

A close-up photograph of a hand holding a paintbrush, dipping it into a palette filled with various colors of paint. The palette includes shades of blue, green, yellow, orange, pink, and purple. The background is a blurred grey surface.

Reston Community Center 2020 FALL PROGRAM GUIDE

WWW.RESTONCOMMUNITYCENTER.COM

Enriching Lives. Building Community.





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BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

Everyone’s lives have been irreversibly shaped by COVID-19. Here in Reston, event after cherished community event has fallen to the unacceptable risk of holding gatherings. At RCC, this caused us to refrain from presenting more than two-thirds of our typical summer concerts and entertainment. The community felt this loss keenly as the normally active and delightful spaces for Reston’s summer fun were quiet, and for many, lonely.

Major events like the Northern Virginia Fine Arts Festival, Taste of Reston and the Reston Multicultural Festival were simply beyond the capacities of physical space and logistics to execute with public health and safety in mind. The many other events of the summer and fall in Reston reflect not just our community’s robust and diverse celebrations, but also the creative ways we raise funds for many worthy causes. We hope that the Reston nonprofit organizations taking a hit because of the virus are in your thoughts if you can help them sustain their operations.

As I am writing this, RCC has presented two months of socially-distanced activity, and we continue to explore ways to bring programs to the community – whether at our facilities or virtually for those who can’t risk attending in person. We will have our annual Preference Poll with its traditional voting online, by mail or in person. To assure people can meet the candidates, we have upgraded technology to make livestreaming the Candidates Forum a better online experience. That event takes place on September 9 at RCC Hunters Woods or on our Facebook page – depending on where you wish to watch.

Like everyone, we practice sound public health measures to stay safe and we keep hoping for the day when more typical RCC programming and services will be once again be available in our facilities and throughout Reston.

BOARD OF GOVERNORS

From left to right:
(TOP)

Paul Thomas, William Keefe,
William Penniman,
Dick Stillson, William Bouie

(BOTTOM)

Laurie Dodd, Vicky Wingert,
Beverly Ann Cosham,
Lisa Sechrest-Ehrhardt





LEILA GORDON, EXECUTIVE DIRECTOR, RCC

Throughout the late spring and summer, RCC staff devised a tremendous variety of options for providing content to the community that is free, fun and representative of our typical program offerings. [The RCC YouTube Channel](#) now hosts more than 50 videos that offer concerts, classes, meetings and greetings from entertainers who missed being here in Reston because of the virus. We hope you find that to be a welcome destination for enjoyment until we can gather in full force again.

For those coming to RCC facilities, the two buildings feature some major adjustments to keep our patrons and staff as safe as possible. We removed all our soft and welcoming lobby furnishings.

Social distancing is enforced for all areas; that includes programs, casual walk-ins and use of our studios or other formerly drop-in spots. A new system of reservations is required to use any formerly “drop-in” programming – this applies to the Terry L. Smith Aquatics Center, Ceramics Studios, Woodshop, Glass Studio, Fitness and Wellness Studios. It allows us to maintain capacities in those spaces that permit the required social distancing. The CenterStage has a new COVID-19 socially-distanced seating chart in place.

For everyone using RCC facilities and programs, we have patron requirements to maximize safety. We ask you to do a health self-check prior to entering our buildings or participating in a program. Everyone is required to maintain the applicable distance between people. All people in our facilities – patrons and staff alike – should wear a face covering or mask unless there is a medical condition that exempts that practice. Touchless hand sanitizers are in our lobbies and present in other parts of the facility – we urge people to use them upon entering and exiting RCC.

What is a health self-check? RCC staff will ask you if you have assessed your personal health and feel well before you enter a program space. The CDC has published this list of symptoms you should consider in determining if you feel healthy.

WATCH FOR SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **two to 14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Our pool, theatre or studios personnel will ask you prior to your entry if you have checked your health and are symptom-free. If you are at all unsure that you are well, **you absolutely should remain at home**.

This pandemic has made our everyday interactions much more uncomfortable, and we are all acquiring new habits. It’s not easy to make such radical departures from past practices to be friendly with each other or to talk easily without being muffled by masks. But if we all do everything we possibly can to prevent COVID-19 from spreading, we can stay healthy and get through this together. The lives and well-being of each of us are dependent on all of us. We thank you in advance for doing everything you can do to keep yourself and others safe.

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.

DROP-IN PROGRAMS:

Former drop-in programs now require a pass and advanced 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 5 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.

I would like to change my mailing address. How can I do this?

Please send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500, ext. 8 during business hours. Addresses need to be verified for residency status.

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.



ARTS & EVENTS

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A close-up photograph of a person's hands holding a rectangular sign made of brown cardboard. The sign has the words "DON'T FORGET TO VOTE" printed in large, bold, red capital letters. The background is a blurred array of colorful lights in shades of red, orange, and green.

**DON'T
FORGET
TO
VOTE**

RCC Preference Poll

September 11 – October 2

You can play a vital role in shaping the future of recreation, cultural and leisure time pursuits in our community by participating in the annual RCC Preference Poll for Board of Governors positions. The annual poll reflects Small District 5's preference for candidates to fill three three-year positions on RCC's Board, which establishes the overall policy and program directions for Reston Community Center while providing financial oversight.

Please visit www.restoncommunitycenter.com for more information on the 2020 candidates.

MARK YOUR CALENDARS

Candidate Forum:

September 9, 6:30 p.m., RCC Hunters Woods

Online and In-Person Voting:

September 11 – October 2 (until 5:00 p.m.)

Mail-in ballots must be received by 5:00 p.m. on October 1.



RCC Community Coffee

Saturdays,

September 12 – December 19

(Temporarily suspended until further notice.)

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

Free • All Ages

Due to the COVID-19 pandemic, this popular community tradition has been suspended until RCC is confident that it represents no public health risk. Similarly, weekday coffee service is suspended as well. When conditions permit, everyone can return to enjoy complimentary beverages with casual conversation. Please note that there is no coffee on December 26 regardless of whether the program has restarted.



Equity Matters:

Moving Forward to Equal Justice

Free • 18 years and older

Recognizing the intensity of awareness and accompanying acceleration of the fight for racial justice that was galvanized by the murder of George Floyd in May 2020, RCC presents a series of film screenings to highlight the issues surrounding discrimination and racism that manifest themselves in the United States criminal justice system. Their intersections with police and the justice system are potentially deadly for Black people. These films help reveal this deadly racism, and the discussion following each film will focus on what individuals can do to address and dismantle this systemic racism.

Due to COVID-19, social distancing measures, masks and advance registration will be required.

Sunday, September 20 • 7:30 p.m.

13th

RCC Hunters Woods – Community Room

Directed by Ava DuVernay, the film confronts the fact that 25 percent of the people who are incarcerated worldwide are in the United States, even though the U.S. has just 5 percent of the world's population. *13th* charts the explosive growth in America's prisons, from about 200,000 in the '60s to today's incarcerated population of two million, while tracing the connection to the racism embedded in American history. (2016)

Free, Registration Required • 261005-1F

Sunday, October 4 • 3:00 p.m.

I Am Not Your Negro

RCC Hunters Woods – Community Room

I am Not Your Negro is an Oscar-nominated documentary based on author James Baldwin's unfinished manuscript *Remember This House*. Narrated by actor Samuel L. Jackson, the film explores the history of racism in the United States through Baldwin's reminiscences about civil rights leaders Medgar Evers, Malcolm X and Martin Luther King Jr., as well as his personal observations of American history. (2016)

Free, Registration Required • 261006-1F

Sunday, November 8 • 3:00 p.m.

3 ½ Minutes, Ten Bullets

RCC Hunters Woods – the CenterStage

This movie examines the 2012 Florida gas station shooting of Jordan Davis, a Black teenager. The film covers the shooting, which the defendant said was in self-defense, as well as the subsequent trial, media coverage and protests, especially those rooted in the Black Lives Matter movement. (2015)

Free, Registration Required • 261007-1F

Sunday, December 20 • 3:00 p.m.

Fruitvale Station

RCC Hunters Woods – the CenterStage

Fruitvale Station is based on the events leading to the death of Oscar Grant, a young Black man killed in 2009 by a transit police officer in Oakland. The feature film debut of director Ryan Coogler, *Fruitvale Station* stars Michael B. Jordan. (2013)

Free, Registration Required • 261008-1F

CENTERSTAGE CINEMA

RCC Hunters Woods – the CenterStage • Free • All Ages

Be swept away to imagined and real worlds as you watch these great films in the comfort of the CenterStage. Due to COVID-19, food will not be served; social-distancing measures, masks and advance registration will be required.

Monday, October 26

7:30 p.m.

The Cabinet of Dr. Caligari

As part of the Washington West Film Festival, renowned percussionist Tom Teasley creates a thrilling soundtrack for this classic silent horror film. Directed by Robert Wiene, the quintessential work of German Expressionism tells the story of an insane hypnotist who uses a somnambulist to commit murders, and features a dark and twisted visual style. (1920)

Free, Registration Req. • 261002-1F

Monday, November 2

10:00 a.m.

The Farewell

A headstrong Chinese American woman returns to China when her beloved grandmother is diagnosed with terminal cancer and only given a short while to live. Her family decides to keep the grandmother in the dark about her looming fate and instead plans a wedding to gather as a family one last time. Family relationships and cultural habits intertwine in an often funny and frequently heartbreaking tale. (2019)

Free, Registration Req. • 262002-1F

Monday, December 14

10:00 a.m.

Silent Night

This fact-based World War II story set on Christmas Eve in 1944 shows a German mother and her son seeking refuge in a cabin on the war front. There, she is accosted by three American soldiers and then three German soldiers, all of whom she successfully convinces to put aside their differences for one evening and share a Christmas dinner. (2002)

Free, Registration Req. • 262003-1F

For more information, please contact Paul Michnewicz, Arts & Events Director, at 703-390-6167.



MEET THE

Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • RCC Hunters Woods • All Ages

Due to COVID-19, social-distancing measures, masks and advance registration will be required. These performances will be livestreamed on the Reston Community Center Facebook page.

October 1
Beverly Cosham

Washington's and Reston's favorite cabaret singer/entertainer Beverly Cosham and her musician friends collaborate to perform their favorite songs.

RCC Hunters Woods – Community Room
271001-1F

October 8
**Beau Soir, Flute, Viola
and Harp**

Known for their exciting performance style and diverse programming, this ensemble continues to attract a strong fan base through its acclaimed performances and unique audience engagement.

RCC Hunters Woods – Community Room
271002-1F

October 15
**Dr. Karen Walker and
Shenandoah Students**

Dr. Karen Walker, the coordinator of the piano department at Shenandoah Conservatory, and talented international graduate and undergraduate students will perform selections from the classical repertoire.

RCC Hunters Woods – the CenterStage
271003-1F

October 22
Olga Simonova

Russian American pianist and composer Olga Simonova returns to give life to vividly memorable and moving images in fervent melodies.

RCC Hunters Woods – the CenterStage
271004-1F

October 29
**Aubrey Holmes, Violin and
Marina Chamasyan, Piano**

Aubrey Holmes, violinist and an adjunct teaching fellow at Shenandoah Conservatory, will perform favorites from the German sonata repertoire, including music of Handel, Brahms and Schumann. Holmes will be accompanied by pianist Marina Chamasyan.

RCC Hunters Woods – the CenterStage
271005-1F

November 5
Brooke Evers, Soprano

Shepherd University faculty member Brooke Evers performs a program of renowned art songs with pianist Marina Chamasyan.

RCC Hunters Woods – the CenterStage
271006-1F



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 Arts and Events Director, at 703-390-6167.



National Night Out

Tuesday, October 6

Time TBA

Hunters Woods Plaza

Free • All Ages

Join us for this national community event created to enhance the relationship between neighbors and law enforcement. It is also a great opportunity to get to know your neighbors and learn about local businesses right in your community. This event includes recreation activities and entertainment for the whole family and is free and open to the public.

For more information, or to volunteer, please contact LaTanja Jones, Collaboration and Outreach Director, at 703-390-6158.



Employee Team Building

Looking for fun team building activities to improve communication and strengthen relationships between colleagues? Let RCC plan and customize the perfect half-day, full-day or multi-day program. Find new and better ways to connect with your staff team and coworkers while building a stronger work culture through interactive challenges, community service, fitness and wellness programs, excursions, and creative leisure opportunities.

Choose Your Quest:

- Aqua Games & Fitness
- Computer & Technology Classes
- Culinary Classes
- DIY Woodworking Projects
- Excursions
- First Aid/CPR/AED
- Fitness & Wellness Workshops or Retreats
- Geocaching Adventures
- Language Learning
- Public Speaking
- Self-Defense
- Visual Arts/Ceramics

After the initial consultation, a price quote and event proposal will be provided.

For more information, or to volunteer, please contact LaTanja Jones, Collaboration and Outreach Director, at 703-390-6158.



RCC THANKSGIVING FOOD DRIVE

Drop Off Donations: **NOVEMBER 1 – 23**

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, and 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 24 or 25, a Volunteer Event Leader or a Volunteer Food Sorter on November 26. Please turn to page 41 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 can call Kevin Danaher, RCC Community Events Director, at 703-390-6166.



Photo by Lesnick Photo

Reston Holiday Parade

Friday, November 27

11:00 a.m. – 12:00 p.m.

Reston Town Center

Free • All Ages

Join us at Reston Town Center for the 30th annual 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 of this special Reston tradition.

For inquiries about parade participation, email parade@restontowncenter.com.



Gifts From the HeART Shopping Event

Saturday, December 5

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 22nd 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.

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



Reston Town Center Holiday Performances

**Saturdays and Sundays
December 5 – December 20**

12:00 p.m. – 4:00 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 at the Promenade at Reston Town Center. Check the RCC website in late November for a performance schedule.

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



Reston Dr. Martin Luther King Jr. Birthday Celebration

Save the Dates: January 16 – 18
A complete schedule will be available December 1.

Planning for the 36th annual Reston Dr. Martin Luther King Jr. Birthday Celebration is underway. The events include community service projects; the Reston Community Orchestra's 16th annual memorial Tribute to Dr. Martin Luther King Jr. concert; the *Voices of Inspiration* program from the Reston Martin Luther King Jr. Church hosted by Northern Virginia Hebrew Congregation; and special Keynote Speaker author Ibram X. Kendi.

In preparation for the appearance of Dr. Kendi, a series of film screenings and community discussions will be hosted by Reston Community Center that focus on the issues surrounding racial injustice in America. RCC will be providing copies of Kendi's books at these events. As the nation confronts its history, and communities reckon with that knowledge, these events will provide opportunities for people to come together to chart a more just and equitable future collectively.

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

2020/2021 PROFESSIONAL TOURING ARTIST SERIES

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It seems the world of 2020 has been indelibly shaped by COVID-19. No place on earth has been untouched by its devastating and traumatic impact.



At Reston Community Center, our spring visits from favorite artists Reduced Shakespeare Company, Lúnasa, Red Molly and others were canceled. Each of them – as well as poet Marilyn Nelson and jazz singer Lulu Fall – sent us beautiful messages of hope and expressed their affection for Reston. We are very grateful for those – you can still enjoy them on RCC's YouTube channel. Even as we approached reopening and cautiously re-engaging with audiences through the summer, the impact of the virus remained unpredictable. As this publication was being prepared, there was no certainty that the ways we used to enjoy the arts would return.

Nonetheless, we press onward with efforts to keep the arts, artists and their audiences a living presence in our lives. One major project RCC undertook was the replacement of the CenterStage seats. The new configuration provides a more comfortable experience for the audience with wider seats and deeper leg room. In addition, a seating chart that supports safe social distancing has been established.

TICKET SALES DATES

September 1

The Box Office will be open from 4:00 p.m. – 9:00 p.m. for sales of 2020 Professional Touring Artist Series tickets for residents and/or employees of businesses in Small District 5.

September 8

Tickets for 2020 PTAS tickets will go on sale to the general public and online at 4:00 p.m.

December 1

The Box Office will be open from 4:00 p.m. – 9:00 p.m. for sales of 2021 Professional Touring Artist Series tickets for residents and/or employees of businesses in Small District 5.

December 8

Tickets for 2021 PTAS tickets will go on sale to the general public and online at 4:00 p.m.

Order forms are available at www.restoncommunitycenter.com.

The Professional Touring Artist Series is going wider and deeper as well. We will offer a wide variety of genres, styles, artist nationalities and ideas. Our imaginations will engage deeply with history, values and cultural perspectives to help us form stronger attachments to each other. CenterStage audiences will encounter an astonishing variety of expression, including stunning dance, exciting jazz, hilarious comedy, fascinating science and charming children's performances. Opportunities to discuss the artists and their artistry will be woven into post-performance experiences.

The capacity of the CenterStage will be limited by public health standards and may change throughout the season. To avoid having to process refunds should COVID-19 risks increase in the coming year, we are selling tickets beginning on September 1 for just the fall shows. Small District 5 residents and employees are urged to purchase seats during the pre-sale time frame for the fall performances, and again beginning on December 1 for the winter/spring performances.

Pricing for Reston patrons reflects their priority status as well. When we reach capacity limits, we may choose to livestream the event into the Community Room at a reduced price if circumstances permit. Facing our future with compassion, bravery and good humor will require our appreciation of all we have in common. No enterprise illustrates humanity more honestly, beautifully or helpfully than the arts. We look forward to these wider and deeper journeys as we embark on another season of breathtaking artistry from the comfort of our new seats.

