

Reston Community Center 2021 FALL PROGRAM GUIDE



WWW.RESTONCOMMUNITYCENTER.COM

Enriching Lives. Building Community.



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BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

All of us at RCC hope you are enjoying a much better summer than last year; we are so glad to have young people back in our facilities enjoying themselves. As we gear up for fall programs, it's our profound hope that all of life is restored to more predictable and healthy encounters with each other than were possible during the pandemic.

As you receive the Fall Guide for 2021, we are just wrapping up outreach to the community to help us craft RCC's 2021 – 2026 Strategic Plan. We offered a SurveyMonkey six-question survey to everyone who lives or works in Reston to help us gauge the pandemic's impact following our deep and statistically valid 2019 Community Survey conducted by the University of Virginia's Center for Survey Research. If you didn't participate in the follow-up survey, never fear; you can always share your views with us at RCCContact@fairfaxcounty.gov.

It's the Board of Governors that sets the policy and planning course for RCC, so please also participate in the annual Preference Poll in September and vote for candidates you feel best represent your views. We depend on our community to keep us informed about priorities and needs. The Preference Poll is the way to make sure your views are represented on the Board of Governors.

Whether in one of our facilities or when we are in your neighborhood for enrichment and fun, we all look forward to seeing you and wish you a happy fall season!



Hunter Mill District Supervisor Walter Alcorn congratulating RCC Board of Governors on achieving accreditation from the Commission for Accreditation of Parks and Recreation Agencies (CAPRA).

RCC leadership left to right: (TOP) William Bouie, Dick Stillson, William Penniman, Paul Thomas (BOTTOM) John Blevins, Vicky Wingert, Walter Alcorn (Board of Supervisors – Hunter Mill District), Beverly Cosham, Lisa Sechrest-Ehrhardt, Leila Gordon

Not pictured: RCC Board members Bill Keefe and Laurie Dodd



LEILA GORDON, EXECUTIVE DIRECTOR, RCC

Slowly but surely, we are all ramping up our calendars to include traditional recreational and cultural pursuits. It's wonderful to feel the energy of people enjoying themselves in our buildings and throughout the community. The pages ahead hold hundreds of different options for people to select for their personal benefit or enjoyment.

The pandemic gave us opportunities to assess the impact of RCC programs and services, adjust them to the circumstances and then consider what of those adjustments are worth continuing into the future (whether there is a virus circulating or not). Therefore, you may be reading our condensed program guide delivered right to your mailbox, or the longer version now on our website. You'll be able to continue enjoying the certainty of a reservation in popular lap swimming, warm water exercise, fitness, ceramics, woodworking or glass studios. Many offerings in the Lifelong Learning menu will be available both in person and virtually.

We are also continuing our deep examination of how structural historical racism still hobbles full community and individual development. Artists, films, lectures, book clubs – these are vehicles by which any of us can gain deeper understanding of these important concerns.

Thank you as always for your participation – you are at the center of how we build community together.

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

Please Note: Photos in this Program Guide represent activities held before and during the COVID-19 pandemic.

RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!



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

TIP: Beat the Rush!

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



myRCC Online Registration

TO REGISTER ONLINE:

You will need to know your username and password.

IF YOU ARE A NEW USER:

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

RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

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

www.restoncommunitycenter.com/HowTo

www.restoncommunitycenter.com/PassFAQs

Online Registration (myRCC) Contact Information:

Phone:

703-476-4500, ext. 8

Fax:

703-476-2488

Email:

RCCcontact@fairfaxcounty.gov

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

What if I do not have or know my username?

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

What if I have forgotten my password?

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

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

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

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

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

How can I cancel a reservation or free enrollment?

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



ARTS & EVENTS

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Lake Anne Jazz and Blues Festival

Saturday, September 4

1:00 p.m. – 8:00 p.m.

Lake Anne Plaza

Free • All Ages

Come and enjoy an afternoon and evening of jazz on the lake. As part of the festival, there is a performance by the David Bach Consort on Thursday, September 2 at 7:00 p.m. at Lake Anne Plaza.

The Lake Anne Jazz and Blues Festival is sponsored by Friends of Lake Anne and the Lake Anne Plaza Merchants with support from Reston Community Center.

For more information visit
www.lakeanneplaza.com or call 703-471-6374.



RCC Preference Poll

September 10 – October 1

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

Please visit www.restoncommunitycenter.com for more information on the 2021 candidates.

MARK YOUR CALENDARS

Forum: Thursday, September 9, 6:30 p.m.

Voting: September 10 – October 1
(until 5:00 p.m.)

Mail-in ballots must be received by 5:00 p.m. on September 30.

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

SEPTEMBER 10 – 12

10:00 a.m. – 5:00 p.m.
Reston Town Center • All Ages

Northern Virginia

FINEARTS FESTIVAL

Presented by
Tephra Institute of Contemporary Art

Mark your calendars for the marquee community event that is fun for the whole family! Join Tephra Institute of Contemporary Art (Tephra ICA) for the 30th Annual Northern Virginia Fine Arts Festival, which for one special weekend, brings hundreds of artists producing high quality, hand-crafted, one-of-a-kind artwork to our neighborhood.

The Northern Virginia Fine Arts Festival, presented at Reston Town Center, provides the opportunity to make new friends and purchase art from exceptional visiting artists. Visitors will enjoy innovative dance performances and engage in creative hands-on art projects. This year, the beloved open-air event will implement COVID-19 safety adaptations for the care and consideration of all.

The event is produced by Tephra ICA, a dynamic cultural institution with a 47-year history, and all art sales directly benefit the participating artists. Other proceeds support Tephra ICA, its year-round programming, almost always free and open to the public, and bolsters the institution's mission to provide rich, contemporary art experiences that contribute to cultural dialogue.

To learn how to volunteer, sponsor, or get involved please visit www.tephraica.org.

FREE parking is available in all the Reston Town Center garages for Festival weekend (Friday – Sunday) courtesy of Boston Properties. Reston Community Center is a proud sponsor of the Northern Virginia Fine Arts Festival.

Artwork by Midori Ueda-Okahana, *New Beginning*, 2020



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. For public health safety, food will not be served. Registration is required and some health protocols may be in place.

Monday, September 13 • 10:00 a.m.

Mr. Holmes

Set in 1947, a retired and aging Sherlock Holmes (Ian McKellen) is dealing with the early stages of dementia as he tries to remember details about an earlier case that still haunts him. With the help and encouragement of his housekeeper's son, Mr. Holmes hopes to solve the mysteries surrounding his final case. (2015)

Free, Registration Req.
262009-2A

Monday, October 4 • 10:00 a.m.

Judy

Thirty years after starring in *The Wizard of Oz*, legendary actress Judy Garland (Renée Zellweger) travels to London to perform sold-out shows at a famous London nightclub. When there, Judy remembers past experiences with friends and fans and embarks on a whirlwind romance. (2019)

Free, Registration Req.
262010-2A

Monday, November 1 • 10:00 a.m.

Roman J. Israel, Esq.

A thrilling crime drama that follows defense attorney Roman J. Israel, Esq. (Denzel Washington) as he navigates the Los Angeles criminal court system. Shortly after being recruited to a new firm, Roman finds himself in a crisis that requires extreme action after a series of tumultuous events. (2017)

Free, Registration Req.
262011-2A

Monday, December 13 • 10:00 a.m.

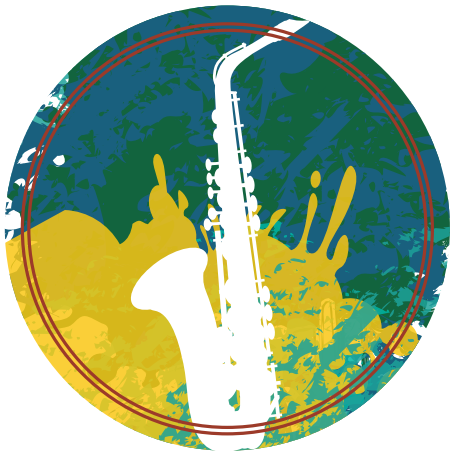
It's a Wonderful Life

A holiday classic starring James Stewart as George Bailey, a businessman in an unfortunate position and struggling to see the positive in his life. After an angel is sent from heaven to show down-on-his-luck George what life would be if he had never existed, the desperate and frustrated businessman gets a glimpse at life's more important offerings. (1946)

Free, Registration Req.
262012-2A

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





LUNCHTIME WITH THE Arts at Mason

Thursdays • 12:30 p.m. – 1:30 p.m.

FREE • All Ages

Reston Town Square Park

(Corner of Market Street and Explorer Street)

From Broadway to brass, from vocalists to jazz, faculty and student performers from George Mason University's College of Visual and Performing Arts offer free lunchtime concerts in Reston Town Square Park. Join us for an energizing addition to your lunch hour and experience the amazing variety of the "Arts at Mason."

SEPTEMBER 16

Dirty Gold Brass Band

Mason's Dirty Gold is a new age New Orleans Brass Band out of Fairfax, VA. The band combines elements of jazz, hip-hop, and Latin music to create a unique, high energy performance.

SEPTEMBER 30

Mason School of Theater

The School of Theater presents an afternoon of musical theater, featuring the talents of students. Enjoy classics of the musical theater repertoire, including composers Steven Sondheim, Kander and Ebb, and more!

SEPTEMBER 23

Singers and Players from the School of Music

Some of Mason's finest classical pianists and vocalists team up on a sumptuous program of keyboard pyrotechnics and vocal fireworks.

OCTOBER 7

Darden Purcell and Mason Jazz

Darden Purcell, Mason Jazz faculty and students perform classic jazz standards, Great American Songbook selections and Brazilian hits.



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

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

RESTON MULTICULTURAL FESTIVAL

The annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, food and art. Learn about our mosaic of cultures as the community gathers for a delightful day at Lake Anne Plaza. Everyone is encouraged to dress in attire that shares their pride in their own cultural roots.

**Saturday,
September 25**
11:00 a.m. – 6:00 p.m.

Lake Anne Plaza
Free • Rain or Shine • All Ages



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

Reston Community Center presents the Reston Multicultural Festival in partnership with Lake Anne of Reston Condominium Association; it is co-sponsored by Reston Association, with support from a variety of Reston-based organizations and businesses.

MEET THE

Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • RCC Hunters Woods • All Ages

These performances will be livestreamed on Reston Community Center's Facebook page.

Registration is required, and some health protocols may be in place.

September 30 Beverly Cosham

Reston song stylist Beverly Cosham has performed at nightspots all over the country, from Los Angeles to New York, as well as in theatres throughout the Washington area.

RCC Hunters Woods – the CenterStage
271013-2A

October 7 Beau Soir Trio

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

RCC Hunters Woods – the CenterStage
271014-2A

October 14 Vera Kochanowsky

The recital will feature works by composers from the Renaissance and Baroque eras, including William Byrd, Henry Purcell, Domenico Scarlatti and J.S. Bach. Dr. Kochanowsky will be performing on a copy of a late 17th-century Italian harpsichord built by John Phillips of Berkeley, CA.

RCC Hunters Woods – the CenterStage
271015-2A

October 21 Klasinc & Lončar Duo

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

RCC Hunters Woods – the CenterStage
271016-2A

October 28 Darden Purcell

Dr. Purcell, a jazz singer who has shared the stage with top artists in appearances on national TV, will present some of her favorite songs. She is a former Air Force Band vocalist and is the Director of Jazz Studies at George Mason University's Dewberry School of Music.

RCC Hunters Woods – the CenterStage
271017-2A

November 4 Anna Balakerskaia

Dr. Balakerskaia, who teaches piano and chamber music performance and who is known for her own piano flair and brilliance, will perform with Levine Music pianist Dasha Gabay. The recital will also feature "Dr.

Anna's" outstanding students at George Mason University's Dewberry School of Music.
RCC Hunters Woods – the CenterStage
271018-2A



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

Reston Baby Expo

Saturday, October 9

9:00 a.m. – 12:00 p.m.

FREE • All Ages

Registration Required: 880500-2A

RCC Hunters Woods

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



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



RCC THANKSGIVING FOOD DRIVE

Drop Off Donations: **NOVEMBER 1 – 22**

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

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

Want to Volunteer?

THERE ARE THREE GREAT WAYS TO HELP OUT.

Become a Volunteer Loader on November 23 or 24, or a Volunteer Event Leader or a Volunteer Food Sorter on November 25. Please turn to page 45 to find out more information and learn now to register for these great community service opportunities.

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

Organizations and businesses interested in participating as drop-off points can call Kevin Danaher, Community Events Director, at 703-390-6166.



Equity Matters: Moving Forward to Equal Justice

Join us in the CenterStage for a FREE film screening • 18 Years and Older
Registration is required and some health protocols may be in place.

Judas and the Black Messiah

Sunday, November 14 • 3:00 p.m.

Registration Required: 261013-2A

William O'Neal infiltrates the Black Panther Party at the direction of the FBI. As party chairman Fred Hampton ascends, falling for a fellow revolutionary en route, a battle wages for O'Neal's soul. (2021)

Crescendo

Sunday, December 19 • 3:00 p.m.

Registration Required: 261014-2A

When world-famous conductor Eduard Spörck accepts the job to create an Israeli-Palestinian youth orchestra, he is quickly drawn into a tempest of unsolvable problems. This film is presented in partnership with the Pozez Jewish Community Center of Northern Virginia.

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



Reston Holiday Parade

Friday, November 26

11:00 a.m. – 12:00 p.m.

Reston Town Center

Free • All Ages

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

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



Gifts from the HeART Shopping Event

Saturday, December 4

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 23rd 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 4 – December 19**

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, Community Events Director,
at 703-390-6166.**



Reston Dr. Martin Luther King Jr. Birthday Celebration

Save the Dates: January 15 – 17

A complete schedule will be available December 1.

Planning for the 37th 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 by the Reston Martin Luther King Jr. Church hosted by the Northern Virginia Hebrew Congregation; and special Keynote Speaker Heather McGhee, author of *The Sum of Us*.

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

2021/2022 PROFESSIONAL TOURING ARTIST SERIES

<u>Mutts Gone Nuts</u>	20
<u>National Heritage Award Fellows</u>	21
<u>The Seldom Scene</u>	22
<u>The Blackest Battle</u>	23
<u>Akua Allrich and the Tribe</u>	24
<u>Baratunde Thurston</u>	25
<u>Heather McGhee</u>	26
<u>Keith Hamilton Cobb</u>	27
<u>Ibram X. Kendi</u>	28
<u>Art Spiegelman</u>	29
<u>Lúnasa</u>	30
<u>Anita Hollander</u>	31
<u>Mr. Vaudeville and Friends</u>	32
<u>Class: The Carla Perlo Story</u>	33
<u>123 Andrés</u>	34
<u>Reduced Shakespeare Company</u>	35
<u>Ed Begley Jr.</u>	36
<u>Nai-Ni Chen Dance and the Ahn Trio</u>	37
<u>The Kinsey Sicks</u>	38





At the CenterStage, we have been cautiously presenting live, indoor performances with safety measures since September 2020. Seeing each other's faces, even if we are six feet apart and masked, has been a welcome relief. Hearing one another laugh, sigh and applaud has been a profound joy.



