

# Reston Community Center 2025 WINTER/SPRING PROGRAM GUIDE



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

*Enriching Lives. Building Community.*



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

We turn a page in 2025 from the long-time leadership of RCC under Leila Gordon to a new year and new executive director, BeBe Nguyen. Leila and BeBe have worked together not just for the past several months, but for the last 17 years in service to the people of Reston. We are deeply grateful to Leila for all she has given to her work and to our cherished community.

The Board of Governors also welcomes someone new – Malka Wickramatilake – to our deliberations. Malka brings high energy and passion for community building to her role as our most recently appointed member. We look forward to her contributions.

Starting 2025 with fresh perspectives is a great way to begin. Please join us throughout the year to enjoy a performance, attend an event, take a class, exercise your body or stretch your mind. It's all here for you at Reston Community Center!



## LEILA GORDON, EXECUTIVE DIRECTOR, RCC

It's been the greatest and most satisfying adventure I could have imagined to have been part of Reston Community Center and the lives of the people we serve. When I got to my first day of work at RCC Hunters Woods in September 1983, I was excited by the prospect of helping families discover the arts in their own back. It became quickly apparent to me that Reston was a place filled with people who already loved the arts and were eager to explore how to expand their impact across the whole community.

From then to now, working for and with this great community has given me immeasurable happiness. The excellence of the people with whom I've shared this work has been unequalled – every volunteer, employee, partner and patron has enriched my life.

Don't think you've seen the last of me! I am eager for the adventures ahead and look forward to returning to RCC and Reston to enjoy myself and all of you. With my whole heart, I thank each and every one of you – you've given me purpose and joy. I love RCC and Reston – truly, and always.

## BOARD OF GOVERNORS



Paul Berry



William G. Bouie



William Penniman



Lisa Sechrest-Ehrhardt



Paul D. Thomas



Shane M. Ziegler



Malka Wickramatilake



Vicky Wingert



## **BEBE NGUYEN, EXECUTIVE DIRECTOR, RCC**

I am thrilled to introduce myself as the new Executive Director of Reston Community Center. My name is BeBe Nguyen, and I am honored to lead this incredible organization that has been making a positive impact in our community for more than 45 years.

In the 17 years of my career here, first as RCC's Communications Director and then Deputy Director, I've had the privilege of learning from our long-time executive director, Leila Gordon. It is my great honor to follow in her footsteps and lead RCC through its next era of growth. In the spirit of her contagious and impactful leadership, I am committed to continuing the community center's legacy of being a hub of creativity belonging, and positive change.

RCC has never been more ready to embrace growth, and the impacts of environmental, technological, and demographic changes in our community. With the stage set, I intend to take RCC to new heights.

I am grateful for this opportunity and cannot wait to see what we accomplish together. Let's keep building a stronger, more connected community.

A handwritten signature in black ink that reads "BeBe Nguyen".

## **RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!**



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

RCC will be re-accredited in 2025.



## ARTS & CULTURE/ OFFSITE & COLLABORATION

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# RESTON DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION

**Saturday, January 18**

## **Community Service Projects**

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

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

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

## **Reston Community Orchestra**

### **"Annual Musical Salute to Dr. Martin Luther King Jr."**

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

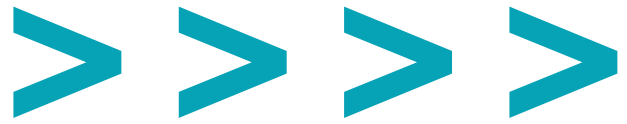
**\$25 Adult, \$18 Senior (60+), Youth (under 18), Free to Active Military/First Responders** (Tickets available through the CenterStage Box Office)

With music and words specifically chosen for this occasion, the RCO honors Dr. Martin Luther King Jr. The program will feature works by Duke Ellington, George Walker, Scott Joplin and William Grant Still.





## Are We Keeping the Promise?



### Sunday, January 19

#### **Reston Dr. Martin Luther King Jr. Birthday Celebration Keynote Address by Angela Rye**

**11:00 a.m. • RCC Hunters Woods • the CenterStage and Community Room**  
**\$5 Reston/\$20 Non-Reston** (Tickets sold through the CenterStage Box Office)

Angela Rye, award-winning host, social justice advocate, lawyer, commentator and self-described empowermenteur, embodies what it means to be a “bringer of truth.” Recognized for her honest, refreshing commentary and social justice advocacy by our nation’s most prominent civil rights organizations such as the National Urban League, NAACP and National Action Network, she has also been featured in publications including The New York Times, Vanity Fair, Essence, Washington Post, Glamour, Ebony and The Undeclared.

Working at the intersection of purpose, justice and integrity, Angela is an effective leader who creates opportunities and opens doors for her peers and the next generation. She is also a partner with Charlamagne Tha God and Executive Producer Chris Morrow on iHeartMedia’s new political podcast network Reasoned Choice Media. Rye co-hosts its flagship podcast called “Native Land Pod” with Andrew Gillum and Tiffany D. Cross, where they digest and discuss the consequential 2024 election, the behind the scenes of the cable news industry, and much more. A community luncheon follows the speech.

#### **Especially for Youth**

**10:30 a.m. – 1:30 p.m. • RCC Hunters Woods**  
**6 – 12 Years Old • Free • Registration Required: #704750-5A**

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



# RESTON SUMMER CAMP EXPO

Saturday, January 25

9:00 a.m. – 12:00 p.m.  
RCC Hunters Woods



Free • All Ages

Don't miss your chance to learn about summer camps and out-of-school activities in the Reston area, all in one place! Bring the whole family for a fun and informative morning featuring snacks, music, games, prizes, and camp resources.

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

## Camp Expo Features:

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

This event is coordinated by local non-profit organizations and Fairfax County government agencies in support of the Reston Opportunity Neighborhood program and is hosted by Reston Community Center.





## Dress Drive • February 1 – 28

Drop off donations (circa 2020 or newer, in good condition and dry cleaned)  
to RCC Lake Anne or RCC Hunters Woods:

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

Donations are tax-deductible and may be dropped off at RCC Hunters Woods or RCC Lake Anne from 9:00 a.m. – 9:00 p.m., Monday – Saturday; 9:00 a.m. – 8:00 p.m. on Sundays. All donations are appreciated; however, we ask that donations are in good condition, no more than five years old (circa 2020) and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop-off. Dress donations will benefit students in Reston and other communities.

## Shopping Event • March 22

11:00 a.m. – 3:00 p.m.

RCC Lake Anne: 1609-A Washington Plaza, Reston

FREE • 12 – 18 years old

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

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

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



# AARP Tax-Aide

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

## **February 1 – April 15**

**Tuesdays • 9:00 a.m. – 2:00 p.m.**

**Thursdays • 4:30 p.m. – 8:30 p.m.**

**Saturdays • 9:00 a.m. – 3:00 p.m.**

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## **Beginning February 1, 2025**

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

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

**SCHEDULE AN APPOINTMENT:**

**Email: [reston.taxaide@gmail.com](mailto:reston.taxaide@gmail.com)**

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

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



# SPRING FLEA MARKET

**Saturday, March 8**

**RCC HUNTERS WOODS**

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

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

## REGISTER TO BE A VENDOR:

**SPRING FLEA MARKET – VENDOR REGISTRATION**  
(18 YEARS AND OLDER)

**\$15 (R)/\$12 (R55+)/\$20 (NR) • 980038-5A**

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

For more information, please contact Jeff Morgan, RCC's Youth/Teen Assistant Program Director, at 703-390-6176.



# Equity Matters: Moving Forward to Equal Justice

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

## **“One Night in Miami”**

**Monday, February 3, 10:00 a.m.**

A fictional account of one incredible night where icons Muhammad Ali, Malcolm X, Sam Cooke and Jim Brown gathered. Their conversation centered on their roles in the kit and cultural upheaval of the '60s. (2020, rated R)

## **“I Am Not Your Negro”**

**Wednesday, February 5, 3:00 p.m.**

Narrated by actor Samuel L. Jackson, the film explores the history of racism in the United States through James Baldwin’s recollections of civil rights leaders Medgar Evers, Malcolm X and Martin Luther King Jr., as well as his personal observations of American history. The film screening is part of the Baldwin 100 Celebration. (2016, rated R)

## **“Amazing Grace”**

**Part of the Reel Abilities Film Festival**

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

Talented young musician Grace Fisher, proficient on three instruments, was on her way to the world famous Berklee College of Music. On her 17th birthday, she developed Acute Flaccid Myelitis (AFM), a rare polio-like disease. Determined to persevere, Grace set out to find new ways to create art, driven by her philosophy: “My only limitation will be my imagination.” Featuring Justin Hurwitz, Academy Award winning composer of “La La Land.” (2020, rated PG)

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

# CENTERSTAGE CINEMA

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

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



## **“The Best Exotic Marigold Hotel”**

**Monday, March 3, 10:00 a.m.**

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. (2011, rated PG-13)

## **“Barnum”**

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

Written by Cy Coleman, this Broadway musical, based on the life of showman P. T. Barnum, combines elements of traditional musical theater with the spectacle of the circus. It stars Michael Crawford and was filmed live at the 1986 United Kingdom Production. (1986, rated G)

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



## **RCC Community Coffee**

**Saturdays, January 4 – May 31**

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

**Free • All Ages**

Enjoy complimentary food and beverages with casual conversation.

For more information, please contact Kit LaCroix, Offsite Events Coordinator, at 703-390-6185.

## MEET THE

# Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage • All Ages

### March 27 Beverly Cosham

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.

### April 3 Mark Irchai

Mark Irchai, pianist, returns to the CenterStage. On this afternoon of music making, he performs with frequent duo partner and mezzo-soprano, Amanda Zoe Vest, in an art song recital, weaving together tales of love and loss with music by Johannes Brahms and Nico Muhly.

### April 10 Francesca Hurst

Francesca Hurst, pianist, presents a solo recital featuring works by Leonard Bernstein, Charlotte Botterill, Frederic Chopin, Hilary Tann and others. Passionate about connecting with audiences, she will provide commentary about the pieces and explore the genre of the nocturne through various composers.

### April 17 Clayton Bourassa

Clayton Bourassa is a pianist local to Northern Virginia. He will be performing various works from well-known composers including Chopin and Rachmaninov. This performance will be both melodic and technically demanding, while appealing to diverse tastes.

### April 24 Linda Monson and her Studio

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

### May 1 Dr. Vera Kochanowsky

Dr. Vera Kochanowsky, harpsichordist, will offer a lecture-recital demonstrating the harpsichord's subtle expressive power with examples of works from the instrument's heyday (16th - 18th century). Subsequently, due to the rising popularity of the piano, the harpsichord became nearly extinct until the mid-20th century, when serious revival efforts began.



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

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

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



# Celebrate Reston

**Saturday, April 5**

12:00 p.m. – 4:00 p.m.

Lake Anne Plaza

**Free • All Ages • Rain or Shine**

Enjoy fun family activities and great music at this event commemorating Reston's founding. Formerly called "Founder's Day," Celebrate Reston brings people together to commemorate all the qualities and people that make Reston special.

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

For more information, please contact the Reston Museum at [www.restonmuseum.org](http://www.restonmuseum.org) or 703-709-7700.

# GREEN RESTON



**Saturday, April 12**

10:00 a.m. – 12:00 p.m.

**RCC HUNTERS WOODS PLAZA • FREE • ALL AGES**

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



## GREEN RESTON SCAVENGER HUNT

April 1 – 15

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

Not on social media? Email pictures to [LaTanja.Snelling@fairfaxcounty.gov](mailto:LaTanja.Snelling@fairfaxcounty.gov).

**The family with the best picture will win a prize!**

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

# TOUR DE HUNTER MILL

**SUNDAY, MAY 4**

8:30 a.m. – 12:00 p.m.

All Ages • Bike Routes To Be Determined



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

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

Sign up through the Hunter Mill District Supervisor's Office.

For more information and updates, please email [TourHunterMill@fairfaxcounty.gov](mailto:TourHunterMill@fairfaxcounty.gov) or visit [www.fairfaxcounty.gov/huntermill/tour-de-hunter-mill](http://www.fairfaxcounty.gov/huntermill/tour-de-hunter-mill).





# RESTON WATER SAFETY DAY

May is National Water Safety Month

**SATURDAY, MAY 10**

12:00 p.m. – 2:00 p.m.

RCC Hunters Woods • Free • All Ages



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

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

**For more information, contact:**

LaTanja Snelling, RCC's Equity Partnerships Director  
703-390-6158 or at [LaTanja.Snelling@fairfaxcounty.gov](mailto:LaTanja.Snelling@fairfaxcounty.gov).

## WATER SAFETY DAY FEATURES:

- **Safety Skill Stations**  
Learn life skills such as CPR, first aid and life jacket tips.
- **Game Time!**  
Participate in outdoor family games and activities and earn a chance to win prizes!
- **Whales Tales**  
An interactive, 20-minute presentation with fun activities designed to make water safety practices easy to learn. Presentations will be held at 12:30 p.m. and 1:30 p.m.
- **Free Swim Lessons**  
Learn about opportunities to receive free swim lessons for children under the age of 13.
- **Free Family Swim**  
Be sure to bring your swimsuits and towels for free family swim at RCC's Terry L. Smith Aquatics Center from 1:00 p.m. – 4:00 p.m.
- **Face painting, light refreshments and more!**





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# Tephra ICA Arts Festival

## MAY 17 – 18

11:00 a.m. – 6:00 p.m.

Reston Town Center

Free • All Ages • Rain or Shine

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Join Tephra Institute of Contemporary Art (Tephra ICA) for the Tephra ICA Arts Festival. This special weekend brings hundreds of artists from around the country with high-quality, hand-crafted, one-of-a-kind artworks to our neighborhood.

The Tephra ICA Arts Festival is presented in the dynamic setting of Reston Town Center and provides the opportunity to make new friends and purchase art from exceptional artists. Visitors to the festival will enjoy creative hands-on art projects.

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

Reston Community Center is a proud sponsor of the Tephra ICA Festival.



## Happy Hour with Darden & Friends

**Fridays, May 23 – June 27**

5:30 p.m. – 6:45 p.m.

Reston Town Square Park

**Free • All Ages**

There's no better way to kick off a weekend than to listen to some 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.

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

## Reston Pride Festival

**Saturday, May 31**

7:00 p.m.

**Sunday, June 1**

11:00 a.m. – 7:00 p.m.

Lake Anne Plaza

**Free • All Ages • Rain or Shine**

The eighth annual Reston Pride festival will feature a concert and performances from local musicians and artists supporting and celebrating the LGBTQ community in the greater Reston Area. Reston Pride is organized by members and friends of the Reston LGBTQ community with support from Reston Community Center, non-profits and other local organizations.

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

**For more information, please contact Reston Pride at [restonpride@corefoundation.org](mailto:restonpride@corefoundation.org).**

# 2024/2025 PROFESSIONAL TOURING ARTIST SERIES

The world comes to Reston.

It is our great pleasure to bring Reston the best in world music. World music literally transports us to places we may never be able to visit. Here are three groups you can discover right here in the CenterStage.

**Alash** will astonish us with ancient musical instruments and throat singing from the tiny Republic of Tuva which is now part of Russia near Mongolia. The Tuvan way of making music is based on complex sounds with multiple layers. Whereas the western cellist aims to produce a focused, pure tone, the Tuvan igil player enjoys breaking the tone into a spray of sounds and textures. Despite what the term might suggest, throat singing does not strain the singer's throat. The Tuvan listener enjoys the entire array of pitches, hums and buzzes as aspects of one sound, like facets of a diamond.

**Yumi Kurosawa** was raised in a traditional Japanese music environment, taking up the Koto from a young age and quickly rising to the upper echelons of her craft. Yumi is joined by violinist Naho Parrini and percussionist Yousif Sheronick. Their program features exhilarating new compositions from Yumi alongside striking reinterpretations of favorites. The trio blends influences from Japan and other cultures in their riveting performances.

The remarkable Two-Spirit song carrier **Jeremy Dutcher**, hails from New Brunswick, Canada. His people are Wolastoqiyik (wool-las-duh-kwi-ig ) which means "People of the Beautiful River." If you look it up on Wikipedia, they use the word Maliseet to refer to these people, however this word was given to them by European settlers and roughly translates to "broken talkers." We will use the word Wolastoqiyik instead. The language he speaks and sings in is Wolastoqey (wool-las-duh -gwey) which is slowly going extinct. Two-Spirit is a pan-indigenous term to discuss the interrelated and intersecting identities of gender, sexuality and culture for those who may otherwise be identified as both LGBTQ+ and indigenous.

Whether you enjoy exciting performances from around the world or are excited by more locally grown productions, you can always expect the best of each at the CenterStage.



A handwritten signature in white ink that reads "Paul D. Michnewicz".

Paul Douglas Michnewicz  
Director of Arts & Culture

# HAVA NAGILA (THE MOVIE)

## "Hava Nagila (The Movie)"

**Sunday, January 5**

11:00 a.m.

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

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

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

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

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

– *The New York Times*



## Reston Dr. Martin Luther King Jr. Birthday Celebration Keynote Address Angela Rye

**Sunday, January 19**

11:00 a.m.

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

Angela Rye, award-winning host, social justice advocate, lawyer, commentator and self-described "empowermenteur," embodies what it means to be a "bringer of truth." Recognized for her honest, refreshing commentary and social justice advocacy by prominent civil rights organizations such as National Urban League, NAACP and National Action Network, she has been featured in publications including The New York Times, Vanity Fair, Essence, The Washington Post, Glamour, and Ebony.

Working at the intersection of purpose, justice, and integrity, Angela is an effective leader who creates opportunities and opens doors for her peers and the next generation.

A community luncheon follows the Keynote Address in the RCC Community Room.

"Her willingness to speak up for us has engaged us all in ways we never thought we'd be engaged before."

– *Representative Maxine Waters*



## Firoozeh Dumas, Author Saturday, February 8

3:00 p.m.

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

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

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

– *San Francisco Chronicle*



**“Paige in Full:  
A B-Girl’s Visual Mixtape”  
Sunday, February 16**

3:00 p.m.

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

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

Named: “Top Theatre Worker You Should Know”

– by *American Theatre Magazine*



**Lara Downes and Rita Dove: “Tomorrow I May Be Far Away”**

**Saturday, February 22**

8:00 p.m.

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

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

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

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

– *The Piano Magazine*



**Lúnasa  
Sunday, March 2**

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

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

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

“The best Irish band on the planet.”

– *Irish Echo*



## Alash

**Saturday, March 8**

8:00 p.m.

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

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

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

– *The Washington Post*



## Yumi Kurosawa Trio

**Saturday, March 15**

8:00 p.m.

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

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

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

“This is chamber music of a very high order.”

– *All Music*



## Hot Peas 'n Butter

**Sunday, March 30**

3:00 p.m.

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

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

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

“Hot and mellow multicultural groove.”

– *Los Angeles Times*



**Jeremy Dutcher**  
**The “Motewolonuwok” Tour**  
**Saturday, April 5**  
8:00 p.m.  
**\$15 Reston/\$20 Non-Reston**

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

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

“There is no one making music like this.”

– *NPR music*



**OkCello**  
**Saturday, May 31**  
8:00 p.m.  
**\$15 Reston/\$20 Non-Reston**

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

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



**Tom Goss**  
**Saturday, June 7**  
8:00 p.m.  
**\$15 Reston/\$20 Non-Reston**

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

“Moving and incredible.”

