

Reston Community Center
2022 FALL PROGRAM GUIDE



WWW.RESTONCOMMUNITYCENTER.COM

Enriching Lives. Building Community.



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BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

Reston Community Center was pleased to join the Fairfax County Government Department of Public Works and Environmental Services to explore the potential for a new arts center in Reston because of a proffer opportunity presented by Boston Properties. A series of engagement sessions helped the consulting architecture team develop a program of spaces upon which to base cost estimates for construction of such a facility.

Meetings were held both in person and virtually to learn about community expectations for performing arts and visual arts facility features, as well as how such a venue should be designed to meet the needs of everyone in the community equitably. Arts organizations, individual artists, teachers and arts lovers participated to assure the widest possible spectrum of ideas would be considered. The results of the feasibility study were presented at RCC’s Annual Public Hearing for Programs and Budget that was held on June 13.

We were delighted to have hosted this process and look forward to seeing how Fairfax County government addresses the proffer opportunity. There is a project page on the Fairfax County government’s public website where people can find out the most current information: [Reston Arts Center Feasibility Study | Public Works and Environmental Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/publicworks/reston-arts-center-feasibility-study). Like all of our patrons, we will be following this effort closely. We greatly appreciate the many people who participated in the engagement process.



From left to right: (TOP) Paul Thomas, William Keefe, William Penniman, Dick Stillson, William Bouie (BOTTOM) Laurie Dodd (Resigned, March 7, 2022), Vicky Wingert, Beverly Ann Cosham, Lisa Sechrest-Ehrhardt



LEILA GORDON, EXECUTIVE DIRECTOR, RCC

Benjamin Disraeli said, “Change is inevitable. Change is constant.” Certainly, the past two years have proven the validity of his axiom. Our community has been changing with new growth in the Silver Line Corridor and new neighbors living there. We welcome them with open arms and hearts, and we hope they too find Reston to be a special place to call “home.”

This fall, the beloved Reston Multicultural Festival moves to Reston Town Square Park to celebrate the 40th anniversary of the NEA National Heritage Fellowship program of the National Council For The Traditional Arts – and that program’s 10th year of participating in Reston’s event. Town Square Park will host a single stage on which some of the most renowned of the “Fellows” will perform throughout the day. Encircling the park will be some of their most accomplished artisans demonstrating and sharing their crafts. We look forward to seeing old friends and making new ones at the Festival in this beautiful setting on Saturday, September 17.

The adaptations to RCC programs that worked best to support people throughout the public health crisis will continue in some cases, and the more traditional formats of programs will return in others. To implement the newly adopted RCC Strategic Plan 2021 – 2026, RCC is expanding its staff to make room for a new department – Offsite and Collaboration Programs – and we hope you’ll share with us your reactions to the events and activities that team will bring to Reston neighborhoods.

As always, thank you for your participation and feedback – you are at the center of how we build community together!

A handwritten signature in black ink, appearing to be 'Leila Gordon'.

RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!



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

TIP: Beat the Rush!

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



myRCC Online Registration

TO REGISTER ONLINE:

You will need to know your username and password.

IF YOU ARE A NEW USER:

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

RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

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

www.restoncommunitycenter.com/HowTo

www.restoncommunitycenter.com/PassFAQs

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

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

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

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

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

How can I cancel a reservation or free enrollment?

Patrons can now cancel their reservations or enrollments in free options in myRCC. Find instructions at www.restoncommunitycenter.com/HowTo



ARTS AND CULTURE

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Join George Mason University Jazz Studies Professor Darden Purcell and other talented GMU musicians Thursday afternoons for this new outdoor entertainment series at Reston Town Square Park.



Thursdays • 5:00 p.m. – 6:00 p.m. • FREE • All Ages

Reston Town Square Park

(Corner of Market Street and Explorer Street)

PARKING IN THE RESTON TOWN CENTER GARAGES IS FREE AFTER 5 P.M. AND ON WEEKENDS.

SEPTEMBER 8 • DARDEN PURCELL

GMU's Darden Purcell performs contemporary arrangements of jazz standards and songs from the Great American Songbook.

SEPTEMBER 15 • CARLEHR SWANSON

Vocalist, pianist and arts advocate Carlehr Swanson celebrates the intersection of gospel and jazz music.

SEPTEMBER 22 • MATT NIESS

DC based cross-over Edwards Trombonist and Summit Recording Artist, Matt Niess and his group perform modern Jazz standards.

SEPTEMBER 29 • JUAN MEGNA GROUP

Travel to Latin America with Argentinian percussionist Juan Megna and enjoy the "Sounds of Brazil."

OCTOBER 6 • SHAWN PURCELL GROUP

Jazz guitarist and composer Shawn Purcell performs energizing, original compositions from his recent Origin Records release *180*.

OCTOBER 13 • UNIFIED JAZZ ENSEMBLE

The Unified Jazz Ensemble of Mike Noonan (vibes), John Pineda (bass), Frank Ruso (drums) and Tim Stanley (trumpet) performs jazz standards and original compositions.

OCTOBER 20 • RAY MASON GROUP

Steel pannist and percussionist Ray Mason honors the music of the Caribbean through calypso, jazz fusion and more.

OCTOBER 27 • CHANTRE

Darden Purcell and special guest vocalists close out the series.

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

Presented by Reston Community Center and Reston Town Center Association in partnership with George Mason University's College of Visual and Performing Arts.



RCC Community Coffee

Saturdays

September 10 – December 31

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

Free • All Ages

Enjoy complimentary food and beverages with casual conversation. Please note that there is no Community Coffee on December 24.

RCC Preference Poll

September 9 – September 30

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

Please visit www.restoncommunitycenter.com for more information on the 2022 candidates.

MARK YOUR CALENDARS

Forum: Tuesday, September 6, 6:30 p.m.

Voting: September 9 – September 30
(until 5:00 p.m.)

Mail-in ballots must be received by 5:00 p.m. on September 29.

For more information, please contact us at RCCcontact@fairfaxcounty.gov.

CENTERSTAGE CINEMA

RCC Hunters Woods – the CenterStage • All Ages • FREE

Be swept away to imagined worlds as you watch these great films in the comfort of the CenterStage. For public health safety, food will not be served. Registration is required in advance or at the door and some health protocols may be in place.

Overboard

Monday, September 12, 10:00 a.m.

Goldie Hawn and Kurt Russell star in a warm and funny riches-to-rags romance.
262018-3A

National Treasure

Monday, October 3, 10:00 a.m.

Nicolas Cage stars as Benjamin Franklin Gates in a thrilling, edge-of-your-seat, high-stakes treasure hunt.
262019-3A

Brooklyn

Monday, November 7, 10:00 a.m.

A warm and wonderful story about falling in love ... and finding your way home. The film stars Saoirse Ronan, who earned an Academy Award nomination for this role.
262020-3A

White Christmas

Monday, December 12, 10:00 a.m.

A holiday classic starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera Ellen.
262021-3A

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





Equity Matters: Moving Forward to Equal Justice

Join us in the CenterStage for a **FREE** film screening • 18 Years and Older
Registration is required in advance or at the door.

Summer of Soul (... Or, When the Revolution Could Not Be Televised)

Sunday, September 25 • 3:00 p.m.

Summer of Soul is part music film and part historical record created around an epic event that celebrated Black history, culture and fashion. Over the course of six weeks in the summer of 1969, just 100 miles south of Woodstock, The Harlem Cultural Festival was filmed in Mount Morris Park (now Marcus Garvey Park). The footage was never seen and largely forgotten – until now. *Summer of Soul* shines a light on the importance of history to our spiritual well-being and stands as a testament to the healing power of music during times of unrest, both past and present. The feature includes never-before-seen concert performances by Stevie Wonder, Nina Simone, Sly and the Family Stone, Gladys Knight and the Pips, Mahalia Jackson, B.B. King, The 5th Dimension, and more.

Stay afterward to discuss the film with Bryan Greene who served as Consulting Producer on “Summer of Soul.” Bryan’s 2017 article on the 1969 Harlem Music Festival renewed public interest in the festival that is the subject of the film. Bryan is a contributing writer to Smithsonian Magazine, where he writes on American history, civil rights, and music. Bryan is a housing-policy expert, who served in the federal government for 30 years.

261015-3A

The Tragedy of Macbeth

Tuesday, November 15 • 7:30 p.m.

The Tragedy of Macbeth is a historical thriller written and directed by Joel Coen and based on the play *Macbeth* by William Shakespeare. It is the first film directed by one of the Coen brothers without the other’s involvement. The film stars Denzel Washington and Frances McDormand (who also produced the film).

261017-3A

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

Check out [page 22](#) for another great equity film!

The Slow Hustle

Monday, October 17

7:30 p.m.

\$15 Reston/\$20 Non-Reston

As part of the Washington West Film Festival, this screening will be followed by a discussion with producer Mahrya MacIntire.

Reston Community Center and Reston Town Center Association
in cooperation with the National Council of Traditional Arts
present the Reston Multicultural Festival



Reston Multicultural Festival



**Saturday,
September 17**

11:00 a.m. – 6:00 p.m.

New Location: Reston Town Square Park

(Corner of Market Street and Explorer Street)

FREE • RAIN OR SHINE • ALL AGES

The annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance and art. Learn about our mosaic of cultures as the community gathers for a delightful day at Reston Town Square Park in Reston Town Center. Everyone is encouraged to dress in attire that shares their pride in their own cultural roots. Garage parking is free on weekends at Reston Town Center.

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

MEET THE

Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage • All Ages

Registration is required in advance or at the door and some health protocols may be in place. Meet the Artists concerts will be in person only – they will no longer be livestreamed.

September 29 Beverly Cosham

Reston song stylist Beverly Cosham and her piano accompanist collaborate to perform some of their – and your – favorite songs.

271025-3A

October 6 Vera Kochanowsky

Harpichordist Vera Kochanowsky presents a recital of Renaissance and early Baroque music on her Flemish virginal harpsichord built in 1982 by Lynette Tsiang of Boston. It is a copy of a 1620 instrument by Jan Ruckers, now housed in the Boston Museum of Fine Arts.

271026-3A

October 13 Mark Irchai

Osher Lifelong Learning Institute and the CenterStage are favorite venues for Mark Irchai. He returns to share colorful classical works and variations for solo piano by Schubert, Farrenc and Poulenc.

271027-3A

October 20 Klasinc & Lončar Duo

Classical guitarists Natasa Klasinc and Miroslav Lončar will perform a variety of masterpieces originally written for two guitars or else transcribed for them. Their selections come from various time periods and cultures.

271028-3A

October 27 The United States Navy Band Clarinet Quartet

The United States Navy Band Clarinet Quartet is a premier small ensemble of the U.S. Navy Band. Its flexibility allows it to perform works ranging from the early classical period to modern pop songs.

271029-3A

November 3 Anna Balakerskaia

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

271030-3A



Schedule subject to change. Please check our website for up-to-date information. These programs are a joint venture between Osher Lifelong Learning Institute at George Mason University and Reston Community Center. The Osher Lifelong Learning Institute (OLLI) at George Mason University offers daytime courses, lectures, special events and other activities year-round. There are no exams, no credits, no college degree required or offered and no age threshold for joining. Learn more online at olli.gmu.edu.

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

*Dance To Your Own Music –
No One Can Tell You To Turn It Down!*

SILENT DANCE PARTY

(NEW DATE)

SUNDAY, OCTOBER 9

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

Parking is free at ParkX with validation from 4:30 p.m. to 9:30 p.m. Validation only good at ParkX and not the Metro garage.

PARTY ALERT! DANCING AND ACTIVITIES FOR ALL AGES

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

Vote Now for Your Favorite Music Styles! Visit the RCC Facebook Page.

We want to hear from you. Check out the RCC Facebook page through the month of August to vote for Top 40, Hip-Hop/R&B, Latin, Danceable Rock, Electronic or Decades Music (60s/70s, 80s/90s or 00s/10s). The top three styles will be featured at the Silent Dance Party event.

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

This event is presented by Reston Community Center and Comstock at Reston Station.

Reston Baby Expo

Saturday, October 1

10:00 a.m. – 12:00 p.m.

FREE • All Ages • RCC Hunters Woods

**REGISTRATION IS REQUIRED IN ADVANCE OR AT THE DOOR
880500-3A**

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



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



RCC THANKSGIVING FOOD DRIVE

Drop Off Donations: **NOVEMBER 1 – 21**

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

Please visit www.restoncommunitycenter.com on November 1 for a complete list of needed items and drop-off points.

Want to Volunteer?

THERE ARE THREE GREAT WAYS TO HELP OUT.

Become a Volunteer Loader on November 22 or 23, or a Volunteer Event Leader or a Volunteer Food Sorter on November 24. Please turn to [page 45](#) to find out more information and learn now to register for these great community service opportunities.

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

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



Reston Holiday Parade

Friday, November 25

11:00 a.m. – 12:00 p.m.

Reston Town Center

Free • All Ages

Join us at Reston Town Center for the Reston Holiday Parade! Come for a full day of community, charity and cheer, including visits and photos with Santa, the tree lighting, a sing-along and horse-drawn carriage rides. Reston Community Center is a proud community partner and sponsor for this special Reston tradition.

For inquiries about parade participation, email RTC@myerspr.com.

Gifts from the HeART Shopping Event

Saturday, December 3

10:00 a.m. – 3:00 p.m.

RCC Lake Anne

Free • All Ages

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

For more information, please visit our website, www.restoncommunitycenter.com, or contact Gloria Morrow, RCC's Arts Education Assistant, at 703-390-6187.



Reston Town Center Holiday Performances

**Saturdays and Sundays
December 3 – December 18**

11:30 a.m. – 4:30 p.m.

Reston Town Center Promenade
Between Market Street and Democracy Drive

Free • All Ages

Come sing along and enjoy holiday performances by local performers and groups outside at the Promenade at Reston Town Center. Check the RCC website in late November for a performance schedule.

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



Reston Dr. Martin Luther King Jr. Birthday Celebration

Save the Dates: January 14 – 16
A complete schedule will be available December 1.

Planning for the annual Reston Dr. Martin Luther King Jr. Birthday Celebration is underway. The events include Community Service Projects; the Reston Community Orchestra's 17th Annual Memorial Tribute to Dr. Martin Luther King Jr. concert; and Keynote Speaker, author Heather McGhee.

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

PROFESSIONAL TOURING ARTIST SERIES

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This year marks the start of my second decade of presenting the Professional Touring Artist Series at the CenterStage for Reston Community Center. As I reflect on the highlights of the past 10 years, I am especially proud of the traditions each season has represented. Key among these are the performances and lectures by artists who challenge us to imagine better futures for ourselves and the planet. This year is replete with such bravery and imagination.

We will be treated to the comic stylings of Josh Blue – a finalist on NBC’s *America’s Got Talent* whose humor is rooted in his frank characterizations of his physical challenges. Sean Dorsey’s choreography explores gender identity and is visually stunning and emotionally resonant. The music performed by artists Terri Lyne Carrington and Social Science touches our souls. Youn Sun Nah reinvents jazz styling. CenterStage favorites return, and thought leaders like Heather McGhee will challenge our thinking.

In addition to these exciting events, we are embarking on an artist-led adventure that will involve the community in many ways. Over six months, Ping Chong and Company will work with Reston high school students to create a performance inspired by their experiences during the pandemic. The Ping Chong artist residency format has been developed over years in dozens of locations across the country. Ping and his artists create performances featuring the stories of local communities with particular emphasis on people and communities not typically represented in theatrical works.

Working side-by-side with Ping Chong and Company will be local artists Tuyet Pham and Kelly King, who will host three evenings called “Awkward Conversations.” These movement-based evenings require no prior experience – only the desire to share and explore the world of possibilities with others. More information is on page 95. Ping Chong and Company will also host two evenings of “story circles.” These registered events are open to anyone age 16 and older and are designed to create community conversation and unity. These registered events will occur in February and March, 2023.

In addition, CenterStage will host a conversation with Ping Chong about his life and career. The culminating performance of the residency work – *Generation Rise: Reston* – will be performed in spring 2023. The impact of the Ping Chong and Company artist residency experiences will be filmed throughout the activities and events to document the work undertaken with and by Reston participants.

As this season’s first visiting artist, cartoonist Lynda Barry, has said, “At the center of everything we call ‘the arts,’ and children call ‘play,’ is something which seems somehow alive.” We invite you to the 2022/2023 season of the Professional Touring Artist Series to immerse yourself in the beauty and mystery that infuse the creativity of our artists and community, and that bring our most powerful ideas and feelings to life.



Paul Douglas Michnewicz
Director of Arts and Culture

TICKET SALES DATES

August 1

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

August 8

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

Order forms are available [here](#).



RESTON MULTICULTURAL
FESTIVAL

National Heritage Award Fellows

**Saturday,
September 17
11:00 a.m. – 6:00 p.m.**

(Performance times vary)

**Reston Town Square Park at
Reston Town Center**

The National Endowment for the Arts (NEA) National Heritage Fellowships are the nation's highest honor in folk and traditional arts. Join us at the Reston Multicultural Festival, to see these great artists and so much more.

[Learn more about the Reston Multicultural Festival.](#)

Free • All Ages • Open to the Public

Your browser can't play this video.
[Learn more](#)



Lynda Barry

PAINTER, CARTOONIST, COMMENTATOR



Saturday, October 1 • 8:00 p.m.

Lynda Barry has worked as a painter, cartoonist, writer, illustrator, playwright, editor, commentator and teacher and found these professions are very much alike. *The New York Times* has described Barry as “among this country’s greatest conjoiners of words and images, known for plumbing all kinds of touchy subjects in cartoons, comic strips and novels, both graphic and illustrated.” Barry has authored 21 books, worked as a commentator for NPR, and had a regular monthly feature in *Esquire*, *Mother Jones* magazine, *Mademoiselle*, and *Salon*. In 2019, Barry was honored as a MacArthur Fellow.

“(Lynda Barry) is not only a great artist but a wellspring of inspiration for others.”

– *The Nation*

\$15 Reston/\$20 Non-Reston

Your browser can't play this video.
[Learn more](#)



The Slow Hustle

Monday, October 17 • 7:30 p.m.

An HBO original documentary from director Sonja Sohn (HBO's *Baltimore Rising* and *The Wire*) chronicles the still-unsolved death of Baltimore police detective Sean Suiter, fatally shot in 2017 while in the line of duty, and explores the ongoing speculation about what really happened that day.

As part of the Washington West Film Festival, this screening will be followed by a live discussion with producer Mahrya MacIntire.

\$15 Reston/\$20 Non-Reston



Josh Blue

AS NOT SEEN ON TV

**Wednesday,
October 19
8:00 p.m.**

Josh Blue, winner of NBC's *Last Comic Standing* in 2006 and a finalist on *America's Got Talent* in 2021, has risen to become a well-established comedy headliner at venues throughout the world. He has appeared on *The Tonight Show* starring Jimmy Fallon and performed at the prestigious *Just for Laughs Comedy Festival* in Montreal. Josh does more than 200 shows a year, continuing to spread laughter and break down stereotypes of people with disabilities. His stand-up routine is in a constant state of evolution, and his off-the-cuff improvisational skills guarantee that no two shows are alike.

Recommended that children under 16 be accompanied by an adult.

"I don't think this is the year of comedy, I think this is the year of Josh Blue!"

– Howie Mandel

\$25 Reston/\$35 Non-Reston



Your browser does not currently recognize any of the video formats available.

[Click here to visit our frequently asked questions about HTML5 video.](#)



Trout Fishing in America

Sunday, November 13 • 3:00 p.m.

Trout Fishing in America is the longstanding, four-time Grammy-nominated musical partnership of Keith Grimwood and Ezra Idlet. A willingness to at once make fun of our most annoying daily habits, then to touch our hearts with tender and passionate images of family life, is what makes the connection between Trout Fishing in America and its audiences so compelling and poignant.



“... the Lennon and McCartney of kids’ music.”

– National Public Radio

\$5 Reston/\$10 Non-Reston

Video unavailable

[Watch on YouTube](#)



Youn Sun Nah

JAZZ VOCALIST

Saturday, November 19 • 8:00 p.m.

After relocating to Paris from South Korea to study voice and jazz, her new home embraced her with the great distinction of being appointed *Chevalier des Arts et des Lettres* by the French Ministry of Culture. Renowned throughout Europe and Asia, Youn Sun Nah has built an impressive mainstream following by performing on some of the world's greatest stages, such as the 2014 Winter Olympics and the Montreal Jazz Festival. *The Ottawa Citizen* described her live show as a "program that drew heavily on vintage music by Lou Reed, Jimi Hendrix, Paul Simon and Joni Mitchell, among others. Frequently, Nah was simply fascinating. But she also was something of a mystery."

"A style-bending star."

– *The Guardian*

\$15 Reston/\$20 Non-Reston

Your browser can't play this video.
[Learn more](#)



Lulu Fall

BETWEEN TWO WORLDS

Wednesday, December 14 • 8:00 p.m.

As a product of Senegalese and Cameroonian parentage, Fall's music reflects her global perspective by way of her American sensibilities. Her Broadway credits include *Hair* and *Natasha, Pierre and the Great Comet of 1812*. Her Off-Broadway credits include *This Ain't No Disco* and *Wild Goose Dreams*. Her single *Pretty for a Dark Girl* placed in the Top five in the R&B category of the Great American Song Contest. Her new album, *Transform*, will be released in September.

"Lulu's got it all – she's a great singer, dancer and actress, has a bubbly personality, and is stunningly gorgeous"

– DC Theatre Scene

\$15 Reston/\$20 Non-Reston

Your browser does not currently recognize any of the video formats available.
[Click here to visit our frequently asked questions about HTML5 video.](#)



Lúnasa

WITH GUEST ARTIST MALINDA

Saturday, December 17 • 3:00 p.m. & 7:00 p.m.

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

Rising star MALINDA will open for these Irish music giants, delighting with all her effervescent voice and touching songwriting.