We have learned that there is great value to livestreaming, however we have intentionally kept our virtual footprint to a minimum. Community is best built safely and in person, and that is what we strive to continue as much as public health regulations will allow.

RCC has longstanding relationships within the community of touring artists. It is because of those ties that many acts scheduled for 2020 and 2021 are honoring their commitments to performing here this season after being unable to do so last year. And because of the committed community of arts patrons in Reston, we are confident that people will return to laugh, cry, think and clap in the months to come. Our theatre calendar for 2021 and 2022 is filled with artists waiting for their favorite audience.

The Seldom Scene will indeed be seen. *The Blackest Battle* will shake our world. Akua Allrich will light up our dark winter nights. Baratunde Thurston, Heather McGhee, Keith Hamilton Cobb and Ibram X. Kendi will bring us needed perspectives on racism. Art Spiegelman will share his startling graphic novels *Maus* and *In the Shadows of No Towers*. We will explore sustainable living with Ed Begley Jr. We will be enraptured by Nai Ni Chen's choreography in *A Quest for Freedom*. And finally, we will laugh loudly with *The Kinsey Sicks*.

We have missed the sounds of a full house, just as we know our community has missed seeing a full schedule of live performances at the CenterStage. We can't wait to see you in the year ahead.

TICKET SALES DATES

August 1

The Box Office will be open from 1:00 p.m. – 5:00 p.m. for sales of Professional Touring Artist Series tickets for residents and/or employees of businesses in Small District 5.

August 8

Professional Touring Artist Series tickets will go on sale to the general public and online at 1:00 p.m.

Paul Douglas Michnewicz
Arts & Events Director

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



Mutts Gone Nuts

A COMEDY DOG ACT

Sunday, September 19 • 3:00 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's leaving audiences everywhere howling for more. From shelters to showbiz, these amazing mutts unleash havoc and hilarity in a breathtaking, action-packed, comedy dog spectacular, featuring some of the world's most talented four-legged performers. The dogs are sure to steal your heart – and then your socks!

"A must see"

– *The Washington Post*

\$10 Reston/\$15 Non-Reston

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



RESTON MULTICULTURAL
FESTIVAL

National Heritage Award Fellows

**Saturday,
September 25
11:00 a.m. – 6:00 p.m.**

(Performance times vary)

Lake Anne Plaza

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

Featuring:

Rev. Paschall and Company

2012 NEA National Heritage Fellow

Chuck Brown Band

2005 NEA National Heritage Fellow

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

Free • All Ages • Open to the Public

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



The Seldom Scene

Saturday, October 2 • 8:00 p.m.

The Seldom Scene is an American bluegrass band formed in 1971 in Bethesda, MD. The Scene has been instrumental in starting the progressive bluegrass movement with shows that include bluegrass versions of country music, rock and even pop. What does it take for a bluegrass band to remain popular for more than four decades? For The Seldom Scene, it has taken talented musicians, a signature sound and a solid repertoire, as well as a keen sense of fun.

\$25 Reston/\$35 Non-Reston

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



The Blackest Battle

BY PSALMAYENE 24

Monday, October 25 • 7:30 p.m.

Part of the Washington West Film Festival Directed by Raymond O. Caldwell

It's the Fourth of July in the not-too-distant future. Reparations have been paid to the African Americans of Chief County, yet Black-on-Black violence rains down like a fiery storm. In this revolutionary hip-hop musical, Bliss and Dream, members of warring rap factions, fall in love while wrestling with making sense of their turbulent lives. Blurring the lines of cinema and live performance, this production, by noted Washington, DC, theatre artist Psalmayene 24, will incorporate the anime-inspired graphic art in the original digital release.

"The Blackest Battle appears to have powerful potential as a work of dance, rap, and song to help unpack the horizontal violence that can erupt under a reign of racist hate."

– DC Metro Theater Arts

\$15 Reston/\$20 Non-Reston

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



Akua Allrich and The Tribe

THE DANCING LIGHT

CELEBRATING THE WARMTH OF WINTER

Saturday, November 20 • 8:00 p.m.

Akua Allrich and The Tribe return to the CenterStage to share their sensational jazz collaborations. Come share an evening filled with music from around the world celebrating the wonder of the season and joy of living.

“Akua Allrich has proven herself to be a musician of extraordinary talent electrifying audiences in and around the nation’s capital with sold-out performances.”

– Jazz Weekly

\$15 Reston/\$20 Non-Reston

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



Baratunde Thurston

WRITER, COMEDIAN, ACTIVIST

**Sunday,
January 16
2:00 p.m.**

Baratunde Thurston holds space for hard and complex conversations with his blend of humor, wisdom and compassion. He is an Emmy-nominated TV host who has worked for *The Onion*, produced for *The Daily Show*, advised the Obama White House, and written the *New York Times* bestseller *How To Be Black*. As the executive producer and host of *How to Citizen with Baratunde*, which Apple named one of its favorite podcasts of 2020, Baratunde also received the Social Impact Award at the 2021 iHeartRadio Podcast Awards. Baratunde is unique in his ability to integrate and synthesize themes of race, culture, politics and technology to explain where our nation is and where we can take it.

\$15 Reston/\$20 Non-Reston

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

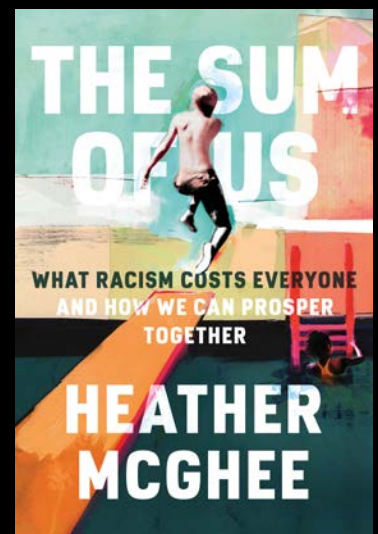


RESTON DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION
KEYNOTE ADDRESS AND COMMUNITY LUNCH

Heather McGhee

Monday, January 17 • 11:00 a.m.

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



\$5 Reston/\$20 Non-Reston

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

A portrait of Keith Hamilton Cobb, a Black man with a goatee, wearing a light gray V-neck t-shirt and dark blue jeans. He is standing with his hands on his hips, looking directly at the camera against a dark background.

A Reading of *American Moor*

WITH KEITH HAMILTON COBB

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

Keith Hamilton Cobb embarks on a poetic exploration that examines the experience and perspective of Black men in America through the metaphor of Shakespeare's character Othello, offering up a host of insights that are by turns introspective and indicting, difficult and deeply moving. *American Moor* has been seen across America, including during a successful run Off Broadway. This reading will be followed by a lively conversation regarding the issues raised by this remarkable story.

"A witty, passionate, furious, and movingly intimate record of an African American actor's often unrequited love for Shakespeare."

– *The New York Review of Books*

\$15 Reston/\$20 Non-Reston

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

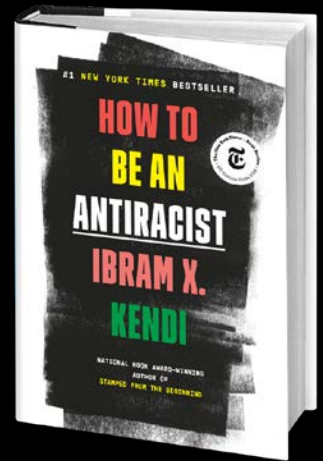


Ibram X. Kendi

AUTHOR OF *HOW TO BE AN ANTIRACIST*

**Wednesday,
February 9
8:00 p.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 racial justice conversation 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 debuted on the *The New York Times* bestseller list in the second spot.



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

– TIME

\$15 Reston/\$20 Non-Reston

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

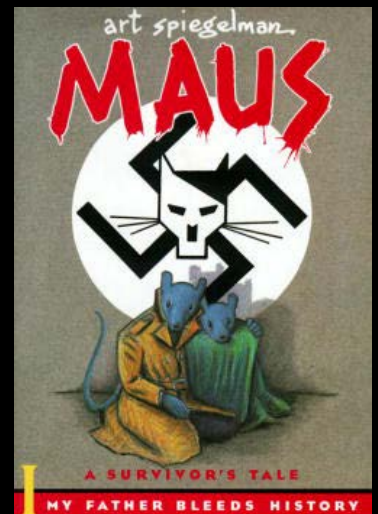


Art Spiegelman

WHAT THE %@&*! HAPPENED TO COMICS?

**Sunday,
February 27
3:00 p.m.**

Pulitzer Prize-winning artist/illustrator and author Art Spiegelman has almost single-handedly brought comic books out of the toy closet and onto the literature shelves. In 1992, he won the Pulitzer Prize for his masterful Holocaust narrative *Maus*, which portrayed Jews as mice and Nazis as cats. *Maus II* continued the remarkable story of his parents' survival of the Nazi regime and their lives later in America.



“Like all great stories, it tells us more about ourselves than we could ever suspect.”

– The Guardian

\$20 Reston/\$30 Non-Reston

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



Lúnasa

Sunday, March 20 • 3:00 p.m. & 7:00 p.m.

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

“The best Irish band on the planet”

– Irish Echo

\$25 Reston/\$35 Non-Reston

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



Anita Hollander

Spectacular Falls

A SLIPPERY SOLO MUSICAL

**Saturday,
March 26
8:00 p.m.**

Come share a humorous, edgy, moving, and somewhat slippery exploration of how we all fall, how the world can fall apart, and how we rise again, even if, ultimately, we're all "just a banana peel away." Written and performed by Anita Hollander, a United Solo Audience Award-winning artist who knows a lot about the subject, *Spectacular Falls* will tickle, inspire and move you.

This performance will be interpreted in American Sign Language by Rev. Rachel Hollander.

"Provocative, funny, moving, communicative and beautifully polished ... All this plus a charming presence that flavors everything she does."

– *The New York Times*

\$15 Reston/\$20 Non-Reston

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



MR. VAUDEVILLE AND
FRIENDS PRESENT

Mystery! at the Vaudeville House

**Saturday,
April 2
3:00 p.m.**

The game is afoot! Buddy Silver needs your help. All of Mr. Vaudeville's "friends" are the suspects when he discovers that somebody is trying to steal his act. Who's behind it? Whodunnit? And why would anybody want it? Bring the family and join an audience of unlikely sleuths for an afternoon of high crimes and high jinks to help Buddy solve the mystery ... before it's too late!

"It was fantastic. A fun, fun time!"

– Joan Rose, Reston Resident

\$5 Reston/\$10 Non-Reston

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



Class: The Carla Perlo Story

Wednesday, April 6 • 8:00 p.m.

Come share a documentary film about dancer and choreographer Carla Perlo and her influence on her students, the field of dance, the communities in which she worked and her advocacy for property ownership by artists over the course of her 48-year career. The five chapters of this film will be interspersed with live choreography based on and inspired by Carla's art and work.

\$15 Reston/\$20 Non-Reston

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



123 Andrés

**Saturday,
April 9
3:00 p.m.**

123 Andrés are Andrés and Christina, an award-winning duo with catchy songs and a high-energy show that gets kids and families singing and dancing in Spanish and English.



“A rock star for little language learners.”

– *Billboard*

\$5 Reston/\$10 Non-Reston

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



REDUCED SHAKESPEARE COMPANY

Hamlet's Big Adventure (a prequel)

Written and Directed by Reed Martin and Austin Tichenor • A Washington, DC Premiere!

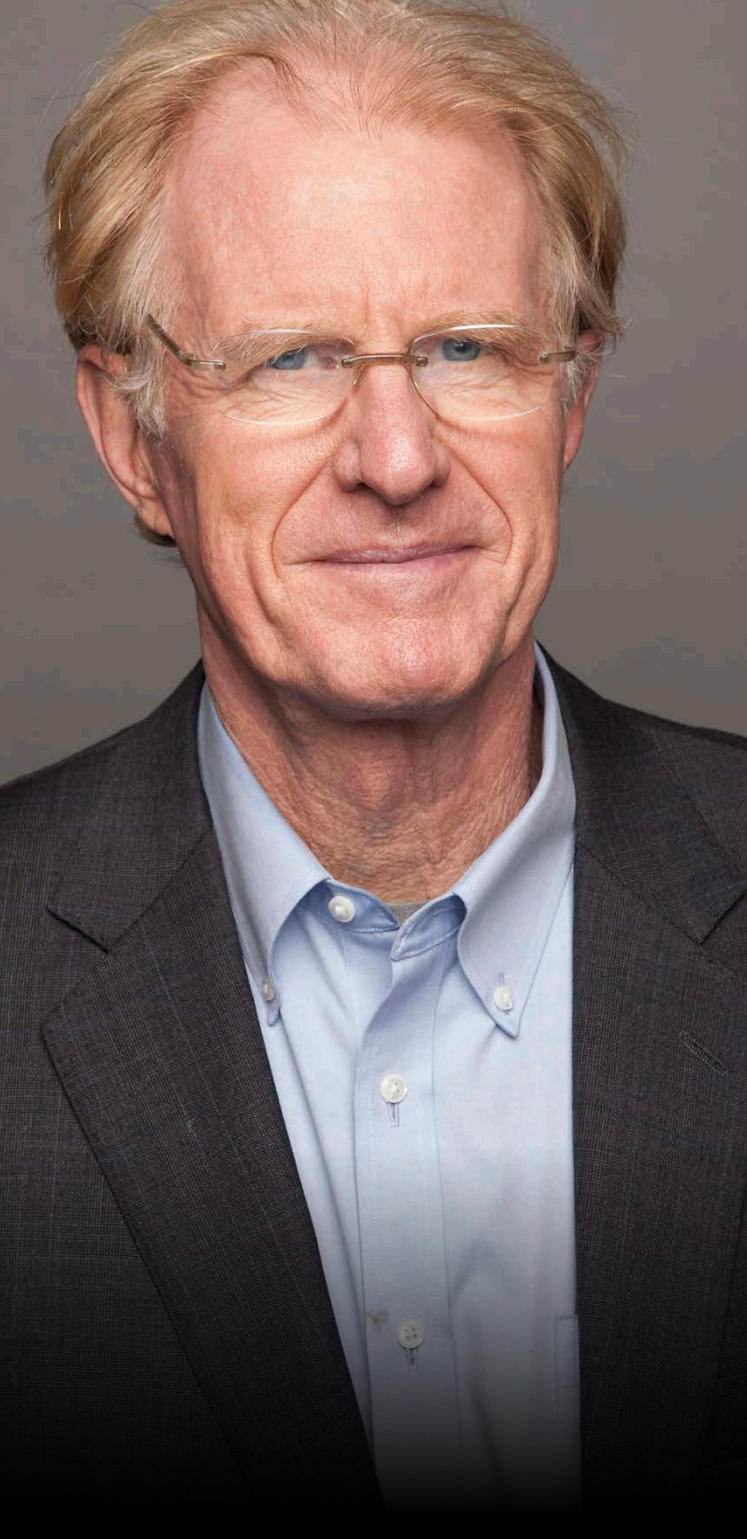
Sunday, April 24 • 3:00 p.m. & 7:00 p.m.