– *The Huffington Post*



# CENTERSTAGE BOX OFFICE INFORMATION

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

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

**By Mail:** **Return Ticket Order Form to RCC Box Office**

2310 Colts Neck Road, Reston, VA 20191

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

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

**Phone:** **703-476-4500, Press '3' • TTY 711**

Please provide the following information when you call:

- Your name with the correct spelling as it appears on your American Express, Visa, MasterCard or Discover credit card;
- The best telephone number for us to return your call;
- The performance title, date and curtain time you wish to attend;
- The number of tickets you wish to order and whether they are Reston, Non-Reston;
- Your credit card number, its expiration date and the security code;
- The billing address of your credit card including zip code;
- Your email address so that we may send a confirmation as well as your e-tickets to you.

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

## BOX OFFICE POLICIES:

- No refunds or exchanges unless the show is canceled. For online ticket sales, per-ticket fees are refunded, but per-order fees are not refunded.
- Please indicate if a wheelchair accessible seat is needed, or of any other accommodations we can make to provide better access for patrons with any special needs; and do so as soon as possible to assure we can best accommodate you.
- All audience members, regardless of age or the performance location at Reston Community Center, are required by Virginia Fire Code to have a ticket.
- Tickets are not mailed. E-tickets will be sent electronically to the primary patron at the time of the sale. E-tickets may be printed at home or shown on your mobile device to be scanned at the theatre door. Any issues regarding e-tickets can be addressed by calling the Box Office.
- No COVID-19 restrictions on the capacity of the CenterStage were in place at the time this was created. Should that change, patrons are required to abide by whatever health protocols are required.

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

## DIRECTIONS:

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

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

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

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

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

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

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

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

# PERFORMING ARTS

## Fairfax-Loudoun Music Fellowship

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

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

### Spring Recital

**Sunday, March 23**

**1:30 p.m. – 5:00 p.m.**

**RCC Hunters Woods – the CenterStage**  
**Free**

## Festival Ballet Virginia

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

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

Festival Ballet Virginia provides the important performing experience necessary to complete our dancers' education.

Festival Ballet Virginia presents a mesmerizing fusion of dance and the arts, where ballet's grace and precision meet the expressive power of music, visual art, and theater. This collaborative masterpiece brings together the talents of choreographers, musicians, and visual artists, creating a rich, immersive experience that transcends traditional boundaries. Festival Ballet Virginia invites you to witness this extraordinary collaboration, where the arts unite to tell a story of beauty, emotion and human connection.

**Friday, May 16**

**Saturday, May 17**

**7:30 p.m.**

**RCC Hunters Woods – the CenterStage**  
\$25 All Ages

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

## Ravel Dance Company

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

703-437-9664

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

### "Coppélia" and "Life is a Canvas"

**Friday, May 23**

**7:00 p.m.**

**Saturday, May 24**

**2:00 p.m.**

**Sunday, May 25**

**2:00 p.m.**

**RCC Hunters Woods – the CenterStage**

\$30 (All ages)

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

## GroundShare Arts Alliance

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

703-593-4384

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

### Spring Concert

**Friday, June 13**

**7:00 p.m.**

**Saturday, June 14**

**3:00 p.m.**

**RCC Hunters Woods – the CenterStage**

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

Tickets available in early June.

## Reston Community Orchestra

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

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

### "Annual Musical Salute to Dr. Martin Luther King Jr."

With music and words specifically chosen for this occasion, the RCO honors Dr. Martin Luther King Jr. The program will feature works by Duke Ellington, George Walker, Scott Joplin, William Grant Still.

**Saturday, January 18**

**4:00 p.m.**

**RCC Hunters Woods – Community Room**

\$25 Adults, \$18 Senior (60+), Free for Youth/Students (17 and under): Active Military, First Responders

### "Echoes of the Phantom Frontier"

The Pops concert will feature Gershwin's "Rhapsody in Blue" with Mark Irchai as soloist, along with various pieces by Aaron Copland, John Williams and Andrew Lloyd-Webber.

**Saturday, March 15**

**4:00 p.m.**

**RCC Hunters Woods – Community Room**

\$25 Adults, \$18 Senior (60+), Free for Youth/Students (17 and under): Active Military, First Responders

### "Finnish with Grace"

The season finale concert will feature "Finlandia" and "Symphony No. 3" by Sibelius, and "La muse et le poete," Opus 132 by Saint-Saens.

**Saturday, May 17**

**4:00 p.m.**

**RCC Hunters Woods**

\$25 Adult, \$18 Senior (60+), Free for Youth/Students (17 and under), Active Military, First Responder

The Reston Community Orchestra is supported in part by ArtsFairfax and the Virginia Commission for the Arts, plus corporate and individual patrons.

## Reston Community Players

[www.restonplayers.org](http://www.restonplayers.org)  
703-435-2707

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

### "Four Weddings and an Elvis"

By Nancy Frick

Directed by Kimberly Leone

Sandy, the four-times-married-three-times-divorced owner of a wedding chapel in Las Vegas, has certainly seen her fair share of matrimonies. In the hilarious "Four Weddings and an Elvis," witness four humorous events, however, the fifth is the funniest of all: Sandy's final wedding reveals a hilarious twist.

**Fridays, January 24 and 31**

**8:00 p.m.**

**Saturdays, January 25 and February 1**

**8:00 p.m.**

**Sunday, January 26 and February 2**

**2:00 p.m.**

**RCC Hunters Woods – the CenterStage**

\$30 Adult (19 – 64), \$25 Seniors (65+), and \$25 Students (18 and under). Tickets available online at [www.restonplayers.org](http://www.restonplayers.org).

### "The Producers"

Book by Mel Brooks & Thomas Meehan

Music & Lyrics by Mel Brooks

Directed by Andy Regiec

Mel Brooks' hysterical, musical adaptation of his 1968 film features fading producer Max Bialystok, who convinces accountant Leo Bloom to partner with him in producing "Springtime for Hitler," a guaranteed flop, and then running off with the money they've raised. Winner of a record 12 Tony Awards in 2002.

**Fridays, April 18, 25, May 2 and 9**

**8:00 p.m.**

**Saturdays, May 10**

**2:00 p.m.**

**Saturdays, April 19, 26, May 3**

**8:00 p.m.**

**Sundays, April 27 and May 4**

**2:00 p.m.**

**RCC Hunters Woods – the CenterStage**

\$30 Adult (19 – 64), \$25 Seniors (65+), and \$25 Students (18 and under). Tickets available online at [www.restonplayers.org](http://www.restonplayers.org).

The Reston Community Players are supported in part by ArtsFairfax.

## The Reston Chorale

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

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

### "Reflections"

Bask in the beauty of Gabriel Fauré's

"Requiem" and Wolfgang Amadeus Mozart's "Solemn Vespers" (K.339).

**Sunday, March 23**

**4:00 p.m.**

**Saint Luke Catholic Church**

**7001 Georgetown Pike**

**McLean, Virginia 22101**

\$30 Adult (18 – 61), \$25 Seniors (62+), Free for active-duty military and for youth (17 and younger). Tickets are available at The Reston Chorale website.

### "Country Roads"

Travel with The Reston Chorale along country roads to musical favorites from the Grand Ol' Opry to country pop hits.

**Saturday, May 10**

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

**RCC Hunters Woods – Community Room**

\$30 Adult (18 – 61), \$25 Seniors (62+), Free for active-duty military and for youth (17 and younger). Tickets are available at The CenterStage Box Office.

### "A Star-Spangled Salute"

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

**Saturday, May 24**

**7:30 p.m.**

**Reston Town Center Pavilion – Free**

Information and tickets on sale in April 2025 at [www.restonchorale.org](http://www.restonchorale.org).

## "Gardens of Note"

Explore a selection of Reston's beautiful private gardens and enjoy musical entertainment provided by members and friends of The Reston Chorale. Presented in partnership with The Garden Club of Reston.

**Saturday, June 7**

**10:00 a.m.**

Information and tickets on sale in April 2025 at [www.restonchorale.org](http://www.restonchorale.org).

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

## PERFORMING ARTS TICKETS

Tickets for community arts organization events held at RCC (the CenterStage or the Community Room) are usually available for sale two weeks prior to the first performance date. Tickets are sold at Adult, Senior or Student/Youth prices, depending on the organization, regardless of residency (no discounts for Small District 5 residents or employees). All seats are reserved unless otherwise indicated; payment is required at the time of reservation. Season subscription ticketing is handled differently by different organizations. Priority ordering information is provided with confirmation of the season subscription.

All forms are available online.

## GOVERNMENT FUNDERS

ArtsFairfax

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



Virginia Commission for the Arts

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



National Endowment for the Arts

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



# VISUAL ARTS

## League of Reston Artists

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

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers and supporters of the arts. LRA is a non-profit 501(c)(3) volunteer-run organization that sponsors the Reston Photographic Society. Minimal annual dues entitle active artists to participate in a variety of exhibition, learning, community and volunteer activities. Numerous judged and juried shows in venues throughout the community give member artists and photographers opportunities to earn distinctions. Art in Public Places (AIPP) also provides exhibit opportunities for LRA members. Located in approximately five commercial and public places, solo exhibits are on a three-month rotation basis. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

### JANUARY – MAY

Art in Public Places Exhibits (AIPP)

Solo Shows – Quarterly rotation

### JANUARY 17 – FEBRUARY 26

“A Taste of Winter”

Painting and Photography Exhibit  
RCC Hunters Woods

### MARCH

“RPS Clicks”

Reston Photographic Society Exhibit  
US Geological Survey

### APRIL

“Celebrate Reston at Lake Anne”

Painters Exhibit  
RCC Lake Anne – Jo Ann Rose Gallery

**Reception: Sunday, April 13**

**2:00 p.m. – 4:00 p.m.**

## Public Art Reston

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

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

More than 43 permanent and temporary public artworks have been commissioned since Public Art Reston was founded in 2007, and since the adoption of the Public Art Master Plan for Reston in 2008. Reston’s public art is always accessible digitally and al fresco! Public Art Reston’s website hosts a comprehensive catalog of all the works (as yet identified) in Reston along with many other tools to use to enjoy public art.

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

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

## Reston Art Gallery and Studios (RAGS)

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

703-996-8990

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

### JANUARY

“Winter Winds”

A group show featuring found art, sculpture and Asian brush painting.

**Reception: Sunday, January 12**

**2:00 p.m. – 4:00 p.m.**

### FEBRUARY

“A Touch of Red”

A group show to celebrate the season featuring RAGS artists.

**Reception: Sunday, February 9**

**2:00 p.m. – 4:00 p.m.**

### MARCH

“Reston: The Early Days”

Paintings and drawings by Pat Macintyre

**Reception: Sunday, March 9**

**2:00 p.m. – 4:00 p.m.**

### APRIL

“Color Play”

Mixed media, acrylic, oil and watercolor paintings by Sandra Dovberg

**Reception: Sunday, April 13**

**2:00 p.m. – 4:00 p.m.**

### MAY

“No Paint”

3D and mobile artworks by Wayne Schifflbein.

**Reception: Sunday, May 11**

**2:00 p.m. – 4:00 p.m.**

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

## Tephra ICA

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

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

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

## CULTURAL ARTS

### The Reston Museum

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

703-709-7700

The Reston Museum was founded in 1996 as a community nonprofit organization that preserves the past, informs the present, and influences the future of Reston through its exhibits, public programs and events – among which are community favorites such as Celebrate Reston (formerly Founder's Day), the Reston Home Tour and the Lake Anne Cardboard Boat Regatta. Come visit the Reston Museum in Lake Anne Plaza and enjoy the exhibits, gift shop and opportunity to learn more about Reston.



### Reston at the Forefront of Community Desegregations

Discover how Reston's founding principles challenged the status quo of the 1960s. As one of the first integrated communities in the United States, Reston was at the vanguard of desegregation in housing. This event, held during Black History Month, features long-time residents and community leaders Ken Plum and Bev Cosham. They will share personal stories and reflections on Reston's role in advancing civil rights and creating a more inclusive community. Celebrate the vision and impact of Reston's commitment to diversity from its inception to the present day.

**Wednesday, February 26**

**7:00 p.m.**

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

### Reston's Hidden Gem

The Reston Museum is not just a place to preserve history, it's a reflection of the vision and values that have shaped the community since its inception. Join us for an engaging evening with one of the museum's founders as we delve into the story behind this cherished institution. Learn about the collaborative efforts that brought the museum to life, the importance of preserving Reston's unique history, and why it continues to be a vital resource for residents and visitors alike.

**Wednesday, March 26**

**7:00 p.m.**

**Reston Museum  
Free**

### Meet the SLHS STEAM Team

The STEAM (Science, Technology, Engineering, Art, and Math) Team at South Lakes High School is a testament to the power of education and creativity in shaping our public spaces. At this event, you'll have the opportunity to meet the talented students who are behind the annual public art installation on the Lake Thoreau spillway. Supported by Public Art Reston and the Reston Association, these students follow a rigorous process that mirrors the work of professional artists, gaining invaluable real-world experience. Come hear about their journey, the challenges they've overcome, and the impact their work has on the community.

**Wednesday, May 14**

**7:00 p.m.**

**South Lakes High School, Room 370  
Free**

# RCC GALLERY EXHIBITS

## RCC Hunters Woods Exhibits

### DECEMBER – JANUARY

"Three Perspectives on Beauty and Life"

Art from Marie Mosanu, Nina Joffey, and Eugenia Grushina

### JANUARY – FEBRUARY

"A Taste of Winter"

Painting and Photography Exhibit  
League of Reston Artists (LRA)

### MARCH

Youth Art Month Exhibit

Art from Langston Hughes Middle School and South Lakes High School

### APRIL

"Young at Art" Exhibit

Art from artists 55 years and older

**Reception: Thursday, April 10**

**1:00 p.m. – 2:00 p.m.**

### MAY

"My African Heritage"

Mixed media art by Charles Asihene

## RCC Jo Ann Rose Gallery Exhibits

### JANUARY

"Hope is the Thing with Feathers"

Collage, acrylic and encaustic works by Regina Adams and Geraldine Fitzurka

**Reception: Sunday, January 12**

**2:00 p.m. – 4:00 p.m.**

### FEBRUARY

"Inspired by Nature"

Oil paintings by Ramziya Shakirova

**Reception: Sunday, February 9**

**2:00 p.m. – 4:00 p.m.**

### MARCH

Youth Art Month Exhibit

Art from Reston Elementary Schools

**Open House: Sunday, March 9**

**1:00 p.m. – 4:00 p.m.**

### APRIL

"Celebrate Reston at Lake Anne"

Painters Exhibit

League of Reston Artists (LRA)

**Reception: Sunday, April 13**

**2:00 p.m. – 4:00 p.m.**

### MAY

"The Joy of Creating"

Annual RCC Teacher and Student Art Exhibit

**Reception: Sunday, May 4**

**2:00 p.m. – 4:00 p.m.**

## RCC Lake Anne 3D Gallery Exhibits

### DECEMBER – FEBRUARY 2025

"Gifts from the HeART" Exhibit

Annual Art Sale to Benefit Cornerstones

### MARCH – APRIL

Youth Art Month Exhibit

Art from Reston's Elementary School Students

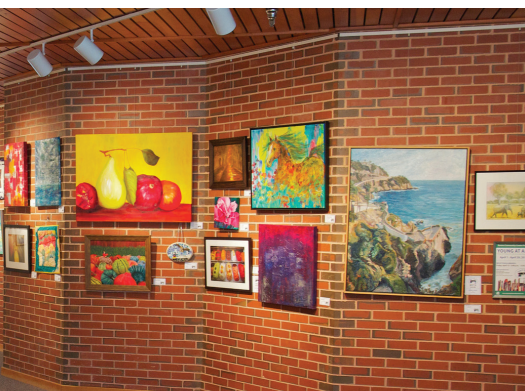
### MAY – JULY

"The Joy of Creating"

Annual RCC Teacher and Student Art Exhibit

## Interested in Exhibiting?

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



# VOLUNTEER MANAGEMENT SYSTEM

## RCC Community Coffee Volunteer

(14 years and older)

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

**RCC Hunters Woods**

**December 28 – May 31**

Sat 7:30 a.m. – 11:30 a.m.

Registration required through VMS.

## Adapted Aquatics Volunteers

(13 years and older)

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

**RCC Hunters Woods – Warm Water Pool**

**January 4 – May 17**

Sat 10:45 a.m. – 12:00 p.m.

Registration required through VMS.

## Especially for Youth Volunteers

(14 years and older)

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

**RCC Hunters Woods**

**Free, Registration Req.**

**January 19**

Sun 10:00 a.m. – 2:00 p.m.

Registration required through VMS.

# VOLUNTEER MANAGEMENT SYSTEM (VMS)

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

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

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

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

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

### The options are as described below:

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

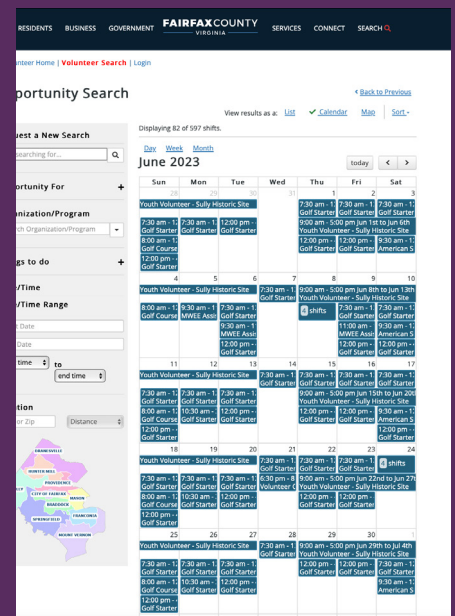
You can filter available opportunities with the following fields:

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

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

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

**For questions or concerns with this system, please contact VMShelp, at VMShelp@fairfaxcounty.gov**





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

(14 years and older)

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

Lunch is provided.

**RCC Hunters Woods**

**January 19**

Sun 9:30 a.m. – 2:30 p.m.

Registration required through VMS.

**Spring Flea Market Volunteers**

(14 years and older)

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

**RCC Hunters Woods**

**March 8**

Sat 7:30 a.m. – 1:00 p.m.

Registration required through VMS.

**Diva Central Volunteers Pre-Event**

(18 years and older)

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

**RCC Lake Anne**

**March 21**

Fri 5:00 p.m. – 9:00 p.m.

Registration required through VMS.

**Diva Central Volunteers**

(18 years and older)

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

**RCC Lake Anne**

**March 22**

Sat 10:00 a.m. – 4:00 p.m.

Registration required through VMS.

**Eggnormous Egg Hunt Volunteers**

(14 years and older)

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

**Sunrise Valley Elementary School**

**April 12**

Sat 8:00 a.m. – 12:30 p.m.

Registration required through VMS.

**PARTNER PROGRAMS**

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

(6 years and older)

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

**Cathy Hudgins Community Center at Southgate**

**January 18**

Sat 9:00 a.m. – 11:00 a.m.

Registration required through Reston Association: Ha Brock, RA’s Volunteer Reston Manager, 703-435-7986 or ha@reston.org

**VOLUNTEER APPRECIATION EVENING**  
**RCC CELEBRATES ITS VOLUNTEERS**  
**Sunday, March 2**  
 5:00 p.m. – 6:30 p.m. • RCC Hunters Woods

Be on the look out for an invitation to our Volunteer Recognition Dinner at the Reston Community Center! Enjoy a delightful dinner reception followed by a captivating performance by Lúnasa—a renowned Irish ensemble named after an ancient Celtic harvest festival, featuring some of the top musical talents in Ireland. We look forward to celebrating your contributions to our community!