Paul Douglas Michnewicz
Arts & Events Director



Trout Fishing in America

**Sunday,
November 22
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

\$10 Reston/\$20 Non-Reston

2020 TICKETS GO ON SALE: SEPTEMBER 1 (RESTON)/SEPTEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Mark Brutsché Is *Snow White and the Seven Dwarfs*

**Saturday,
December 5
3:00 p.m.**

The “bear” facts are these: Mark Brutsché is a very funny man; *Snow White and the Seven Dwarfs* is a very old story. Or is it that Mark Brutsché is a very old man and *Snow White and the Seven Dwarfs* is a very funny story? You and your whole family can decide for yourselves. A socially distanced good time will be had by all.

“It was fantastic. A fun, fun time!”

– Joan Rose, Reston Resident

\$5 Reston/\$10 Non-Reston

2020 TICKETS GO ON SALE: SEPTEMBER 1 (RESTON)/SEPTEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Lúnasa, *a Celtic Holiday*

WITH SPECIAL GUEST DAOIRÍ FARRELL • OPENING WITH MALINDA

Thursday, December 17 • 8:00 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. Their special guest, Dublin-born traditional singer and bouzouki player Dairí (pronounced 'Derry') Farrell has been described as one of most important singers to come out of Ireland in recent years. Opening for these giants of Irish music, rising star MALINDA will delight us with her effervescent voice and touching songwriting.

"The best Irish band on the planet"

– Irish Echo

\$25 Reston/\$50 Non-Reston

2020 TICKETS GO ON SALE: SEPTEMBER 1 (RESTON)/SEPTEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Akua Allrich and The Tribe

A NINA SIMONE AND MIRIAM
MAKEBA TRIBUTE

**Sunday,
January 17
2:00 p.m.**

Jazz vocalist and Washington, DC, native Akua Allrich has proven herself to be a musician of extraordinary talent and crowd-moving passion. With finesse and charisma, this vocalist and composer has successfully etched a place for her unique musical expression by electrifying audiences in and around the DC area in sold-out performances.

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

– Jazz Weekly

\$15 Reston/\$30 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



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

Ibram X. Kendi

**Monday,
January 18
11:00 a.m.**

Ibram X. Kendi is one of America's foremost historians and leading antiracist voices. A sought-after public speaker, Kendi has delivered hundreds of addresses across the country and overseas. He has shared his personal history and helped move the conversation about becoming a more humane and just nation away from arguments over personal responsibility for the past to the shared responsibility we each have to craft an equitable future. His book, *How to Be an Antiracist*, was published in 2019 to great acclaim and soon landed on *The New York Times* Best Seller List.

"Groundbreaking . . . (Kendi) punctures the myths of a post-racial American, examining what racism really is and what we should do about it."

– TIME

\$5 Reston/\$20 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



GONE IN A PHRASE OF AIR

Regina Carter

**Saturday,
February 6
8:00 p.m.**

In this stunning performance, Grammy-nominated violinist Regina Carter celebrates parts of America where hundreds of thousands of people – mostly Black residents, immigrants and the disadvantaged – had homes, businesses and churches demolished in the name of urban renewal. The program will include original music, as well as music of the past, poetry, spoken word and visual art elements. For Carter, a MacArthur Foundation “Genius Grant” awardee, the violin isn’t simply an improvisational vehicle – it is a passport to unexpected realms.

“Regina Carter creates music that is wonderfully listenable. . .and, at times, breathtakingly daring. . .taking the listener into the future of jazz.”

– Time Magazine

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com

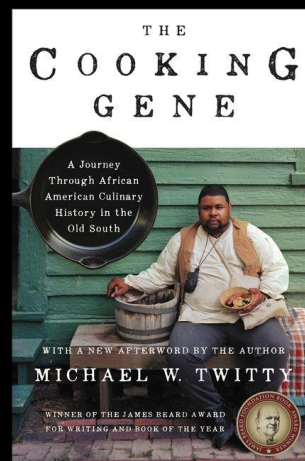


An Afternoon with Michael W. Twitty

AUTHOR OF *THE COOKING GENE*

**Saturday,
February 13
3:00 p.m.**

Author of *The Cooking Gene*, which won the 2018 James Beard Award for Book of the Year, Michael W. Twitty traces his ancestry from Africa to America and from slavery to freedom. *Southern Living* named Twitty one of "50 People Changing the South."



"An exemplary, inviting exploration and an inspiration for cooks and genealogists alike."

— *Kirkus Reviews*

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Mutts Gone Nuts

A COMEDY DOG ACT

Sunday, March 21 • 4:00 p.m. & 7:00 p.m.

They'll have you at "woof." Expect the unexpected as canines and comedy collide in a smash hit performance that leaves audiences howling for more. From shelters to showbiz, these amazing mutts unleash havoc and hilarity in an action-packed, comedy dog spectacular, featuring some of the world's most talented four-legged performers. Deemed "a must-see" by *The Washington Post*, the dogs are sure to steal your heart (and then your socks)!

"A must see"

– *The Washington Post*

\$10 Reston/\$20 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



REDUCED SHAKESPEARE COMPANY

Hamlet's Big Adventure (a prequel)

Written and Directed by Reed Martin and Austin Tichenor

Tuesday – Thursday, March 23, 24, 25 • 8:00 p.m.

In this hilarious (and completely fictional) prequel to *Hamlet*, nothing is rotten in the state of Denmark. There's laughter and joy and music and more laughter as teenage Hamlet leaps into action to save his beloved nunnery from closing. Enlisting his good buds Ophelia and the jester Yorick, Hamlet and friends put on a show – what could possibly go wrong? Along the way, Ophelia tries (and fails!) to pass her swim test and Hamlet must avoid his practical joker father, the King, who has a tendency to leap out from behind house plants pretending to be a ghost. Is it Shakespeare meets the Muppet Babies? Might be or might not be.

If you like Shakespeare, you'll like this show. If you *hate* Shakespeare, you'll *love* this show!

\$25 Reston/\$50 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



I'm Not A Racist, but...

VIJAI NATHAN, COMEDIAN

**Saturday,
March 27
3:00 p.m.**

Join comedian Vijai Nathan and her very funny friends as they run straight into the minefield of political incorrectness and reveal personal experiences with prejudice in all their cringe-worthy glory. They are on a quest to explore the roots of racism and debunk long held myths with humor and heart.

Will contain adult language.

“One of the top two South Asian comics in the world to watch!”

– Comedian, actor and producer Russell Peters

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Nai-Ni Chen Dance and the Ahn Trio

A QUEST FOR FREEDOM

**Tuesday, March 30 •
8:00 p.m.**

These two ensembles continue to find common vision by exploring common roots as Asian American immigrants and women artists developing innovative work in America. Their collaboration is enhanced by the work of visual artist Jayathi Moorthy, who brings a contemporary visual artist's perspective to this project. With their performances of modern music such as David Bowie's *Space Oddity* or Prince's *Purple Rain*, the Ahn Trio has exploded stereotypes of chamber music events. Nai-Ni Chen Dance leaves audiences awestruck by their fluid movement vocabulary. Together these artists create compelling and unforgettable work.

"The Ahn Trio makes classical music relevant and appealing for today."

— *Capital Public Radio News*

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Red Firecrackers: The Legend of the First Chinese New Year

CHOREOGRAPHED BY NAI-NI CHEN

**Wednesday
March 31
2:00 p.m.**

Thrill to a spectacular production of dazzling props, colorful costumes, mesmerizing music, fantastic acrobatics and lively dance telling the story of the origin of the Lunar New Year. In this legend, a group of villagers working, dancing and praying together defeat a terrifying monster. This heartwarming story highlights the values of coming together, courage, hard work and ingenuity. This show is suitable for family audiences; children should be 6 years old or older to enjoy it fully.

\$10 Reston/\$20 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



MASON DANCE COMPANY
PRESENTS

Contemporary Creations

**Friday & Saturday
April 9, 10
8:00 p.m.**

Mason Dance presents this dynamic performance of technically demanding and thoughtful work by talented graduating dancers as they embark on their promising careers. George Mason University's School of Dance is one of the most highly regarded programs in the nation, and its alumni go on to roles in the most prestigious dance companies in the country.

\$15 Reston/\$30 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Youn Sun Nah

JAZZ VOCALIST

**Monday,
April 26
8:00 p.m.**

After relocating to Paris from South Korea to study voice and jazz, Youn Sun Nah was given 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" (*The Times UK*) performing on some of the world's greatest stages, including the Sochi Winter Olympics and the Montreal Jazz Festival.

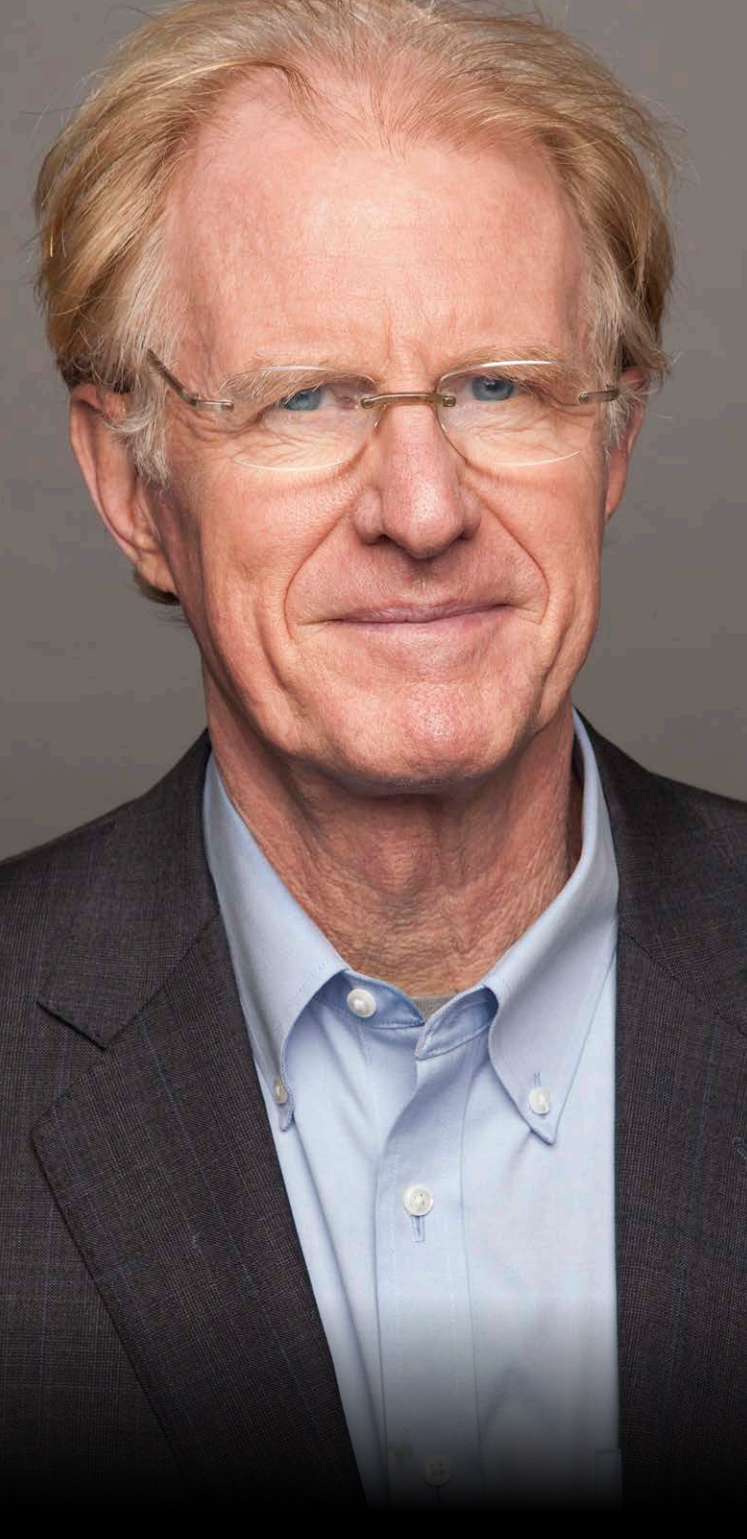
"A style-bending star"

– *The Guardian*

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Living Simply So Others Might Simply Live

Ed Begley Jr.

ACTOR

**Wednesday,
April 28**

8:00 p.m.

An Earth Day Special!

As environmental issues become more pressing, there are two possible responses: forget it and hope that government and corporations will figure it out, or Ed Begley Jr.'s approach – take action and make a difference. In this program, he shares his inspiration and insight into one of the world's most important causes – environmental sustainability. All ticketholders will be given a packet of pollinator flower seeds!

PRE-SHOW TREAT: Join Ed Begley Jr. at 4:30 p.m. for a special rededication of the butterfly garden near the Hunters Woods Fellowship House. Presented in conjunction with Reston's Nature House.

\$15 Reston/\$30 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



Red Molly

**Wednesday & Thursday,
May 12, 13
8:00 p.m.**

Red Molly combines the forces of three songwriters with unique character and style, creating a show that is larger than the sum of its parts. Known for their three-part harmony, their songs and arrangements lay bare a love of vocal blend. The band weaves together threads of American music – from country and blues to folk and bluegrass. Their innovative instrumentation is suited for roots rock and soulful ballads alike, and the alchemy of their personalities onstage draws even back-row listeners into a sense of intimacy. Red Molly is simply a joy to experience.

“A blend of serious harmonizing chops and slick pop savvy.”

– *Time Out NY*

\$25 Reston/\$50 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



The American Innovator

ANTHONY DE MARE, PIANO

Wednesday,

May 26

8:00 p.m.

Pianist Anthony de Mare is one of the world's foremost champions of contemporary music. Known for his entrepreneurial performance projects, he offers a program highlighting some of America's most progressive composers, the techniques and styles of which illuminate more innovative approaches to the piano. The works treat issues of social conscience, justice, civil rights and the media. Each piece is sculpted to tell its own individual story, contributing to the fabric of our national narrative. In addition, the program features the monumental work *De Profundis* by Frederic Rzewski, based on a text by Oscar Wilde – an oratorio for speaking-singing pianist, the genre de Mare pioneered more than 30 years ago.

“De Profundis demands a combination of virtuoso technique and a total lack of inhibition. This was a gripping and moving performance . . . a living thing on stage . . . this was an ideal meeting of composer and interpreter, and a unique and wonderful experience.”

– *New York Classical Review*

\$15 Reston/\$30 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com



BD Wong

ACTOR AND ACTIVIST

**Saturday,
June 5
8:00 p.m.**

BD Wong has been on screens big and small for the last 20 years, appearing in such hits as *Law & Order: SVU*, *Oz*, *Gotham*, *Jurassic Park* and *Jurassic World*. He received an Emmy nomination for his role as Whiterose and Minister Zhang in *Mr. Robot*. Lauded for his resonant and inspirational messages, BD speaks on issues like racial self-image, Asian American parental pressure and the “model-minority myth,” and the challenges of multiple identities. BD is an advocate for The Trevor Project’s “It Gets Better” campaign and was honored for his support of the LGBTQ community at the annual Marriage Equality Gala. BD will also make an appearance earlier in the day at Reston Pride.

\$20 Reston/\$40 Non-Reston

2021 TICKETS GO ON SALE: DECEMBER 1 (RESTON)/DECEMBER 8 (NON-RESTON & ONLINE)

www.restoncommunitycenter.com

CENTERSTAGE BOX OFFICE INFORMATION

Online: www.restoncommunitycenter.com
Available until two hours 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 prior to curtain time

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, adult, senior or youth;
- Your Visa, MasterCard or Discover credit card number and its expiration date (no American Express please);
- The billing address of your credit card including zip code;
- Your email address if you would like a confirmation to be sent to you.

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

BOX OFFICE POLICIES:

- No refunds or exchanges unless the show is canceled.
- Please indicate if a wheelchair accessible seat is needed, or of any other accommodations we can make to provide better access for patrons with any special needs; and do so as soon as possible to assure we can best accommodate you.
- All audience members, regardless of age or the performance location at Reston Community Center, are required by Virginia Fire Code to have a ticket.
- Tickets are not mailed. E-tickets will be sent electronically to the primary patron at least three days prior to the performance and will be scanned at the theatre door. Any issues regarding e-tickets can be addressed by calling the Box Office.
- To stay within state and county social distancing regulations for gatherings, we are selling 86 seats in 43 pairs for each performance. Only pairs of tickets may be purchased online; patrons requesting an odd number of tickets should call the RCC Box Office (703-476-4500, Press "3"), or, they may visit the Box Office during normal hours (Tuesday – Thursday, 4:00 p.m. to 9:00 p.m.; Saturday, 1:00 p.m. to 5:00 p.m.) to select seats.

Tickets for the 2020–2021 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 at www.restoncommunitycenter.com.

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

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. Although COVID-19 prevents the Fairfax Loudoun Music Fellowship performances from occurring this fall, plans are underway to give everyone this opportunity in the spring if conditions will allow.

Principal Ballet

703-860-4560

www.conservatoryballet.com

Principal Ballet, formerly The Conservatory Ballet, is a nationally recognized pre-professional ballet academy. Founder and artistic director Julia Redick was trained in the Vaganova ballet method in her native Hungary. Students of Principal Ballet's year-round program – from the youngest to the oldest – learn the Vaganova Theory-Based Curriculum. Students present their interpretation of *The Nutcracker* annually to the delight of Reston audiences. Although COVID-19 prevents Principal Ballet from performing at present, they are eager to return to performing as soon as possible.

Reston Community Orchestra

571-449-7095

www.restoncommunityorchestra.org

RCO is an all-volunteer ensemble devoted to the cultural enhancement of the community through the presentation of diverse 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 free concerts, fulfilling its pledge to provide "Great Music for a Great Community!" Although COVID-19 prevents RCO from performing at present, the orchestra is eager to return to performing as soon as possible.

