multiple Sclerosis, Aqua Barre, Aqua Blast, Aqua Boot Camp, Aqua Burn, Aqua Mixer, Aqua Yoga, Deep Water Mania and Tides in Motion class offerings. This pass does not provide access to the Terry L. Smith Aquatics Center's Lap 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.

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

# RESTON MASTERS SWIM TEAM (RMST)



(18+)

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. We swim Tuesday, Thursday and Sunday evenings, and Saturday mornings. For exact times, please check the calendar on our website.

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

## RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)

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



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

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

AQUATICS





# LAP POOL

Reservations are required to use the lap swimming lanes at the Terry L. Smith Aquatics Center. Three of the six lanes are dedicated to reserved lap swimming while the three other lanes will be available for open swimming use.

Reservations for the following month open 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 so in myRCC. This will help RCC fill the open spot more easily with someone from the waiting list.



## Lap Pool – Lane 1

(8+)

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, Reservation Required

#### September 13 – December 31

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

## Lap Pool – Lane 2

(8+)

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, Reservation Required

#### September 13 – December 31

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

## Lap Pool – Lane 3

(8+)

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, Reservation Required

#### September 13 – December 31

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

AQUATICS





# BOO AT THE pool

**Saturday,  
October 25**  
\$4 Reston/\$8 Non-Reston

**Get ready for a  
thrilling and spooky  
experience at RCC's  
Boo at the Pool!**



**Session 1:  
12:30 p.m. – 1:00 p.m.**

**Session 2:  
1:30 p.m. – 2:00 p.m.**

**Session 3:  
2:30 p.m. – 3:00 p.m.**

**Session 4:  
3:30 p.m. – 4:00 p.m.**

- A parent/caregiver must accompany non-swimmers into the water.
- RCC will have a limited number of life jackets to share, or feel free to bring your own U.S. Coast Guard-approved life jackets.

**Register today  
to secure  
your spot!**

# 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 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 level's 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.

AQUATICS

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



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.



## Water Introduction

(6 – 18 months)

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

### 6, 30-min. sessions at Warm Water Pool

\$70 R

\$140 NR

#### September 13 – October 18

Sat 8:30 a.m. – 9:00 a.m.  
610000-6A  
Sat 9:40 a.m. – 10:10 a.m.  
610000-6B  
Sat 10:15 a.m. – 10:45 a.m.  
610000-6C  
Sat 10:50 a.m. – 11:20 a.m.  
610000-6D

#### November 1 – December 13

(No Class: November 29)

Sat 8:30 a.m. – 9:00 a.m.  
610000-6E  
Sat 9:40 a.m. – 10:10 a.m.  
610000-6F  
Sat 10:15 a.m. – 10:45 a.m.  
610000-6G  
Sat 10:50 a.m. – 11:20 a.m.  
610000-6H

#### September 14 – October 19

Sun 9:40 a.m. – 10:10 a.m.  
610002-6A

Sun 10:50 a.m. – 11:20 a.m.  
610002-6B

#### November 2 – December 14

(No Class: November 30)

Sun 9:40 a.m. – 10:10 a.m.  
610002-6C  
Sun 10:50 a.m. – 11:20 a.m.  
610002-6D

## Aqua Tots

(18 months – 3 years)

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

### 6, 30 min. sessions at Warm Water Pool

\$70 R

\$140 NR

#### September 13 – October 18

Sat 8:30 a.m. – 9:00 a.m.  
610007-6A  
Sat 9:40 a.m. – 10:10 a.m.  
610007-6B  
Sat 10:15 a.m. – 10:45 a.m.  
610007-6C  
Sat 10:50 a.m. – 11:20 a.m.  
610007-6D

#### November 1 – December 13

(No Class: November 29)

Sat 8:30 a.m. – 9:00 a.m.  
610007-6E  
Sat 9:40 a.m. – 10:10 a.m.  
610007-6F  
Sat 10:15 a.m. – 10:45 a.m.  
610007-6G  
Sat 10:50 a.m. – 11:20 a.m.  
610007-6H

#### September 14 – October 19

Sun 9:40 a.m. – 10:10 a.m.  
610008-6A  
Sun 10:50 a.m. – 11:20 a.m.  
610008-6B

#### November 2 – December 14

(No Class: November 30)

Sun 9:40 a.m. – 10:10 a.m.  
610008-6C  
Sun 10:50 a.m. – 11:20 a.m.  
610008-6D

## Pool Pals & Water Friends

(3 – 4 years old)

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

### 6, 30 min. sessions at Warm Water Pool

\$70 R

\$140 NR

#### September 13 – October 18

Sat 9:05 a.m. – 9:35 a.m.  
610080-6A

#### November 1 – December 13

(No Class: November 29)

Sat 9:05 a.m. – 9:35 a.m.  
610080-6B



## 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. Parent(s)/Adult(s) do not accompany the student in the water.

### 6, 20 min. sessions at Warm Water Pool

\$70 R \$140 NR

#### September 13 – October 18

Sat 8:30 a.m. – 8:50 a.m.  
610010-6A

Sat 8:50 a.m. – 9:10 a.m.  
610010-6B

Sat 9:10 a.m. – 9:30 a.m.  
610010-6C

#### November 1 – December 13

(No Class: November 29)

Sat 8:30 a.m. – 8:50 a.m.  
610010-6D

Sat 8:50 a.m. – 9:10 a.m.  
610010-6E

Sat 9:10 a.m. – 9:30 a.m.  
610010-6F

#### September 14 – October 19

Sun 8:30 a.m. – 8:50 a.m.  
610012-6A

Sun 8:50 a.m. – 9:10 a.m.  
610012-6B

Sun 9:10 a.m. – 9:30 a.m.  
610012-6C

Sun 9:40 a.m. – 10:00 a.m.  
610012-6D

Sun 10:00 a.m. – 10:20 a.m.  
610012-6E

Sun 10:20 a.m. – 10:40 a.m.  
610012-6F

#### November 2 – December 14

(No Class: November 30)

Sun 8:30 a.m. – 8:50 a.m.  
610012-6G

Sun 8:50 a.m. – 9:10 a.m.  
610012-6H

Sun 9:10 a.m. – 9:30 a.m.  
610012-6I

Sun 9:40 a.m. – 10:00 a.m.  
610012-6J

Sun 10:00 a.m. – 10:20 a.m.  
610012-6K

Sun 10:20 a.m. – 10:40 a.m.  
610012-6L

## Skipper II

(3 years old)

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

### 6, 30 min. sessions at Warm Water Pool

\$70 R \$140 NR

#### September 13 – October 18

Sat 9:40 a.m. – 10:10 a.m.  
610020-6A

#### November 1 – December 13

(No Class: November 29)

Sat 9:40 a.m. – 10:10 a.m.  
610020-6B

## Rookie I

(4 – 5 years old)

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

### 6, 30 min. sessions at Warm Water Pool

\$70 R \$140 NR

#### September 13 – October 18

Sat 8:30 a.m. – 9:00 a.m.  
610030-6A

Sat 10:15 a.m. – 10:45 a.m.  
610030-6B

#### November 1 – December 13

(No Class: November 29)

Sat 8:30 a.m. – 9:00 a.m.  
610030-6C

Sat 10:15 a.m. – 10:45 a.m.  
610030-6D

#### September 14 – October 19

Sun 9:05 a.m. – 9:35 a.m.  
610032-6A

Sun 10:50 a.m. – 11:20 a.m.  
610032-6B

#### November 2 – December 14

(No Class: November 30)

Sun 9:05 a.m. – 9:35 a.m.  
610032-6C

Sun 10:50 a.m. – 11:20 a.m.  
610032-6D

### 6, 30 min. sessions at Warm Water Pool

\$70 R \$140 NR

#### September 16 – October 21

Tue 6:00 p.m. – 6:30 p.m.  
610036-6A

#### September 18 – October 23

Thu 5:00 p.m. – 5:30 p.m.  
610036-6B

#### November 4 – December 16

(No Class: November 25)

Tue 6:00 p.m. – 6:30 p.m.  
610036-6C

#### November 6 – December 18

(No Class: November 27)

Thu 5:00 p.m. – 5:30 p.m.  
610036-6D

### 8, 30 min sessions at Warm Water Pool

\$80 R \$120 NR

#### September 15 – October 8

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-6A

#### October 13 – November 5

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-6B

#### November 10 – December 10

(No Class: November 24, 26)

Mon, Wed 5:00 p.m. – 5:30 p.m.  
610033-6C

## 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.

**Rookie II**

(4 – 5 years old)

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

**6, 30-min. sessions at Warm Water Pool**

\$70 R

\$140 NR

**September 13 – October 18**

Sat 9:05 a.m. – 9:35 a.m.  
610040-6A

Sat 10:50 a.m. – 11:20 a.m.  
610040-6B

**November 1 – December 13**

(No Class: November 29)

Sat 9:05 a.m. – 9:35 a.m.  
610040-6C

Sat 10:50 a.m. – 11:20 a.m.  
610040-6D

**September 14 – October 19**

Sun 9:40 a.m. – 10:10 a.m.  
610042-6A

Sun 11:25 a.m. – 11:55 a.m.  
610042-6B

**November 2 – December 14**

(No Class: November 30)

Sun 9:40 a.m. – 10:10 a.m.  
610042-6C

Sun 11:25 a.m. – 11:55 a.m.  
610042-6D

**6, 30-min. sessions at Warm Water Pool**

\$65 R

\$100 NR

**September 16 – October 21**

Tue 5:00 p.m. – 5:30 p.m.  
610046-6A

**September 18 – October 23**

Thu 5:30 p.m. – 6:00 p.m.  
610046-6B

**November 4 – December 16**

(No Class: November 25)

Tue 5:00 p.m. – 5:30 p.m.  
610046-6C

**November 6 – December 18**

(No Class: November 27)

Thu 5:30 p.m. – 6:00 p.m.  
610046-6D

**8, 30-min. sessions at Warm Water Pool**

\$80 R

\$120 NR

**September 15 – October 8**

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

**October 13 – November 5**

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

**November 10 – December 10**

(No Class: November 24, 26)

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

**Ranger**

(4 – 7 years old)

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

**6, 30-min. sessions at Warm Water Pool**

\$70 R

\$140 NR

**September 13 – October 18**

Sat 8:30 a.m. – 9:00 a.m.  
610050-6A

Sat 10:15 a.m. – 10:45 a.m.  
610050-6B

**November 1 – December 13**

(No Class: November 29)

Sat 8:30 a.m. – 9:00 a.m.  
610050-6C

Sat 10:15 a.m. – 10:45 a.m.  
610050-6D

**September 14 – October 19**

Sun 10:15 a.m. – 10:45 a.m.  
610052-6A

Sun 11:25 a.m. – 11:55 a.m.  
610052-6B

**November 2 – December 14**

(No Class: November 30)

Sun 10:15 a.m. – 10:45 a.m.  
610052-6C

Sun 11:25 a.m. – 11:55 a.m.  
610052-6D

**6, 30-min. sessions at Warm Water Pool**

\$65 R

\$100 NR

**September 16 – October 21**

Tue 5:30 p.m. – 6:00 p.m.  
610056-6A

**November 4 – December 16**

(No Class: November 25)

Tue 5:30 p.m. – 6:00 p.m.  
610056-6B

**8, 30-min. sessions at Warm Water Pool**

\$80 R

\$120 NR

**September 15 – October 8**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
610053-6A

**October 13 – November 5**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
610053-6B

**November 10 – December 10**

(No Class: November 24, 26)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
610053-6C

**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 Warm Water Pool**

\$70 R

\$140 NR

**September 13 – October 18**

Sat 9:05 a.m. – 9:35 a.m.  
610060-6A

**November 1 – December 13**

(No Class: November 29)

Sat 9:05 a.m. – 9:35 a.m.  
610060-6B

**September 14 – October 19**

Sun 10:50 a.m. – 11:20 a.m.  
610062-6A

**November 2 – December 14**

(No Class: November 30)

Sun 10:50 a.m. – 11:20 a.m.  
610062-6B

**6, 30-min. sessions at Warm Water Pool**

\$65 R

\$100 NR

**September 16 – October 21**

Tue 6:30 p.m. – 7:00 p.m.  
610066-6A

**November 4 – December 16**

(No Class: November 25)

Tue 6:30 p.m. – 7:00 p.m.  
610066-6B

## WEEKDAY SWIM CLASSES

Enrolling in  
weekday classes is a more  
cost-effective approach to your  
swimming lesson needs.



# 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 level's 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.

## 6 – 12 YEARS OLD CLASS REQUIREMENTS

### Prerequisites

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

## Level 1

(6 – 12 years old)

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

### 6, 30-min. sessions at Warm Water Pool

\$70 R \$140 NR

#### September 13 – October 18

Sat 9:40 a.m. – 10:10 a.m.  
610310-6A

#### November 1 – December 13

(No Class: November 29)

Sat 9:40 a.m. – 10:10 a.m.  
610310-6B

#### September 14 – October 19

Sun 8:30 a.m. – 9:00 a.m.  
610312-6A

#### November 2 – December 14

(No Class: November 30)

Sun 8:30 a.m. – 9:00 a.m.  
610312-6B

### 6, 30-min. sessions at Warm Water Pool

\$65 R \$100 NR

#### September 16 – October 21

Tue 6:30 p.m. – 7:00 p.m.  
610316-6A

#### November 4 – December 16

(No Class: November 25)

Tue 6:30 p.m. – 7:00 p.m.  
610316-6B

### 8, 30-min. sessions at Warm Water Pool

\$80 R \$120 NR

#### September 15 – October 8

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610313-6A

#### October 13 – November 5

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610313-6B

#### November 10 – December 10

(No Class: November 24, 26)

Mon, Wed 6:00 p.m. – 6:30 p.m.  
610313-6C

## Level 2

(6 – 12 years old)

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

### 6, 30-min. sessions at Warm Water Pool

\$70 R

\$140 NR

#### September 13 – October 18

Sat 8:30 a.m. – 9:00 a.m.

610320-6A

Sat 10:15 a.m. – 10:45 a.m.

610320-6B

#### November 1 – December 13

(No Class: November 29)

Sat 8:30 a.m. – 9:00 a.m.

610320-6C

Sat 10:15 a.m. – 10:45 a.m.

610320-6D

#### September 14 – October 19

Sun 9:05 a.m. – 9:35 a.m.

610322-6A

#### November 2 – December 14

(No Class: November 30)

Sun 9:05 a.m. – 9:35 a.m.

610322-6B

### 6, 30-min. sessions at Warm Water Pool

\$65 R

\$100 NR

#### September 16 – October 21

Tue 5:00 p.m. – 5:30 p.m.

610326-6A

#### September 18 – October 23

Thu 5:00 p.m. – 5:30 p.m.

610326-6B

#### November 4 – December 16

(No Class: November 25)

Tue 5:00 p.m. – 5:30 p.m.

610326-6C

#### November 6 – December 18

(No Class: November 27)

Thu 5:00 p.m. – 5:30 p.m.

610326-6D

### 8, 30-min. sessions at Warm Water Pool

\$80 R

\$120 NR

#### September 15 – October 8

Mon, Wed 5:30 p.m. – 6:00 p.m.

610323-6A

#### October 13 – November 5

Mon, Wed 5:30 p.m. – 6:00 p.m.

610323-6B

#### November 10 – December 10

(No Class: November 24, 26)

Mon, Wed 5:30 p.m. – 6:00 p.m.

610323-6C

## Level 3

(6 – 12 years old)

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

### 6, 30-min. sessions at Warm Water Pool

\$70 R

\$140 NR

#### September 13 – October 18

Sat 9:05 a.m. – 9:35 a.m.