\$25 Reston/\$35 Non-Reston



Mark G. Meadows

MUSIC AND THE MOVEMENT

**Sunday,
January 15
2:00 p.m.**

Join Mark G. Meadows & The Movement as they pay tribute to Dr. Martin Luther King Jr. Mark G. Meadows is a man on a mission to create a unifying sound that breaks through social barriers. There's something for everyone in his music, which harmonizes jazz, gospel, R&B, hip-hop and rock. Mark uses his artistry to send a positive message of love, joy and hope to his audiences. Get ready to lift every voice and sing with Mark G. Meadows & The Movement.

"Meadows has a level of creativity that will define him amongst others in his generation."

– Cyrus Chestnut, Jazz Pianist

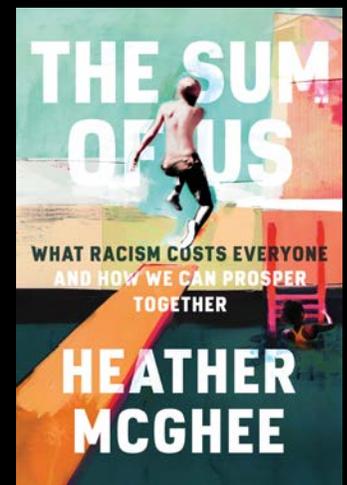
\$15 Reston/\$20 Non-Reston

RESTON DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION
KEYNOTE ADDRESS AND COMMUNITY LUNCH

Heather McGhee

Monday, January 16 • 11:00 a.m.

A renowned expert on the American economy, Heather McGhee is one of the most brilliant and influential thinkers exploring inequality today. Both her viral TED talk and her instant *New York Times* bestseller *The Sum of Us* reveal the devastating true cost of racism – not just for people of color, but for everyone. Deeply stirring, intelligent, and compassionate, McGhee’s talks offer us an actionable roadmap during one of the most critical – and most troubled – periods in history.



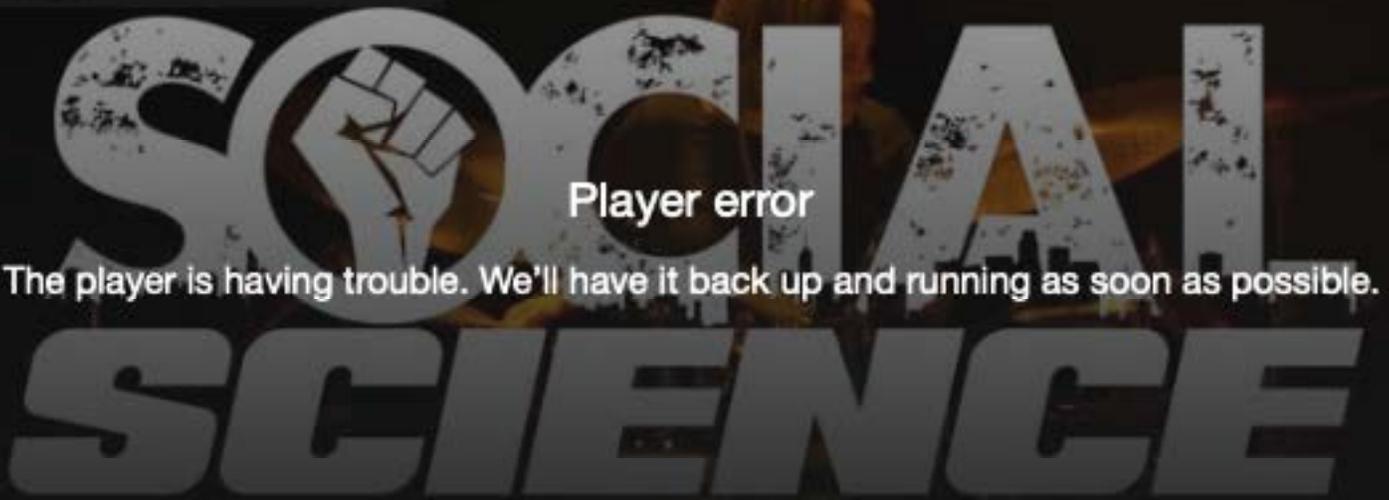
Recommended that children under 16 be accompanied by an adult.

\$5 Reston/\$20 Non-Reston



Social Science Trailer

from International Music Network



Terri Lyne Carrington

Wednesday, February 15 • 8:00 p.m.

Grammy Award-winning drummer, producer, educator, activist and Doris Duke Award recipient, Terri Lyne Carrington debuts her new band, Social Science, to boldly confront social justice issues with the eclectic collaborative double album, *Waiting Game*, released in 2019. Galvanized by seismic changes in the ever-evolving social and political landscape, Terri Lyne Carrington and Social Science confront a wide spectrum of social justice issues.

Recommended that children under 16 be accompanied by an adult.

\$25 Reston/\$35 Non-Reston



Trio Sefardi

*SONGS OF LOVE & LOSS, HEARTBREAK & HOPE:
WOMEN IN SEPHARDIC SONG*

Sunday, March 5 • 3:00 p.m.

In honor of Women's History Month, musicians Howard Bass, Tina Chancey and Susan Gaeta perform a collection of beautiful Sephardic music drawn from the rich heritage of Turkish, Balkan, Middle Eastern and North African traditions. *Washington Post* music critic Anne Midgette praised a performance of the trio at the Kennedy Center as "lovely and luminous."

**"Trio Sefardi's beautiful harmonies and skilled accompaniment movingly translates
the joy and soul of the lost world ..."**

— Flory Jagoda, NEA Heritage Fellow

\$15 Reston/\$20 Non-Reston



An Evening with Ping Chong

**Wednesday,
March 15
8:00 p.m.**

Theatre artist and National Medal of Arts recipient Ping Chong will join Reston Community Center for a conversation about theatre and social transformation. Chong will share his visually astonishing and socially compelling body of work – ranging from puppet theatre to large-scale, multidisciplinary projects to community-based programs – that have been presented at some of the most illustrious venues around the globe. Chong will lead a discussion of the evolution of his theatre work in relationship to changes in contemporary arts and culture over the past 50 years.

Recommended that children under 16 be accompanied by an adult.

\$15 Reston/\$20 Non-Reston



Generation Rise: Reston

Friday, March 24 • 8:00 p.m.

Saturday, March 25 • 8:00 p.m.

Acclaimed New York theatre group Ping Chong and Company partner with Reston Community Center and local theatre artist Tuyet Pham to create a remarkable performance with a group of local teens; they will be making the piece using their reflections on the challenges and joys of growing up in Reston during a time of pandemic and global upheaval. *Generation Rise: Reston* is the culminating work of the Ping Chong/Tuyet Pham artist residency.

\$10 Reston/\$15 Non-Reston



REDUCED SHAKESPEARE COMPANY

The Complete History of Comedy (abridged)

Written and Directed by Reed Martin and Austin Tichenor

**Saturday,
April 1**

3:00 p.m. & 8:00 p.m.

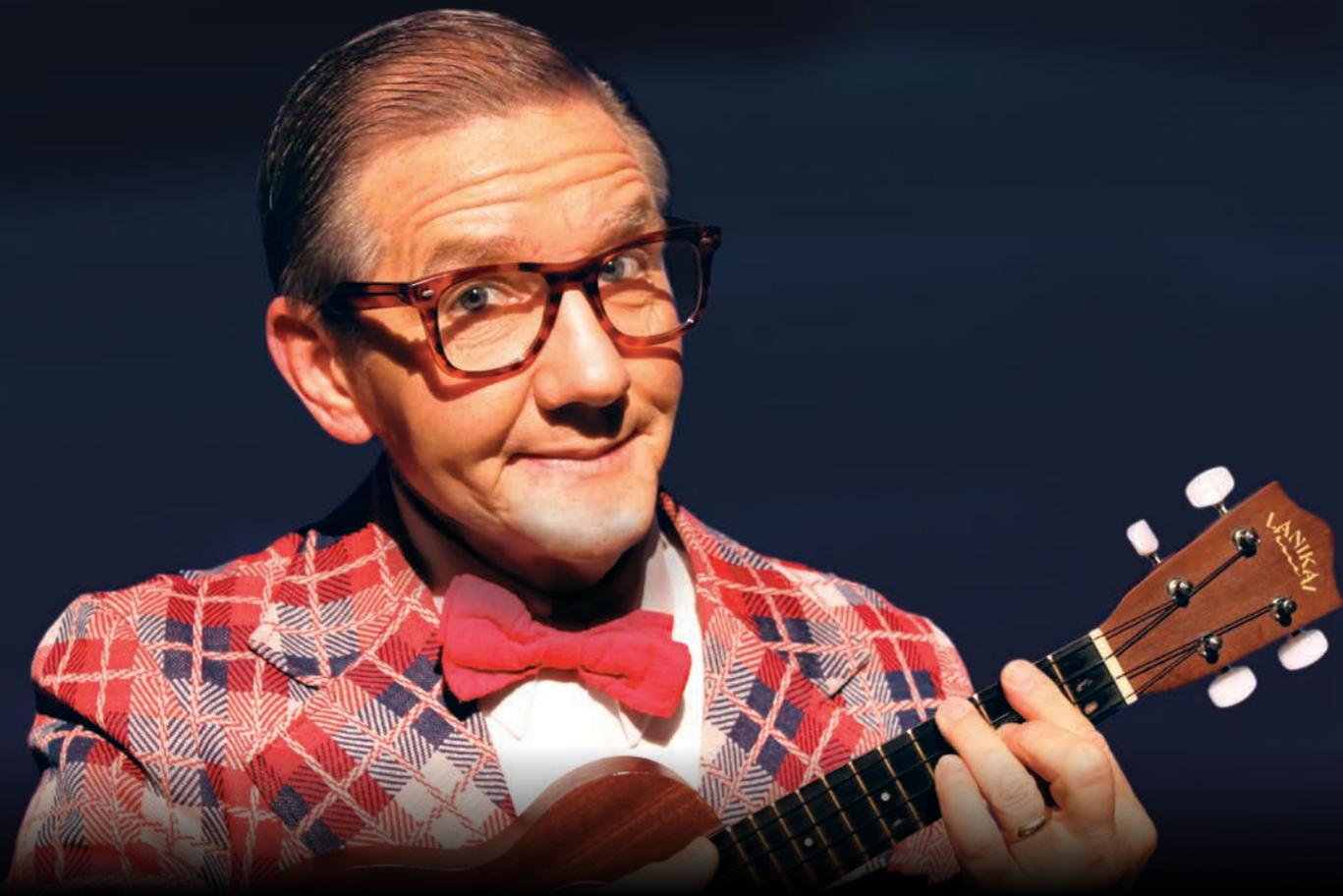
They've skewered history, the Bible and the world's most celebrated playwright. Now, the Reduced Shakespeare Company tackles the subject it was born to reduce. From the highbrow to the low, *The Complete History of Comedy (abridged)* covers comedy through the ages, from Aristophanes and Shakespeare and Moliere (is Moliere funny? Why not?) to Vaudeville and Charlie Chaplin to *The Daily Show* and Anthony Weiner.

Contains occasional bawdy language and mild innuendo.

"Easily one of the troupe's funniest, most inspired show in years!"

— *Pacific Sun*

\$25 Reston/\$35 Non-Reston



MR. VAUDEVILLE AND FRIENDS PRESENT

It's Vaudeville!

Saturday, April 8 • 3:00 p.m.

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

\$5 Reston/\$10 Non-Reston

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[Learn more](#)

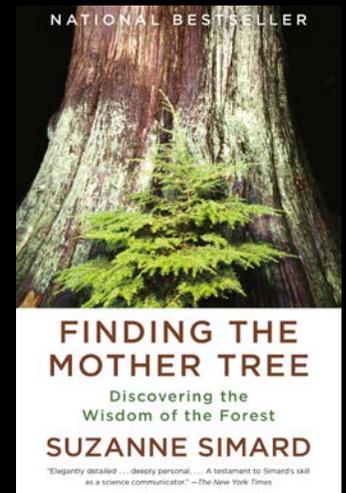


Suzanne Simard

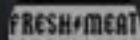
AUTHOR OF *FINDING THE MOTHER TREE*

Saturday, April 15 • 8:00 p.m.

Suzanne Simard is a pioneer on the frontier of plant communication and intelligence, and has been hailed as a scientist who conveys complex, technical ideas in a way that is dazzling and profound. Her work has influenced filmmakers (the Tree of Souls in James Cameron's *Avatar*), and her TED talks have been viewed by more than 10 million people worldwide.



\$15 Reston/\$20 Non-Reston

 FRESH+MEAT

SPELL / DREAM (by Sean Dorsey Dance)

from Fresh Meat Productions



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The player is having trouble. We'll have it back up and running as soon as possible.

The Lost Art of Dreaming

CHOREOGRAPHED BY SEAN DORSEY

Wednesday, May 17 • 8:00 p.m.

San Francisco's Sean Dorsey Dance returns to Reston with *The Lost Art of Dreaming*, which invites audiences into expansive thinking and dreaming about our futures ... at a time when we need it most. What does it feel like to reconnect with our deepest dreams? How do you imagine a future in a world that doesn't expect you to even have one? Full-throttle dance and intimate storytelling from a thought-provoking transgender choreographer come together in the company's powerful, moving, signature dance-theatre.

Recommended that children under 16 be accompanied by an adult.

"Trailblazing ... luscious, intricate and deeply human dances."

– Bay Times

\$15 Reston/\$20 Non-Reston



BETTY

INDIE POP TRIO

Saturday, June 3 • 8:00 p.m.

The indie pop trio BETTY, Alyson Palmer (vocals, bass, guitar) and sisters Elizabeth Ziff (vocals, guitar, electronic programming) and Amy Ziff (vocals and cello), use beguiling melodies, compelling lyrics and signature harmonies to create legendary live shows that mix music, performance art, politics and comedy. BETTY sings of joy, love, longing, sex, food, heartbreak and the universal hilarity of human existence. More than a band, BETTY uses music to channel their passion for fairness and equality. From the beginning, they've lent their voices to causes they champion, their talent in collaboration with other artists of every medium, and their time in support of women and girls worldwide.

BETTY will appear at the Reston Pride Festival earlier that day. For the evening performance, it's recommended that children under 16 be accompanied by an adult.

\$15 Reston/\$20 Non-Reston

CENTERSTAGE BOX OFFICE INFORMATION

Online: www.restoncommunitycenter.com

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

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

2310 Colts Neck Road, Reston, VA 20191

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

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

Please provide the following information when you call:

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

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

BOX OFFICE POLICIES:

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

PERFORMING ARTS

Conservatory Ballet

703-860-4560

www.conservatoryballet.org

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

The Nutcracker

Full-length performances:

Thursday, December 8

7:00 p.m.

Friday December 9

7:00 p.m.

Saturday, December 10

7:00 p.m.

Shortened performances for younger audiences:

Saturday, December 10

11:00 a.m. & 2:30 p.m.

Sunday, December 11

12:00 p.m. & 3:30 p.m.

RCC Hunters Woods – the CenterStage

Tickets: Adult and Youth (12 and under).

Prices available at the CenterStage Box Office

no later than Saturday, November 26.

Fairfax-Loudoun Music Fellowship

www.FLMF.org

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

Fall Recitals

Sunday, October 16

1:00 p.m. & 3:30 p.m.

RCC Hunters Woods

The Reston Chorale

703-834-0079

www.restonchorale.org

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

Bohemian Rhapsody: The Music of Queen (and Friends)

Sunday, October 16

4:00 p.m.

Capital One Hall – 7750 Capital One Tower Road, Tysons, VA 22102

Revel in the music of Freddie Mercury, Queen and friends as the Reston Chorale rocks out with the Piedmont Symphony Orchestra and Rock Band at the new Capital One Hall in Tysons, Virginia. For a preview and more information, visit www.restonchorale.org

The Wonder of the Season

Saturday, December 3

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

RCC Hunters Woods

Experience the wonder of the season when the Reston Chorale performs holiday favorites for the entire family.

Tickets: \$25 Adults (18 – 61), \$20 Seniors (62 and older), Free for active-duty military and for youth (17 and younger) with a ticketed adult. Tickets are available at the CenterStage Box Office and RCC website.

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

Reston Community Orchestra

www.restoncommunityorchestra.org

RCO is an all-volunteer ensemble devoted to the cultural enhancement of the community through the presentation of diverse offerings of symphonic music, from classical to pops. Maestro Dingwall Fleary, known for his orchestra-building skills and exceptional musicianship, has served as music director and conductor of the ensemble since 1996. With support from grants, and contributions from local businesses, corporations, audiences and its performing members, the RCO can perform accessible concerts, fulfilling its pledge to provide "Great Music for a Great Community!"

A Journey into Sound

Saturday, October 15

4:00 p.m.

RCC Hunters Woods

Tickets: \$25 Adults, \$18 Seniors (60 and older), Free for Youth (17 and younger), Free for Active Military/First Responder.

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

PERFORMING ARTS TICKETS

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

[All forms are available online.](#)

Reston Community Players

www.restonplayers.org

Reston Community Players (RCP) has been producing quality theatrical productions for the Reston and Metro DC communities since 1966. RCP is committed to artistic excellence and professionalism through the promotion of diverse, creative experiences for the education and cultural enrichment of the community. RCP welcomes all and offers something for everyone.

A Little Night Music

Music and Lyrics by Stephen Sondheim

Book by Hugh Wheeler

Directed by Andrew JM Regiec

Friday, October 14, 21, 28

8:00 p.m.

Saturday, October 15, 22, 29

8:00 p.m.

Sunday, October 23, 30

2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$30 Adults (19 – 64),

\$25 Seniors (65 and older) and

\$25 Students (18 and younger).

The Reston Community Players is supported in part by ArtsFairfax.

CULTURAL ARTS

The Reston Historic Trust and Museum

703-709-7700

www.restonmuseum.org

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

Greenbelt & Columbia: Maryland's Planned Communities

Ever wonder how Reston compares to other planned communities? Join us to learn all about the development of Greenbelt and Columbia, MD. This presentation is prepared in collaboration with Columbia Archive and Greenbelt Museum.

Wednesday, September 7

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free, Registration Req.

702005-3A

A Celebration of Restonians Who Have Achieved Excellence in Their Fields

Join us for a panel discussion of outstanding individuals who have made the Reston community home at one time or another.

Wednesday, November 9

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free, Registration Req.

702006-3A

VISUAL ARTS

League of Reston Artists

www.leagueofrestonartists.org

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

and provides an annual scholarship to a promising high school senior who will continue his or her education in the visual arts. Minimal annual dues entitle active artists to participate in a variety of exhibition, learning, community and volunteer activities.

LRA relies on its member volunteers and donations from the art-loving community to fulfill its dual mission: 1) to provide its members with opportunities to grow, learn and exhibit their creative accomplishments, and 2) to provide the local community with frequent opportunities to experience and appreciate a wide range of visual arts and to gain insight into the creative process.

Quarterly meetings with guest speakers and artist demonstrations offer learning and inspiration for LRA members while raising awareness and appreciation of the arts. Non-member art lovers are always welcome. Numerous judged and juried shows in venues throughout the community give member artists and photographers opportunities to earn distinctions.

Art in Public Places (AIPP) provides exhibit opportunities for LRA members. Located in approximately 15 commercial and public places, solo exhibits occur on a three-month rotation basis. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

OCTOBER

artReston Painters Exhibit

RCC Lake Anne – Jo Ann Rose Gallery

Reception: Sunday, October 9

2:00 p.m. – 4:00 p.m.

NOVEMBER

Mid Atlantic Photovision Expo 2022

LRA Photography Exhibit

November 12 – November 13

9:00 a.m. – 5:00 p.m. (Daily)

Hylton Performing Arts Center

10960 George Mason Circle

Manassas, VA

GOVERNMENT FUNDERS

ArtsFairfax:

www.artsfairfax.org



Virginia Commission for the Arts:

www.arts.virginia.gov



National Endowment for the Arts:

www.arts.gov





Public Art Reston

www.publicartreston.org

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

PAR's goals are to continue working with community organizations to develop permanent and temporary public art projects on the pillars of community engagement, educational programs, and artist elevation. PAR also works with developers to provide professional expertise throughout the public art process when they commission public artworks as part of a proffer commitment. More than 43 permanent and temporary public artworks have been commissioned since Public Art Reston was founded in 2007, and since the adoption of the Public Art Master Plan for Reston in 2008. Reston's public art is always accessible both online and outdoors! These public art offerings and more are accessible to all ages:

- Public Art Map of Reston and Public Art Bike Rides
- Five free, fun-filled Public Art Explorer packets to foster conversations and art-

making at home or while exploring public art around town

- *Thoreau's Ensemble* at the Colts Neck Road Underpass and *Emerge* at the Glade Drive Underpass
- South Lakes High School STEAM Team's project for the Lake Thoreau spillway
- Marco Rando's *Intent*, *The Wooden Horse* at Lake Anne Village Center
- DeWitt Godfrey's *Simon*

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

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

Reston Art Gallery and Studios (RAGS)

703-481-8156

www.restonartgallery.com

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

SEPTEMBER

Bold Beautiful Abstracts

Acrylic and mixed media art by Marthe McGrath

**Reception: Sunday, September 18
2:00 p.m. – 4:00 p.m.**

OCTOBER

New Works

by Rosemarie Forsythe

**Reception: Sunday, October 16
2:00 p.m. – 4:00 p.m.**

NOVEMBER

Retrospective Art

by Pat Macintyre

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

DECEMBER

Holiday Sparkle

RAGS artists present a group show of giftable art

**Reception: Sunday, December 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

Tephra Institute of Contemporary Art (formerly Greater Reston Arts Center) is committed to promoting innovative contemporary art and thinking. Leading with curiosity and care, we are 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. We 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 gratefully acknowledges the generosity of its individual members and donors, state and county grantors, and corporate sponsors.

Check the website for current exhibit and event activities.