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/\$35 Non-Reston

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



Living Simply So Others Might Simply Live

Ed Begley Jr.

ACTOR

**Wednesday, May 4
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: Ed Begley Jr. will join us for a special dedication of a new pollinator garden adjacent to the Hunters Woods parking lot at 5:00 p.m. The garden event is presented in partnership with Reston Association.

\$15 Reston/\$20 Non-Reston

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



Nai-Ni Chen Dance and the Ahn Trio

A QUEST FOR FREEDOM

Wednesday, May 18 • 8:00 p.m.

Originally inspired by the Ahn Trio's adaptation of David Bowie's *Space Oddity* and their interpretation and performance of *Purple Rain* by Prince at Ellis Island, Nai-Ni Chen worked with the Trio to find their common vision, explore their common roots as Asian American immigrants and, as women artists, develop 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 the project.

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

— *Capital Public Radio News*

\$20 Reston/\$30 Non-Reston

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



The Kinsey Sicks

Saturday, June 4 • 8:00 p.m.

For 25-plus years, America's Favorite Dragapella® Beautyshop Quartet has served up a feast of music and comedy to audiences at performing arts centers, music venues and comedy festivals throughout the United States and internationally. Their phenomenal performance record includes an Off-Broadway show, an extended run in Las Vegas, two feature films and three concert DVDs, 10 albums and appearances in more than 40 states, Canada, Mexico, Europe and Australia. The Kinsey Sicks' award-winning a cappella singing, sharp satire and over-the-top drag have earned them a diverse and devoted following.

THE KINSEY SICKS WILL MAKE A SPECIAL APPEARANCE AT THE RESTON PRIDE FESTIVAL AT LAKE ANNE PLAZA AT 5:00 P.M. JOIN US!

\$20 Reston/\$30 Non-Reston

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

CENTERSTAGE BOX OFFICE INFORMATION

Online: www.restoncommunitycenter.com

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

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

2310 Colts Neck Road, Reston, VA 20191

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

Saturday: 1:00 p.m. – 5:00 p.m., and until one hour before a performance.

(Requires payment of a processing fee.)

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

Please provide the following information when you call:

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

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

BOX OFFICE POLICIES:

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

Tickets for the 2021–2022 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.

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

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.

Reston and Mid-Century Modern Living

This presentation showcases early Reston interiors, exploring how mid-century modern style and architecture influenced their look and use. Learn about Reston's early designers, see how interiors were furnished, and how these spaces were used by Reston's pioneer

families. Fun and modern interiors reflected Reston's bold beginnings. The presentation will feature more than 50 archival images from the Reston Museum's collection.

Thursday, September 9

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free, Registration Req.

702000-2A

On the Brink of Change: Fairfax County, VA – c. 1960

This presentation looks at Fairfax County around 1960, when it was transitioning from an agricultural economy to the economic powerhouse it is today. The county was suburbanizing rapidly, but there was little indication of the transformation that was to come. It was a pivotal year: the Capital Beltway and Dulles Airport were under construction but not yet open; Tysons Corner was just an idea of a few investors; and Robert E. Simon Jr. had not yet seen the land that was to become Reston. In June 1960, chain restaurants in Fairfax County desegregated, and the first African American students entered previously all-white county schools. Come learn about Fairfax County as it was in 1960, on the brink of change. Presentation by Reston Historic Trust and Museum board member and historian Shelley Mastran.

Wednesday, November 10

7:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Free, Registration Req.

702001-2A

PERFORMING ARTS

Reston Community Orchestra

www.restoncommunityorchestra.org

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

A Journey into Sound

Saturday, October 16

4:00 p.m.

RCC Hunters Woods – Community Room

Tickets: Prices available at the CenterStage Box Office no later than Saturday, October 2

Fairfax-Loudoun Music Fellowship

www.FLMF.org

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

Fall Recitals

Sunday, October 17

1:30 p.m. – 4:00 p.m.

RCC Hunters Woods

PERFORMING ARTS TICKETS

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

All forms are available online at www.restoncommunitycenter.com.

GOVERNMENT FUNDERS

ArtsFairfax:

www.artsfairfax.org

Virginia Commission for the
Arts:

www.arts.virginia.gov

National Endowment for
the Arts:

www.arts.gov

PERFORMING ARTS CONTINUED

Reston Community Players

www.restonplayers.org

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

The Musical of Musicals (The Musical!)

An RCP Apprentice Program Production Produced and performed by local youth trained by RCP technical and performance artists. Music by Eric Rockwell. Lyrics by Joanne Bogart. Book by Eric Rockwell and Joanne Bogart.

Fridays, October 15, 22, 29, November 5
8:00 p.m.

Saturdays, October 16, 23, November 6
8:00 p.m.

Saturday, October 30
2:00 p.m.

Sundays, October 24, 31
2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$20 Adults (19-64), \$15 Seniors (65 and older), and \$15 Students (18 and under).

The Reston Community Players is supported in part by ArtsFairfax.

Principal Ballet

703-860-4560

www.conservatoryballet.org

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

The Nutcracker

Full-length performances:

Thursday – Saturday, December 9, 10, 11
7:30 p.m.

Shortened performances for younger audiences:

Saturday, December 11
11:00 a.m.

Saturday, December 11
2:30 p.m.

Sunday, December 12
12:00 p.m.

Sunday, December 12
3:30 p.m.

RCC Hunters Woods – the CenterStage

Tickets: Adult and Youth (12 and under).

Prices available at the CenterStage Box Office no later than Saturday, November 27.

From Reston Community Center:

For many years, the RCC staff worked collaboratively with Julia Redick on dance performances featuring nearly three generations of Reston youth. Julia always demonstrated her consuming passions for both the ballet and the children under her watchful eye who were learning it. Her commitment to both was all-consuming. She was patient, calm under pressure and deeply appreciative of the resources available to her studio and others at the CenterStage. We will miss her keenly and wish her many fans, family and friends the comfort of memories to help them mourn her loss.

The Reston Chorale

703-834-0079

www.restonchorale.org

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

The Wonder of the Season

Experience the wonder of the season when The Reston Chorale presents two performances of holiday favorites for the entire family.

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

RCC Hunters Woods – Community Room

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

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

VISUAL ARTS

Reston Art Gallery and Studios (RAGS)

www.restonartgallery.com

703-481-8156

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

SEPTEMBER

Modern Illuminations

Mixed media works by Rosemarie Forsythe

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

OCTOBER

Joyful Collages

Mixed media art by Julia Malakoff

Reception: Sunday, October 10
2:00 – 4:00 p.m.

NOVEMBER

Bold Beautiful Abstracts

Acrylic and mixed media art by Marthe McGrath

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

DECEMBER

Holiday Sparkle

Eight RAGS artists present a group show of giftable art

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

Gallery hours: Saturday and Sunday, 12:00 p.m. – 5:00 p.m. Open weekdays during concerts and special events or by appointment at other times. Catch artists as they work.

Free parent/child drop-in craft workshops:
10:00 a.m. – 12:00 p.m. on Saturdays.

VISUAL ARTS CONTINUED

Public Art Reston

www.publicartreston.org

Public Art Reston is pleased to introduce its new Executive Director Trinity Villanueva to the community. Villanueva comes to Public Art Reston from her most recent role at the Carlos Rosario International Charter School in Washington, DC. There, she founded and led its Arts Integration + Culture Department for more than a decade, worked with more than 30 partnerships within DMV communities and led from a lens of compassion.

Among other arts-related endeavors, Villanueva co-founded the Mixt Collective, which supports marginalized artists who live in undefined affinity spaces. Her work also is informed by her national board of director roles, including with Art Education D.C. and the National Art Education Association. She is a graduate of Indiana University's Jacobs School of Music, Trinity College Dublin, UPenn/National Arts Strategies and NAEA's School for Art Leaders.

Trinity notes that "Now is the perfect time to commit to elevating accessible art. The pandemic has spotlighted that the need for the arts goes beyond the supplementary. The constraints of these times have further shown that you do not need to go into a building to engage in art. Your direct involvement is what makes art transformative, and this next chapter for Public Art Reston will set that tone."

Reston's public art is always accessible both online and outdoors! Visit the Public Art Reston website and subscribe to their mailing list for updates and more information.

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.

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 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. All programs, meetings, exhibits and receptions will be subject to public health guidelines.

OCTOBER

artReston Painters Exhibit
RCC Lake Anne – Jo Ann Rose Gallery
Reception: Sunday, October 10
2:00 p.m. – 4:00 p.m.

NOVEMBER

Mid-Atlantic Photovision Expo 2021
LRA Photography Exhibit
November 5 – November 7
9:00 a.m. – 5:00 p.m.
Hylton Performing Arts Center
10960 George Mason Circle, Manassas

LRA is a nonprofit 501(c)(3) volunteer-run organization that sponsors the Reston Photographic Society and provides an annual scholarship to a promising high school senior who will continue his or her education in the visual arts. Minimal annual dues entitle active artists to participate in a variety of exhibition, learning, community and volunteer activities. LRA relies on its members, volunteers and donations from the art-loving community to fulfill its mission.

Tephra ICA

Formerly Greater Reston Arts Center (GRACE)

www.tephraica.org

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

Tephra ICA gratefully acknowledges the generosity of its individual members and donors, state and county grantors, and corporate sponsors.

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

RCC GALLERY EXHIBITS

RCC Lake Anne Jo Ann Rose Gallery

SEPTEMBER

Art Mirrors Culture

Reston Multicultural Festival Exhibit
Reston Multicultural Festival
Saturday, September 25
11:00 a.m. – 6:00 p.m.

OCTOBER

artRESTON Painters Exhibit

Artwork by League of Reston Artists (LRA)
Reception: Sunday, October 10
2:00 p.m. – 4:00 p.m.

NOVEMBER

In Between: Phantoms, Algorithms and Silent Words

Artwork by David Alexander
Reception: Sunday, November 7
2:00 p.m. – 4:00 p.m.

DECEMBER

Gifts from the HeART Exhibit

Annual art sale to benefit Cornerstones
Sale Day: Saturday, December 4
10:00 a.m. – 3:00 p.m.

RCC Lake Anne 3D Gallery Exhibits

SEPTEMBER – NOVEMBER

Art Mirrors Culture

Reston Multicultural Festival Exhibit
Reston Multicultural Festival
Saturday, September 25
11:00 a.m. – 6:00 p.m.

DECEMBER – FEBRUARY 2022

Gifts from the HeART Exhibit

Annual art sale to benefit Cornerstones
Sale Day: Saturday, December 4
10:00 a.m. – 3:00 p.m.

RCC Hunters Woods Exhibits

SEPTEMBER – OCTOBER

Seeing the Life Through Painting

Acrylic, oil and watercolor by Nina Joffey

NOVEMBER

A Retrospective

Brush, watercolor, oil and acrylic paintings
by Lassie Corbett.

DECEMBER

Art by Fairfax CASA

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

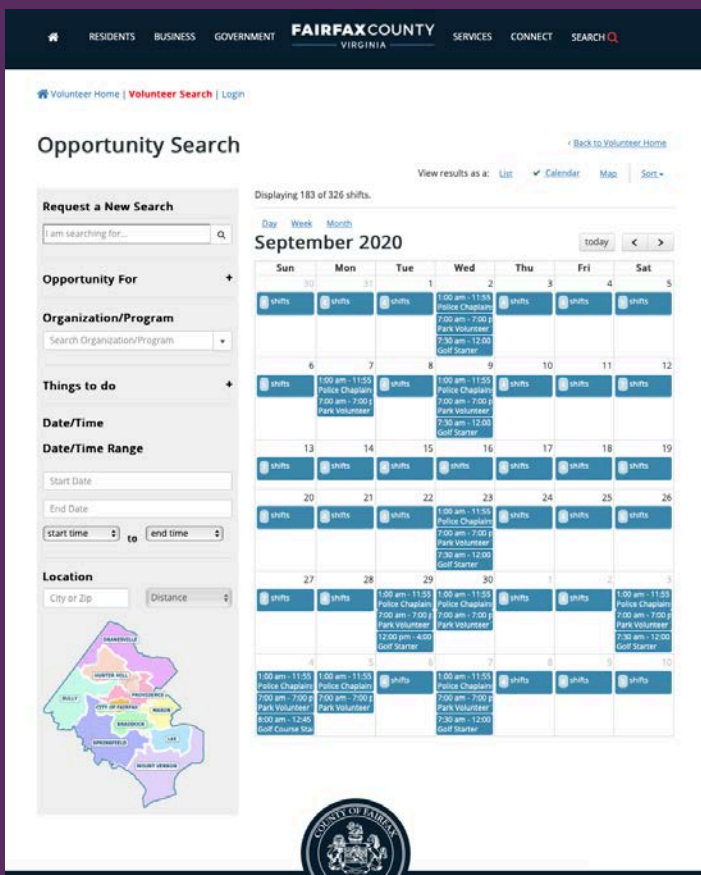
Make a difference in your community by volunteering with Reston Community Center. Volunteers offer invaluable support to our programs, activities, and events. RCC offers three types of volunteer opportunities:

- **Volunteer Management System Opportunities** – Many of RCC’s volunteer programs register through Fairfax County’s consolidated Volunteer Management System (VMS).
- **Partner Volunteer Opportunities** – 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.



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 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 11 – December 11

(Skip Date: November 27)

Sat 10:45 a.m. – 12:00 p.m.

Registration Required through VMS

Halloween Family Fun Day Volunteers

(14 years and older)

Help will be needed from 9:30 a.m. – 11:30 a.m. decorating; from 12:00 p.m. – 2:00 p.m. running carnival games and directing patrons; and from 2:00 p.m. – 3:00 p.m. for cleanup. Volunteers may help for all or part of the event.

RCC Hunters Woods
October 23

Sat 9:30 a.m. – 3:00 p.m.

Registration Required through VMS

Volunteering time makes you feel like you have more time.

Research published in the Harvard Business Review showed that those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier. Said study author Cassie Mogliner of the Wharton School at the University of Pennsylvania: "The results show that giving your time to others can make you feel more 'time affluent' and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time."

– Forbes.com



Thanksgiving Food Drive Loader

(14 years and older)

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

RCC Hunters Woods
November 23 – November 24

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 limit of 200 volunteers and registration is required for all volunteers. Families are encouraged to register all interested family members at one time. Children under the age of 14 are welcome to volunteer but must be accompanied at all times by an adult/guardian age 18 or older. Not all volunteers will need to go to the food storage facility. A smaller group of

25 volunteers with the ability to lift up to 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 25

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 25

Thu 9:00 a.m. – 1:00 p.m.

Registration Required through VMS

VOLUNTEER

VOLUNTEER PARTNER OPPORTUNITIES

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 no less than 100 pounds.

Reston Town Center Pavilion

November 26

Fri 9:00 a.m. – 1:00 p.m.

For volunteer information, email parade@restontowncenter.com.