610330-6A

Sat 11:25 a.m. – 11:55 a.m.

610330-6B

#### November 1 – December 13

(No Class: November 29)

Sat 9:05 a.m. – 9:35 a.m.

610330-6C

Sat 11:25 a.m. – 11:55 a.m.

610330-6D

#### September 14 – October 19

Sun 10:15 a.m. – 10:45 a.m.

610332-6A

#### November 2 – December 14

(No Class: November 30)

Sun 10:15 a.m. – 10:45 a.m.

610332-6B

### 6, 30-min. sessions at Warm Water Pool

\$65 R

\$100 NR

#### September 16 – October 21

Tue 5:30 p.m. – 6:00 p.m.

610336-6A

#### September 18 – October 23

Thu 5:30 p.m. – 6:00 p.m.

610336-6B

#### November 4 – December 16

(No Class: November 25)

Tue 5:30 p.m. – 6:00 p.m.

610336-6C

#### November 6 – December 18

(No Class: November 27)

Thu 5:30 p.m. – 6:00 p.m.

610336-6D

### 8, 30-min. sessions at Warm Water Pool

\$80 R

\$120 NR

#### September 15 – October 8

Mon, Wed 5:30 p.m. – 6:00 p.m.

610333-6A

#### October 13 – November 5

Mon, Wed 5:30 p.m. – 6:00 p.m.

610333-6B

#### November 10 – December 10

(No Class: November 24, 26)

Mon, Wed 5:30 p.m. – 6:00 p.m.

610333-6C



## 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

## 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 in the skills learned in Level 3. Topics of instruction will include entering and diving into deep water, swimming front crawl and elementary backstroke for 25 yards, swimming butterfly and breaststroke for 15 yards, back crawl for 15 yards and treading water for two minutes.

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

\$70 R    \$140 NR

#### September 13 – October 18

Sat 9:40 a.m. – 10:10 a.m.  
610340-6A

Sat 11:25 a.m. – 11:55 a.m.  
610340-6B

#### November 1 – December 13

(No Class: November 29)

Sat 9:40 a.m. – 10:10 a.m.  
610340-6C

Sat 11:25 a.m. – 11:55 a.m.  
610340-6D

#### September 14 – October 19

Sun 11:25 a.m. – 11:55 a.m.  
610342-6A

#### November 2 – December 14

(No Class: November 30)

Sun 11:25 a.m. – 11:55 a.m.  
610342-6B

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

\$65 R    \$110 NR

#### September 16 – October 21

Tue 6:00 p.m. – 6:30 p.m.  
610346-6A

#### November 4 – December 16

(No Class: November 25)

Tue 6:00 p.m. – 6:30 p.m.  
610346-6B

### 8, 30-min. sessions at Lap Pool

\$80 R    \$120 NR

#### September 15 – October 8

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

#### October 13 – November 5

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

#### November 10 – December 10

(No Class: November 24, 26)

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

## Level 5

(6 – 12 years old)

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

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

\$80 R    \$160 NR

#### September 13 – October 18

Sat 10:15 a.m. – 11:00 a.m.  
610350-6A

#### November 1 – December 13

(No Class: November 29)

Sat 10:15 a.m. – 11:00 a.m.  
610350-6B

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

\$70 R    \$105 NR

#### September 18 – October 23

Thu 6:00 p.m. – 6:45 p.m.  
610356-6A

#### November 6 – December 18

(No Class: November 27)

Thu 6:00 p.m. – 6:45 p.m.  
610356-6B

## 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 include swimming front crawl and elementary backstroke for 100 yards, swimming butterfly and breaststroke for 50 yards, back crawl for 50 yards, flip turns for both front and back crawl, introduction to swim equipment (pull buoys and fins) and retrieving an object from eight feet deep.

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

\$80 R    \$160 NR

#### September 13 – October 18

Sat 11:05 a.m. – 11:50 a.m.  
610360-6A

#### November 1 – December 13

(No Class: November 29)

Sat 11:05 a.m. – 11:50 a.m.  
610360-6B

## Adapted Aquatics

(4+)

Adapted Aquatics is a swimming instruction program tailored for children and adults with physical or learning disabilities. The program is supervised by instructors and volunteers trained by RCC. If volunteers are not available, family members may be asked to assist in the water. For any questions regarding this program, please contact the Aquatics Service Desk at 703-390-6150. Mainstreaming for swimmers is available upon request and consultation.

### 6, 30-min. sessions at Warm Water Pool

\$70 R    \$56 R55+    \$140 NR

#### September 13 – October 18

Sat 10:50 a.m. – 11:20 a.m.  
610190-6A

Sat 11:25 a.m. – 11:55 a.m.  
610190-6B

#### November 1 – December 13

(No Class: November 29)

Sat 10:50 a.m. – 11:20 a.m.  
610190-6C

Sat 11:25 a.m. – 11:55 a.m.  
610190-6D

## Volunteers needed for Adapted Aquatics.

See page 11 for more information.

## 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.



# 13 YEARS AND OLDER

## Adult Beginner

(13+)

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
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#### September 13 – October 18

Sat 9:40 a.m. – 10:10 a.m.  
610210-6A

#### November 1 – December 13

(No Class: November 29)

Sat 9:40 a.m. – 10:10 a.m.  
610210-6B

#### September 14 – October 19

Sun 8:30 a.m. – 9:00 a.m.  
610212-6A

#### November 2 – December 14

(No Class: November 30)

Sun 8:30 a.m. – 9:00 a.m.  
610212-6B

### 8, 30-min. sessions at Warm Water Pool

\$80 R	\$64 R55+	\$120 NR
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#### September 15 – October 8

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

#### October 13 – November 5

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

#### November 10 – December 10

(No Class: November 24, 26)

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

## Adult Advanced Beginner

(13+)

This class is for people who can swim one pool length (25 yards) and want to improve their front crawl, backstroke and deep-water skills. Intermediate swimmers will learn advanced strokes and some diving. Instruction will also 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
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#### September 13 – October 18

Sat 10:50 a.m. – 11:35 a.m.  
610220-6A

#### November 1 – December 13

(No Class: November 29)

Sat 10:50 a.m. – 11:35 a.m.  
610220-6B

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

\$70 R	\$56 R55+	\$105 NR
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#### September 18 – October 23

Thu 6:00 p.m. – 6:45 p.m.  
611226-6A

Thu 6:00 p.m. – 6:45 p.m.  
611226-6B

## WATER SAFETY STARTS HERE

Reston Community Center and Reston Association are teaming up to prevent drowning through free, land-based safety presentations:

- Whale Tales (Ages 5–12): A fun, one-hour water safety session for kids
- Water Safety (Ages 18+): A 90-minute presentation with tips to keep families safe around water

To schedule, call RCC Aquatics at 703-390-6150 or RA Aquatics at 703-435-6530.



## PRICING

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

DAILY AEROBICS  
RESERVATIONS

To reserve free daily aerobics classes, log into myRCC and select your preferred dates and times. Reservations are available starting on the 25th of the month for Reston patrons, for the following month, and on the 1st of the month for non-Reston patrons.

Water Aerobics passes can be purchased online or at an RCC Customer Service Desk. You can purchase passes for 5 to 60 visits, which will expire two years from the date of purchase. You can also cancel your reservation through myRCC.

\$6 R	\$12 NR
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Aqua Barre  
(18+)

Bringing ballet-inspired movements to the water, this program is designed to strengthen arms, legs and especially the core. Using noodles 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 and participants must be comfortable in deep water.

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

September 15 – December 19  
(No Class: November 24, 26, 28)  
Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.  
6C0110-6

Aqua Blast  
(18+)

Energize your day by joining this morning workout! This deep-water session will enhance your balance, coordination, strength and aerobic capacity. Aqua Blast includes cardio exercises to boost cardiovascular health, strength training and flexibility work to improve your range of motion. Participants can work at their own pace in an invigorating environment. Equipment will be provided and it's important to be comfortable in deep water. Please consult a physician before starting this program.

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

September 15 – December 14  
(No Class: November 30)  
Sun 8:30 a.m. – 9:15 a.m.  
6C0065-6 Staff  
Sun 9:30 a.m. – 10:15 a.m.  
6C0070-6 Staff

September 16 – December 18  
(No Class: November 25, 27)  
Tue, Thu 8:30 a.m. – 9:15 a.m.  
6C0060-6  
Tue, Thu 9:30 a.m. – 10:15 a.m.  
6C0075-6

Aqua Boot Camp  
(18+)

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

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

September 15 – December 19  
(No Class: November 24, 26, 28)  
Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.  
6C0080-6  
Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.  
6C0100-6

Aqua Yoga  
(18+)

This shallow water class is a variation of traditional yoga performed in the warm water pool and offers a low-impact, supportive environment for practicing poses and breathing techniques. It involves adapting traditional yoga asanas (poses) and incorporating the unique benefits of water, like buoyancy and resistance.

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

September 14 – December 14  
(No Class: November 29)  
Sun 7:30 a.m. – 8:15 a.m.  
6C0170-6

Aqua Mixer  
(18+)  
This deep-water program provides a non-impact workout that enhances cardiovascular fitness, flexibility, muscular endurance and overall toning, with a focus on strengthening lower back muscles. Participants should be comfortable in deep water and consult their physician before joining the program.

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

September 15 – December 17  
(No Class: November 24, 26)  
Mon, Wed 5:30 p.m. – 6:15 p.m.  
6C0040-6

Arthritis, Fibromyalgia  
and Multiple Sclerosis  
(18+)

Individuals with conditions such as arthritis, fibromyalgia and Multiple Sclerosis (MS) can benefit from water exercises, which improve flexibility, strength, coordination and reduce muscle spasm. The classes also promote social interaction and well-being. Conducted in deep water, these 45-minute sessions are led by a certified instructor and include a warm-up, aerobic segment and cool-down. Participants must be comfortable swimming, obtain instructor approval and consult their physician before starting the program.

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

September 16 – December 18  
(No Class: November 25, 27)  
Tue, Thu 10:30 a.m. – 11:15 a.m.  
6C0160-6

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

## Deep Water Mania

(18+)

Join us for a cardiovascular workout with running and cycling in deep water. Equipment will be provided for an effective cross-training experience, minimizing stress on joints, tendons and ligaments. Please consult a physician before starting the program.

### 45-min. sessions at Warm Water Pool

Pass, Reservation Required

**September 15 – December 17**

(No Class: November 24, 26)

Mon, Wed  
6C0150-6

6:30 p.m. – 7:15 p.m.

## Tides in Motion

(18+)

Join our ultimate water aerobics program! Improve your muscle tone, aerobic capacity, balance and circulation with fun exercises in shallow water and upbeat music. Equipment is provided and water shoes are recommended. Please consult your physician before starting.

### 45-min. sessions at Warm Water Pool

Pass, Reservation Required

**September 15 – December 19**

(No Class: November 24, 26, 28)

Mon, Wed, Fri  
6C0010-6

8:30 a.m. – 9:15 a.m.

**REGISTER TODAY  
DON'T DELAY!**

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

# NOW HIRING & TRAINING LIFEGUARDS

*Come Join The Fun And Get Paid!*

## Benefits Include:

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

## APPLY ONLINE:

**[www.RestonCommunityCenter.com/Lifeguard](http://www.RestonCommunityCenter.com/Lifeguard)**

\*Lifeguarding classes are offered based upon public demand and instructor availability. For more information, please contact the Aquatics Operations Director, at 703-390-6149.







## KIDS CORNER

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# FALL FAMILY



## Crafternoons



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**Free • Registration Required • All Ages • 12:00 p.m. – 1:30 p.m.**

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

**Tuesday, September 23 • Fall Sunflower**

Stonegate Village Community Center – 2244 B Stonewheel Drive, Reston

**Monday, October 20 • Halloween Trick or Treat Bag**

Crescent Community Center – 1578 Cameron Crescent Drive #001, Reston

**Monday, November 3 • National Sandwich Day**

Cedar Ridge Community Center – 1601 Becontree Lane, Reston

**Monday, December 8 • Holiday Ornament**

Westglade Club House – 2110 Westglade Court, Reston

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

For more information, contact LaTanja Snelling, RCC's Equity Partnerships Director, at 703-390-6180.



# halloween

## FAMILY FUN DAY

**Saturday, October 18**  
**12:00 p.m. – 2:00 p.m.**  
**RCC Hunters Woods**

FREE

Infant – 8 Years Old

Registration Required

## CELEBRATE HALLOWEEN WITH RCC!

Get ready for a spooktacular time! Come dressed in your favorite costume and join us for a day filled with fun. Little ghosts and goblins age eight and under can test their skills at exciting games and enjoy thrilling performances that the whole family will love. Don't miss out on Halloween fun!



12:00 p.m.

Peter McCory, famed one-man-band

1:15 p.m.

Eric Henning, renowned magician

All children must be accompanied by a parent guardian (18+) throughout the event.

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



## COOKING

**Cooking with Apples**

(8 – 13 years old)

Learn about the different types of apples and how they are used in cooking, from sweet to savory treats. Recipes include apple cider donuts, apple pie smoothies and apple cheddar and bacon quesadillas. Please note that this program cannot accommodate food allergies.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**October 4**

Sat 1:00 p.m. – 3:00 p.m.  
900276-6A Staff

**Cooking with Pumpkins**

(8 – 13 years old)

With Halloween just around the corner, learn about recipes using pumpkins. Recipes will include pumpkin-spiced hot chocolate, pumpkin chocolate chip cookies, pumpkin chili and mini pumpkin pies. Please note that this program cannot accommodate food allergies.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**October 19**

Sun 1:00 p.m. – 3:00 p.m.  
900300-6A Staff

**Holiday Baking**

(9 – 14 years old)

Let's get set for the holidays with some baking. Junior chefs will enjoy creating cookies and other delights with holiday-themed ingredients and flavors. Please note that this program cannot accommodate food allergies.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**December 6**

Sat 10:00 a.m. – 12:00 p.m.  
900317-6A Staff

A WORD ABOUT  
FOOD ALLERGIES

RCC Hunters Woods has a kitchen that is often used for teaching and rentals, making it impossible to guarantee a completely allergen-free environment.

**Chocolate Fun and Preparation for Kids**

(6 – 9 years old)

Learn how to create delicious chocolate candy and take home prepared chocolates along with recipes, tips and ideas for making more of these delightful confections. Please note that this program cannot accommodate individuals with food allergies.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**December 7**

Sun 10:00 a.m. – 12:00 p.m.  
901038-6A Staff

**Chocolate Fun and Preparation for Tweens and Teens**

(10 – 17 years old)

Participants will mold bite-sized chocolates, learn chocolate writing and make buttercream, peanut butter cups and rocky road treats. Each participant will take home their chocolates and recipes. Please note that this program cannot accommodate food allergies.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**December 7**

Sun 1:00 p.m. – 3:00 p.m.  
901352-6A Staff

## CRAFTS

**Holiday Airbrush Sweater**

(7 – 17 years old)

Create a holiday-themed design on a sweater using airbrush techniques. No experience necessary. All supplies, including sweaters, are included in the class fee.

**1, 2-hour session at RCC Hunters Woods**

\$45 R \$68 NR

**November 15**

Sat 1:00 p.m. – 3:00 p.m.  
900304-6A Morgan

**Letters to Santa**

(All Ages)

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

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

Free, Registration Required

**November 22**

Sat 9:30 a.m. – 10:30 a.m.  
901029-6A Staff

Sat 10:30 a.m. – 11:30 a.m.  
901029-6B Staff

## DANCE

**Ballet Basics I**

(3 – 4 years old)

Beginners will learn basic positions, terminology and barre technique.