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

RCC GALLERY EXHIBITS

RCC JO ANNE ROSE GALLERY EXHIBITS

SEPTEMBER

Art Mirrors Culture

Reston Multicultural Festival Exhibit

OCTOBER

artRESTON Painters Exhibit

League of Reston Artists (LRA)

Reception: Sunday, October 9

2:00 p.m. – 4:00 p.m.

NOVEMBER

Title: TBD

Artwork by Anne Nagy and

Gian Marc Lomaglio

Reception: Sunday, November 6

2:00 p.m. – 4:00 p.m.

DECEMBER

Gifts from the HeART

Annual art sale to benefit Cornerstones

Reception: Saturday, December 3

10:00 a.m. – 3:00 p.m.

(Please visit our Virtual Artist Directory

www.restoncommunitycenter.com/artistdirectory

for more beautiful works from Gifts From the

HeART artists.)

RCC LAKE ANNE 3D GALLERY EXHIBITS

SEPTEMBER – NOVEMBER

Art Mirrors Culture

Reston Multicultural Festival Exhibit

DECEMBER – FEBRUARY 2023

Gifts from the HeART

Annual art sale to benefit Cornerstones

Reception: Saturday, December 3

10:00 a.m. – 3:00 p.m.

(Please visit our Virtual Artist Directory

www.restoncommunitycenter.com/artistdirectory

for more beautiful works from Gifts From the

HeART artists.)

RCC HUNTERS WOODS EXHIBITS

SEPTEMBER – OCTOBER

An Eclectic Painting Exhibit

Oil paintings by Loretta Scott

NOVEMBER

RAINBOW

Acrylic and watercolor paintings by

Touran Mahdaviazar

DECEMBER

Title: TBD

Wood and epoxy works by Heather Fair-wu

Interested in Exhibiting?

For more information about exhibiting with Reston Community Center, please visit www.restoncommunitycenter.com or contact Gloria Morrow, RCC's Arts Education Assistant, at 703-390-6187.



VOLUNTEER MANAGEMENT SYSTEM

Adapted Aquatics Volunteers

(13 years and older).

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

RCC Hunters Woods – Warm Water Pool

September 10 – October 15

October 29 – December 10

(Skip Date: November 26)

Sat 10:45 a.m. – 12:00 p.m.

Registration required through VMS

RCC Community Coffee Volunteer

(14 years and older)

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

September 10 – December 31

(Skip Date: December 24)

Sat 7:30 a.m. – 11:30 a.m.

Registration required through VMS

Halloween Family Fun Day Volunteers

(14 years and older)

Help will be needed from 9:30 a.m. – 11:30 a.m. with decorating, from 12:00 p.m. – 2:00 p.m. running carnival games and directing patrons, and from 2:00 p.m. – 3:00 p.m. for cleanup.

Volunteers can help for all or part of the event.

RCC Hunters Woods

October 22

Sat 9:30 a.m. – 3:00 p.m.

Registration required through VMS

VOLUNTEER MANAGEMENT SYSTEM

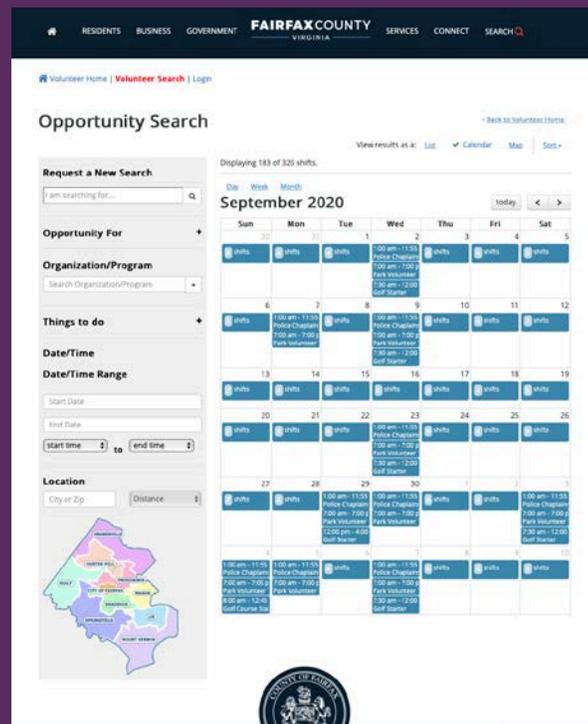
Fairfax County has a consolidated, County-wide Volunteer Management System (VMS). Persons wishing to volunteer for a VMS opportunity at Reston Community Center should follow the below steps:

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

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

All volunteers must be vaccinated and will be required to show proof of vaccination prior to volunteering per Fairfax County government requirements.

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



VOLUNTEER MANAGEMENT SYSTEM CONTINUED

Thanksgiving Food Drive Loader

(14 years and older)

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

RCC Hunters Woods

November 22 – November 23

Tue, Wed 5:00 p.m. – 5:30 p.m.

Registration required through VMS

Thanksgiving Food Drive Volunteer Event

(5 years and older)

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

RCC Hunters Woods

November 24

Thu 10:00 a.m. – 1:00 p.m.

Registration required through VMS

Thanksgiving Food Drive Volunteer Event Leader (Including Training)

(16 years and older)

Volunteers with leadership abilities are needed. Training is from 9:00 a.m. – 10:00 a.m. and the event is from 10:00 a.m. – 1:00 p.m., or until done. Volunteer Leaders will direct and organize the large group of volunteers sorting,

packing, loading and unloading the multiple tons of donated non-perishable food. Closed toed shoes are required.

RCC Hunters Woods

November 24

Thu 9:00 a.m. – 1:00 p.m.

Registration required through VMS

Reston Multicultural Festival Volunteer

(13 years and older)

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

Reston Town Square Park

September 16 – 17

Fri 3:00 p.m. – 7:00 p.m.

Sat 8:00 a.m. – 8:00 p.m.

Registration required through VMS

Festival Volunteer Schedule:

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

Friday, September 16

3:00 p.m. – 7:00 p.m.

Festival set-up

Saturday, September 17

8:00 a.m. – 11:00 a.m.

Festival set-up

10:30 a.m. – 2:30 p.m.

Specific jobs (see job descriptions)

2:30 p.m. – 6:30 p.m.

Specific jobs (see job descriptions)

6:00 p.m. – 8:00 p.m.

Breakdown

Reston Multicultural Festival Volunteer Job Descriptions:

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

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

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

VOLUNTEER – PARTNER PROGRAMS

Reston Holiday Parade Volunteers

(14 years and older)

Volunteer jobs include line marshals, pacers, character assistance and more. Also needed are balloon handlers, who must weigh more than 100 pounds.

Reston Town Center

November 25

Fri 9:00 a.m. – 1:00 p.m.

For volunteer information, email RTC@myerspr.com

VOLUNTEER

Give The Gift Of A Lift



Volunteer Drivers Needed

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



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

– Robin Parker, Volunteer Driver

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

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



AQUATICS

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FALL POOL SCHEDULE • SEPTEMBER 10 – DECEMBER 31

Please note the Terry L. Smith Aquatics Center will be closed for its annual maintenance period September 2 – September 9.

	Lap Pool	Warm Water Pool
Monday/Wednesday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 4:00 p.m.*
Tuesday/Thursday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	1:00 p.m. – 4:00 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. – 4:00 p.m.*
Saturday	9:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*
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.*

*Swim lanes may be limited.

Please note that the pool schedule is subject to change without notice. RCC schedules programming during open and lap swim times.

The pools will be closed from 12:00 p.m. to 1:00 p.m. for a deep cleaning. Programming will receive priority for pool space.

Lap Pool will be closed from 4:00 p.m. – 5:00 p.m. weekdays beginning in November for South Lakes High School swim team practice.

RCC LOCKER ROOM ETIQUETTE

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

- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- No cell phones or other communications devices may be used in the locker rooms. Please use these in the lobby areas of RCC.
- Patrons share the space in the locker rooms; please keep in mind that many others are using them when placing items on surfaces, benches or other areas.
- Personal belongings should not be left in any locker room area before or after use.
- We greatly appreciate everyone's efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair or other debris that shaving leaves behind. We appreciate

AQUATICS HOLIDAY HOURS: *

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

Veterans Day	November 11	7:00 a.m. – 6:00 p.m.
Thanksgiving Day	November 24	9:00 a.m. – 1:00 p.m.
Day After Thanksgiving	November 25	7:00 a.m. – 6:00 p.m.
Staff Teambuilder	December 21	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
County Holiday	December 26	7:00 a.m. – 7:00 p.m.
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.
County Holiday	January 2	7:00 a.m. – 7:00 p.m.

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 you 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, between 12:00 p.m. – 1:00 p.m. and between 3:00 p.m. – 4:00 p.m., seven days a week.

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 Aqua Barre, Aqua Blast, Aqua Mixer, Boot Camp 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.

To make a reservation, buy or renew your pass, visit myRCC.

POOL FEES

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

WATER AEROBICS FEES

	Reston Resident/ Employee	Non-Reston
Water Aerobics Pass (Price Per Visit)		
Adult	\$5	\$10
Youth and Senior	\$4	\$8

PRIVATE SWIM LESSONS

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

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



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 call us at 703-476-4500, TTY 711.

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.



RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)

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

Our indoor season is in the Terry L. Smith Aquatics Center. Terry was a longtime member of our team as well as a longtime member of the

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

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



RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)

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

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

Whether you are a beginner who wants to become competitive or a swimmer who wants to improve strokes, RSTA offers a program to suit your needs. [Check our website.](#)



LAP SWIM

Reservations are required for lap swim 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 50-minute time slot. There will be 10 minutes allotted after swimming to exit the pool and utilize the locker rooms.

A valid Aquatics Daily Visit pass, an Aquatics Monthly pass or an Aquatics Annual pass is required to complete the reservation.

To reserve your spot, sign into myRCC and select the date and time you wish to swim. Lap swim reservations are free, but patrons are required to purchase an Aquatics Daily pass, an Aquatics Monthly or an Aquatics Annual pass and swipe the pass prior to each reservation. Aquatics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Aquatics Daily passes may be purchased for a minimum of five visits to a maximum of 60 visits and expire two years from date of purchase. Aquatics Monthly and Aquatics Annual passes are valid from date of purchase and do not renew automatically.

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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0901-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0901-3B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0901-3C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0901-3D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0901-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0901-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0901-3G	2:00 p.m. – 2:50 p.m.

Mon-Sun 6C0901-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0901-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0901-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0901-3K	6:00 p.m. – 6:50 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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0902-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0902-3B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0902-3C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0902-3D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0902-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0902-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0902-3G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0902-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0902-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0902-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0902-3K	6:00 p.m. – 6:50 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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0903-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0903-3B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0903-3C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0903-3D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0903-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0903-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0903-3G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0903-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0903-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0903-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0903-3K	6:00 p.m. – 6:50 p.m.

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.

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

Lap Pool – Lane 4

(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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0904-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0904-3B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0904-3C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0904-3D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0904-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0904-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0904-3G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0904-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0904-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0904-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0904-3K	6:00 p.m. – 6:50 p.m.



Lap Pool – Lane 5

(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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0905-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0905-3B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0905-3C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0905-3D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0905-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0905-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0905-3G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0905-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0905-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0905-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0905-3K	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 6

(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 50 minutes.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon-Fri 6C0906-3A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0906-3B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0906-3C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0906-3D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0906-3E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0906-3F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0906-3G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0906-3H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0906-3I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0906-3J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0906-3K	6:00 p.m. – 6:50 p.m.

Warm Water – Zone 1

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and registration information.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 10 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0951-3C	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0951-3D	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0951-3E	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0951-3F	
Sat, Sun	4:00 p.m. – 4:50 p.m.
6C0951-3G	
Fri	5:00 p.m. – 5:50 p.m.
6C0951-3H	

Warm Water – Zone 2

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and registration information.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 1 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0952-3C	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0952-3D	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0952-3E	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0952-3F	
Sat, Sun	4:00 p.m. – 4:50 p.m.
6C0952-3G	
Fri	5:00 p.m. – 5:50 p.m.
6C0952-3H	



Warm Water – Zone 3

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and registration information.

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

September 1 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0953-3C	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0953-3D	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0953-3E	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0953-3F	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0953-3G	
Fri	5:00 p.m. – 5:50 p.m.
6C0953-3H	

Warm Water – Zone 4/ Deep

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of six feet. See lap swim info box for pass and registration information.

50-min. sessions at RCC HW Pool Pass, Reservation Req.

September 1 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0954-3C	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0954-3D	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0954-3E	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0954-3F	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0954-3G	
Fri	5:00 p.m. – 5:50 p.m.
6C0954-3H	

FREE

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

DEAP

Drowning Education Awareness Program

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

RCC/RA FREE PRESENTATIONS

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

LONGFELLOW'S WHALE TALES

(5 – 12 years old)

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

WATER SAFETY PRESENTATION

(18 years and older)

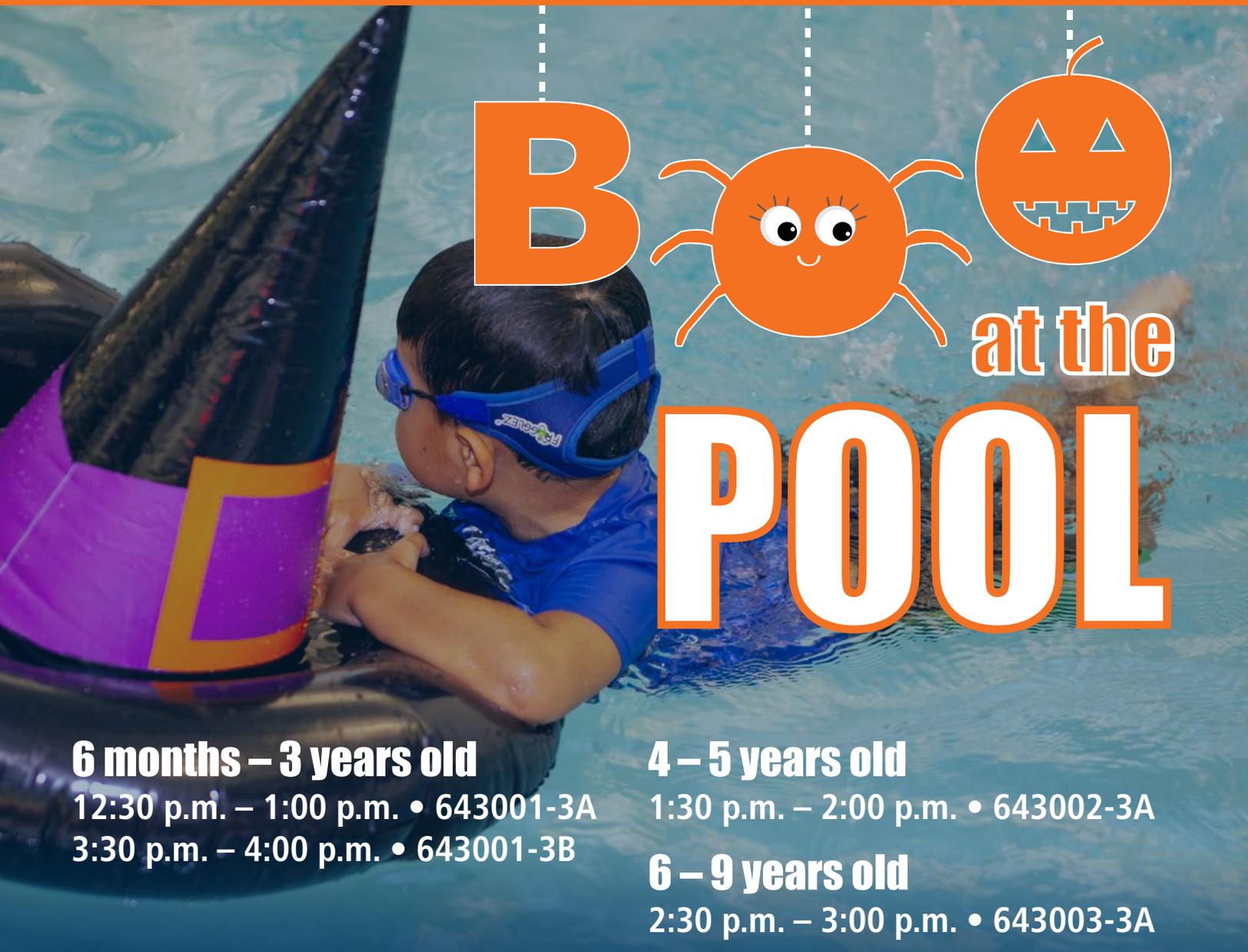
Enjoy a 90-minute presentation including a question and answer period focused on water safety training to keep families safe in, on and around the water.

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

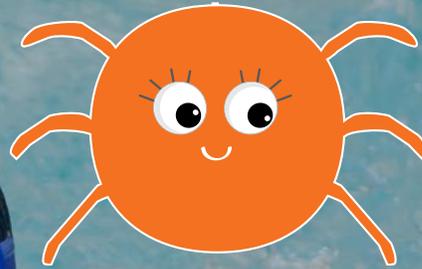


Saturday, October 22

\$4 Reston/\$8 Non-Reston



B



at the

POOL

6 months – 3 years old

12:30 p.m. – 1:00 p.m. • 643001-3A

3:30 p.m. – 4:00 p.m. • 643001-3B

4 – 5 years old

1:30 p.m. – 2:00 p.m. • 643002-3A

6 – 9 years old

2:30 p.m. – 3:00 p.m. • 643003-3A

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

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

FOR MORE INFORMATION, PLEASE CONTACT MATTHEW MCCALL, RCC'S AQUATICS DIRECTOR, AT 703-390-6151.

LEARN-TO-SWIM: INFANT – 7 YEARS OLD

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

Swim Lesson Registration Information and Tips

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

Placement

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

Duration of Enrollments

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

AQUATICS

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

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

HEALTH & SAFETY

Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.



Water Introduction

(6 – 18 months 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/adult is required to accompany each child in the water and participate in the classes.

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

September 10 – October 15

Sat 8:30 a.m. – 9:00 a.m.
610000-3A

Sat 9:40 a.m. – 10:10 a.m.
610000-3B

Sat 10:50 a.m. – 11:20 a.m.
610000-3C

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 9:00 a.m.
610000-3D

Sat 9:40 a.m. – 10:10 a.m.
610000-3E

Sat 10:50 a.m. – 11:20 a.m.
610000-3F

September 11 – October 16

Sun 10:00 a.m. – 10:30 a.m.
610002-3A

October 30 – December 11

(No Class: November 27)

Sun 10:00 a.m. – 10:30 a.m.
610002-3B

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/adult is required to accompany each child in the water and participate in the classes.

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

September 10 – October 15

Sat 8:30 a.m. – 9:00 a.m.
610007-3A

Sat 9:40 a.m. – 10:10 a.m.
610007-3B

Sat 10:50 a.m. – 11:20 a.m.
610007-3C

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 9:00 a.m.
610007-3D

Sat 9:40 a.m. – 10:10 a.m.
610007-3E

Sat 10:50 a.m. – 11:20 a.m.
610007-3F

September 11 – October 16

Sun 10:00 a.m. – 10:30 a.m.
610008-3A

October 30 – December 11

(No Class: November 27)

Sun 10:00 a.m. – 10:30 a.m.
610008-3B

Pool Pals and 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/adult is required to accompany each child in the water and participate in the class.

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

September 10 – October 15

Sat 8:30 a.m. – 9:00 a.m.
610080-3A

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 9:00 a.m.
610080-3B

ADAPTED AQUATICS

Please see [page 63](#) for information on our Adapted Aquatics class.