Northern Virginia Fine Arts Festival

(All Ages)

Join Tephra Institute of Contemporary Art (Tephra ICA) in celebrating the 30th Annual Northern Virginia Fine Arts Festival. The Festival is the largest annual fundraiser for Tephra ICA, formerly Greater Reston Arts Center (GRACE), and attracts more than 30,000 visitors from across the region. This signature community event is only made possible with help from 300+ volunteers. We are offering a variety of volunteer opportunities – from a few hours to a full day – to adults; students from college, high school, and middle school (with parent); corporate teams; and individuals. This opportunity is also ideal for students needing community service hours, for which Tephra ICA will provide confirmation. Volunteer positions include artist hospitality, Festival ambassadors, Family Art Park assistants and other essential tasks.

Volunteers make an invaluable contribution to supporting the Festival and Tephra ICA all year round. To learn more, visit our new website, www.tephraica.org, click on “Festival,” and view the “Get Involved” page to find full descriptions of available jobs, registration instructions and training information. Sign up for a shift using the convenient link to the “Sign Up Genius” website.

About the event: The Northern Virginia Fine Arts Festival, hosted annually by Tephra ICA as its largest fundraiser, and is comprised of one-on-one experiences, performances and special events that engage visitors with compelling artistic voices – leaving an exciting, thoughtful

mark in the region. Tephra ICA 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, race, ethnicity, or income. FREE garage parking is available Friday, Saturday and Sunday of Festival weekend courtesy of Boston Properties. To further the experience, connect with the event on [Facebook.com/NorthernVirginiaFineArtsFestival](https://www.facebook.com/NorthernVirginiaFineArtsFestival) and follow us on Instagram @tephraica.

Reston Town Center

September 10 – September 12

For more information on how to get involved, please contact Tephra ICA at 703-471-9242 or info@tephraica.org.

Reston Multicultural Festival

(13 years and older)

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

Lake Anne Plaza

Fri 3:00 p.m. – 7:00 p.m.
Sat 8:00 a.m. – 8:00 p.m.

Festival Volunteer Schedule:

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

Friday, September 24

3:00 p.m. – 7:00 p.m.

Festival set-up

Saturday, September 25

8:00 a.m. – 11:00 a.m.

Festival set-up

10:30 a.m. – 2:30 p.m.

Specific jobs (see job descriptions)

2:30 p.m. – 6:30 p.m.

Specific jobs (see job descriptions)

6:00 p.m. – 8:00 p.m.

Breakdown

Reston Multicultural Festival Volunteer

Job Descriptions:

Parking Attendants – Control access to parking lot, directing the public to parking areas around the plaza. These volunteers must be 18 years or older.

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

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

Concessions – Assist with selling popcorn, hot dogs and cotton candy.

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

For more information or to volunteer please contact Ha Brock, Volunteer Reston Manager, at Ha@reston.org or 703-435-7986.

Give The Gift Of A Lift



Volunteer Drivers Needed

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



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

– Robin Parker, Volunteer Driver

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

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



AQUATICS

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FALL POOL SCHEDULE • SEPTEMBER 11 – DECEMBER 31

The Terry L. Smith Aquatics Center will be closed for Annual Maintenance from August 28 – September 10. It will reopen on September 11.

	Lap Pool	Warm Water Pool
Monday-Thursday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 9:00 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. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*	1:00 p.m. – 6:00 p.m.*
Sunday	10:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*	1:00 p.m. – 6:00 p.m.*

*Swim lanes may be limited.

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

Lap pool closed Monday through Friday starting in December from 3:30 p.m. – 5:00 p.m. to host the South Lakes High School Swim Team practices.

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 6	CLOSED
Veterans Day	November 11	6:00 a.m. – 9:00 p.m.
Thanksgiving Day	November 25	9:00 a.m. – 1:00 p.m.
Day After Thanksgiving	November 26	6:00 a.m. – 9:00 p.m.
Staff Teambuilder	December 15	CLOSED 12:30 p.m. – 5:00 p.m.
Christmas Eve	December 24	9:00 a.m. – 1:00 p.m.
Christmas Day	December 25	CLOSED
New Year's Eve	December 31	9:00 a.m. – 1:00 p.m.
New Year's Day	January 1	12:00 p.m. – 4:00 p.m.

your attention to hair that is shed from shampooing as well.

- Children 6 years and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.

If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate you removing your shoes before walking in

the locker rooms as those floors are wet and patrons in them are barefooted.

RCC cleaning crews clean the locker rooms overnight and between 3:00 p.m. – 4:00 p.m., seven days a week as well as Noon – 1:00 p.m., Monday – Saturday.

AQUATICS

RCC PASS OPTIONS

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

Aquatics Daily Visit Pass

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

Aquatics Monthly Pass

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

Aquatics 12-Month Pass

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

Aquatics Water Aerobics Pass

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

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

POOL FEES

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

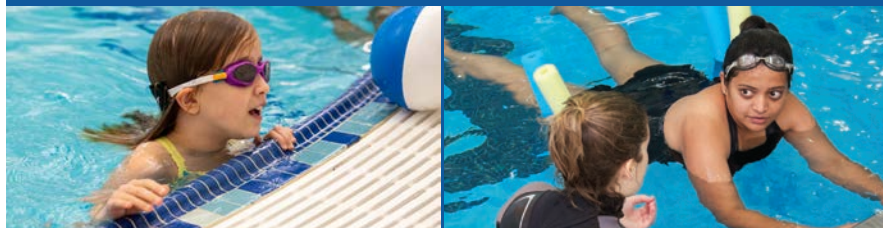
WATER AEROBICS FEES

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

PRIVATE SWIM LESSONS

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

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



SPECIAL ACCOMMODATIONS

If you require a special accommodation, please do not hesitate to ask us. Where needs are unique, we will work with our patrons to accommodate them to the extent we are able and qualified. To request an alternative format and/or to inform us of your special need, please call us at 703-476-4500, TTY 711.

GROUP RESERVATIONS

Groups larger than eight people seeking to use the pool must coordinate that use with the Aquatics Director at least 14 days in advance to ensure adequate lifeguard coverage. RCC reserves the right to deny the use of the pool to any group that fails to inform the Aquatics Department in advance of its intent to use the pool.

FREE

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

DEAP

Drowning Education Awareness Program

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

RCC/RA FREE PRESENTATIONS

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

LONGFELLOW'S WHALE TALES

(5 – 12 years old)

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

WATER SAFETY PRESENTATION

(18 years and older)

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

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





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 are required for lap swim at the Terry L. Smith Aquatics Center. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees and the first of the month for Non-Reston (for example, September reservations open August 25/September 1). Reservations are for a 50-minute time slot. There will be 10 minutes allotted after swimming to exit the pool and utilize the locker rooms. 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. To reserve your spot, sign into myRCC and select the date and time you wish to swim. Lap swim reservations are free, but patrons are required to purchase an Aquatics Daily pass, an Aquatics Monthly or an Aquatics Annual pass and swipe the pass prior to each reservation. Aquatics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Aquatics Daily passes may be purchased for a minimum of five visits to a maximum of 60 visits and expire two years from date of purchase. Aquatics Monthly and Aquatics Annual passes are valid from date of purchase and do not renew automatically.

Lap Pool – Lane 1

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0911-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0911-2C	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0911-2D	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0911-2E	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0911-2F	11:00 a.m. – 11:50 a.m.

Mon-Sun 6C0911-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0911-2I	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0911-2J	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0911-2K	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0911-2L	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0911-2M	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 2

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0912-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0912-2C	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0912-2D	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0912-2E	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0912-2F	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0912-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0912-2I	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0912-2J	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0912-2k	4:00 p.m. – 4:50 p.m.

Mon-Fri 6C0912-2L	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0912-2M	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 3

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0913-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0913-2C	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0913-2D	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0913-2E	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0913-2F	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0913-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0913-2I	2:00 p.m. – 3:50 p.m.
Mon-Sun 6C0913-2J	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0913-2K	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0913-2L	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0913-2M	6:00 p.m. – 6:50 p.m.

Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

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

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs



Lap Pool – Lane 4

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0914-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0914-2C	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0914-2D	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0914-2E	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0914-2F	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0914-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0914-2I	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0914-2J	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0914-2K	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0914-2L	5:00 p.m. – 5:50 p.m.

Lap Pool – Lane 5

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0915-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0915-2C	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0915-2D	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0915-2E	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0915-2F	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0915-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0915-2I	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0915-2J	3:00 p.m. – 3:50 p.m.
Sat, Sun 6C0915-2K	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0915-2L	5:00 p.m. – 5:50 p.m.

Lap Pool – Lane 6

(8 years and older)

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

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

September 11 – December 31

Mon-Fri 6C0916-2B	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0916-2C	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0916-2D	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0916-2E	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0916-2F	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0916-2H	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0916-2I	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0916-2J	3:00 p.m. – 3:50 p.m.
Mon-Thu 6C0916-2K	4:00 p.m. – 4:50 p.m.
Mon-Thu 6C0916-2L	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0916-2M	6:00 p.m. – 6:50 p.m.

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.

Warm Water – Zone 1

(8 years and older)

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

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

September 11 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0961-2F	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0961-2H	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0961-2I	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0961-2J	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0961-2K	
Mon-Fri, Sun	5:00 p.m. – 5:50 p.m.
6C0961-2L	
Mon, Wed	6:00 p.m. – 6:50 p.m.
6C0961-2M	
Mon-Thu	7:00 p.m. – 7:50 p.m.
6C0961-2N	

Warm Water – Zone 2

(8 years and older)

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

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

September 11 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0962-2F	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0962-2H	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0962-2I	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0962-2J	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0962-2K	
Mon-Fri, Sun	5:00 p.m. – 5:50 p.m.
6C0962-2L	
Mon, Wed	6:00 p.m. – 6:50 p.m.
6C0962-2M	
Mon-Thu	7:00 p.m. – 7:50 p.m.
6C0962-2N	

Warm Water – Zone 3

(8 years and older)

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

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

September 11 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0963-2F	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0963-2H	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0963-2I	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0963-2J	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0963-2K	
Tue, Thu, Fri, Sun	5:00 p.m. – 5:50 p.m.
6C0963-2L	

Tue, Thu
6C0963-2M 6:00 p.m. – 6:50 p.m.

Tue, Thu
6C0963-2N 7:00 p.m. – 7:50 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 Aquatic Center for 50 minutes. This zone has a depth of six feet. See lap swim info for pass and reservation information.

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

September 11 – December 31

Mon, Wed, Fri	11:00 a.m. – 11:50 a.m.
6C0964-2F	
Mon-Sun	1:00 p.m. – 1:50 p.m.
6C0964-2H	
Mon-Sun	2:00 p.m. – 2:50 p.m.
6C0964-2I	
Mon-Sun	3:00 p.m. – 3:50 p.m.
6C0964-2J	
Mon-Sun	4:00 p.m. – 4:50 p.m.
6C0964-2K	
Tue, Thu, Fri, Sun	5:00 p.m. – 5:50 p.m.
6C0964-2L	
Tue, Thu	6:00 p.m. – 6:50 p.m.
6C0964-2M	
Tue, Thu	7:00 p.m. – 7:50 p.m.
6C0964-2N	

Reservations are required for Warm Water Swim at the Terry L. Smith Aquatics Center. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees and the first of the month for Non-Reston (for example, September reservations open August 25/September 1).

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

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

www.restoncommunitycenter.com/HowTo

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:

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.

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.

HEALTH & SAFETY

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

Water Introduction

(6 – 18 months)

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

September 11 – October 16

Sat 9:40 a.m. – 10:10 a.m.
610000-2A

Sat 10:50 a.m. – 11:20 a.m.
610000-2B

October 30 – December 11

(No Class: November 27)

Sat 9:40 a.m. – 10:10 a.m.
610000-2C

Sat 10:50 a.m. – 11:20 a.m.
610000-2D

September 12 – October 17

Sun 10:00 a.m. – 10:30 a.m.
610002-2A

October 31 – December 12

(No Class: November 28)

Sun 10:00 a.m. – 10:30 a.m.
610002-2B

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

September 11 – October 16

Sat 9:40 a.m. – 10:10 a.m.
610007-2A

Sat 10:50 a.m. – 11:20 a.m.
610007-2B

October 30 – December 11

(No Class: November 27)

Sat 9:40 a.m. – 10:10 a.m.
610007-2C

Sat 10:50 a.m. – 11:20 a.m.
610007-2D

September 12 – October 17

Sun 10:00 a.m. – 10:30 a.m.
610008-2A

October 31 – December 12

(No Class: November 28)

Sun 10:00 a.m. – 10:30 a.m.
610008-2B

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

September 11 – October 16

Sat 8:30 a.m. – 8:50 a.m.
610010-2A

Sat 8:50 a.m. – 9:10 a.m.
610010-2B

Sat 9:10 a.m. – 9:30 a.m.
610010-2C

October 30 – December 11

(No Class: November 27)

Sat 8:30 a.m. – 8:50 a.m.
610010-2D

Sat 8:50 a.m. – 9:10 a.m.
610010-2E

Sat 9:10 a.m. – 9:30 a.m.
610010-2F

September 12 – October 17

Sun 9:00 a.m. – 9:20 a.m.
610012-2A

Sun 9:20 a.m. – 9:40 a.m.
610012-2B

Sun 9:40 a.m. – 10:00 a.m.
610012-2C

Sun 10:00 a.m. – 10:20 a.m.
610012-2D

Sun 10:20 a.m. – 10:40 a.m.
610012-2E

Sun 10:40 a.m. – 11:00 a.m.
610012-2F

October 31 – December 12

(No Class: November 28)

Sun 9:00 a.m. – 9:20 a.m.
610012-2G

Sun 9:20 a.m. – 9:40 a.m.
610012-2H

Sun 9:40 a.m. – 10:00 a.m.
610012-2I

Sun 10:00 a.m. – 10:20 a.m.
610012-2J

Sun 10:20 a.m. – 10:40 a.m.
610012-2K

Sun 10:40 a.m. – 11:00 a.m.
610012-2L

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

September 11 – October 16

Sat 9:40 a.m. – 10:10 a.m.
610020-2A

October 30 – December 11

(No Class: November 27)

Sat 9:40 a.m. – 10:10 a.m.
610020-2B

ADAPTED AQUATICS

Please see [page 65](#) for information on our Adapted Aquatics class.