The Reston Community Orchestra is supported in part by ARTSFAIRFAX, the Virginia Commission for the Arts and National Endowment for the Arts.

Reston Community Players

703-435-2707

www.restonplayers.org

Reston Community Players (RCP) continue their tradition of artistic excellence in Reston and surrounding communities with touching, funny and timeless productions. RCP has been delighting audiences since 1966. Although COVID-19 has prevented RCP from presenting the planned 2020-2021 season, the Players look forward to returning as soon as possible to performing.

RCP is funded in part by ARTSFAIRFAX.

The Reston Chorale

703-834-0079

www.restonchorale.org

The Reston Chorale has excited audiences with its musical excellence and versatility for more than 50 years. Governed by volunteers, the Chorale relies on the support of its members, the community and all who support the value of music to enrich the lives and spirits of those who listen, as well as those who sing and perform. Although COVID-19 has caused us to suspend programming for the present, our attachment to the community remains strong. Reston Chorale members look forward to returning as soon as possible to performing.

The Reston Chorale is supported in part by ARTSFAIRFAX, the Virginia Commission for the Arts and the National Endowment for the Arts.

COMMUNITY ARTS

GOVERNMENT FUNDERS

ARTSFAIRFAX:

www.artsfairfax.org

Virginia Commission for the Arts:

www.arts.state.va.us

National Endowment for the Arts:

www.nea.gov

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-based 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.

Due to COVID-19, social distancing measures, masks and advance registration will be required

The Future of Reston Town Center

A presentation on the future of Reston Town Center by Robert Goudie, Executive Director of Reston Town Center Association and Chairman of the Greater Reston Arts Center Board.

Wednesday, September 16

7:00 p.m. – 9:00 p.m.

Jo Anne Rose Gallery

RCC Lake Anne

Free, Registration Req.
702000-1A

TBA

Wednesday, November 18

7:00 p.m. – 9:00 p.m.

Jo Anne Rose Gallery

RCC Lake Anne

Free, Registration Req.
702000-1B

VISUAL ARTS

Greater Reston Arts Center

www.restonarts.org

Greater Reston Arts Center is dedicated to enhancing community life through excellence and involvement in the visual arts. GRACE typically serves 80,000 people annually, providing Virginia, Maryland, and DC's diverse communities with abundant opportunities to experience and explore contemporary art through exhibitions, education programming, and the Northern Virginia Fine Arts Festival. The GRACE gallery showcases local and regional artists alongside artists of national and international reputation.

The Greater Reston Arts Center strives to increase understanding of different cultures through art, brings diverse audiences together around a common interest, and ensures access and opportunity for engagement in the arts to all residents, regardless of age, ethnicity, or income. Admission to the GRACE gallery is always FREE, as are most programs.

GRACE gratefully acknowledges the generosity of its individual members and donors, state and county grantors, and corporate sponsors. GRACE is supported in part by ARTSFAIRFAX, Reston Community Center, Virginia Commission for the Arts, and the National Endowment for the 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 has a 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 challenging exhibition opportunities. Each year, new members join, and volunteers coordinate fresh opportunities to partner with local businesses and display and sell artwork produced by area artists. Art in Public Places (AIPP) also provides exhibit opportunities for LRA members. Located in approximately 15 commercial and public places, solo exhibits are on a three-month rotation basis. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

SEPTEMBER – DECEMBER

Art in Public Places Exhibits

(AIPP) Solo Shows – Quarterly Rotation

OCTOBER

artRESTON Painters and Photography Exhibit

RCC Lake Anne – Jo Ann Rose Gallery

Reception: Sunday, October 11

2:00 p.m. – 4:00 p.m.

Nature Visions Photographers Exhibit

NOVEMBER 6 – 8

Virginia Hylton Performing Arts Center
Manassas, VA

LRA is a non-profit 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 mission.



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, paper, and acrylic and oil paintings.

SEPTEMBER

New Illuminations

By Rosemary Forsythe

**Reception: Saturday, September 5
2:00 p.m. – 4:00 p.m.**

OCTOBER

New Works

By Marthe McGrath

**Reception: Sunday, October 11
2:00 p.m. – 4:00 p.m.**

NOVEMBER

Autumn Works

By Sandra Dovberg

Paintings, fine jewelry and 3D works
**Reception: Sunday, November 8
2:00 p.m. – 4:00 p.m.**

DECEMBER – JANUARY 2021

Holiday Sparkle

Small giftable works by RAGS artists

**Reception: Saturday, December 5
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.

Public Art Reston

www.publicartreston.org

Public Art Reston seeks to inspire an ongoing commitment to public art and create a new generation of artworks in Reston. It does so by working with community organizations to develop permanent and temporary public art projects in Reston and to present educational programs. 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. People can check out the free public art map available on the website to tour the collection on their own, and families can check out the Public Art Explorer page on www.publicartreston.org.

Public art projects in 2020-2021 include the temporary public artwork realized by the South Lakes High School STEAM Team installed on the Lake Thoreau spillway and several public artworks commissioned by developers. September 15, 2020 will mark the 10th anniversary of the installation of *Emerge* by Valerie Theberge with the

participation of Hunters Woods Elementary School students. Please visit www.publicartreston.org to find out about the program that will mark this event and to learn about new public art projects.

Public Art Reston also works with developers to provide professional expertise to guide them through the public art process when they commission public artworks as part of their projects. To view Reston's complete collection of public artworks and learn about artworks recently commissioned visit <http://publicartreston.org/engage/explore/gallery>.

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.

RCC GALLERY EXHIBITS

RCC Lake Anne Jo Ann Rose Gallery

SEPTEMBER

Art Mirrors Culture

OCTOBER

*artRESTON Painters and
Photography Exhibit*

League of Reston Artists (LRA)

**Reception: Sunday, October 11
2:00 p.m. – 4:00 p.m.**

NOVEMBER

Human Nature

By Anne Nagy and Gian Marc Lomaglio

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

DECEMBER

Gifts from the HeART Exhibit

Annual Art Sale to Benefit Cornerstones

**Reception: Saturday, December 5
10:00 a.m. – 3:00 p.m.**

RCC Lake Anne 3D Gallery Exhibits

SEPTEMBER – NOVEMBER

Art Mirrors Culture

DECEMBER – FEBRUARY 2021

Gifts from the HeART Exhibit

Annual Art Sale to Benefit Cornerstones

**Reception: Saturday, December 5
10:00 a.m. – 3:00 p.m.**

RCC Hunters Woods Exhibits

SEPTEMBER – OCTOBER

An Eclectic Show

Oil paintings by Loretta Scott

NOVEMBER

Then and Now

1973-1980 and 2019-2020

Watercolors by Geoff Lipsey

DECEMBER

*Far East Echoes: Broad Brushstrokes and
Loving Details*

Chinese Brush Painting by Tracie Griffith Tso

INTERESTED IN EXHIBITING?

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



WAYS TO VOLUNTEER

Make a difference in your community by volunteering with Reston Community Center. Volunteers offer invaluable support to our programs, activities, and events. RCC offers three types of volunteer opportunities:

- **Volunteer Management System Opportunities** – Many of RCC’s volunteer programs register through Fairfax County’s consolidated Volunteer Management System (VMS).
- **Partner Volunteer Events** – RCC is proud to partner with local organizations on many programs, including volunteer opportunities. Volunteer recruitment and management for these events are handled through these partner organizations.

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.

The screenshot shows the 'Opportunity Search' page on the Fairfax County VMS website. It includes a search bar, filters for 'Opportunity For', 'Organization/Program', 'Date/Time Range', and 'Location'. A calendar for September 2020 is displayed, showing shifts for various programs like Police Chaplains, Park Volunteer, and Golf Starter. The calendar shows shifts for different days of the week, with specific times and locations listed for each shift.

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

For questions or concerns with this system, please contact the RCC Community Events Director at 703-390-6166 or Kevin.Danaher@fairfaxcounty.gov.

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 12 – October 17

October 31 – December 12

(No Class: November 28)

Sat 10:50 a.m. – 11:55 a.m.

Registration required through VMS

Halloween Family Fun Day Volunteers

(14 years and older)

Volunteers will be needed from 12:00 pm – 2:00 p.m. for preparing and distributing goody bags to children. Please come in your favorite costume.

RCC Hunters Woods

October 24

Sat 12:00 a.m. – 2:00 p.m.

Registration required through VMS

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 Loading Dock

November 24 – November 25

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 it 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 limited number of 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 they 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 26

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 26

Thu 9:00 a.m. – 1:00 p.m.

Registration required through VMS

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 at least 100 pounds.

Reston Town Center

November 27

Fri 9:00 a.m. – 1:00 p.m.

For volunteer information, email parade@restontowncenter.com.

VOLUNTEER



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FALL POOL SCHEDULE • SEPTEMBER 1 – DECEMBER 31

	Lap Pool	Warm Water Pool
Monday-Thursday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	6:00 a.m. – 12:00 p.m.* 1:00 p.m. – 8:30 p.m.*
Friday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*	6:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*
Saturday	9:00 a.m. – 5:30 p.m.*	9:00 a.m. – 5:30 p.m.*
Sunday	12:00 p.m. – 5:30 p.m.*	12:00 p.m. – 5:30 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. Monday through Saturday 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.

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.		
Labor Day	September 7	CLOSED
Columbus Day	October 12	6:00 a.m. – 9:00 p.m.
Veterans Day	November 11	6:00 a.m. – 9:00 p.m.
Thanksgiving Day	November 26	9:00 a.m. – 1:30 p.m.
Day After Thanksgiving	November 27	6:00 a.m. – 9:00 p.m.
Staff Teambuilder	December 16	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 1:30 p.m.
Christmas Day	December 25	CLOSED
New Year's Eve	December 31	9:00 a.m. – 4:30 p.m.
New Year's Day	January 1	12:00 p.m. – 4:30 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 and between 3:00 p.m. – 4:00 p.m., seven days a week as well as Noon – 1:00 p.m., Monday – Saturday.

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

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. 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	Fairfax County
Daily Visit Pass (Price Per Visit)		
Adult	\$4.10	\$8.20
Youth & Senior	\$2.50	\$5
Monthly Pool Pass		
Adult	\$40	\$80
Youth & Senior	\$20	\$40
Aquatics Annual Pass		
Adult	\$476	\$952
Youth & Senior	\$243	\$486

WATER AEROBICS FEES

	Reston Resident/ Employee	Fairfax County
Water Aerobics Pass (Price Per Visit)		
Adult	\$4.50	\$9
Youth & Senior	\$3	\$6

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.

FREE

DEAP programs 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. Together, RA and RCC offer DEAP, a "land-based" Drowning Education Awareness Program. This program offers two opportunities targeted for different audiences and community civic groups to learn water safety skills: Longfellow's WHALE Tales and Water Safety Presentation.

By working together, RCC and RA strive to provide our community access to healthy and safe fun in all of Reston's pools. If you have questions, or would like more information, please contact either RCC at 703-390-6150 or RA at 703-435-6530.



LONGFELLOW'S WHALE TALES

(5 – 12 years old)

This program is offered to Cub Scouts and Webelos, Daisy, Brownie, and Junior Girl Scouts, and day care centers. Longfellow's WHALE Tales is a FREE 1-hour interactive presentation that provides easy-to-follow information to help children learn safe behavior in, on and around the water. Taught in a classroom environment, WHALE Tales makes water safety fun and easy to learn. Each lesson is reinforced with color posters, worksheets, activities and a video that features Longfellow, the animated whale.

Longfellow's WHALE Tales is an American Red Cross program presented in partnership with RCC and RA.

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

WATER SAFETY PRESENTATION

(18 years and older)

The presentation is designed for Rotary clubs, PTAs, home school networks, church groups and other civic organizations and can be scheduled at their facility. This FREE 90-minute presentation (60-minute lecture and 30-minute Q&A) focuses on the importance of water safety training and provides general information on keeping family members 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.



RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)

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

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

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

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



RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)

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

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

Whether you are a beginner who wants to become competitive or a swimmer who wants to improve strokes, RSTA offers a program to suit your needs. Check our website at www.rsta.org.



LAP SWIM INFORMATION

Reservations will be for a 45-minute time slot. There will be 15 minutes allotted after swimming to exit the pool and utilize the locker rooms. There will be no lockers available for daily usage. A valid Aquatics Daily Visit pass, an Aquatics Monthly pass or an Aquatics Annual pass is required to complete the reservation. Due to COVID-19 and social distancing requirements, lap swim now requires registration. To register, sign into myRCC and select the date and time you wish to swim. Registration for a lap swim reservation is 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 registered reservation. Aquatic passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Aquatic 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 45 minutes.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0911-1B	7:00 a.m. – 7:45 a.m.
Mon-Fri 6C0911-1C	8:00 a.m. – 8:45 a.m.
Mon-Sat 6C0911-1D	9:00 a.m. – 9:45 a.m.
Mon-Sun 6C0911-1E	10:00 a.m. – 10:45 a.m.
Mon-Sun 6C0911-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0911-1G	12:00 p.m. – 12:45 p.m.
Sat, Sun 6C0911-1H	1:00 p.m. – 1:45 p.m.
Sat, Sun 6C0911-1I	2:00 p.m. – 2:45 p.m.

Mon-Sun 6C0911-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0911-1K	4:00 p.m. – 4:45 p.m.
Mon-Fri, Sun 6C0911-1L	5:00 p.m. – 5:45 p.m.
Mon-Thu 6C0911-1M	6:00 p.m. – 6:45 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 45 minutes.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0912-1B	7:00 a.m. – 7:45 a.m.
Mon-Fri 6C0912-1C	8:00 a.m. – 8:45 a.m.
Mon-Sat 6C0912-1D	9:00 a.m. – 9:45 a.m.
Mon-Sun 6C0912-1E	10:00 a.m. – 10:45 a.m.
Mon-Sun 6C0912-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0912-1G	12:00 p.m. – 12:45 p.m.
Sat, Sun 6C0912-1H	1:00 p.m. – 1:45 p.m.
Sat, Sun 6C0912-1I	2:00 p.m. – 2:45 p.m.
Mon-Sun 6C0912-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0912-1K	4:00 p.m. – 4:45 p.m.
Mon-Fri, Sun 6C0912-1L	5:00 p.m. – 5:45 p.m.
Mon-Thu 6C0912-1M	6:00 p.m. – 6:45 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 45 minutes.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0913-1B	7:00 a.m. – 7:45 a.m.
Mon-Fri 6C0913-1C	8:00 a.m. – 8:45 a.m.
Mon-Sat 6C0913-1D	9:00 a.m. – 9:45 a.m.
Mon-Sun 6C0913-1E	10:00 a.m. – 10:45 a.m.
Mon-Sun 6C0913-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0913-1G	12:00 p.m. – 12:45 p.m.
Sat, Sun 6C0913-1H	1:00 p.m. – 1:45 p.m.
Sat, Sun 6C0913-1I	2:00 p.m. – 2:45 p.m.
Mon-Sun 6C0913-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0913-1K	4:00 p.m. – 4:45 p.m.
Mon-Fri, Sun 6C0913-1L	5:00 p.m. – 5:45 p.m.
Mon-Thu 6C0913-1M	6:00 p.m. – 6:45 p.m.

Have Questions About Drop-in Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo

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 45 minutes.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri	7:00 a.m. – 7:45 a.m.
6C0914-1B	
Mon-Fri	8:00 a.m. – 8:45 a.m.
6C0914-1C	
Mon-Fri	9:00 a.m. – 9:45 a.m.
6C0914-1D	
Mon-Fri	10:00 a.m. – 10:45 a.m.
6C0914-1E	
Mon-Fri	11:00 a.m. – 11:45 a.m.
6C0914-1F	
Sun	12:00 p.m. – 12:45 p.m.
6C0914-1G	
Sat, Sun	1:00 p.m. – 1:45 p.m.
6C0914-1H	
Sat, Sun	2:00 p.m. – 2:45 p.m.
6C0914-1I	
Mon-Sun	3:00 p.m. – 3:45 p.m.
6C0914-1J	
Mon-Sun	4:00 p.m. – 4:45 p.m.
6C0914-1K	
Fri, Sun	5:00 p.m. – 5:45 p.m.
6C0914-1L	
Mon-Thu	6:00 p.m. – 6:45 p.m.
6C0914-1M	

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 45 minutes.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri	7:00 a.m. – 7:45 a.m.
6C0915-1B	
Mon-Fri	8:00 a.m. – 8:45 a.m.
6C0915-1C	
Mon-Fri	9:00 a.m. – 9:45 a.m.
6C0915-1D	
Mon-Fri	10:00 a.m. – 10:45 a.m.
6C0915-1E	
Mon-Fri	11:00 a.m. – 11:45 a.m.
6C0915-1F	

Sun	12:00 p.m. – 12:45 p.m.
6C0915-1G	
Sat, Sun	1:00 p.m. – 1:45 p.m.
6C0915-1H	
Sat Sun	2:00 p.m. – 2:45 p.m.
6C0915-1I	
Mon-Sun	3:00 p.m. – 3:45 p.m.
6C0915-1J	
Mon-Sun	4:00 p.m. – 4:45 p.m.
6C0915-1K	
Fri, Sun	5:00 p.m. – 5:45 p.m.
6C0915-1L	
Mon-Thu	6:00 p.m. – 6:45 p.m.
6C0915-1M	

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 45 minutes.