PRACTICE MAKES PERFECT

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

Skipper I

(3 years old)

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

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

September 10 – October 15

Sat 8:30 a.m. – 8:50 a.m.
610010-3A

Sat 8:50 a.m. – 9:10 a.m.
610010-3B

Sat 9:10 a.m. – 9:30 a.m.
610010-3C

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 8:50 a.m.
610010-3D

Sat 8:50 a.m. – 9:10 a.m.
610010-3E

Sat 9:10 a.m. – 9:30 a.m.
610010-3F

September 11 – October 16

Sun 9:00 a.m. – 9:20 a.m.
610012-3A

Sun 9:20 a.m. – 9:40 a.m.
610012-3B

Sun 9:40 a.m. – 10:00 a.m.
610012-3C

Sun 10:00 a.m. – 10:20 a.m.
610012-3D

Sun 10:20 a.m. – 10:40 a.m.
610012-3E

Sun 10:40 a.m. – 11:00 a.m.
610012-3F

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:20 a.m.
610012-3G

Sun 9:20 a.m. – 9:40 a.m.
610012-3H

Sun 9:40 a.m. – 10:00 a.m.
610012-3I

Sun 10:00 a.m. – 10:20 a.m.
610012-3J

Sun 10:20 a.m. – 10:40 a.m.
610012-3K

Sun 10:40 a.m. – 11:00 a.m.
610012-3L

Skipper II

(3 years old)

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

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

September 10 – October 15

Sat 9:40 a.m. – 10:10 a.m.
610020-3A

October 29 – December 10

(No Class: November 26)

Sat 9:40 a.m. – 10:10 a.m.
610020-3B

Rookie I

(4 – 5 years old)

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

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

September 10 – October 15

Sat 8:30 a.m. – 9:00 a.m.
610030-3A

Sat 10:15 a.m. – 10:45 a.m.
610030-3B

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 9:00 a.m.
610030-3C

Sat 10:15 a.m. – 10:45 a.m.
610030-3D

September 11 – October 16

Sun 9:30 a.m. – 10:00 a.m.
610032-3A

Sun 11:00 a.m. – 11:30 a.m.
610032-3B

October 30 – December 11

(No Class: November 27)

Sun 9:30 a.m. – 10:00 a.m.
610032-3C

Sun 11:00 a.m. – 11:30 a.m.
610032-3D

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

September 13 – October 18

Tue 6:00 p.m. – 6:30 p.m.
610036-3A

September 15 – October 20

Thu 5:00 p.m. – 5:30 p.m.
610036-3B

November 1 – December 13

(No Class: November 22)

Tue 6:00 p.m. – 6:30 p.m.
610036-3C

November 3 – December 15

(No Class: November 24)

Thu 5:00 p.m. – 5:30 p.m.
610036-3D

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

September 12 – October 5

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-3A

October 10 – November 2

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-3B

November 7 – December 7

(No Class: November 21, 23)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-3C

**REGISTER TODAY
DON'T DELAY!**

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

**WEEKDAY SWIM
CLASSES**

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

Rookie II

(4 – 5 years old)

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

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

September 10 – October 15

Sat 9:40 a.m. – 10:10 a.m.
610040-3A

Sat 10:50 a.m. – 11:20 a.m.
610040-3B

October 29 – December 10

(No Class: November 26)

Sat 9:40 a.m. – 10:10 a.m.
610040-3C

Sat 10:50 a.m. – 11:20 a.m.
610040-3D

September 11 – October 16

Sun 9:30 a.m. – 10:00 a.m.
610042-3A

Sun 11:30 a.m. – 12:00 p.m.
610042-3B

October 30 – December 11

(No Class: November 27)

Sun 9:30 a.m. – 10:00 a.m.
610042-3C

Sun 11:30 a.m. – 12:00 p.m.
610042-3D

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

September 13 – October 18

Tue 5:00 p.m. – 5:30 p.m.
610046-3A

September 15 – October 20

Thu 5:30 p.m. – 6:00 p.m.
610046-3B

November 1 – December 13

(No Class: November 22)

Tue 5:00 p.m. – 5:30 p.m.
610046-3C

November 3 – December 15

(No Class: November 24)

Thu 5:30 p.m. – 6:00 p.m.
610046-3D

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

September 12 – October 5

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-3A

October 10 – November 2

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-3B

November 7 – December 7

(No Class: November 21, November 23)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-3C

Ranger

(4 – 7 years old)

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

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

September 10 – October 15

Sat 9:05 a.m. – 9:35 a.m.
610050-3A

Sat 11:25 a.m. – 11:55 a.m.
610050-3B

October 29 – December 10

(No Class: November 26)

Sat 9:05 a.m. – 9:35 a.m.
610050-3C

Sat 11:25 a.m. – 11:55 a.m.
610050-3D

September 11 – October 16

Sun 10:30 a.m. – 11:00 a.m.
610052-3A

October 30 – December 11

(No Class: November 27)

Sun 10:30 a.m. – 11:00 a.m.
610052-3B

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

September 13 – October 18

Tue 5:30 p.m. – 6:00 p.m.
610056-3A

November 1 – December 13

(No Class: November 22)

Tue 5:30 p.m. – 6:00 p.m.
610056-3B

Marlin

(4 – 7 years old)

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

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

September 10 – October 15

Sat 9:05 a.m. – 9:35 a.m.
610060-3A

October 29 – December 10

(No Class: November 26)

Sat 9:05 a.m. – 9:35 a.m.
610060-3B

September 11 – October 16

Sun 11:00 a.m. – 11:30 a.m.
610062-3A

October 30 – December 11

(No Class: November 27)

Sun 11:00 a.m. – 11:30 a.m.
610062-3B

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

September 13 – October 18

Tue 6:30 p.m. – 7:00 p.m.
610066-3A

November 1 – December 13

(No Class: November 22)

Tue 6:30 p.m. – 7:00 p.m.
610066-3B

Water Wonder

(4 – 7 years old)

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

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

September 10 – October 15

Sat 9:40 a.m. – 10:10 a.m.
610070-3A

October 29 – December 10

(No Class: November 26)

Sat 9:40 a.m. – 10:10 a.m.
610070-3B

LEARN-TO-SWIM: 6 – 12 YEARS OLD

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

Swim Lesson Registration Information and Tips

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

Placement

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

Duration of Enrollments

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

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

AQUATICS

6 – 12 YEARS OLD CLASS REQUIREMENTS

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

Level 1

(6 – 12 years old)

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

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

September 10 – October 15

Sat 8:30 a.m. – 9:00 a.m.
610310-3A

Sat 10:15 a.m. – 10:45 a.m.
610310-3B

October 29 – December 10

(No Class: November 26)

Sat 8:30 a.m. – 9:00 a.m.
610310-3C

Sat 10:15 a.m. – 10:45 a.m.
610310-3D

September 11 – October 16

Sun 9:00 a.m. – 9:30 a.m.
610312-3A

Sun 11:00 a.m. – 11:30 a.m.
610312-3B

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:30 a.m.
610312-3C

Sun 11:00 a.m. – 11:30 a.m.
610312-3D

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

September 13 – October 18

Tue 6:30 p.m. – 7:00 p.m.
610316-3A

September 15 – October 20

Thu 5:00 p.m. – 5:30 p.m.
610316-3B

November 1 – December 13

(No Class: November 22)

Tue 6:30 p.m. – 7:00 p.m.
610316-3C

November 3 – December 15

(No Class: November 24)

Thu 5:00 p.m. – 5:30 p.m.
610316-3D

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

September 12 – October 5

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-3A

October 10 – November 2

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-3B

November 7 – December 7

(No Class: November 21, November 23)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-3C

Level 2

(6 – 12 years old)

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

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

September 10 – October 15

Sat 9:05 a.m. – 9:35 a.m.
610320-3A

Sat 10:15 a.m. – 10:45 a.m.
610320-3B

October 29 – December 10

(No Class: November 26)

Sat 9:05 a.m. – 9:35 a.m.
610320-3C

Sat 10:15 a.m. – 10:45 a.m.
610320-3D

September 11 – October 16

Sun 10:00 a.m. – 10:30 a.m.
610322-3A

Sun 11:30 a.m. – 12:00 p.m.
610322-3B

October 30 – December 11

(No Class: November 27)

Sun 10:00 a.m. – 10:30 a.m.
610322-3C

Sun 11:30 a.m. – 12:00 p.m.
610322-3D

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

September 13 – October 18

Tue 5:00 p.m. – 5:30 p.m.
610326-3A

September 15 – October 20

Thu 5:30 p.m. – 6:00 p.m.
610326-3B

November 1 – December 13

(No Class: November 22)

Tue 5:00 p.m. – 5:30 p.m.
610326-3C

November 3 – December 15

(No Class: November 24)

Thu 5:30 p.m. – 6:00 p.m.
610326-3D

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

September 12 – October 5

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-3A

October 10 – November 2

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-3B

November 7 – December 7

(No Class: November 21, 23)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-3C



Level 3

(6 – 12 years old)

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

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

September 10 – October 15

Sat 9:05 a.m. – 9:35 a.m.
610330-3A

Sat 11:25 a.m. – 11:55 a.m.
610330-3B

October 29 – December 10

(No Class: November 26)

Sat 9:05 a.m. – 9:35 a.m.
610330-3C

Sat 11:25 a.m. – 11:55 a.m.
610330-3D

September 11 – October 16

Sun 10:30 a.m. – 11:00 a.m.
610332-3A

October 30 – December 11

(No Class: November 27)

Sun 10:30 a.m. – 11:00 a.m.
610332-3B

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

September 13 – October 18

Tue 5:30 p.m. – 6:00 p.m.
610336-3A

November 1 – December 13

(No Class: November 22)

Tue 5:30 p.m. – 6:00 p.m.
610336-3B

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

September 12 – October 5

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-3A

October 10 – November 2

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-3B

November 7 – December 7

(No Class: November 21, 23)

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-3C



Level 4

(6 – 12 years old)

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

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

September 10 – October 15

Sat 9:40 a.m. – 10:10 a.m.
610340-3A

October 29 – December 10

(No Class: November 26)

Sat 9:40 a.m. – 10:10 a.m.
610340-3B

September 11 – October 16

Sun 11:30 a.m. – 12:00 p.m.
610342-3A

October 30 – December 11

(No Class: November 27)

Sun 11:30 a.m. – 12:00 p.m.
610342-3B

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

September 13 – October 18

Tue 6:00 p.m. – 6:30 p.m.
610346-3A

November 1 – December 13

(No Class: November 22)

Tue 6:00 p.m. – 6:30 p.m.
610346-3B



Adapted Aquatics

(4 years and older)

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

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

September 10 – October 15

Sat 10:50 a.m. – 11:20 a.m.
610190-3A

Sat 11:25 a.m. – 11:55 a.m.
610190-3B

October 29 – December 10

(No Class: November 26)

Sat 10:50 a.m. – 11:20 a.m.
610190-3C

Sat 11:25 a.m. – 11:55 a.m.
610190-3D

**VOLUNTEERS
NEEDED!**

See [page 44](#) for more information.

Level 5

(6 – 12 years old)

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

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

September 10 – October 15

Sat 10:15 a.m. – 11:00 a.m.
610350-3A

October 29 – December 10

(No Class: November 26)

Sat 10:15 a.m. – 11:00 a.m.
610350-3B

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

September 15 – October 20

Thu 6:00 p.m. – 6:45 p.m.
610356-3A

November 3 – December 15

(No Class: November 24)

Thu 6:00 p.m. – 6:45 p.m.
610356-3B

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 crawl and back crawl, introduction to swim equipment (pull buoys and fins), and retrieving an object from eight feet deep.

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

September 10 – October 15

Sat 11:05 a.m. – 11:50 a.m.
610360-3A

October 29 – December 10

(No Class: November 26)

Sat 11:05 a.m. – 11:50 a.m.
610360-3B

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, glide two body lengths and begin any front stroke.

8, 45-min. sessions at Lap Pool
\$90 (R)/\$135 (NR)

September 12 – October 5

Mon, Wed 6:00 p.m. – 6:45 p.m.
610183-3A

October 10 – November 2

Mon, Wed 6:00 p.m. – 6:45 p.m.
610183-3B

November 7 – December 7

(No Class: November 21, 23)

Mon, Wed 6:00 p.m. – 6:45 p.m.
610183-3C



13 YEARS AND OLDER

Adult Advanced Beginner

(13 years and older)

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

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

September 10 – October 15

Sat 10:50 a.m. – 11:35 a.m.
 610220-3A

October 29 – December 10

(No Class: November 26)

Sat 10:50 a.m. – 11:35 a.m.
 610220-3B

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

September 15 – October 20

Thu 6:00 p.m. – 6:45 p.m.
 611226-3A

November 3 – December 15

(No Class: November 24)

Thu 6:00 p.m. – 6:45 p.m.
 611226-3B

Adult Beginner

(13 years and older)

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

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

September 10 – October 15

Sat 10:15 a.m. – 10:45 a.m.
 610210-3A

October 29 – December 10

(No Class: November 26)

Sat 10:15 a.m. – 10:45 a.m.
 610210-3B

September 11 – October 16

Sun 9:00 a.m. – 9:30 a.m.
 610212-3A

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:30 a.m.
 610212-3B

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

September 12 – October 5

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-3A

October 10 – November 2

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-3B

November 7 – December 7

(No Class: November 21, 23)

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-3C

RESTON PATRONS 55 YEARS AND OLDER

If you live or work in Reston, you pay a discounted rate on eligible classes. Please use the (R55+) price when making payment. If registering online, the adult price is displayed with the class description. The 55+ discounted price will be displayed on the checkout system.

INCLEMENT WEATHER

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

DAILY AEROBICS

These following classes now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations open on the 25th of the month for the following month for Reston patrons. Reservations open on the first of the month for Non-Reston patrons. Reservations for daily aerobics programming are free, but patrons are required to purchase a Water Aerobics pass and swipe the pass prior to each reserved class. Water Aerobic passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$5 (R)/\$10 (NR) per class. Fitness passes expire two years from the date of purchase. Patrons who need to cancel can now do so in myRCC.

Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(18 years and older)

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

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

September 13 – December 15

Tue, Thu 10:30 a.m. – 11:15 a.m.
6C0160-3



Aqua Barre

(18 years and older)

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

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

September 12 – December 16

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.
6C0110-3

Have Questions About Reservation Programs?

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

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

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

Aqua Blast

(18 years and older)

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

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

September 11 – December 18

Sun 8:30 a.m. – 9:15 a.m.
6C0065-3

Sun 9:30 a.m. – 10:15 a.m.
6C0070-3

September 13 – December 15

Tue, Thu 8:30 a.m. – 9:15 a.m.
6C0060-3

Tue, Thu 9:30 a.m. – 10:15 a.m.
6C0075-3

Aqua Boot Camp

(18 years and older)

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

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

September 12 – December 16

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.
6C0080-3

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.
6C0100-3

Aqua Burn

(18 years and older)

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

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

September 12 – December 14

Mon, Wed 7:30 p.m. – 8:15 p.m.
6C0140-3

Aqua Mixer

(18 years and older)

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

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

September 12 – December 14

Mon, Wed 5:30 p.m. – 6:15 p.m.
6C0040-3

Deep Water Mania

(18 years and older)

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

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

September 12 – December 14

Mon, Wed 6:30 p.m. – 7:15 p.m.
6C0150-3

Tides in Motion

(18 years and older)

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

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

September 12 – December 16

Mon, Wed, Fri 8:30 a.m. – 9:15 a.m.
6C0010-3

More exercise means more independence for seniors:

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



KIDS CORNER

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Halloween FAMILY FUN DAY

Saturday, October 22

12:00 p.m. – 2:00 p.m.

RCC Hunters Woods

FREE • Infant – 8 Years Old

Registration Req. • #902090-3A

CELEBRATE HALLOWEEN WITH RCC!

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

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

COOKING

Chocolate Fun and Preparation for Tweens and Teens

(10 – 17 years old)

Participants will melt, mold and make chocolates and other ingredients while learning tips and ideas for making fun and delicious treats for eating at home or giving as gifts. Please note that gluten, dairy and nuts will be used in some of the recipes

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

December 11

Sun 10:00 a.m. – 12:00 p.m.
901352-3A Gollop-Pagani

Chocolate Fun and Preparation for Kids

(6 – 9 years old)

Participants will melt, mold and make chocolates while learning tips and ideas for making fun and delicious treats for eating at home as well as giving as gifts. Please note that gluten, dairy and nuts will be used in some of the recipes

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

December 4

Sun 10:00 a.m. – 12:00 p.m.
901038-3A Gollop-Pagani

Spooky Halloween Treats

(6 – 9 years old)

This is the season to create spooky Halloween treats to enjoy with family and friends. Participants will make a variety of tasty treats. Please note that gluten, dairy and nuts may be used in the recipes.

1, 2-hour session at RCC Hunters Woods
\$35 (R)/\$52 (NR)

October 8

Sat 11:00 a.m. – 1:00 p.m.
900263-3A Wilson



Utterly Unappetizing- (But Delicious)- Halloween Treats

(11 – 17 years old)

Celebrate the season and create unusual, unappetizing, yet delicious, Halloween treats. Please note that gluten, dairy and nuts may be used in some of the recipes.

1, 2-hour session at RCC Hunters Woods
\$35 (R)/\$52 (NR)

October 29

Sat 1:00 p.m. – 3:00 p.m.
900264-3A Wilson

Winter Food Favorites Workshop

(7 – 11 years old)

Winter is a time for making and creating comfort foods and snacks. Participants will learn to make a variety of snacks to enjoy on the spot and some to take home to share. Please note that recipes will contain eggs, nuts, gluten and dairy.

1, 7-hour session at RCC Hunters Woods
\$50 (R)/\$75 (NR)

December 29

Thu 9:00 a.m. – 4:00 p.m.
900256-3A Morgan

TEENS/TWEENS

Youth ages 13 – 17 may be able to participate in offerings for 18 and older with permission from the program director. Please email or call for information about Leisure and Learning offerings 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.



FALL FAMILY Crafternoon

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

RCC brings fun and interactive crafting activities to Reston neighborhoods for select teacher work-days at noon this fall to offer families creative “together” time. Supplies will be provided.



Monday, September 26

Crescent Community Center
1578 Cameron Crescent Drive
86C103-3A

Monday, October 10

Island Walk Community Center
1701 Torrey Pines Court
86C103-3B

Monday, October 24

Stonegate Village Community Center
2244 B Stonewheel Drive
86C103-3C

This program is offered in support of the Reston Opportunity Neighborhood program. It is sponsored by Reston Community Center. For more information, please contact LaTanja Snelling, RCC's Equity Partnerships Director, at 703-390-6158.

CRAFTS

Airbrush Art

(7 – 17 years old)

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

**1, 3-hour session at RCC Hunters Woods
\$30 (R)/\$45 (NR)**

November 5

Sat 1:00 p.m. – 4:00 p.m.
903064-3A Morgan

Autumnal Pottery

(2 – 5 years old)

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

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

October 11

Tue 10:00 a.m. – 11:00 a.m.
902209-3A Clay Cafe Studios

Jewelry Making for Teens

(11 – 17 years old)

Teens are invited to create their own unique pieces of jewelry from a wide array of jewelry-making supplies such as beads, chains and more.

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

September 22

Thu 6:30 p.m. – 9:30 p.m.
900259-3A Queen-Newton

October 8

Sat 1:00 p.m. – 4:00 p.m.
900259-3B Queen-Newton



Letters to Santa

(All Ages)

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

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

November 19

Sat 9:30 a.m. – 11:00 a.m.
901029-3A Staff

Painting on Tile for Teens

(11 – 17 years old)

Learn how to use alcohol inks on tile to create colorful and original works of art.

**1, 2-hour session at RCC Hunters Woods
\$40 (R)/\$60 (NR)**

October 6

Thu 6:30 p.m. – 8:30 p.m.
900260-3A Clark

November 13

Sun 1:00 p.m. – 3:00 p.m.
900260-3B Clark

Turkey Handprint Plates

(2 – 5 years old)

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

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

November 1

Tue 10:00 a.m. – 11:00 a.m.
901106-3A Clay Cafe Studios

Winter Pottery

(2 – 5 years old)

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

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

December 6

Tue 10:00 a.m. – 11:00 a.m.
901357-3A Clay Cafe Studios



DANCE

Ballet Basics I

(3 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

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

September 14 – November 2

Wed 5:00 p.m. – 5:45 p.m.
 402402-3A Art in Motion

September 17 – November 5

Sat 11:00 a.m. – 11:45 a.m.
 402402-3B Art in Motion

Ballet Combo

(3 – 6 years old)

This is an intro to ballet basics with an emphasis on creative movement.

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

September 17 – November 5

Sat 9:00 a.m. – 9:45 a.m.
 402414-3A Art in Motion

Hip-Hop

(4 – 6 years old)

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

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

September 14 – November 2

Wed 4:00 p.m. – 4:45 p.m.
 402672-3A Art in Motion

September 17 – November 5

Sat 10:00 a.m. – 10:45 a.m.
 402672-3B Art in Motion

ENRICHMENT

A Colorful Crowd

(2 – 5 years old)

Only three main colors make up all of the other colors. Children will have fun experimenting with the “magic” of color mixing and creating something special and uniquely theirs with various types of art media. Children will learn school readiness skills, including learning colors, dexterity and following directions. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

November 16

Wed 10:00 a.m. – 11:00 a.m.
 901309-3A Gollop-Pagani

Apprentice Engineering Adventures

(8–12 years old)

Participants will be introduced to science, technology, engineering and math (STEM) through hands-on activities.

1, 4-hour session at RCC Hunters Woods
\$70 (R)/\$105 (NR)

September 17

Sat 1:00 p.m. – 5:00 p.m.
 940006-3A Naim

Babysitting

(10 – 15 years old)

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

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

October 15

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

**REGISTER TODAY
 DON'T DELAY!**

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

ENRICHMENT CONTINUED

Care for Pets and Show Dogs

(9–14 years old)

In addition to learning about the care, feeding, training and health of dogs, participants will also learn what is required and what happens behind the scenes to show a dog at a dog show. Time will also be allotted to discuss careers in veterinary medicine.

1, 3-hour session at RCC Hunters Woods \$25 (R)/\$38 (NR)

October 16

Sun 12:00 p.m. – 2:00 p.m.
900258-3A Sandej

Gender 101 – Masculinity and Femininity

(11 – 17 years old)

Participants will discuss the impact of naming or not naming different stereotypes associated with masculinity and femininity, and how we choose to describe what practices, values, or ways of being we associate with various gender roles. Participants will discuss how the messages we are taught about gender can impact relationships. The instructor is a Community Health Specialist with Fairfax County's Health Department.

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

December 8

Thu 7:00 p.m. – 8:00 p.m.
900253-3A Al-Suqi

Math Tutoring for Grades 3 and 4

(8–10 years old)

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

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

September 19

Mon 4:30 p.m. – 6:00 p.m.
901463-3A Samet

September 26

Mon 4:30 p.m. – 6:00 p.m.
901463-3B Samet

October 3

Mon 4:30 p.m. – 6:00 p.m.
901463-3C Samet

October 10

Mon 4:30 p.m. – 6:00 p.m.
901463-3D Samet

October 17

Mon 4:30 p.m. – 6:00 p.m.
901463-3E Samet

October 24

Mon 4:30 p.m. – 6:00 p.m.
901463-3F Samet

November 7

Mon 4:30 p.m. – 6:00 p.m.
901463-3G Samet

November 14

Mon 4:30 p.m. – 6:00 p.m.
901463-3H Samet

November 28

Mon 4:30 p.m. – 6:00 p.m.
901463-3I Samet

December 5

Mon 4:30 p.m. – 6:00 p.m.
901463-3J Samet

Math Tutoring for Grades 5 and 6

(10–12 years old)

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

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

September 20

Tue 4:30 p.m. – 6:00 p.m.
901464-3A Samet

September 27

Tue 4:30 p.m. – 6:00 p.m.
901464-3B Samet

October 4

Tue 4:30 p.m. – 6:00 p.m.
901464-3C Samet

October 11

Tue 4:30 p.m. – 6:00 p.m.
901464-3D Samet

October 18

Tue 4:30 p.m. – 6:00 p.m.
901464-3E Samet

October 25

Tue 4:30 p.m. – 6:00 p.m.
901464-3F Samet

November 1

Tue 4:30 p.m. – 6:00 p.m.
901464-3G Samet

November 15

Tue 4:30 p.m. – 6:00 p.m.
901464-3H Samet

November 29

Tue 4:30 p.m. – 6:00 p.m.
901464-3I Samet

December 6

Tue 4:30 p.m. – 6:00 p.m.
901464-3J Samet

KIDS CORNER

Math Matters! A person's success in life depends on how well they can solve problems. No matter what the career or life situation, there is satisfaction and reward by knowing how to tackle challenges. And while kids can't possibly practice every problem they'll ever have in life, there is a class in school that can help them learn how to think logically: math. Doing a math problem helps practice the problem-solving steps that apply to everyday situations: define the problem, think of ways to solve it, implement a solution and evaluate the results.