# RIDES

Join • Volunteer • Ride



COMMUNITY ARTS

## Volunteer Drivers Needed

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



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

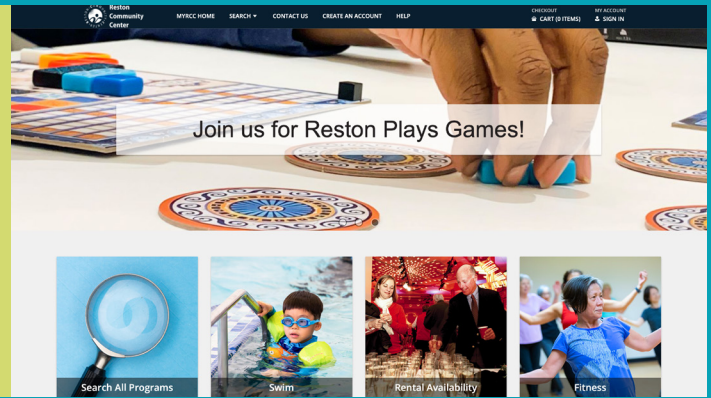
– Robin Parker, Volunteer Driver

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

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

## Get Ready!

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



# myRCC Online Registration

## TO REGISTER ONLINE:

You will need to know your username and password.

## IF YOU ARE A NEW USER:

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

## RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

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

## Online Registration (myRCC) Contact Information:

### Phone:

703-476-4500, ext. 8

### Fax:

703-476-2488

### Email:

RCCcontact@fairfaxcounty.gov

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

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

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

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

On the Login box, click on "Forgot Password." You will be asked to enter your primary email address. The password reset link email is valid for 10 minutes. If you do not have an email address on file, or if our data fails to match your responses, send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500 during business hours. All emails will be answered within 48 hours.

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

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

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

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

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

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

### Summer Programs:

May 1 Reston • May 8 Non-Reston

### Fall Programs:

August 1 Reston • August 8 Non-Reston

### Winter/Spring Programs:

December 1 Reston • December 8 Non-Reston



# AQUATICS

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6 – 12 Year Old	48 – 51
13 Years and Older	52 – 55

## WINTER/SPRING • JANUARY 1 – MAY 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	10:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.
Sunday	10:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.

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

# AQUATICS

## AQUATICS CENTER RULES & REGULATIONS

- All persons entering the pools must register at the desk and pay the appropriate fee.
- Children under the age of 8 must be accompanied by an adult 16 years or older.
- Children 6 years and up must use appropriate locker rooms. The All Genders/ Accessible Dressing Room may be used, or either the women's or men's locker rooms.
- Children under the age of 3, and any patron diagnosed with incontinence, are required to wear plastic pants underneath swim apparel.
- All swimmers are encouraged to take a rinse shower before entering the pools. Persons leaving the pool area are required to shower before re-entering the pools.
- Spitting or expunging water is prohibited.
- Running, pushing and horseplay are prohibited.
- Diving into water less than 8 feet in depth is prohibited. Back dives or flips from the side in any depth of water are prohibited.
- Starting blocks are only available to swim lessons and rentals.
- ADA and entry ramps are for entry and exit only. Open swimming and playing are prohibited on the Warm Water ramp or in areas of the beach entry used to access the Lap Pool.
- Special equipment is for class use only (rings, noodles and barbells).
- Kickboards are restricted to lap lanes only.
- Masks must be marked "Tempered Glass" or "Plastic Lens."
- Snorkels must be properly attached to a mask.
- Fins are limited to the lap lanes.
- Children using floatation devices require direct one-on-one adult supervision. Coast Guard-approved floatation devices are available for patron use in a variety of sizes. Devices brought to the pools must be Coast Guard-approved.
- Food, drinks and chewing gum are prohibited in the pool areas or in the locker rooms.
- Glass containers and/or breakable objects are prohibited throughout the Terry L. Smith Aquatics Center.
- Non-swimmers ages 11 and under will wear an RCC-supplied wristband and are only allowed in the shallow ends of the pools.
- Videography and photography of any kind, using any device, are prohibited during swim team practices unless authorized in writing by the swim team coach.
- Talking to and visiting with a lifeguard who is on a stand or monitoring the pools are prohibited. Please see another Aquatics staff member in the office for assistance.
- Any conduct that may endanger the welfare of other patrons is prohibited.
- Appropriate swimwear is required. Only bathing suits or approved alternatives may be worn in the pools and/or spa. Excessively loose clothing or bathing garments will not be permitted due to safety reasons.
- The pools may be closed, or their use limited, at the discretion of management due to technical problems, overcrowding or threatening weather conditions.
- Prolonged underwater swimming or breath-holding are prohibited. Competitive or prolonged breath-holding can be deadly.

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

# RCC LOCKER ROOM ETIQUETTE

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

- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- No cell phones or other communications devices may be used in the locker rooms. Please use these in the lobby areas of RCC.
- Patrons share the space in the locker rooms; please keep in mind that many others are using them when placing items on surfaces, benches or other areas.
- We greatly appreciate everyone's efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair or other debris that shaving leaves behind. We appreciate your attention to hair that is shed from shampooing as well.
- Children 6 years and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.
- If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate your removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted. RCC cleaning crews clean the locker rooms overnight and between 3:00 p.m. – 4:00 p.m., seven days a week.

## POOL FEES

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

## WATER AEROBICS FEES

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

## AQUATICS HOLIDAY HOURS:\*

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

Staff Teambuilder	December 18	CLOSED 12:00 p.m. – 5:00 p.m.
Christmas Eve	December 24	9:00 a.m. – 12:00 p.m.
Christmas Day	December 25	CLOSED
New Year's Eve	December 31	9:00 a.m. – 12:00 p.m.
New Year's Day	January 1	1:00 p.m. – 4:00 p.m.
Inauguration Day	January 20	7:00 a.m. – 7:00 p.m.
MLK Jr. Day	January 20	7:00 a.m. – 7:00 p.m.
George Washington's Day	February 17	7:00 a.m. – 7:00 p.m.
Memorial Day	May 26	7:00 a.m. – 12:00 p.m.

## AQUATICS

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

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

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

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

## SPA USE

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

## LAP POOL

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

## WARM WATER POOL

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

## SPECIAL ACCOMMODATIONS

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

## GROUP RESERVATIONS

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

## RCC PASS OPTIONS

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

### Aquatics Daily Visit Pass

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

### Aquatics Monthly Pass

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

### Aquatics 12-Month Pass

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

### Aquatics Water Aerobics Pass

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

# LAP POOL

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

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

## Lap Pool – Lane 1

(8 years and older)

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

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

#### January 1 – May 31

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



## Lap Pool – Lane 2

(8 years and older)

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

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

#### January 1 – May 31

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

## Lap Pool – Lane 3

(8 years and older)

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

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

#### January 1 – May 31

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

# RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)



The Reston Masters Swim Team (RMST) has existed since 1974, and they began swimming at Reston Community Center when it opened in 1979. The “Masters” have been at RCC ever since. Masters Swimming is a national program under the auspices of U.S. Masters Swimming, a nationwide organization dedicated to the promotion of swimming in all its forms. The word “masters” in masters swimming does not imply expertise. It merely applies to age. Masters swimmers must be 18 years or older. Our team has members who range in age from 18 to 80-plus years old.

RMST provides a venue for swimmers at all levels and for all reasons. We have fitness swimmers, triathletes and highly competitive swimmers. At this time, we have several members who are national champions (including our 80-plus year old.) We have swimmers who swam in high school and/ or college and either continued over the years or want to get back in the shape they were “way back when.” We also have swimmers who are not competitive but simply enjoy swimming in an organized program.

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

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

## RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)



The Reston Swim Team Association (RSTA) 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).**

# DEAP

Drowning Education Awareness Program

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

## RCC/RA FREE PRESENTATIONS

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

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

### LONGFELLOW’S WHALE TALES

(5 – 12 years old)

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

### WATER SAFETY PRESENTATION

(18 years and older)

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

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



# UNDERWATER EGG HUNT

Saturday, April 5 • 12:30 p.m. – 4:00 p.m.

\$4 Reston/\$8 Non-Reston



## REGISTER TODAY TO HELP OUR BUNNY RECOVER HIS EGGS!

Our Bunny is missing hundreds of eggs, and they have been found floating in the Reston Community Center pools. Come splash, swim and hunt with us. Some treats will float for little ones, others will sink for those seeking a little more adventure. Each participating child will receive a goody bag upon completion of the event. A parent or caregiver must accompany each non-swimmer in the water and to participate in the activity. RCC will have a limited number of lifejackets available for optional use. Personal lifejackets approved by the United States Coast Guard may also be used.

### 6 months – 3 years old

12:30 p.m. – 1:00 p.m. • 643200-5A

### 4 – 5 years old

1:30 p.m. – 2:00 p.m. • 643300-5A

### 6 – 7 years old

2:30 p.m. – 3:00 p.m. • 643350-5A

### 8 – 9 years old

3:30 p.m. – 4:00 p.m. • 643400-5A

For more information, please contact Matthew McCall, Aquatics Director, at [Matthew.McCall@fairfaxcounty.gov](mailto:Matthew.McCall@fairfaxcounty.gov).

# LEARN-TO-SWIM: INFANT – 7 YEARS OLD

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

## Swim Lesson Registration Information and Tips

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

### Placement

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

### Duration of Enrollments

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

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

## INFANT – 7 YEARS OLD CLASS REQUIREMENTS

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

## Water Introduction

(6 – 18 months)

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

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

### January 4 – February 8

Sat 8:30 a.m. – 9:00 a.m.  
620000-5A

Sat 9:40 a.m. – 10:10 a.m.  
620000-5B

Sat 10:15 a.m. – 10:45 a.m.  
620000-5C

Sat 10:50 a.m. – 11:20 a.m.  
620000-5D

### February 22 – March 29

Sat 8:30 a.m. – 9:00 a.m.  
620000-5E

Sat 9:40 a.m. – 10:10 a.m.  
620000-5F

Sat 10:15 a.m. – 10:45 a.m.  
620000-5G

Sat 10:50 a.m. – 11:20 a.m.  
620000-5H

### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 9:00 a.m.  
620000-5I

Sat 9:40 a.m. – 10:10 a.m.  
620000-5J

Sat 10:15 a.m. – 10:45 a.m.  
620000-5K

Sat 10:50 a.m. – 11:20 a.m.  
620000-5L

### January 5 – February 9

Sun 9:40 a.m. – 10:10 a.m.  
620002-5A

Sun 10:50 a.m. – 11:20 a.m.  
620002-5B

### February 23 – March 30

Sun 9:40 a.m. – 10:10 a.m.  
620002-5C

Sun 10:50 a.m. – 11:20 a.m.  
620002-5D

### April 6 – May 18

(No Class: April 20)

Sun 9:40 a.m. – 10:10 a.m.  
620002-5E

Sun 10:50 a.m. – 11:20 a.m.  
620002-5F

## Aqua Tots

(18 months – 3 years old)

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

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

### January 4 – February 8

Sat 8:30 a.m. – 9:00 a.m.  
620007-5A

Sat 9:40 a.m. – 10:10 a.m.  
620007-5B

Sat 10:15 a.m. – 10:45 a.m.  
620007-5C

Sat 10:50 a.m. – 11:20 a.m.  
620007-5D

### February 22 – March 29

Sat 8:30 a.m. – 9:00 a.m.  
620007-5E

Sat 9:40 a.m. – 10:10 a.m.  
620007-5F

Sat 10:15 a.m. – 10:45 a.m.  
620007-5G

Sat 10:50 a.m. – 11:20 a.m.  
620007-5H

### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 9:00 a.m.  
620007-5I

Sat 9:40 a.m. – 10:10 a.m.  
620007-5J

Sat 10:15 a.m. – 10:45 a.m.  
620007-5K

Sat 10:50 a.m. – 11:20 a.m.  
620007-5L

### January 5 – February 9

Sun 9:40 a.m. – 10:10 a.m.  
620008-5A

Sun 10:50 a.m. – 11:20 a.m.  
620008-5B

### February 23 – March 30

Sun 9:40 a.m. – 10:10 a.m.  
620008-5C

Sun 10:50 a.m. – 11:20 a.m.  
620008-5D

### April 6 – May 18

(No Class: April 20)

Sun 9:40 a.m. – 10:10 a.m.  
620008-5E

Sun 10:50 a.m. – 11:20 a.m.  
620008-5F



## Pool Pals & Water Friends

(3 – 4 years old)

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

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

### January 4 – February 8

Sat 9:05 a.m. – 9:35 a.m.  
620080-5A

### February 22 – March 29

Sat 9:05 a.m. – 9:35 a.m.  
620080-5B

### April 5 – May 17

(No Class: April 19)

Sat 9:05 a.m. – 9:35 a.m.  
620080-5C

## Skipper I

(3 years old)

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

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

### January 4 – February 8

Sat 8:30 a.m. – 8:50 a.m.  
620010-5A

Sat 8:50 a.m. – 9:10 a.m.  
620010-5B

Sat 9:10 a.m. – 9:30 a.m.  
620010-5C

### February 22 – March 29

Sat 8:30 a.m. – 8:50 a.m.  
620010-5D

Sat 8:50 a.m. – 9:10 a.m.  
620010-5E

Sat 9:10 a.m. – 9:30 a.m.  
620010-5F

### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 8:50 a.m.  
620010-5G

Sat 8:50 a.m. – 9:10 a.m.  
620010-5H

Sat 9:10 a.m. – 9:30 a.m.  
620010-5I

### January 5 – February 9

Sun 8:30 a.m. – 8:50 a.m.  
620012-5A

Sun 8:50 a.m. – 9:10 a.m.  
620012-5B

Sun 9:10 a.m. – 9:30 a.m.  
620012-5C

Sun 9:40 a.m. – 10:00 a.m.  
620012-5D

Sun 10:00 a.m. – 10:20 a.m.  
620012-5E

Sun 10:20 a.m. – 10:40 a.m.  
620012-5F

### February 23 – March 30

Sun 8:30 a.m. – 8:50 a.m.  
620012-5G

Sun 8:50 a.m. – 9:10 a.m.  
620012-5H

Sun 9:10 a.m. – 9:30 a.m.  
620012-5I

Sun 9:40 a.m. – 10:00 a.m.  
620012-5J

Sun 10:00 a.m. – 10:20 a.m.  
620012-5K

Sun 10:20 a.m. – 10:40 a.m.  
620012-5L

### April 6 – May 18

(No Class: April 20)

Sun 8:30 a.m. – 8:50 a.m.  
620012-5M

Sun 8:50 a.m. – 9:10 a.m.  
620012-5N

Sun 9:10 a.m. – 9:30 a.m.  
620012-5O

Sun 9:40 a.m. – 10:00 a.m.  
620012-5P

Sun 10:00 a.m. – 10:20 a.m.  
620012-5Q

Sun 10:20 a.m. – 10:40 a.m.  
620012-5R

## Skipper II

(3 years old)

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

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

### January 4 – February 8

Sat 9:40 a.m. – 10:10 a.m.  
620020-5A

### February 22 – March 29

Sat 9:40 a.m. – 10:10 a.m.  
620020-5B

### April 5 – May 17

(No Class: April 19)

Sat 9:40 a.m. – 10:10 a.m.  
620020-5C

## PRACTICE MAKES PERFECT

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

## INCLEMENT WEATHER

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



## Rookie I

(4 – 5 years old)

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

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

#### January 4 – February 8

Sat 8:30 a.m. – 9:00 a.m.  
620030-5A

Sat 10:15 a.m. – 10:45 a.m.  
620030-5B

#### February 22 – March 29

Sat 8:30 a.m. – 9:00 a.m.  
620030-5C

Sat 10:15 a.m. – 10:45 a.m.  
620030-5D

#### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 9:00 a.m.  
620030-5E

Sat 10:15 a.m. – 10:45 a.m.  
620030-5F

#### January 5 – February 9

Sun 9:05 a.m. – 9:35 a.m.  
620032-5A

Sun 11:25 a.m. – 11:55 a.m.  
620032-5B

#### February 23 – March 30

Sun 9:05 a.m. – 9:35 a.m.  
620032-5C

Sun 11:25 a.m. – 11:55 a.m.  
620032-5D

#### April 6 – May 18

(No Class: April 20)

Sun 9:05 a.m. – 9:35 a.m.  
620032-5E

Sun 11:25 a.m. – 11:55 a.m.  
620032-5F

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

#### January 7 – February 11

Tue 6:00 p.m. – 6:30 p.m.  
620036-5A

January 9 – February 13  
Thu 5:00 p.m. – 5:30 p.m.  
620036-5B

#### February 25 – April 1

Tue 6:00 p.m. – 6:30 p.m.  
620036-5C

#### February 27 – April 3

Thu 5:00 p.m. – 5:30 p.m.  
620036-5D

#### April 8 – May 20

(No Class: April 15)

Tue 6:00 p.m. – 6:30 p.m.  
620036-5E

#### April 10 – May 22

(No Class: April 17)

Thu 5:00 p.m. – 5:30 p.m.  
620036-5F

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

#### January 6 – January 29

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

#### February 3 – February 26

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

#### March 3 – March 26

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

#### March 31 – April 30

(No Class: April 14, 16)

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

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

#### May 5 – May 28

(No Class: May 26)

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

Swimming is the only sport providing lifesaving skills, reducing the risk of death by drowning, a top cause of deaths in children aged 1–14 years. Research shows swimming amongst other sports can aid fundamental movement skill (FMS) development..

– National Library of Medicine

**Rookie II**

(4 – 5 years old)

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

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

**January 4 – February 8**

Sat 9:05 a.m. – 9:35 a.m.

620040-5A

Sat 10:50 a.m. – 11:20 a.m.

620040-5B

**February 22 – March 29**

Sat 9:05 a.m. – 9:35 a.m.

620040-5C

Sat 10:50 a.m. – 11:20 a.m.

620040-5D

**April 5 – May 17**

(No Class: April 19)

Sat 9:05 a.m. – 9:35 a.m.

620040-5E

Sat 10:50 a.m. – 11:20 a.m.

620040-5F

**January 5 – February 9**

Sun 9:05 a.m. – 9:35 a.m.

620042-5A

Sun 10:50 a.m. – 11:20 a.m.

620042-5B

**February 23 – March 30**

Sun 9:05 a.m. – 9:35 a.m.

620042-5C

Sun 10:50 a.m. – 11:20 a.m.

620042-5D

**April 6 – May 18**

(No Class: April 20)

Sun 9:05 a.m. – 9:35 a.m.

620042-5E

Sun 10:50 a.m. – 11:20 a.m.

620042-5F

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

**January 7 – February 11**

Tue 5:00 p.m. – 5:30 p.m.

620046-5A

**January 9 – February 13**

Thu 5:30 p.m. – 6:00 p.m.

620046-5B

**February 25 – April 1**

Tue 5:00 p.m. – 5:30 p.m.

620046-5C

**February 27 – April 3**

Thu 5:30 p.m. – 6:00 p.m.

620046-5D



**April 8 – May 20**

(No Class: April 15)

Tue 5:00 p.m. – 5:30 p.m.

620046-5E

**April 10 – May 22**

(No Class: April 17)

Thu 5:30 p.m. – 6:00 p.m.

620046-5F

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

**January 6 – January 29**

Mon, Wed 5:00 p.m. – 5:30 p.m.

620043-5A

**February 3 – February 26**

Mon, Wed 5:00 p.m. – 5:30 p.m.

620043-5B

**March 3 – March 26**

Mon, Wed 5:00 p.m. – 5:30 p.m.

620043-5C

**March 31 – April 30**

(No Class: April 14, 16)

Mon, Wed 5:00 p.m. – 5:30 p.m.

620043-5D

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

**May 5 – May 28**

(No Class: May 26)

Mon, Wed 5:00 p.m. – 5:30 p.m.

620043-5E

**RESTON WATER  
SAFETY DAY**

Please see page 17 for information on the Reston Water Safety Day.

## Ranger

(4 – 7 years old)

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

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

#### January 4 – February 8

Sat 8:30 a.m. – 9:00 a.m.

620050-5A

Sat 10:15 a.m. – 10:45 a.m.