**8, 45-min. sessions at RCC Hunters Woods**

\$125 R \$175 NR

**September 10 – October 29**

Wed 3:00 p.m. – 3:45 p.m.  
402402-6A Art in Motion

**September 13 – November 1**

Sat 11:00 a.m. – 11:45 a.m.  
402402-6B Art in Motion

**Ballet Combo**

(3 – 6 years old)

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

**8, 45-min. sessions at RCC Hunters Woods**

\$125 R \$175 NR

**September 13 – November 1**

Sat 9:00 a.m. – 9:45 a.m.  
402414-6A Art in Motion



## Ballet Basics II

(5 – 7 years old)

This class session is structured as the next step after Ballet Basics I. It will cover in more depth basic positions, terminology and barre techniques.

**8, 45-min. sessions at RCC Hunters Woods**

\$125 R

\$175 NR

**September 10 – October 29**

Wed 5:00 p.m. – 5:45 p.m.  
402793-6A Art in Motion

## Hip-Hop

(4 – 6 years old)

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

**8, 45-min. sessions at RCC Hunters Woods**

\$125 R

\$175 NR

**September 10 – October 29**

Wed 4:00 p.m. – 4:45 p.m.  
402672-6A Art in Motion

**September 13 – November 1**

Sat 10:00 a.m. – 10:45 a.m.  
402672-6B Art in Motion

## Math Tutoring for

### Grades 6 – 8

(11 – 14 years old)

Middle schoolers receive tutoring in number sense, computation, estimation, measurement, geometry, probability, statistics, fractions, decimals and the order of operations, as well as algebra, patterns and functions.

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

Free, Registration Required

**September 30 – December 9**

(No Class: October 21, November 4, November 11)  
Tue 4:30 p.m. – 6:00 p.m.  
901464-6A Samet

## Math Tutoring for

### Grades 9 – 12

(14 – 18 years old)

Participants receive tutoring in algebra, geometry, functions, trigonometry, probability and statistics to boost their skills.

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

Free, Registration Required

**October 8 – December 10**

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

## Sensing Science

(2 – 5 years old)

Children will explore the five senses in this engaging program that develops sensory awareness. Participants will use their senses to create fun projects while learning essential school-readiness skills, including language and social development. Parents or caregivers must participate fully. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

\$10 R

\$15 NR

**October 1**

Wed 10:00 a.m. – 11:00 a.m.  
901311-6A Morgan

## Anatomy for Kids – Heart

(2 – 5 years old)

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

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

\$10 R

\$15 NR

**November 12**

Wed 10:00 a.m. – 11:00 a.m.  
980016-6A Morgan

# ENRICHMENT

## Math Tutoring for Grades 3 – 5

(8 – 11 years old)

Students receive tutoring in key math skills including multiplication, division, money, patterns and fractions. They can also get help with decimal numbers, prime and composite numbers and unit rates.

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

Free, Registration Required

**September 29 – December 8**

(No Class: October 13, November 3)  
Mon 4:30 p.m. – 6:00 p.m.  
901463-6A Samet

REGISTER TODAY  
DON'T DELAY!

Registering not only secures your spot but also confirms to others that the class will take place. To successfully run our programs, we need minimum enrollment at least one week in advance; otherwise, the event may be canceled. Please don't wait - register now online, by mail, by fax, or in person.

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.

KIDS CORNER

## FITNESS

**Learn to Bike – Youth**

(7 – 12 years old)

This class is for children who are new to biking or need to refresh their skills. Certified instructors will teach balance, steering and braking through an effective curriculum. The registration fee covers bike rental and a CPSC-approved helmet. Students can bring their own helmet if it meets CPSC standards. Participants should wear comfortable, weather-appropriate clothing and bring water and a snack. Students will be contacted two weeks before the class to ensure the correct bike size is provided. A minimum height of 45 inches is required to participate.

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

\$55 R	\$83 NR
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**September 7**

Sun  
306208-6B

1:00 p.m. – 3:00 p.m.  
Westenhoff

**October 5**

Sun  
306208-6C

1:00 p.m. – 3:00 p.m.  
Westenhoff

## MEETUPS/TRIPS

**Fall Festival at Cox Farms**

(2+)

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

**1, 2-hour session at Cox Farms**

\$5 R	\$4 R55+	\$8 NR
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**October 10**

Fri  
901434-6A

10:00 a.m. – 12:00 p.m.  
Haneline

**Kings Dominion – Halloween Haunt**

(12 – 18 years old)

Join us for an exciting day and night at Kings Dominion! Experience the thrills of the park, which is transformed by “Halloween Haunt” into a spooky evening filled with fun and scares. All teen participants will be accompanied by RCC staff. The fee covers both transportation and admission, but participants will need to provide their own meals. Please note that this trip is exclusively for current middle and high school students.

**1, 12.5-hour Trip**

\$70 R	\$108 NR
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**October 11**

Sat  
901341-6A

10:30 a.m. – 11:00 p.m.  
Staff

**Autumnal Hike**

(2 – 5 years old)

Join us at the main entrance of Meadowlark Botanical Gardens, located at 9750 Meadowlark Gardens Court, Vienna (for directions, please call 703-255-3631) for a nature hike. We will enjoy the stunning autumn colors, followed by a leaf rubbing activity. During this program, children will develop essential school readiness skills, including color recognition, following instructions and fine motor skills. It is important that parents or caregivers actively participate. This program is designed for a specific age range; younger or older children will not be able to join. Registration is required for all participating children.

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

Free, Registration Required

**October 21**

Tue  
901007-6A

10:00 a.m. – 11:00 a.m.  
Haneline

**Goblin Golf**

(2+)

Join us for a fun mini golf event with friendly ghosts and goblins at Burke Lake Park, located at 7515 Ox Road, Fairfax Station (for directions, call 703-323-6600). Registered children will receive a Halloween goody bag at the end. Please meet at the main entrance to sign in and parents or caregivers must participate in the activities. This program is not suitable for children younger than the specified age range. All participants must register and pay.

**1, 2-hour session at Burke Lake Park**

\$10 R	\$8 R55+	\$15 NR
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**October 26**

Sun  
980021-6A

1:00 p.m. – 3:00 p.m.  
Morgan

**Winter Walk of Lights**

(3+)

Join us at Meadowlark Botanical Gardens for a festive light show! Walk the half-mile path to see the Fountain of Lights, an animated lake display and a tree with 50,000 lights. Dress warmly and bring a camera for photos with Flurry the Snowman and the Gingerbread Man. Meet at 6:00 p.m. at the main entrance, located at 9750 Meadowlark Gardens Court, Vienna (for directions, visit [www.meadowlarkgardens.org](http://www.meadowlarkgardens.org) or call 703-255-3631). Parents must participate and children ages 2 and younger are free.

**1, 90-min. session at Meadowlark Gardens**

\$5 R	\$4 R55+	\$8 NR
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**December 1**

Mon  
902207-6A

6:00 p.m. – 7:30 p.m.  
Haneline

**Holiday Train Show**

(2+)

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

**1, 2-hour session at Burke Lake Park**

\$5 R	\$4 R55+	\$8 NR
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**December 7**

Sun  
980020-6A

1:00 p.m. – 3:00 p.m.  
Morgan



# PERFORMING ARTS

## Young Actors Theatre

(7 – 15 years old)

Students will learn the necessary skills to create a performance and participate in an original production on Saturday, November 8, at 3:00 p.m. in The Leila Gordon Theatre. Additional technical rehearsals will occur during the week of November 3 – 7. Classes are held on Fridays from 4:30 p.m. – 6:00 p.m. and on Saturdays from 9:00 a.m. – 12:00 p.m. Attendance is crucial for success, so please plan your schedules accordingly.

**20, 90-min. sessions at The Leila Gordon Theatre**

\$235 R \$410 NR

### September 5 – November 8

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

# SOCIAL

## Sunday Family Game Days

(6 – 13 years old)

Join us on select Sunday afternoons for family-friendly tabletop games. Feel free to bring your own board games, dice and other gaming supplies or borrow from our collection. Children must be accompanied by a parent/guardian.

**1, 2-hour session at RCC Hunters Woods**

Free, Registration Not Required

### September 14

Sun 2:00 p.m. – 4:00 p.m.  
900210-6A Johnson

### September 28

Sun 2:00 p.m. – 4:00 p.m.  
900210-6B Johnson

### October 12

Sun 2:00 p.m. – 4:00 p.m.  
900210-6C Johnson

### October 26

Sun 2:00 p.m. – 4:00 p.m.  
900210-6D Johnson

### November 16

Sun 2:00 p.m. – 4:00 p.m.  
900210-6E Johnson

### December 14

Sun 2:00 p.m. – 4:00 p.m.  
900210-6F Johnson

## Big Fun for Little Ones

(1 – 5 years old)

Let your children bounce and play to their hearts' content on our fun indoor inflatables and oversized toys! We encourage parents and caregivers to join in the fun and supervise their little ones at all times. This exciting program is specifically designed for children 1 – 5 years old, ensuring a safe and enjoyable experience for all. Note that space is limited to 40 children and their parents/guardians, so come ready for a day full of laughter and energy.

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

Free, Registration Not Required

### October 3 – November 21

Fri 10:00 a.m. – 11:30 a.m.  
901340-6A Ali

## Dinner and a Movie with the Grinch

(4 – 9 years old)

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

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

\$25 R \$38 NR

### December 5

Fri 7:00 p.m. – 10:00 p.m.  
901385-6A Morgan

## Ho, Ho, Ho!

(1 – 8 years old)

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

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

Free, Registration Required

### December 10

Wed 10:00 a.m. – 11:00 a.m.  
902015-6A Staff

## Musical Holiday Breakfast with Frosty

(1+)

Kick off the holiday season with a family breakfast featuring Frosty the Snowman and Peter McCory's one-man band! Enjoy a delicious spread of hot and cold dishes, including vegetarian options. Bring your camera for fun photo opportunities with Frosty! Please arrive on time and remember that all children must be accompanied by a parent or guardian aged 18 and over. Everyone attending, including accompanying adults, must register and pay.

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

\$10 R \$8 R55+ \$15 NR

### December 13

Sat 8:30 a.m. – 10:00 a.m.  
902063-6A Staff



## Tot Time

(Infant – 4 years old)

Kids love this play group and parents enjoy socializing with one another. Toys, games, books and music are provided. Parents/caregivers must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Space is limited to 25 children and their parents/guardians.

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

Free, Registration Not Required

**September 15 – December 11**

(No Class: November 10, 27)

Mon, Thu 9:30 a.m. – 11:00 a.m.  
Ali

## VISUAL ARTS

### Art Attack

(7 – 11 years old)

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

**8, 60-min. sessions at RCC Lake Anne**

\$75 R \$130 NR

**October 6 – November 24**

Mon 4:30 p.m. – 5:30 p.m.  
Lambakis

## Family Art Sundays

(1+)

Spend some creative time with your family. Each month will feature a different project designed for every member of the family to enjoy together. A responsible adult must be a part of each family unit participating. All participants must be registered. Parent/caregiver must fully participate in the activities.

**September 21 – Floating Chalk**

**Printmaking and Collage**

**October 18 – Painted Burlap Family Quilt**

**November 16 – Holiday Card Making**

**1, 2-hour session at RCC Lake Anne**

\$5 R \$4 R55+ \$10 NR

**September 21**

Sun 2:00 p.m. – 4:00 p.m.  
402796-6A Daniels

Sun 4:00 p.m. – 6:00 p.m.  
402796-6B Daniels

**October 19**

Sun 2:00 p.m. – 4:00 p.m.  
402796-6C Daniels

Sun 4:00 p.m. – 6:00 p.m.  
402796-6D Daniels

**November 16**

Sun 2:00 p.m. – 4:00 p.m.  
402796-6E Daniels

Sun 4:00 p.m. – 6:00 p.m.  
402796-6F Daniels

## WOODWORKING

### Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on certain dates and times in December 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 and a maximum of 12 participants. 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; walk-ins are not available.

**1, 2-hour session at RCC Hunters Woods**

\$75 R \$60 R55+ \$113 NR

**December 1**

Mon 5:30 p.m. – 7:30 p.m.  
901003-6A Ingram

**December 5**

Fri 5:30 p.m. – 7:30 p.m.  
901003-6B Ingram

**December 8**

Mon 5:30 p.m. – 7:30 p.m.  
901003-6C Ingram

**December 12**

Fri 5:30 p.m. – 7:30 p.m.  
901003-6D Ingram

**December 15**

Mon 5:30 p.m. – 7:30 p.m.  
901003-6E Ingram

**December 19**

Fri 5:30 p.m. – 7:30 p.m.  
901003-6F Ingram

## TWEENS/TEENS

Youth ages 13 – 17 may be able to participate in offerings for 18 and older with permission from the program director.

Please email or call for information about Leisure and Learning offerings (pages 54 – 75) that may be of interest to those ages. Teens and tweens are encouraged to write to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov) if they have a program suggestion or desire we can design for them.





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## CRAFTS

## Sewing for Today's Fashions I

(18+)

Are you ready to explore fashion design? This beginner course for those with no prior sewing skills will guide you in creating two simple ready-to-wear garments. You'll learn to use a sewing machine, cut patterns and apply hand-sewing techniques and embellishments. Students are encouraged to bring their own portable sewing machines as only a limited number are available. The course fee covers all materials and supplies.

## 6, 2-hour sessions at RCC Hunters Woods

\$115 R

\$92 R55+

\$172 NR

## September 10 – October 15

Wed  
509619-6A6:30 p.m. – 8:30 p.m.  
Minasian

## Japanese Floral Arrangement

(18+)

Learn to create beautiful flower arrangements with a Japanese touch through Ikebana, the art that emphasizes harmony, color and simplicity. This practice fosters a connection with nature. Flowers will be provided; please bring a vase and small scissors or garden clippers.

## 1, 2-hour session at RCC Hunters Woods

\$65 R

\$52 R55+

\$97 NR

## September 21

Sun  
500645-6A1:00 p.m. – 3:00 p.m.  
Shimizu

## October 26

Sun  
500645-6B1:00 p.m. – 3:00 p.m.  
Shimizu

## November 9

Sun  
500645-6C1:00 p.m. – 3:00 p.m.  
Shimizu

## Origami Workshop – Fall

(8+)

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

## 1, 2-hour session at RCC Hunters Woods

\$15 R

\$12 R55+

\$23 NR

## October 4

Sat  
901360-6A1:00 p.m. – 3:00 p.m.  
Nelson

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

(10+)

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

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

\$50 R

\$120 R55+

\$75 NR

## October 5

Sun  
900319-6A2:00 p.m. – 5:00 p.m.  
More

## CREATIVE CONNECTIONS

## Reston Journal and Planner Meetup

(18+)

Bring your favorite journals and planners and join fellow enthusiasts for a casual meetup to plan out your month while personalizing your stationery to reflect your unique style. Whether you're a seasoned planner or just starting, this is a great opportunity to share tips, find inspiration and enjoy a variety of decorative supplies to transform your pages – all in a relaxed atmosphere. Let's make planning a fun and artistic experience together!

## 1, 90-min. session at YMCA Fairfax County Reston

Free, Registration Required

## September 18

Thu  
8C2017-6A6:00 p.m. – 7:30 p.m.  
Staff

## DANCE

## Line Dancing with Scotty – Beginner

(18+)

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

## 10, 60-min. sessions at RCC Hunters Woods

\$75 R

\$60 R55+

\$112 NR

## September 11 – November 13

Thu  
503532-6A5:00 p.m. – 6:00 p.m.  
Inman

## Line Dancing with Scotty – Intermediate

(18+)

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

## 10, 60-min. sessions at RCC Hunters Woods

\$75 R

\$60 R55+

\$112 NR

## September 11 – November 13

Thu  
503623-6B6:00 p.m. – 7:00 p.m.  
Inman

## Sunday Afternoon Dances

(18+)

Dancers of all skill levels convene to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to modern dance selections. A mini-lesson and door prizes add to the fun. Partners are not required. Please note there is no 55+ discount on this drop-in event. For more information, please contact Cassie Lebron, RCC's Lifelong Learning Program Director, at 703-390-6157.