PRACTICE MAKES PERFECT

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

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

September 11 – October 16

Sat 8:30 a.m. – 9:00 a.m.
610030-2A

Sat 10:15 a.m. – 10:45 a.m.
610030-2B

October 30 – December 11

(No Class: November 27)

Sat 8:30 a.m. – 9:00 a.m.
610030-2C

Sat 10:15 a.m. – 10:45 a.m.
610030-2D

September 12 – October 17

Sun 9:30 a.m. – 10:00 a.m.
610032-2A

Sun 11:00 a.m. – 11:30 a.m.
610032-2B

October 31 – December 12

(No Class: November 28)

Sun 9:30 a.m. – 10:00 a.m.
610032-2C

Sun 11:00 a.m. – 11:30 a.m.
610032-2D

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

September 14 – October 19

Tue 6:00 p.m. – 6:30 p.m.
610036-2A

September 16 – October 21

Thu 5:00 p.m. – 5:30 p.m.
610036-2B

November 2 – December 14

(No Class: November 23)

Tue 6:00 p.m. – 6:30 p.m.
610036-2C

November 4 – December 16

(No Class: November 25)

Thu 5:00 p.m. – 5:30 p.m.
610036-2D

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

September 13 – October 6

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-2A



October 11 – November 3

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610033-2C

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

September 11 – October 16

Sat 8:30 a.m. – 9:00 a.m.
610040-2A

Sat 10:15 a.m. – 10:45 a.m.
610040-2B

October 30 – December 11

(No Class: November 27)

Sat 8:30 a.m. – 9:00 a.m.
610040-2C

Sat 10:15 a.m. – 10:45 a.m.
610040-2D

September 12 – October 17

Sun 9:30 a.m. – 10:00 a.m.
610042-2A

Sun 11:30 a.m. – 12:00 p.m.
610042-2B

October 31 – December 12

(No Class: November 28)

Sun 9:30 a.m. – 10:00 a.m.
610042-2C

Sun 11:30 a.m. – 12:00 p.m.
610042-2D

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

September 14 – October 19

Tue 5:00 p.m. – 5:30 p.m.
610046-2A

September 16 – October 21

Thu 5:30 p.m. – 6:00 p.m.
610046-2B

November 2 – December 14

(No Class: November 23)

Tue 5:00 p.m. – 5:30 p.m.
610046-2C

November 4 – December 16

(No Class: November 25)

Thu 5:30 p.m. – 6:00 p.m.
610046-2D

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

September 13 – October 6

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-2A

October 11 – November 3

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610043-2C



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

September 11 – October 16

Sat 9:40 a.m. – 10:10 a.m.
 610050-2A

Sat 11:25 a.m. – 11:55 a.m.
 610050-2B

October 30 – December 11

(No Class: November 27)

Sat 9:40 a.m. – 10:10 a.m.
 610050-2C

Sat 11:25 a.m. – 11:55 a.m.
 610050-2D

September 12 – October 17

Sun 10:30 a.m. – 11:00 a.m.
 610052-2A

October 31 – December 12

(No Class: November 28)

Sun 10:30 a.m. – 11:00 a.m.
 610052-2B

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

September 14 – October 19

Tue 5:30 p.m. – 6:00 p.m.
 610056-2A

November 2 – December 14

(No Class: November 23)

Tue 5:30 p.m. – 6:00 p.m.
 610056-2B

Marlin

(4 – 7 years old)

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

6, 30-min. sessions • Lap Pool
\$65 (R)/\$130 (NR)

September 11 – October 16

Sat 9:05 a.m. – 9:35 a.m.
 610060-2A

October 30 – December 11

(No Class: November 27)

Sat 9:05 a.m. – 9:35 a.m.
 610060-2B

September 12 – October 17

Sun 11:00 a.m. – 11:30 a.m.
 610062-2A

October 31 – December 12

(No Class: November 28)

Sun 11:00 a.m. – 11:30 a.m.
 610062-2B

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

September 14 – October 19

Tue 6:30 p.m. – 7:00 p.m.
 610066-2A

November 2 – December 14

(No Class: November 23)

Tue 6:30 p.m. – 7:00 p.m.
 610066-2B

Water Wonder

(4 – 7 years old)

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

6, 30-min. sessions • Lap Pool
\$65 (R)/\$130 (NR)

September 11 – October 16

Sat 9:40 a.m. – 10:10 a.m.
 610070-2A

October 30 – December 11

(No Class: November 27)

Sat 9:40 a.m. – 10:10 a.m.
 610070-2B

REGISTER TODAY
DON'T DELAY!

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

WEEKDAY SWIM
CLASSES

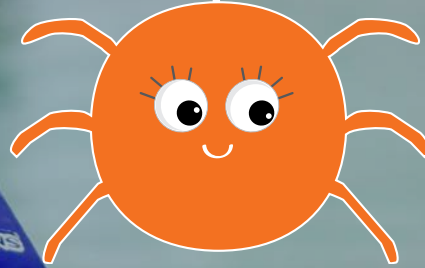
Please note that enrolling in weekday classes is a more cost-effective approach to your swimming lesson needs.

Saturday, October 30

\$4 Reston/\$8 Non-Reston



B



at the

POOL

6 months – 3 years old

12:30 p.m. – 1:00 p.m. • 643001-2A

4 – 5 years old

1:30 p.m. – 2:00 p.m. • 643002-2A

6 – 7 years old

2:30 p.m. – 3:00 p.m. • 643003-2A

8 – 9 years old

3:30 p.m. – 4:00 p.m. • 643004-2A

Dive into the RCC 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!

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.

AQUATICS

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.

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

September 11 – October 16

Sat 8:30 a.m. – 9:00 a.m.
610310-2A

Sat 10:15 a.m. – 10:45 a.m.
610310-2B

October 30 – December 11

(No Class: November 27)

Sat 8:30 a.m. – 9:00 a.m.
610310-2C

Sat 10:15 a.m. – 10:45 a.m.
610310-2D

September 12 – October 17

Sun 9:00 a.m. – 9:30 a.m.
610312-2A

Sun 11:00 a.m. – 11:30 a.m.
610312-2B

October 31 – December 12

(No Class: November 28)

Sun 9:00 a.m. – 9:30 a.m.
610312-2C

Sun 11:00 a.m. – 11:30 a.m.
610312-2D

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

September 14 – October 19

Tue 6:30 p.m. – 7:00 p.m.
610316-2A

September 16 – October 21

Thu 5:00 p.m. – 5:30 p.m.
610316-2B

November 2 – December 14

(No Class: November 23)

Tue 6:30 p.m. – 7:00 p.m.
610316-2C

November 4 – December 16

(No Class: November 25)

Thu 5:00 p.m. – 5:30 p.m.
610316-2D



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

September 13 – October 6

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-2A

October 11 – November 3

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610313-2C

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

September 11 – October 16

Sat 9:05 a.m. – 9:35 a.m.
610320-2A

Sat 10:50 a.m. – 11:20 a.m.
610320-2B

October 30 – December 11

(No Class: November 27)

Sat 9:05 a.m. – 9:35 a.m.
610320-2C

Sat 10:50 a.m. – 11:20 a.m.
610320-2D

September 12 – October 17

Sun 10:00 a.m. – 10:30 a.m.
610322-2A

Sun 11:30 a.m. – 12:00 p.m.
610322-2B

October 31 – December 12

(No Class: November 28)

Sun 10:00 a.m. – 10:30 a.m.
610322-2C

Sun 11:30 a.m. – 12:00 p.m.
610322-2D

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

September 14 – October 19

Tue 5:00 p.m. – 5:30 p.m.
610326-2A

September 16 – October 21

Thu 5:30 p.m. – 6:00 p.m.
610326-2B

November 2 – December 14

(No Class: November 23)

Tue 5:00 p.m. – 5:30 p.m.
610326-2C

November 4 – December 16

(No Class: November 25)

Thu 5:30 p.m. – 6:00 p.m.
610326-2D

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

September 13 – October 6

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-2A

October 11 – November 3

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610323-2C

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

September 11 – October 16

Sat 9:05 a.m. – 9:35 a.m.
610330-2A

Sat 11:25 a.m. – 11:55 a.m.
610330-2B

October 30 – December 11

(No Class: November 27)

Sat 9:05 a.m. – 9:35 a.m.
610330-2C

Sat 11:25 a.m. – 11:55 a.m.
610330-2D

September 12 – October 17

Sun 10:30 a.m. – 11:00 a.m.
610332-2A

October 31 – December 12

(No Class: November 28)

Sun 10:30 a.m. – 11:00 a.m.
610332-2B

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

September 14 – October 19

Tue 5:30 p.m. – 6:00 p.m.
610336-2A

November 2 – December 14

(No Class: November 23)

Tue 5:30 p.m. – 6:00 p.m.
610336-2B

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

September 13 – October 6

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-2A

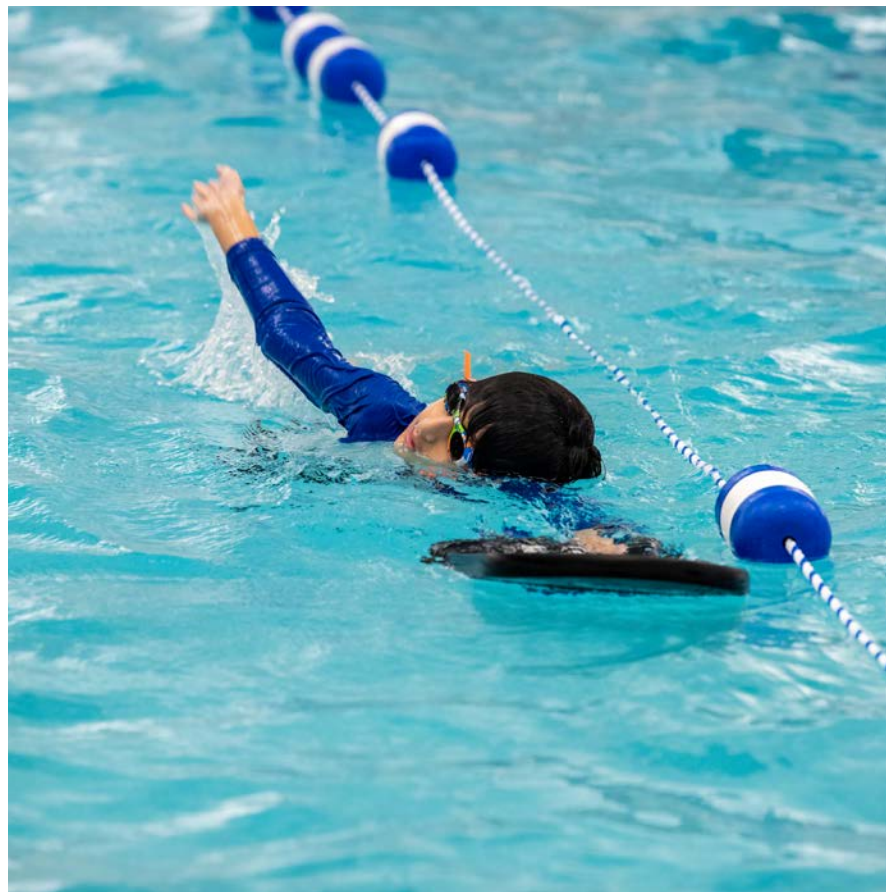
October 11 – November 3

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 6:00 p.m. – 6:30 p.m.
610333-2C



Level 4

(6 – 12 years old)

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

6, 30-min. sessions • Lap Pool
\$65 (R)/\$130 (NR)

September 11 – October 16

Sat 8:30 a.m. – 9:00 a.m.
610340-2A

Sat 9:40 a.m. – 10:10 a.m.
610340-2B

October 30 – December 11

(No Class: November 27)

Sat 8:30 a.m. – 9:00 a.m.
610340-2C

Sat 9:40 a.m. – 10:10 a.m.
610340-2D

September 12 – October 17

Sun 11:30 a.m. – 12:00 p.m.
610342-2A

October 31 – December 12

(No Class: November 28)

Sun 11:30 a.m. – 12:00 p.m.
610342-2B

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

September 14 – October 19

Tue 6:00 p.m. – 6:30 p.m.
610346-2A

November 2 – December 14

(No Class: November 23)

Tue 6:00 p.m. – 6:30 p.m.
610346-2B

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see [page 50](#).



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 • Lap Pool
\$75 (R)/\$150 (NR)

September 11 – October 16

Sat 10:15 a.m. – 11:00 a.m.
 610350-2A

October 30 – December 11

(No Class: November 27)
 Sat 10:15 a.m. – 11:00 a.m.
 610350-2B

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

September 16 – October 21

Thu 6:00 p.m. – 6:45 p.m.
 610356-2A

November 4 – December 16

(No Class: November 25)
 Thu 6:00 p.m. – 6:45 p.m.
 610356-2B

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 • Lap Pool
\$75 (R)/\$150 (NR)

September 11 – October 16

Sat 11:05 a.m. – 11:50 a.m.
 610360-2A

October 30 – December 11

(No Class: November 27)
 Sat 11:05 a.m. – 11:50 a.m.
 610360-2B

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 • Lap Pool
\$85 (R)/\$130 (NR)

September 13 – October 6

Mon, Wed 6:00 p.m. – 6:45 p.m.
 610183-2A

October 11 – November 3

Mon, Wed 6:00 p.m. – 6:45 p.m.
 610183-2B

November 8 – December 8

(No Class: November 22, 24)
 Mon, Wed 6:00 p.m. – 6:45 p.m.
 610183-2C

ADAPTED AQUATICS

Please see page 65 for information on our Adapted Aquatics class.

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.



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

September 11 – October 16

Sat 10:50 a.m. – 11:20 a.m.
 610190-2A

Sat 11:25 a.m. – 11:55 a.m.
 610190-2B

October 30 – December 11

(No Class: November 27)

Sat 10:50 a.m. – 11:20 a.m.
 610190-2C

Sat 11:25 a.m. – 11:55 a.m.
 610190-2D

**VOLUNTEERS
 NEEDED!**

See page 45 for more information.

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

September 11 – October 16

Sat 10:15 a.m. – 10:45 a.m.
 610210-2A

October 30 – December 11

(No Class: November 27)

Sat 10:15 a.m. – 10:45 a.m.
 610210-2B

September 12 – October 17

Sun 9:00 a.m. – 9:30 a.m.
 610212-2A

October 31 – December 12

(No Class: November 28)

Sun 9:00 a.m. – 9:30 a.m.
 610212-2B

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

September 13 – October 6

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-2A

October 11 – November 3

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 6:30 p.m. – 7:00 p.m.
 610213-2C

Adult Advanced Beginner

(13 years and older)

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

6, 45-min. sessions • Lap Pool
\$75 (R)/\$60 (R55+)/\$150 (NR)

September 11 – October 16

Sat 10:50 a.m. – 11:35 a.m.
 610220-2A

October 30 – December 11

(No Class: November 27)

Sat 10:50 a.m. – 11:35 a.m.
 610220-2B

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

September 16 – October 21

Thu 6:00 p.m. – 6:45 p.m.
 611226-2A

November 4 – December 16

(No Class: November 25)

Thu 6:00 p.m. – 6:45 p.m.
 611226-2B

AQUATICS

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 • Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 14 – October 7

Tue, Thu 10:30 a.m. – 11:20 a.m.
611276-2A

October 12 – November 4

Tue, Thu 10:30 a.m. – 11:20 a.m.
611276-2B

November 9 – December 9

(No Class: November 23, 25)

Tue, Thu 10:30 a.m. – 11:20 a.m.
611276-2C



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 • Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 13 – October 6

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-2A

October 11 – November 3

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 7:30 p.m. – 8:20 p.m.
611251-2C

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 • Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

September 13 – October 6

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-2A

October 11 – November 3

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-2B

November 8 – December 8

(No Class: November 22, 24)

Mon, Wed 6:30 p.m. – 7:20 p.m.
611250-2C

DAILY AEROBICS

Aqua Barre, Aqua Blast, Aqua Mixer, Boot Camp and Tides in Motion now require reservations. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees and the first of the month for Non-Reston (for example, September reservations open August 25/September 1). To make a reservation, sign into myRCC and select the dates and times you wish to attend. Making reservations is free, but patrons are required to purchase a Water Aerobics pass and swipe the pass prior to each class. Water Aerobic passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits. 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 • Warm Water Pool Pass, Reservations Req.