620050-5B

#### February 22 – March 29

Sat 8:30 a.m. – 9:00 a.m.

620050-5C

Sat 10:15 a.m. – 10:45 a.m.

620050-5D

#### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 9:00 a.m.

620050-5E

Sat 10:15 a.m. – 10:45 a.m.

620050-5F

#### January 5 – February 9

Sun 10:15 a.m. – 10:45 a.m.

620052-5A

#### February 23 – March 30

Sun 10:15 a.m. – 10:45 a.m.

620052-5B

#### April 6 – May 18

(No Class: April 20)

Sun 10:15 a.m. – 10:45 a.m.

620052-5C

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

#### January 7 – February 11

Tue 5:30 p.m. – 6:00 p.m.

620056-5A

#### February 25 – April 1

Tue 5:30 p.m. – 6:00 p.m.

620056-5B

#### April 8 – May 20

(No Class: April 15)

Tue 5:30 p.m. – 6:00 p.m.

620056-5C



## Marlin

(4 – 7 years old)

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

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

#### January 4 – February 8

Sat 9:05 a.m. – 9:35 a.m.

620060-5A

#### February 22 – March 29

Sat 9:05 a.m. – 9:35 a.m.

620060-5B

#### April 5 – May 17

(No Class: April 19)

Sat 9:05 a.m. – 9:35 a.m.

620060-5C

#### January 5 – February 9

Sun 10:50 a.m. – 11:20 a.m.

620062-5A

#### February 23 – March 30

Sun 10:50 a.m. – 11:20 a.m.

620062-5B

#### April 6 – May 18

(No Class: April 20)

Sun 10:50 a.m. – 11:20 a.m.

620062-5C

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

#### January 7 – February 11

Tue 6:30 p.m. – 7:00 p.m.

620066-5A

#### February 25 – April 1

Tue 6:30 p.m. – 7:00 p.m.

620066-5B

#### April 8 – May 20

(No Class: April 15)

Tue 6:30 p.m. – 7:00 p.m.

620066-5C

**REGISTER TODAY  
DON'T DELAY!**

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

**AQUATICS**

# LEARN-TO-SWIM: 6 – 12 YEARS OLD

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

## Swim Lesson Registration Information and Tips

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

### Placement

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

### Duration of Enrollments

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

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

## 6 – 12 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
<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)

#### January 4 – February 8

Sat 9:40 a.m. – 10:10 a.m.  
620310-5A

#### February 22 – March 29

Sat 9:40 a.m. – 10:10 a.m.  
620310-5B

#### April 5 – May 17

(No Class: April 19)

Sat 9:40 a.m. – 10:10 a.m.  
620310-5C

#### January 5 – February 9

Sun 8:30 a.m. – 9:00 a.m.  
620312-5A

#### February 23 – March 30

Sun 8:30 a.m. – 9:00 a.m.  
620312-5B

#### April 6 – May 18

(No Class: April 20)

Sun 8:30 a.m. – 9:00 a.m.  
620312-5C

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

#### January 7 – February 11

Tue 6:30 p.m. – 7:00 p.m.  
620316-5A

#### January 9 – February 13

Thu 5:00 p.m. – 5:30 p.m.  
620316-5B

#### February 25 – April 1

Tue 6:30 p.m. – 7:00 p.m.  
620316-5C

#### February 27 – April 3

Thu 5:00 p.m. – 5:30 p.m.  
620316-5D

#### April 8 – May 20

(No Class: April 15)

Tue 6:30 p.m. – 7:00 p.m.  
620316-5E

#### April 10 – May 22

(No Class: April 17)

Thu 5:00 p.m. – 5:30 p.m.  
620316-5F



## Level 2

(6 – 12 years old)

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

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

#### January 4 – February 8

Sat 8:30 a.m. – 9:00 a.m.  
620320-5A

Sat 10:15 a.m. – 10:45 a.m.  
620320-5B

#### February 22 – March 29

Sat 8:30 a.m. – 9:00 a.m.  
620320-5C

Sat 10:15 a.m. – 10:45 a.m.  
620320-5D

#### April 5 – May 17

(No Class: April 19)

Sat 8:30 a.m. – 9:00 a.m.  
620320-5E

Sat 10:15 a.m. – 10:45 a.m.  
620320-5F

#### January 5 – February 9

Sun 9:40 a.m. – 10:10 a.m.  
620322-5A

Sun 11:25 a.m. – 11:55 a.m.  
620322-5B

#### February 23 – March 30

Sun 9:40 a.m. – 10:10 a.m.  
620322-5C

Sun 11:25 a.m. – 11:55 a.m.  
620322-5D

#### April 6 – May 18

(No Class: April 20)

Sun 9:40 a.m. – 10:10 a.m.  
620322-5E

Sun 11:25 a.m. – 11:55 a.m.  
620322-5F

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

#### January 7 – February 11

Tue 5:00 p.m. – 5:30 p.m.  
620326-5A

#### January 9 – February 13

Thu 5:30 p.m. – 6:00 p.m.  
620326-5B

#### February 25 – April 1

Tue 5:00 p.m. – 5:30 p.m.  
620326-5C

#### February 27 – April 3

Thu 5:30 p.m. – 6:00 p.m.  
620326-5D

#### April 8 – May 20

(No Class: April 15)

Tue 5:00 p.m. – 5:30 p.m.  
620326-5E

#### April 10 – May 22

(No Class: April 17)

Thu 5:30 p.m. – 6:00 p.m.  
620326-5F

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

#### January 6 – January 29

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

#### February 3 – February 26

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

#### March 3 – March 26

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

#### March 31 – April 30

(No Class: April 14, 16)

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

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

#### May 5 – May 28

(No Class: May 26)

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

**Level 3**

(6 – 12 years old)

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

**6, 30-min. sessions at Warm Water Pool  
\$70 (R)/\$140 (NR)****January 4 – February 8**Sat 9:05 a.m. – 9:35 a.m.  
620330-5ASat 11:25 a.m. – 11:55 a.m.  
620330-5B**February 22 – March 29**Sat 9:05 a.m. – 9:35 a.m.  
620330-5CSat 11:25 a.m. – 11:55 a.m.  
620330-5D**April 5 – May 17**

(No Class: April 19)

Sat 9:05 a.m. – 9:35 a.m.  
620330-5ESat 11:25 a.m. – 11:55 a.m.  
620330-5F**January 5 – February 9**Sun 10:15 a.m. – 10:45 a.m.  
620332-5A**February 23 – March 30**Sun 10:15 a.m. – 10:45 a.m.  
620332-5B**April 6 – May 18**

(No Class: April 20)

Sun 10:15 a.m. – 10:45 a.m.  
620332-5C**6, 30-min. sessions at Warm Water Pool  
\$65 (R)/\$100 (NR)****January 7 – February 11**Tue 5:30 p.m. – 6:00 p.m.  
620336-5A**February 25 – April 1**Tue 5:30 p.m. – 6:00 p.m.  
620336-5B**April 8 – May 20**

(No Class: April 15)

Tue 5:30 p.m. – 6:00 p.m.  
620336-5C**8, 30-min. sessions at Warm Water Pool  
\$80 (R)/\$120 (NR)****January 6 – January 29**Mon, Wed 6:00 p.m. – 6:30 p.m.  
620333-5A**February 3 – February 26**Mon, Wed 6:00 p.m. – 6:30 p.m.  
620333-5B**March 3 – March 26**Mon, Wed 6:00 p.m. – 6:30 p.m.  
620333-5C**March 31 – April 30**

(No Class: April 14, 16)

Mon, Wed 6:00 p.m. – 6:30 p.m.  
620333-5D**7, 30-min. sessions at Warm Water Pool  
\$70 (R)/\$105 (NR)****May 5 – May 28**

(No Class: May 26)

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

(6 – 12 years old)

Level 4 is for children who have successfully completed Level 3 or have comparable skills. Level 4 develops confidence of the skills learned in Level 3. Topics of instruction will include entering and diving into deep water, swimming front crawl and elementary backstroke for 25 yards, swimming butterfly and breaststroke for 15 yards, back crawl for 15 yards, and treading water for 2 minutes.

**6, 30-min. sessions at Lap Pool  
\$70 (R)/\$140 (NR)****January 4 – February 8**Sat 9:40 a.m. – 10:10 a.m.  
620340-5ASat 11:25 a.m. – 11:55 a.m.  
620340-5B**February 22 – March 29**Sat 9:40 a.m. – 10:10 a.m.  
620340-5CSat 11:25 a.m. – 11:55 a.m.  
620340-5D**April 5 – May 17**

(No Class: April 19)

Sat 9:40 a.m. – 10:10 a.m.  
620340-5ESat 11:25 a.m. – 11:55 a.m.  
620340-5F**January 5 – February 9**Sun 11:25 a.m. – 11:55 a.m.  
620342-5A**February 23 – March 30**Sun 11:25 a.m. – 11:55 a.m.  
620342-5B**April 6 – May 18**

(No Class: April 20)

Sun 11:25 a.m. – 11:55 a.m.  
620342-5C**6, 30-min. sessions at Lap Pool****\$65 (R)/\$100 (NR)****January 7 – February 11**Tue 6:00 p.m. – 6:30 p.m.  
620346-5A**February 25 – April 1**Tue 6:00 p.m. – 6:30 p.m.  
620346-5B**April 8 – May 20**

(No Class: April 15)

Tue 6:00 p.m. – 6:30 p.m.  
620346-5C**8, 30-min. sessions at Lap Pool****\$80 (R)/\$120 (NR)****January 6 – January 29**Mon, Wed 6:30 p.m. – 7:00 p.m.  
620343-5A**February 3 – February 26**Mon, Wed 6:30 p.m. – 7:00 p.m.  
620343-5B**March 3 – March 26**Mon, Wed 6:30 p.m. – 7:00 p.m.  
620343-5C**March 31 – April 30**

(No Class: April 14, 16)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
620343-5D**7, 30-min. sessions at Lap Pool  
\$70 (R)/\$105 (NR)****May 5 – May 28**

(No Class: May 26)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
620343-5E

## Level 5

(6 – 12 years old)

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

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

**\$80 (R)/\$160 (NR)**

#### January 4 – February 8

Sat 10:15 a.m. – 11:00 a.m.  
620350-5A

#### February 22 – March 29

Sat 10:15 a.m. – 11:00 a.m.  
620350-5B

#### April 5 – May 17

(No Class: April 19)

Sat 10:15 a.m. – 11:00 a.m.  
620350-5C

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

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

#### January 9 – February 13

Thu 6:00 p.m. – 6:45 p.m.  
620356-5A

#### February 27 – April 3

Thu 6:00 p.m. – 6:45 p.m.  
620356-5B

#### April 10 – May 22

(No Class: April 17)

Thu 6:00 p.m. – 6:45 p.m.  
620356-5C

## Level 6

(6 – 12 years old)

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

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

**\$80 (R)/\$160 (NR)**

#### January 4 – February 8

Sat 11:05 a.m. – 11:50 a.m.  
620360-5A

#### February 22 – March 29

Sat 11:05 a.m. – 11:50 a.m.  
620360-5B

#### April 5 – May 17

(No Class: April 19)

Sat 11:05 a.m. – 11:50 a.m.  
620360-5C

## Youth Stroke-n-Turn

(9 – 12 years old)

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

### 8, 45-min. sessions at Lap Pool

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

#### January 6 – January 29

Mon, Wed 5:30 p.m. – 6:15 p.m.  
620183-5A

#### February 3 – February 26

Mon, Wed 5:30 p.m. – 6:15 p.m.  
620183-5B

#### March 3 – March 26

Mon, Wed 5:30 p.m. – 6:15 p.m.  
620183-5C

#### March 31 – April 30

(No Class: April 14, 16)

Mon, Wed 5:30 p.m. – 6:15 p.m.  
620183-5D

### 7, 45-min. sessions at Lap Pool

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

#### May 5 – May 28

(No Class: May 26)

Mon, Wed 5:30 p.m. – 6:15 p.m.  
620183-5E



## PRICING

RCC reviews its pricing for programs and services annually.

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

# 13 YEARS AND OLDER

## Adult Beginner

(13 years and older)

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

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

**January 4 – February 8**

Sat 9:40 a.m. – 10:10 a.m.  
 621210-5A

**February 22 – March 29**

Sat 9:40 a.m. – 10:10 a.m.  
 621210-5B

**April 5 – May 17**

(No Class: April 19)

Sat 9:40 a.m. – 10:10 a.m.  
 621210-5C

**January 5 – February 9**

Sun 8:30 a.m. – 9:00 a.m.  
 621212-5A

**February 23 – March 30**

Sun 8:30 a.m. – 9:00 a.m.  
 621212-5B

**April 6 – May 18**

(No Class: April 20)

Sun 8:30 a.m. – 9:00 a.m.  
 621212-5C

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

**January 6 – January 29**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 621213-5A

**February 3 – February 26**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 621213-5B

**March 3 – March 26**

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 620213-5C

**March 31 – April 30**

(No Class: April 14, 16)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 621213-5D

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

**May 5 – May 28**

(No Class: May 26)

Mon, Wed 6:30 p.m. – 7:00 p.m.  
 621213-5E

## Adult Advanced Beginner

(13 years and older)

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

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

**January 4 – February 8**

Sat 10:50 a.m. – 11:35 a.m.  
 621220-5A

**February 22 – March 29**

Sat 10:50 a.m. – 11:35 a.m.  
 621220-5B

**April 5 – May 17**

(No Class: April 19)

Sat 10:50 a.m. – 11:35 a.m.  
 621220-5C

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

**January 9 – February 13**

Thu 6:00 p.m. – 6:45 p.m.  
 621226-5A

**February 27 – April 3**

Thu 6:00 p.m. – 6:45 p.m.  
 621226-5B

**April 10 – May 22**

(No Class: April 17)

Thu 6:00 p.m. – 6:45 p.m.  
 621226-5C



## Adapted Aquatics

(4 years and older)

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

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

**January 4 – February 8**

Sat 10:50 a.m. – 11:20 a.m.  
 620190-5A

Sat 11:25 a.m. – 11:55 a.m.  
 620190-5B

**February 22 – March 29**

Sat 10:50 a.m. – 11:20 a.m.  
 620190-5C

Sat 11:25 a.m. – 11:55 a.m.  
 620190-5D

**April 5 – May 17**

(No Class: April 19)

Sat 10:50 a.m. – 11:20 a.m.  
 620190-5E

Sat 11:25 a.m. – 11:55 a.m.  
 620190-5F

## INCLEMENT WEATHER

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

## VOLUNTEERS NEEDED

See page 31 for more information.

# Now Hiring And Training **LIFEGUARDS**



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

*Come Join The Fun And Get Paid!*

## **Benefits Include:**

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

## **APPLY ONLINE:**

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

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

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

# DAILY AEROBICS

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

## Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(18 years and older)

Classes will be taught in deep water, and students should be comfortable swimming in deep water. Classes will be led by a certified instructor and will include a warm-up, aerobic portion and cool-down for an exercise period of 45 minutes. Patrons with various forms of arthritis, fibromyalgia and Multiple Sclerosis (MS) benefit greatly from exercise in the water. Benefits include increasing and maintaining flexibility, strength, coordination, balance, endurance and range of motion. Additional benefits are increased blood supply to muscles (which reduces muscle spasms) and the relaxation of the nervous system. The water provides a stimulating and social environment for overall well-being. Participants can make new friends and have fun. At the same time, participants will learn exercises that increase flexibility and mobility and reduce the pain of daily routines. Instructor approval is required. Participants should consult a physician before starting this program

**45-min. sessions at Warm Water Pool Pass, Reservation Req. January 6 – May 28**

(No Class: May 28)

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

## WATER AEROBICS FEES

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

## Aqua Barre

(18 years and older)

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

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

**January 6 – May 30**

(No Class: May 26)

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

## Aqua Blast

(18 years and older)

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

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

**January 7 – May 29**

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

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

## Aqua Boot Camp

(18 years and older)

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

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

**January 6 – May 30**

(No Class: May 26)

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

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

## Aqua Burn

(18 years and older)

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

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

**January 6 – May 29**

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

## Aqua Mixer

(18 years and older)

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

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

**January 6 – May 28**

(No Class: May 26)

Mon, Wed  
6C0040-5

5:30 p.m. – 6:15 p.m.  
Staff

## Deep Water Mania

(18 years and older)

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

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

**January 6 – May 28**

(No Class: May 26)

Mon, Wed  
6C0150-5

6:30 p.m. – 7:15 p.m.  
Staff

## Tides in Motion

(18 years and older)

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

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

**January 6 – May 30**

Mon, Wed, Fri  
6C0010-5

8:30 a.m. – 9:15 a.m.  
Staff



AQUATICS



## KIDS CORNER

Cooking	59
Crafts	59 – 60
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Enrichment	60 – 61
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Meetups	62
Performing Arts	62
Social	63
Visual Arts	63
Woodworking	64



# *Eggnormous* EGG HUNT

**SATURDAY**

*April 12*

**10:00 a.m. – 11:30 a.m.**

**FREE • Registration Required**

**902907-5B**

**Infant – 8 years old**

**Sunrise Valley Elementary School**

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

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

**DON'T FORGET:**



**A BASKET TO CARRY YOUR EGGS**



**A CAMERA FOR ALL THE PHOTO OPS**



**A PICNIC TO ENJOY OUTSIDE**

For more information, please contact Jeff Morgan, RCC's Youth Program Assistant, at 703-390-6179.

# SPRING FAMILY Crafternoons



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

Join us during spring break for a fun-filled hour of interactive craft activities. Spend quality “together” time with your family, starting at noon each day. Drop in anytime during the hour to receive your apron and all necessary craft supplies. Participate in RCC’s unique program and collect pin badges to decorate your apron and earn certificates for completing each craft activity. This program is completely free of charge, but registration is required for each program date. Please note that children must be accompanied by a parent or caregiver to participate.

## **Monday, April 14 • Birdhouse**

86C101-5A • Westglade Club House – 2110 Westglade Court, Reston

## **Tuesday, April 15 • 3D Paper Flower Bouquet**

86C101-5B • Stonegate Village Community Center – 2244 B Stonewheel Drive, Reston

## **Wednesday, April 16 • Pom-Pom Caterpillar and Paper Butterfly**

86C101-5C • Crescent Community Center – 1578 Cameron Crescent Drive #001, Reston

## **Thursday, April 17 • Egg Decorating with Alcohol Ink**

86C101-5D • Cedar Ridge Community Center – 1601 Becontree Lane, Reston

Don't miss out on this opportunity to unleash your creativity and make lasting memories with loved ones!

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

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

# COOKING

**Allergens:** RCC uses its catering kitchen facility for cooking classes. We go to great lengths to assure that it is regularly and thoroughly cleaned. However, it is used extensively by rental patrons, staff, volunteers and program participants who may all use various food items in the kitchen that can contain food allergens. For that reason, we don't feel confident that we can teach cooking classes and assure that allergens won't be present in the class environment. That is the background to our statement for each class regarding food allergies. Thank you for your understanding.

## Chocolate Fun and Preparation for Kids

(6 – 9 years old)

Learn to make delicious chocolate candy. Take home prepared chocolates, as well as recipes, tips and ideas for making more of these luscious confections. Please note that this program will be unable to accommodate those with food allergies.

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

**April 6**

Sun 10:00 a.m. – 12:00 p.m.  
901038-5D Wilson

## Chocolate Fun and Preparation for Tweens and Teens

(10 – 17 years old)

Participants will mold bite-sized chocolates, learn chocolate writing, prepare buttercream and peanut butter cups, and make rocky road. Each participant will take home chocolates made during class, as well as recipes, tips and ideas for making more chocolates at home. Please note that this program will be unable to accommodate those with food allergies.