### 2-hour sessions at RCC Hunters Woods

\$6 R

\$9 NR

**September 14, October 12,  
November 9, December 14**

Sun

2:30 p.m. – 4:30 p.m.

## DISCUSSION

### Current Issues Discussion Group

(18+)

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 Required

**September 11 – December 18**

(No Class: November 27)

Thu

10:00 a.m. – 12:00 p.m.

5C0080-6A

Staff

### Bookends

(18+)

Join us for lively discussions about a variety of captivating books! Grab your copy or check one out from the library. We can't wait to hear your insights!

**September 25:**

"A Thousand Acres" by Jane Smiley

**October 23:**

"The Heaven and Earth Grocery Store"

by James McBride

**November 20:**

"Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg

**December 18:**

"Faith Bass Darling's Last Garage Sale"  
by Lynda Rutledge

### 4, 90-min. sessions at RCC Hunters Woods

Free, Registration Required

**September 25, October 23,  
November 20, December 18**

Thu

5C0075-6A

12:30 p.m. – 2:00 p.m.

Staff

## ENRICHMENT

### Banking and Budgeting Basics

(18+)

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

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

**September 8**

Mon

526988-6A

6:00 p.m. – 7:00 p.m.

Ortuno Reintsch

**October 6**

Mon

526988-6B

6:00 p.m. – 7:00 p.m.

Ortuno Reintsch

### Don't Get Scammed

(18+)

Learn about current scams including unlicensed contractors, romance scams and grandparent scams, along with tips for protection.

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

**September 10**

Wed

503509-6A

10:00 a.m. – 11:00 a.m.

Smarr

## Becoming a Homeowner

(18+)

Learn essential information about the home buying process, including key terms and questions to consider.

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

**September 22**

Mon

526987-6A

6:00 p.m. – 7:00 p.m.

Ortuno Reintsch

**November 3**

Mon

526987-6B

6:00 p.m. – 7:00 p.m.

Ortuno Reintsch

### Legal: Estate Planning Basics

(18+)

This class provides participants with a basic understanding of estate planning. Topics include the advantages and disadvantages of planning techniques such as joint ownership, beneficiary designations, gifting, traditional wills and revocable living trusts. This class is for educational purposes only; there will be no solicitation or obligation for attendees.

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

**October 8**

Wed

500809-6B

3:00 p.m. – 4:00 p.m.

Lambeth

## LEISURE & LEARNING



## Medicare 101

(18+)

Medicare 101 is for individuals soon eligible for Medicare. This session covers Medicare Part A: Inpatient hospitalization and skilled nursing; Medicare Part B: Outpatient services, doctors, labs and radiology; Medicare Part C: Medicare Advantage Plans; Medicare Part D: Prescription drug coverage and Medicare Supplement Plans to cover gaps. Please note, this presentation is not intended for health insurance brokers or agents due to ACL guidelines.

### 1, 90-min. session via Microsoft Teams

Free, Registration Required

#### October 22

Wed 5:00 p.m. – 6:30 p.m.  
500402-6A De Leon

#### November 12

Wed 12:00 p.m. – 1:30 p.m.  
500402-6B De Leon

## Hearing Aids: Beware & Be Wise

(18+)

Participants will learn about hearing, causes of hearing loss and its emotional impact on communication. The course covers the roles of audiologists and hearing instrument specialists, the hearing evaluation process and interpreting audiograms. It will also address the differences between prescription and over-the-counter hearing aids. Led by Bonnie O'Leary from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC), this nonprofit organization does not involve any sales.

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

Free, Registration Required

#### October 22

Wed 10:00 a.m. – 11:00 a.m.  
500475-6A O' Leary

## Hearing Screenings

(18+)

Professionals from the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons will offer 30-minute hearing screenings and answer questions. This informational program has no obligations for attendees. To schedule your appointment, please call 703-390-6177 after you have registered.

### 1, 5-hour session at RCC Hunters Woods

Free, Registration Required

#### October 29

Wed 10:00 a.m. – 3:00 p.m.  
526989-6A O' Leary

#### November 5

Wed 10:00 a.m. – 3:00 p.m.  
526989-6B O' Leary

## Budgeting During a Crisis

(18+)

Life can be unpredictable, impacting our finances. This class will teach you the difference between regular and crisis budgeting, how to create and maintain a crisis budget and address any questions you have.

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

#### November 10

Mon 6:00 p.m. – 7:00 p.m.  
510120-6A Sikander

#### December 1

Mon 6:00 p.m. – 7:00 p.m.  
510120-6B Sikander

## Fraud Bingo

(18+)

Join us for an interactive presentation that shows you, the consumer, how to protect yourself from investment and financial fraud by playing bingo. Prizes will be given to the winners.

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

Free, Registration Required

#### November 17

Mon 6:00 p.m. – 7:00 p.m.  
510123-6A Sikander

## Scholarship Workshop

(13+)

Are you looking for ways to pay for college? Join our free virtual program featuring Marianne Ragins, who won \$400,000 in scholarships and has helped students secure millions in funding. All participating high school seniors will be eligible for the Ragins/Braswell National Scholarship. Parents and guardians are also welcome.

### 1, 2-hour session via Zoom

Free, Registration Required

#### September 25

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

## Separating Personal & Business Finances

(18+)

This presentation will teach you how to manage business finances and keep them separate from personal finances. Learn about the tools and various programs that exist to help business owners maintain business finances.

### 1, 60-min. session via Microsoft Teams

Free, Registration Required

#### September 15

Mon 6:00 p.m. – 7:00 p.m.  
510121-6A Sikander

#### October 20

Mon 6:00 p.m. – 7:00 p.m.  
510121-6B Sikander

REGISTER TODAY  
DON'T DELAY!

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

## VIRTUAL CLASSES

Virtual classes will be conducted  
using Microsoft Teams or Zoom. All  
registered participants will receive a  
link at least 24 hours before the class.



## Study Smarter, Not Harder

(13+)

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

**1, 2-hour session at RCC Hunters Woods**

Free, Registration Required

**October 23**

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

## Finding Your Dream College and Major

(13+)

Marianne Ragins, a \$400,000 scholarship winner and author, will host a workshop to help high school students find their ideal college or university. Students will learn about various majors and career options and all attending seniors will be eligible for the Ragins/Braswell National Scholarship. Parents are welcome to register as well. This class will be virtual using the Zoom platform, all registered patrons will be sent a Zoom link 24 hours prior to the class.

**1, 2-hour session at RCC Hunters Woods**

Free, Registration Required

**December 4**

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



## Fitness Fusion

(18+)

Tone your body and improve cardiovascular health, strength and flexibility. Please wear fitness shoes and bring water and a mat to class.

**12, 50-min. sessions at RCC Lake Anne**

\$180 R	\$144 R55+	\$270 NR
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**September 8 – December 15**

(No Class: September 15, 22, November 24)

Mon 10:30 a.m. – 11:20 a.m.  
300014-6A Miles/Williams

**September 10 – December 17**

(No Class: September 17, 24, November 26)

Wed 10:30 a.m. – 11:20 a.m.  
300014-6B Miles/Williams

## Functional Fitness

(18+)

Join us for a variety of workouts using kettlebells, resistance bands, medicine balls and TRX straps. Functional fitness training boosts strength, stability, mobility and endurance for everyday activities. By incorporating real-life movements like squats, pushes and carries, this dynamic class enhances balance and coordination while reducing injury risk. Perfect for all fitness levels, it's great for rehabilitation, older adults and anyone wanting to move better.

**10, 60-min. sessions at RCC Lake Anne**

\$95 R	\$76 R55+	\$143 NR
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**September 24 – December 10**

(No Class: October 15, November 26)

Wed 8:00 a.m. – 9:00 a.m.  
305180-6A Veisi

## LIIST

### (Low Impact Interval Strength Training)

(18+)

This total body workout is performed in a circuit, designed to help you develop strength and improve cardiovascular levels with minimal stress on joints. End the class with a stretching and cooling down period.

**10, 60-min. sessions at RCC Lake Anne**

\$95 R	\$76 R55+	\$143 NR
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**September 20 – December 13**

(No Class: October 11, November 29, December 6)

Sat 9:00 a.m. – 10:00 a.m.  
304605-6A Kumar

## Mind-Body Fitness

(18+)

Led by two well-regarded personal trainers, this program provides you with the customized and individual attention needed to increase body strength, cardiovascular endurance and flexibility while incorporating various exercises and portable equipment. All skill levels are welcome.

**11, 60-min. sessions at RCC Lake Anne**

\$165 R	\$132 R55+	\$248 NR
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**September 9 – December 16**

(No Class: September 16, 23, November 11, 25)

Tue 11:30 a.m. – 12:30 p.m.  
305840-6A Miles/Williams

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

\$180 R	\$144 R55+	\$270 NR
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**September 11 – December 18**

(No Class: September 18, 25, November 27)

Thu 11:30 a.m. – 12:30 p.m.  
305840-6B Miles/Williams

## FITNESS: CARDIO & STRENGTH

### Cardio Strength

(18+)

This class combines cardio, strength training and core strengthening using a variety of equipment to engage all major muscle groups. This class includes mat work on the floor.

**11, 60-min. sessions at RCC Lake Anne**

\$95 R	\$76 R55+	\$143 NR
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**September 9 – December 2**

(No Class: November 11, November 25)

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

## Zumba Fitness

(18+)

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.

**10, 60-min. sessions at RCC Lake Anne**

\$95 R

\$76 R55+

\$143 NR

**September 18 – December 4**

(No Class: October 16, November 27)

Thu

6:00 p.m. – 7:00 p.m.

302327-6A

Kumar

**September 22 – December 8**

(No Class: October 13, November 24)

Mon

6:30 p.m. – 7:30 p.m.

302327-6B

Ledesma

## Zumba Toning

(18+)

Zumba Toning combines body sculpting exercises with high-energy cardio using Latin-infused Zumba moves. Participants will use lightweight toning sticks or dumbbells to tone their arms, abs and thighs. New participants should attend the first session for orientation on posture and form.

**10, 55-min. sessions at RCC Lake Anne**

\$95 R

\$76 R55+

\$143 NR

**September 22 – December 8**

(No Class: October 13, November 24)

Mon

5:30 p.m. – 6:25 p.m.

302227-6A

Ledesma

## Barre Fusion

(18+)

This low-impact strength workout enhances muscle tone, posture and flexibility by blending ballet, dance and functional movements. Regular barre workouts improve bone density, endurance and metabolism. Participants should be comfortable transitioning to the floor with their own exercise mats.

**7, 60-min. sessions at RCC Lake Anne**

\$60 R

\$48 R55+

\$90 NR

**October 27 – December 15**

(No Class: November 3)

Mon

10:45 a.m. – 11:45 a.m.

300149-6A

Biddy

# FITNESS: MOVEMENT & WELLNESS

## Aging with Power and Grace

(18+)

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

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

\$180 R

\$144 R55+

\$270 NR

**September 8 – December 15**

(No Class: September 15, 22, November 24)

Mon

11:30 a.m. – 12:30 p.m.

300147-6A

Miles/Williams

**September 10 – December 17**

(No Class: September 17, 24, November 26)

Wed

11:30 a.m. – 12:30 p.m.

300147-6B

Miles/Williams

## Beginning Tai Chi

(18+)

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

**10, 60-min. sessions at RCC Lake Anne**

\$95 R

\$76 R55+

\$143 NR

**September 19 – November 21**

Fri

10:45 a.m. – 11:45 a.m.

302305-6A

Durham

## Balance and Mobility Workshop

(18+)

RCC instructors Christina Unger and Anya Avilov will lead a workshop that combines yoga and Essentrics to help you stay strong for a lifetime. The focus is on improving balance, strength and flexibility. Learn movements, breathing techniques and relaxation strategies that promote balance, increase joint range of motion and reduce the risk of injuries from falls. It's never too early or too late to create wellness in your body and mind.

**1, 2-hour session at RCC Lake Anne**

\$25 R

\$20 R55+

\$38 NR

**October 4**

Sat

1:00 p.m. – 3:00 p.m.

302400-6A

Unger/Avilov

## Brain Health Workshop

(18+)

Multiple studies have shown that diet and supplements, mental and physical exercise, stress reduction and community participation can significantly delay the onset of Alzheimer's Disease. In this two-hour workshop, Brain Longevity Specialist and former cognitive aging researcher Sarah Chan presents the science behind these four pillars of brain health with practical tips on how to incorporate each into daily life.

**1, 2-hour session at RCC Lake Anne**

\$30 R

\$24 R55+

\$45 NR

**October 18**

Sat

1:30 p.m. – 3:30 p.m.

305707-6A

Chan

## FITNESS STUDENT SAFETY

To ensure your safety, it is important to be present at the start of class. Anyone arriving more than a few minutes late may not be allowed to enter. RCC fitness classes begin with essential warm-up and stretching exercises; skipping these can lead to serious injury.

## Essentrics

(18+)

This dynamic and fluid strengthening and stretching routine offers many benefits, including 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.

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

\$100 R

\$80 R55+

\$150 NR

#### September 2 – December 9

(No Class: October 28, November 11, 25)

Tue 10:15 a.m. – 11:15 a.m.  
305033-6A Avilov

#### September 4 – December 11

(No Class: September 18, October 30, November 27)

Thu 10:15 a.m. – 11:15 a.m.  
305033-6B Avilov

#### September 5 – December 12

(No Class: September 19, October 31, November 28)

Fri 10:45 a.m. – 11:45 a.m.  
305033-6C Avilov

#### September 9 – December 2

(No Class: November 11, November 25)

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

#### September 8 – December 15

(No Class: September 22, October 27, November 24)

Mon 8:00 a.m. – 9:00 a.m.  
305033-6E Avilov

## Essentrics: Aging Backwards

(18+)

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

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

\$100 R

\$80 R55+

\$150 NR

#### September 3 – December 10

(No Class: September 17, October 29, November 26)

Wed 10:45 a.m. – 11:45 a.m.  
305034-6A Avilov

#### September 10 – December 3

(No Class: November 26)

Wed 12:00 p.m. – 1:00 p.m.  
305034-6B Fletcher

## Forever Fit

(18+)

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.

### 8, 60-min. sessions at RCC Lake Anne

\$75 R

\$60 R55+

\$113 NR

#### September 4 – October 23

Thu 9:00 a.m. – 10:00 a.m.  
305040-6B Moses

### 6, 60-min. sessions at RCC Lake Anne

\$55 R

\$44 R55+

\$83 NR

#### November 6 – December 18

(No Class: November 27)

Thu 9:00 a.m. – 10:00 a.m.  
305040-6C Moses

## Healthy Back Workshop

(18+)

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

### 1, 2-hour session at RCC Lake Anne

\$25 R

\$20 R55+

\$38 NR

#### September 27

Sat 1:00 p.m. – 3:00 p.m.  
302403-6A Avilov/Sypula

## Intermediate Tai Chi

(18+)

This class is a progression of Beginning Tai Chi. Students will continue to practice the 24-step Yang-style Tai Chi form and various qigong exercises. Participants are encouraged to wear supportive footwear to class. Approval is required from Beginning Tai Chi instructor Megan Durham to participate in this intermediate level class.