89, 45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri	7:00 a.m. – 7:45 a.m.
6C0916-1B	
Mon-Fri	8:00 a.m. – 8:45 a.m.
6C0916-1C	
Mon-Fri	9:00 a.m. – 9:45 a.m.
6C0916-1D	
Mon-Fri	10:00 a.m. – 10:45 a.m.
6C0916-1E	
Mon-Fri	11:00 a.m. – 11:45 a.m.
6C0916-1F	
Sun	12:00 p.m. – 12:45 p.m.
6C0916-1G	
Sun	1:00 p.m. – 1:45 p.m.
6C0916-1H	
Sat, Sun	2:00 p.m. – 2:45 p.m.
6C0916-1I	
Mon-Sun	3:00 p.m. – 3:45 p.m.
6C0916-1J	
Fri-Sun	4:00 p.m. – 4:45 p.m.
6C0916-1K	
Fri, Sun	5:00 p.m. – 5:45 p.m.
6C0916-1L	
Mon-Thu	6:00 p.m. – 6:45 p.m.
6C0916-1M	

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 Aquatics Center for 45 minutes. This zone has a depth of four feet. See lap swim info for pass and registration information.

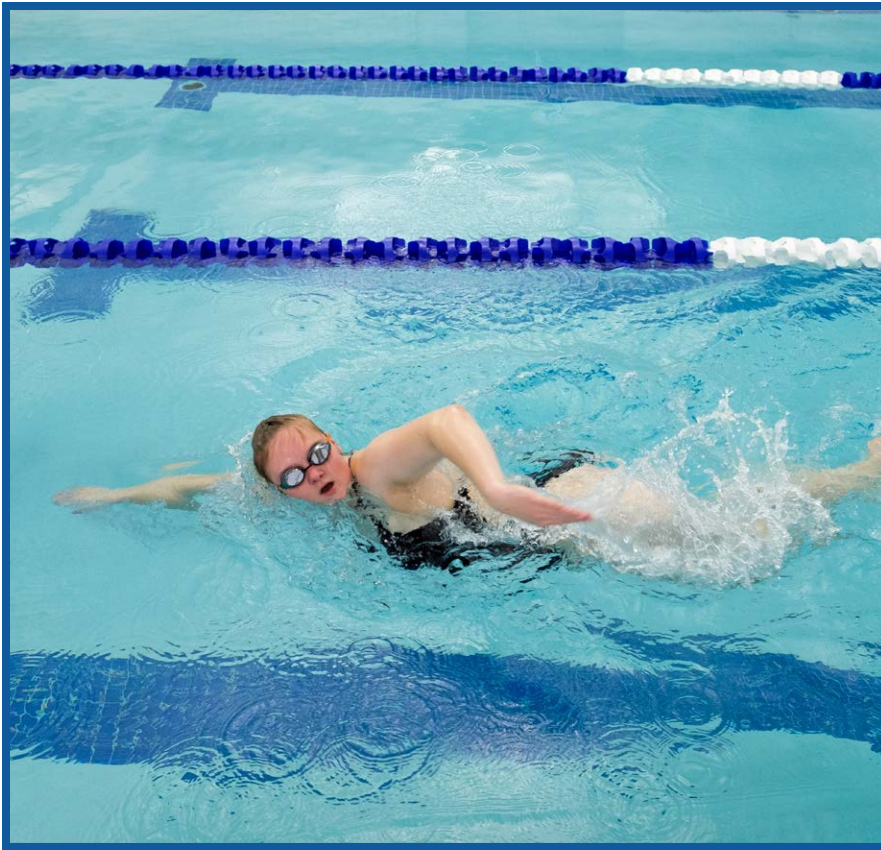
45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri	6:00 a.m. – 6:45 a.m.
6C0961-1A	
Mon-Fri	7:00 a.m. – 7:45 a.m.
6C0961-1B	
Mon-Fri	8:00 a.m. – 8:45 a.m.
6C0961-1C	
Mon-Fri	9:00 a.m. – 9:45 a.m.
6C0961-1D	
Mon-Fri	10:00 a.m. – 10:45 a.m.
6C0961-1E	
Mon-Fri	11:00 a.m. – 11:45 a.m.
6C0961-1F	
Sun	12:00 p.m. – 12:45 p.m.
6C0961-1G	
Sat, Sun	1:00 p.m. – 1:45 p.m.
6C0961-1H	
Sat, Sun	2:00 p.m. – 2:45 p.m.
6C0961-1I	
Mon-Sun	3:00 p.m. – 3:45 p.m.
6C0961-1J	
Mon-Sun	4:00 p.m. – 4:45 p.m.
6C0961-1K	
Mon-Fri, Sun	5:00 p.m. – 5:45 p.m.
6C0961-1L	
Mon-Thu	6:00 p.m. – 6:45 p.m.
6C0961-1M	
Mon-Thu	7:00 p.m. – 7:45 p.m.
6C0961-1N	

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo



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 Aquatics Center for 45 minutes. This zone has a depth of four feet. See lap swim info for pass and registration information.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0962-1A	6:00 a.m. – 6:45 a.m.
Mon-Fri 6C0962-1B	7:00 a.m. – 7:45 a.m.
Mon-Fri 6C0962-1C	8:00 a.m. – 8:45 a.m.
Mon-Fri 6C0962-1D	9:00 a.m. – 9:45 a.m.
Mon-Fri 6C0962-1E	10:00 a.m. – 10:45 a.m.
Mon-Fri 6C0962-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0962-1G	12:00 p.m. – 12:45 p.m.
Sat, Sun 6C0962-1H	1:00 p.m. – 1:45 p.m.

Sat, Sun 6C0962-1I	2:00 p.m. – 2:45 p.m.
Mon-Sun 6C0962-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0962-1K	4:00 p.m. – 4:45 p.m.
Mon-Fri, Sun 6C0962-1L	5:00 p.m. – 5:45 p.m.
Mon-Thu 6C0962-1M	6:00 p.m. – 6:45 p.m.
Mon-Thu 6C0962-1N	7:00 p.m. – 7:45 p.m.

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 Aquatics Center for 45 minutes. This zone has a depth of four feet. See lap swim info for pass and registration information.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0963-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0963-1G	12:00 p.m. – 12:45 p.m.

Sat, Sun 6C0963-1H	1:00 p.m. – 1:45 p.m.
Sat, Sun 6C0963-1I	2:00 p.m. – 2:45 p.m.
Mon-Sun 6C0963-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0963-1K	4:00 p.m. – 4:45 p.m.
Tue, Thu, Fri, Sun 6C0963-1L	5:00 p.m. – 5:45 p.m.
Tue, Thu 6C0963-1M	6:00 p.m. – 6:45 p.m.
Tue, Thu 6C0963-1N	7:00 p.m. – 7:45 p.m.

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 Aquatics Center for 45 minutes. This zone has a depth of six feet. See lap swim info for pass and registration information.

45-min. sessions at RCC HW Pool Pass, Registration Req.

August 31 – December 31

Mon-Fri 6C0964-1F	11:00 a.m. – 11:45 a.m.
Sun 6C0964-1G	12:00 p.m. – 12:45 p.m.
Sat, Sun 6C0964-1H	1:00 p.m. – 1:45 p.m.
Sat, Sun 6C0964-1I	2:00 p.m. – 2:45 p.m.
Mon-Sun 6C0964-1J	3:00 p.m. – 3:45 p.m.
Mon-Sun 6C0964-1K	4:00 p.m. – 4:45 p.m.
Tue, Thu, Fri, Sun 6C0964-1L	5:00 p.m. – 5:45 p.m.
Tue, Thu 6C0964-1M	6:00 p.m. – 6:45 p.m.
Tue, Thu 6C0964-1N	7:00 p.m. – 7:45 p.m.



WATER SAFETY ACADEMY

Adult & Pediatric First Aid/CPR/AED

(13 years and older)

The American Red Cross Adult and Pediatric CPR/AED/First Aid course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies; and how to respond to breathing and cardiac emergencies to help victims of any age. Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED/First Aid valid for two years. Participants should expect to get up and down from a floor position during class. For more information, please email Matt McCall, Aquatics Director, at Matthew.McCall@Fairfaxcounty.gov.

1, 9-hour session at RCC Hunters Woods
\$80 (R)/\$64 (R55+)/\$120 (NR)

November 21

Sat 9:00 a.m. – 6:00 p.m.
 614210-1A Staff

Lifeguard Training

(15 years and older)

This course provides the American Red Cross (ARC) training required to obtain a job as a lifeguard in any national facility utilizing

ARC-certified lifeguards. The course includes Lifeguard Training, First Aid and CPR for the Professional Rescuer; Automated External Defibrillation (AED) Essentials and Preventing Disease Transmission.

3, 9-hour sessions at RCC Hunters Woods
Free (R)/\$200 (NR)

October 10 – October 12

Sat, Sun, Mon 9:00 a.m. – 6:00 p.m.
 611241-1A Staff

December 28 – December 30

Mon-Wed 9:00 a.m. – 6:00 p.m.
 611241-1B Staff

Lifeguard Training Blended Learning

(15 years and older)

Blended learning combines online learning with in-person skills sessions, where participants will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Rescuers and First Aid final eLearning exam prior to the first day of in-person learning. The eLearning portion of the course is approximately seven hours. To participate in the course, you must be able to pass a prerequisite skills evaluation by doing the following prerequisites:

Swim 300 yards continuously, tread water for two minutes, complete a timed event within 1 minute, 40 seconds (swim 20 yards, retrieve a heavy object from the deepest part of the pool and swim 20 yards with the object, on back to the starting point).

Please begin the online session as soon as possible after registration to ensure all eLearning modules are completed prior to the first day of the course. To successfully complete the course, participants must complete the eLearning Modules and provide the printed course completion certificate, attend the entire course, participate in all skill sessions and drills, activities and scenarios, and demonstrate competency in all required skills and scenarios. Please contact Brittany Kartchner, Aquatics Operations Director, at 703-390-6149 with any questions.

2, 9-hour sessions at RCC Hunters Woods
Free (R)/\$200 (NR)

August 29 – August 30

Sat, Sun 9:00 a.m. – 6:00 p.m.
 611242-1A Staff

September 19 – September 20

Sat, Sun 9:00 a.m. – 6:00 p.m.
 611242-1B Staff

Lifeguard Training Renewal

(15 years and older)

This class is for currently certified American Red Cross lifeguards. Renewal candidates must have a copy of their current certification with them the day of the class and also be prepared to complete the prerequisite: swim 300 yards continuously, tread water for two minutes, complete a timed event within 1 minute, 40 seconds (swim 20 yards, retrieve a heavy object from the deepest part of the pool and swim back 20 yards with the object, on back, to the starting point).

This course is a blended learning course with an approximately seven-hour online portion that must be completed before the class. Students must attend the entire class session to pass this course. Please contact Brittany Kartchner, Aquatics Operations Director, at 703-390-6149 with any questions.

1, 9-hour session at RCC Hunters Woods
Free (R)/\$80 (NR)

November 29

Sun 9:00 a.m. – 6:00 p.m.
 611243-1A Staff

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.

INFANT – 7 YEARS OLD

Water Introduction

(6 – 18 months)

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

6, 30-min. sessions in Warm Water Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:40 a.m. – 10:10 a.m.
610000-1A Staff

Sat 10:50 a.m. – 11:20 a.m.
610000-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 9:40 a.m. – 10:10 a.m.
610000-1C Staff

Sat 10:50 a.m. – 11:20 a.m.
610000-1D Staff

September 13 – October 18

Sun 9:30 a.m. – 10:00 a.m.
610002-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 9:30 a.m. – 10:00 a.m.
610002-1B Staff

Aqua Tots

(18 months – 3 years)

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

6, 30-min. sessions in Warm Water Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:40 a.m. – 10:10 a.m.
610007-1A Staff

Sat 10:50 a.m. – 11:20 a.m.
610007-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 9:40 a.m. – 10:10 a.m.
610007-1C Staff

Sat 10:50 a.m. – 11:20 a.m.
610007-1D Staff

September 13 – October 18

Sun 9:30 a.m. – 10:00 a.m.
610008-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 9:30 a.m. – 10:00 a.m.
610008-1B Staff

Pool Pals & Water Friends

(3 – 4 years old)

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

6, 30-min. sessions in Warm Water Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 8:30 a.m. – 9:00 a.m.
610080-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 8:30 a.m. – 9:00 a.m.
610080-1B Staff

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 in Warm Water Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:40 a.m. – 10:00 a.m.
610010-1D Staff

Sat 10:00 a.m. – 10:20 a.m.
610010-1E Staff

Sat 10:20 a.m. – 10:40 a.m.
610010-1F Staff

October 31 – December 12

(No Class: November 28)

Sat 9:40 a.m. – 10:00 a.m.
610010-1J Staff

Sat 10:00 a.m. – 10:20 a.m.
610010-1K Staff

Sat 10:20 a.m. – 10:40 a.m.
610010-1L Staff

September 13 – October 18

Sun 9:00 a.m. – 9:20 a.m.
610012-1A Staff

Sun 9:20 a.m. – 9:40 a.m.
610012-1B Staff

Sun 9:40 a.m. – 10:00 a.m.
610012-1C Staff

Sun 10:00 a.m. – 10:20 a.m.
610012-1D Staff

Sun 10:20 a.m. – 10:40 a.m.
610012-1E Staff

Sun 10:40 a.m. – 11:00 a.m.
610012-1F Staff

November 1 – December 13

(No Class: November 29)

Sun 9:00 a.m. – 9:20 a.m.
610012-1G Staff

Sun 9:20 a.m. – 9:40 a.m.
610012-1H Staff

Sun 9:40 a.m. – 10:00 a.m.
610012-1I Staff

Sun 10:00 a.m. – 10:20 a.m.
610012-1J Staff

Sun 10:20 a.m. – 10:40 a.m.
610012-1K Staff

Sun 10:40 a.m. – 11:00 a.m.
610012-1L Staff

HEALTH & SAFETY

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

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 in Warm Water Pool \$65 (R)/\$130 (NR)

September 13 – October 18

Sun 10:00 a.m. – 10:30 a.m.
610022-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 10:00 a.m. – 10:30 a.m.
610022-1B Staff

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 in Warm Water Pool \$65 (R)/\$130 (NR)

September 12 – October 17

Sat 8:30 a.m. – 9:00 a.m.
610030-1A Staff

Sat 10:15 a.m. – 10:45 a.m.
610030-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 8:30 a.m. – 9:00 a.m.
610030-1C Staff

Sat 10:15 a.m. – 10:45 a.m.
610030-1D Staff

September 13 – October 18

Sun 10:30 a.m. – 11:00 a.m.
610032-1A Staff

Sun 11:00 a.m. – 11:30 a.m.
610032-1B Staff

November 1 – December 13

(No Class: November 29)

Sun 10:30 a.m. – 11:00 a.m.
610032-1C Staff

Sun 11:00 a.m. – 11:30 a.m.
610032-1D Staff

6, 30-min. sessions in Warm Water Pool \$60 (R)/\$90 (NR)

September 15 – October 20

Tue 6:30 p.m. – 7:00 p.m.
610036-1A Staff

September 17 – October 22

Thu 5:00 p.m. – 5:30 p.m.
610036-1B Staff

October 27 – December 8

(No Class: November 24)

Tue 6:30 p.m. – 7:00 p.m.
610036-1C Staff

October 29 – December 10

(No Class: November 26)

Thu 5:00 p.m. – 5:30 p.m.
610036-1D Staff

8, 30-min. sessions in Warm Water Pool \$75 (R)/\$110 (NR)

September 14 – October 7

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-1A Staff

October 12 – November 4

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-1C Staff

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 in Warm Water Pool \$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:05 a.m. – 9:35 a.m.
610040-1A Staff

Sat 11:25 a.m. – 11:55 a.m.
610040-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 9:05 a.m. – 9:35 a.m.
610040-1C Staff

Sat 11:25 a.m. – 11:55 a.m.
610040-1D Staff

September 13 – October 18

Sun 9:00 a.m. – 9:30 a.m.
610042-1A Staff

Sun 11:30 a.m. – 12:00 p.m.
610042-1B Staff

November 1 – December 13

(No Class: November 29)

Sun 9:00 a.m. – 9:30 a.m.
610042-1C Staff

Sun 11:30 a.m. – 12:00 p.m.
610042-1D Staff

6, 30-min. sessions in Warm Water Pool \$60 (R)/\$90 (NR)

September 15 – October 20

Tue 5:00 p.m. – 5:30 p.m.
610046-1A Staff

September 17 – October 22

Thu 5:30 p.m. – 6:00 p.m.
610046-1B Staff

October 27 – December 8

(No Class: November 24)

Tue 5:00 p.m. – 5:30 p.m.
610046-1C Staff

October 29 – December 10

(No Class: November 26)

Thu 5:30 p.m. – 6:00 p.m.
610046-1D Staff

8, 30-min. sessions in Warm Water Pool \$75 (R)/\$110 (NR)

September 14 – October 7

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-1A Staff

October 12 – November 4

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-1C Staff

ADAPTED AQUATICS

Please see page 59 for information on our Adapted Aquatics class.