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

**April 6**

Sun 1:00 p.m. – 3:00 p.m.  
901352-5B Wilson

## Cupcake Wars

(7 – 12 years old)

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

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

**January 25**

Sat 1:00 p.m. – 4:00 p.m.  
903057-5A Wilson

## Junior Gourmet – Taking it Up a Notch

(8 – 13 years old)

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

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

**February 22**

Sat 1:00 p.m. – 4:00 p.m.  
903056-5A Wilson

# CRAFTS

## Making Scarves

(7 – 17 years old)

Learn to make scarves from a variety of materials. Cotton, silk and chiffon will be used. All materials will be provided.

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

**February 8**

Sat 1:00 p.m. – 3:00 p.m.  
900309-5A Staff

## Airbrush Art

(7 – 17 years old)

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

**1, 2-hour session at RCC Hunters Woods**  
**\$30 (R)/\$45 (NR)**

**March 15**

Sat 1:00 p.m. – 3:00 p.m.  
903064-5B Morgan

## Build a Terrarium for Earth Day

(7 – 17 years old)

To celebrate Earth Day, participants will learn about and create a small terrarium, complete with plants and appropriate embellishments. All materials will be provided.

**1, 2-hour session at RCC Hunters Woods**  
**\$45 (R)/\$67 (NR)**

**April 5**

Sat 1:00 p.m. – 3:00 p.m.  
901202-5A Morgan

## Origami Arts – Valentine's Day

(8 years and older)

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

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

**February 8**

Sat 1:00 p.m. – 3:00 p.m.  
901362-5A Nelson

KIDS CORNER

## 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 66 – 87) that may be of interest to those ages.

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

# CRAFTS CONTINUED

## Origami Arts – Mother’s and Father’s Day Cards

(8 years and older)

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

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

**May 3**

Sat 1:00 p.m. – 3:00 p.m.  
901372-5A Nelson

## DANCE

### Ballet Basics I

(3 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

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

**January 15 – March 5**

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

**January 18 – March 8**

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

**March 19 – May 14**

(No Class: April 16)

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

**March 22 – May 17**

(No Class: April 19)

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

## Ballet Combo

(3 – 6 years old)

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

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

**January 18 – March 8**

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

**March 22 – May 17**

(No Class: April 19)

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

## Hip Hop

(4 – 6 years old)

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

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

**January 15 – March 5**

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

**January 18 – March 8**

Sat 10:00 a.m. – 10:45 a.m.  
402672-5D Art in Motion

**March 19 – May 14**

(No Class: April 16)

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

**March 22 – May 17**

(No Class: April 19)

Sat 10:00 a.m. – 10:45 a.m.  
402672-5F Art in Motion

## ENRICHMENT

### Anatomy for Kids – Digestive System

(2 – 5 years old)

Nutritious food creates strong bodies and minds. Learn about the functions of the digestive system with a hands-on experience on a simple, working model. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

**February 12**

Wed 10:00 a.m. – 11:00 a.m.  
900310-5A Morgan

### Anatomy for Kids – Lungs

(2 – 5 years old)

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

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

**February 5**

Wed 10:00 a.m. – 11:00 a.m.  
980015-5A Morgan

### Anatomy for Kids – Skeletal System

(2 – 5 years old)

Imagine how many bones are in our skeletal system and how they support muscles. Learn how joints move with a hands-on 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-hour session at RCC Hunters Woods \$10 (R)/\$15 (NR)**

**April 9**

Wed 10:00 a.m. – 11:00 a.m.  
900311-5A Morgan

### Babysitting

(10 – 15 years old)

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

**1, 6-hour session at RCC Hunters Woods \$25 (R)/\$40 (NR)**

**March 8**

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

# ENRICHMENT CONTINUED

## Math Tutoring for Grades 3 – 5

(8 – 11 years old)

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

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

**January 27 – March 24**

(No Class: February 17)

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

**April 7 – May 19**

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

## Math Tutoring for Grades 6 – 8

(11 – 14 years old)

Participants receive tutoring on concepts such as number and number sense, computation and estimation, measurement and geometry, probability and statistics, fractions and decimal numbers, and order of operations is provided. Additionally, tutoring is available about the concepts of algebra and patterns functions for students who want to improve those skills and understanding.

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

**January 28 – March 25**

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

**April 8 – May 20**

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

## Math Tutoring for Grades 9 – 12

(14 – 18 years old)

Participants receive tutoring on concepts such as algebra, geometry, functions, trigonometry, probability and statistics for those who want to improve their skills and understanding.

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

**January 29 – March 26**

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

**April 9 – May 21**

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

## Sensing Science

(2 – 5 years old)

Children love learning about all five senses, and building sensory awareness opens a new realm of enrichment. Participants will be introduced to each of the five senses and then observe how they use them. Come ready to use eyes, ears, mouth, nose and hands to create fun-filled items. Children of all abilities are welcome and will learn school-readiness skills, including language, social and cultural development, sharing, and taking turns. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

**January 29**

Wed 10:00 a.m. – 11:00 a.m.  
901311-5B Morgan

**March 12**

Wed 10:00 a.m. – 11:00 a.m.  
901311-5C Morgan

# FITNESS

## Learn to Bike – Youth

(7 – 12 years old)

This class is for children who have never learned to ride a bike before or need to relearn the basics. Certified instructors use a technique that is intuitive and will take students through a progressive curriculum that has a very high success rate. Topics addressed include balance skills, basic steering skills and basic braking skills. Registration fee includes the rental of a bike and a Consumer Product Safety Commission (CPSC)-approved helmet. If the student would like to bring their own helmet, it must be CPSC approved. Students are asked to wear comfortable, weather-appropriate outerwear and bring water and a snack. Students will be contacted two weeks in advance of the class to ensure that the proper size bicycle is provided. Due to bike sizes, child must be at least 45 inches tall.

**1, 2-hour session at 1886 Metro Center Drive  
\$50 (R)/\$75 (NR)**

**April 27**

Sun 1:00 p.m. – 3:00 p.m.  
306208-5D Westenhoff

**May 4**

Sun 1:00 p.m. – 3:00 p.m.  
306208-5E Westenhoff

KIDS CORNER

**REGISTER TODAY  
DON'T DELAY!**

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

# MEETUPS

## Frying Pan Farm Park

(2 – 5 years old)

Frying Pan Farm Park is the only working farm in Fairfax County and is representative of “the way things used to be” from the 1920s through the 1950s. Participants will see baby animals, take a ride in a wagon and on a carousel. Please meet in front of the entrance to the gazebo at Kidwell Farm, which is located at Frying Pan Farm Park, 2709 West Ox Road, Herndon, Va. For directions, call 703-437-9101. Parent/ caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

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

**May 13**

Tue 10:00 a.m. – 11:00 a.m.  
901451-5B Haneline

## Maple Syrup Boil Down

(2 – 12 years old)

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

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

**February 9**

Sun 12:00 p.m. – 2:00 p.m.  
901393-5A Morgan

## Tadpoles, Turtles, Garden Fairies

(2 – 5 years old)

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

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

**April 22**

Tue 10:00 a.m. – 11:00 a.m.  
901261-5C Haneline

**May 6**

Tue 10:00 a.m. – 11:00 a.m.  
901261-5D Haneline

## Visit to The Pure Pasty Company

(2 – 5 years old)

Try something new – English pasties! Join us for a tour of a pasty-making facility and enjoy a sweet or savory pasty. Pasties are hand-held pies that contain a meat and vegetable filling, or a sweet, fruit filling. Meet at The Pure Pasty Company. located at 128 Church Street, Vienna, Va. For directions, call 703-255-7147. This activity is not appropriate for children younger or older than the advertised age range. Parents/guardians must fully participate in the activities. Only children need to register.

**1, 60-min. session at The Pure Pasty Co.**  
\$10 (R)/\$15 (NR)

**March 11**

Tue 10:00 a.m. – 11:00 a.m.  
901195-5A Haneline

# PERFORMING ARTS

## Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. Participants will perform in an original production on Saturday, March 22 and Sunday, June 8 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the week of March 17-21 and June 2-6. The class meets on Fridays from 4:30 p.m. to 6:00 p.m. and Saturdays from 9:00 a.m. to noon. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.

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

**January 17 – March 22**

Fri 4:30 p.m. – 6:00 p.m.  
Sat 9:00 a.m. – 12:00 p.m.  
402467-5B Brutsché

**March 29 – June 8**

(No Class: April 18, 19)

Fri 4:30 p.m. – 6:00 p.m.  
Sat 9:00 a.m. – 12:00 p.m.  
402467-5C Brutsché



# SOCIAL

## Big Fun for Little Ones

(1 – 5 years old)

Let kids work out their excess energy by playing on our indoor inflatables and with oversized toys. Parents/caregivers must fully participate and supervise children during all activities. This program is not appropriate for children younger or older than the advertised age range. Space is limited to 40 children with parents/guardians.

**90-min. sessions at RCC Hunters Woods**  
**Free, Registration Not Req.**

**January 17 – March 28**

Fri 10:00 a.m. – 11:30 a.m.  
Ali

**April 11 – May 30**

Fri 10:00 a.m. – 11:30 a.m.  
Ali

## Dealing with Bullies

(7 – 17 years old)

Many people have experienced bullying in one form or another. This program focuses on how to handle bullies in a peaceful manner and retain self-confidence.

**10, 60-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**March 4 – May 6**

Tue 5:00 p.m. – 6:00 p.m.  
900341-5A Dykstra

## Happiness is a Skill

(7 – 17 years old)

With the proper tools, happiness can be achieved. Join us for discussions on how to incorporate happiness in everyday life.

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

**January 8 – February 26**

Wed 5:00 p.m. – 6:00 p.m.  
900307-5A Dykstra

## Paint Splatter Party

(7 – 11 years old)

Make something unique and have fun with paint. Participants will splatter paint across a large canvas to create a community project. A small canvas will be provided for individual projects as well. Be sure to wear clothes and shoes that can get dirty or stained. All supplies will be provided.

**1, 90-min. session at RCC Hunters Woods**  
**\$20 (R)/\$30 (NR)**

**April 26**

Sat 1:00 p.m. – 2:30 p.m.  
900306-5A Morgan

## Social Skills for Making New Friends

(7 – 11 years old)

Participants will focus on various social scenarios and discuss how to start a conversation, communicate and acquire friendships.

**10, 60-min. sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**March 4 – May 6**

Tue 5:00 p.m. – 6:00 p.m.  
900308-5A Dykstra

## Springtime Tea

(2 – 5 years old)

Celebrate the arrival of flowers, lush green leaves and warmer weather with our seasonal springtime tea, featuring crafts, refreshments and a story. 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**  
**\$5 (R)/\$4 (R55+)/\$8 (NR)**

**March 19**

Wed 10:00 a.m. – 11:00 a.m.  
901112-5B 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 Req.**

**January 6 – March 31**

(No Class: January 20, February 17)  
Mon, Thu 9:30 a.m. – 11:00 a.m.  
Ali

**April 7 – May 22**

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)**

**January 13 – March 17**

(No Class: January 20, February 17)  
Mon 4:45 p.m. – 5:45 p.m.  
402697-5B Lambakis

**March 24 – May 19**

(No Class: April 14)  
Mon 4:45 p.m. – 5:45 p.m.  
402697-5C Lambakis

KIDS CORNER

# WOODWORKING

## Pinewood Derby Workshop

(7 – 14 years old)

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

**1, 2-hour session at RCC Hunters Woods**  
**\$75 (R)/\$60 (R55+)/\$113 (NR)**

### January 3

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

### January 6

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

### January 13

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

### January 24

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

## Pinewood Derby Workshop – Individuals

(7 years and older)

The RCC Woodshop is available on specific dates and times during December and January to allow Cub Scouts to work on Pinewood Derby projects. Scouts may register individually with an accompanying parent/guardian. The Woodshop will not be available for Pinewood Derby projects outside of the scheduled times. The Woodshop will host up to six Scouts and six parents/guardians per session. All Scouts and parents/guardians must register and pay.

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

### January 10

Fri 5:30 p.m. – 7:30 p.m.  
 900303-5B Ingram

### January 17

Fri 5:30 p.m. – 7:30 p.m.  
 900303-5C Ingram

### January 27

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







## LEISURE & LEARNING

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## CRAFTS

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

(13 years and older)

Learn essential skills such as hammer control, tapering, bending, and twisting as well as essential safety skills to avoid injury to yourself and others. A list of protective clothing and gear to be worn during class will be sent after registration. This workshop will be held outdoors.

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

**April 6**

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

**May 18**

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

**Blacksmithing Workshop:  
Decorative Leaf – Level II**

(13 years and older)

Expand your skills by making this decorative leaf using fullers and top tools, controlled forging, forging bevels and more building block skills. A list of protective clothing and gear to be worn during class will be sent after registration. This workshop will be held outdoors.

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

**June 8**

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

**Blacksmithing Workshop:  
Valentine's Heart**

(13 years and older)

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

**1, 3-hour session at RCC Hunters Woods**  
**\$125 (R)/\$100 (R55+)/\$187 (NR)**

**February 8**

Sat 1:00 p.m. – 4:00 p.m.  
900500-5B Crane

**February 9**

Sun 1:00 p.m. – 4:00 p.m.  
900500-5A Crane

**Fused Glass:  
Optical Illusions**

(13 years and older)

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

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

**March 10**

Mon 6:30 p.m. – 9:00 p.m.  
980034-5A Staff

**April 3**

Thu 6:30 p.m. – 9:00 p.m.  
980034-5B Staff

**Japanese Floral Arrangement**

(18 years and older)

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

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

**January 12**

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

**February 9**

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

**March 23**

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

**May 18**

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

**Paper Quilling Workshop:  
Heart**

(10 years and older)

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

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

**February 9**

Sun 2:00 p.m. – 5:00 p.m.  
900312-5A More

**Paper Quilling Workshop:  
Cherry Blossoms**

(10 years and older)

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

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

**March 8**

Sat 2:00 p.m. – 5:00 p.m.  
900313-5A More

**Paper Quilling Workshop:  
Easter Egg**

(10 years and older)

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

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

**April 13**

Sun 2:00 p.m. – 5:00 p.m.  
900314-5A More

**Paper Quilling Workshop:  
Jewelry**

(10 years and older)

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

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

**May 17**

Sat 2:00 p.m. – 5:00 p.m.  
900315-5A More

## CRAFTS CONTINUED

### Sewing for Today's Fashions II

(13 years and older)

Delve further into the world of fashion design. This course is for those who have completed Fashion Sewing I or have more extensive experience with sewing (for example, graduates of RCC's Sewing I or Sewing II). Participants will design and produce two ready-to-wear garments while advancing their skills with a sewing machine, pattern cutting, hand sewing techniques and embellishments. Everyone is encouraged to bring a portable sewing machine to class as only a limited number of RCC owned machines are available. Fee includes all materials and supplies.

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

**March 12 – April 30**

Wed 6:30 p.m. – 8:30 p.m.  
901339-5A Minassian

## CREATIVE CONNECTIONS

### Reston Journal and Planner

(18 years and older)

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

**1, 90-min. session at YMCA Fairfax County Reston**  
**Free, Registration Req.**

**April 24**

Thu 6:00 p.m. – 7:30 p.m.  
8C2017-5B Staff

### Reston Plant Swap

(18 years and older)

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

**1, 90-min. session at the Farm at Halley Rise**  
**Free, Registration Req.**

**May 15**

Thu 6:00 p.m. – 7:30 p.m.  
862000-5B Staff

## DANCE

### Line Dancing with Scotty – Beginner

(18 years and older)

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

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

**January 2 – March 6**

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

**March 20 – May 22**

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

### Line Dancing with Scotty – Intermediate

(18 years and older)

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

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

**March 20 – May 22**

Thu 6:00 p.m. – 7:00 p.m.  
503623-5B Inman

## Sunday Afternoon Dances

(18 years and older)

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

**1, 2-hour sessions at RCC Hunters Woods**  
**\$6 (R)/\$9 (NR) payable at Hunters Woods**  
**Customer Service Desk**

**January 12, February 9, March 9,**  
**April 13, May 11**

Sun 2:30 p.m. – 4:30 p.m.



## DISCUSSION

### Bookends

(18 years and older)

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

**January 23:** "The Ride of Her Life:

The True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America" by Elizabeth Letts

**February 27:** "Foster" and "Small Things Like These" by Claire Keegan (two books)

**March 27:** "Crying in H Mart" A

Memoir by Michelle Zauner

**April 24:** "James " by Percival Everett

**May 22:** "The Wager: A Tale of Shipwreck, Mutiny, and Murder" by David Grann

**5, 90-min. sessions at RCC Hunters Woods Free, Registration Req.**

**January 23, February 27, March 27, April 24, May 22**

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

### Current Issues

#### Discussion Group

(18 years and older)

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

**22, 2-hour sessions at RCC Hunters Woods Free, Registration Req.**

**January 2 – May 29**

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

## VIRTUAL CLASSES

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

## ENRICHMENT

### Don't Get Scammed

(18 years and older)

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

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

**March 6**

Thu 1:00 p.m. – 2:00 p.m.  
503509-5C Smarr

### Finding a New Podcast

(18 years and older)

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

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

**April 24**

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

### Better Brain Health as You Age

(18 years and older)

This class will provide information on how to keep the brain engaged as you age. Explore ways to keep the brain active that will help reduce the risk of age-related diseases and optimize your chances of maintaining cognitive abilities. This class is for educational purposes only; there will be no solicitation or obligations of the attendees. This class will be offered on Microsoft Teams; registered patrons will be sent the link 24 hours prior to the class.

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

**May 13**

Tue 1:00 p.m. – 2:00 p.m.  
503210-5B Long

### Importance of Socialization When Aging

(18 years and older)

Join us for a discussion about the importance of socialization when aging. Research has found that social support can play a significant role in overall health as people age. Spending time with friends and family members can boost quality of life, including both physical and mental health.

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

**April 10**

Thu 1:00 p.m. – 2:00 p.m.  
503211-5A Long

### Legal: Estate Planning Basics

(18 years and older)

This class will give participants a basic knowledge of estate plans. Topics include advantages and disadvantages of different planning techniques (including joint ownership), using beneficiary designations, gifting, traditional wills and revocable living trusts. This class is for educational purposes only; there will be no solicitation or obligation of the attendees. This class will be virtual using the Microsoft Teams platform, all registered patrons will be sent the Teams link 24 hours prior to the class.

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

**January 22**

Wed 3:30 p.m. – 4:30 p.m.  
500809-5D Lambeth

### Money Matters for Students

(13 years and older)

Marianne Ragins, \$400,000 scholarship winner and author of Winning Scholarships for College, will teach students of all ages, including middle school and high school students, how to manage money. Savings, credit cards, budgeting, identifying needs versus wants, simple investing tactics, and ways to tackle college costs early will be discussed. Parents/caregivers are encouraged to attend and register as well. This class will be held virtually on Zoom. Participants may choose to watch this virtual class at RCC Hunters Woods or watch from home on their own computer. A link will be provided to all registered participants prior to the class.

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

**February 6**

Thu 6:30 p.m. – 8:30 p.m.  
900268-5A Ragins

## Responding to Dementia Related Behavior

(18 years and older)

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

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

**March 11**

Tue 11:00 a.m. – 12:00 p.m.  
576101-5A Long

## Safe Investment Withdrawal Rates in Retirement

(18 years and older)

This class will teach people who are retired or within 10 years of retirement, how to calculate a safe amount of withdrawal from investments to ensure funds last a lifetime despite up and downs in the stock market. This class will be offered on Microsoft Teams; registered patrons will be sent the link 24 hours prior to the class.