– Education.com

ENRICHMENT CONTINUED

Math Tutoring for Grades 7 and 8

(12 – 14 years old)

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

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

September 21

Wed 4:30 p.m. – 6:00 p.m.
901465-3A Samet

September 28

Wed 4:30 p.m. – 6:00 p.m.
901465-3B Samet

October 5

Wed 4:30 p.m. – 6:00 p.m.
901465-3C Samet

October 12

Wed 4:30 p.m. – 6:00 p.m.
901465-3D Samet

October 19

Wed 4:30 p.m. – 6:00 p.m.
901465-3E Samet

October 26

Wed 4:30 p.m. – 6:00 p.m.
901465-3F Samet

November 2

Wed 4:30 p.m. – 6:00 p.m.
901465-3G Samet

November 9

Wed 4:30 p.m. – 6:00 p.m.
901465-3H Samet

November 16

Wed 4:30 p.m. – 6:00 p.m.
901465-3I Samet

November 30

Wed 4:30 p.m. – 6:00 p.m.
901465-3J Samet

December 7

Wed 4:30 p.m. – 6:00 p.m.
901465-3K Samet

Junior Robotics Safari

(5 – 8 years old)

Take part in a mixture of fun and learning using Lego and WeDO robots. Activities include the basics of programming and how to use Lego bricks, as well as exploring the use of motors and sensors to build and program a horse, bull or roaring lion.

1, 4-hour session at RCC Hunters Woods \$70 (R)/\$105 (NR)

October 1

Sat 1:00 p.m. – 5:00 p.m.
900251-3A Naim

Life Skills – How to Budget

(11 – 17 years old)

It is never too early to learn how to handle finances. Learn how to earn and save money, begin building credit and live within a budget.

1, 2-hour session at RCC Hunters Woods \$25 (R)/\$38 (NR)

November 20

Sun 1:00 p.m. – 3:00 p.m.
900262-3A Wilson

Life Skills – How to Do Laundry

(11 – 17 years old)

Doing laundry is a basic skill that everyone needs. Learn how to sort and select the correct detergent and water temperatures when washing and drying clothes, as well as what to do with them next. Please bring two or three clean items of clothing to be ironed and folded.

1, 2-hour session at RCC Hunters Woods \$25 (R)/\$38 (NR)

November 6

Sun 1:00 p.m. – 3:00 p.m.
900261-3A Wilson

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

and social and cultural development, sharing and taking turns. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

October 5

Wed 10:00 a.m. – 11:00 a.m.
901311-3A Gollop-Pagani

Why Do People Stay?

(11 – 17 years old)

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

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

October 20

Thu 7:00 p.m. – 8:00 p.m.
900252-3A Al-Suqi

Winter Ski Resort – Building with Legos

(7 – 11 years old)

Participants will try their skills at constructing a cozy ski resort and ski lift from Legos. There will be the opportunity to build additional projects and enjoy hot chocolate.

1, 7-hour session at RCC Hunters Woods \$50 (R)/\$75 (NR)

December 27

Tue 9:00 a.m. – 4:00 p.m.
900254-3A Morgan

Winter Wilderness Workshop

(7 – 11 years old)

Take a trek through the forest to discover the types of animals that live there, as well as what they consume. Participants will make their own creations of animals and the forest in the form of a diorama or other project to show their view of what it would really be like to live in the wilderness. All supplies will be provided.

1, 7-hour session at RCC Hunters Woods \$50 (R)/\$75 (NR)

December 28

Wed 9:00 a.m. – 4:00 p.m.
900255-3A Morgan



Halloween Crafternoonpalooza

(All Ages)

The whole family can spend creative “together” time with Halloween-themed craft activities. Supplies will be provided. Costumes are not required, but they are encouraged. This program is free; registration is required. For more information, please contact LaTanja Snelling, RCC’s Equity Partnerships Director, at 703-390-6158.

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

October 31

Mon 12:00 p.m. – 1:00 p.m.
86C104-3A

Let’s Party!

(7 – 11 years old)

Welcome the New Year with a party! Learn how to plan, decorate, prepare and serve refreshments for an early New Year’s Eve celebration. Please note that snacks will contain eggs, nuts, dairy and gluten.

**1, 7-hour session at RCC Hunters Woods
\$50 (R)/\$75 (NR)**

December 30

Fri 9:00 a.m. – 4:00 p.m.
900257-3A Morgan

Ho, Ho, Ho!

(Infant – 6 years old)

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

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

December 14

Wed 10:00 a.m. – 11:00 a.m.
901015-3B Staff

PERFORMING ARTS

Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. Participants will perform in an original production on November 12 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the weeks of November 7 – 11. The class meets on Friday from 4:30 p.m. – 6:00 p.m. and Saturday from 9:00 a.m. – 12:00 p.m. 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)**

September 9 – November 12

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:00 p.m.
402467-3A 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 must fully participate and supervise children during all activities. Participating children must have a reservation.

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

October 5 – November 30

(No Class: November 11, 23, 25)

Wed, Fri 10:00 a.m. – 11:30 a.m.
901340-3A Staff

Dinner and a Movie with the Grinch

(4 – 9 years old)

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

**1, 3-hour session at RCC Hunters Woods
\$25 (R)/\$38 (NR)**

December 2

Fri 7:00 p.m. – 10:00 p.m.
901385-3A Morgan

SOCIAL CONTINUED

Musical Holiday Breakfast with Frosty

(1 year and older)

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

1, 90-min. session at RCC Hunters Woods
\$10 (R)/\$8 (R55+)/\$15 (NR)

December 10

Sat 8:30 a.m. – 10:00 a.m.
902063-3A 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. Parent/guardian must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Participating children must have a reservation.

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

September 8 – December 15

(No Class: November 21, 24)

Mon, Thu 9:30 a.m. – 11:00 a.m.
902989-3A Ali

TRIPS: MEET UPS

Autumnal Hike

(2 – 5 years old)

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

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

November 15

Tue 10:00 a.m. – 11:00 a.m.
901007-3A Haneline

Fall Festival at Cox Farms

(2 years and older)

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

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

October 21

Fri 10:00 a.m. – 12:00 p.m.
901434-3A Haneline

Loudoun Heritage Farm Museum – I'll Trade You

(2 – 5 years old)

Visit the Waxpool General Store to find out why general stores were so important to farmers and learn how to bargain or barter for items. Meet at Loudoun Heritage Farm Museum, located at 21668 Heritage Farm Lane, Sterling, VA. For directions, call 571-258-3800. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 90-min. session at Loudoun Heritage Farm Museum

\$10 (R)/\$15 (NR)

September 13

Tue 10:00 a.m. – 11:30 a.m.
900265-3A Haneline

Winter Walk of Lights

(3 years and older)

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

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

December 5

Mon 6:00 p.m. – 7:30 p.m.
902207-3A Haneline

KIDS CORNER

Kings Dominion

HALLOWEEN HAUNT



Saturday, October 15
10:30 a.m. – 11:00 p.m.

\$95 Reston /\$143 Non-Reston

#901341-3A

(12 – 18 years old)

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

10:30 a.m. Depart RCC Hunters Woods • 11:00 p.m. Estimated Return to Reston



FOR MORE INFORMATION, PLEASE CONTACT DEBBIE HERON, RCC'S YOUTH/TEEN PROGRAM DIRECTOR, AT 703-390-6163.

VISUAL ARTS

Art Attack

(7 – 11 years old)

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

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

September 19 – November 7

Mon 4:45 p.m. – 5:45 p.m.
402697-3A Lambakis



WOODWORKING

Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on specific dates and times from December to February to allow Cub Scouts to work on Pinewood Derby projects. Each Den may register for up to two sessions. A Den must register under the Den Leader's name and pay the flat fee upon registration for a minimum of six participants and a maximum of 12. Parents are strongly encouraged to accompany their children to assist with project completion and Scout 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)

December 9

Fri 5:30 p.m. – 7:30 p.m.
901003-3A Ingram

December 12

Mon 5:30 p.m. – 7:30 p.m.
901003-3B Ingram

December 16

Fri 5:30 p.m. – 7:30 p.m.
901003-3C Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-3D Ingram

December 19

Mon 5:30 p.m. – 7:30 p.m.
901003-3E Ingram

TEENS/TWEENS

Youth ages 13 – 17 may be able to participate in offerings for 18 and older with permission from the program director. Please email or call for information about Leisure and Learning offerings 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.

REGISTER TODAY DON'T DELAY!

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



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COOKING

Cooking for Two

(18 years and older)

Planning and cooking for just a few people can be challenging. This cooking demonstration will show how to make smaller portions, as well as enough for leftovers, using simple and classic recipes for favorites such as mac and cheese, mashed potatoes, and meat loaf.

1, 2-hour session at RCC Hunters Woods
\$30 (R)/\$24 (R55+)/\$45 (NR)

October 12

Wed 1:00 p.m. – 3:00 p.m.
536911-3A Gollop-Pagani

Healthy is Easy and Tasty

(18 years and older)

Learn to make delicious, healthy snacks and meals using fresh and frozen ingredients. Making soups and smoothies will also be demonstrated in this class.

1, 3-hour session at RCC Hunters Woods
\$30 (R)/\$24 (R55+)/\$45 (NR)

October 19

Wed 10:00 a.m. – 1:00 p.m.
536912-3A Gollop-Pagani

Many Americans consume less than ideal amounts of certain nutrients needed for a healthy diet. To put you on the path to improving your health through nutrition, The U.S. Department of Health and Human Services Guidelines recommend including the following components when developing your healthy eating pattern:

- A variety of vegetables.
- Fruits, especially whole fruit.
- Grains, at least half of which are whole grain.
- Fat-free or low-fat dairy.
- A variety of protein foods.
- Oils, including those from plants.

CRAFTS

Easy Origami for Adults

(18 years and older)

Learn basic and easy origami skills and create five different gift boxes. No prior experience required.

1, 2-hour session at RCC Hunters Woods
\$40 (R)/\$32 (R55+)/\$60 (NR)

October 23

Sun 1:00 p.m. – 3:00 p.m.
503733-3A Shimizu

November 13

Sun 1:00 p.m. – 3:00 p.m.
503733-3B Shimizu

December 11

Sun 1:00 p.m. – 3:00 p.m.
503733-3C Shimizu

Japanese Floral Arrangement

(18 years and older)

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

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

September 18

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

October 16

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

December 4

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

Origami Workshop—Fall

(8 years and older)

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

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

October 8

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

Origami Workshop – Holiday Ornaments

(12 years and older)

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

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

December 10

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

Sewing for Today's Fashions I

(13 years and older)

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

6, 2-hour sessions at RCC Hunters Woods
\$100 (R)/\$80 (R55+)/\$150 (NR)

September 28 – November 2

Wed 6:30 p.m. – 8:30 p.m.
901338-3A Minassian



CREATIVE CONNECTIONS

Holiday Gift Wrapping Party

(All Ages)

Join fellow residents to wrap holiday gifts, socialize and enjoy light refreshments. This event is free; participants bring gifts, and RCC will provide wrapping paper, ribbon, scissors and tape. This event is intended to serve the residents who live in the program's location.

1, 2-hour session

Free, Registration Req.

December 8 at the Harrison

Thu 6:00 p.m. – 8:00 p.m.
862023-3A Staff

December 11 at the BLVD

Sun 12:00 p.m. – 2:00 p.m.
862023-3B Staff

December 15 at the Harrison

Thu 6:00 p.m. – 8:00 p.m.
862023-3C Staff

December 18 at the BLVD

Sun 12:00 p.m. – 2:00 p.m.
862023-3D 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, 2-hour session at RCC Hunters Woods
Free, Registration Req.

September 15

Thu 6:00 p.m. – 8:00 p.m.
862000-3B Staff

DANCE

Line Dancing with Scotty – Beginner

(18 years and older)

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

10, 60-min. sessions at RCC Hunters Woods
\$70 (R)/\$56 (R55+)/\$105 (NR)

September 8 – November 10

Thu 5:00 p.m. – 6:00 p.m.
503532-3A Inman

Line Dancing with Scotty – Intermediate

(18 years and older)

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

10, 60-min. sessions at RCC Hunters Woods
\$70 (R)/\$56 (R55+)/\$105 (NR)

September 8 – November 10

Thu 6:00 p.m. – 7:00 p.m.
503623-3A Inman

Sunday Afternoon Dances

(18 years and older)

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

2-hour sessions at RCC Hunters Woods
Pass: \$5 (R)/\$10 (NR) Per Session
Reservations Req.

September 11, October 9,
November 13, December 11

Sun 2:30 p.m. – 4:30 p.m.
509609-3 Staff

DISCUSSION

Bookends

(18 years and older)

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

September 22:

Island of Sea Women by Lisa See

October 27: *Lincoln Highway* by Amor Towels

November 17:

Klara and the Sun by Kazuo Ishiguro

December 15:

Standard Deviation by Katherine Heiny

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

September 15 – December 15

Thu 12:30 p.m. – 2:00 p.m.
5C0075-3A Staff

Current Issues

(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. Scheduled virtual and in-person participation details will be developed closer to the start date. Call Cassie Lebron, RCC's Lifelong Learning Director, at 703-390-6157 for specifics.

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

October 27 – December 29

(No Class: November 24)

Thu 10:00 a.m. – 12:00 p.m.
5C0080-3A Staff

ENRICHMENT

Bingocize

(18 years and older)

"Bingocize" is an evidence-based program that combines a bingo-like game with exercise, fall reduction and health education. Participants rest while numbers are called for the bingo game, then they complete strategically inserted exercises or answer health education questions.

20, 60-min. sessions at RCC Hunters Woods Free, Registration Req.

September 13 – November 22

Tue, Thu 10:00 a.m. – 11:00 a.m.
539747-3A Duke

Blacksmithing Workshop

(12 years and older)

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

1, 3-hour session at RCC Hunters Woods \$60 (R)/\$48 (R55+)/\$90 (NR)

October 9

Sunday 1:00 p.m. – 4:00 p.m.
903063-3A Crane

October 30

Sunday 1:00 p.m. – 4:00 p.m.
903063-3B Crane

Care at Home Technology 101

(18 years and older)

This presentation offers an introduction on how technology can be used to keep older adults independent. The presentation will cover the pros and cons of the different types of technologies becoming available for remote care in your home. Examples of various remote care technologies will be shown to help understand how it fits into daily life scenarios.

1, 2-hour sessions at Hunters Woods Free, Registration Req.

October 17

Mon 10:00 a.m. – 12:00 p.m.
547127-3A Nunez

Cognitive Health Fitness for the Brain

(18 years and older)

Learn about lifestyle changes to achieve better cognitive fitness and to keep brain function at its maximum potential. This class is for educational purposes only; there will be no solicitation or obligations of the attendees. The class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req.

October 11

Tue 10:00 a.m. – 11:00 a.m.
504302-3A Rizzo

Don't be Scammed

(18 years and older)

Learn about trending scams such as unlicensed contractors, romance scams and grandparent scams, as well as tips on how to protect yourself. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req.

December 8

Thu 11:00 a.m. – 12:00 p.m.
503509-3A Smarr

Eating for Diabetes

(18 years and older)

Learn practical ways to keep blood sugar in check by managing carbohydrates and protein intake. The class will also explore other lifestyle changes to prevent the progression of prediabetes and diabetes, as well as ways to keep blood pressure and cholesterol in check. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req.

November 17

Thu 2:00 p.m. – 3:00 p.m.
500592-3A McGill

Global Warming and a Path to a Clean Energy Future

(18 years and older)

This class will discuss the causes and human impact of global warming. The seminar will provide a simple, factual picture of our use of diverse energy sources, associated carbon emissions and carbon reduction strategies.

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

October 5 – October 26

Wed 6:30 p.m. – 8:00 p.m.
536951-3A Seth

ENRICHMENT CONTINUED

How to Control Blood Pressure

(18 years and older)

Learn about the symptoms and effects of high blood pressure, as well as lifestyle changes that can help treat the condition. This class is for educational purposes only; there will be no solicitation or obligations of the attendees. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req. November 15-

Tue 10:00 a.m. – 11:00 a.m.
504301-3A Rizzo

How Women Innovators Shaped the World

(18 years and older)

Examine the lives of women innovators in the arts and sciences. Participants are welcome to bring their own examples of women who had an impact on our world. Lunch will not be served, but participants are encouraged to bring their own lunch.

1, 2.5-hour session at RCC Lake Anne Free, Registration Req. December 6

Tue 10:30 a.m. – 1:00 p.m.
571987-3A Staff

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 on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req. September 7

Wed 5:00 p.m. – 6:00 p.m.
500809-3A Lambeth

Medicare 101

(18 years and older)

Medicare 101 is for individuals who will soon be eligible for Medicare. This session will address Medicare Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital services/doctors/labs/radiology), Part C (Medicare Advantage Plans) and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. This class will be virtual on Microsoft Teams; the link will be sent to registered patrons 24 hours prior to the class. Under ACL guidelines for conflict of interests, this presentation is not meant for health insurance brokers or agent education.

1, 90-min. session at Virtual Free, Registration Req. November 29

Tue 12:00 p.m. – 1:30 p.m.
500402-3A De Leon

Reducing Inflammation Naturally

(18 years and older)

Conditions such as diabetes, arthritis and cancer have been associated with chronic inflammation. Learn how to reduce inflammation naturally. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req. October 20

Thu 2:00 p.m. – 3:00 p.m.
500591-3A McGill

Reston Regional Library Services

(18 years and older)

Learn about the types of services offered at Reston Regional Library and how to access them. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req. November 9-

Wed 2:00 p.m. – 3:00 p.m.
514344-3A Chandan

Scholarship Workshop

(13 years and older)

Are you thinking about how to pay for college? Learn how to find and win scholarships from a \$400,000 scholarship winner. Attend this free presentation for high school students, parents and youth leaders to learn the strategies of scholarship expert Marianne Ragins. Over the years, Ragins has helped students win millions of dollars to pay for college. All high school seniors who attend will become eligible for the Ragins/Braswell National Scholarship. 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 Online/RCC Hunters Woods Free, Registration Req. September 29

Thu 6:30 p.m. – 8:30 p.m.
901433-3A Ragins

Settling a Decedent's Estate

(18 years and older)

An instructor will guide participants through all the steps of settling an estate as quickly and painlessly as possible. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

1, 60-min. session at RCC Hunters Woods Free, Registration Req. October 18

Tue 5:00 p.m. – 6:00 p.m.
503507-3B Lambeth

Technology Help for E-books and Audio Books

(18 years and older)

A representative from the Reston Regional Library will show how to use the library's e-books and audio books program. Participants will learn how to check out e-books and audio books as well as lessons for using the new library app.

1, 60-min. session at RCC Hunters Woods Free, Registration Req. October 5

Wed 1:00 p.m. – 2:00 p.m.
514343-3A Chandan

ENRICHMENT CONTINUED

Trends in Plant-Based Eating

(18 years and older)

Adding plant-based foods to your diet is a great way to improve long-term health. But what does it mean to be plant-based? Learn simple tips to help create a more plant-based diet that is beneficial to health and the environment. This class is for educational purposes only; there will be no solicitation or obligation of the attendees. This class will be virtual on Microsoft Teams; all registered patrons will be sent the Teams link 24 hours prior to the class.

1, 60-min. session at Virtual Free, Registration Req.
September 15

Thu 2:00 p.m. – 3:00 p.m.
504172-3A McGill

Understanding Alzheimer's and Dementia

(18 years and older)

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's and the difference between Alzheimer's and dementia. This class will also cover the different stages of Alzheimer's and the treatment options that are available.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.
September 14

Wed 12:00 p.m. – 1:00 p.m.
547808-3B Fagan



FITNESS – CARDIO AND STRENGTH

Cardio Strength

(18 years and older)

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

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

September 13 – December 13

(No Class: November 8, 22)

Tue 5:30 p.m. – 6:30 p.m.
300150-3A Fletcher

Fitness Fusion

(18 years and older)

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

6, 50-min. sessions at RCC Lake Anne \$70 (R)/\$56 (R55+)/\$105 (NR)

September 12 – October 17

Mon 10:30 a.m. – 11:20 a.m.
300014-3C Miles

September 14 – October 19

Wed 10:30 a.m. – 11:20 a.m.
300014-3D Miles

October 26 – December 14

(No Class: November 16, 23)

Wed 10:30 a.m. – 11:20 a.m.
300014-3E Miles

October 31 – December 12

(No Class: November 14)

Mon 10:30 a.m. – 11:20 a.m.
300014-3F Miles

Forever Fit

(18 years and older)

A low-intensity workout focusing on cardiovascular conditioning, strength training, flexibility and balance. A fun way to stay fit for all ages. This class uses hand weights, a small ball for core work and a mat. Patrons are required to bring their own mat to class.

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

September 15 – October 20

Thu 9:15 a.m. – 10:00 a.m.
305040-3A Briglia

November 3 – December 15

(No Class: November 24)

Thu 9:15 a.m. – 10:00 a.m.
305040-3B Briglia

INCLEMENT WEATHER

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

FITNESS – CARDIO AND STRENGTH CONTINUED

Forever Fit Chair

(18 years and older)

Enjoy chair-based exercises focusing on strength, flexibility and balance. This class uses bands, hand weights and a small ball.