### 10, 60-min. sessions at RCC Lake Anne

\$95 R

\$76 R55+

\$143 NR

#### September 19 – November 21

Fri 9:30 a.m. – 10:30 a.m.  
302307-6A Durham

## Joint-Friendly Fitness

(18+)

Gentle activities can improve joint flexibility, range of motion and muscle strength. These joint-friendly exercises promote balance, strength and stamina. Participants can take the class sitting or standing. Please bring water and wear supportive footwear.

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

\$110 R

\$88 R55+

\$165 NR

#### September 10 – December 3

(No Class: November 26)

Wed 10:30 a.m. – 11:30 a.m.  
300129-6A Fletcher

### 11, 60-min. sessions at RCC Lake Anne

\$100 R

\$80 R55+

\$150 NR

#### September 12 – December 5

(No Class: September 19, November 28)

Fri 12:00 p.m. – 1:00 p.m.  
300129-6B Fletcher





## Mindfulness Meditation

(18+)

This ongoing mindfulness meditation class offers a welcoming space to explore a variety of techniques designed to reduce stress and cultivate present-moment awareness. Participants are guided through practices such as mindful breathing, body scans, gentle movement and loving-kindness meditation. Each session focuses on helping individuals reconnect with their bodies, quiet the mind and develop tools for responding to daily challenges with greater calm and clarity. Suitable for all experience levels, the class encourages a supportive community atmosphere and provides practical insights for integrating mindfulness into everyday life.

### 8, 75-min. sessions at RCC Lake Anne

\$80 R	\$64 R55+	\$120 NR
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#### September 17 – November 12

(No Class: October 15)

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

#### September 24 – November 12

Wed 12:00 p.m. – 1:15 p.m.  
305059-6B Czintos

## Pilates Mat

(18+)

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.

### 7, 60-min. sessions at RCC Lake Anne

\$75 R	\$60 R55+	\$113 NR
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#### October 20 – December 15

(No Class: November 3)

Mon 9:30 a.m. – 10:30 a.m.  
306030-6A Biddy

## Qigong

(18+)

Qigong is an ancient Chinese practice that combines mindful movements, meditation and breathing techniques to promote health and well-being.

### 8, 60-min. sessions at RCC Lake Anne

\$80 R	\$64 R55+	\$120 NR
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#### September 20 – November 8

Sat 11:45 a.m. – 12:45 p.m.  
304994-6A Okerson

## Qigong Plus Tai Chi Form

(18+)

This class is suitable for beginners learning the Yang Style Short Form. We will start with the movements of the form and practice simple qigong exercises that reinforce the fundamental principles of tai chi.

### 11, 60-min. sessions at RCC Lake Anne

\$100 R	\$80 R55+	\$150 NR
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#### September 16 – December 9

(No Class: October 28, November 11)

Tue 9:15 a.m. – 10:15 a.m.  
306044-6A Smyers

## Sound Bath Meditation

(18+)

Sound Bath utilizes ambient sounds to guide you to a deeper meditative state of consciousness. Waves of soothing, echoing sound from traditional wind and percussion instruments, also known as a "sound bath" will leave you feeling relaxed, refreshed and balanced.

### 6, 60-min. sessions at RCC Lake Anne

\$60 R	\$48 R55+	\$90 NR
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#### September 21, October 5, 19 November 2, 23, December 7

Sun 4:00 p.m. – 5:00 p.m.  
314761-6A Sypula

## Stress Relief Workshop

(18+)

Stress affects the body's emotions and behaviors; 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. Learn how to recognize the effects of stress and explore multiple techniques to self-regulate and relax your body and mind. Develop tools that help you create balance, space, joy and optimal health and wellness.

### 1, 2-hour session at RCC Lake Anne

\$25 R	\$20 R55+	\$38 NR
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#### October 5

Sun 1:00 p.m. – 3:00 p.m.  
302401-6A Unger/Avilov

## Tai Chi Yang Style – Advanced

(18+)

This class will continue refining the form and exploring principles of movement and balance. Instructor approval is required for this advanced level class.

### 11, 60-min. sessions at RCC Lake Anne

\$100 R	\$80 R55+	\$150 NR
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#### September 16 – December 9

(No Class: October 28, November 11)

Tue 10:30 a.m. – 11:30 a.m.  
306013-6A Smyers

## Tribal Fusion Belly Dance

(18+)

This slower-paced, technique-focused class will introduce you to this modern American form of belly dance with an earthier, more grounded feel than cabaret belly dance. Classes will begin with a gentle warm-up, a moving meditation, then a deeper focus on several movements and finish with a cool-down. Detailed verbal instructions will guide you throughout. Students should dress comfortably; bare feet, ballet split soles, soft shoes or socks with grippy soles are all acceptable.

### 8, 60-min. sessions at RCC Lake Anne

\$65 R	\$52 R55+	\$98 NR
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#### September 24 – November 12

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

## FREE TRY-OUT CLASS

If you are interested in a class but not ready to commit, please contact RCC's Fitness & Wellness Director at 703-648-2820 to schedule a one-time free trial of the class you wish to try.

# FITNESS: YOGA

## Gentle Yoga

(18+)

Designed for senior adults, this traditional yoga class incorporates stretching and strengthening postures that focus on balance with some standing and floor poses as well. Participants should be comfortable getting up and down from the floor.

### 12, 75-min. sessions at RCC Lake Anne

\$125 R	\$100 R55+	\$188 NR
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#### September 9 – December 9

(No Class: November 11, 18)

Tue 10:15 a.m. – 11:30 a.m.  
304995-6A Sypula

### 10, 75-min. sessions at RCC Lake Anne

\$105 R	\$84 R55+	\$156 NR
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#### September 11 – December 4

(No Class: November 6, 13, 27)

Thu 10:15 a.m. – 11:30 a.m.  
304995-6B Sypula

## Gut Feeling Yoga

(18+)

There is increasing evidence that yoga coupled with mindful breathing practice can reduce the psychological and physical symptoms of Irritable Bowel Syndrome (IBS). Yoga instructor and nurse practitioner Christina Unger leads students through yoga postures and breathing techniques to help calm those “gut feelings” by targeting the mind-body connection.

### 8, 60-min. sessions at RCC Lake Anne

\$80 R	\$64 R55+	\$120 NR
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#### September 17 – November 12

(No Class: October 29)

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

## Hatha Yoga I

(18+)

Hatha Yoga I creates balance in our physical, mental and energetic bodies. Students explore foundational postures (asanas), breathing (pranayama) and mindfulness practices. This class is open to all levels.

### 8, 60-min. sessions at RCC Lake Anne

\$80 R	\$64 R55+	\$120 NR
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#### September 18 – November 13

(No Class: October 30)

Thu 9:00 a.m. – 10:00 a.m.  
315001-6A Unger

## Hatha Yoga II

(18+)

Hatha Yoga II explores creating balance in our physical, mental and energetic bodies by adding to foundational postures. Experience more challenging postures, 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
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#### September 17 – November 12

(No Class: October 29)

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

## Mindful Hatha Yoga

(18+)

This class will teach breathing exercises, stretching movements and relaxation. Learn to use these movements to work through stiff joints and muscles while developing strength and flexibility.

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

\$105 R	\$84 R55+	\$158 NR
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#### September 9 – December 9

(No Class: November 11, 18)

Tue 9:00 a.m. – 10:00 a.m.  
305055-6A Sypula

## Mindful Yoga with Sound Healing

(18+)

This class includes mindful yoga movements that focus on body sensations and incorporating the sounds of singing bowls to stimulate energy centers. The soothing sounds from the bowls promote relaxation and enhance spiritual practice. Students will learn yoga movements and breathing patterns to improve focus and concentration. The second half will feature mindfulness meditation and final relaxation with the bowls.

### 12, 75-min. sessions at RCC Lake Anne

\$125 R	\$100 R55+	\$188 NR
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#### September 9 – December 9

(No Class: November 11, 18)

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

### 10, 75-min. sessions at RCC Lake Anne

\$105 R	\$84 R55+	\$156 NR
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#### September 11 – December 4

(No Class: November 6, 13, 27)

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

## Slow Flow Yoga

(18+)

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

### 8, 60-min. sessions at RCC Lake Anne

\$85 R	\$68 R55+	\$128 NR
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#### September 11 – December 4

(No Class: November 6, 13, 27)

Thu 5:15 p.m. – 6:15 p.m.  
305610-6A Sypula

## Yoga 101

(18+)

This course is designed for beginners or those interested in refreshing their knowledge of basic yoga poses and breathing techniques. This progressive curriculum builds 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
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#### September 17 – November 12

(No Class: October 29)

Wed 9:00 a.m. – 10:00 a.m.  
305601-6A Unger

## Yoga for Healthy Bones

(18+)

This class helps students strengthen bones and improve balance using bands, dumbbells and weight-bearing movements. By combining dynamic movements with static holds, participants enhance strength, stability and safety. Exercises can be done sitting, standing or lying on a mat.

### 8, 60-min. sessions at RCC Lake Anne

\$80 R	\$64 R55+	\$120 NR
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#### September 20 – November 8

Sat 10:30 a.m. – 11:30 a.m.  
304890-6A Okerson

## Yoga for Rest: Hatha and Nidra Fusion

(18+)

This Hatha-Nidra fusion class is designed for those seeking relaxation and better sleep. Each session begins with a gentle, beginner-friendly practice of slower paced physical postures and breathwork, concluding with a guided meditation designed to promote deep rest and mental clarity.

**8, 60-min. sessions at RCC Lake Anne**

\$75 R

\$60 R55+

\$113 NR

**October 1 – November 19**

Wed

305705-6A

7:15 p.m. – 8:15 p.m.

Chan

## Yoga with Weights

(18+)

This class blends gentle yoga movements with weights to create a challenging and mindful practice. Some benefits of combined yoga and strength training include improved bone density, muscle strength, flexibility and balance.

**8, 60-min. sessions at RCC Lake Anne**

\$80 R

\$64 R55+

\$120 NR

**September 18 – November 6**

Thu

304702-6A

9:00 a.m. – 10:00 a.m.

Okerson

## Yoga, Breath and Meditation

(18+)

This class offers a holistic approach to wellness through gentle yoga poses (including chair variations), breathwork and mindfulness meditation. It provides techniques to boost energy, improve focus and enhance emotional resilience. Suitable for all levels, beginners are welcome.

**8, 60-min. sessions at RCC Lake Anne**

\$75 R

\$60 R55+

\$113 NR

**September 22 – November 17**

(No Class: October 13)

Mon

305058-6A

10:30 a.m. – 11:30 a.m.

Patel/Shah

## FITNESS: DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning classes now require reservations. To make a reservation, please sign in to myRCC and select your preferred dates and times.

A Fitness Pass is necessary to attend these classes. You can purchase or renew passes online or at the RCC Customer Service Desk. Fitness Passes are available for 5 to 60 visits, priced at \$4.25 for residents and \$8.50 for non-residents per class. Please note that passes expire two years from the purchase date and there are no discounts available for individuals aged 55 and older. Cancellations can be processed through myRCC.

## Boot Camp

(18+)

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.

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

Pass, Reservation Required

**September 12 – December 5**

(No Class: November 28)

Fri

3C0010-6

10:45 a.m. – 11:45 a.m.

Fletcher

## Cardio and Strength Intervals

(18+)

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 Required

**September 24 – December 3**

(No Class: November 26)

Wed

3C0095-6

9:15 a.m. – 10:15 a.m.

Fletcher

## Walking Group

(18+)

Activate your day with an engaging 60-minute walk on Reston's paths and through nearby parks and gardens. Get energized in the fresh air with a light stroll and take in the beautiful scenery. Group meets in various parts of Reston or slightly beyond Reston, such as Meadowlark Botanical Gardens in Vienna, to explore exciting locations. Our walk may be canceled due to inclement weather.

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

Pass, Reservation Required

**September 3 – December 3**

(No Class: November 26)

Wed

3C0085-6

12:15 p.m. – 1:15 p.m.

Avilov

## Zumba Gold

(18+)

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 Required

**September 3 – December 19**

(No Class: November 26, 28)

Wed, Fri

3C0070-6

9:30 a.m. – 10:30 a.m.

Avilov

## Zumba Gold Toning

(18+)

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 Required

**September 2 – December 16**

(No Class: November 25)

Tue

3C0080-6

9:00 a.m. – 10:00 a.m.

Avilov



# OSHER LIFELONG LEARNING INSTITUTE AT GEORGE MASON UNIVERSITY (OLLI)

Reston Community Center (RCC) and the Osher Lifelong Learning Institute (OLLI) at George Mason University are partnering to offer unique educational opportunities in Reston. OLLI provides daytime courses, lectures, and events led by knowledgeable experts. Collaborative programs are held several times a year at RCC Lake Anne and non-OLLI members can register through RCC at a reduced cost.

To learn more about OLLI or to become a full-time member, visit [www.lli.gmu.edu](http://www.lli.gmu.edu).

## From Placenta to Pathology

**(18+)**  
Human DNA is not just a blueprint for our physical traits; it also contains remnants of ancient viral DNA. These viral sequences can have both positive and negative effects on our bodies. Studying our viral genetic heritage offers valuable insights into how these ancient infections continue to shape our biology.

**3, 85-min. sessions at RCC Lake Anne**

\$15 R	\$12 R55+	\$22 NR
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**September 24 – October 8**  
Wed 11:50 a.m. – 1:15 p.m.  
501614-6A OLLI

## Energy Use and How It Affects You

**(18+)**  
Everyone uses and pays for energy, which also impacts the environment. This presentation will cover the basics of energy production and consumption in the United States, including fossil fuels, nuclear energy, solar power and renewables. We will discuss global energy challenges, future consumption scenarios and how these issues affect you as a consumer.

**1, 85-min. session at RCC Lake Anne**

\$5 R	\$4 R55+	\$8 NR
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**October 22**  
Wed 11:50 a.m. – 1:15 p.m.  
501616-6A OLLI

## History of the American West

**(18+)**  
This course provides an overview of the documented and fictional history of the American West, focusing on the 19th and 20th centuries. We will explore how the environment, federal policies, agriculture, mining, film, literature and the military shaped the region's diversity and conflicts. Lectures will cover the natural and ecological history of the West through a photographic tour; the 19th century when Americans began to settle; fictional narratives from novels and films and the characteristics of the 20th century modern West.

**1, 85-min. session at RCC Lake Anne**

\$5 R	\$4 R55+	\$8 NR
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**November 12**  
Wed 2:15 p.m. – 3:40 p.m.  
501621-6A OLLI

## Infrastructure

**(18+)**  
You see and use infrastructure every day. How does it affect your daily life? What is it and what does it do? How do you access it and what are the associated costs? By exploring your local area, you will gain insight into infrastructure's impact on your daily life.

**1, 85-min. session at RCC Lake Anne**

\$5 R	\$4 R55+	\$8 NR
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**October 15**  
Wed 11:50 a.m. – 1:15 p.m.  
501615-6A OLLI

## Loyalists in the American Revolution

**(18+)**  
Loyalists who supported the British crown during the American Revolution are often overlooked in history. Recent works indicate that loyalty to the crown wasn't unusual; it dates back to the 17th-century English Civil War, when the Atlantic colonies struggled between supporting the monarchy-in-exile and Oliver Cromwell. This loyalty carried risks then, just as it did later in 1776.

**4, 85-min. sessions at RCC Lake Anne**

\$20 R	\$16 R55+	\$30 NR
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**September 24 – October 15**  
Wed 2:15 p.m. – 3:40 p.m.  
501619-6A OLLI

## Park Ranger Potpourri

**(18+)**  
Join National Park Service Rangers for a weekly presentation on a new topic. Since 2001, National Park Service Rangers have participated in OLLI programs by offering scores of thematic courses, special events and trips.