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

**January 21**

Tue 6:00 p.m. – 7:00 p.m.  
598100-5A Voorhees

## Tax Strategies

(18 years and older)

This class will offer participants strategies to lower lifetime tax bills such as tax-efficient investments, charitable giving options, Roth conversions and more. This class will be offered on Microsoft Teams; registered patrons will be sent the link 24 hours prior to the class.

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

**January 28**

Tue 5:30 p.m. – 6:30 p.m.  
574123-5B Voorhees



## FITNESS – CARDIO AND STRENGTH

### Barre Fusion

(18 years and older)

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

**5, 60-min. sessions at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**January 13 – February 24**

(No Class: January 20, February 17)

Mon 10:45 a.m. – 11:45 a.m.  
300149-5C Biddy

**4, 60-min. sessions at RCC Lake Anne**  
**\$35 (R)/\$28 (R55+)/ \$53 (NR)**

**April 28 - May 19**

Mon 10:45 a.m. – 11:45 a.m.  
300149-5D Biddy

### Cardio Strength

(18 years and older)

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

**12, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**January 7 – March 25**

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

### Fitness Fusion

(18 years and older)

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

**8, 50-min. sessions at RCC Lake Anne**  
**\$115 (R)/\$92 (R55+)/\$173 (NR)**

**January 6 – March 3**

(No Class: January 20)

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

**January 8 – March 5**

(No Class: January 22)

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

**March 24 – May 19**

(No Class: May 5)

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

**March 26 – May 21**

(No Class: May 7)

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

**LIIST**

(18 years and older)

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

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

**January 11 – March 1**

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

**March 15 – May 24**

(No Class: April 19, 26, May 3)

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

**6, 60-min. sessions at RCC Lake Anne**  
**\$55 (R)/\$44 (R55+)/\$83 (NR)**

**April 1 – May 20**

(No Class: April 22, 29)

Tue 5:30 p.m. – 6:30 p.m.  
 304605-5D Kumar

**Mind-Body Fitness**

(18 years and older)

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

**8, 60-min. sessions at RCC Lake Anne**  
**\$115 (R)/\$92 (R55+)/\$173 (NR)**

**January 7 – March 4**

(No Class: January 21)

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

**January 9 – March 6**

(No Class: January 23)

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

**March 25 – May 20**

(No Class: May 6)

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

**March 27 – May 22**

(No Class: May 8)

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

**Zumba Fitness**

(18 years and older)

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

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

**January 9 – February 27**

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

**January 11 – March 1**

Sat 10:15 a.m. – 11:15 a.m.  
 302327-5F Kumar

**January 13 – March 10**

(No Class: February 17)

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

**March 13 – May 15**

(No Class: April 24, May 1)

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

**March 15 – May 24**

(No Class: April 19, 26, May 3)

Sat 10:15 a.m. – 11:15 a.m.  
 302327-5H Kumar

**March 31 – May 19**

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

**Zumba Toning**

(18 years and older)

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

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

**January 13 – March 10**

(No Class: February 17)

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

**March 31 – May 19**

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

**FITNESS – MOVEMENT AND WELLNESS****Aging with Power and Grace**

(18 years and older)

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

**8, 60-min. sessions at RCC Lake Anne**  
**\$115 (R)/\$92 (R55+)/\$173 (NR)**

**January 6 – March 3**

(No Class: January 20)

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

**January 8 – March 5**

(No Class: January 22)

Wed 11:30 a.m. – 12:30 p.m.  
 300147-5D Miles/Williams

**March 24 – May 19**

(No Class: May 5)

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

**March 26 – May 21**

(No Class: May 7)

Wed 11:30 a.m. – 12:30 p.m.  
 300147-5F Miles/Williams

**Balance and Mobility Workshop**

(18 years and older)

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

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

**March 2**

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

## Beginning Tai Chi

(18 years and older)

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

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

**January 15 – March 5**

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

**March 26 – May 14**

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

## Bolly X

(18 years and older)

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

**6, 45-min. sessions at RCC Lake Anne**  
**\$55 (R)/\$44 (R55+)/\$83 (NR)**

**January 14 – February 18**

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

**January 17 – February 21**

Fri 12:00 p.m. – 12:45 p.m.  
305045-5E Chaturvedi

**March 18 – April 29**

(No Class: April 15)

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

**March 21 – May 2**

(No Class: April 18)

Fri 12:00 p.m. – 12:45 p.m.  
305045-5G Chaturvedi

## Essentrics

(18 years and older)

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

**12, 60-min. sessions at RCC Lake Anne**  
**\$100 (R)/\$80 (R55+)/\$150 (NR)**

**January 7 – March 25**

Tue 6:45 p.m. – 7:45 p.m.  
305033-5F Fletcher

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

**January 7 – March 4**

(No Class: February 18)

Tue 10:15 a.m. – 11:15 a.m.  
305033-5E Avilov

**January 9 – March 6**

(No Class: February 20)

Thu 10:15 a.m. – 11:15 a.m.  
305033-5G Avilov

**January 10 – March 7**

(No Class: February 21)

Fri 10:45 a.m. – 11:45 a.m.  
305033-5H Avilov

**March 18 – May 13**

(No Class: April 22)

Tue 10:15 a.m. – 11:15 a.m.  
305033-5I Avilov

**March 20 – May 15**

(No Class: April 24)

Thu 10:15 a.m. – 11:15 a.m.  
305033-5K Avilov

**March 21 – May 16**

(No Class: April 25)

Fri 10:45 a.m. – 11:45 a.m.  
305033-5L Avilov

# MOVEMENT AND WELLNESS CONTINUED

## Essentrics: Aging Backwards

(18 years and older)

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

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

**January 8 – March 5**

(No Class: February 19)

Wed 10:45 a.m. – 11:45 a.m.  
305034-5C Avilov

**March 19 – May 14**

(No Class: April 23)

Wed 10:45 a.m. – 11:45 a.m.  
305034-5E Avilov

Wed 12:00 p.m. – 1:00 p.m.  
305034-5F Fletcher

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

**January 8 – March 5**

Wed 12:00 p.m. – 1:00 p.m.  
305034-5D Fletcher

LEISURE & LEARNING

## FITNESS STUDENTS

To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

**Forever Fit**

(18 years and older)

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

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

**April 7 – April 28**

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

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

**January 9 – March 6**

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

**March 27 – May 15**

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

**Gut Feeling Seminar**

(18 years and older)

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

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

**January 25**

Sat 1:00 p.m. – 4:00 p.m.  
 305555-5A Unger

**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.

**Healthy Back Workshop**

(18 years and older)

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

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

**January 11**

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

**Healthy Joints Workshop**

(18 years and older)

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

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

**March 16**

Sun 11:00 a.m. – 12:00 p.m.  
 302402-5A Sasha Avilov

**Intermediate Tai Chi**

(18 years and older)

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

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

**January 17 – March 7**

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

**March 28 – May 16**

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

**Joint-Friendly Fitness**

(18 years and older)

This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear supportive footwear.

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

**January 8 – March 5**

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

**January 10 – March 7**

Fri 12:00 p.m. – 1:00 p.m.  
 300129-5D Fletcher

**March 19 – May 21**

(No Class: April 16)

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

**March 21 – May 23**

Fri 12:00 p.m. – 1:00 p.m.  
 300129-5F Fletcher

**Mindfulness Meditation**

(18 years and older)

Mindfulness can simply be defined as a mental state that involves being fully focused on "the now" so students can acknowledge and accept thoughts, feelings, and sensations without judgment. Mindfulness meditation is the mental training practice that teaches students how to slow down racing thoughts, let go of negativity, and calm both mind and body. It combines various techniques of meditation to help hone the ability to be mindful in the present moment.

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

**January 15 – March 5**

Wed 12:00 p.m. – 1:15 p.m.  
 305059-5C Czintos

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

**March 26 – May 14**

Wed 12:00 p.m. – 1:15 p.m.  
 305059-5E Czintos

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



# MOVEMENT AND WELLNESS CONTINUED

## Pilates Mat

(18 years and older)

Pilates is a system of exercises designed to develop the body's core, mobilize and stabilize the spine, and build flexibility and strength. Most exercises will be performed on a mat and may include stability balls, magic circles and light hand weights. Patrons are encouraged to bring their own mat to class.

**5, 60-min. sessions at RCC Lake Anne**

**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**January 13 – February 24**

(No Class: January 20, February 17)

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

**4, 60-min. sessions at RCC Lake Anne**

**\$35 (R)/\$28 (R55+)/\$53 (NR)**

**April 28 – May 19**

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

## Sound Bath Meditation

(18 years and older)

Sound bath is a meditation class that aims to guide students to a deeper state of consciousness with the use of ambient sounds. The instructor creates sounds and vibrations using crystal singing bowls, wind chimes and other instruments. This class is meant to help students feel relaxed, refreshed and balanced. Please note: This class involves a lot of equipment to set up and break down so is offered every other week and skips holiday dates.

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

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

**January 26, February 9, March 2, 16, 30, April 13, 20, and May 18**

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

## Stress Relief Workshop

(18 years and older)

Stress affects the body's emotions and behaviors, and causes real chemical and physical changes, including tightness of muscles, headaches, digestive disturbances, anxiety and sleep issues. Long-term stress can contribute to many chronic disorders. Participants will learn to recognize the effects of stress and explore multiple techniques to self-regulate and relax the body and mind. These include Essentrics, yoga, breathing, meditation and relaxation. These tools will help participants create balance, space, joy, and optimal health and wellness.

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

**\$25 (R)/\$20 (R55+)/\$38 (NR)**

**January 26**

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

## Tai Chi for Health and Balance

(18 years and older)

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

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

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

**January 21 – March 4**

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

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

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

**April 22 – May 27**

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

## Tai Chi Yang Style – Advanced

(18 years and older)

This class will continue refining the form and exploring principle as it applies to movement and balance. Instructor approval is required for this advanced level class.

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

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

**January 21 – March 4**

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

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

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

**April 22 – May 27**

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

## Tribal Fusion Belly Dance

(18 years and older)

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

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

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

**January 15 – March 5**

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

**March 26 – May 14**

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

# FITNESS – YOGA

## Gentle Yoga

(18 years and older)

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

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

**\$85 (R)/\$68 (R55+)/\$128 (NR)**

**January 14 – March 11**

(No Class: February 18)

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

**January 16 – March 13**

(No Class: February 20)

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

**March 25 – May 20**

(No Class: April 29)

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

**March 27 – May 22**

(No Class: May 1)

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

# YOGA CONTINUED

## Gut Feeling Yoga

(18 years and older)

There is increasing evidence that yoga coupled with a mindful breathing practice can reduce the psychological and physical symptoms of Irritable Bowel Syndrome (IBS). Students will learn yoga postures and breathing techniques to help calm those "gut feelings" by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger.

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

**January 15 – March 5**

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

**March 26 – May 14**

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

## Hatha Yoga I

(18 years and older)

The intention of this class is to create balance in the physical, mental and energetic bodies. Students will explore foundational postures (asanas), breathing (pranayama) and mindfulness practices. The class is open to all levels.

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

**January 16 – March 6**

Thu 9:30 a.m. – 10:30 a.m.  
315001-5B Unger

**March 27 – May 15**

Thu 9:30 a.m. – 10:30 a.m.  
315001-5C Unger

## Hatha Yoga II

(18 years and older)

This class is a progression from Hatha Yoga I and will continue to explore creating balance in the physical, mental and energetic bodies. In addition to foundational postures, this class will introduce some more challenging postures and sequences and focus on linking breath with movement to build strength, balance, awareness, and joy. Students should have prior knowledge or experience in Hatha Yoga.

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

**January 15 – March 5**

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

**March 26 – May 14**

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

## Mindful Hatha Yoga

(18 years and older)

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

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

**January 14 – March 11**

(No Class: February 18)  
Tue 9:00 a.m. – 10:00 a.m.  
305055-5B Sypula

**March 25 – May 20**

(No Class: April 29)  
Tue 9:00 a.m. – 10:00 a.m.  
305055-5C Sypula

## Mindful Yoga with Sound Healing

(18 years and older)

This class will feature mindful (focused on body sensations in the present moment) yoga movements and the use of singing bowls that stimulate body energy centers. The soothing music from singing bowls is often associated with deep relaxation and is beneficial in enhancing spiritual practice. Students will learn yoga movements and corresponding breathing patterns designed to improve focus and concentration. The second half of the class utilizes the bowls and contains mindfulness meditation and final relaxation.

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

**January 14 – March 11**

(No Class: February 18)  
Tue 6:30 p.m. – 7:45 p.m.  
314760-5C Sypula

**January 16 – March 13**

(No Class: February 20)  
Thu 6:30 p.m. – 7:45 p.m.  
314760-5D Sypula

**March 25 – May 20**

(No Class: April 29)  
Tue 6:30 p.m. – 7:45 p.m.  
314760-5E Sypula

**March 27 – May 22**

(No Class: April 17)  
Thu 6:30 p.m. – 7:45 p.m.  
314760-5F Sypula

## Power Yoga

(18 years and older)

Power yoga is a fast-paced vinyasa yoga class that develops strength and endurance in both body and mind and links breath to movement. Students should expect plenty of options to challenge and/or modify to make the practice truly customizable for individual conditioning levels. This class is suitable for all levels.

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

**March 17 – May 5**

Mon 7:30 p.m. – 8:30 p.m.  
300161-5A Alissa Avilov

## Slow Flow Yoga

(18 years and older)

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

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

**January 16 – March 6**

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

**March 27 – May 15**

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

## Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qigong and is a series of dynamic breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility.

**5, 60-min. sessions at RCC Lake Anne**  
\$50 (R)/\$40 (R55+)/\$75 (NR)

**January 11 – February 8**

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

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

**March 22 – May 17**

(No Class: April 19)  
Sat 11:45 a.m. – 12:45 p.m.  
304888-5C Okerson

# YOGA CONTINUED

## Yoga 101

(18 years and older)

This course is designed for beginners or those interested in refreshing or increasing their knowledge of basic yoga poses and breathing techniques. This course follows a progressive curriculum and will build upon the postures and movements learned in each previous class. This class is designed to provide the tools necessary to develop increased awareness of body and mind through movement and breath. All levels are welcome.

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

**January 15 – March 5**

Wed 9:00 a.m. – 10:00 a.m.  
 305601-5B Unger

**March 26 – May 14**

Wed 9:00 a.m. – 10:00 a.m.  
 305601-5C Unger

## Yoga for Healthy Bones

(18 years and older)

This class is designed to help students increase bone strength and to improve balance. The class will utilize bands, dumbbells and weightbearing movements to integrate concentric, eccentric and isometric muscle engagement. Using dynamic movement and static holds can increase strength, stability, safety and efficacy. These practices can be done seated in a chair, standing, or lying on the mat.

**5, 60-min. sessions at RCC Lake Anne**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**January 11 – February 8**

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

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

**March 22 – May 17**

(No Class: April 19)

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

## Yoga with Weights

(18 years and older)

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

**5, 60-min. sessions at RCC Lake Anne**  
**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**January 16 – February 13**

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

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

**March 27 – May 15**

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

## Yoga, Breath and Meditation

(18 years and older)

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

**7, 75-min. sessions at RCC Lake Anne**  
**\$70 (R)/\$56 (R55+)/\$105 (NR)**

**February 20 – April 4**

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

**April 11 – May 23**

(No Class: April 18)

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

LEISURE & LEARNING



## YOGA CLASSES

Patrons are encouraged to bring their own mat to class.

## FITNESS – DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations for daily fitness programming are free, but patrons are required to purchase a Fitness pass and swipe the pass prior to each class. Fitness passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$4.25 (R)/\$8.50 (NR) per class. Fitness passes expire two years from the date of purchase. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC.

### Boot Camp

(18 years and older)

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

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

**January 10 – May 23**

Fri 10:45 a.m. – 11:45 a.m.  
3C0010-5 Fletcher

### Cardio and Strength Intervals

(18 years and older)

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

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

**January 8 – May 21**

Wed 9:15 a.m. – 10:15 a.m.  
3C0095-5 Fletcher



### Walking Group

(18 years and older)

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

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

**January 8 – May 21**

Wed 12:15 p.m. – 1:15 p.m.  
3C0085-5 Avilov

### Zumba Gold

(18 years and older)

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

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

**January 8 – May 23**

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

### Zumba Gold Toning

(18 years and older)

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

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

**January 7 – May 20**

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

# OLLI

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

## Behind the Prize

(18 years and older)

This class is all about Alfred Nobel, the inventor of dynamite, and the quirky characters who won hands-down, the most coveted prize on planet Earth. The class will cover how the prize came to be, who is eligible for the prize, what are the rules, and who decides. The class will also go over some of the many controversies associated with the award.

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

**April 23 – April 30**

Wed 9:40 a.m. – 11:05 a.m.  
576112-5A OLLI

## Building Financial Confidence

(18 years and older)

Through organizational tools and a bit of education, you can increase your understanding of your financial picture. In this class we will provide the tools you need to thrive in your financial decision-making. Topics covered include setting goals, creating spending plans, managing risk, and investing wisely.

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

**May 7 – May 14**

Wed 11:50 a.m. – 1:15 p.m.  
576116-5A OLLI

## Classic Film Festival

(18 years and older)

If you like old movies, this is the class for you. Each week a different classic film will be presented, designed to spark your knowledge of critically acclaimed films and make you aware of significant or historic motion pictures. The instructor will introduce the film, and depending on time constraints, will lead a post-viewing discussion. Films are chosen in all genres based on critical recognition and popularity.

**4, 2.25-hour sessions at RCC Lake Anne**  
**\$35 (R)/\$28 (R55+)/\$55 (NR)**

**January 22 – February 12**

Wed 2:15 p.m. – 4:30 p.m.  
526984-5B OLLI

**April 9 – May 14**

Wed 2:15 p.m. – 4:30 p.m.  
526984-5C OLLI

## Guns In America

(18 years and older)

This three-session discussion course will outline key facts about firearms, how they are regulated by federal, state, and local governments, and how the Supreme Court has interpreted the Second Amendment. It will then critically examine the arguments made by advocates on both sides of the “gun safety/gun control” debate.

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

**April 23 – April 30**

Wed 11:50 a.m. – 1:15 p.m.  
576115-5A OLLI

## How Mussar and Positive Psychology Can Help You Live Well

(18 years and older)

This course is based on the author’s book, “The Soul of Happiness: How Mussar and Positive Psychology Can Help You Live Well.” The thesis is that Mussar character traits (an aspect of Judaism) are associated with health and well-being.

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

**January 29 – February 12**

Wed 9:40 a.m. – 11:05 a.m.  
576107-5A OLLI

## Introduction to Islam

(18 years and older)

This course will explore the full sweep of the religion of Islam. The instructor will address your questions about the world’s second largest and fastest-growing religion.

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

**May 7 – May 14**

Wed 9:40 a.m. – 11:05 a.m.  
576113-5A OLLI

## Out of this World

(18 years and older)

This course will include three presentations that will discuss various aspects of outer and inner space, from the grandiose to the very physical essence of humans. The first topic is a brief 1,000 years of history and the quest for space flight, which allowed humans to understand the mysteries of the universe. The second will focus on the world’s two greatest spacecraft observatories, the Hubble and James Webb, comparing how they work and how they contribute to new mysteries. The third topic will explore what humans are physically made of and how the nursery rhymes, “what are little girls made of” and “what are little boys made of” come close. All are related to out-of-this-world space.

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

**April 2**

Wed 9:40 a.m. – 11:05 a.m.  
576111-5A OLLI

## Park Ranger Potpourri

(18 years and older)

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

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

**April 22 – May 13**

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

## OLLI CONTINUED

**The Art and Craft of Reading Aloud***(18 years and older)*

There are many opportunities to read aloud: in book groups; to children or grandchildren; in worship, memorial services, or weddings; at work or in volunteer activities. Many people are uncomfortable reading aloud and even avoid it altogether, especially if called upon to read in front of an audience of any size. This course offers the opportunity to be immersed in the art and craft of reading aloud. It introduces basic performance techniques and the ease, joy, and rewards of bringing written words to life with a combination of spoken language, insight, and personal experience. Learn how to align body, voice, and text to read with the authority, conviction, and imagination that captivates audiences. Participants should bring something they'd love to read, share and enjoy.