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 in Warm Water Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:05 a.m. – 9:35 a.m.
610050-1A Staff

Sat 10:50 a.m. – 11:20 a.m.
610050-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 9:05 a.m. – 9:35 a.m.
610050-1C Staff

Sat 10:50 a.m. – 11:20 a.m.
610050-1D Staff

September 13 – October 18

Sun 10:30 a.m. – 11:00 a.m.
610052-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 10:30 a.m. – 11:00 a.m.
610052-1B Staff

6, 30-min. sessions in Warm Water Pool
\$60 (R)/\$90 (NR)

September 15 – October 20

Tue 6:30 p.m. – 7:00 p.m.
610056-1A Staff

October 27 – December 8

(No Class: November 24)

Tue 6:30 p.m. – 7:00 p.m.
610056-1B Staff

8, 30-min. sessions in Warm Water Pool
\$75 (R)/\$110 (NR)

September 14 – October 7

Mon, Wed 5:30 p.m. – 6:00 p.m.
610053-1A Staff

October 12 – November 4

Mon, Wed 5:30 p.m. – 6:00 p.m.
610053-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610053-1C Staff



Marlins

(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 in Lap Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:40 a.m. – 10:10 a.m.
610060-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 9:40 a.m. – 10:10 a.m.
610060-1B Staff

September 13 – October 18

Sun 11:00 a.m. – 11:30 a.m.
610062-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 11:00 a.m. – 11:30 a.m.
610062-1B Staff

6, 30-min. sessions at Lap Pool
\$60 (R)/\$90 (NR)

September 15 – October 20

Tue 5:00 p.m. – 5:30 p.m.
610066-1A Staff

October 27 – December 8

(No Class: November 24)

Tue 5:00 p.m. – 5:30 p.m.
610066-1B Staff
f

WEEKDAY SWIM CLASSES

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

Saturday, October 24

\$4 Reston/\$8 Non-Reston



7 – 12 years old

10:45 a.m. – 11:15 a.m. • 643100-1A

6 months – 6 years old

11:30 a.m. – 12:00 p.m. • 643000-1A

Dive into the Terry L. Smith Aquatics Center's Boo at the Pool! Some treats will float for the little ones, others will sink for those seeking a little more adventure. Each participating child will receive a goody bag upon completion of the event. Children wearing poolside costumes will receive an additional prize. A parent/adult is required to accompany each non-swimmer in the water and participate in the activity. RCC will have a limited number of 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, AQUATICS PROGRAM DIRECTOR, AT 703-390-6151.

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.

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.

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.

LEARN-TO-SWIM: 6 – 12 YEARS OLD

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 in Warm Water Pool
\$65 (R)/\$130 (NR)**

September 12 – October 17

Sat 8:30 a.m. – 9:00 a.m.
610310-1A Staff

October 31 – December 12

(No Class: November 28)
Sat 8:30 a.m. – 9:00 a.m.
610310-1C Staff

September 13 – October 18

Sun 9:30 a.m. – 10:00 a.m.
610312-1A Staff

November 1 – December 13

(No Class: November 29)
Sun 9:30 a.m. – 10:00 a.m.
610312-1B Staff

**6, 30-min. sessions in Warm Water Pool
\$60 (R)/\$90 (NR)**

September 15 – October 20

Tue 5:30 p.m. – 6:00 p.m.
610316-1A Staff

September 17 – October 22

Thu 5:00 p.m. – 5:30 p.m.
610316-1B Staff

October 27 – December 8

(No Class: November 24)
Tue 5:30 p.m. – 6:00 p.m.
610316-1C Staff

October 29 – December 10

(No Class: November 26)
Thu 5:00 p.m. – 5:30 p.m.
610316-1D Staff

**8, 30-min. sessions in Warm Water Pool
\$75 (R)/\$110 (NR)**

September 14 – October 7

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-1A Staff

October 12 – November 4

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-1B Staff

November 9 – December 9

(No Class: November 23, 25)
Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-1C Staff

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 in Warm Water Pool
\$75 (R)/\$110 (NR)**

September 12 – October 17

Sat 9:05 a.m. – 9:35 a.m.
610320-1A Staff

Sat 11:25 a.m. – 11:55 a.m.
610320-1B Staff

October 31 – December 12

(No Class: November 28)
Sat 9:05 a.m. – 9:35 a.m.
610320-1C Staff

Sat 11:25 a.m. – 11:55 a.m.
610320-1D Staff

September 13 – October 18

Sun 10:00 a.m. – 10:30 a.m.
610322-1A Staff

Sun 11:30 a.m. – 12:00 p.m.
610322-1B Staff

November 1 – December 13

(No Class: November 29)
Sun 10:00 a.m. – 10:30 a.m.
610322-1C Staff

Sun 11:30 a.m. – 12:00 p.m.
610322-1D Staff

**6, 30-min. sessions in Warm Water Pool
\$60 (R)/\$90 (NR)**

September 15 – October 20

Tue 6:00 p.m. – 6:30 p.m.
610326-1A Staff

September 17 – October 22

Thu 5:30 p.m. – 6:00 p.m.
610326-1B Staff

October 27 – December 8

(No Class: November 24)
Tue 6:00 p.m. – 6:30 p.m.
610326-1C Staff

October 29 – December 10

(No Class: November 26)
Thu 5:30 p.m. – 6:00 p.m.
610326-1D Staff

**8, 30-min. sessions in Warm Water Pool
\$75 (R)/\$110 (NR)**

September 14 – October 7

Mon, Wed 6:00 p.m. – 6:30 p.m.
610323-1A Staff

October 12 – November 4

Mon, Wed 6:00 p.m. – 6:30 p.m.
610323-1B Staff

November 9 – December 9

(No Class: November 23, 25)
Mon, Wed 6:00 p.m. – 6:30 p.m.
610323-1C Staff

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.

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 44.

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 in Lap Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:05 a.m. – 9:35 a.m.
610330-1A Staff

Sat 11:25 a.m. – 11:55 a.m.
610330-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 9:05 a.m. – 9:35 a.m.
610330-1C Staff

Sat 11:25 a.m. – 11:55 a.m.
610330-1D Staff

September 13 – October 18

Sun 11:00 a.m. – 11:30 a.m.
610332-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 11:00 a.m. – 11:30 a.m.
610332-1B Staff

6, 30-min. sessions in Lap Pool
\$60 (R)/\$90 (NR)

September 15 – October 20

Tue 5:30 p.m. – 6:00 p.m.
610336-1A Staff

October 27 – December 8

(No Class: November 24)

Tue 5:30 p.m. – 6:00 p.m.
610336-1B Staff

8, 30-min. sessions in Lap Pool
\$75 (R)/\$110 (NR)

September 14 – October 7

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-1A Staff

October 12 – November 4

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-1C Staff



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 in Lap Pool
\$65 (R)/\$130 (NR)

September 12 – October 17

Sat 9:40 a.m. – 10:10 a.m.
610340-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 9:40 a.m. – 10:10 a.m.
610340-1B Staff

September 13 – October 18

Sun 11:30 a.m. – 12:00 p.m.
610342-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 11:30 a.m. – 12:00 p.m.
610342-1B Staff

6, 30-min. sessions in Lap Pool
\$60 (R)/\$90 (NR)

September 15 – October 20

Tue 6:00 p.m. – 6:30 p.m.
610346-1A Staff

October 27 – December 8

(No Class: November 24)

Tue 6:00 p.m. – 6:30 p.m.
610346-1B Staff

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 in Lap Pool
\$75 (R)/\$150 (NR)

September 12 – October 17

Sat 10:15 a.m. – 11:00 a.m.
610350-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 10:15 a.m. – 11:00 a.m.
610350-1C Staff

6, 45-min. sessions in Lap Pool
\$65 (R)/\$100 (NR)

September 17 – October 22

Thu 6:00 p.m. – 6:45 p.m.
610356-1A Staff

October 29 – December 10

(No Class: November 26)

Thu 6:00 p.m. – 6:45 p.m.
610356-1B Staff



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 in Warm Water Pool
\$65 (R)/\$52 (R55+)/\$130 (NR)

September 12 – October 17

Sat 10:50 a.m. – 11:20 a.m.
 610190-1A Staff

Sat 11:25 a.m. – 11:55 a.m.
 610190-1B Staff

October 31 – December 12

(No Class: November 28)

Sat 10:50 a.m. – 11:20 a.m.
 610190-1C Staff

Sat 11:25 a.m. – 11:55 a.m.
 610190-1D Staff

**VOLUNTEERS
 NEEDED!**

See page 41 for more information.

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

6, 45-min. sessions in Lap Pool
\$75 (R)/\$150 (NR)

September 12 – October 17

Sat 11:05 a.m. – 11:50 a.m.
 610360-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 11:05 a.m. – 11:50 a.m.
 610360-1B Staff

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 in Lap Pool
\$85 (R)/\$130 (NR)

September 14 – October 7

Mon, Wed 6:30 p.m. – 7:15 p.m.
 610183-1A Staff

October 12 – November 4

Mon, Wed 6:30 p.m. – 7:15 p.m.
 610183-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 6:30 p.m. – 7:15 p.m.
 610183-1C Staff

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.

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.

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 44.

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.

13 YEARS AND OLDER

Adult Beginner

(13 years and older)

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

6, 30-min. sessions in Warm Water Pool
\$65 (R)/\$52 (R55+)/\$130 (NR)

September 12 – October 17

Sat 8:30 a.m. – 9:00 a.m.
610210-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 8:30 a.m. – 9:00 a.m.
610210-1B Staff

September 13 – October 18

Sun 9:00 a.m. – 9:30 a.m.
610212-1A Staff

November 1 – December 13

(No Class: November 29)

Sun 9:00 a.m. – 9:30 a.m.
610212-1B Staff

8, 30-min. sessions in Warm Water Pool
\$75 (R)/\$60 (R55+)/\$110 (NR)

September 14 – October 7

Mon, Wed 6:30 p.m. – 7:00 p.m.
610213-1A Staff

October 12 – November 4

Mon, Wed 6:30 p.m. – 7:00 p.m.
610213-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 6:30 p.m. – 7:00 p.m.
610213-1C Staff

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 deepwater 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 in Lap Pool
\$75 (R)/\$60 (R55+)/\$150 (NR)

September 12 – October 17

Sat 10:15 a.m. – 11:00 a.m.
610220-1A Staff

October 31 – December 12

(No Class: November 28)

Sat 10:15 a.m. – 11:00 a.m.
610220-1B Staff

6, 45-min. sessions in Lap Pool
\$65 (R)/\$52 (R55+)/\$98 (NR)

September 17 – October 22

Thu 6:00 p.m. – 6:45 p.m.
611226-1A Staff

October 29 – December 10

(No Class: November 26)

Thu 6:00 p.m. – 6:45 p.m.
611226-1B Staff

Swim Team Prep

(13 – 18 years old)

This program is for high school swimmers who want a tune-up before the high school swim season begins. The program focuses on endurance, starts and turns, and all the things important in high school swimming competition. Practices will be four days per week for one hour in the evenings. This class is run by certified coaching staff.

32, 60-min. sessions in Lap Pool
\$100 (R)//\$200 (NR)

September 14 – November 5

Mon-Thu 4:00 p.m. – 5:00 p.m.
610257-1A Staff

AEROBICS

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.

8, 50-min. sessions in Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 15 – October 8

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-1A Staff

October 13 – November 5

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-1B Staff

November 10 – December 10

(No Class: November 24, 26)

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-1C Staff



Aqua Burn

(18 years and older)

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

8, 50-min. sessions in Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 14 – October 7

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-1A Staff

October 12 – November 4

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-1C Staff

Deep Water Mania

(18 years and older)

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

8, 50-min. sessions in Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 14 – October 7

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-1A Staff

October 12 – November 4

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-1B Staff

November 9 – December 9

(No Class: November 23, 25)

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-1C Staff

DAILY AEROBICS (PASS REQUIRED)

Due to COVID-19 and social distancing requirements, Aqua Barre, Aqua Blast, Aqua Mixer, Boot Camp and Tides in Motion now require registration. To register, sign into myRCC and select the dates and times you wish to attend. Registration for Aqua Barre, Aqua Blast, Aqua Boot Camp, Aqua Mixer and Tides in Motion is free, but patrons are required to purchase a Water Aerobics pass and swipe the pass prior to each registered class. Water Aerobics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits. Water Aerobics passes expire two years from date of purchase.

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 in Warm Water Pool Pass, Registration Req.

September 14 – December 11

(No Class: November 23, 25, 27)

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.
6C0110-1K Staff

Aqua Blast

(18 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be 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 in Warm Water Pool Pass, Registration Req.

September 15 – December 10

(No Class: November 24, 26)

Tue, Thu 8:30 a.m. – 9:15 a.m.
6C0060-1K Staff

Aqua Blast

(18 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be 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 in Warm Water Pool Pass, Registration Req.

September 15 – December 17

(No Class: November 24, 26)

Tue, Thu 9:30 a.m. – 10:15 a.m.
6C0075-1K Staff

Aqua Boot Camp

(18 years and older)

This deep-water, high-intensity workout uses core-strengthening, cardio and range-of-motion exercises to help reach fitness goals. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with a physician before starting this program.

45-min. sessions in Warm Water Pool Pass, Registration Req.

September 14 – December 18

(No Class: November 23, 25, 27)

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.
6C0080-1K Staff

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.
6C0100-1K Staff

Aqua Mixer

(18 years and older)

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

45-min. sessions in Warm Water Pool Pass, Registration Req.

September 14 – December 9

(No Class: November 23, 25)

Mon, Wed 5:30 p.m. – 6:15 p.m.
6C0040-1K Staff

Tides in Motion

(18 years and older)

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

45-min. sessions in Warm Water Pool Pass, Registration Req.

September 14 – December 11

(No Class: November 23, 25, 27)

Mon, Wed, Fri 8:30 a.m. – 9:15 a.m.
6C0010-1K Staff

Have Questions About Drop-in Programs?

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

Learn How to Purchase a Pass and Make a Reservation:

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



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KIDS CORNER

Programs designed specifically for youth (under 13) are presented together. Please note, intergenerational or teen/tween programs are listed in the program type categories alphabetically in the Leisure & Learning Section.

CRAFTS

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 6

Tue 9:00 a.m. – 9:45 a.m.
902209-1A Clay Cafe Studios

Tue 10:00 a.m. – 10:45 a.m.
902209-1B Clay Cafe Studios

Letters to Santa

(2 – 8 years old)

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. Please note that this program is not appropriate for children younger than the advertised age range. Free, all children and adults must register for one of the sessions listed.

1, 30-min. session at RCC Hunters Woods Free, Registration Req.

November 21

Sat 9:30 a.m. – 10:00 a.m.
901029-1A Staff

Sat 10:00 a.m. – 10:30 a.m.
901029-1B Staff

Sat 10:30 a.m. – 11:00 a.m.
901029-1C Staff

Sat 11:00 a.m. – 11:30 a.m.
901029-1D Staff

Turkey Handprint Plates

(2 – 5 years old)

Children can create 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 5

Thu 9:00 a.m. – 9:45 a.m.
901106-1A Clay Cafe Studios

Thu 10:00 a.m. – 10:45 a.m.
901106-1B 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 1

Tue 9:00 a.m. – 9:45 a.m.
901357-1A Clay Cafe Studios

Tue 10:00 a.m. – 10:45 a.m.
901357-1B Clay Cafe Studios

DANCE

Ballet Basics I

(3 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

8, 60-min. sessions at RCC Hunters Woods \$85 (R)/\$130 (NR)

September 29 – November 17

Tue 4:00 p.m. – 5:00 p.m.
402402-1A Metro Movement

6, 60-min. sessions at RCC Hunters Woods \$70 (R)/\$105 (NR)

October 17 – November 21

Sat 10:00 a.m. – 11:00 a.m.
402402-1B Metro Movement

Hip-Hop

(3 – 6 years old)

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

8, 60-min. sessions at RCC Hunters Woods \$85 (R)/\$130 (NR)

September 30 – November 18

Wed 4:00 p.m. – 5:00 p.m.
402672-1A Metro Movement

6, 60-min. sessions at RCC Hunters Woods \$70 (R)/\$105 (NR)

October 17 – November 21

Sat 10:00 a.m. – 11:00 a.m.
402402-1B Metro Movement

Reston Camp Expo



**SATURDAY,
JANUARY 30, 2021**

9:00 a.m. – 12:00 p.m.

Reston Community Center

2310 Colts Neck Road, Reston, VA

Save the date for this chance to learn about hundreds of Reston-area summer camps and out-of-school activities all in one place! Bring the whole family for a fun and informative morning of music, games, prizes and camp resources:

- **Win Fantastic Door Prizes**

Includes many fun items and a free week of camp.

- **Scholarships**

Discover the range of fee waiver and camp scholarship opportunities.

- **Summer Employment**

Find out about summer camp employment and volunteer opportunities.

- **Learn More**

Get info on registration dates, camp requirements, locations and fees, while meeting directors and staff teams.



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

For more information, contact LaTanja Jones, RCC Collaboration & Outreach Director, at 703-390-6158.

ENRICHMENT

A Colorful Crowd

(2 – 5 years old)

Only three main colors make up all the other colors. Children will have fun experimenting with the “magic” of color mixing and create something special and uniquely theirs with various types of art media. 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 4

Wed 10:00 a.m. – 11:00 a.m.
901309-1A Gollop-Pagani

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. 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 14

Wed 10:00 a.m. – 11:00 a.m.
901311-1A Gollop-Pagani

PERFORMING ARTS

Young Actors Theatre (Abridged)

(7 – 13 years old)

With social distancing and best health practices in mind, while serving as many young actors as possible, Young Actors Theatre is offering an abbreviated, yet no less exciting, YAT experience. Each session will provide training in all aspects of the theatrical process and culminate with a performance in the CenterStage at RCC Hunters Woods. So, warm up your voices and dust off your dance shoes and make plans to join us this fall for a fast-paced, fun-packed YAT experience.