**3, 85-min. sessions at RCC Lake Anne**

Free, Registration Required

**October 14 – October 28**  
Tue 2:15 p.m. – 3:40 p.m.  
571982-6A OLLI

## Rescuing Downed Americans in World War II

**(18+)**  
In April 1944, the crew of the B-17G bomber Black Jack of the Badlands parachuted into German-occupied Yugoslavia. An undercover British soldier, a local Jewish refugee, guided them to safety. This account focuses on Reuven Dafni and Lt. Albert G. Willing Jr., who led his crew on a two-week journey through enemy territory. Willing's nephew, Richard Willing, will discuss how he found this story and the role of British Palestine in supporting the jumpers.

**1, 85-min. session at RCC Lake Anne**

\$5 R	\$4 R55+	\$8 NR
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**November 12**  
Wed 11:50 a.m. – 1:15 p.m.  
501620-6A OLLI

## Tales of Herndon

**(18+)**  
Discover the captivating history of Herndon as presented by the Herndon Historical Society.

**November 5:** Haunted Herndon – Join us for a spooky presentation that weaves together Herndon's history and entertaining ghost stories.

**November 12:** The Civil War in Herndon – Explore stories that highlight the impact of the Civil War on local residents, soldiers and enslaved people.

**2, 85-min. sessions at RCC Lake Anne**

\$10 R	\$8 R55+	\$15 NR
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**November 5 – November 12**  
Wed 9:40 a.m. – 11:05 a.m.  
501613-6A OLLI

## The Bonhomme Richard and John Paul Jones: The Ship, the Man and the Memory

(18+)

Commodore John Paul Jones and his ship, the Bonhomme Richard, are iconic figures in American history. This course will explore the personalities and politics surrounding their famous Revolutionary War battle, focusing on Jones' quote "I have not yet begun to fight" and how his victory has been commemorated by various sources.

### 1, 85-min. session at RCC Lake Anne

\$5 R

\$4 R55+

\$8 NR

### September 23

Tue

501610-6A

2:15 p.m. – 3:40 p.m.

OLLI

## The Fall of the Roman Republic

(18+)

A popular TikTok video said men think about the Roman Empire more than women. Many people enjoy stories about ancient Rome in movies and games. Historians appreciate the enthusiasm but worry about the prevalence of historical inaccuracies. This talk will explain how the Roman Republic fell, a story that many Americans find interesting.

### 2, 85-min. sessions at RCC Lake Anne

\$10 R

\$8 R55+

\$15 NR

### September 24 – October 1

Wed

501622-6A

9:40 a.m. – 11:05 a.m.

OLLI

## The Internment of Japanese-Americans During World War II

(18+)

About 112,000 Japanese Americans, mostly U.S. citizens, were interned on the West Coast during World War II due to their ancestry. This class will explore Japanese immigration, discrimination, key World War II events, the experiences of those interned and the legal and political context. We will also discuss post-war compensation efforts and initiatives to overturn their convictions.

### 2, 85-min. sessions at RCC Lake Anne

\$10 R

\$8 R55+

\$15 NR

### October 15 – October 22

Wed

501623-6A

9:40 a.m. – 11:05 a.m.

OLLI

## The Science of Your Life

(18+)

You've lived in your body your whole life, but how well do you know it? Consider its amazing complexity. Billions of cells communicate, build proteins, copy DNA and respond to stimuli like light and sound. Join us for a two-part series where we'll answer YOUR questions about each body system in a seminar discussion format.

### 2, 85-min. sessions at RCC Lake Anne

\$10 R

\$8 R55+

\$15 NR

### September 30 – October 7

Tue

501611-6A

2:15 p.m. – 3:40 p.m.

OLLI

## The Secret Inside Your Walls

(18+)

Many individuals reside in multifamily, multistory buildings such as condominiums and apartments. This guide assists you in understanding the layout and concealed features of these structures, along with the explanations for unusual noises.

### 1, 85-min. session at RCC Lake Anne

\$5 R

\$4 R55+

\$8 NR

### October 29

Wed

501617-6A

11:50 a.m. – 1:15 p.m.

OLLI

## You Can't Make This Stuff Up

(18+)

Misleading information can appear in medical literature and pose risks. Once in the media, it may be distorted into accepted fact, making corrections difficult. Some common beliefs are just urban legends and you might have your own stories to share. This course will be entertaining yet thought-provoking. Remember to trust, but verify.

### 1, 85-min. session at RCC Lake Anne

\$5 R

\$4 R55+

\$8 NR

### November 5

Wed

501618-6A

11:50 a.m. – 1:15 p.m.

OLLI

## SOCIAL

## American Mah Jongg\*

(18+)

### 2.5-hour sessions at RCC Hunters Woods

Free, Registration Required

### September 10 – December 10

(No Class: September 10)

Wed

509605-6A

1:15 p.m. – 3:45 p.m.

Staff

### September 11 – December 18

(No Class: November 27)

Thu

509605-6B

9:30 a.m. – 12:00 p.m.

Staff

## Bridge Mondays\*

(18+)

### 4-hour sessions at RCC Hunters Woods

Free, Registration Required

### September 8 – December 29

Mon

509603-6A

10:00 a.m. – 2:00 p.m.

Staff

## Bridge Tuesdays\*

(18+)

### 16, 3-hour sessions at RCC Lake Anne

Free, Registration Required

### September 9 – December 30

Tue

505551-6A

10:00 a.m. – 1:00 p.m.

Staff

## Chess Club\*

(13+)

### 3-hour session at RCC Hunters Woods

Free, Registration Required

### September 11 – December 18

(No Class: November 27)

Thu

901354-6A

6:30 p.m. – 9:30 p.m.

Staff

\* Please note these are not instructor-led classes; a basic understanding of the rules is required.

## 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.

## Coffee & Origami

(18+)

Enjoy complimentary coffee and learn basic paper-folding skills to create origami shapes. Bring a friend or meet a new neighbor with casual conversation. This class is led by an instructor and includes all supplies.

**90-min. session at Westglade Club House**

Free, Registration Required

**September 26**

Fri 11:00 a.m. – 12:30 p.m.  
86C200-6C Nelson

**90-min. session at Cedar Ridge Community Center**

Free, Registration Required

**October 24**

Fri 11:00 a.m. – 12:30 p.m.  
86C200-6D Nelson

## Reston Plays Games

(18+)

Tabletop gaming unites people with cards, dice and meeples as they pursue fun goals together. Bring your board, card and dice games to enjoy different styles, such as cooperative, worker placement and strategy. For details on open gaming times for new or established groups, please contact Bill Parker at William.Parker@fairfaxcounty.gov.

**5-hour sessions at RCC Hunters Woods**

Free, Registration Not Required

**September 10 – December 31**

Wed 5:00 p.m. – 10:00 p.m.  
503594-6A Staff

## WWII: The Great Engine of Social Change

(18+)

War is the great engine of social change. Eighty years after the end of WWII, America is a different place. This presentation examines the impact of WWII on women in the workforce, the demographics of the military, race and civil rights, access to education and migration to the cities. Light refreshments will be served.

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

\$20 R \$16 R55+ \$30 NR

**November 6**

Thu 1:00 p.m. – 2:30 p.m.  
510126-6A O'Connell

## TECHNOLOGY

### Cut the Cable: Switch to Streaming TV

(18+)

Participants will explore streaming TV options and potential cost savings. Please bring your cable bill to compare current charges with available options.

**1, 2.5-hour session at RCC Hunters Woods**

\$25 R \$20 R55+ \$37 NR

**September 11**

Thu 1:00 p.m. – 3:30 p.m.  
504173-6A O'Connell

### Managing Your Health with Technology

(18+)

Learn the various devices and apps that are currently on the market to help manage health and safety. View demos of smart watch and smart phone health features as well as apps for managing health.

**1, 2.5-hour session at RCC Hunters Woods**

\$25 R \$20 R55+ \$37 NR

**October 23**

Thu 1:00 p.m. – 3:30 p.m.  
563213-6A O'Connell

### Prepare iPhones & iPads for Travel

(18+)

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, using AI to plan your itinerary, saving battery life, storing maps, using trip planners and finding the best travel apps. Bring a fully charged device to class.

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

\$25 R \$20 R55+ \$37 NR

**December 4**

Thu 10:00 a.m. – 1:00 p.m.  
500487-6A O'Connell

## Search with AI

(18+)

AI has transformed web searching from using keywords to conversational language. This course introduces the fundamentals of AI, every day uses of AI, guides to selecting an AI application and how to write natural language queries.

**1, 2.5-hour session at RCC Hunters Woods**

\$25 R \$20 R55+ \$37 NR

**November 20**

Thu 10:30 a.m. – 1:00 p.m.  
510125-6A O'Connell

### Unlocking Internet Discounts and Lowering Your Video Service Bill

(18+)

Learn how to lower your cable TV bill and find affordable internet options available to County residents through federal programs like the Affordable Connectivity Program. Discover discounts from local providers like Comcast, Cox and Verizon and access free TV channels with a digital antenna. The class will be held virtually on the Microsoft Teams platform, all registered participants will receive a Teams link 24 hours before the session.

**1, 60-min. session via Microsoft Teams**

Free, Registration Required

**December 3**

Wed 1:00 p.m. – 2:00 p.m.  
510124-6A Ross

### Update Your Online Security

(18+)

Scams have become a massive \$20 billion industry, targeting our cell phones, tablets and computers. AI helps cybercriminals create more effective scams. This class will explore different types of scams and share practical tips to keep your information safe on your devices. Join us to learn how to protect yourself in the digital world.

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

\$25 R \$20 R55+ \$37 NR

**October 9**

Thu 10:00 a.m. – 1:00 p.m.  
576105-6A O'Connell



## Your Smart TV and Your Privacy

(18+)

Smart TVs and other smart devices provide easy access to video and information at the touch of a finger, but unless you read all the fine print, you may not be aware that companies are collecting, using and sometimes selling your personal information. The Fairfax County Department of Cable and Consumer Services will explain what personal information these devices collect and how it's done. The class will be virtual using the Microsoft Teams platform; all registered patrons will be sent the link 24 hours prior to the class.

**1, 60-min. session via Microsoft Teams**

Free, Registration Required

**November 19**

Wed

598105-6

11:00 a.m. – 12:00 p.m.

Ross

## TRIPS AND TOURS

### "Parade" at the Kennedy Center

(18+)

Leo and Lucille Frank, a newlywed Jewish couple in the red hills of Georgia, face a severe test of faith and devotion when Leo is accused of a serious crime. "Parade" is a riveting tale that emphasizes the importance of truly seeing one another to love. Trip fees cover transportation, admission and 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

**September 4**

Thu

576122-6B

11:30 a.m. – 5:30 p.m.

Staff

## TRIP INFORMATION

Prior to the trip you will receive an itinerary and a link to a website to provide emergency contact information and to agree to the Trip Code of Conduct. Please complete these online forms prior to the day of the trip. Please contact Cassie LeBron, RCC's Lifelong Learning Director, at 703-390-6157 if you need help accessing the online forms.

Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

### Departure and Arrival:

Unless otherwise noted, departures occur from and return to RCC Hunters Woods.

### Emergency Forms:

Prior to the trip, you will receive an itinerary and an emergency form. Please complete the form and bring it with you on the day of the trip.

### ADA Accommodations:

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice.

To request a reasonable accommodation, please call 703-476-4500, TTY 711

## The Franklin Institute & Planetarium

(18+)

The Franklin Institute, named after America's first scientist Benjamin Franklin, is one of the oldest centers for science education in the country. It aims to inspire a passion for science and technology through exhibits like "Wondrous Space," where you can touch a meteorite that fell to Earth over 50,000 years ago. Visitors can also enjoy a cosmic exploration at the Fels Planetarium featuring a 60-foot dome. The trip fee covers transportation, admission, planetarium ticket and chaperones. Lunch is on your own.

**7:00 a.m. Depart RCC Lake Anne**

**7:30 a.m. Depart RCC Hunters Woods**

**7:00 p.m. Estimated return to Reston**

**1, 12-hour Trip**

\$115 R

\$92 R55+

\$217 NR

**September 19**

Fri

576125-6A

7:00 a.m. – 7:00 p.m.

Staff

## State Fair of Virginia

(18+)

Get ready for an unforgettable experience at the annual State Fair of Virginia in Doswell, where we celebrate 165 years of tradition! Enjoy delicious Virginia-grown food, local crafts, thrilling rides and exciting contests like the "Giant Veggie Weigh-Off." Trip fees include transportation, admission and chaperones.

**8:30 a.m. Depart RCC Lake Anne**

**9:00 a.m. Depart RCC Hunters Woods**

**8:00 p.m. Estimated Return to Reston**

**1, 11.5-hour Trip**

\$75 R

\$60 R55+

\$112 NR

**October 3**

Fri

576126-6A

8:30 a.m. – 8:00 p.m.

Staff

## 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.

## Winterthur Museum & Garden

(18+)

Revel in the beauty and history of Winterthur Museum and Gardens with a self-guided tour of Henry Francis du Pont's elegantly furnished mansion, followed by box lunches served in the Visitor's Center cafeteria. After, enjoy the vibrant fall foliage of the 60-acre gardens while on a relaxing narrated tram tour. Trip fee includes transportation, admission, box lunch and chaperones.

**8:00 a.m. Depart RCC Lake Anne**

**8:30 a.m. Depart RCC Hunters Woods**

**6:00 p.m. Estimated Return to Reston**

### 1, 10- hour Trip

\$175 R	\$140 R55+	\$260 NR
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**October 17**

Fri 8:00 a.m. – 6:00 p.m.  
576124-6A Staff

## Christmas Candy Cane Lane at Hershey Park

(5+)

Experience the magic of family rides and coasters, all while sipping hot chocolate surrounded by 5 million dazzling lights! Meet the Hershey Characters, enjoy lively entertainment and snap a photo with Santa and his reindeer. Your trip fees cover transportation, admission, lunch voucher and chaperone. Don't forget – kids under 18 must be accompanied by an adult (18+).

**9:30 a.m. Depart RCC Hunters Woods**

**10:30 p.m. Estimated Return to Reston**

### 1, 13- hour Trip

\$130 R	\$104 R55+	\$255 NR
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**November 22**

Sat 9:30 a.m. – 10:30 p.m.  
576123-6A Staff



## VISUAL ARTS

### Acrylic Painting for Beginners

(18+)

Have fun while learning the basics of acrylic painting in a studio workshop setting. A supply list will be provided before the first class.

#### 10, 2.5-hour sessions at RCC Lake Anne

\$115 R	\$92 R55+	\$195 NR
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**September 10 – November 12**

Wed 7:00 p.m. – 9:30 p.m.  
455011-6B Daniels

### Acrylic Painting

(18+)

This class focuses on acrylic painting for beginners and intermediates. A supply list will be provided before the first session.

#### 8, 2.5-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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**September 12 – October 31**

Fri 10:00 a.m. – 12:30 p.m.  
402421-6B Thiel

Fri 2:00 p.m. – 4:30 p.m.  
402421-6A Thiel

### Advanced Glass Fusing Holiday

(13+)

Put your glass skills to work by creating a unique winter scene in fused glass. This session is only open to students who have previously taken a glass workshop. All supplies are included in the class fee.

#### 1, 2.5-hour session at RCC Hunters Woods

\$55 R	\$44 R55+	\$82 NR
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**November 20**

Thu 6:30 p.m. – 9:00 p.m.  
900401-6A Toole

### Art Lab

(18+)

Artists of all skill levels are invited to explore their creativity during this open studio class. This is the perfect time to complete projects or work on new personal projects.