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

**March 25 – April 15**

Tue 2:15 p.m. – 3:40 p.m.  
 576109-5A OLLI

**The Civil War in the Shenandoah Valley in 1864***(18 years and older)*

Union General Grant had a plan for 1864: advance simultaneously on every front in the spring. For the Shenandoah Valley, the goal was to disrupt the railroads and destroy crops that would support the Confederates around Richmond. However, after the Confederate victory in the Second Battle of Kernstown, the advance on Washington, and the burning of Chambersburg, its military and political importance increased. The class will explore the battles of Third Winchester and Cedar Creek.

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

**March 26 – April 2**

Wed 2:15 p.m. – 3:40 p.m.  
 576117-5A OLLI

**The Common Alerting Protocol and the United Nations Early Warnings for All Initiative***(18 years and older)*

Historically, emergency alerts have been text bulletins, composed like a news story. Unstructured text messages make sense for personal communication, but not for automated processing. Although some emergency alerts became digital, the alerts varied by hazard type, language, or country. Timely and effective public alerting at global scale became feasible in 2001, when the international standard for emergency alerting was established. Learn more about the challenges ahead.

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

**January 22**

Wed 9:40 a.m. – 11:05 a.m.  
 576106-5A OLLI

**Thirty-five Trillion Microbes Make Up the Human Microbiome***(18 years and older)*

Over thirty-five trillion bacteria, yeasts, and viruses coexist in various sites of the human body (gut, skin, lung, oral cavity) and contain more than 150 times more genes compared to the 20,000 human genes. The composition of microbes varies from site to site but about 80% reside in our gut. Learn about novel strategies using healthy gut microbiome transplantation or probiotics to increase the effectiveness of chemotherapy and achieve longer remission, reducing inflammation and symptoms of autoimmune diseases, and in improving the overall quality of life and survival.

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

**March 26 – April 9**

Wed 11:50 a.m. – 1:15 p.m.  
 576114-5A OLLI

**Tom Jones: A Hero Born to be Hanged***(18 years and older)*

This class will cover Henry Fielding's eighteenth-century novel "Tom Jones" and follow Jones' adventures from the time he was found as an infant in Squire Allworthy's bed, through his many adventures and misadventures, to the sort of ending his character deserves. Lest the potential reader be dismayed by some 600 pages of the novel, the class takes a short cut by putting together the 1963 film version of "Tom Jones" with the portions of the book portrayed in the film. Nothing will be lost of all that makes Fielding's "Tom Jones" a classic: the narrator who guides, surprises, and entertains; the naturally good, the knaves, the very bad specimens of human nature who populate the novel's pages; and a conclusion that leaves readers wiser and more amiable than when they began.

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

**January 22 – February 12**

Wed 11:50 a.m. – 1:15 p.m.  
 576108-5A OLLI

**World War II and the Rise of American Intelligence***(18 years and older)*

This course explores the birth, infancy, and adolescence of modern American intelligence in a sweeping look across the landscape of World War II. Prior to 1940, the United States did not systematically recruit spies and steal secrets or plot against enemies overseas. The country had just a few codebreakers, isolated in windowless vaults on the National Mall, and a few FBI counterspies based nearby. Everything changed as the country mobilized to fight and win the war between 1940 and 1945.

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

**March 26**

Wed 9:40 a.m. – 11:05 a.m.  
 576110-5A OLLI

# PERFORMANCE

## Small Theatre Adventure

(18 years and older)

Join local actress Caren Anton for this unique theatrical experience. Each session will offer two class sessions to read and discuss a play followed by a matinee performance at an area professional theatre. Program fee includes classroom session and theatre ticket. Transportation is on your own. **Adventure One:** Next Stop Theatre: "Native Gardens" by Karen Zarcarias. **Adventure Two:** Round House Theatre: World Premiere Performance of "Bad Books" by Sharyn Rothstein.

**3, 2-hour sessions at various locations \$95(R)/\$76(R55+)/\$150(NR)**

### Adventure One – Next Stop Theatre January 28 – February 2

Tue, Thu 2:00 p.m. – 4:00 p.m.  
Sun 2:00 p.m.  
402786-5A

### Adventure Two – Round House Theatre April 15 – April 20

Tue, Thu 2:00 p.m. – 4:00 p.m.  
Sun 2:00 p.m.  
402786-5B

# SOCIAL

## American Mah Jongg

(18 years and older)

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

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

### January 4 – May 29

Thu 9:30 a.m. – 12:00 p.m.  
509605-5D Staff

### January 8 – May 28

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

## Bridge Mondays

(18 years and older)

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

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

### January 6 – May 19

Mon 10:00 a.m. – 2:00 p.m.  
509603-5B Staff

## Bridge Tuesdays

(18 years and older)

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

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

### January 7 – May 27

Tue 10:00 a.m. – 1:00 p.m.  
505551-5B Staff

## Chess Club

(13 years and older)

Join RCC's Chess Club to meet new partners and build skills. Participants of any skill level are welcome, but those under the age of 18 must be accompanied by a parent/caregiver at all times. If a parent/guardian is also playing, they must register.

**22, 3-hour sessions at RCC Hunters Woods Free, Registration Req.**

### January 2 – May 29

Thu 6:30 p.m. – 9:30 p.m.  
901354-5B Staff

## Coffee & Origami

(18 years and older)

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

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

### January 18

Sat 9:00 a.m. – 11:00 a.m.  
86C200-5E Nelson

## Reston Plays Games

(18 years and older)

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

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

### January 8 – May 28

Wed 5:00 p.m. – 10:00 p.m.  
Staff

# TECHNOLOGY

## Cut the Cable: Switch to Streaming TV

(18 years and older)

Participants will learn about the various streaming TV options and whether switching to streaming will save money. Please bring a cable bill to class to compare current charges to available options.

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

### March 13

Thu 10:30 a.m. – 1:00 p.m.  
504173-5B O'Connell

## Get to Know ChatGPT

(18 years and older)

ChatGPT is an artificial intelligence technology tool that can answer questions and assist with tasks such as composing emails and essays. This class will introduce participants to ChatGPT and the basics of how it works.

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

### May 8

Thu 10:30 a.m. – 1:00 p.m.  
503213-5A O'Connell

## Managing Your Health with Technology

(18 years and older)

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

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

### April 10

Thu 10:30 a.m. – 1:00 p.m.  
563213-5B O'Connell

## Prepare iPhones & iPads for Travel

(18 years and older)

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

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

### May 22

Thu 10:30 a.m. – 1:00 p.m.  
500487-5B O'Connell

## TECHNOLOGY CONTINUED

### Update Your Online Security

(18 years and older)

Scams are now a \$20 billion business using cell phones, tablets and computers. This class will discuss various scams and the safeguards that can be used to protect your information on your devices.

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

**March 20**

Thu 10:30 a.m. – 1:00 p.m.  
576105-5A O'Connell

## TRIPS AND TOURS

### National Ballet of China at the Kennedy Center

(18 years and older)

The National Ballet of China returns to the nation's capital to thrill audiences with its luminous fusion of traditions, while telling the story of a family's Chinese New Year celebration. Set to Tchaikovsky's treasured "Nutcracker" score, this fresh tale is brought to life by vibrant characters and radiant choreography, following a young Chinese girl as she celebrates the New Year. Trip fee includes transportation, admission and trip chaperones.

11:00 a.m. Depart RCC Lake Anne  
11:30 a.m. Depart RCC Hunters Woods  
5:30 p.m. Estimated return to Reston

**1, 6.5-hour session at RCC Hunters Woods**  
**\$120 (R)/\$96 (R55+)/\$180 (NR)**

**January 31**

Fri 11:00 a.m. – 5:30 p.m.  
576120-5A Staff

### Philadelphia Flower Show

(18 years and older)

Come to the Philadelphia Flower Show, which has been honored as the best event in the world by the International Festivals & Events Association. In addition to large and breathtaking flower displays, participants can enjoy presentations and demonstrations from leading horticulturists and stroll the indoor marketplace. Trip Fee includes transportation, admission, snack and trip coordinator. Lunch is on your own. This trip includes extensive walking.

7:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated Return to Reston

**1, 12-hour session at RCC Hunters Woods**  
**\$85 (R)/\$68 (R55+)/\$128 (NR)**

**March 5**

Wed 7:00 a.m. – 7:00 p.m.  
503588-5A Staff

### Nemours DuPont Estate & Lunch

(18 years and older)

Nemours Estate is a masterpiece of Gilded Age design with a 77-room mansion, 200 acres of formal French gardens and grounds, and a chauffeur's garage housing vintage automobiles. During the trip to the estate, enjoy a picnic with boxed lunches. Please bring a blanket to spread on the ground to enjoy the Gardens as picnic tables are not available. Trip fee includes admission, transportation, boxed lunch and trip chaperones.

7:30 a.m. Depart RCC Lake Anne

8:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated Return to Reston

**1, 11.5-hour session at RCC Hunters Woods**  
**\$110 (R)/\$88 (R55+)/\$165 (NR)**

**April 18**

Fri 7:30 a.m. – 7:00 p.m.  
562146-5A Staff

### Capitol River Crab

#### Feast Cruise

(21 years and older)

Spend the afternoon cruising the Potomac and taking in the sites and monuments on a casual open-air boat while enjoying a local favorite: fresh steamed and seasoned "Chesapeake Maryland Blue Crabs." The 2.5-hour cruise includes corn on the cob, fried chicken, and potato salad along with the crab feast and beverages. Trip fee includes transportation, cruise, crab feast and trip chaperones.

10:30 a.m. Depart RCC Lake Anne

11:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated Return to Reston

**1, 5.5-hour session at RCC Hunters Woods**  
**\$220 (R)/\$176 (R55+)/\$330 (NR)**

**May 16**

Fri 8:30 a.m. – 2:00 p.m.  
576118-5A Staff

## GENERAL INFORMATION

Prior to the trip you will receive an itinerary and a link to a website to provide emergency contact information and to agree to the Trip Code of Conduct. Please complete these online forms prior to the day of the trip. Please contact Cassie LeBron, RCC's Lifelong Learning Director, at 703-390-6157 if you need help accessing the online forms. Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

#### Departure and Arrival:

Unless otherwise noted, departures occur from and return to RCC Hunters Woods.

#### Emergency Forms:

Prior to the trip, you will receive an itinerary and an emergency form. Please complete the form and bring it with you on the day of the trip.

#### ADA Accommodations:

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.



# VISUAL ARTS

## Acrylic Painting

(18 years and older)

This class will explore using acrylic paint and is designed for beginner and intermediate levels. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**January 16 – March 6**

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

**March 20 – May 15**

(No Class: April 17)

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

## Acrylic Painting for Beginners

(18 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**March 19 – May 7**

(No Class: April 16)

Wed 7:00 p.m. – 9:30 p.m.  
455011-5C Daniels

## Art and the Aging Brain

(18 years and older)

Most people think of participating in the arts as entertainment or escape. Recent research indicates that engagement in creative processes is vital to well-being at all levels. This is particularly true for aging adults. The workshop will explore recent research and data on how brains mature, and how they process and respond to creative engagement. Discover how these processes promote healing for mind, body and spirit and why creativity is now recognized as essential for overall health.

**1, 5-hour session at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$85 (NR)**

**March 15**

Sat 10:00 a.m. – 3:00 p.m.  
402759-5B Daniels

## Art Lab

(18 years and older)

Artists of all skill levels are invited to explore their creativity. This open studio class is the perfect time to complete projects that are left over from previous classes or work on new personal projects.

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

**January 7 – February 25**

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

**March 18 – May 6**

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

## Artist Salon

(18 years and older)

Join other artists of all genres and experience to share work, get some feedback, be inspired and just have a good time together. New artists and experienced artists are welcome; the more diversity of skill and process the better!

**1, 2.5-hour session at RCC Lake Anne**  
**\$30 (R)/\$24 (R55+)/\$50 (NR)**

**January 28**

Tue 6:30 p.m. – 9:00 p.m.  
402787-5A Daniels

**February 25**

Tue 6:30 p.m. – 9:00 p.m.  
402787-5B Daniels

**March 25**

Tue 6:30 p.m. – 9:00 p.m.  
402787-5C Daniels

**April 29**

Tue 6:30 p.m. – 9:00 p.m.  
402787-5D Daniels

**May 20**

Tue 6:30 p.m. – 9:00 p.m.  
402787-5E Daniels

## Beginner Plein Air Painting

(18 years and older)

Plein air painting, which means going outside and painting directly from nature, is an intense and rewarding endeavor. Learn the basics of how to capture a composition on a small canvas with acrylic paint in two to three hours. The class will focus on getting acquainted with the tools and basics of plein air painting. Supply list will be provided prior to the first class.

**8, 4-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**March 19 – May 14**

(No Class: April 16)

Wed 1:30 p.m. – 5:30 p.m.  
402762-5B Sterud

## Beginning Drawing

(18 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**January 17 – March 7**

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

**March 21 – May 16**

(No Class: April 18)

Fri 7:00 p.m. – 9:30 p.m.  
402614-5C Sterud



# VISUAL ARTS CONTINUED

## Chinese Brush Painting

(18 years and older)

This session of Chinese Brush Painting is geared toward intermediate and advanced students and will reinforce fundamental brushstroke skills.

**6, 2.5-hour sessions at RCC Lake Anne**

**\$75 (R)/\$60 (R55+)/\$150 (NR)**

**January 16 – February 20**

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

**March 20 – April 24**

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

## Creating in the Abstract

(18 years and older)

Abstract art is defined as nonobjective and nonrepresentational; yet it does communicate. For many, working in the abstract frees their creative process allowing the discovery of deeply personal work that represents their unique vision and perspectives. This class will provide instruction in the various techniques and elements used to create in the abstract. Free yourself from the restraints of convention and see what you can do. 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)**

**January 8 – February 26**

Wed 10:00 a.m. – 1:00 p.m.  
402769-5A Daniels

**March 19 – May 7**

Wed 10:00 a.m. – 1:00 p.m.  
402769-5B Daniels

## Creative Glass Fusing

(13 years and older)

Create unique jewelry and decorative glass projects, no experience necessary. All supplies will be provided.

**1, 2.5-hour session at RCC Hunters Woods**

**\$50 (R)/\$40 (R55+)/\$75 (NR)**

**February 20**

Thu 6:30 p.m. – 9:00 p.m.  
901201-5A Toole

## Flowers, Faces and Figures in Watercolor

(18 years and older)

This watercolor class will focus on painting flowers, faces and figures. A supply list will be provided prior to first class.

**8, 2.5-hour sessions at RCC Lake Anne**

**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**January 7 – February 25**

Tue 10:00 a.m. – 12:30 p.m.  
402767-5A Ellor

## Fun with Fusing – Glass Jewelry and Suncatcher

(13 years and older)

The beginner or intermediate/advanced student will have fun creating a unique piece of glass jewelry and/or suncatcher. Basic glass-cutting techniques and safety will be covered, no experience necessary. All supplies are included in the class fee.

**1, 2.5-hour session at RCC Hunters Woods**

**\$45 (R)/\$36 (R55+)/\$68 (NR)**

**January 30**

Thu 6:30 p.m. – 9:00 p.m.  
900298-5B Toole

## Fun with Mosaics

(18 years and older)

Explore the fun of working in mosaics. This class will focus on the process of working with glass and tile to create a mosaic project. Each session will have a specific project and is designed for all skill levels. All supplies are included in the class fee.

**6, 3-hour sessions at RCC Hunters Woods**

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

**Keepsake Mirror**

**February 26 – April 2**

Wed 6:00 p.m. – 9:00 p.m.  
402741-5A Damron

**Garden Project**

**April 23 – May 28**

Wed 10:00 a.m. – 1:00 p.m.  
402741-5B Damron

## Fused Glass Bubble Construction Workshop

(18 years and older)

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

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

**\$65 (R)/\$52 (R55+)/\$100 (NR)**

**February 26**

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

**April 2**

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

**April 23**

Wed 6:00 p.m. – 9:00 p.m.  
402785-5E Gallagher

## Fused Glass Stacked Construction Workshop

(18 years and older)

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

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

**\$65 (R)/\$52 (R55+)/\$100 (NR)**

**March 19**

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

**April 16**

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

**May 21**

Wed 6:00 p.m. – 9:00 p.m.  
402782-5E Gallagher

## 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.

# VISUAL ARTS CONTINUED

## Gelli Plate Printing and Collage

(18 years and older)

This class combines two dynamic art practices – gelli plate monoprints and abstract collage. Students will learn ways to utilize the gelli plate for exciting stand-alone prints and collage papers. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**January 13 – March 17**

(No Class: January 20, February 17)

Mon 12:00 p.m. – 3:00 p.m.  
402771-5A Fitzurka

## Great Artist

(18 years and older)

The Great Artist workshop combines history, art appreciation and studio practice. Each session will provide participants with an artist of note from a variety of periods. Review each artist's life and philosophy, a technical review of their work and enjoy a hands-on studio exploration of the featured artist's process. A supply list will be provided prior to the first class.

**1, 5-hour session at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$90 (NR)**

**Piet Mondrian**

**January 18**

Sat 10:00 a.m. – 3:00 p.m.  
402742-5B Daniels

**Georges Seurat**

**February 8**

Sat 10:00 a.m. – 3:00 p.m.  
402742-5C Daniels

**Alberto Giacometti**

**April 5**

Sat 10:00 a.m. – 3:00 p.m.  
402742-5D Daniels

**Marc Chagall**

**May 3**

Sat 10:00 a.m. – 3:00 p.m.  
402742-5E Daniels

## Handstitched Fabric Collage

(18 years and older)

In this new mixed media class, participants will combine painting, printmaking, and simple hand stitching techniques to make a variety of fabric collages. Paint and dye fabric for collage using inks, watercolors, acrylics and natural methods. Bring collages to life with texture and detail through "slow stitching." Suitable for beginners. No prior sewing experience or sewing machine 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)**

**March 18 – May 13**

(No Class: April 15)

Tue 10:00 a.m. – 1:00 p.m.  
402760-5A Mullarkey

## Intermediate Drawing

(18 years and older)

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

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$72 (R55+)/\$155 (NR)**

**January 16 – March 6**

Thu 7:00 p.m. – 9:30 p.m.  
402775-5C Sterud

**March 20 – May 15**

(No Class: April 17)

Thu 7:00 p.m. – 9:30 p.m.  
402775-5D Sterud

## Loose and Beautiful Watercolor

(18 years and older)

Learn how to combine watercolor painting techniques with authentic self-expression to ignite the unique style each individual painter can discover. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$90 (R)/\$56 (R55+)/\$140 (NR)**

**January 17 – March 7**

Fri 1:00 p.m. – 4:00 p.m.  
402704-5A Zhou

## Micromosaic Jewelry

(18 years and older)

Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. All supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods**  
**\$85 (R)/\$68 (R55+)/\$160 (NR)**

**February 19**

Wed 6:00 p.m. – 9:00 p.m.  
402623-5A Damron

**April 9**

Wed 6:00 p.m. – 9:00 p.m.  
402623-5B Damron

## Mosaic Art

(18 years and older)

Mosaics are one of the original art forms, and pieces can be made to last for centuries. Choose from among several exciting projects, from beginner through expert, or bring your own unique project (with instructor approval). Sufficient tools, supplies and materials are included in the class fee to complete one beginner or intermediate project.