20, 3-hour sessions at RCC Hunters Woods \$235 (R)/\$470 (NR)

September 11 – November 14

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:00 p.m.
4C0040-11 Staff

SOCIAL

Ho, Ho, Ho!

(Infant – 6 years old)

Put on your favorite holiday outfit and participate in a session of crafts and music while visiting Santa. Parents/guardians are encouraged to bring a camera for this perfect photo opportunity. Parents/caregivers must fully participate in the activities. Free; all children and adults must register for one of the sessions listed.

1, 30-min. session at RCC Hunters Woods Free, Registration Req.

December 2

Wed 9:30 a.m. – 10:00 a.m.
902015-1A Staff

Wed 10:00 a.m. – 10:30 a.m.
902015-1B Staff

Wed 10:30 a.m. – 11:00 a.m.
902015-1C Staff

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 14 – November 9

(No Class: October 12)

Mon 4:00 p.m. – 5:00 p.m.
402697-1A Lambakis

INTERGENERATIONAL PROGRAMS

RCC also offers intergenerational programs suitable for youth in the Leisure & Learning Section:

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KIDS CORNER

HALLOWEEN FAMILY FUN DAY

Saturday, October 24 • 12:30 p.m. – 1:30 p.m.



Infant – 8 Years Old

Free • Drop-in • Hunters Woods Village Center

CELEBRATE HALLOWEEN DIFFERENTLY WITH RCC THIS YEAR.

Parents/guardians of little ghosts and goblins are encouraged to decorate their cars in a Halloween theme to be included in a self-driven Halloween Car Parade at Hunters Woods Village Center parking lot. Children should dress in their favorite costume and will collect a surprise Halloween goody bag. Please note: children must be accompanied by adults at all times. Parade will begin at 12:30 p.m. sharp. Drive-ups and walk-ups welcome.

FOR MORE INFORMATION, PLEASE CONTACT DEBBIE HERON, YOUTH PROGRAM DIRECTOR, AT 703-390-6163.



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CRAFTS

Easy Origami for Adults

(18 years and older)

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

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

December 6

Sun 1:00 p.m. – 3:00 p.m.
503733-1A 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. Children under age 8 must be accompanied by an adult for the duration of the program. All participants must register and pay. All supplies are included in the class fee.

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

October 10

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

Origami Workshop – Holiday Ornaments

(12 years and older)

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

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

December 12

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



Seasonal Flower Arrangements

(18 years and older)

Learn useful techniques to arrange floral and branch materials in various types of vases. Enjoy creating fun and unique floral arrangements following a traditional Japanese approach called Ikebana to bring home the natural beauty of fall colors.

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

September 20

Sun 1:00 p.m. – 3:00 p.m.
503732-1A Shimizu

October 18

Sun 1:00 p.m. – 3:00 p.m.
503732-1B Shimizu

November 8

Sun 1:00 p.m. – 3:00 p.m.
503732-1C Shimizu

Sewing I for Teens and Adults

(16 years and older)

Learn to make pillows, placemats and table runners or tablecloths for home decorating. The projects in this introductory course will encourage participants to make progress with sewing. A supply list will be provided prior to class. Participants are strongly encouraged to bring a portable sewing machine to class. A limited number of RCC-owned machines will be available for in-house use.

9, 2-hour sessions at RCC Hunters Woods
\$120 (R)/\$96 (R55+)/\$180 (NR)

October 8 – December 3

Thu 6:30 p.m. – 8:30 p.m.
901342-1A Minassian

CREATIVE CONNECTIONS

Holiday Wreath Making

(18 years and older)

Create a wreath to decorate for the holiday season. All supplies will be included.

1, 2-hour session at To Be Determined
\$45 (R)/\$36 (R55+)/\$68 (NR)

October 22

Thu 6:00 p.m. – 8:00 p.m.
842015-1A Jones

November 12

Thu 6:00 p.m. – 8:00 p.m.
842015-1B Jones

Introduction to Calligraphy

(18 years and older)

Learn the basics of modern pointed pen calligraphy from Samantha Testa of Painted Palettes. Instruction includes the best supplies to use, how to formulate your alphabet and beginner skills. All supplies for this class will be provided.

1, 2-hour session at To Be Determined
\$75 (R)/\$60 (R55+)/\$100 (NR)

September 16

Wed 6:00 p.m. – 8:00 p.m.
842018-1A Painted Palettes

DANCE

Line Dancing with Scotty (18 years and older)

Learn the classic country favorites, newest pop dances and many styles in between. Dances will be taught for all levels, providing enjoyment for beginners and experienced dancers alike. Please wear shoes that will slide on the wood floor. Please bring water to class.

**10, 90-min. sessions at RCC Hunters Woods
\$55 (R)/\$44 (R55+)/\$83 (NR)**

September 10 – November 12

Thu 5:00 p.m. – 6:30 p.m.
503532-1B Inman

DISCUSSION

Bookends

(18 years and older)

Participants engage in lively, monthly discussions of a variety of books. All attendees are required to register for this program due to COVID-19 requirements. Books are on reserve at the Reston Regional Library; please ask for the RCC Bookends selection at the Checkout Desk.

- **September 24:**
Amsterdam by Ian McEwan
- **October 29:**
Becoming by Michelle Obama
- **November 19:**
Standard Deviation by Katherine Heiny
- **December 17:**
Unsheltered by Barbara Kingsolver

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

Thu 12:30 p.m. – 2:00 p.m.
5C0075-1A Staff

**REGISTER TODAY
DON'T DELAY!**

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

Current Issues Discussion Group

(18 years and older)

Join this lively gathering and be prepared to debate politics and how government works or doesn't work on local, national and world levels. Newcomers are welcome and encouraged to attend. All attendees are required to register for this program due to COVID-19 requirements.

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

September 24 – December 17

(No Class: November 26)

Thu 10:00 a.m. – 12:00 p.m.
5C0080-1A Staff

ENRICHMENT

A Matter of Balance

(18 years and older)

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program is an evidence-based program proven to reduce falls.

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

September 23 – November 18

Wed 1:30 p.m. – 3:30 p.m.
503546-1A Duke

AARP Smart Driver

(18 years and older)

This two-day workshop conducted by an AARP instructor, teaches defensive driving. Upon successful completion of this course, participants 50 years and older may be entitled to a discount on their car insurance. A check payable to AARP for \$20 (AARP members) or \$25 (non-members) is due to the instructor on the first day of class. AARP members must present their membership card to the instructor.

**2, 4-hour sessions at RCC Hunters Woods
\$20 (AARP member)/\$25 (non-member),
Registration Req.**

October 27 – October 29

Tue, Thu 9:00 a.m. – 1:00 p.m.
505537-1A Young

Advanced Surgical Techniques

(18 years and older)

Join a Reston Hospital Center surgeon, who will discuss some of the advanced surgical techniques that can aid in a quicker recovery.

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

November 19

Thu 5:30 p.m. – 6:30 p.m.
503723-1A Echelmeyer

Aging in Place 101

(18 years and older)

With advances in technologies, products and services, people are able to stay in their home longer as they age. This presentation focuses on areas such as home modification and services available to age in place.

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

November 10

Tue 10:00 a.m. – 11:30 a.m.
503729-1A Nasto

Cancer Screening Guidelines

(18 years and older)

Join representatives from Reston Hospital Center to learn about the latest cancer screening guidelines.

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

October 28

Wed 5:30 p.m. – 6:30 p.m.
503722-1A Echelmeyer

Chronic Pain Self- Management

(18 years and older)

Chronic Pain Self-Management is an evidence-based program that helps people learn tools and strategies to aid with managing pain. Topics include how to deal with poor sleep, fatigue and frustration, as well as nutrition appropriate medication management. The classes are highly participatory.

**6, 2-hour sessions at RCC Hunters Woods
Free, Registration Req.**

October 1 – November 5

Thu 1:30 p.m. – 3:30 p.m.
503719-1A Duke

ENRICHMENT CONTINUED

Discovering Dementia: Basic Concepts

(18 years and older)

This presentation focuses on the four main types of dementia, differences and similarities between them, and how to identify each type.

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

December 7

Mon 10:00 a.m. – 11:30 a.m.
503728-1A Nasto

Find Your Voice: Creative Writing for Teens

(13 – 17 years old)

Teens will learn how to find and use their voices through effective writing. Through activities such as writing prompts, group writing projects and inspiring conversations, teens will immerse themselves in the world of journalism and collaborate with other passionate writers. Lesson plans will include one-on-one writing help and peer editing.

**5, 1-hour sessions at RCC Hunters Woods
\$45 (R)/\$67 (NR)**

October 17 – November 14

Sat 11:30 a.m. – 12:30 p.m.
901435-1A Datskovska

Fire Prevention

(18 years and older)

The Fairfax County Fire Department's Life Safety Education representative will be sharing current department safety initiatives and information for residents about fire prevention and escape planning.

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

September 9

Wed 11:00 a.m. – 12:00 p.m.
503717-1A Liew

Genetic Genealogy

(18 years and older)

Direct-to-consumer DNA testing, combined with the availability of online historical records, now offers the potential to discover family relationships that previously were shrouded in obscurity. This class introduces the exciting field of genetic genealogy and

assists participants in developing strategies for applying DNA testing to their own research.

**6, 90-min. sessions at RCC Hunters Woods
\$40 (R)/\$32 (R55+)/\$60 (NR)**

September 8 – October 13

Tue 7:00 p.m. – 8:30 p.m.
500564-1A Barry

Hearing Aids: Beware & Be Wise

(18 years and older)

Participants will learn the mechanics of hearing and why we experience hearing loss, the emotional impact of hearing loss and wearing hearing aids, and the impact on communication with loved ones. Students will also learn the difference between an audiologist and a hearing instrument specialist, learn about the hearing evaluation and how to interpret an audiogram, as well as the types and styles of hearing aids, the costs, and insurance options. This class is led by Bonnie O'Leary, Director of Community Outreach Programs for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.

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

October 26

Mon 10:30 a.m. – 11:30 a.m.
500475-1B O'Leary

How to Fast

(18 years and older)

This class will discuss the various methods and benefits of fasting. It will also cover fasting techniques that may or may not be beneficial due to various health conditions.

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

September 19

Sat 11:00 a.m. – 12:30 p.m.
503550-1A Lebron

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. Remove the fear and bring clarity to what can be a confusing subject and leave

with an idea of what a good estate plan should include. 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 14

Wed 5:00 p.m. – 6:00 p.m.
500809-1A Lambeth

Medicare 101

(18 years and older)

Medicare 101 training is for individuals who will soon be eligible for Medicare. The 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. For patrons unable to participate in person, this program is also available on the RCC YouTube channel.

**1, 4-hour session at RCC Hunters Woods
Free, Registration Req.**

October 15

Thu 5:00 p.m. – 9:00 p.m.
500402-1A De Leon

November 12

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

Memoir Meetup

(18 years and older)

The goal of this program is to review progress of individual memoir writing. Participants will meet and present one selection. There will be enough time to discuss and give feedback to individual work.

**1, 3-hour session at RCC Hunters Woods
Free, Registration Req.**

September 28

Mon 10:00 a.m. – 1:00 p.m.
503540-1A Mudd-Krijgelmans

November 16

Mon 10:00 a.m. – 1:00 p.m.
503540-1B Mudd-Krijgelmans

ENRICHMENT CONTINUED

Open the Door to Retirement with a Reverse Mortgage

(18 years and older)

This presentation regarding reverse mortgages explains how to access the equity in your home when at least one spouse is living at home. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

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

December 1

Tue 1:00 p.m. – 2:30 p.m.
503730-1A Baird

Organizing Your Financial Documents

(18 years and older)

This session will help you to understand your financial documents such as investment statements and Social Security, as well as offer tips on how to keep them organized and easily accessible. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

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

September 23

Wed 6:00 p.m. – 7:30 p.m.
503720-1A Black

Organizing Your Legal Documents

(18 years and older)

Family law attorney Jim Magnier will discuss estate planning and how to keep legal documents organized and easily accessible. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

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

September 30

Wed 6:00 p.m. – 7:30 p.m.
503721-1A Black

Residential Home Buying Seminar: Choosing Your Real Estate Team

(18 years and older)

Participants will be provided with tools and education regarding all steps of the home purchasing process. Students will learn how to choose their real estate team, get pre-approved for a loan, the steps in searching for a property, how to write an offer letter that will win the deal, and the steps after an offer is accepted up to and including settlement. 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.

November 30

Mon 6:00 p.m. – 7:00 p.m.
503731-1B Barrett

December 8

Tue 6:00 p.m. – 7:00 p.m.
503731-1A Barrett

Scholarship Workshop

(13 years and older)

Are you thinking about how to pay for college? Learn the strategies of Marianne Ragins, who won \$400,000 in scholarship funds and now advises students, parents and guidance staff on how to find scholarship money. All high school seniors who attend will become eligible for the Ragins/Braswell National Scholarship. For more information about this workshop or Marianne Ragins, visit www.tswscholar.com. Due to COVID-19, this will be a virtual classes. This class will be offered using the online platform called Zoom. You may choose to watch the virtual class at RCC Hunters Woods or watch from home on your computer. A link will be provided to registered patrons prior to class.

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

November 14

Sat 10:30 a.m. – 12:30 p.m.
901433-1A Ragins

Seasonal Fire & Safety

(18 years and older)

During winter months, there may be a greater risk of home fires. Learn about which fire hazards might be present in homes and ways to prevent them.

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

November 12

Thu 11:00 a.m. – 12:00 p.m.
503718-1A Liew

Selling Your Home: Understanding the Process

(18 years and older)

For those planning on moving now or soon who want to know what is involved, this class will provide valuable information. Learn about setting a price, staging the house, marketing it, working through the selling process and finalizing everything at closing. There will be time for Q&A. Handouts will be provided.

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

September 14

Mon 1:30 p.m. – 3:00 p.m.
503508-1A Sierakowski

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.

December 2

Wed 5:00 p.m. – 6:00 p.m.
503507-1A Lambeth

FITNESS: YOGA

Evening Hatha Yoga I

(18 years and older)

This beginning Hatha yoga 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.

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

September 14 – December 14

(No Class: October 12, 19)

Mon 5:00 p.m. – 6:00 p.m.
302485-1B Unger

Gut Feeling Yoga

(18 years and older)

There is increasing evidence that yoga, together 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. In this class, students will learn yoga postures and breathing techniques to help calm those "gut feelings" by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger.

8, 75-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 24 – December 3

(No Class: October 15, 22, November 26)

Thu 5:00 p.m. – 6:15 p.m.
302300-1A Unger

Hatha Yoga Flow

(18 years and older)

Students will improve strength, balance, flexibility and sense of well-being through mindful movements and poses. Classes will include sun salutations, standing and balancing postures, forward and back bends, abdominal work, inversions, breathing exercises, and relaxation techniques.

9, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 22 – November 17

Tue 6:15 p.m. – 7:15 p.m.
306992-1D Hooper

Kundalini Yoga and Meditation

(18 years and older)

Kundalini yoga uses asanas (postures), movement, breath and meditation to relax and heal mind, body and spirit. This type of yoga improves strength and flexibility and may provide relief from problems such as back pain, stress and insomnia.

6, 90-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 13 – October 25

(No Class: October 11)

Sun 10:15 a.m. – 11:45 a.m.
302101-1A Khalsa

November 8 – December 20

(No Class: November 29)

Sun 10:15 a.m. – 11:45 a.m.
302101-1B Khalsa

Meditative Yoga

(18 years and older)

Students will practice Kundalini yoga, which will soften the stresses of life and bring the body and mind into a more meditative state. The meditations students learn will help to decrease worries and anxieties, increase optimism, and help foster a deep sense of peace.

6, 90-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 15 – October 20

Tue 7:00 p.m. – 8:30 p.m.
302215-1C Khalsa

September 17 – October 22

Thu 10:15 a.m. – 11:45 a.m.
302215-1D Khalsa

November 5 – December 17

Thu 10:15 a.m. – 11:45 a.m.
302215-1E Khalsa

November 10 – December 15

Tue 7:00 p.m. – 8:30 p.m.
302215-1F Khalsa

Prenatal Yoga

(18 years and older)

This class, led by a certified prenatal yoga instructor and birthing educator, will provide safe and effective exercises to help prepare for labor and delivery. Each session begins with a topical discussion to help expectant mothers share and learn prior to moving into poses designed to strengthen the body, relax the mind, hone power and strength. All expectant mothers at any stage in their pregnancy are welcome, but it is recommended that participants consult a physician, midwife or health practitioner prior to starting any physical exercise regimen.

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

September 22 – November 17

(No Class: November 3)

Tue 7:30 p.m. – 8:30 p.m.
302100-1A Hooper

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.

9, 75-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 23 – December 2

(No Class: October 14, 21)

Wed 9:00 a.m. – 10:15 a.m.
305601-1A Unger

FITNESS STUDENTS

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

FITNESS: CARDIO/ STRENGTH

Body Sculpting

(18 years and older)

Accomplish a full-body workout with traditional and nontraditional sculpting methods, using free weights, resistance bands and body bars. This class is designed to take participants to their own limit and is good for all levels of fitness. Participants should be able to transfer to the floor to use an exercise mat during class.

7, 60-min. sessions at RCC Lake Anne
\$50 (R)/\$40 (R55+)/\$75 (NR)

September 12 – October 24

Sat 9:00 a.m. – 10:00 a.m.
302315-1D Straley

Sat 10:15 a.m. – 11:15 a.m.
302315-1E Straley

October 31 – December 19

Sat 9:00 a.m. – 10:00 a.m.
302315-1G Straley

Sat 10:15 a.m. – 11:15 a.m.
302315-1H Straley

FITNESS: MOVEMENT & WELLNESS

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.