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

September 13 – October 18

Tue 11:30 a.m. – 12:15 p.m.
 305041-3A Briglia

November 1 – December 13

(No Class: November 8)

Tue 11:30 a.m. – 12:15 p.m.
 305041-3B Briglia

Mind-Body Fitness

(18 years and older)

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

6, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

September 13 – October 18

Tue 11:30 a.m. – 12:30 p.m.
 305840-3C Williams

September 15 – October 20

Thu 11:30 a.m. – 12:30 p.m.
 305840-3D Williams

October 25 – December 13

(No Class: November 8, 15)

Tue 11:30 a.m. – 12:30 p.m.
 305840-3E Williams

October 27 – December 15

(No Class: November 17, 24)

Thu 11:30 a.m. – 12:30 p.m.
 305840-3F Williams



Zumba Family

(5 years and older)

Zumba Family allows children and parents to work out and have fun together. The class incorporates the high-energy and motivating music of Zumba in a way that younger participants can easily follow. Specially choreographed routines get the body moving while having fun. Parent/caregiver must fully participate in activity. All participants, including accompanying parents/caregivers, must register and pay.

6, 45-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 21 – October 26

Wed 5:00 p.m. – 5:45 p.m.
 306108-3A Avilov

Zumba Fitness

(18 years and older)

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

12, 60-min. sessions at RCC Lake Anne
\$110 (R)/\$88 (R55+)/\$165 (NR)

September 12 – December 12

(No Class: October 10, 31)

Mon 6:30 p.m. – 7:30 p.m.
 302327-3A Ledesma

13, 60-min. sessions at RCC Lake Anne
\$95 (R)/\$76 (R55+)/\$143 (NR)

September 15 – December 15

(No Class: November 24)

Thu 6:00 p.m. – 7:00 p.m.
 302327-3B Kumar

Zumba Toning

(18 years and older)

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

12, 55-min. sessions at RCC Lake Anne
\$110 (R)/\$88 (R55+)/\$165 (NR)

September 12 – December 12

(No Class: October 10, 31)

Mon 5:30 p.m. – 6:25 p.m.
 302227-3A Ledesma

To ensure safety, participants must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

FITNESS – 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, balance and coordination. Participants should wear supportive footwear to class.

6, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

September 12 – October 17

Mon 11:30 a.m. – 12:30 p.m.
300147-3C Williams

September 14 – October 19

Wed 11:30 a.m. – 12:30 p.m.
300147-3D Miles

October 26 – December 14

(No Class: November 16, 23)

Wed 11:30 a.m. – 12:30 p.m.
300147-3E Miles

October 31 – December 12

(No Class: November 14)

Mon 11:30 a.m. – 12:30 p.m.
300147-3F Williams

Balance and Mobility Workshop

(18 years and older)

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

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

September 14

Wed 5:30 p.m. – 7:30 p.m.
302400-3B Unger/Avilov

Beginning Tai Chi

(18 years and older)

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

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

September 16 – November 4

Fri 9:30 a.m. – 10:30 a.m.
302305-3A Durham

Bolly X

(18 years and older)

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

8, 45-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 16 – November 4

Fri 11:50 a.m. – 12:35 p.m.
305045-3A Chaturvedi

Essentrics

(18 years and older)

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

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

September 13 – December 13

(No Class: October 18, November 8)

Tue 10:15 a.m. – 11:15 a.m.
305033-3A Avilov

Tue 6:45 p.m. – 7:45 p.m.
305033-3D Fletcher

September 15 – December 15

(No Class: October 20, November 24)

Thu 10:15 a.m. – 11:15 a.m.
305033-3B Avilov

September 16 – December 16

(No Class: October 21, November 25)

Fri 10:45 a.m. – 11:45 a.m.
305033-3C Avilov

Essentrics: Aging Backwards

(18 years and older)

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

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

September 14 – December 14

(No Class: October 19, November 23)

Wed 10:45 a.m. – 11:45 a.m.
305034-3A Avilov

Healthy Joints Workshop

(18 years and older)

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

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

November 6

Sun 11:00 a.m. – 12:00 p.m.
302402-3A Avilov

About 2 ½ hours of moderate physical activity weekly can reduce the risk of heart attack by 80%, according to the American Heart Association.

FITNESS – MOVEMENT AND WELLNESS CONTINUED

Joint-Friendly Fitness

(18 years and older)

This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear supportive footwear.

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

September 14 – December 14

(No Class: October 5, November 23)

Wed 10:30 a.m. – 11:30 a.m.
300129-3A Fletcher

September 16 – December 9

(No Class: November 25)

Fri 12:00 p.m. – 1:00 p.m.
300129-3B Fletcher

Pilates Mat

(18 years and older)

Pilates is a system of exercises designed to develop the body's core, mobilize and stabilize the spine, and build flexibility and strength. Most exercises will be performed on the mat and may include stability balls, magic circles and light hand weights. Patrons are required to bring their own mat to class.

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

September 12 – November 21

(No Class: September 26, October 10, 31)

Mon 10:30 a.m. – 11:30 a.m.
306030-3A Biddy

Stress Relief Workshop

(18 years and older)

Stress affects the body's emotions and behaviors and causes real chemical and physical changes, including tightness of muscles, headaches, digestive disturbances, anxiety and sleep issues. Long-term stress can contribute to many disorders. Participants will learn to recognize the effects of stress and explore multiple techniques on how to self-regulate and relax the body and mind. These include Essentrics, yoga, breathing,

meditation and relaxation. These tools will help participants create balance, space, joy, and optimal health and wellness.

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

November 16

Wed 5:30 p.m. – 7:30 p.m.
302401-3A Unger/Avilov

Tai Chi for Health and Balance

(18 years and older)

This class will explore simple tai chi movements that strengthen the legs, improve balance, and promote relaxation. Class will include sitting meditations and breathing exercises to link the breath to the body. Suitable for all levels of fitness. Beginners are welcome.

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$44 (R55+)/\$83 (NR)

September 15 – October 20

Thu 10:15 a.m. – 11:15 a.m.
306020-3A Smyers

November 3 – December 15

(No Class: November 24)

Thu 10:15 a.m. – 11:15 a.m.
306020-3B 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.

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$44 (R55+)/\$83 (NR)

September 13 – October 18

Tue 11:30 a.m. – 12:30 p.m.
306013-3A Smyers

7, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

November 1 – December 13

Tue 11:30 a.m. – 12:30 p.m.
306013-3B Smyers

Tai Chi Yang Style – Beginner

(18 years and older)

This class teaches the 37-posture form as taught by Cheng ManChing. Students will learn the sequence of movements with emphasis on the underlying principles of straightness, relaxation and moving from the center.

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$44 (R55+)/\$83 (NR)

September 13 – October 18

Tue 10:15 a.m. – 11:15 a.m.
306015-3A Smyers

7, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

November 1 – December 13

Tue 10:15 a.m. – 11:15 a.m.
306015-3B Smyers

Tai Chi Yang Style – Short Form Review and Practice Rounds

(18 years and older)

This class is for students who have learned at least the first 1/3 of the Yang Style Short Form. Students will practice together for the hour, sometimes in silence and sometimes using a prompt to focus awareness on a certain aspect of the movement. Students will also review sections of the form as requested.

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$44 (R55+)/\$83 (NR)

September 15 – October 20

Thu 11:30 a.m. – 12:30 p.m.
306022-3A Smyers

November 3 – December 15

(No Class: November 24)

Thu 11:30 a.m. – 12:30 p.m.
306022-3B Smyers

**REGISTER TODAY
DON'T DELAY!**

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



LEARN TO BIKE



Learn to Bike – Youth

Sunday, October 2 • 1:00 p.m. – 3:00 p.m.

1886 Metro Center Drive, Reston, VA (upper parking deck)

6 – 12 Years Old • 306208-3B

\$30 Reston • \$45 Non-Reston

Sunday, October 16 • 1:00 p.m. – 3:00 p.m.

1886 Metro Center Drive, Reston, VA (upper parking deck)

6 – 12 Years Old • 306208-3C

\$30 Reston • \$45 Non-Reston

~~Learn to Bike~~

~~**Sunday, November 6 • 1:00 p.m. – 4:00 p.m.**~~

~~The Bike Lane, 11150 Sunset Hills Road, Reston, VA~~

~~13 Years and Older • 306205-3B~~

~~**\$65 Reston • \$52 Reston 55+ • \$98 Non-Reston**~~



- **SMALL CLASS SIZE**
- **CERTIFIED INSTRUCTOR**
- **BIKES AND HELMETS PROVIDED**

This class is for individuals 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 and 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.

FITNESS – YOGA

Gentle Yoga

(18 years and older)

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

10, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 13 – November 15

Tue 10:15 a.m. – 11:15 a.m.
304995-3A Sypula

Gut Feeling Yoga

(18 years and older)

There is increasing evidence that yoga coupled with a mindful breathing practice can reduce the psychological and physical symptoms of Irritable Bowel Syndrome (IBS). IBS is a common, chronic condition that is associated with abdominal pain, bloating and changes in bowel patterns. Students will learn yoga postures and breathing techniques to help calm those “gut feelings” by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger. Patrons are required to bring their own mat to class.

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

September 21 – November 9

Wed 5:00 p.m. – 6:00 p.m.
302300-3A Unger

Gut Feeling Seminar

(18 years and older)

Anyone who has experienced “butterflies in their stomach” or a “gut feeling” recognizes that the gut and brain communicate with each other. Yoga is a holistic practice that has positive effects on the relationship between the gut and the brain. This workshop explores the positive effects that yoga, breathing, and meditation can have on the digestive system. Learn how stress plays a role in digestive health and practices on how to change personal responses to physical and psychological stressors. In addition to discussion, participants will learn some yoga postures and breathing practices geared towards a balanced, healthy, happy, gut and brain.

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

November 6-

Sun 1:00 p.m. – 4:00 p.m.
305555-3B Unger

Hatha Yoga

(18 years and older)

This class will teach breathing exercises, stretching movements and relaxation. Learn to use Hatha Yoga movements to work through stiff joints and muscles while developing strength and flexibility. Patrons are required to bring their own mat to class.

10, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 13 – November 15

Tue 9:00 a.m. – 10:00 a.m.
305050-3A Sypula

Hatha Yoga I

(18 years and older)

The intention of this class is to create balance in the physical, mental and energetic bodies. Students will explore foundational postures (asanas), breathing (pranayama) and mindfulness practices. The class is open to all levels. Patrons are required to bring their own mat to class.

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

September 22 – November 10

Thu 9:30 a.m. – 10:30 a.m.
315001-3A Unger

Hatha Yoga II

(18 years and older)

This class is a progression from Hatha Yoga I and will continue to explore creating balance in the physical, mental, and energetic bodies. In addition to foundational postures, this class will introduce some more challenging postures and sequences and focus on linking breath with movement to build strength, balance, awareness, and joy. Students should have prior knowledge or experience in Hatha Yoga. Patrons are required to bring their own mat to class.

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

September 21 – November 9

Wed 6:15 p.m. – 7:15 p.m.
315002-3A Unger

Mindful Yoga with Sound Healing

(18 years and older)

This class will feature mindful (focused on body sensations in the present moment) yoga movements and the use of singing bowls that stimulate body energy centers. The soothing music from singing bowls is often associated with deep relaxation and is beneficial in enhancing spiritual practice. Students will learn yoga movements and corresponding breathing patterns designed to improve focus and concentration. The second half of the class utilizes the bowls and contains mindfulness meditation and final relaxation. Patrons are required to bring their own mat to class.

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

September 27 – November 22

(No Class: November 8)

Tue 6:00 p.m. – 7:00 p.m.
314760-3A Sypula

To ensure safety, participants must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

FITNESS – YOGA CONTINUED

Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qi Gong and is a series of dynamic breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility. Patrons are required to bring their own mat to class.

10, 75-min. sessions at RCC Lake Anne
\$100 (R)/\$80 (R55+)/\$150 (NR)

September 18 – December 4

(No Class: September 25, November 27)

Sun 4:00 p.m. – 5:15 p.m.
 304888-3A Okerson

Vinyasa Flow Yoga

(18 years and older)

Vinyasa Yoga flows sequential movements from one posture to another, while coordinating the breath with each movement. Participants move from pose to pose with each held for several breaths. The class blends forward folds, twists, back bends, inversions and balancing poses. Vinyasa yoga helps build muscle strength, stabilize the core, promote a healthy heart, improve mobility and flexibility, and calm the mind. Patrons are required to bring their own mat to class.

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

September 28 – November 16

Wed 11:45 a.m. – 12:45 p.m.
 304722-3A Barazi



Yin and Yang Yoga

(18 years and older)

Yin and Yang yoga combines yin yoga, a passive yoga practice focusing on deeper connective tissues and cooling energy, with yang yoga, an active practice focusing on muscles and warming energy. Combining yin and yang elements in this class provides a balanced practice and can have a powerful effect on energy levels. Patrons are required to bring their own mat to class.

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

September 28 – November 16

Wed 2:00 p.m. – 3:00 p.m.
 304701-3A Barazi

Yoga 101

(18 years and older)

This course is designed for beginners or those interested in refreshing or increasing their knowledge of basic yoga poses and breathing techniques. This course follows a progressive curriculum and will build upon the postures and movements learned in each previous class. This class is designed to provide the tools necessary to develop increased awareness of body and mind through movement and breath. All levels are welcome. Patrons are required to bring their own mat to class.

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

September 21 – November 9

Wed 9:00 a.m. – 10:00 a.m.
 305601-3A Unger

Yoga Strength and Power

(18 years and older)

This class combines Strength and Power Training with yoga to develop stamina, power, and grace. Strength Training uses the resistance of your own body weight, hand weights, or stretchy bands to build muscle and bone. Power Training uses strength and speed to increase agility and improve balance. Yoga integrates breathing and moving to increase mobility and stability. Participants work at their own level and progress at their own rate through a sequence of exercises for all major muscle groups. Modifications, alternatives, and pacing suggestions are offered by the instructor to help participants develop their own personal practice. Patrons are required to bring their own mat to class.

10, 75-min. sessions at RCC Lake Anne
\$100 (R)/\$80 (R55+)/\$150 (NR)

September 20 – October 20

Tue, Thu 9:30 a.m. – 10:45 a.m.
 304889-3A Okerson

November 10 – December 15

(No Class: November 24)

Tue, Thu 9:30 a.m. – 10:45 a.m.
 304889-3B Okerson

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 \$2.75 (R)/\$5.50 (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. Patrons are required to bring their own mat to class.

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

September 9 – December 16

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

Cardio and Strength Intervals

(18 years and older)

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

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

September 7 – December 21

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



Walking Group

(18 years and older)

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

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

September 7 – December 7

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

Zumba Gold

(18 years and older)

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

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

September 7 – December 16

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

Zumba Gold Toning

(18 years and older)

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

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

September 6 – December 13

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

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

LANGUAGE

ESL-I

(18 years and older)

This class will help non-English speaking students learn English in a friendly and supportive environment. No registration will be allowed after the second class.

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

October 4 – November 29

(No Class: November 8)

Tue 11:00 a.m. – 12:00 p.m.
505533-3A Daniels

ESL-II

(18 years and older)

This class is designed for students who have already participated in a beginning-level ESL class or who have rudimentary English skills. No registration will be allowed after the second class.

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

October 4 – November 29

(No Class: November 8)

Tue 12:00 p.m. – 1:00 p.m.
505565-3A Daniel

ESL-III

(18 years and older)

This class is for students who are more fluent in English but who would benefit from advanced grammatical studies and more attention to advanced conversational skills. No registration will be allowed after the second class. ESL-III students may also register for ESL-IV Conversational English.

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

October 6 – December 1

(No Class: November 24)

Thu 11:00 a.m. – 12:00 p.m.
505534-3A Daniel

ESL-IV – Conversational English

(18 years and older)

This class is specifically geared for students who are fluent in English but who would benefit from additional instruction and practice of conversation skills. No registration will be allowed after the second class. Only students proficient in English or who have taken or are currently taking ESL-III may register for this class.

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

October 6 – December 1

(No Class: November 24)

Thu 12:00 p.m. – 1:00 p.m.
505535-3A Daniel

Japanese Culture Club

(18 years and older)

Participants should have some conversational knowledge of the Japanese Language.

New Participants are always welcome and encouraged to attend.

3, 2-hour session at RCC Hunters Woods Free, Registration Req.

September 10, October 15, November 19

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



The many cognitive benefits of learning languages are undeniable. People who speak more than one language have improved memory, problem-solving and critical-thinking skills, enhanced concentration, ability to multitask, and better listening skills. They switch between competing tasks and monitor changes in their environment more easily than monolinguals, as well as display signs of greater creativity and flexibility. As people age, being bilingual or multilingual also helps to stave off mental aging and cognitive decline.

– Leadwithlanguages.org

OLLI

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

Behind the Nobel Peace Prize

(18 years and older)

Look at the Nobel Prize and all that goes with it—the award's quirky history, judging, rules and more. Retired VCU Professor of Clinical Medicine and family physician Michelle Romano will also talk about the award dress code, those who were nominated and those who were never nominated but should have been. The class will culminate with a game of "Nobel Jeopardy."

2, 85-min. sessions at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 21 – September 28

Wed 9:40 a.m. – 11:05 a.m.
571981-3A OLLI

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.

Caregiving for Alzheimer's Disease: A Personal Journey

(18 years and older)

Caring for a loved one with dementia or Alzheimer's Disease can be very stressful. This course focuses on the impact of the diagnosis, the challenges facing the caregiver, coping strategies, and financial and legal issues. Instructor Bill Harris cared for his wife with Alzheimer's and had taught a class for caregivers for many years. This class will be virtual using the Zoom platform. All registered patrons will be sent the Zoom link 24 hours prior to the class.

6, 85-min. sessions • Virtual Free • Registration Req.

September 20 – October 25

Tue 11:50 a.m. – 1:15 p.m.
529631-3A OLLI

Cultural Issues to Ponder

(18 years and older)

Stephen Ruth, a professor of public policy at George Mason University, will bring some content from his graduate-level Culture, Organizations and Technology course to OLLI. Topics covered include cultural differentiation; elites and macro cultures; whether America is a Christian nation; problems with public opinion polling; and much more. The role of significant thought leaders like Robert Putnam (*Bowling Alone*), Jared Diamond (*Guns, Germs and Steel; Upheaval*), MIT's Edgar Schein and Sherri Turkle, Yale's Michael Christakis and others will be discussed. Ruth encourages students to disagree with established, mainstream perspectives on many issues. There will be emphasis on more than 40 metrics he uses to evaluate current events. All registered patrons will be sent the Zoom link 24 hours prior to the class.

3, 85-min. sessions at Virtual
\$30 (R)/\$24 (R55+)/\$45 (NR)

September 20 – October 4

Tue 2:15 p.m. – 3:40 p.m.
571980-3A OLLI

Elia Kazan and John Ford: Two of Hollywood's Greatest Directors

(18 years and older)

View and discuss great films by two award-winning directors, Elia Kazan and John Ford. Ford is renowned both for Westerns such as *Stagecoach*, *The Searchers* and *She Wore a Yellow Ribbon*, and adaptations of 20th-century American classics such as *The Grapes of Wrath*. He received six Academy Awards, including a record four wins for Best Director. Kazan won two Academy Awards and four Golden Globes for Best Director. His classics include *A Face in the Crowd*, *A Streetcar Named Desire*, *Gentlemen's Agreement* and *On the Waterfront*.

4, 3-hour sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)

October 19 – November 9

Wed 1:40 p.m. – 4:00 p.m.
529441-3A OLLI

Great Britain: As Seen On TV

(18 years and older)

Let's examine how life in Britain is portrayed in popular TV shows. Participants will view clips of shows such as *The Crown*, *All Creatures Great and Small* and *Ted Lasso* and ask "is it really like that?" This will be a fun and informative guide to what it's really like to live on a small island and maintain both a stiff upper lip and a great sense of humor. Kay Menchel, who grew up in Yorkshire, England, is a lawyer who also holds an MA in English literature from George Mason University. This class will be virtual using the Zoom platform. All registered patrons will be sent the Zoom link 24 hours prior to the class.

4, 85-min. sessions • Virtual
\$40 (R)/\$32 (R55+)/\$60 (NR)

September 21 – October 12

Wed 2:15 p.m. – 3:40 p.m.
571986-3A OLLI

OLLI CONTINUED

How Anger Rules The Tempest

(18 years and older)

Join GMU professor Joyce Johnston for an examination of this classic by William Shakespeare. The deposed Duke of Milan, betrayed by his own brother, has survived by building a magical refuge – an island full of hidden glades, peopled by elusive voices and cared for by magical ministers. Yet Shakespeare’s title suggests another possibility: his island was created by Prospero’s seething resentment toward his unjust fate. This class will be virtual using the Zoom platform. All registered patrons will be sent the Zoom link 24 hours prior to the class.

1, 85-min. session at Virtual
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 5

Wed 9:40 a.m. – 11:05 a.m.
571983-3A OLLI

Issues and Politics in the Civil War

(18 years and older)

Many of the political, social, geographical and economic differences that were considered causes of the Civil War were present prior to the ratification of the Constitution. Civil War historian Robert Finkelstein will discuss the history of these differences, along with the events between 1846 and 1860 that led to secession and war. This class will cover the goals of wartime political and military leaders, and the overall strategies of the Union and Confederate militaries and governments. This course will focus on the outcomes and consequences of selected battles, that changed national politics at the end of the war.