#### 14, 3-hour sessions at RCC Lake Anne

\$85 R	\$68 R55+	\$115 NR
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**September 9 – December 16**

(No Class: November 25)

Tue 2:00 p.m. – 5:00 p.m.  
404213-6C Daniels

Tue 7:00 p.m. – 10:00 p.m.  
404213-6D Sterud

**September 10 – December 17**

(No Class: November 26)

Wed 1:00 p.m. – 5:00 p.m.  
404213-6E Sterud

## Art Medium Survey

(18+)

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

### 4, 2.5-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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#### September 15 – October 6

Mon	7:00 p.m. – 9:30 p.m.
402758-6A	Daniels

## Art School & Career Panel Series

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? Are you a graduate student or emerging professional who wants to learn more about jobs in the visual arts field? Join Tephra Institute of Contemporary Art (Tephra ICA) for our Art School & Career Panel Series and hear a panel of professionals discuss a variety of art school programs and career opportunities in the arts. Panelists include art educators and arts practitioners from museums, galleries, universities, community colleges and more.

### 1, 60-min. session at 12001 Market Street

Free, Registration Required

#### September 2

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

## Beginning Drawing

(18+)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencils, students will learn to use lines, value, gesture and perspective. A supply list will be provided prior to first class.

### 8, 3-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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#### September 12 – October 31

Fri	7:00 p.m. – 9:30 p.m.
402614-6B	Sterud

## Chinese Brush Painting

(18+)

Reinforce your fundamental brushstroke skills in this session of Chinese Brush Painting, geared toward intermediate and advanced students.

### 8, 2.5-hour sessions at RCC Lake Anne

\$75 R	\$60 R55+	\$150 NR
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#### October 2 – November 20

Thu	10:00 a.m. – 12:30 p.m.
402512-6A	Griffith Tso

## Fun with Fusing – Glass Jewelry and Suncatcher

(13+)

Beginning or intermediate/advanced students will enjoy creating a unique piece of glass jewelry and/or suncatcher. Basic glass-cutting techniques and safety measures will be covered. No experience necessary and all supplies are included in the class fee.

### 1, 2.5-hour session at RCC Hunters Woods

\$45 R	\$36 R55+	\$68 NR
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#### October 26

Sun	1:00 p.m. – 3:30 p.m.
900298-6A	Toole

## Fused Glass Bubble Construction Workshop

(18+)

This workshop will focus on techniques used to create bubble grids with glass stringers. Projects will be fired and slumped into bowls. All supplies included in class fee.

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

\$65 R	\$52 R55+	\$100 NR
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#### November 5

Wed	10:00 a.m. – 1:00 p.m.
402785-6B	Gallagher

#### December 8

Mon	6:00 p.m. – 9:00 p.m.
402785-6C	Gallagher

## Fused Glass Stacked Construction Workshop

(18+)

This fused glass workshop will focus on stacking techniques using cut squares of various sized glass stacked on top of each other. Your projects will be fired and slumped into a shallow bowl. All supplies included in class fee.

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

\$65 R	\$52 R55+	\$100 NR
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#### September 24

Wed	6:00 p.m. – 9:00 p.m.
402782-6B	Gallagher

#### October 20

Mon	10:00 a.m. – 1:00 p.m.
402782-6C	Gallagher

## Glass Holiday Ornaments and Gifts

(13+)

Create unique and colorful holiday glass ornaments and glass-themed gifts using fused glass. Basic glass-cutting techniques and safety measures will be covered. No experience necessary and all supplies are included in the class fee.

### 1, 2.5-hour session at RCC Hunters Woods

\$45 R	\$36 R55+	\$68 NR
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#### November 6

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

## Handstitched Fabric Collage

(18+)

In this new mixed media class, participants will combine painting, printmaking and simple hand-stitching techniques to make a variety of fabric collages. Paint and dye fabric for the collage using inks, watercolors, acrylics and natural methods. Bring your collage to life with texture and detail through "slow stitching." This class is suitable for beginners; prior sewing experience or sewing machine are not required. A supply list will be provided before the first class.

### 8, 3-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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#### September 18 – November 6

Thu	1:30 p.m. – 4:30 p.m.
402760-6A	Mullarkey



## Intermediate Drawing

(18+)

This class is for students looking to improve their drawing skills by building on the fundamentals learned in Beginning Drawing. Through various exercises, participants will enhance their manual dexterity and artistic expression, exploring techniques like gesture drawing, sketching and abstraction using tools such as charcoal and pen. A supply list will be provided prior to the first class.

### 8, 3-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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### September 11 – October 30

Thu 7:00 p.m. – 9:30 p.m. Sterud  
402775-6B

## Intro to Print Making: Gelli Plates, Linoleum and Collagraph

(18+)

We are excited to present this hands-on, printmaking class introducing three versatile techniques: Gelli plate monoprinting, linoleum block carving and collagraph printing. Whether you're a beginner or seeking to advance your skills, you'll explore essential tools and creative approaches. No prior experience is required, just bring your curiosity and creativity. A supply list will be provided prior to first class.

### 8, 3-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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### September 8 – October 27

Mon 10:00 a.m. – 1:00 p.m. Fitzurka  
402794-6A

## Layers of Expression: Techniques in Acrylic Abstraction and Collage

(18+)

Discover the art of layering in this dynamic class. We will explore abstract and collage techniques using a mix of painting, printmaking and textured materials to experiment with composition, color and form to create expressive, one-of-a-kind artworks. While beginners are welcome, this class is designed for intermediate and advanced artists looking to deepen their exploration of layered composition, texture and abstract expression. A supply list will be provided prior to the first class.

### 6, 3-hour sessions at RCC Lake Anne

\$90 R	\$72 R55+	\$155 NR
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## November 3 – December 8

Mon 10:00 a.m. – 1:00 p.m. Fitzurka  
402795-6A

## Micromosaic Jewelry

(18+)

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
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### October 15

Wed 6:30 p.m. – 9:30 p.m. Damron  
402623-6A

### October 22

Wed 10:00 a.m. – 1:00 p.m. Damron  
402623-6B

## Mosaic Art

(18 +)

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). Tools, supplies and materials are included in the class fee to complete one beginner or intermediate project.

### 6, 3-hour sessions at RCC Hunters Woods

\$200 R	\$160 R55+	\$250 NR
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### September 3 – October 8

Wed 10:00 a.m. – 1:00 p.m. Damron  
404040-6A

### September 8 – October 13

Mon 6:30 p.m. – 9:30 p.m. Damron  
404040-6B

### October 27 – December 1

Mon 10:00 a.m. – 1:00 p.m. Damron  
404040-6C

## Painting with Alcohol Inks on Tile Workshop

(18+)

Unlock your imagination and creativity by learning to paint with alcohol inks on tiles. This medium enables participants to create beautiful, luminous 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
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### October 11

Sat 1:00 p.m. – 3:00 p.m. Clark  
402728-6A

### November 8

Sat 1:00 p.m. – 3:00 p.m. Clark  
402728-6B

### December 13

Sat 1:00 p.m. – 3:00 p.m. Clark  
402728-6C

## Remixed Media Project: Silk Scarves

(18+)

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
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### September 9 – October 28

Tue 10:00 a.m. – 1:00 p.m. Mullarkey  
402620-6A

## Tapestry Mosaic Art

(18+)

Elaborate patchwork tapestry fabrics from Rajasthan and Gujarat, India are the inspiration for this class. Specialty glass (including Van Gogh glass and millefiori), crystal and beads are used to create multiple patterns of color and texture. Basic knowledge of mosaics is recommended but not required for this class. All supplies are included in the class fee.

### 6, 3-hour sessions at RCC Hunters Woods

\$200 R	\$160 R55+	\$250 NR
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### October 29 – December 10

(No Class: November 26)

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

## Unforgettable

(18+)

Join us for an inspiring program designed for community members with Alzheimer's and other cognitive disorders. This creative experience fosters brain health and well-being. Participants will explore the Jo Ann Rose Gallery and take part in a hands-on art project led by professional staff. Note that all individuals with dementia must be accompanied by a caregiver who will actively participate. Let's create lasting memories together.

### 1, 90-min. session at RCC Lake Anne

Free, Registration Required

#### September 20

Sat 1:30 p.m. – 3:00 p.m.  
402770-6A Daniels

#### October 18

Sat 1:30 p.m. – 3:00 p.m.  
402770-6B Daniels

#### November 22

Sat 1:30 p.m. – 3:00 p.m.  
402770-6C Daniels

## Wednesday Watercolor

(18+)

This watercolor class is for intermediate and beginner painters who want to build and improve their painting skills. We will use lectures, demonstration and painting time to explore fun subjects such as landscapes, buildings and simple figures, while focusing on the fundamental building blocks of watercolor painting. A supply list will be provided prior to the first class.

### 8, 2.5-hour sessions at RCC Lake Anne

\$90 R

\$72 R55+

\$155 NR

### September 10 – October 29

Wed  
402735-6A

10:00 a.m. – 12:30 p.m.  
Ellor

## 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.

## ARTIST DIALOGUES AND EVENTS AT TEPHRA ICA

Tephra ICA is devoted to celebrating artists and values the power of art to generate new ideas and broaden perspectives.

The programs noted here are sponsored by Reston Community Center.

**For current schedule visit: [www.tephraica.org](http://www.tephraica.org)**

### Creative Responses

(13+)

Creative professionals will respond to the work on view at the Tephra ICA Gallery. The short presentation will be followed by an open conversation.

### In Their Own Words

(13+)

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+)

Listen to curators and directors of major art institutions commenting on the gallery exhibit and its cultural context.

### Slow Looking Program Series

(18+)

Slow Looking is a Tephra ICA staff-guided approach and program series that allows the visitors to spend more time getting to know an artwork.

### Young Professional Series

(18+)

The Young Professional events will include a preview to the current Tephra ICA exhibition, artist/curator talks and networking opportunities.



Tephra ICA

12001 MARKET STREET, SUITE 103, RESTON, VA



## LOTTERY FOR CERAMICS CLASSES

Due to the immense popularity of RCC's ceramics classes, enrollment will now follow the lottery registration process:

May, August and December 1 – 4	May, August and December 5	May, August and December 7	May, August and December 8
Registration opens on myRCC for the Ceramics lottery for Reston patrons	Lottery participants receive email regarding enrollment status (enrolled or waitlisted) after the lottery spin	Registration must be accepted and paid for by the 7th of the month or registration will be forfeited	Registration now available for remaining class slots for all patrons

If you are accepted into more than one ceramic class, **please choose only one.**  
This will allow waitlisted individuals to enroll. Thank you.

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

## VISUAL ARTS – CERAMICS

### Creative Clay House

(18+)

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

#### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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#### September 18 – November 13

Thu 10:00 a.m. – 12:30 p.m.  
402752-6A Sternberg/Page

### Creative Hands Pottery

(18+)

Participants will explore hand-building techniques to create an array of clay projects. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided prior to the first class.

#### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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#### September 16 – November 11

Tue 10:00 a.m. – 12:30 p.m.  
402665-6B Sternberg/Page

### Making Pottery With or Without the Wheel

(18+)

This class emphasizes design, functional and non-functional forms construction and surface decoration for students with beginning to advanced hand-building and/or wheel-throwing skills. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand-building or wheel-building or to combine elements of both. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided prior to first class.

#### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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#### September 17 – November 12

Wed 7:00 p.m. – 9:30 p.m.  
402616-6B Benton

### Sculpture I

(18+)

This class is designed for students from beginner to advanced levels who are interested in learning or improving their skills in three-dimensional art. The techniques taught will be customized to suit each student's skill level. The fee covers 25 lbs. of clay, firing, glazes and an additional day dedicated to finishing your projects. A supply list will be provided before the first class.

#### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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#### September 15 – November 10

Mon 10:00 a.m. – 12:30 p.m.  
402500-6A Sternberg

#### September 16 – November 11

Tue 7:00 p.m. – 9:30 p.m.  
402500-6B Sternberg



## Wheel Exploration

(18+)

Designed for individuals who have taken at least one beginning or intermediate level wheel class. The class is structured so participants can practice and refine skills with guidance from an instructor. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided prior to the first class.

### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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### September 16 – November 11

Tue 10:00 a.m. – 12:30 p.m.  
402639-6C Dwivedi

Tue 7:00 p.m. – 9:30 p.m.  
402639-6D Marcum

## Wheel I

(18+)

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. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided before the first class.

### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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### September 18 – November 13

Thu 10:00 a.m. – 12:30 p.m.  
402462-6C Grace

Thu 7:00 p.m. – 9:30 p.m.  
402462-6D Stefanik

## Wheel II

(18+)

Students will review and refine their basic throwing skills to move from beginner to intermediate levels. Students must know how to center. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided before the first class.

### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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### September 19 – November 14

Fri 1:00 p.m. – 3:30 p.m.  
404210-6B Anderson

## Wheel III

(18+)

Prerequisites include being able to wedge, center and throw an approximately eight-inch bowl and cylinder. The class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided before the first class.

### 9, 2.5-hour sessions at RCC Lake Anne

\$145 R	\$116 R55+	\$200 NR
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### September 15 – November 10

Mon 7:00 p.m. – 9:30 p.m.  
402463-6B Alexander

# WOODWORKING

## Box Building Basics

(18+)

Learn to create beautiful wooden boxes in this interactive class, covering key design elements such as proportion, texture and functionality, along with essential woodworking skills like safe tool use, stock preparation and precise cutting. Participants will build two types of boxes featuring different joinery and lid designs. All materials and supplies are included in the class fee.

### 4, 3-hour sessions at RCC Hunters Woods

\$100 R	\$80 R55+	\$150NR
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### October 2 – October 23

Thu 6:30 p.m. – 9:30 p.m.  
500786-6A Burke

## Build a Toy Truck

(18+)

Wooden toys have been a staple in children's lives for many generations. This class will teach you the techniques to assemble and finish a wooden pick-up truck toy for children of all ages.

### 4, 3-hour sessions at RCC Hunters Woods

\$100 R	\$80 R55+	\$150NR
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### October 8 – October 29

Wed 5:30 p.m. – 8:30 p.m.  
526993-6A Staff

## Good Neighbors Woodworking Group

(18+)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, though training is provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration though myRCC.

### 15, 5-hour sessions at RCC Hunters Woods

Free, Registration Required

### September 9 – December 30

(No Class: November 4, 11)

Tue 9:30 a.m. – 2:30 p.m.  
5C0085-6A Staff

## Introduction to Band Saw Box Making

(18+)

Learn to create unique band saw boxes, perfect for gifts. This beginner course covers box design, wood selection and sawing techniques while emphasizing safety. All supplies are included; students must provide their own safety equipment (eye, noise and dust protection). Level I Beginner: Easy project with basic skill development.

### 4, 3-hour sessions at RCC Hunters Woods

\$100 R	\$80 R55+	\$150NR
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### September 10 – October 1

Wed 5:30 p.m. – 8:30 p.m.  
505963-6C Ingram





# OPEN STUDIOS

## Open Ceramics Studios

(18+)

The public is invited to use RCC's Ceramics Studio. Due to the high demand for access, we have updated our reservation process for the studio. The Open Ceramics Studio now requires reservations through a lottery system to ensure fair distribution of available spots.

Enrollment in the lottery for the Open Ceramics Studio is free. However, participants must purchase a Ceramics Studio pass and swipe it before each reserved visit. Passes can be purchased and renewed online (myRCC) or at any RCC Customer Service Desk. You can buy passes for a minimum of one visit and a maximum of 10 visits, with fees of \$15 (Reston) or \$30 (Non-Reston) per visit.