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

September 15 – November 17

Tue 10:15 a.m. – 11:15 a.m.
305033-1C Avilov

September 18 – November 20

Fri 10:45 a.m. – 11:45 a.m.
305033-1D Avilov

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.

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

September 14 – October 26

(No Class: October 12)

Mon 12:15 p.m. – 1:15 p.m.
300129-1D Fletcher

7, 60-min. sessions at RCC Lake Anne
\$50 (R)/\$40 (R55+)/\$75 (NR)

November 2 – December 14

Mon 12:15 p.m. – 1:15 p.m.
300129-1E 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.

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

September 24 – November 12

Thu 6:15 p.m. – 7:15 p.m.
306030-1B Mannes

Stretch and Roll

(18 years and older)

This stretch class will use a combination of rolling and stretching techniques. Chair, mat, foam rollers and other equipment may be used. All levels of fitness welcome.

6, 45-min. sessions at RCC Lake Anne
\$55 (R)/\$44 (R55+)/\$83 (NR)

October 7 – November 11

Wed 1:30 p.m. – 2:15 p.m.
306021-1B Rook

Tae Kwon Do I

(6 years and older)

Tae Kwon Do is a traditional Korean system of unarmed combat and self-defense, emphasizing the use of the feet and hands as weapons. Commitment to this regimented conditioning program brings about greater strength, speed, balance, flexibility and stamina. Children through adults are welcome and all skill levels encouraged.

12, 60-min. sessions at RCC Hunters Woods
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 12 – December 12

(No Class: October 24, November 28)

Sat 9:00 a.m. – 10:00 a.m.
302348-1B Jones

Tae Kwon Do II

(6 years and older)

Expanding on the techniques and skills of Tae Kwon Do I, this intermediate class is for students with prior experience. The instructor reserves the option to move students between sections based on skill level. Students focus on traditional forms (Hyungs), sparring, breaking and preparing themselves for tournament competitions. Children through adults are welcome and all skill levels encouraged.

12, 60-min. sessions at RCC Hunters Woods
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 12 – December 12

(No Class: October 24, November 28)

Sat 10:00 a.m. – 11:00 a.m.
303000-1B Jones

Walking Group

(18 years and older)

This group is designed to activate your day by engaging in a 45-minute walk to enjoy the many paths Reston has to offer. Refresh your morning in the fresh air with a light stroll.

6, 45-min. sessions at RCC Lake Anne
Free, Registration Req.

September 9 – October 14

Wed 10:30 a.m. – 11:15 a.m.
300400-1A Avilov



RCC CYCLES

Learn to Bike – Youth



Age: 6 – 12 Years Old • Location: Reston Station

Sunday, September 13 • 1:00 – 3:00 p.m.

#306208-1A • \$30 Reston/\$45 Non-Reston

Sunday, October 11 • 1:00 – 3:00 p.m.

#306208-1B • \$30 Reston/\$45 Non-Reston

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

This class is for children who have never learned to ride a bike before or need to relearn the basics. Certified instructors use a technique that is intuitive and will take students through a progressive curriculum that has a very high success rate. Topics addressed include balance skills, basic steering skills and basic braking skills. Registration fee includes the rental of a bike and a Consumer Product Safety Commission (CPSC)-approved helmet. If the student would like to bring their own helmet, it must be CPSC approved. Students are asked to wear comfortable, weather-appropriate outerwear and bring water and a snack. Students will be contacted two weeks in advance of the class to ensure that a properly sized bicycle is provided. Due to COVID-19 and social distancing protocols, parents will be asked to assist their children during class.

For more information, please contact the Fitness and Wellness Director at 703-390-6159.

FITNESS: DAILY PASS

Due to COVID-19 and social distancing requirements, Boot Camp, Hi/Lo & Strength, Zumba Gold and Zumba Gold Toning now require registration. To register, sign into myRCC and select the dates and times you wish to attend. Registration for the Drop-in Fitness programming is free, but patrons are required to purchase a Fitness pass and swipe the Fitness pass prior to each registered 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 \$2.50 (R)/\$5.00 (NR) per class. Fitness passes expire two years from date of purchase.



Have Questions About Drop-in Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo

FITNESS STUDENTS

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

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 tubes, weights and the stability ball during this class. The last 10 to 15 minutes are spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats.

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

September 15 – December 17

(No Class: November 3, November 26)

Tue, Thu	9:00 a.m. – 10:00 a.m.
3C0010-1H	Dantonio

Hi/Lo & Strength

(18 years and older)

This comprehensive class includes a warm-up and stretching session with 30 minutes of aerobics and 30 minutes of weight and resistance training. Bands and weights will be provided when necessary.

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

September 1 – December 16

(No Class: October 12)

Mon, Wed	10:00 a.m. – 11:00 a.m.
3C0040-1H	Dantonio

September 11 – December 18

(No Class: November 27)

Fri	10:45 a.m. – 11:45 a.m.
3C0050-1H	Rook

Zumba Gold

(18 years and older)

This course is specially designed for beginners and active older adults by modifying the Zumba format, moves, and pacing to better suit the needs of the participant. Zumba is known for zesty Latin music such as salsa, merengue, cumbia and reggaeton; exhilarating, easy-to-follow movements; and the invigorating, party-like atmosphere.

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

September 9 – December 16

(No Class: October 28)

Wed	8:45 a.m. – 9:45 a.m.
3C0070-1H	Avilov

September 11 – December 18

(No Class: November 27)

Fri	9:30 a.m. – 10:30 a.m.
3C0060-1H	Avilov

Zumba Gold Toning

(18 years and older)

The Zumba Gold Toning program utilizes the strength training techniques of Zumba Toning, creating an easy-to-follow dance fitness program for active older adults as well as beginners. It focuses on muscle conditioning and light weight activity.

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

September 15 – December 15

(No Class: October 27, November 3)

Tue	9:00 a.m. – 10:00 a.m.
302228-1B	Avilov

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.

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.

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.

LANGUAGE

Conversational French (18 years and older)

Sharpen conversational French skills and meet new friends who share a deep appreciation for the language. New participants are always welcome and encouraged to attend. Participants are asked to have a conversational knowledge of the French language. Due to COVID-19, no food or drinks will be served. All attendees are required to register prior to each meeting.

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

September 9 – December 30

Wed 6:00 p.m. – 9:00 p.m.
5C0090-1A Staff

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. The club will meet on the third Saturday of the month.

4, 3-hour sessions at RCC Hunters Woods Free, Registration Req.

September 19, October 17, November 21

Sat 3:00 p.m. – 5:00 p.m.
5C0070-1C Staff

Spanish – Beginners I (18 years and older)

This class is designed for students with no previous classroom or workplace experience speaking Spanish. Participants will be introduced to the language and culture using fun, authentic materials, and they will learn basic communication skills.

9, 2-hour sessions at RCC Hunters Woods \$70 (R)/\$56 (R55+)/\$105 (NR)

October 6 – December 1

Tue 7:00 p.m. – 9:00 p.m.
500576-1B Lenigan

Spanish – Beginners II (18 years and older)

This class is designed for students who have some knowledge of the Spanish language. The class will review basic vocabulary, communicative structures and verb conjugation using games, cultural videos and music.

9, 2-hour sessions at RCC Hunters Woods \$70 (R)/\$56 (R55+)/\$105 (NR)

October 8 – December 3

Thu 7:00 p.m. – 9:00 p.m.
500577-1B Lenigan

OLLI

Due to COVID-19, OLLI is now offering virtual classes. Classes will be offered using the online platform Zoom. Participants may choose to watch the virtual class at RCC Lake Anne in the Jo Ann Rose Gallery or watch from home on a computer. A link will be provided to registered patrons prior to class.

Around the World in 80 Mysteries

(18 years and older)

Mystery lovers can find great mystery books set in the United States and the United Kingdom. But there is a whole world of mysteries to discover. Join us for ideas and come ready to share others you love.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 21

Wed 2:15 p.m. – 3:40 p.m.
503710-1A OLLI

Flat Earth

(18 years and older)

Contrary to popular belief, pre-Columbian scholars knew perfectly well that the world was round, although they were not quite sure how big it was. However, a fringe movement developed in the 19th century around the idea that it was flat, and vestiges of the movement still exist today. This course will present the story of "Flat Earthism" and will show how the movement developed as a reaction to the rise of science, its relationship to religion and parallels with other modern anti-science beliefs such as creationism.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

November 19

Thu 2:15 p.m. – 3:40 p.m.
503709-1A OLLI

George C. Marshall: Underappreciated American General and Statesman

(18 years and older)

Learn about George C. Marshall's impact on the American World War II effort, his work as Secretary of State and how the Marshall Plan enabled Europe to rebuild.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 28

Wed 2:15 p.m. – 3:40 p.m.
503712-1A OLLI

Historical Fiction Book Talk: *Sagga of Reykjavik*

(18 years and older)

The author will explain how historical events of 20th century Iceland drove her to create a strong fictional protagonist against the backdrop of Iceland's struggle for independence and the Allied occupation of the country in World War II. The class will also look at other historical fiction examples such as *Winds of War* by Herman Wouk and *Year of Wonders: A Novel of the Plague* by Geraldine Brooks.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

September 30

Wed 2:15 p.m. – 3:40 p.m.
503703-1A OLLI

Historical Hunter Mill Road Corridor

(18 years and older)

Join local historian Jim Lewis for a look at the historic Hunter Mill Road Corridor that runs between today's Oakton and Reston. The 7.2-mile long stretch maintains many of the characteristics that made it known by both sides in the American Civil War as the "main road" to/from Fairfax Court House and Dranesville, leading to the great battles of Antietam and Gettysburg.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 7

Wed 2:15 p.m. – 3:40 p.m.
503705-1A OLLI

Ice Cave Art

(18 years and older)

Mammoths, bison and bears are dramatically represented in Ice Age cave art created thousands of years ago in western Europe. The purpose of the art remains one of history's greatest mysteries. This presentation focuses on cave art from France, including Lascaux, the most spectacular of all Ice Age art sites.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

November 4

Wed 2:15 p.m. – 3:40 p.m.
503714-1A OLLI

Looking at Science Lies

(18 years and older)

How often is peer-reviewed science wrong? By some measures as much as 60 percent of published research in certain fields is evidentially defective, which is a major problem for protecting our health, directing public policy and furthering new science. This course offers a basic (math-free) introduction to the problems of scientific bias as well as strategies to differentiate between strong and weak scientific information.

2, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 22 – September 29

Tue 11:50 a.m. – 1:15 p.m.
503702-1A 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, and the course leaders are often well-known experts in their fields who enjoy sharing knowledge. OLLI membership provides one option to those wanting to participate. Non-OLLI members can register through RCC to participate at a reduced cost on a class by class basis. If you would like to learn more about OLLI or are interested in becoming a full-time member, visit olli.gmu.edu.

OLLI CONTINUED

The Mean Bone in Her Body: Transforming Reality into Fiction

(18 years and older)

The Mean Bone in Her Body is the first book in George Mason English professor Laura Ellen Scott's trilogy of edgy thrillers set in New Royal, OH, a fictional college and prison town where higher education partners with the corrections industry to offer a very unusual crime writing program.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

November 4

Wed 11:50 a.m. – 1:15 p.m.
503713-1A OLLI

The War of the South Pacific's (1879-1884) Impact on Current History

(18 years and older)

The late 19th century's War of the South Pacific involved three countries – Chile, Bolivia and Peru – that fought over dominance of the South Pacific Ocean and control over minerals that were needed for explosives and other war materials. Former foreign service officer Roland G. Estrada will explain how the effects of the war are still felt today.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 7

Wed 2:15 p.m. – 3:40 p.m.
503706-1A 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.



Virtual Voyage to Antarctica and the South Georgia Island

(18 years and older)

Take a virtual trip from Buenos Aires, Argentina, along the coast to Uruguay to the South Georgia Island, several points in Antarctica through Drake's Passage and back to South America. We will discuss the glaciers and icebergs, whales, penguins and other sea life, and view a video that captures the essence of the trip.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

October 14

Wed 2:15 p.m. – 3:40 p.m.
503708-1A OLLI

What is Happiness?

(18 years and older)

As a society, we are obsessed with happiness. This lecture looks to Aristotle, one of the greatest thinkers on the human condition, to discover what he thought was necessary for a happy life.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

November 19

Thu 2:15 p.m. – 3:40 p.m.
503701-1A OLLI

TECHNOLOGY

Android Operating System for Smartphones and Tablets

(18 years and older)

Bring your fully charged Android device, tablet or phone and learn about Google's Android operating system including settings, home screen customization, icons, notifications, security tips, maintaining your device and best tips for taking photos.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

December 10

Thu 10:00 a.m. – 12:30 p.m.
500811-1A Livingston

Better Camera Apps

(18 years and older)

Did you know there are other cameras you can add to your cell phone? These apps can give you better control while taking photos. Learn how to use these tools to take even better pictures of your family and friends. Please bring your mobile phone and charging cord with you to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 15

Thu 10:00 a.m. – 12:30 p.m.
500738-1A Leir



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 LaTanja Jones,
RCC Collaboration & Outreach Director, at 703-390-6158.

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

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 14 – September 21

Mon 10:00 a.m. – 12:30 p.m.
505001-1A Livingston

Decrease Telecom Costs

(18 years and older)

Want to explore ways to decrease landline, wireless and cable bills? Discover new technologies like Roku, Aereo and Hulu. Learn how to get free HDTV, go wireless to help save money and communicate via FaceTime and Google Voice to replace a landline phone.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 21

Wed 1:00 p.m. – 3:30 p.m.
500315-1A Livingston

Do More Online

(18 years and older)

In this interactive class, learn how to store medical records and seek health information; learn the pros and cons of shopping on Amazon; research family history; and communicate with distant relatives and friends via Skype and Apple's FaceTime. In addition, get acquainted with online banking, Google, YouTube and e-books.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 13

Fri 10:00 a.m. – 12:30 p.m.
500220-1A Livingston

Google: Much More Than Search

(18 years and older)

Learn to use more Google features, such as Gmail and search tips, Picasa 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)

December 7

Mon 10:00 a.m. – 12:30 p.m.
500491-1A Livingston

iPad – Beginner

(18 years and older)

The iPad is more than a gadget for playing games and showing pictures. This beginner class will discuss iPad set up, controls and navigation, the keyboard and Siri, accessing Wi-Fi, downloading and organizing apps, using FaceTime for video calls, and camera basics. Please bring your iPad to class fully charged.

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

September 9 – September 16

Wed 1:00 p.m. – 3:30 p.m.
500225-1A O'Connell

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 17

Thu 10:00 a.m. – 12:30 p.m.
500395-1A Leir

iPhone Camera Editing

(18 years and older)

Learn how to edit your photos using Snapseed. This free app can bring your photos to life. Download the app before class. Participants should bring mobile phone and charging cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 22

Thu 10:00 a.m. – 12:30 p.m.
500496-1A 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 cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 1

Thu 10:00 a.m. – 12:30 p.m.
500736-1A 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)

December 11

Fri 10:00 a.m. – 12:30 p.m.
503536-1A Leir

Photo Slideshow

(18 years and older)

In this class, participants will learn how to make a slideshow complete with photos, transitions and music. This type of presentation is useful for reunions, parties and memorials.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 19

Thu 10:00 a.m. – 12:30 p.m.
500737-1A Leir

VISUAL ARTS

Abstract Expressionism: Collage and Painting on Paper

(18 years and older)

Participants will expand their skills in creating fine art collage by utilizing colorful handmade collage paper, mark making tools, stencils and acrylic paint. Students will be guided through the fundamentals of line, shape, color, texture and value to create papers to incorporate into their own work. A supply list will be provided prior to first class.

6, 2.5-hour sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$110 (NR)

September 15 – October 20

Tue 10:00 a.m. – 12:30 p.m.
402721-1A Fitzerka

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

September 18 – November 6

Fri 10:00 a.m. – 1:00 p.m.
455011-1A Lopes

Beginning Oil Pastels

(18 years and older)

Explore the basics of drawing and using oil pastels with a concentration in landscapes. A supply list will be provided to participants prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 15 – November 3

Tue 2:00 p.m. – 4:00 p.m.
402425-1A Lopes

Chinese Brush Painting

(18 years and older)

Students of all skill levels will be taught the fundamental brushstrokes and will learn to use traditional materials to experience this art of the Far East. Fundamentals learned can be used in paintings and ceramic decorations.

6, 2.5-hour sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$150 (NR)

October 15 – November 19

Thu 10:00 a.m. – 12:30 p.m.
402512-1A Griffith Tso

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 Ceramics Studio visit. A supply list will be prior to first class.

8, 2.5-hour sessions at RCC Lake Anne
\$105 (R)/\$84 (R55+)/\$175 (NR)

September 15 – November 3

Tue 10:00 a.m. – 12:30 p.m.
402665-1B Page

GRACE Art Family Day

(All Ages)

The Greater Reston Arts Center opens its doors for an afternoon of family artmaking and exploration of the current gallery exhibition. Come see all that GRACE has to offer and have a fun and free outing with the family. Greater Reston Arts Center 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 31

Sat 12:00 p.m. – 3:00 p.m.
402646-1B GRACE

Handmade Art Books and Journals

(18 years and older)

Students will learn how to make their own art books and journals using household supplies. Learn the parts of a book, practice various paper folds, utilize mixed-media techniques and leave class with some art books/journals to keep or share. A supply list will be provided prior to the first class.