5, 85-min. sessions at RCC Lake Anne
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 12 – November 9

Wed 9:40 a.m. – 11:05 a.m.
571984-3A OLLI



Park Ranger Potpourri

(18 years and older)

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

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

October 11 – November 1

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

The Parables of Jesus

(18 years and older)

~~Examine Jesus’ use of parables as a means of teaching about the nature, character and will of God, the foibles and possibilities of humans, and the obligations of humans toward each other and their creator. Many of Jesus’ most well-known parables will be analyzed and discussed, including the different ways these parables have been understood as guides to Christian doctrine. Steve Goldman is the chair of OLLI’s Religious Studies Program Planning Group.~~

4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)

September 21 – October 12

Wed 11:50 a.m. – 1:15 p.m.
571985-3A OLLI

LEISURE & LEARNING

**REGISTER TODAY
DON'T DELAY!**

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

PERFORMING ARTS

ArtStream: Improvisation and Storytelling

(18 years and older)

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

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

October 3 – November 15

Tue 7:00 p.m. – 8:30 p.m.
402684-3A ArtStream

Awkward Conversations

(18 years and older)

Awkward Conversations is a series of artistic interventions helping groups and individuals practice honest, vulnerable and sometimes difficult dialogue based on our collective willingness to listen across all that divides us using performance and dance. A demonstration by the artistic team at the start of the class session will offer a common reference point for all who attend. Participants are invited to answer the question: I want to talk about ____ with _____. This community conversation experience is for everybody; no performance and/or dance experience expected or necessary. Sign up for one session or all sessions

1, 2-hour session at RCC Hunters Woods
\$45 (R)/\$36 (R55+)/\$75 (NR)

September 19

Mon 7:00 p.m. – 9:00 p.m.
402744-3A Staff

October 24

Mon 7:00 p.m. – 9:00 p.m.
402744-3B Staff

November 14

Mon 7:00 p.m. – 9:00 p.m.
402744-3C Staff

December 19

Mon 7:00 p.m. – 9:00 p.m.
402744-3D Staff

Managing the College Musical Theatre Audition

(15 years and older)

Renowned musical theatre artists Sherri L. Edelen and Howard Breitbart, and educator Rita Gigliotti, will prepare high school juniors and seniors for auditions for college musical theatre programs. Students will perform an audition song and a monologue, take part in a resume review, and learn skills needed for a successful audition.

3, 2-hour sessions at RCC Hunters Woods
\$175 (R)/\$140 (R55+)/\$220 (NR)

November 21 – December 12

(No Class: December 5)

Mon 6:30 p.m. – 8:30 p.m.
402745-3A Staff

SOCIAL

American Mah Jongg

(18 years and older)

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

17, 2.5-hour sessions at RCC Hunters Woods
Free, Registration Req.

September 7 – December 28

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

September 8 – December 29

(No Class: November 24)

Thu 9:30 a.m. – 12:00 p.m.
509605-3B Staff

Bridge Mondays

(18 years and older)

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

15, 4-hour sessions at RCC Hunters Woods
Free, Registration Req.

September 12 – December 19

Mon 10:00 a.m. – 2:00 p.m.
509603-3A Staff

Bridge Tuesdays

(18 years and older)

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

17, 3-hour sessions at RCC Lake Anne
Free, Registration Req.

September 6 – December 27

Tue 10:00 a.m. – 1:00 p.m.
505551-3A 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/guardian at all times. If a parent/guardian is also playing, they must register.

16, 3-hour sessions at RCC Hunters Woods
Free, Registration Req.

September 8 – December 22

(No Class: November 24)

Thu 6:30 p.m. – 9:30 p.m.
901354-3A Staff





SOCIAL CONTINUED

Holiday Luncheon

(18 years and older)

Don't miss RCC's annual holiday celebration at RCC Hunters Woods. Enjoy lunch, conversations with friends, music and dancing. No group registration will be accepted; interested patrons must register individually.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$24 (R55+)/\$60 (NR)

December 7

Wed 11:30 a.m. – 2:00 p.m.
 505575-3A Staff

Reston Plays Games

(18 years and older)

Tabletop gaming brings people together with cards, dice and meeples in hand to achieve goals both simple and complex. Bring your board, card and dice game collections and share the fun of playing with and making new friends. Games range in style including cooperative, worker placement, deck-building, strategy and more. You must register for this program due to COVID regulations. Space is limited due to social distancing requirements. Gamemasters for role-playing games may contact Bill Parker, (William.parker@fairfaxcounty.gov) for information regarding open gaming times for new or established groups.

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

September 7 – December 28

Wed 5:00 p.m. – 10:00 p.m.
 503594-3A Staff

TECHNOLOGY

Automate Your Home with Google Home

(18 years and older)

Learn how to smart automate your home with Google's Home app and their various audio, video and Home security products. Google's Nest services and third-party connectivity will be covered.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 12

Wed 10:00 a.m. – 12:00 p.m.
 505337-3A Livingston

Better Camera Apps

(18 years and older)

Did you know there are other cameras to add to cell phones? These apps can give you better control while taking photos. Learn how to use these tools to take even better pictures of family and friends. Please bring a mobile phone and charging cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 20

Thu 10:00 a.m. – 12:30 p.m.
 500738-3A Leir

Computer Maintenance and Housekeeping

(18 years and older)

Learn how to keep computers running smoothly by using system tools, utility programs, firewalls and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files and keep computers updated automatically. Students may bring their own laptops.

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

September 12 – September 19

Mon 10:00 a.m. – 12:30 p.m.
 505001-3A Livingston

Cut the Cable: Switch to Streaming TV

(18 years and older)

Learn about the various streaming TV options and whether switching to streaming will save money. Please bring a cable bill to class to compare current charges to available options.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 15

Thu 10:30 a.m. – 12:30 p.m.
 504173-3A O'Connell

Decrease Telecom Costs

(18 years and older)

Want to explore ways to decrease landline, wireless and cable bills? Discover new technologies like Roku, Aereo and Hulu. Learn how to get free HDTV, go wireless to help save money and communicate via FaceTime and Google Voice in order to replace a landline phone.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 9

Wed 10:00 a.m. – 12:30 p.m.
 500315-3A Livingston



eLEARNING

→ @RCC

**EXPAND YOUR EXPERTISE
AND ADVANCE YOUR CAREER**

Certificate Programs in:

- Business
- Business Communication
- Digital Marketing
- Human Resources
- Leadership
- Management
- New Media Marketing
- Social Media for Business
- Training and Education

Individual Courses in:

- Business
- Career Skills
- Parenting
- Health
- Human Resources
- Leadership
- LEED Green Workplace
- Management
- New Media Marketing
- Professional Development
- Social Media for Business
- Training and Education
- Web Design

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

Visit the eLearning page to find the class schedule that works best for you.

www.restoncommunitycenter.com/eLearning

Because this is a partnered program, no RCC fee waivers can be used.

TECHNOLOGY CONTINUED

Exploring Mobile Apps

(18 years and older)

From maps to photos to games, the phone and tablet offer a wide range of apps. Students will learn how to select, download, navigate and manage apps from the Apple App Store on their mobile devices. Android apps will be briefly discussed.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 20

Tue 10:30 a.m. – 12:30 p.m.
500563-3A O'Connell

Exploring Social Media

(18 years and older)

Facebook, Twitter, LinkedIn, Snapchat, blogs and more. Social media platforms are changing the way we engage with each other and comment on issues. This class will demonstrate and discuss the most popular sites, how they work and privacy precautions.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 29

Thu 10:30 a.m. – 12:30 p.m.
500562-3A O'Connell

Google: Much More Than Search

(18 years and older)

Learn to use more Google features, such as Gmail and search tips, Google photos, Google Docs, translations, and much more. Learn how to create a personalized/shared calendar, make free phone calls, use the Cloud to print from anywhere and download books, music and apps from the Google Play store.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 16

Wed 10:00 a.m. – 12:30 p.m.
500491-3A Livingston



iPhone Camera

(18 years and older)

Learn how to use all the camera options that come with your iPhone camera. Discover how to take the best pictures of your family and friends.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 8

Thu 10:00 a.m. – 12:30 p.m.
500395-3A Leir

iPhone Camera Editing

(18 years and older)

Learn how to edit photos using Snapseed. This free app can bring photos to life. Download the app before class. Please bring a mobile phone and charging cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 6

Thu 10:00 a.m. – 12:30 p.m.
500496-3A Leir

iPhone Storage

(18 years and older)

Learn how to organize photos on your phone or in the Cloud. Discover iCloud and how it works and how to remove photos from your phone. Participants should bring mobile phone and charging cords to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 22

Thu 10:00 a.m. – 12:30 p.m.
500736-3A Leir

iPhone/iPad Movie Editing

(18 years and older)

iMovie is a fun and powerful tool for creating short videos on your iPhone/iPad. Students will learn how to make a movie with music and voiceovers. Come to class with iMovie downloaded to your iPhone or iPad.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 17

Thu 10:00 a.m. – 12:30 p.m.
503536-3A Leir

Photo Slideshow

(18 years and older)

Learn how to make a slideshow complete with photos, transitions and music. This type of presentation is useful for reunions, parties and other special occasions.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 3

Thu 10:00 a.m. – 12:30 p.m.
500737-3A Leir

TECHNOLOGY CONTINUED

Photoshop Elements 1

(18 years and older)

Learn how to enhance your photos by using Photoshop Elements. Please bring a mobile phone or digital camera and charging cords to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

December 1

Thu 10:00 a.m. – 12:30 p.m.
500740-3A Leir

Photoshop Elements 2

(18 years and older)

Take Photoshop skills to the next level by learning how to use layers and masks in Photoshop Elements. It is recommended that participants take Photoshop Elements 1 before taking this class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

December 8

Thu 10:00 a.m. – 12:30 p.m.
500741-3A Leir

Photoshop Elements 3

(18 years and older)

Learn how to use Photoshop to further enhance photos. Participants should bring photos on a mobile phone, tablet or laptop to get assistance making changes, additions and corrections to images.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

December 15

Thu 10:00 a.m. – 12:30 p.m.
500742-3A Leir

Protect Your Privacy and Identity Online

(18 years and older)

The convenience of the digital world requires giving personal information that may leave us exposed to hackers and scammers. Learn the ways that privacy can be protected across technology platforms such as Google, email, Windows 10, iPad and when using email or social media platforms like Facebook. Participants will assess online activity, examine privacy settings and learn about the tools that restrict access to personal information.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 10

Thu 10:30 a.m. – 12:30 p.m.
500697-3A O'Connell

What's New in Windows 11

(18 years and older)

This course will demonstrate the new features of the Windows 11 operating system:

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 21

Mon 10:30 a.m. – 12:30 p.m.
547811-3A O'Connell

Windows 10 for New Users

(18 years and older)

From the Start Menu to the user interface, Windows 10 is different. Anyone new to Windows 10 will discover the powerful new tools and easy ways to customize the screen. Learn to manage the tiles and task menu along with the critical importance of using System Tools for privacy and personalization.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 4

Tue 10:30 a.m. – 12:30 p.m.
503611-3A O'Connell

Windows 10: Security and Privacy

(18 years and older)

Learn about the various privacy and security functions associated with Windows 10. Participants should bring a laptop to class if they have one.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 18

Tue 10:30 a.m. – 12:30 p.m.
536952-3A O'Connell

Windows 10: Working with Files

(18 years and older)

Learn how to organize files and photos with the tools in Windows 10. Learn how to create folders, search for files, move, copy, delete files, transfer photos from a phone and tablet along with various ways to back up files. Participants should bring a laptop to class if they have one.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 13

Thu 10:30 a.m. – 12:30 p.m.
503613-3A O'Connell

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.

TRIPS AND TOURS

Harry Potter Exhibit at Franklin Institute Museum

(5 years and older)

This groundbreaking exhibition in Philadelphia will celebrate the iconic moments, characters, beasts and settings seen in the films and stories of *Harry Potter and the Wizarding World* using immersive design and technology. Visitors will get an up-close look at authentic props and original costumes as they engage with innovative, awe-inspiring, and magical environments and installations featuring the Wizarding World. Children under the age of 18 must be accompanied by an adult/guardian age 21 or older. Trip fee includes transportation, museum admission, planetarium ticket and trip chaperones.

7:00 a.m. Depart RCC Lake Anne

7:30 a.m. Depart RCC Hunters Woods

5:30 p.m. Estimated Return to Reston

1, 10.5-hour trip

\$115 (R)/\$92 (R55+)/\$172 (NR)

September 2

Fri 7:00 a.m. – 5:30 p.m.
563953-3A Staff

Mount Vernon Tour and Lunch

(18 years and older)

Enjoy a day by stepping back in time at George Washington's Mount Vernon Estate with someone from Washington's world as they go about their daily activities. Trip fee includes transportation, admission, lunch voucher, guided tour and trip chaperones.

8:30 a.m. Depart RCC Lake Anne

9:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated Return to Reston

1, 7.5-hour trip

\$95 (R)/\$76 (R55+)/\$143 (NR)

September 28

Wed 8:30 a.m. – 4:00 p.m.
563954-3A Staff

Potomac Railroad Experience

(18 years and older)

Take a three-hour train excursion in Romney, WV, to enjoy the scenic views and dine in a premium dining car. The narrated journey will capture the beauty that surrounds the train as it goes southbound through the "Trough to Sycamore Bridge" and back. Trip fee includes transportation, admission, lunch and trip chaperones.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

6:30 p.m. Estimated Return to Reston

1, 9-hour trip

\$160 (R)/\$128 (R55+)/\$240 (NR)

October 13

Thu 9:30 a.m. – 6:30 p.m.
563955-3A Staff

Hamilton at The Kennedy Center

(18 years and older)

Hamilton is the story of America then, told by America now. Featuring a score that blends hip-hop, jazz, R&B and Broadway, *Hamilton* has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre. Trip fee includes transportation, admission and trip chaperones.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated Return to Reston

1, 6-hour trip

\$130 (R)/\$104 (R55+)/\$195 (NR)

October 5

Wed 11:30 a.m. – 5:30 p.m.
563957-3A Staff

GENERAL INFORMATION

Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

Cancellations:

Please see our [cancellation/refund policy here](#).

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.

TRIPS AND TOURS CONTINUED

Holiday Shopping at Arundel Mills Mall

(18 years and older)

Join us for a shopping excursion and lunch at Arundel Mills Mall, Maryland's largest outlet destination. Arundel Mills features more than 200 indoor stores to take care of everyone on your holiday shopping list. Trip fee includes transportation, buffet lunch and trip chaperones.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

6:00 p.m. Estimated Return to Reston

1, 8-hour trip

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

November 3

Thu 10:00 a.m. – 6:00 p.m.

503528-3A Staff

Christmas Spectacular at Riverside Dinner Theatre

(18 years and older)

Experience the excitement, memories and joy of Christmas as Riverside Dinner Theatre's spectacular cast of singers and dancers present the very heart and essence of the holiday season. Trip fee includes transportation, show, lunch and trip chaperones.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

5:30 p.m. Estimated Return to Reston

1, 7.5-hour trip

\$125 (R)/\$100 (R55+)/\$185 (NR)

November 16

Wed 10:00 a.m. – 5:30 p.m.

543147-3A Staff

Holidays at Longwood Gardens

(18 years and older)

Enjoy the warmth and splendor of a Longwood Christmas, where magnificently decorated trees, thousands of poinsettias and fragrant flowers transform the indoor conservatory into a holiday wonderland. Outdoors, stroll through a half million lights that dazzle and delight. Trip includes transportation, admission, box lunch and trip chaperones.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

9:30 p.m. Estimated Return to Reston

1, 12-hour trip

\$110 (R)/\$88 (R55+)/\$165 (NR)

December 1

Thu 9:30 a.m. – 9:30 p.m.

563956-3A Staff

VISUAL ARTS

Acrylic Painting Beginners

(18 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne

\$65 (R)/\$52 (R55+)/\$115 (NR)

September 30 – December 2

(No Class: October 28, November 25)

Fri 10:00 a.m. – 1:00 p.m.

455011-3A Daniels

Art Lab

(18 years and older)

Artists of all skill levels are invited to explore their creativity. This open studio class is the perfect time to complete projects that are left over from previous classes or work on personal projects.

8, 3-hour sessions at RCC Lake Anne

\$45 (R)/\$36 (R55+)/\$65 (NR)

September 30 – December 2

(No Class: October 28, November 25)

Fri 2:00 p.m. – 5:00 p.m.

404213-3B Staff

Art School and Career Panel Series

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? Are you a graduate student or emerging professional who wants to learn more about jobs in the visual arts field? Join Tephra Institute of Contemporary Art (Tephra ICA) for an Art School and Career series presented by a panel of professionals discussing a variety of art school programs and career opportunities in the arts.

Panelists may include art educators and arts practitioners working in museums, galleries, universities, community colleges and more.

1, 2-hour session at 12001 Market Street Free, Registration Req.

November 8

Sat 6:00 p.m. – 8:00 p.m.

402521-3B Tephra ICA

December 3

Sat 2:00 p.m. – 4:00 p.m.

402521-3C Tephra ICA

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

\$80 (R)/\$64 (R55+)/\$115 (NR)

October 6 – November 10

Thu 10:00 a.m. – 12:30 p.m.

402512-3A Griffith Tso

Collaging with Encaustic

(18 years and older)

The foundation of encaustic is melted wax. Participants in this class will use melted wax on a rigid substrate to form a base on which collaging, colorizing, incising, embossing and image transferring techniques can be explored. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne

\$80 (R)/\$64 (R55+)/\$115 (NR)

November 7 – December 12

Mon 10:00 a.m. – 12:30 p.m.

402602-3A Fitzurka

VISUAL ARTS CONTINUED

Create Like DaVinci

(18 years and older)

Explore the fertile mind of Leonardo DaVinci and apply his tools to inspire a creative life.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 29 – December 1

(No Class: October 27, November 24)

Thu 2:00 p.m. – 4:00 p.m.
402746-3A Daniels

Creative Hands Pottery

(18 years and older)

Participants will explore hand building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 13 – November 1

Tue 10:00 a.m. – 12:30 p.m.
402665-3A Page

Drawing Basics

(18 years and older)

Learn a variety of drawing techniques to find your style while drawing a range of subjects from still life to portraits. Practice value, shape, line and gesture studies, and learn the basics of perspective and composition through progressive exercises. For beginner and intermediate students. Materials include graphite, charcoal and pen. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 14 – November 2

Wed 7:00 p.m. – 9:00 p.m.
402748-3A Lashley

Making Pottery With or Without the Wheel

(18 years and older)

This class is for students with beginning through advanced hand building and/or wheel throwing skills. The class will emphasize design, construction of functional and non-functional forms, and surface decoration. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand building or wheel, or to combine elements of both. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 14 – November 2

Wed 7:00 p.m. – 9:30 p.m.
402616-3A Patton

Micromosaic Jewelry

(18 years and older)

Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. All supplies are included in the class fee.

1, 3-hour session at RCC Hunters Woods
\$85 (R)/\$68 (R55+)/\$160 (NR)

October 5

Wed 6:30 p.m. – 9:30 p.m.
402623-3A Damron

Modern Painting Styles in Acrylic

(18 years and older)

This class will focus on the painting styles of contemporary art. Instructor Dorian Traynham will use the pillars of modern painting to expand students' use of acrylics and other media. This class is geared toward beginners, but all skill levels are welcome. A supply list will be provided prior to the first class.

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

September 20 – November 8

Tue 6:00 p.m. – 9:00 p.m.
402694-3A Traynham

Monoprinting Without a Press

(18 years and older)

This is an opportunity to experiment with printmaking in an instructor-led, supportive environment. Experiment with relief printing, simple collagraphs, gelli plates, collage printing, line printing, stencil making and more. Using these processes, participants can create one-of-a-kind art works, in addition to custom-patterned paper and fabric for use in collage, art books, mixed media and assemblage. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$115 (NR)

September 12 – October 17

Mon 10:00 a.m. – 12:30 p.m.
402737-3A Fitzurka



VISUAL ARTS CONTINUED

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.

4, 3-hour sessions at RCC Hunters Woods
\$130 (R)/\$104 (R55+)/\$225 (NR)

September 14 – October 5

Wed 10:00 a.m. – 1:00 p.m.
404040-3A Damron

Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Unleash imagination and creativity by learning to paint with alcohol inks on tile. This medium allows participants to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies are included in the class fee.

1, 2-hour session at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$75 (NR)

September 17

Sat 1:00 p.m. – 3:00 p.m.
402728-3C Clark

October 15

Sat 1:00 p.m. – 3:00 p.m.
402728-3D Clark

November 19

Sat 1:00 p.m. – 3:00 p.m.
402728-3E Clark

December 10

Sat 1:00 p.m. – 3:00 p.m.
402728-3F Clark



Portrait Sculpture

(18 years and older)

Class will explore the anatomy of the face, head and neck. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramics studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 30 – November 18

Fri 10:00 a.m. – 12:30 p.m.
402747-3A Zoller

Realistic Still Life

(18 years and older)

Learn basic techniques on painting realistically using the still life motif. Students will paint flower vases, wine bottles, fruit, food, and musical instruments. The class is geared for the beginner, but all levels of experience are welcome. 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)

October 3 – November 21

Mon 7:00 p.m. – 9:30 p.m.
402734-3A Morris

Reclaiming the Inner Artist

(18 years and older)

This mixed-media class is designed for emerging artists to access their creative side and for practicing artists in search of fresh inspiration. Using creative exercises rooted in the Four Elements (earth, water, air and fire), connect with the creative cycle, tap into creative flow, face the inner critic and learn to overcome perceived obstacles. This transformative class is a combination of intuitive art, meditation and personal journaling. Make an art journal to document the journey toward reclaiming unique trust in creative power. A supply list will be provided prior to the first class.

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

September 13 – November 1

Tue 10:00 a.m. – 1:00 p.m.
402641-3A Mullarkey

Viewing art is a quality way to ease stress. A study by London's University of Westminster said participants who visited an art gallery on their lunch break reported feeling less stressed afterward. They had lower concentrations of cortisol, the stress hormone, from just 35 minutes spent looking at art in the gallery.