**6, 3-hour sessions at RCC Hunters Woods**  
**\$200 (R)/\$160 (R55+)/\$250 (NR)**

**January 6 – February 24**

(No Class: January 20, February 17)

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

**January 8 – February 12**

Wed 10:00 a.m. – 1:00 p.m.  
404040-5D Damron

**March 24 – April 28**

Mon 6:00 p.m. – 9:00 p.m.  
404040-5E Damron

## Painting Exploration I

(18 years and older)

This session will cover the fundamentals for creating a painting from start to finish. Landscape, still life and portraiture styles will be explored. Students will be encouraged to develop a painterly approach (detail, form and mood) to paintings to take work to the next level. Suggested assignments and master concepts will be emailed before class to review. Demos and discussions on subjects will be handled in the first 15 minutes of class, the rest of the time will be devoted to working on individual pieces. A supply list will be available prior to class.

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

**January 13 – March 17**

(No Class: January 20, February 17)

Mon 6:00 p.m. – 9:00 p.m.  
402789-5A Traynham

# VISUAL ARTS CONTINUED

## Painting Exploration II

(18 years and older)

Under the guidance of the instructor, this class is a time for painterly exploration of a certain style or for working on unfinished pieces. Set up your easel and begin painting, work uninterrupted or break to discuss new challenges with the instructor and other participants. Any media is welcomed. 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)**

**March 24 – May 19**

(No Class: April 14)

**Mon** 6:00 p.m. – 9:00 p.m.  
402790-5A Trayham

## Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Unleash imagination and creativity by learning to paint with alcohol inks on tile. This medium allows participants to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies are included in the class fee.

**1, 2-hour session at RCC Lake Anne**  
**\$45 (R)/\$36 (R55+)/\$75 (NR)**

**January 11**

**Sat** 1:00 p.m. – 3:00 p.m.  
402728-5G Clark

**February 8**

**Sat** 1:00 p.m. – 3:00 p.m.  
402728-5H Clark

**March 8**

**Sat** 1:00 p.m. – 3:00 p.m.  
402728-5I Clark

**April 12**

**Sat** 1:00 p.m. – 3:00 p.m.  
402728-5J Clark

**May 10**

**Sat** 1:00 p.m. – 3:00 p.m.  
402728-5K Clark

Open Ceramics Studio class passes expire at the end of each session. Fall class passes expire December 31, Winter/Spring class passes expire May 31 and Summer class passes expire August 31.

## Still Life Painting

(18 years and older)

Learn basic techniques of painting realistically using the still life motif. Students will paint flower vases, wine bottles, fruit, food, or participants may choose to bring their own items. Participants may use their preferred painting medium and tools. The class is geared for all levels. 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)**

**January 15 – March 5**

**Wed** 7:00 p.m. – 10:00 p.m.  
402734-5B Sterud

# VISUAL ARTS – CERAMICS

## Lottery for Ceramics Classes

Due to the overwhelming popularity of RCC Ceramics classes, enrollment is being moved to a lottery registration process. The lottery for all ceramics classes for Reston patrons will be available between December, May and August 1st and 4th. The lottery spin will take place on the morning of December, May and August 5th and patrons will receive an email about their enrollment status – enrolled or waitlisted. Any ceramics class slots still available on the 8th can be enrolled in by Reston and Non-Reston patrons on a first-come, first-serve basis. We appreciate all the feedback we have received regarding our ceramics program offerings. We are continuing to evaluate ways to make the studio reservations process and class enrollment as equitable as possible within the physical constraints of RCC's available studio and kiln space.

## Creative Clay House

(18 years and older)

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

**9, 2.5-hour sessions at RCC Lake Anne**

**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**January 7 – March 4**

**Tue** 10:00 a.m. – 12:30 p.m.  
402752-5B Sternberg/Page

**March 18 – May 20**

(No Class: April 15)

**Tue** 10:00 a.m. – 12:30 p.m.  
402752-5C Sternberg/Page

## Creative Hands Pottery

(18 years and older)

Participants will explore hand-building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**

**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**January 9 – March 6**

**Thu** 10:00 a.m. – 12:30 p.m.  
402665-5C Sternberg/Page

**March 20 – May 22**

(No Class: April 17)

**Thu** 10:00 a.m. – 12:30 p.m.  
402665-5D Sternberg/Page

## Making Pottery With or Without the Wheel

(18 years and older)

This class is for students with beginning through advanced hand building and/or wheel throwing skills. The class will emphasize design, construction of functional and non-functional forms, and surface decoration. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand building or wheel, or to combine elements of both. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**9, 2.5-hour sessions at RCC Lake Anne**

**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**January 8 – March 5**

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

**March 19 – May 24**

(No Class: April 16)

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

# VISUAL ARTS

## CERAMICS CONTINUED

### Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

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

**January 6 – March 17**

(No Class: January 20, February 17)

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

**January 7 – March 4**

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

**March 24 – May 19**

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

**March 18 – May 20**

(No Class: April 15)  
 Tue 7:00 p.m. – 9:30 p.m.  
 402500-5F Sternberg

### Wheel Exploration

(18 years and older)

Whether experienced or just starting out, participants can practice and refine skills with guidance from an instructor. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

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

**January 7 – March 4**

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

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

**March 18 – May 20**

(No Class: April 15)  
 Tue 10:00 a.m. – 12:30 p.m.  
 402639-5G Dwivedi

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



### Wheel I

(18 years and older)

Learn how to work with clay and master wedging, centering and throwing to make bowls, cylinders and small plates. Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes and an additional class finishing day. A supply list will be provided prior to the first class.

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

**January 9 – March 6**

Thu 10:00 a.m. – 12:30 p.m.  
 402462-5E Grace

Thu 7:00 p.m. – 9:30 p.m.  
 402462-5F Stefanik

**March 20 – May 22**

(No Class: April 17)  
 Thu 10:00 a.m. – 12:30 p.m.  
 402462-5G Grace

Thu 7:00 p.m. – 9:30 p.m.  
 402462-5H Stefanik

### Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginner to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**January 10 – March 7**

Fri 1:00 p.m. – 3:30 p.m.  
 404210-5C Anderson

**March 21 – May 23**

(No Class: April 18)  
 Fri 1:00 p.m. – 3:30 p.m.  
 404210-5D Anderson

### Wheel III

(18 years and older)

Prerequisites include being able to wedge, center and throw an approximately eight-inch bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and an additional class finishing day. A supply list will be provided prior to the first class.

**8, 2.5-hour sessions at RCC Lake Anne**  
**\$145 (R)/\$116 (R55+)/\$200 (NR)**

**January 6 – March 17**

(No Class: January 20, February 17)

Mon 7:00 p.m. – 9:30 p.m.  
 402463-5C Alexander

**March 24 – May 19**

Mon 7:00 p.m. – 9:30 p.m.  
 402463-5D Alexander

## WOODWORKING

### Good Neighbors Woodworking Group

(18 years and older)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration through myRCC.

**21, 5-hour sessions at RCC Hunters Woods**  
**Free, Registration Req.**

**January 7 – May 27**

Tue 9:30 a.m. – 2:30 p.m.  
 5C0085-5B Staff

# ARTIST DIALOGUES AND EVENTS AT TEPHRA ICA



Join RCC for these programs at Tephra ICA. Programs are sponsored by Reston Community Center.

FOR SCHEDULE PLEASE VISIT: [www.tephraica.org](http://www.tephraica.org)

## Creative Responses

(13 years and older)

Creative professionals will respond to the work on view in the gallery. The short presentation will be followed by an open conversation.

## In Their Own Words

(13 years and older)

Hear from the current exhibiting artist in their own words about their work, life and inspiration in a short presentation followed by an opportunity to engage with the artist.

## Insights

(13 years and older)

Listen to curators and directors of major art institutions commenting on the gallery exhibit and its cultural context.

## Tephra ICA Art Family Day

(All Ages)

Tephra ICA opens its doors for an afternoon of family artmaking and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family.

## Young Professional Series

(18 years and older)

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

**FREE!**

# OPEN STUDIOS

## Open Ceramics Studios

(18 years and older)

The public is invited to use RCC's Ceramics Studio. RCC has adjusted the approach to reserving space in the Ceramics Studio because of the extremely high demand for time and access. The Open Ceramics Studio now requires reservations through a lottery system to allow for more equitable distribution of spots. Lottery enrollment for the Open Ceramics Studio is free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each reserved visit. Passes may also be renewed online through myRCC. Ceramics Studio passes can be purchased and renewed online or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$15 (R)/\$30 (NR) per visit. Ceramics Studio passes expire two years from the date of purchase. The pass fee includes firing and glazes. Clay costs \$20 – \$30 for 25 lbs. The lottery for ceramics studio reservations for Reston patrons will be available from the 25th – 28th of each month for the following month. There is no limit on the number of lottery requests that can be made. The lottery spin will take place on the morning of the 29th; patrons will receive their emailed enrollment status: enrolled or waitlisted. Any ceramics studio slots still available on the 29th can be reserved by Reston patrons on a first-come, first-serve basis. If there are remaining slots on the first of month, they are available to both Reston and Non-Reston patrons.

### 4-hour sessions at RCC Lake Anne Pass, Reservation Req.

**January 15 – May 28**

(No Class: April 16, May 21)

Wed	10:00 a.m. – 2:00 p.m.
4C0020-5	Ceramics Studio
4C0025-5	3D Studio

**January 18 – May 31**

(No Class: April 19, May 24)

Sat	1:00 p.m. – 5:00 p.m.
4C0030-5	Ceramics Studio
4C0035-5	3D Studio

## Open Glass Studio

(18 years and older)

The public is invited to use RCC's Open Glass Studio. Open Glass Studio is facilitated by an experienced glass artist. Tools are provided; however, participants must work independently on projects and bring their own materials. The Open Glass Studio now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates you wish to attend. Reservations for the Open Glass Studio are free, but patrons are required to purchase a Glass Studio pass and swipe the pass prior to each reserved visit. Glass Studio passes can be purchased and renewed online or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (NR) per visit. Glass Studio passes expire two years from date of purchase. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

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

**February 2, February 16, March 2,  
March 16, April 6, April 20, May 4,  
May 18**

1 <sup>st</sup> and 3 <sup>rd</sup> Sun	12:30 p.m. – 4:30 p.m.
4C0010-5	Damron

## Open Woodshop

(18 years and older)

The public is invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a joiner, a planer and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. The Open Woodshop now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates and times you wish to attend. Reservations for the Open Woodshop are free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each reserved visit. Woodshop passes can be purchased and renewed online or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$12 (R)/\$24 (NR) per visit. Woodshop passes expire two years from date of purchase. Each visit includes a maximum of 3.5 hours. Please note: woodworking projects may not be left in the RCC shop; no storage is available. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

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

**January 4 – May 31**

Sat	9:00 a.m. – 12:30 p.m.
5C0030-5	Staff
Sat	1:00 p.m. – 4:30 p.m.
5C0050-5	Staff

**January 7 – May 27**

Tue	6:00 p.m. – 9:30 p.m.
5C0010-5	Staff

## RESERVATIONS

All participants are required to have a pass to access Ceramics, 3D, Glass Studios and Woodshop environments. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.



**Administration**

BeBe Nguyen Executive Director  
 Lorna Campbell Clarke Director of Communications  
 Brian Gannon Accreditation Specialist  
 Chris Higgins IT Network Analyst  
 Pam Leary Customer Relations Director  
 Fred Russo Building Engineer  
 Renata Wojcicki Finance Director

Sarah Alshamy Web/Graphic Artist  
 Warren Bailey Customer Service  
 Mike Bell Graphic Artist  
 Chris Brown Billing and Reconciliation Specialist  
 Nicholas Burt Customer Relations Assistant Director  
 Suzanne Connell Chief Executive Assistant  
 Bart Mickler Customer Service  
 Long Nguyen Customer Service  
 James Rockett Financial Specialist  
 Evelyn Rosa Procurement Specialist  
 Samantha Stettner Customer Service  
 Mark Zubaly Customer Service

**Facility Rentals & Operations**

William D. Parker Facility Services Director  
 Mohammed Alhadi Facility Team  
 Guillermo Huaman Facility Team  
 Cristobal Rivera Facility Team  
 Will Sanchez Facility Operations Manager  
 Ken Wade Facility Team  
 Cory Woods Facility Team

**Aquatics**

Matthew McCall Aquatics Director  
 Ryan Kasprowic Aquatics Operations Director  
 Melissa Murray Customer Service  
 Scott Sorenson Aquatics Program Director

**Arts & Culture**

Paul Douglas Michnewicz Arts & Culture Director  
 Mark Anduss Technical Director  
 Cheri Danaher Arts Education Director  
 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  
 Cassie Lebron Lifelong Learning Program Director  
 Jeff Morgan Youth/Teen Program Assistant  
 Jonathan Navarro Fitness & Wellness Program Director

**Offsite & Collaboration**

Maggie Parker Offsite & Collaboration Director  
 Husna Basiri Equity Partnerships Assistant  
 Asjah Heiligh Community Events Director  
 Kit LaCroix Offsite Events Coordinator  
 LaTanja Snelling Equity Partnerships Director

**THANK YOU**

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.



# COMMUNITY PARTNERS

## Thank you to our Community Partners:

- AARP Foundation (AARP Tax Aide Program)
- AARP Virginia
- Al Fatih Academy
- ArtsFairfax
- Boy Scouts of America, Washington Capital Area
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Domestic & Sexual Violence Services (DSVS)
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- League of Reston Artists
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor; Walter L. Alcorn
- Osher Lifelong Learning Institute (OLLI) at George Mason University
- Pozes 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 December 1 for Reston.

- You must establish an account to log in and register 48 hours BEFORE the first day of registration to make sure the account is active.
- 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 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

All mailed, fax or in-person registration forms received prior to the first day of registration will be held and processed on the first day of a registration period starting at 9:00 a.m.

Our Customer Service team will be randomly inputting registrations in the myRCC system simultaneously with online registration by our patrons. A confirmation of enrollment status will be sent by email once the registration form is processed.

# 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. All forms are available online.

# FEES

- Reston patrons 55 years and older may receive a discount on eligible class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to reservation activities.
- Passes will expire two years from date of purchase, with the exception of monthly pool passes.
- Single visit swim passes may be issued for any facility closure or interruption.

# FEE WAIVER PROGRAM

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. All forms are available online.

# CLASS CANCELLATION

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

# REFUNDS

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/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.

### Annual Strategic Planning Session

January 4 9:00 a.m. – 3:00 p.m.

### Monthly Meeting

February 3 8:00 p.m.

### Community Relations & Program/ Policy Joint Meeting

February 10 6:30 p.m.

### Monthly Meeting

March 3 8:00 p.m.

### Community Relations & Program/ Policy Joint Meeting

March 10 6:30 p.m.

### Monthly Meeting

April 7 8:00 p.m.

### Monthly Meeting

May 5 8:00 p.m.

Finance Committee meetings, when scheduled, occur on the third Monday of a month. Check RCC's website for the most current meeting information.

Questions, comments, concerns and suggestions for RCC's Board of Governors may be directed to [RCCcontact@fairfaxcounty.gov](mailto:RCCcontact@fairfaxcounty.gov). All inquiries are answered within 48 business hours.

## RCC PUBLICATIONS

Visit this page to view current RCC program guides and other publications filled with updated event and class information.



## REGISTRATION DATES

### Summer Camps

(June – August)

February 1 Reston/February 8 Non-Reston

### Summer Programs

(June – August)

May 1 Reston/May 8 Non-Reston

### Fall Programs

(September – December)

August 1 Reston/August 8 Non-Reston

### Winter/Spring Programs

(January – May)

December 1 Reston/December 8 Non-Reston

Acrylic Painting .....	81	Chess Club .....	79
Acrylic Painting for Beginners .....	81	Chinese Brush Painting .....	82
Adapted Aquatics .....	52	Chocolate Fun and Preparation for Kids.....	59
Adapted Aquatics Volunteers .....	31	Chocolate Fun and Preparation for Tweens and Teens .....	59
Adult Beginner.....	52	Classic Film Festival.....	77
Advanced Arthritis, Fibromyalgia and Multiple Sclerosis .....	54	Coffee & Origami .....	79
Aging with Power and Grace .....	70	Creating in the Abstract .....	82
Airbrush Art.....	59	Creative Clay House.....	84
American Mah Jongg.....	79	Creative Glass Fusing.....	82
Anatomy for Kids – Digestive System .....	60	Creative Hands Pottery.....	84
Anatomy for Kids – Lungs.....	60	Creative Responses .....	86
Anatomy for Kids – Skeletal System.....	60	Cupcake Wars.....	59
Aqua Barre.....	54	Current Issues Discussion Group.....	68
Aqua Blast .....	54	Cut the Cable: Switch to Streaming TV.....	79
Aqua Boot Camp.....	54	Dealing with Bullies .....	63
Aqua Burn.....	54	Deep Water Mania .....	55
Aqua Mixer .....	55	Diva Central Volunteers.....	32
Aqua Tots .....	43	Diva Central Volunteers Pre-Event.....	32
Art and the Aging Brain .....	81	Don't Get Scammed.....	68
Art Attack.....	63	Eggnormous Egg Hunt Volunteers.....	32
Artist Salon .....	81	Especially for Youth Volunteers .....	31
Art Lab .....	81	Essentrics .....	71
Babysitting.....	60	Essentrics: Aging Backwards .....	71
Balance and Mobility Workshop.....	70	Figures in Watercolor .....	82
Ballet Basics I.....	60	Finding a New Podcast.....	68
Ballet Combo .....	60	Fitness Fusion.....	69
Barre Fusion.....	69	Flowers, Faces and Figures in Watercolor .....	82
Beginner Plein Air Painting.....	81	Forever Fit .....	72
Beginning Drawing .....	81	Frying Pan Farm Park.....	62
Beginning Tai Chi .....	71	Fun with Fusing – Glass Jewelry and Suncatcher.....	82
Behind the Prize.....	77	Fun with Mosaics.....	82
Better Brain Health as You Age .....	68	Fused Glass: .....	66
Big Fun for Little Ones .....	63	Fused Glass Bubble Construction Workshop .....	82
Blacksmithing Workshop: Decorative Leaf – Level II .....	66	Fused Glass Stacked Construction Workshop.....	82
Blacksmithing Workshop: "S" Hook – Level I.....	66	Gelli Plate Printing and Collage .....	83
Blacksmithing Workshop: Valentine's Heart .....	66	Gentle Yoga.....	73
Bolly X.....	71	Get to Know ChatGPT.....	79
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# LOCATIONS AND HOURS OF OPERATION

## LOCATIONS

### RCC Hunters Woods – 2310 Colts Neck Rd., Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the CenterStage Theatre, Woodshop, Glass Studio and Meeting Rooms.

### RCC Lake Anne – 1609-A Washington Plaza, Reston, VA 20190

Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, Fitness Studios and 3D Gallery.

Directions: Please use only the directions on the RCC website; directions provided by online sites or GPS systems may be inaccurate.

## PHONE NUMBERS

703-476-4500

703-476-8617 (Fax)

711 (TTY)

## HOURS OF OPERATION

Monday – Saturday 9:00 a.m. – 9:00 p.m.\*

Sunday 9:00 a.m. – 8:00 p.m.\*

\*Rental hours may vary. Contact the RCC Facility Services Department.



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# WINTER SPRING HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Staff Team Builder	December 18	CLOSED 12:00 p.m. – 5:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 1:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 1:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED
Inauguration Day	January 20	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
MLK Jr. Day	January 20	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
George Washington's Day	February 17	9:00 a.m. – 9:00 p.m.	CLOSED
Easter	April 20	9:00 a.m. – 8:00 p.m.	CLOSED
Memorial Day	May 26	9:00 a.m. – 1:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

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