September 13 – December 17

(No Class: November 22, 24, 26)

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.
6C0110-2B

Aqua Blast (18 years and older)

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

45-min. sessions • Warm Water Pool Pass, Reservations Req.

September 14 – December 16

(No Class: November 23, 25)

Tue, Thu 8:30 a.m. – 9:15 a.m.
6C0060-2B

Aqua Blast (18 years and older)

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

45-min. sessions • Warm Water Pool Pass, Reservations Req.

September 12 – December 12

(No Class: November 28)

Sun 8:30 a.m. – 9:15 a.m.
6C0065-2B

Sun 9:30 a.m. – 10:15 a.m.
6C0070-2B

September 14 – December 16

(No Class: November 23, 25)

Tue, Thu 9:30 a.m. – 10:15 a.m.
6C0075-2B

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 • Warm Water Pool Pass, Reservations Req.

September 13 – December 17

(No Class: November 22, 24, 26)

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.
6C0080-2B

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.
6C0100-2B

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 • Warm Water Pool Pass, Reservations Req.

September 13 – December 15

(No Class: November 22, 24)

Mon, Wed 5:30 p.m. – 6:15 p.m.
6C0040-2B

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 • Warm Water Pool Pass, Reservations Req.

September 13 – December 17

(No Class: November 22, 24, 26)

Mon, Wed, Fri 8:30 a.m. – 9:15 a.m.
6C0010-2B

**Have Questions About
Reservation Programs?**
[www.restoncommunitycenter.com/
PassFAQs](http://www.restoncommunitycenter.com/PassFAQs)

**Learn How to Purchase a
Pass, Make a Reservation
or Cancel a Reservation in
myRCC:**
[www.restoncommunitycenter.com/
HowTo](http://www.restoncommunitycenter.com/HowTo)



KIDS CORNER

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HALLOWEEN FAMILY FUN DAY

Saturday, October 23 • 12:00 p.m. – 2:00 p.m.



Infant – 8 Years Old • FREE

Registration Req. • #902090-2A • RCC Hunters Woods

CELEBRATE HALLOWEEN WITH RCC!

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

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

CAMP

Winter Break Fun Zone

(7 – 11 years old)

Spend some time off from school with RCC. Campers must bring lunch, drinks and snacks each day. A welcome letter containing all pertinent information and the final itinerary will be mailed approximately one week prior to the start of Winter Break Fun Zone. Campers will need to wear comfortable clothing and closed-toe shoes. Parents/guardians must download camp forms from the [RCC website](#). Forms must be submitted no later than December 15. The deadline for winter camp registration is Sunday, December 15. Activities will include cooking, geocaching (weather permitting), swimming, pottery, games, arts and crafts, and more.

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

December 20

Mon 9:00 a.m. – 4:00 p.m.
902066-2A Staff

December 21

Tue 9:00 a.m. – 4:00 p.m.
902066-2B Staff

December 22

Wed 9:00 a.m. – 4:00 p.m.
902066-2C Staff

December 27

Mon 9:00 a.m. – 4:00 p.m.
902066-2D Staff

December 28

Tue 9:00 a.m. – 4:00 p.m.
902066-2E Staff

December 29

Wed 9:00 a.m. – 4:00 p.m.
902066-2F Staff

December 30

Thu 9:00 a.m. – 4:00 p.m.
902066-2G Staff

CAMP CHILDCARE

Zen Zone

(7 – 11 years old)

Zen Zone is an opportunity for Winter Break Fun Zone campers to wind down and relax under RCC staff supervision after a day of exciting adventures and learning new skills. Campers MUST be picked up by 5:30 p.m. or a late fee will be assessed.

**1, 90-min. session at RCC Hunters Woods
\$15 (R)/\$30 (NR)**

December 20

Mon 4:00 p.m. – 5:30 p.m.
904015-2F Staff

December 21

Tue 4:00 p.m. – 5:30 p.m.
904015-2G Staff

December 22

Wed 4:00 p.m. – 5:30 p.m.
904015-2H Staff

December 27

Mon 4:00 p.m. – 5:30 p.m.
904015-2I Staff

December 28

Tue 4:00 p.m. – 5:30 p.m.
904015-2J Staff

December 29

Wed 4:00 p.m. – 5:30 p.m.
904015-2K Staff

December 30

Thu 4:00 p.m. – 5:30 p.m.
904015-2L Staff

Zen Zone – Beforecare

(7 – 11 years old)

Winter Break Fun Zone campers may be dropped off at 8:00 a.m. for supervised activities before the start of camp.

**1, 60-min. session at RCC Hunters Woods
\$10 (R)/\$20 (NR)**

December 20

Mon 8:00 a.m. – 9:00 a.m.
901416-2F Staff

December 21

Tue 8:00 a.m. – 9:00 a.m.
901416-2G Staff

December 22

Wed 8:00 a.m. – 9:00 a.m.
901416-2H Staff

December 27

Mon 8:00 a.m. – 9:00 a.m.
901416-2I Staff

December 28

Tue 8:00 a.m. – 9:00 a.m.
901416-2J Staff

December 29

Wed 8:00 a.m. – 9:00 a.m.
901416-2K Staff

December 30

Thu 8:00 a.m. – 9:00 a.m.
901416-2L Staff

COOKING

Chocolate Candy Making for Tweens and Teens

(10 – 17 years old)

Participants will mold bite-sized chocolates, learn chocolate writing, prepare buttercream and peanut butter cups, and make rocky road. Each participant will take home chocolates made during class, as well as recipes, tips and ideas for making more chocolates at home. Allergy warning: nuts will be used in one of the recipes.

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

December 11

Sat 1:00 p.m. – 4:00 p.m.
901352-2A Nyman

Chocolate Candy Making for Kids

(6 – 9 years old)

Learn to make delicious chocolate candy using high-quality ingredients and take-home prepared chocolates, as well as recipes, tips and ideas for making more of these luscious confections at home. 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. Allergy warning: nuts will be used in one of the recipes.

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

December 11

Sat 10:00 a.m. – 12:00 p.m.
901038-2A Nyman

COOKING CONTINUED

Haunted Gingerbread House

(5 – 8 years old)

Assemble a gingerbread-style house, create spooky chocolate pieces, draw spiderwebs using melted chocolate and take home the deliciously spooky creation. 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. Allergy warning: egg products will be used in this recipe.

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

October 17

Sun 10:00 a.m. – 12:00 p.m.
901062-2A Nyman

Haunted Gingerbread House for Tweens and Teens

(9 – 17 years old)

Participants will work independently to create haunted gingerbread houses with chocolate decorations in time for Halloween. Once the house is assembled, decorate it with elaborate chocolate touches to form spooky spiderwebs and luscious chocolate pieces. Each participant will take home their house to enjoy afterwards. This program is not appropriate for children younger or older than the advertised age range. Participants must be registered. Allergy warning: egg products will be used in this recipe.

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

October 17

Sun 1:00 p.m. – 4:00 p.m.
901358-2A Nyman

Storybook Cook

(2 – 5 years old)

Many children's stories revolve around food as a theme. Children and parent/caregiver can be a part of timeless stories as they do story acting and then work together preparing a recipe that will tie in with that particular tale. Children will learn social readiness skills, including language and social cultural development, sharing and taking turns. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

December 1

Wed 10:00 a.m. – 11:00 a.m.
901308-2A Gollop-Pagani

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

October 7

Thu 9:00 a.m. – 9:45 a.m.
902209-2A Clay Cafe Studios

Thu 10:00 a.m. – 10:45 a.m.
902209-2B Clay Cafe Studios

Letters to Santa

(All Ages)

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

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

November 20

Sat 10:00 a.m. – 10:30 a.m.
901029-2A Staff

Sat 10:45 a.m. – 11:15 a.m.
901029-2B Staff



CRAFTS CONTINUED

Turkey Handprint Plates

(2 – 5 years old)

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

1, 45-min. session at RCC Hunters Woods
\$15 (R)/\$23 (NR)

November 4

Thu 9:00 a.m. – 9:45 a.m.
901106-2A Clay Cafe Studios

Thu 10:00 a.m. – 10:45 a.m.
901106-2B 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, 45-min. session at RCC Hunters Woods
\$15 (R)/\$23 (NR)

December 2

Thu 9:00 a.m. – 9:45 a.m.
901357-2A Clay Cafe Studios

Thu 10:00 a.m. – 10:45 a.m.
901357-2B 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 14 – November 2

Tue 4:00 p.m. – 5:00 p.m.
402402-2A Metro Movement

September 18 – November 6

Sat 10:00 a.m. – 11:00 a.m.
402402-2B 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 15 – November 3

Wed 4:00 p.m. – 5:00 p.m.
402672-2A Metro Movement

September 18 – November 6

Sat 9:00 a.m. – 10:00 a.m.
402672-2B Metro Movement

ENRICHMENT

A Colorful Crowd

(2 – 5 years old)

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

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

November 9

Tue 10:00 a.m. – 11:00 a.m.
901309-2A Gollop-Pagani

Eco Explorers –

Daisy/Brownie

(5 – 8 years old)

Explore the outdoors and use the experience to make art projects. Explore nature’s gifts and learn how to give back by protecting nature. Participants will learn three ways to protect the environment.

4, 60-min. sessions at RCC Hunters Woods
\$35 (R)/\$57 (NR)

September 11 – October 2

Sat 11:00 a.m. – 12:00 p.m.
901458-2A King/Thibodeau

ENRICHMENT CONTINUED

Eco Explorers – Junior/Cadette

(8 – 11 years old)

Explore the outdoors and use the experience to make art projects. Learn about the seven principles of “Leave No Trace” and plan and prepare for a camping trip.

**4, 60-min. sessions at RCC Hunters Woods
\$35 (R)/\$57 (NR)**

September 15 – October 6

Wed 4:30 p.m. – 5:30 p.m.
901459-2A King/Thibodeau

Eco Explorers – Senior/ Ambassador

(12 – 18 years old)

Explore the outdoors and use the experience to make art projects. Discover solutions to environmental challenges and learn how to make a difference.

**4, 60-min. sessions at RCC Hunters Woods
\$35 (R)/\$57 (NR)**

September 13 – October 4

Mon 7:30 p.m. – 8:30 p.m.
901460-2A King/Thibodeau

Float a Boat Tournament

(6 – 17 years old)

Design and build a boat strong enough to hold weight and remain afloat in the RCC pools. The competition will be for boats that can hold the most weight (it could be coins, wood, anything) and boats remaining afloat for the longest time. Certificates will be awarded for each age group for first, second and third places in each of these categories. Directions and design suggestions will be provided upon enrollment. Please enroll according to your age range. Parents/guardians must be present to supervise their children in the water. All participants must enroll.

**1, 15-min. session at RCC HW Pool
Free, Registration Req.**

November 6

6 – 7 years old

Sat 2:00 p.m. – 2:15 p.m.
980011-2A Staff

8 – 9 years old

Sat 2:30 p.m. – 2:45 p.m.
980012-2A Staff

10 – 12 years old

Sat 3:00 p.m. – 3:15 p.m.
980013-2A Staff

13 – 17 years old

Sat 3:30 p.m. – 3:45 p.m.
980014-2A Staff

Math Tutoring for Grades 3 and 4

(8 – 9 years old)

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

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

September 7

Tue 4:30 p.m. – 6:00 p.m.
901463-2A Samet

September 14

Tue 4:30 p.m. – 6:00 p.m.
901463-2B Samet

September 21

Tue 4:30 p.m. – 6:00 p.m.
901463-2C Samet

September 28

Tue 4:30 p.m. – 6:00 p.m.
901463-2D Samet

October 5

Tue 4:30 p.m. – 6:00 p.m.
901463-2E Samet

October 12

Tue 4:30 p.m. – 6:00 p.m.
901463-2F Samet

Math Tutoring for Grades 5 and 6

(9 – 10 years old)

Tutoring on concepts such as prime and composite numbers, order of operations, ratio and unit rates, fractions and decimal number sense, and more is available for students who want to improve their skills. More lesson information will be available upon registration.

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

September 8

Wed 4:30 p.m. – 6:00 p.m.
901464-2A Samet

September 15

Wed 4:30 p.m. – 6:00 p.m.
901464-2B Samet

September 22

Wed 4:30 p.m. – 6:00 p.m.
901464-2C Samet

September 29

Wed 4:30 p.m. – 6:00 p.m.
901464-2D Samet

October 6

Wed 4:30 p.m. – 6:00 p.m.
901464-2E Samet

October 13

Wed 4:30 p.m. – 6:00 p.m.
901464-2F Samet

Math Tutoring for Grades 7 and 8

(11 – 13 years old)

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

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

September 9

Thu 4:30 p.m. – 6:00 p.m.
901465-2A Samet

September 16

Thu 4:30 p.m. – 6:00 p.m.
901465-2B Samet

September 23

Thu 4:30 p.m. – 6:00 p.m.
901465-2C Samet

September 30

Thu 4:30 p.m. – 6:00 p.m.
901465-2D Samet

October 7

Thu 4:30 p.m. – 6:00 p.m.
901465-2E Samet

October 14

Thu 4:30 p.m. – 6:00 p.m.
901465-2F Samet

**Find more
intergenerational and
teen/tween programs
listed alphabetically
by program type in the
Leisure & Learning section.**

ENRICHMENT CONTINUED

Sensing Science

(2 – 5 years old)

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

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

October 13

Wed 10:00 a.m. – 11:00 a.m.
901311-2A Gollop-Pagani

MUSIC

Music Friends

(Infant – 5 years old)

Come join friends for an exploration of music and the world around us through singing, movement and instrument play. Parent/caregiver must remain in the classroom. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne
\$60 (R)/\$120 (NR)

October 1 – November 19

Fri 9:45 a.m. – 10:30 a.m.
404220-2A Park

Fri 10:45 a.m. – 11:30 a.m.
404220-2B Park

Fri 11:45 a.m. – 12:30 p.m.
404220-2C Park



PERFORMING ARTS

Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. Participants will perform in an original production on November 6, 2021 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the weeks of November 1–5. The class meets on Friday from 4:30 p.m. – 6:00 p.m. and Saturday from 9:00 a.m. – 12:00 p.m. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.

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

September 3 – November 6

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:00 p.m.
402467-2A Brutsché

SOCIAL

Ho, Ho, Ho!