Please note that Ceramics Studio passes expire two years from the purchase date and the fee covers firing and glazes. Clay is available for purchase at \$25 – \$35 for 25 lbs.

### 4-hour session at RCC Lake Anne

Pass, Reservation Required

### September 20 – December 20

Sat 1:00 p.m. – 5:00 p.m.  
4C0030-6 Ceramics Studio  
4C0035-6 3D Studio

### September 24 – December 10

Wed 10:00 a.m. – 2:00 p.m.  
4C0020-6 Ceramics Studio  
4C0025-6 3D Studio

## Open Glass Studio

(18+)

The public is invited to use RCC's Open Glass Studio, which 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 requires reservations, which are available on the 25th of each month for the next month. Reservations open on the first of the month for Non-Reston patrons.

To make your reservations, sign into myRCC and select the dates you wish to attend. Reservations for the Open Glass Studio are free; however, patrons must purchase a Glass Studio pass and swipe the pass before each reserved visit.

Glass Studio passes can be purchased and renewed online or at an RCC Customer Service Desk. Passes can be purchased for a minimum of one visit to a maximum of 10 visits for \$10 (Reston)/\$20 (Non-Reston) per visit. Glass Studio passes expire two years from the date of purchase.

### 4-hour sessions at RCC Hunters Woods

Pass, Reservation Required

### September 7, September 21, October 5, October 19, November 2, November 16, December 7, December 21

Sun 11:30 a.m. – 3:30 p.m.  
4C0010-6 Damron

## Open Woodshop

(18+)

The public is invited to utilize RCC's Woodshop during our weekly open shop hours. The shop is equipped with a variety of tools including table saws, sanding machines, drill presses, routers, a jointer, a planer and ample workspace. A woodshop supervisor will be present to offer guidance during these hours.

Please note that reservations are now required to access the Open Woodshop. Reservations can be made starting on the 25th of each month for the following month.

To reserve your time, log in to myRCC and select your preferred dates and times. Reservations for the Open Woodshop are free; however, patrons must purchase a Woodshop pass and swipe it before each reserved visit. Woodshop passes can be purchased or renewed online through myRCC or at any RCC Customer Service Desk.

Passes are available for a minimum of one visit up to a maximum of ten visits. The fees are \$12 (Reston)/\$24 (Non-Reston) per visit. Woodshop passes expire two years from the date of purchase and each visit is limited to a maximum of 3.5 hours.

Please remember that woodworking projects cannot be left in the RCC shop; storage is not available.

### 3.5-hour sessions at RCC Hunters Woods

Pass, Reservation Required

### September 6 – December 20

Sat 9:00 a.m. – 12:30 p.m.  
5C0030-6 Staff

Sat 1:00 p.m. – 4:30 p.m.  
5C0050-6 Staff

### September 9 – December 30

Tue 6:00 p.m. – 9:30 p.m.  
5C0010-6 Staff

## LOTTERY FOR OPEN CERAMICS STUDIO

Due to the immense popularity of RCC's Open Ceramics Studio, there is now a lottery for registration slots each month.

From the 25th – 28th of each month	On the 29th of each month	On the 1st of the following month
The lottery for ceramics studio reservations for the following month open in myRCC for Reston patrons.	Lottery participants receive emailed enrollment offers and must accept that enrollment offer to finalize their registration.	Registration for any remaining slots is now available for all patrons.

There is no limit on the number of lottery requests that can be made.

LEISURE & LEARNING

## Administration

BeBe Nguyen	Executive Director
Brianne Baglini	Deputy Director
Renata Wojcicki	Finance Director
Lorna Campbell Clarke	Director of Communications
Brian Gannon	Accreditation Specialist
Pam Leary	Customer Relations Director
Christopher Higgins	Network Administrator
Fred Russo	Building Engineer
Sarah Alshamy	Web/Graphic Artist
Warren Bailey	Customer Service
Michael Bell	Graphic Artist
Chris Brown	Billing and Reconciliation Specialist
Nicholas Burt	Customer Relations Assistant Director
Suzanne Connell	HR Specialist
Kathryn Kovacs	Public Information Officer
James Rockett	Financial Specialist
Evelyn Rosa	Procurement Specialist
Samantha Stettner	Customer Service
Mark Zubaly	Customer Service

## Facility Rentals & Operations

Mohammed Alhadi	Facility Team
Guillermo Huaman	Facility Team
Cristobal Rivera	Facility Team
David Sainz	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
Noah Worku	Assistant Aquatics Operations Director

## Arts & Culture

Paul Douglas Michnewicz	Director of Arts & Culture
Mark Anduss	Technical Director
Cheri Danaher	Arts Education Director
Kaitlyne Jones	Box Office Manager
Laura Moody	Assistant Technical Director
Gloria Morrow	Arts Education Assistant
Matt Nogay	Assistant Technical Director
Rhia Ovington	Box Office Assistant

## Leisure & Learning

Kevin Danaher	Leisure & Learning Director
Anya Avilov	Fitness & Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
Dwight Godwin Jr.	Youth & Teen Program Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth & Teen Program Assistant
Jonathan Navarro	Fitness & Wellness Program Director
Toni Smith	Youth & Teen Program Assistant

## Offsite & Collaboration

Maggie Parker	Offsite & Collaboration Director
Asjah Heiligh	Community Events Director
LaTanza Snelling	Equity Partnerships Director
Husna Basiri	Equity Partnerships Assistant

## THANK YOU

We sincerely thank the hundreds of talented individuals who support RCC in various roles, including administration, instruction, lab supervision, lifeguarding and technical assistance. Their contributions are essential to our mission.

We also express our deep appreciation to our wonderful volunteers, whose generous spirit truly embodies the heart and soul of the RCC experience.

## COMMUNITY PARTNERS

### THANK YOU TO OUR COMMUNITY PARTNERS:

- AARP Foundation (AARP Tax Aide Program)
- AARP Virginia
- Al Fatih Academy
- ArtsFairfax
- Boy Scouts of America, Washington aaCapital Area
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Domestic & Sexual Violence Services (DSVS)
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- League of Reston Artists
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor; Walter L. Alcorn
- Osher Lifelong Learning Institute (OLLI) at George Mason University
- Pozez Jewish Community Center of Northern Virginia
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston for a Lifetime
- Reston Museum
- Reston Hospital Center
- Reston Masters Swim Team
- Reston Town Center Association
- Shenandoah Conservatory
- South Lakes High School
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- Tephra ICA
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworkers Guild
- YMCA Fairfax County/Reston

## HOW TO REGISTER

### Online Registration

Online registration opens at 9:00 a.m. on August 1 for Reston.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to create an account through myRCC to receive a household username and initial password.
- To access myRCC, go to [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com), click on myRCC. Under Quick Links, click Create an Account. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov) or to a customer service representative at 703-476-4500: Mon – Sat: 9:00 a.m. – 9:00 p.m. Sun: 9:00 a.m. – 8:00 p.m.

### In Person/Mail/Fax Registration

- All forms are available online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA, 20191.
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

## REGISTRATION FORMS

Please note that no matter when you drop off your registration, it will not be processed until August 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on August 1 if they are received by July 31. Our Customer Service team will be inputting registrations in the myRCC system simultaneously with online registration by

our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

## REGISTRATION POLICIES

### Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Fees are listed as Reston/Non-Reston.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is on the RCC website.

### Priority Reston Registration

Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

### Non-Reston Registration

Non-Reston registration begins at the end of the one-week priority-Reston registration period.

### Payment

Payment is required at the time of registration. Pay by cash, check (payable to Reston Community Center), money order, MasterCard, VISA, 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 start of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of monthly pool passes.

## PRICING

RCC reviews its pricing for programs and services annually. We will gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services is established while keeping in mind the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov).

## FUNDING

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees so they may enjoy programs and SERVICES AT GREATLY SUBSIDIZED RATES.



# PATRON HEALTH AND SAFETY

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

# ADA ACCOMMODATIONS

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

# BOARD OF GOVERNORS

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

RCC’s Board of Governors invites the general public to its Board meetings; anyone is welcome to attend and share input. Dates subject to change. Additional committee meetings are scheduled as needed.

Please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for a current list of Board meetings.

Monthly Meeting	
September 8	8:00 p.m.
Monthly Meeting	
October 6	8:00 p.m.
Monthly Meeting	
November 3	8:00 p.m.
Monthly Meeting	
December 1	8:00 p.m.

Finance Committee meetings, when scheduled, occur at 7:00 p.m. on the first Monday of the month. Check RCC’s website for the most current meeting information.

QUESTIONS, COMMENTS, CONCERNS AND SUGGESTIONS FOR RCC’S BOARD OF GOVERNORS MAY BE DIRECTED TO [RCCCONTACT@FAIRFAXCOUNTY.GOV](mailto:RCCCONTACT@FAIRFAXCOUNTY.GOV). ALL INQUIRIES ARE ANSWERED WITHIN 48 BUSINESS HOURS.

For RCC Board of Governors information, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

# 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

Acrylic Painting	67	Gentle Yoga	61	Qigong	60
Acrylic Painting for Beginners	67	Glass Holiday Ornaments and Gifts	68	Qigong Plus Tai Chi Form	60
Adapted Aquatics	41	Good Neighbors Woodworking Group	72	Remixed Media Project: Silk Scarves	70
Adult Advanced Beginner	42	Gut Feeling Yoga	61	Rescuing Downed Americans in World War II	63
Adult Beginner	42	"Hamilton"—Special Election Day Screenings	16	Rookie I	37
Advanced Glass Fusing Holiday	67	Handstitched Fabric Collage	68	Rookie II	38
Aging with Power and Grace	57	Hatha Yoga I	61	Reston Plays Games	65
American Mah Jongg	63	Hatha Yoga II	61	Scholarship Workshop	56
Aqua Barre	43	Healthy Back Workshop	59	Sculpture I	71
Aqua Blast	43	Hearing Aids: Beware & Be Wise	56	Search with AI	65
Aqua Boot Camp	43	Hearing Screenings	56	Separating Personal & Business Finances	56
Aqua Mixer	43	History of the American West	63	Skipper I	37
Aqua Tots	36	Infrastructure	63	Skipper II	38
Aqua Yoga	43	Intermediate Drawing	69	Sewing for Today's Fashions I	54
Arthritis Fibromyalgia & Multiple Sclerosis	43	Intermediate Tai Chi	59	Slow Flow Yoga	61
Art Lab	67	Intro to Band Saw Box Making	72	Sound Bath Meditation	60
Art Medium Survey	68	Intro to Print Making: Gelli Plates	69	"Sound of Metal"	16
Art School & Career Panel Series	68	Japanese Floral Arrangement	54	State Fair of Virginia	66
Artist Dialogues and Events At Tephra ICA	70	Joint-Friendly Fitness	59	Stress Relief Workshop	60
Balance and Mobility Workshop	57	Layers of Expression	69	Study Smarter, Not Harder	57
Banking and Budgeting Basics	54	Lap Pool	32	Sunday Afternoon Dances	55
Barre Fusion	57	Level 1	39	Tai Chi Yang Style – Advanced	60
Becoming a Homeowner	54	Level 2	40	Tales of Herndon	63
Beginning Drawing	68	Level 3	40	Tapestry Mosaic Art	70
Beginning Tai Chi	57	Level 4	41	The Fall of the Roman Republic	64
Bookends	54	Level 5	41	The Franklin Institute & Planetarium	66
Boot Camp	61	Level 6	41	"The Holdovers"	16
Box Building Basics	71	Legal: Estate Planning Basics	55	The Internment of Japanese-Americans	64
Brain Health Workshop	57	LIIST (Low Impact Interval Strength Training)	57	The Science of Your Life	64
Bridge Mondays	63	Line Dancing with Scotty – Beginner	54	The Secret Inside Your Walls	64
Bridge Tuesdays	63	Line Dancing with Scotty – Intermediate	54	"The Sound of Music" Sing-Along	16
Budgeting During a Crisis	56	Loyalists in the American Revolution	63	Tides in Motion	44
Build a Toy Truck	71	Making Pottery With or Without the Wheel	71	Tribal Fusion Belly Dance	60
Cardio and Strength Intervals	61	Marlin	38	Unforgettable	70
Cardio Strength	57	Managing Your Health with Technology	65	Update Your Online Security	65
Chess Club	63	Medicare 101	56	Water Introduction	36
Chinese Brush Painting	68	Micromosaic Jewelry	69	Walking Group	62
Christmas Candy Cane Lane at Hershey Park	67	Mind-Body Fitness	57	Wednesday Watercolor	70
Coffee & Origami	65	Mindful Hatha Yoga	61	Wheel Exploration	72
Creative Clay House	71	Mindfulness Meditation	60	Wheel I	72
Creative Hands Pottery	71	Mindful Yoga with Sound Healing	61	Wheel II	72
Current Issues Discussion Group	54	Mosaic Art	69	Wheel III	72
Deep Water Mania	44	"My Octopus Teacher"	16	Winterthur Museum & Garden	67
Cut the Cable: Switch to Streaming TV	65	"No Other Land"	16	WWII: The Great Engine of Social Change	65
Don't Get Scammed	54	Open Ceramics Studios	73	Yoga 101	61
Energy Use and How It Affects You	63	Open Glass Studio	73	Yoga, Breath and Meditation	62
Essentrics	59	Open Woodshop	73	Yoga for Healthy Bones	61
Essentrics: Aging Backwards	59	Origami Workshop – Fall	54	Yoga for Rest: Hatha and Nidra Fusion	62
Finding Your Dream College and Major	57	Painting with Alcohol Inks on Tile Workshop	69	Yoga with Weights	62
Fitness Fusion	57	Paper Quilling Workshop	54	You Can't Make This Stuff Up	64
Forever Fit	59	"Parade" at the Kennedy Center	66	Your Smart TV and Your Privacy	66
Fraud Bingo	56	Park Ranger Potpourri	63	Zumba Fitness	58
From Placenta to Pathology	63	Pool Pals & Water Friends	36	Zumba Gold	62
Functional Fitness	57	Pilates Mat	60	Zumba Gold Toning	62
Fun with Fusing Glass Jewelry & Suncatcher	68	Prepare iPhones & iPads for Travel	65	Zumba Toning	58
Fused Glass Bubble Construction Workshop	68	Ranger	38		

# LOCATIONS AND HOURS OF OPERATION

## LOCATIONS

### **RCC Hunters Woods – 2310 Colts Neck Rd., Reston, VA 20191**

Includes the Terry L. Smith Aquatics Center, The Leila Gordon Theatre, Woodshop, Glass Studio, Community Room, Computer Room 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. **NOTE:** RCC Hunters Woods is located down the walkway between Ledo Pizza and Buffalo Wing Factory.

## 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 at [RCCFacility@fairfaxcounty.gov](mailto:RCCFacility@fairfaxcounty.gov).*



*Enriching Lives.  
Building Community.®*

## FALL HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 1	CLOSED	CLOSED
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 27	9:00 a.m. – 1:00 p.m.	CLOSED
Day After Thanksgiving	November 28	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Teambuilder	December 17	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. – 1:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 5:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship and visit.

LIKE US ON FACEBOOK:

[facebook.com/HuntersWoodsNeighborhoodCoalition](https://facebook.com/HuntersWoodsNeighborhoodCoalition)



2310 Colts Neck Road  
Reston, Virginia 20191

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# Reston MultiCULTuRaL Festival

**Saturday,  
September 20**

**11:00 a.m. – 6:00 p.m.**

**FREE FOR ALL AGES!**

**Reston Town Center**



Enriching Lives.  
Building Community.®



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