VISUAL ARTS 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 one open ceramic studio visit. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 26 – November 14

Mon 10:00 a.m. – 12:30 p.m.
402500-3A Zoller

September 27 – November 15

Tue 7:00 p.m. – 9:30 p.m.
402500-3B Zoller

Tapestry Mosaic Art

(18 years and older)

Elaborate patchwork tapestry fabrics from Rajasthan and Gujarat, India, are the inspiration for this class. Specialty glass (including Van Gogh glass and millefiori), crystal and beads are used to create multiple patterns of color and texture. Basic knowledge of mosaics is recommended. All supplies are included in the class fee.

4, 3-hour sessions at RCC Hunters Woods
\$190 (R)/\$152 (R55+)/\$370 (NR)

November 9 – December 7

(No Class: November 23)

Wed 6:30 p.m. – 9:30 p.m.
402255-3A Damron

Tephra ICA Art Family Day

(All Ages)

Tephra Institute of Contemporary Arts (Tephra ICA) opens its doors for an afternoon of family art-making and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family. Tephra ICA is located at 12001 Market Street, Suite 103, Reston. Reston Town Center garage parking is free on Saturdays.

1, 3-hour session at 12001 Market Street
Free, Registration Req.

October 29

Sat 12:00 p.m. – 3:00 p.m.
402646-3A Tephra ICA

Wednesday Watercolor

(18 years and older)

This watercolor class is for intermediate and beginning painters who want to build and improve their painting skills. We will use lectures, demonstration and class painting time to explore fun subjects such as landscapes, buildings and simple figures, while focusing on the fundamental building blocks of watercolor painting. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 14 – November 2

Wed 10:00 a.m. – 12:30 p.m.
402735-3A Ellor

Wheel Exploration

(18 years and older)

Whether experienced or just starting out, participants can practice and refine skills with guidance from an instructor. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 27 – November 15

Tue 10:00 a.m. – 12:30 p.m.
402639-3A Staff

September 13 – November 1

Tue 7:00 p.m. – 9:30 p.m.
402639-3B Markum

Wheel I

(18 years and older)

Learn how to work with clay and master wedging, centering and throwing to make bowls, cylinders and small plates. Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 15 – November 3

Thu 7:00 p.m. – 9:30 p.m.
402462-3B Stefanik

September 29 – November 17

Thu 10:00 a.m. – 12:30 p.m.
402462-3A Zoller

Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 12 – October 31

Mon 7:00 p.m. – 9:30 p.m.
404210-3A Alexander

September 16 – November 4

Fri 10:00 a.m. – 12:30 p.m.
404210-3B Anderson

CERAMICS STUDENTS:

Open Ceramics Studio passes expire at the end of each session. Fall class passes expire December 31.

Winter/Spring class passes expire May 31, and Summer class passes expire August 31.

ARTIST DIALOGUES AT TEPHRA ICA

FREE • 13 YEARS AND OLDER



Join Tephra ICA to hear a creative professional respond to the work on view in the gallery. The short presentation will be followed by open conversation. Please check the Tephra ICA website for scheduled dates. Events are free and open to the public.

Creative Responses

Creative professionals will respond to the work on view in the gallery.
The short presentation will be followed by an open conversation.

In Conversation

Hear from the current exhibiting artist in their own words about their work, life and inspiration
in a short presentation followed by an open Q&A.

Insights

Listen to curators and directors of major art institutions discuss the work on view in the gallery and
reflect on the relationship to Reston and American culture writ large.

Tephra ICA is located at 12001 Market Street, Suite 103, Reston, VA.
Reston Town Center garage parking is free on weekends and weekdays after 5:00 p.m.

For schedule please visit: www.tephraica.org

WOODWORKING

Box Building Basics

(18 years and older)

Learn the skills and techniques needed to make beautiful wooden boxes for your home or as gifts. We will discuss the elements of box design including proportion, scale, texture, focal point, visual illusion, function and interior design. Participants will also learn basic woodworking skills necessary for all woodworking projects: safe use of tools, selection of the appropriate tool, stock preparation and marking, and precision cutting. Participants will learn two types of boxes featuring different joinery and lids. All materials and supplies will be included in the class fee.

4, 3-hour sessions at RCC Hunters Woods
\$95 (R)/\$76 (R55+)/\$143 (NR)

October 13 – November 3

Thu 6:30 p.m. – 9:30 p.m.
500786-3A Burke

Good Neighbors Woodworking Group

(18 years and older)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration through myRCC.

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

September 6 – December 27

Tue 9:30 a.m. – 2:30 p.m.
5C0085-3A Staff



Dovetail Cutting

(18 years and older)

Woodcrafter Bob Van Dyke will teach 10 different ways to cut dovetails. Students will use techniques that feature the table saw, trim router, bandsaw and scroll saw, along with hand tools to increase both their speed and accuracy. No router dovetail jigs will be used.

2, 8-hour sessions at RCC Hunters Woods
\$275 per participant, all participants

November 12 – 13

Sat, Sun 9:00 a.m. – 5:00 p.m.
[Registration through Washington Woodworkers Guild](#)

Fundamentals of Woodcarving

(18 years and older)

Join professional woodcarver and teacher Mary May in this two-day class to get started on the basics of woodcarving. The class will cover getting tools razor sharp, safe use of gouges, securing the work bench, carving in the correct grain direction, and the process of planning carving from start to finish. Students will be guided through two different projects. Fee includes a one-year membership to the Washington Woodworkers Guild.

2, 8-hour session at RCC Hunters Woods
\$250 per participant, all participants

September 17 – 18

Sat, Sun 9:00 a.m. – 5:00 p.m.

September 19 – 20

Mon, Tue 9:00 a.m. – 5:00 p.m.

[Registration through Washington Woodworkers Guild](#)

Introduction to Woodcarving

(18 years and older)

Professional woodcarver and teacher Mary May will discuss and demonstrate the basics of traditional woodcarving, including tools and equipment, safety, and basic carving techniques. Mary will do a short demo of carving a flower in relief and show the process of sharpening carving gouges by hand.

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

September 16

Fri 7:00 p.m. – 9:00 p.m.
536974-3A Staff

Tool Sharpening and Card Scrapers

(18 years and older)

Join woodcrafter Bob Van Dyke as he demonstrates his sharpening techniques for several types of woodworking hand tool blades. He will also demonstrate the proper set up, sharpening and operating techniques for the card scraper.

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

November 11

Fri 7:00 p.m. – 9:00 p.m.
549215-3A Staff

LEISURE & LEARNING

OPEN STUDIOS

Open Ceramics Studios

(18 years and older)

The public is invited to use RCC's Ceramics Studio. The Open Ceramics Studio now requires reservations following purchase of a pass. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC, purchase or use a pass and select the dates and studio in which you wish to participate. Reservations for the Open Ceramics Studio are free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each registered visit. Passes may also be renewed online through myRCC. Ceramics Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$15 (R)/\$30 (NR) per visit. Ceramics Studio passes expire two years from date of purchase. The pass fee includes firing and glazes. Clay cost is \$15 – \$20 for 25 lbs.

4-hour sessions at RCC Lake Anne Pass, Reservation Req.

September 14 – December 14

(No Class: November 23)

Wed	10:00 a.m. – 2:00 p.m.
4C0020-3	Ceramics Studio
4C0025-3	3D Studio

September 17 – December 17

(No Class: November 26)

Sat	1:00 p.m. – 5:00 p.m.
4C0030-3	Ceramics Studio
4C0035-3	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 registered visit. Glass Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (NR) per visit. Glass Studio passes expire two years from date of purchase.

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

**September 18, October 2, 16,
November 6, 20, December 4, 18**

1st & 3rd Sun	1:00 p.m. – 5:00 p.m.
4C0010-3	Staff

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 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 visit. Woodshop passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (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.

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

September 6 – December 27

Tues	6:00 p.m. – 9:30 p.m.
5C0010-3	Staff

September 10 – December 17

(No Class: September 17, November 12)

Sat	9:00 a.m. – 12:30 p.m.
5C0050-3	Staff

Sat	1:00 p.m. – 4:30 p.m.
5C0030-3	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.

Have Questions About Reservation Programs: www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation: www.restoncommunitycenter.com/HowTo



Administration

Leila Gordon	Executive Director
BeBe Nguyen	Deputy Director
Renata Wojcicki	Finance Director
Lorna Campbell Clarke	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Relations Director
Fred Russo	Building Engineer
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Vincent Brown	Customer Service
Nicholas Burt	Billing and Reconciliation Specialist
Suzanne Connell	Personnel Specialist
Sumi Gallas	Customer Relations Assistant Director
Karen Goff	Public Information Officer
Samantha Korkowski	Graphic Artist
James Rockett	Financial Specialist
Grazyna Siebor	Procurement Specialist
Ling Zhao	Customer Service

Aquatics

Matthew McCall	Aquatics Director
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Program Director

Arts and Culture

Paul Douglas Michnewicz	Director of Arts and Culture
Mark Anduss	Assistant Technical Director
Cheri Danaher	Arts Education Director
Gloria Morrow	Arts Education Assistant
Rhia Ovington	Box Office Assistant
William D. Parker	Box Office Manager
Mark Sevilla	Arts and Events Assistant

Leisure and Learning

Kevin Danaher	Leisure and Learning Director
Anya Avilov	Fitness and Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
Kim Gollop-Pagani	Youth/Teen Program Assistant
Debbie Heron	Youth/Teen Program Director
LaTanja Snelling	Equity Partnerships Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth/Teen Program Assistant
Jonathan Navarro	Fitness and Wellness Program Director
Staff	RCC Rides Coordinator

Facility Rentals and Operations

Brian Gannon	Facility Services Director
Mohammed Alhadi	Facility Team
Chris Brown	Facility Team
Guillermo Huaman	Facility Team
Will Sanchez	Facility Operations Manager
Cristobal Rivera	Facility Team
Ken Wade	Facility Team
Cory Woods	Facility Team

THANK YOU

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

COMMUNITY PARTNERS

Thank you to our Community Partners:

- AARP Foundation (AARP Tax Aide Program)
- AARP Virginia
- Al Fatih Academy
- ArtsFairfax
- Cathy Hudgins Community Center at Southgate
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones – Reston Opportunity Neighborhood (RestON)
- Dance Place of Washington, DC
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Fall for the Book
- George Mason University College of Visual and Performing Arts
- Greater Reston Chamber of Commerce
- Herndon Community Center
- Hunters Woods at Trails Edge
- Hunters Woods Neighborhood Coalition
- Jewish Community Center of Northern Virginia
- Lake Anne Plaza
- League of Reston Artists
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor; Walter L. Alcorn
- Osher Lifelong Learning Institute (OLLI) at George Mason University
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston for a Lifetime
- Reston Historic Trust
- Reston Hospital Center
- Reston Masters Swim Team
- Reston Town Center Association
- Shenandoah Conservatory
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- Tephra ICA (formerly GRACE)
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworkers Guild
- YMCA Fairfax County/Reston

HOW TO REGISTER

Online Registration

Online registration opens at 9:00 a.m. on August 1.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to create an account through myRCC to receive a household username and initial password.
- To access myRCC, go to www.restoncommunitycenter.com, click on myRCC. Under Quick Links, click Create an Account. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to RCCcontact@fairfaxcounty.gov or to a customer service representative at 703-476-4500:
Mon – Sat: 9:00 a.m. – 9:00 p.m.
Sun: 9:00 a.m. – 8:00 p.m.

In Person/Mail/Fax Registration

- All forms are available online at www.restoncommunitycenter.com.
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191.
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

REGISTRATION FORMS

Please note that no matter when you drop off your registration, it will not be processed until August 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on August 1 if they are received July 31.

Our Customer Service team will be inputting registrations in the myRCC system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

REGISTRATION POLICIES

Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Regular class fees are listed as Reston/Non-Reston; aquatics daily visits and pass fees are listed as Reston, Fairfax County resident and non-Fairfax County resident.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is on the RCC website.

Priority Reston Registration

Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

Non-Reston Registration

Non-Reston registration begins at the end of the one-week priority-Reston registration period.

Payment

Payment is required at the time of registration. Pay by cash, check (payable to Reston Community Center), money order, MasterCard, VISA or Discover. Cash payments cannot be accepted during Reston priority registration.

REGISTRATION POLICIES CONTINUED

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 adult 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 are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online.

FEES

- Reston patrons 55 years and older may receive a discount on eligible class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to drop-in activities.
- Passes will expire two years from date of purchase, with the exception of monthly pool passes.
- Single visit swim passes may be issued for any facility closure or interruption.

FEE WAIVER PROGRAM

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online.

CLASS CANCELLATION

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

REFUNDS

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of monthly pool passes.

BOARD OF GOVERNORS

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

RCC's Board of Governors invites the general public to its Board meetings; anyone is welcome to attend and share input. Dates subject to change. Additional committee meetings are scheduled as needed. Please visit www.restoncommunitycenter.com for a current list of Board meetings.

Monthly Meeting

Monday September 12, 8:00 p.m.

Monthly Meeting

Monday October 3, 8:00 p.m.

Monthly Meeting

Monday November 7, 8:00 p.m.

Monthly Meeting

Monday December 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. All inquiries are answered within 48 business hours.

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.

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.

A Colorful Crowd	72	Deep Water Mania	66
Acrylic Painting Beginners	101	Dinner and a Movie with the Grinch	75
Adapted Aquatics Volunteers	44	Don't be Scammed	82
Adult Advanced Beginner	64	Dovetail Cutting	106
Adult Beginner	64	Drawing Basics	102
Advanced Arthritis, Fibromyalgia and Multiple Sclerosis	65	Easy Origami for Adults	80
Aging with Power and Grace	86	Eating for Diabetes	82
Airbrush Art	71	Elia Kazan and John Ford: Two of Hollywood's Greatest Directors	93
American Mah Jongg	95	ESL	92
Apprentice Engineering Adventures	72	Essentrics	86
Aqua Barre	65	Exploring Mobile Apps	98
Aqua Blast	66	Exploring Social Media	98
Aqua Boot Camp	66	Fall Festival at Cox Farms	76
Aqua Burn	66	Fitness Fusion	84
Aqua Mixer	66	Forever Fit	84
Aqua Tots	57	Forever Fit Chair	85
Art Attack	78	Fundamentals of Woodcarving	106
Art Lab	101	Gender 101 – Masculinity and Femininity	73
Art School and Career Panel Series	101	Gentle Yoga	89
ArtStream: Improvisation and Storytelling	95	<i>Gifts from the HeART</i> Shopping Event	16
Automate Your Home with Google Home	96	Global Warming and a Path to a Clean Energy Future	82
Autumnal Hike	76	Google: Much More Than Search	98
Autumnal Pottery	71	Great Britain: As Seen On TV	93
Awkward Conversations	95	Gut Feeling Seminar	89
Babysitting	72	Gut Feeling Yoga	89
Balance and Mobility Workshop	86	Halloween Crafternoonpalooza	75
Ballet Basics I	72	Halloween Family Fun Day Volunteers	44
Ballet Combo	72	<i>Hamilton</i> at The Kennedy Center	100
Beginning Tai Chi	86	Harry Potter Exhibit at Franklin Institute Museum	100
Behind the Nobel Peace Prize	93	Hatha Yoga	89
Better Camera Apps	96	Healthy is Easy and Tasty	80
Big Fun for Little Ones	75	Healthy Joints Workshop	86
Bingocize	82	Hip-Hop	72
Blacksmithing Workshop	82	Holiday Gift Wrapping Party	81
Bolly X	86	Holiday Luncheon	96
Bookends	82	Holidays at Longwood Gardens	101
Boot Camp	91	Holiday Shopping at Arundel Mills Mall	101
Box Building Basics	106	How Anger Rules <i>The Tempest</i>	94
Bridge Mondays	95	How to Control Blood Pressure	83
Bridge Tuesdays	95	How Women Innovators Shaped the World	83
Cardio and Strength Intervals	91	Introduction to Woodcarving	106
Cardio Strength	84	iPhone Camera	98
Care for Pets and Show Dogs	73	iPhone Camera Editing	98
Chess Club	95	iPhone/iPad Movie Editing	98
Chinese Brush Painting	101	iPhone Storage	98
Chocolate Fun and Preparation for Kids	69	Issues and Politics in the Civil War	94
Chocolate Fun and Preparation for Tweens and Teens	69	Japanese Culture Club	92
Christmas Spectacular at Riverside Dinner Theatre	101	Japanese Floral Arrangement	80
Cognitive Health Fitness for the Brain	82	Jewelry Making for Teens	71
Collaging with Encaustic	101	Joint-Friendly Fitness	87
Computer Maintenance and Housekeeping	96	Junior Robotics Safari	74
Cooking for Two	80	Lap Pool – Lane 1-3	51
Create Like DaVinci	102	Lap Pool – Lane 4-6	52
Creative Hands Pottery	102	Legal: Estate Planning Basics	83
Cultural Issues to Ponder	93	Let's Party!	75
Current Issues	82	Letters to Santa	71
Cut the Cable: Switch to Streaming TV	96	Level 1-2 Swim	61
Decrease Telecom Costs	96	Level 3-4 Swim	62

Level 5-6 Swim	63	Skipper II	58
Life Skills – How to Budget	74	Spooky Halloween Treats	69
Life Skills – How to Do Laundry	74	Stress Relief Workshop	87
Line Dancing with Scotty	81	Summer of Soul (... Or, When the Revolution Could Not Be Televised)	10
Loudoun Heritage Farm Museum – I’ll Trade You	76	Sunday Afternoon Dances	81
Making Pottery With or Without the Wheel	102	Tai Chi	87
Managing the College Musical Theatre Audition	95	Tao Yin Yoga	90
Marlin	59	Tapestry Mosaic Art	104
Math Tutoring for Grades 3 and 4, 5 and 6	73	Technology Help for E-books and Audio Books	83
Math Tutoring for Grades 7 and 8	74	Tephra ICA Art Family Day	104
Medicare 101	83	Thanksgiving Food Drive	45
Micromosaic Jewelry	102	The Parables of Jesus	94
Mindful Yoga with Sound Healing	89	The Tragedy of Macbeth	10
Modern Painting Styles in Acrylic	102	Tides in Motion	66
Monoprinting Without a Press	103	Tool Sharpening and Card Scrapers	106
Mosaic Art	103	Tot Time	76
Mount Vernon Tour and Lunch	100	Trends in Plant-Based Eating	84
Musical Holiday Breakfast with Frosty	76	Turkey Handprint Plates	71
National Treasure	9	Understanding Alzheimer’s and Dementia	84
Open Ceramics Studios	107	Utterly Unappetizing (But Delicious) Halloween Treats	69
Open Glass Studio	107	Viniyoga	90
Open Woodshop	107	Vinyasa Flow Yoga	90
Origami Workshop – Fall	80	Walking Group	91
Origami Workshop – Holiday Ornaments	80	Warm Water – Zone 1-4	53
Painting on Tile for Teens	71	Water Introduction	57
Painting with Alcohol Inks on Tile Workshop	103	Water Wonder	59
Park Ranger Potpourri	94	Wednesday Watercolor	104
Photoshop Elements 1-3	99	What’s New in Windows 11	99
Photo Slideshow	98	Wheel Exploration	104
Pilates Mat	87	Wheel I	104
Pinewood Derby Workshop	78	Wheel II	104
Pool Pals and Water Friends	57	Why Do People Stay?	74
Portrait Sculpture	103	Windows 10 for New Users	99
Potomac Railroad Experience	100	Windows 10: Security and Privacy	99
Protect Your Privacy and Identity Online	99	Windows 10: Working with Files	99
Ranger	59	Winter Food Favorites Workshop	69
RCC Community Coffee	8	Winter Pottery	71
RCC Community Coffee Volunteer	44	Winter Ski Resort – Building with Legos	74
Realistic Still Life	103	Winter Walk of Lights	76
Reclaiming the Inner Artist	103	Winter Wilderness Workshop	74
Reducing Inflammation Naturally	83	Yin and Yang Yoga	90
Reston Dr. Martin Luther King Jr. Birthday Celebration	17	Yoga 101	90
Reston Holiday Parade	16	Yoga Strength and Power	90
Reston Holiday Parade Volunteers	45	Young Actors Theatre	75
Reston Multicultural Festival Volunteer	45	Youth Stroke-n-Turn	63
Reston Plant Swap	81	Zumba Family	85
Reston Plays Games	96	Zumba Fitness	85
Reston Regional Library Services	83	Zumba Gold	91
Reston Town Center Holiday Performances	17	Zumba Gold Toning	91
Rookie I	58		
Rookie II	59		
Scholarship Workshop	83		
Sculpture I	104		
Sensing Science	74		
Settling a Decedent’s Estate	83		
Sewing for Today’s Fashions I	80		
Skipper I	58		

LOCATIONS AND HOURS OF OPERATION

LOCATIONS

RCC Hunters Woods – 2310 Colts Neck Rd., Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the CenterStage Theatre, Woodshop, Glass Studio and Meeting Rooms.

RCC Lake Anne – 1609-A Washington Plaza, Reston, VA 20190

Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, Fitness Studios and 3D Gallery.

Directions: Please use only the directions on the RCC website; directions provided by online sites or GPS systems may be inaccurate.

PHONE NUMBERS

703-476-4500 • 703-476-8617 (Fax) • 711 (TTY)

HOURS OF OPERATION

Monday – Saturday 9:00 a.m. – 9:00 p.m.*

Sunday 9:00 a.m. – 8:00 p.m.*

*Rental hours may vary. Contact the RCC Facility Services Department.



*Enriching Lives.
Building Community.®*



FALL HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 5	CLOSED	CLOSED
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 24	9:00 a.m. – 2:00 p.m.	CLOSED
Day After Thanksgiving	November 25	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Team Builder	December 21	CLOSED 1:00 p.m. – 4:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
Christmas Day (observed)	December 26	9:00 a.m. – 9:00 p.m.	CLOSED
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED
New Year's Day (observed)	January 2	9:00 a.m. – 9:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

LIKE US ON FACEBOOK:

facebook.com/HuntersWoodsNeighborhoodCoalition



www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.