6, 3-hour sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$110 (NR)

November 10 – December 15

Tue 10:00 a.m. – 1:00 p.m.
402720-1A Fitzerka

Handmade Holiday Ornaments

(5 years and older)

Combine origami with DIY ingenuity to make creative holiday ornaments. Sign up the whole family for this fun workshop led by GRACE staff. Please note, all participants attending must register, and all children must be accompanied by an adult. Adult assistance may be required for smaller children to create their ornament. Adults may come on their own and do not need to be accompanied by a child; it will be fun for everyone. Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA. Reston Town Center garage parking is free on Saturdays.

1, 90-min. session at 12001 Market Street
\$10 (R)/\$8 (R55+)/\$20 (NR)

December 12

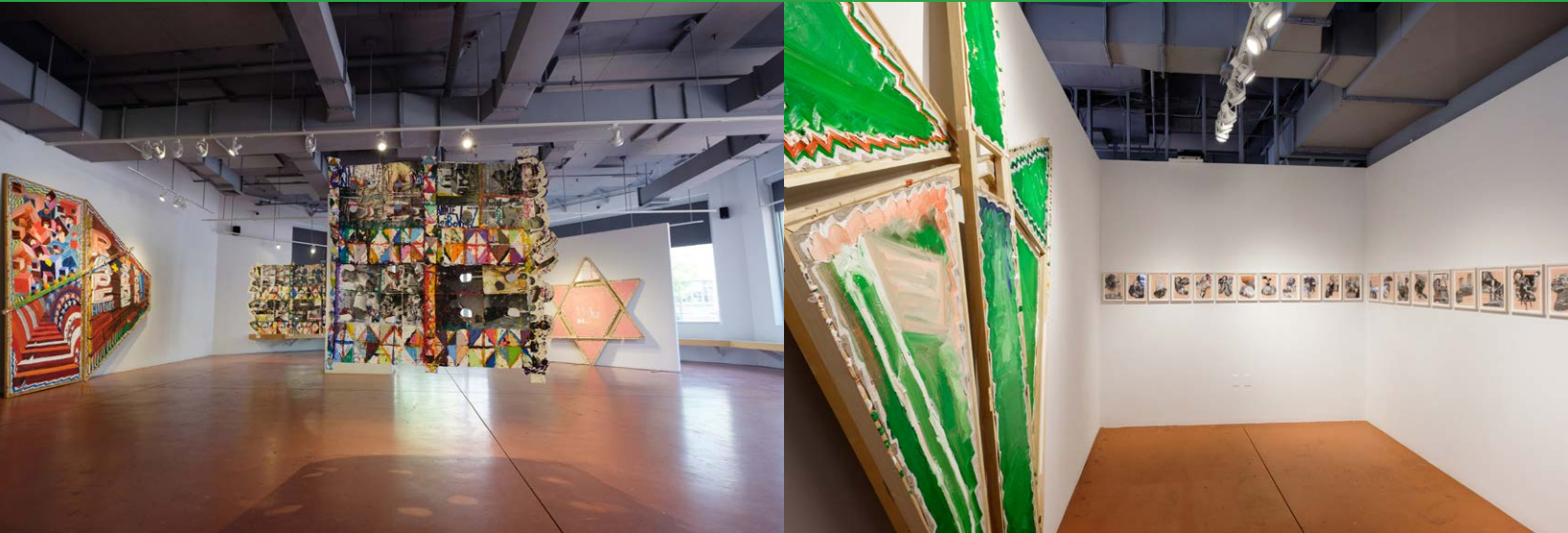
Sat 1:00 p.m. – 2:30 p.m.
402632-1A GRACE

**REGISTER TODAY
DON'T DELAY!**

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

ARTIST DIALOGUES AT GRACE

FREE • 13 YEARS AND OLDER



Join the Greater Reston Arts Center 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 GRACE website for scheduled dates. Events are free and open to the public.

Creative Responses

Select Thursdays • 7:00 p.m. – 8:00 p.m.

Creative professionals will respond to the work on view in the gallery. The short presentation will be followed by an open conversation.

In their Own Words

Select Saturdays • 4:00 p.m. – 5:00 p.m.

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

Select Saturdays • 3:00 p.m. – 5:00 p.m.

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.

Greater Reston Arts Center 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: restonarts.org

VISUAL ARTS CONTINUED

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 16 – November 4

Wed 7:00 p.m. – 9:30 p.m.
402616-1B Staff

Micromosaic Jewelry

(18 years and older)

Create a beautiful grout-less mosaic jewelry piece using real millefiori and specialty glass from Italy. All supplies are included in the class fee.

1, 6-hour session at RCC Lake Anne
\$135 (R)/\$108 (R55+)/\$236 (NR)

November 14

Sat 10:00 a.m. – 4:00 p.m.
402623-1B Damron

Mindfulness Painting for Self-Expression

(18 years and older)

The Mindfulness Painting experience is creating, empowering and healing by using paint, paper and brushes. It is a creative practice of meditating with your brush in your hand. As painters release judgment and perfectionism, the practice will allow them to open more to presence, spaciousness and self-compassion. It is a form of creative self-expression going beyond words and linear thought. Painting techniques are not necessary nor will they be taught. Participants bring self-awareness and presence to access their inner creative source using tempera paints. Supplies are included in the class fee.

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

September 16 – November 4

Wed 1:30 p.m. – 4:30 p.m.
402659-1B Tompros

Modern Painting Styles in Acrylic

(18 years and older)

This class will focus on the dramatic painting styles of Richard Diebenkorn and Edward Hopper. Instructor Arnold Lopes will use these pillars of modern painting to expand students' use of acrylics. This class will be 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 15 – November 3

Tue 7:00 p.m. – 10:00 p.m.
402694-1A Lopes

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
\$230 (R)/\$184 (R55+)/\$370 (NR)

September 16 – October 7

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

October 14 – November 4

Wed 6:30 p.m. – 9:30 p.m.
404040-1C Damron

November 11 – December 9

(No Class: November 25)

Wed 10:00 a.m. – 1:00 p.m.
404040-1D Damron

Oil and Acrylic Painting Studio

(18 years and older)

Participants will explore their painting potential while using oil or acrylic paint. This class is designed for all skill levels in a guided studio workshop setting. 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 16 – November 4

Wed 7:00 p.m. – 10:00 p.m.
402688-1A Lopes

Painting Planets, Moons and Stars in Acrylic

(18 years and older)

Come learn techniques of painting celestial objects with artist Arnold Lopes. In this eight-week course, Lopes will demonstrate his passion for depicting celestial themes. The class is geared for beginners, but all 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 18 – November 6

Fri 7:00 p.m. – 10:00 p.m.
402705-1A Lopes

Need a way to soothe the impact of chronic stress? A paintbrush or a colored pencil may be your best weapon. Clinical research in Germany shows that art can benefit a person's health.

In the 21st century, it's long been recognized that spending time creating art – from adult coloring books to painting classes to time spent turning a pottery wheel – has a calming impact. Not only did the research find that creating art can improve a person's health, but it also found that the creative process increased a person's sense of well-being and "psychological resilience," which refers to how the brain deals with stress.

– AARP



VISUAL ARTS CONTINUED

Painting with Alcohol Inks on Tile

(18 years and older)

A workshop setting will offer instruction for using the medium of 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)

November 7

Sat 10:00 a.m. – 12:00 p.m.
402728-1A Clark

Portraits in Charcoal

(18 years and older)

This class is designed for beginners, but all skill levels are welcome. The class will explore the art of drawing people in the exciting medium of charcoal. Basic hints and problem-solving techniques will be covered by looking at the masters and contemporary artists. 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 17 – November 5

Thu 7:00 p.m. – 10:00 p.m.
402411-1A Lopes

Remixed Media Project: Whimsical 3D Objects

(18 years and older)

Create 3D whimsical objects using remixed media techniques involving fabrics, beads, painting, hand stitching and much more. A supply list will be provided prior to the first class.

4, 2-hour sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 3 – September 24

Thu 10:00 a.m. – 12:00 p.m.
402723-1A Mullarkey

Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes, and one Open Ceramic Studio visit. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

October 26 – December 14

Mon 10:00 a.m. – 12:30 p.m.
402500-1A Zoller

October 27 – December 15

Tue 7:00 p.m. – 9:30 p.m.
402500-1B Zoller

So You Want To Go To Art School

(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? A panel of professionals will answer your questions about the art school application process and give you tips, information and feedback on preparing your portfolio to strengthen your application to art school and help you take your art studies to the next level. After the discussion, the panelist will be available to provide important feedback on your portfolio. Panel members will include art educators from George Mason University, Northern Virginia Community College and Fairfax County Public Schools. Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA. Reston Town Center garage parking is free on Saturdays.

1, 2-hour session at 12001 Market Street
Free, Registration Req.

October 17

Sat 5:00 p.m. – 7:00 p.m.
402521-1A GRACE

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.

5, 3-hour sessions at RCC Hunters Woods
\$190 (R)/\$152 (R55+)/\$370 (NR)

November 11 – December 9

Wed 6:30 p.m. – 9:30 p.m.
402255-1A Damron

VISUAL ARTS CONTINUED

Watercolor Fundamentals and Growth

(18 years and older)

This watercolor class will be built around lesson-oriented projects while encouraging students to focus on their own projects. The class is for all levels of experience. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 16 – November 4

Wed 10:00 a.m. – 12:30 p.m.
402696-1A 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 15 – November 3

Tue 10:00 a.m. – 12:30 p.m.
402639-1B Weech

Tue 7:00 p.m. – 9:30 p.m.
402639-1C Anderson

CERAMICS STUDENTS:

Your Open Ceramic Studio pass expires at the end of each season.

Fall class passes expire December 31, Winter/Spring class passes expire May 31 and Summer class passes expire August 31.

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 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 17 – November 5

Thu 7:00 p.m. – 9:30 p.m.
402462-1D Saltzman

October 22 – December 17

(No Class: November 26)

Thu 10:00 a.m. – 12:30 p.m.
402462-1C 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 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 14 – November 9

(No Class: October 12)

Mon 7:00 p.m. – 9:30 p.m.
404210-1C Staff

September 18 – November 13

(No Class: October 30)

Fri 10:00 a.m. – 12:30 p.m.
404210-1D Anderson

WOODWORKING

Good Neighbors Woodworking Group

(18 years and older)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. All attendees are required to register for this program due to COVID-19 requirements.

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

September 8 – December 29

Tue 9:30 a.m. – 2:30 p.m.
5C0085-1A Staff

OPEN STUDIOS

Open Ceramics Studio

(18 years and older)

The public is invited to use RCC's Ceramics Studio. Due to COVID-19 and social distancing requirements, the Open Ceramics Studio now requires registration. To register, sign into myRCC and select the dates and studio you wish to participate in. Registration for the Open Ceramics Studio is free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each registered visit. Passes may 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 40 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, Registration Req.

September 9 – December 9

(No Class: November 25)

Wed	10:00 a.m. – 2:00 p.m.
4C0020-1R	Ceramics Studio
4C0025-1A	3D Studio

September 12 – December 19

Sat	1:00 p.m. – 5:00 p.m.
4C0030-1R	Ceramics Studio
4C0035-1A	3D Studio

Open Glass Studio

(18 years and older)

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. Due to COVID-19 and social distancing requirements, the Open Glass Studio now requires registration. To register, sign into myRCC and select the dates you wish to attend. Registration for the Open Glass Studio is 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, Registration Req.

September 6, 20

October 4, 18

November 1, 15

December 6, 20

Sun	1:00 p.m. – 5:00 p.m.
4C0010-1F	Damron

Open Woodshop

(18 years and older)

Members of the public are 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 jointer, a planer and ample workspace. A Woodshop supervisor will be onsite for consultation during these open hours. Due to COVID-19 and social distancing requirements, the Open Woodshop now requires registration. To register for this class, sign into myRCC and select the dates and times you wish to attend. 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. Registration for the Open Woodshop is free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each registered visit.

3.5-hour sessions at RCC Hunters Woods Pass, Registration Req.

September 8 – December 29

Tue	6:00 p.m. – 9:30 p.m.
5C0010-1J	Staff

September 12 – December 19

Sat	9:00 a.m. – 12:30 p.m.
5C0030-1J	Staff

Sat	1:00 p.m. – 4:30 p.m.
5C0050-1J	Staff

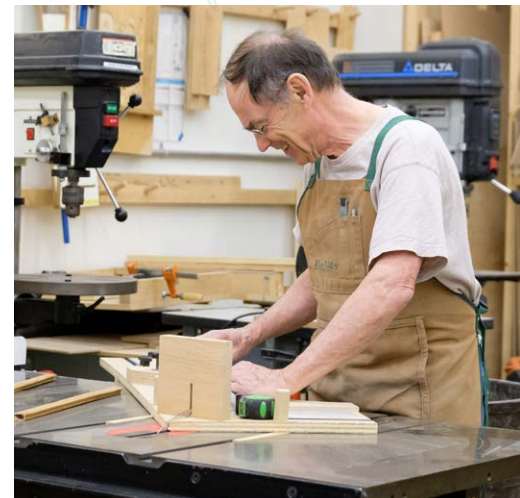
LEISURE & LEARNING

Have Questions About Drop-in Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo



Administration

Leila Gordon	Executive Director
John Blevins	Deputy Director
Renata Wojcicki	Finance Director
BeBe Nguyen	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
Whitney Chambers	Web Graphic Artist
Suzanne Connell	Personnel Specialist
Sumi Gallas	Customer Relations Assistant Director
Karen Goff	Public Information Officer
Linda Greco	Customer Service
Samantha Korkowski	Graphic Artist
Maria Litinskaya	Financial Specialist
Greg Minassian	Customer Service
Grazyna Siebor	Procurement Specialist
Ling Zhao	Customer Service

Aquatics

Matthew McCall	Aquatics Director
Brittany Kartchner	Aquatics Operations Director
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Program Director

Arts & Events

Paul Douglas Michnewicz	Arts and Events Director
Mark Anduss	Assistant Technical Director
Cheri Danaher	Arts Education Director
Kevin Danaher	Community Events Director
Linda Ifert	Technical Director
Gloria Morrow	Arts Education Assistant
Rhia Ovington	Box Office Assistant
William D. Parker	Box Office Manager
Camille Petrillo	Assistant Technical Director

Leisure & Learning

Karen Brutsché	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 Jones	Collaboration and Outreach Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth/Teen Program Assistant
Jonathan Navarro	Fitness and Wellness Program Director
Samantha Stettner	RCC Rides Coordinator

Facility Rentals & Operations

Brian Gannon	Facility Services Director
Mohammed Alhadi	Facility Team
Vicente Aleman	Facility Team
Guillermo Huaman	Facility Team
Will Sanchez	Facility Operations Manager
Maurice Smith	Facility Team
Ken Wade	Facility Team

STAFF

THANK YOU

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

COMMUNITY PARTNERS

Thank you to our Community Partners:

- Al Fatih Academy
- ARTSFAIRFAX
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones
- Dance Place of Washington, DC
- Dulles Chapter of AARP
- 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
- Friends of Lake Anne
- Greater Reston Arts Center
- Greater Reston Chamber of Commerce
- Hunters Woods at Trails Edge
- Jewish Community Center of Northern Virginia
- Lake Anne Plaza
- League of Reston Artists
- Martin Luther King Jr. Christian Church
- Northern Virginia Hebrew Congregation
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor Walter L. Alcorn
- Osher Lifelong Learning Institute at George Mason University
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston Masters Swim Team
- Reston for a Lifetime
- Reston Historic Trust
- Reston Hospital Center
- Reston Swim Team Association
- Reston Town Center Association
- Southgate Community Center
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- US Citizenship and Immigration Services
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworking Guild
- YMCA Fairfax County Reston

HOW TO REGISTER

Online Registration

www.restoncommunitycenter.com

Online registration opens at 9:00 a.m. on September 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-Fri, 9:00 a.m. – 9:00 p.m., Saturdays, 9:00 a.m. – 6:00 p.m., Sundays, 10:00 a.m. – 6:00 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 September 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on September 1 if they are received by August 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 at www.restoncommunitycenter.com.

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 at www.restoncommunitycenter.com.

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.

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.

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 14, 8:00 p.m.
Monthly Meeting Monday	October 5, 8:00 p.m.
Monthly Meeting Monday	November 2, 8:00 p.m.
Monthly Meeting Monday	December 7, 8:00 p.m.

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.

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 maintain current pricing for pool visits and passes through August 2020 while continuing to 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 factors in 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.

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LOCATIONS AND HOURS OF OPERATION

LOCATIONS

RCC Hunters Woods – 2310 Colts Neck Rd, Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the CenterStage theatre, Woodshop, Stained Glass Workshop, 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 – Friday 9:00 a.m. – 9:00 p.m.*
Saturday 9:00 a.m. – 6:00 p.m.
Sunday 10:00 a.m. – 6:00 p.m.*

*Rental hours may vary. Contact the RCC Facility Services staff for more information.



*Enriching Lives.
Building Community.®*

FALL HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 7	CLOSED	CLOSED
Columbus Day	October 12	9:00 a.m. – 9:00 p.m.	CLOSED
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 26	9:00 a.m. – 2:00 p.m.	CLOSED
Day After Thanksgiving	November 27	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Team Builder	December 16	CLOSED 1:00 p.m. – 4:00 p.m.	CLOSED 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
New Year's Eve	December 31	9:00 a.m. – 5:00 p.m.	9:00 a.m. – 5:00 p.m.
New Year's Day	January 1, 2021	12:00 p.m. – 5:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

LIKE US ON FACEBOOK:

facebook.com/HuntersWoodsNeighborhoodCoalition



www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.