(Infant – 6 years old)

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

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

December 8

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

Tot Time

(Infant – 4 years old)

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

45-min. sessions at RCC Hunters Woods
Free, Reservations Req.

September 13 – December 16

(No Class: November 11, 25)

Mon, Thu 9:30 a.m. – 10:15 a.m.
902989-2C* Ali

Mon, Thu 10:30 a.m. – 11:15 a.m.
902989-2D* Ali

*RESERVATIONS

Reservations for these classes open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

TRIPS (MEETUPS)

Potomac Vegetable Farms

(1 – 5 years old)

The goal of an “ecogonic” farm is to leave the land better than it was found with the use of only natural methods to control disease, invasive plants and insects. Join us for a one-hour, interactive tour of a working ecogonic vegetable farm. Meet at the main entrance to Potomac Vegetable Farms, located at 9627 Leesburg Pike, Vienna, VA. For directions, call 703-759-2119. 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. Each child will receive a small pumpkin to take home after the tour.

1, 60-min. session at Potomac Vegetable Farms
\$12 (R)/\$18 (NR)

September 28

Tue 10:00 a.m. – 11:00 a.m.
901461-2A Haneline

Fall Festival at Cox Farms

(2 years and older)

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

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

October 20

Wed 10:00 a.m. – 12:00 p.m.
901434-2A Haneline

Autumnal Hike

(2 – 5 years old)

Enjoy the magnificent colors of autumn during a short nature hike through Meadowlark Botanical Gardens. Afterward, participants will create leaf rubbings.

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

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

November 3

Wed 10:00 a.m. – 11:00 a.m.
901007-2A Haneline

Winter Walk of Lights

(3 years and older)

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

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

December 6

Mon 6:00 p.m. – 7:30 p.m.
902207-2A Haneline

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 13 – November 1

Mon 4:45 p.m. – 5:45 p.m.
402697-2A Lambakis

WOODWORKING

Pinewood Derby Workshop

(7 – 14 years old)

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

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

December 6

Mon 5:30 p.m. – 7:30 p.m.
901003-2A Ingram

Mon 7:30 p.m. – 9:30 p.m.
901003-2B Ingram

December 10

Fri 5:30 p.m. – 7:30 p.m.
901003-2C Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2D Ingram

December 13

Mon 5:30 p.m. – 7:30 p.m.
901003-2E Ingram

Mon 7:30 p.m. – 9:30 p.m.
901003-2F Ingram

December 17

Fri 5:30 p.m. – 7:30 p.m.
901003-2G Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2H Ingram



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CRAFTS

Easy Origami for Adults

(18 years and older)

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

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

September 19

Sun 1:00 p.m. – 3:00 p.m.
503733-2A Shimizu

December 5

Sun 1:00 p.m. – 3:00 p.m.
503733-2B Shimizu

Japanese Floral Arrangement

(18 years and older)

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

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

October 3

Sun 1:00 p.m. – 3:00 p.m.
500645-2A Shimizu

November 7

Sun 1:00 p.m. – 3:00 p.m.
500645-2B 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 9

Sat 1:00 p.m. – 3:00 p.m.
901360-2A Nelson

Origami Workshop – Holiday Ornaments

(12 years and older)

Learn how to create unique holiday ornaments. 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 11

Sat 1:00 p.m. – 3:00 p.m.
901361-2A Nelson

Sewing for Today's Fashions I

(13 years and older)

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

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

September 29 – November 3

Wed 6:30 p.m. – 8:30 p.m.
901338-2A Minassian

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.



CREATIVE CONNECTIONS

Holiday Wreath Making

(18 years and older)

Create a beautiful wreath to decorate for the holiday season.

**1, 2-hour session at YMCA Fairfax County Reston, 12196 Sunset Hills Rd.
\$45 (R)/\$36 (R55+)/\$68 (NR)**

October 21

Thu 6:00 p.m. – 8:00 p.m.
842015-2A Snelling

Reston Bullet Journal Meetup

(18 years and older)

Learn how to envision your best life and stay organized with a bullet journal. This is a lined or graphed notebook or journal where you can track your short- and long-term goals. Join other local bullet journal enthusiasts to plan for the upcoming month and customize journals. This is a great opportunity to share creative ideas with others. This program serves as a meetup in a casual environment – there will be no instruction. Please bring your own bullet journal, and we will bring supplies for you to use. This program is free; registration is required.

**1, 2-hour session at YMCA Fairfax County Reston, 12196 Sunset Hills Rd.
Free, Registration Req.**

November 7

Sun 12:00 p.m. – 2:00 p.m.
8C2017-2B Snelling

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

September 9 – December 9

(No class: September 30, October 14, November 11, 25)

Thu 5:00 p.m. – 6:30 p.m.
503532-2B Inman

DISCUSSIONS

Bookends

(18 years and older)

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

September 23:

Chances Are by Richard Russo

October 21:

Behold the Dreamers by Imbolo Mbue

November 18:

The Splendid and the Vile by Erik Larsen

December 16:

Catch 22 by Joseph Heller

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

**September 23, October 21,
November 18, December 16**

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

**REGISTER TODAY
DON'T DELAY!**

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

*RESERVATIONS

Reservations for these classes open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

ENRICHMENT

Many enrichment classes will be offered both virtually and in person. To see if the instructor will be virtual or in person, please check the asterisks after the instructor's name.

- * Instructor onsite; virtual and in-person options.
- ** Instructor remote; virtual and in-person options.
- *** Instructor remote; virtual option only.

Aging in Place 101 (18 years and older)

With a host of new technologies, products and services available, it is more viable for people to stay in their home longer. This presentation focuses on home modification and services available to age in place.

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

September 14

Tue 10:00 a.m. – 11:30 a.m.
503729-2A 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 27

Wed 5:00 p.m. – 6:00 p.m.
503722-2A Echelmeyer*

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.

Cognitive Health Fitness for the Brain (18 years and older)

This virtual presentation is about lifestyle changes we can do to keep our cognitive fitness and brain health functioning at its maximum potential. The pillars of fitness that will sustain good brain health and cognitive fitness will be discussed. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

October 6

Wed 10:00 a.m. – 11:00 a.m.
504302-2A Rizzo**

Dementia Friends (18 years and older)

This program gives people an understanding about dementia and the small things to do to make a difference. This one-hour session has activities covering five key messages everyone should know about dementia.

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

September 8

Wed 10:00 a.m. – 11:00 a.m.
580923-2A Vajpeyi**

Discovering Dementia: Basic Concepts (18 years and older)

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

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

October 21

Thu 10:00 a.m. – 11:30 a.m.
503728-2A Nasto

Don't be Scammed (18 years and older)

Learn about trending scams such as unlicensed contractors, romance scams, grandparent scams and tips on how to protect yourself.

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

December 1

Wed 11:00 a.m. – 12:00 p.m.
503509-2A Smarr**

Hearing Aids: Beware & Be Wise (18 years and older)

Participants will learn the mechanics of hearing and why we experience hearing loss, as well as the emotional impact of challenging communication with loved ones. Students will also learn the difference between an audiologist and hearing instrument specialist, learn about the hearing evaluation and how to interpret an audiogram, as well as types and styles of hearing aids, the costs and insurance options. The instructor is 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.

November 8

Mon 10:30 a.m. – 11:30 a.m.
500475-2A O'Leary**

Heart Health (18 years and older)

Representatives from Reston Hospital Center will help participants understand heart health. The presentation will also feature information about different heart complications and signs of heart issues. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

November 17

Wed 5:00 p.m. – 6:00 p.m.
505340-2A Draissey*

Holiday Eating Strategies (18 years and older)

There are fewer than 65 days between Halloween and New Year's, but they can add up to weeks of overindulging. Come learn helpful tips and strategies to enjoy the holidays as a guest or as a host. The presentation is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

November 16

Tue 10:00 a.m. – 11:00 a.m.
504171-2A Massi**

ENRICHMENT CONTINUED

How to Avoid Holiday Stress

(18 years and older)

Attendees will learn ways to enjoy the holidays and manage the extra tasks without creating unhealthy stress. The presentation is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

December 9

Thu 10:00 a.m. – 11:00 a.m.
504303-2A Rizzo**

How to Control Blood Pressure

(18 years and older)

This virtual presentation will discuss the symptoms and management of high blood pressure. The instructor will discuss lifestyle changes that can help treat high blood pressure. The presentation is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

November 10

Wed 10:00 a.m. – 11:00 a.m.
504301-2A Rizzo**

Legal: Document Treasure Hunt

(18 years and older)

Don't make finding your legal documents a scavenger hunt and your final wishes a mystery. Learn practical steps to get your personal information, family history, legal documents, financial matters and final wishes organized so family members won't be searching for them. Taught by elder law attorney and award-winning author Sally Hurme, the presentation is for educational purposes; there will be no solicitation or obligations of the attendees.

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

September 9

Thu 2:00 p.m. – 4:00 p.m.
500488-2B Hurme*

Legal: Estate Planning Basics

(18 years and older)

Participants will gain 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. The presentation 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.**

September 15

Wed 5:30 p.m. – 6:30 p.m.
500809-2B Lambeth**

Making Caregiving Manageable

(18 years and older)

Learn how to manage all the practical and legal details involved when serving as a caregiver for a loved one. The program will be taught by an elder law attorney who will explain how best to organize the information needed as you care for a loved one, how to make decisions on their behalf, and how to decipher some of the contracts and legal issues for which a caregiver may be responsible. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

October 7

Thu 2:00 p.m. – 4:00 p.m.
500490-2B Hurme*

Managing the Loss of a Loved One

(18 years and older)

Participants will learn how to manage all the practical and legal details that follow the death of a family member. The program is taught by elder law attorney and award-winning author Sally Hurme. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

November 4

Thu 2:00 p.m. – 4:00 p.m.
500489-2B Hurme*

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, 90-min. session online
Free, Registration Req.**

October 14

Thu 12:00 p.m. – 1:30 p.m.
500402-2C De Leon***

October 28

Thu 6:00 p.m. – 8:00 p.m.
500402-2A De Leon***

November 19

Fri 2:00 p.m. – 3:30 p.m.
500402-2B De Leon***

Memoir Meetup

(18 years and older)

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

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

September 27

Mon 10:00 a.m. – 1:00 p.m.
503540-2A Mudd-Krijgelmans

November 8

Mon 10:00 a.m. – 1:00 p.m.
503540-2B Mudd-Krijgelmans

INCLEMENT WEATHER

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



ENRICHMENT CONTINUED

Preparing for Scholarship Interviews

(14 – 18 years old)

You've earned a scholarship or college interview! Now, how to prepare and impress your interviewers? As a \$400,000 scholarship winner, Marianne Ragins went through hundreds of interviews and has prepped other students for their interviews over the years. Marianne will show participants the key steps to answering some of the most frequently asked questions, getting prepared for virtual and social media interviews, processing questions, giving impressive interview answers in real time, understanding how not to "freeze up" when presented with a difficult question, and more.

1, 2-hour session online
Free, Registration Req.

December 8

Wed
901454-2A

6:30 p.m. – 8:30 p.m.
Ragins***

Retirement: Get the Most Out of It

(18 years and older)

Elder law attorney and award-winning author Sally Hurme will discuss how to live well in retirement, manage the legal issues retirees face, nurture changing relationships, stay in control of time and finances, find purpose, and have the correct legal documents. The program is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

October 21

Thu
500587-2B

2:00 p.m. – 4:00 p.m.
Hurme*

Settling a Decedent's Estate

(18 years and older)

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

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

October 13

Wed
503507-2B

5:00 p.m. – 6:00 p.m.
Lambeth*

Technology Assistance Program

(18 years and older)

Offered by the Virginia Department for the Deaf and Hard of Hearing, TAP provides telecommunication equipment to qualified applicants whose disabilities prevent them from using a standard telephone. In the presentation, learn more about how to qualify for this program and the technology provided to hearing impaired individuals. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

December 6

Mon
505339-2A

10:30 a.m. – 11:30 a.m.
Jones*

Trends in Plant-Based Eating

(18 years and older)

Adding plant-based foods to your diet is a great way to improve your long-term health. But what does it mean to be plant-based? Learn simple tips to help create a more plant-based diet that will be beneficial to you and the environment. The program 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 14

Tue
504172-2A

10:00 a.m. – 11:00 a.m.
Massi**

FITNESS STUDENTS

Yoga patrons are required to bring a mat to class.

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

FITNESS: YOGA

Chair Yoga for Healthy Aging

(18 years and older)

This class will explore yoga poses and breathing practices, both seated and standing, using a chair for support. Chair yoga is accessible for all and has many therapeutic benefits, including improved strength, balance and flexibility, increased circulation, and developing new patterns to help participants better deal with stress and pain.

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

September 29 – November 17

Wed 9:00 a.m. – 10:00 a.m.
305606-2A Unger

Gentle Yoga

(18 years and older)

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

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

September 28 – November 16

Tue 10:15 a.m. – 11:15 a.m.
304995-2A Sypula

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. Students will learn yoga postures and breathing techniques to help calm those “gut feelings” by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger. Patrons are required to bring their own mat to class.

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

September 29 – November 17

Wed 6:00 p.m. – 7:15 p.m.
302300-2A Unger

Hatha Yoga I

(18 years and older)

The intention of this class is to create balance in the physical, mental and energetic bodies. Students will explore foundational postures (asanas), breathing (pranayama), and mindfulness practices. The class is open to all levels. Patrons are required to bring their own mat to class.

10, 60-min. sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$135 (NR)

September 30 – December 9

(No Class: November 25)

Thu 9:00 a.m. – 10:00 a.m.
315001-2A Unger

Hatha Yoga II

(18 years and older)

This class progresses from Hatha Yoga I and will continue to explore creating balance in the physical, mental and energetic bodies. In addition to foundational postures, it will introduce some more challenging postures and sequences, and focus on linking breath with movement to build strength, balance, awareness and joy. Students should have prior knowledge or experience in Hatha Yoga. Patrons are required to bring their own mat to class.

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

September 13 – December 13

(No Class: September 20, October 11)

Mon 5:00 p.m. – 6:00 p.m.
315002-2A Unger

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 learned will help to decrease worries and anxieties, increase optimism and help foster a deep sense of peace. Patrons are required to bring their own mat to class.

6, 90-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

September 12 – October 24

(No Class: September 26)

Sun 10:30 a.m. – 12:00 p.m.
302215-2A Khalsa

September 14 – October 19

Tue 6:30 p.m. – 8:00 p.m.
302215-2B Khalsa

November 7 – December 19

(No Class: November 28)

Sun 10:30 a.m. – 12:00 p.m.
302215-2C Khalsa

November 9 – December 14

Tue 6:30 p.m. – 8:00 p.m.
302215-2D Khalsa

FITNESS: YOGA CONTINUED

Mindful Yoga with Sound Healing

(18 years and older)

This class will feature mindful (focused on body sensations in the present moment) yoga movements and the use of singing bowls that stimulate body energy centers. The soothing music from singing bowls is often associated with deep relaxation and is beneficial in enhancing spiritual practice. Students will learn yoga movements and corresponding breathing patterns designed to improve focus and concentration. The second half of the class utilizes the bowls and contains mindfulness meditation and final relaxation. Patrons are required to bring their own mat to class.

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

September 28 – November 16

Tue 11:30 a.m. – 12:30 p.m.
 314760-2A Sypula

Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qi Gong and is a series of dynamic breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility. Patrons are required to bring their own mat to class.

12, 75-min. sessions at RCC Lake Anne
\$110 (R)/\$88 (R55+)/\$165 (NR)

September 9 – October 21

(No Class: October 11)

Mon, Thu 9:30 a.m. – 10:45 a.m.
 304888-2B Okerson

November 1 – December 16

(No Class: November 22, 25)

Mon, Thu 9:30 a.m. – 10:45 a.m.
 304888-2C Okerson

Viniyoga I

(18 years and older)

Viniyoga I is a slow-moving practice designed to increase strength, stability, balance and vitality. Participants will move gently into and out of basic yoga postures while utilizing breathing patterns used to calm the nervous system and increase alertness. This practice helps to increase flexibility and range of motion using static and dynamic stretching, and by repeating and holding postures. Patrons are required to bring their own mat to class.

12, 75-min. sessions at RCC Lake Anne
\$110 (R)/\$88 (R55+)/\$165 (NR)

September 9 – October 21

(No Class: October 11)

Mon, Thu 11:00 a.m. – 12:15 p.m.
 304996-2B Okerson

November 1 – December 16

(No Class: November 22, 25)

Mon, Thu 11:00 a.m. – 12:15 p.m.
 304996-2C Okerson

FITNESS: CARDIO & STRENGTH

Body Sculpting

(18 years and older)

Accomplish a full-body workout with traditional and nontraditional sculpting methods using free weights. 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. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

September 11 – October 23

(No Class: September 18)

Sat 9:00 a.m. – 10:00 a.m.
 302315-2A Straley

November 6 – December 18

(No Class: November 27)

Sat 9:00 a.m. – 10:00 a.m.
 302315-2C Straley

Fitness Fusion

(18 years and older)

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

6, 50-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

September 13 – October 25

(No Class: October 11)

Mon 10:30 a.m. – 11:20 a.m.
 300014-2A Miles

September 15 – October 20

Wed 10:30 a.m. – 11:20 a.m.
 300014-2B Miles

November 3 – December 15

(No Class: November 24)

Wed 10:30 a.m. – 11:20 a.m.
 300014-2C Williams

November 8 – December 13

Mon 10:30 a.m. – 11:20 a.m.
 300014-2D Williams

Mind-Body Fitness

(18 years and older)

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

11, 60-min. sessions at RCC Lake Anne
\$110 (R)/\$88 (R55+)/\$165 (NR)

September 14 – October 19

Tue, Thu 11:30 a.m. – 12:30 p.m.
 305840-2A Williams

November 4 – December 16

(No Class: November 23, 25)

Tue, Thu 11:30 a.m. – 12:30 p.m.
 305840-2B Miles

Strength & Conditioning

(18 years and older)

The exercises performed in class will increase strength, and improve posture and balance by challenging the major muscle groups. Participants should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne

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

September 11 – October 30

(No Class: September 18, 25)

Sat 10:15 a.m. – 11:15 a.m.
300145-2A Straley

November 6 – December 18

(No Class: November 27)

Sat 10:15 a.m. – 11:15 a.m.
300145-2B Straley

Zumba Fitness

(18 years and older)

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

12, 60-min. sessions at RCC Lake Anne

\$120 (R)/\$96 (R55+)/\$180 (NR)

September 13 – December 6

(No Class: October 11)

Mon 6:30 p.m. – 7:30 p.m.
302327-2A Ledesma

Zumba Toning

(18 years and older)

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

12, 55-min. sessions at RCC Lake Anne

\$120 (R)/\$96 (R55+)/\$180 (NR)

September 13 – December 6

(No Class: October 11)

Mon 5:30 p.m. – 6:25 p.m.
302227-2A Ledesma



FITNESS: MOVEMENT & WELLNESS

Aging with Power and Grace

(18 years and older)

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

6, 60-min. sessions at RCC Lake Anne

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

September 13 – October 25

(No Class: October 11)

Mon 11:30 a.m. – 12:30 p.m.
300147-2A Williams

September 15 – October 20

Wed 11:30 a.m. – 12:30 p.m.
300147-2B Miles

November 3 – December 15

Wed 11:30 a.m. – 12:30 p.m.
300147-2C Miles

November 8 – December 13

Mon 11:30 a.m. – 12:30 p.m.
300147-2D Williams

Balance and Mobility Workshop

(18 years and older)

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

1, 2-hour session at RCC Lake Anne

\$25 (R)/\$20 (R55+)/\$38 (NR)

September 1

Wed 6:00 p.m. – 8:00 p.m.
302400-2A Unger/Avilov

October 3

Sun 1:00 p.m. – 3:00 p.m.
302400-2B Unger/Avilov

Beginning Tai Chi

(18 years and older)

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

8, 60-min. sessions at RCC Lake Anne

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

October 1 – November 19

Fri 9:30 a.m. – 10:30 a.m.
302305-2A Durham

FITNESS: MOVEMENT & WELLNESS CONTINUED

Essentrics

(18 years and older)

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

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

September 14 – December 14

(No Class: November 9, 23)

Tue 10:15 a.m. – 11:15 a.m.
305033-2A Avilov

September 15 – December 15

(No Class: November 10, 24)

Wed 10:45 a.m. – 11:45 a.m.
305033-2B Avilov

September 17 – December 17

(No Class: November 12, 26)

Fri 10:45 a.m. – 11:45 a.m.
305033-2C Avilov

Gut Feeling Seminar

(18 years and older)

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

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

October 2

Sat 1:00 p.m. – 4:00 p.m.
305555-2A Unger

Healthy for Life

(18 years and older)

This comprehensive fitness class begins with a warm-up and balance exercises followed by low-impact aerobics and resistance training (some on the floor) using weights and ending with stretching.

8, 1-hour sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

September 24 – November 12

Fri 10:45 a.m. – 11:45 a.m.
300135-2A Beville

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. Patrons are required to bring their own mat to class.

14, 60-min. sessions at RCC Lake Anne
\$105 (R)/\$84 (R55+)/\$158 (NR)

September 8 – December 15

(No Class: November 24)

Wed 12:00 p.m. – 1:00 p.m.
300129-2A 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 a mat, and may include stability balls, magic circles and light hand weights. Patrons are required to bring their own mat to class.

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

September 20 – November 15

(No Class: October 11)

Mon 12:30 p.m. – 1:30 p.m.
306030-2A Metz

September 23 – November 11

Thu 5:30 p.m. – 6:30 p.m.
306030-2B Metz

Tai Chi for Health and Balance

(18 years and older)

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

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

September 7 – October 19

Tue 10:15 a.m. – 11:15 a.m.
306020-2A Smyers

November 2 – December 14

Tue 10:15 a.m. – 11:15 a.m.
306020-2B Smyers

Tai Chi Yang Style – Intermediate Advanced

(18 years and older)

This ongoing class will continue with integrating and refining the Yang Style Short Form with an emphasis on unified movement and developing root. Prior participation in Intermediate or Advanced classes or instructor permission required.

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

September 7 – October 19

Tue 11:30 a.m. – 12:30 p.m.
306016-2A Smyers

November 2 – December 14

Tue 11:30 a.m. – 12:30 p.m.
306016-2B Smyers

FITNESS STUDENTS

Patrons are required to bring a mat to class if class content requires it.

To ensure safety, please 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.



LEARN TO BIKE



Learn to Bike – Youth

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

Reston Station, 1901 Reston Metro Plaza, Reston, VA

6 – 12 Years Old • 306208-2B

\$30 Reston • \$45 Non-Reston

Sunday, October 17 • 1:00 p.m. – 3:00 p.m.

Reston Station, 1901 Reston Metro Plaza, Reston, VA

6 – 12 Years Old • 306208-2C

\$30 Reston • \$45 Non-Reston

Learn to Bike

Sunday, October 24 • 1:00 p.m. – 4:00 p.m.

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

13 Years and Older • 306205-2A

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



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

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

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

FITNESS: DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations open on the 25th of the month for the following month (for example, August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons. Reservations for daily fitness programming are free, but patrons are required to purchase a Fitness pass and swipe the pass prior to each class. Fitness passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$2.75 (R)/\$5.50 (NR) per class. Fitness passes expire two years from the date of purchase. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC.

Please note: If the class content requires it, participants should bring their own mat to class.

Boot Camp

(18 years and older)

This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups, including the abdominals. Students will use weights during this hour-long class. The last 10 to 15 minutes are spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats.

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

September 9 – December 16

(No Class: November 25)

Tue, Thu 9:00 a.m. – 10:00 a.m.
3C0010-2A Dantonio

Cardio and Strength Intervals

(18 years and older)

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

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

September 8 – December 15

(No Class: November 24)

Wed 10:30 a.m. – 11:30 a.m.
3C0095-1C Fletcher

Walking Group

(18 years and older)

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

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

September 9 – December 16

(No Class: November 11, 25)

Thu 11:00 a.m. – 12:00 p.m.
3C0085-2A Avilov

Zumba Gold

(18 years and older)

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

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

September 8 – December 15

(No Class: November 10, 24)

Wed 9:30 a.m. – 10:30 a.m.
3C0070-2A Avilov

September 10 – December 17

(No Class: November 12, 26)

Fri 9:30 a.m. – 10:30 a.m.
3C0060-2A Avilov

Zumba Gold Toning

(18 years and older)

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

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

September 7 – December 14

(No Class: November 9, 23)

Tue 9:00 a.m. – 10:00 a.m.
3C0080-2A Avilov

Reservations

Reservations for Daily Fitness classes open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

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

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

LANGUAGE

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.

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

September 18

Sat 3:00 p.m. – 5:00 p.m.
5C0070-2C Staff

October 16

Sat 3:00 p.m. – 5:00 p.m.
5C0070-2D Staff

November 20

Sat 3:00 p.m. – 5:00 p.m.
5C0070-2E Staff

OLLI

OLLI is now offering virtual classes 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. The instructor will not be onsite. A link will be provided to all registered patrons prior to the class.

Caste: The Origins of Our Discontents

(18 years and older)

Caste: The Origins of our Discontents by Isabel Wilkerson describes the caste system that shaped America and still defines our lives. We will discuss the bestselling book and other topics related to caste, race and class today. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

**4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)**

October 20 – November 10

Wed 2:15 p.m. – 3:40 p.m.
566005-2A OLLI

History of the Western United States

(18 years and older)

The past and present of the American West have captured the imaginations of people throughout the world like no other region of the country. This course explores the diverse geography, cultures and economies of the region through its history, focusing on the 19th and 20th centuries. We will examine how the environment, the federal government, agriculture, mining, movies and the military influenced diversity, conflict and change in the West. We will also look at both the historical record and fictional accounts through film and literature. Reston resident Richard Stillson has a Ph.D. in economics from Stanford University and a Ph.D. in history from Johns Hopkins University. He is the author of *Spreading the News: A History of Information in the California Gold Rush*. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

**4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)**

September 22 – October 13

Wed 2:15 p.m. – 3:40 p.m.
566007-2A OLLI

Northanger Abbey: Jane Austen's First and Last Novel

(18 years and older)

Jane Austen's *Northanger Abbey* has the distinction of being the first novel she wrote and the last one published. *Northanger Abbey's* composition history is unique among Austen's novels, as is its protagonist, Catherine Morland. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

**4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)**

September 22 – October 13

Wed 11:50 a.m. – 1:15 p.m.
566004-2A OLLI

Our Kind of Writer: Two Masterworks by John le Carré

(18 years and older)

John le Carré was that rarest of things: an enormously popular author and a great writer – he was one of the definitive and most influential voices of his era. His books not only educated millions of readers about the grueling exigencies of international espionage, they are also profound portraits of Cold War Europe and ingeniously constructed interrogations of the psychic toll that spying takes. This course will look at two of his most celebrated masterpieces, *The Spy Who Came in From the Cold* (1963) and *Tinker, Tailor, Soldier, Spy* (1974), discussing historical context and how the thriller genre allowed le Carré to dramatize England's troubled moral atmosphere in the decades after the Second World War. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

**8, 85-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)**

September 22 – November 10

Wed 9:40 a.m. – 11:05 a.m.
566003-2A OLLI

Park Ranger Potpourri

(18 years and older)

Join National Park Service Rangers for discussions of a surprise topic each week of this series. National Park Service Rangers have participated in OLLI programs since 2001 by offering scores of thematic courses, special events and trips. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

**4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)**

September 21 – October 12

Tue 2:15 p.m. – 3:40 p.m.
566001-2A OLLI

OLLI CONTINUED

Reston Hospital Center Series

(18 years and older)

Good health is the key not only to our longevity, but also to the quality of our daily lives. What's new in medicine that can both promote longer living and enhance the quality of our lives? In each session, participants will have the chance to hear from medical professionals and ask them pertinent questions. Come with questions and get informed responses. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

4, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)

October 20 – November 10

Wed 12:00 p.m. – 1:00 p.m.
566006-2A OLLI

The Physics of Global Warming

(18 years and older)

Climate change has been one of the most intensely debated issues of the 21st century. The truth is, there is a lot of money at stake, so there is a great deal of information and misinformation about the topic. This course, taught by engineering scientist and physics teacher Mark Dodge, will try to establish a solid scientific understanding of the issue, covering topics such as when climate change began, what effects it has had on the Earth and what effects it will have in the future. This class will be offered at RCC Lake Anne or virtually via Zoom. All registered patrons will be sent the Zoom link 24 hours prior to the class.

4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)

October 19 – November 9

Tue 2:15 p.m. – 3:40 p.m.
566002-2A OLLI

SOCIAL

American Mah Jongg

(18 years and older)

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

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

September 8 – December 29

(No Class: November 2)

Wed 1:15 p.m. – 3:45 p.m.
509605-2A* Staff

September 9 – December 30

(No Class: November 11, 25, December 23)

Thur 9:30 a.m. – 12:00 p.m.
509605-2B* Staff

Chess Club

(6 years and older)

Join RCC's Chess Club to meet new partners and build skills. Participants of any skill level are welcome. Children under age 13 must be accompanied and supervised by an adult guardian (age 18 or older) for the duration of the program.

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

September 2 – December 16

Thu 6:30 p.m. – 9:30 p.m.
901354-2A* Staff

Bridge Mondays

(18 years and older)

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

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

September 13 – December 27

Mon 10:00 a.m. – 2:00 p.m.
509603-2A* Staff

Bridge Tuesdays

(18 years and older)

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

3-hour sessions at RCC Lake Anne
Free, Reservations Req.

September 14 – December 29

(No Class: November 2)

Tue 10:00 a.m. – 1:00 p.m.
505551-2A* Staff

Reston Plays Games

(18 years and older)

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

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

September 8 – December 22

Wed 5:00 p.m. – 10:00 p.m.
503594-2A Staff

*RESERVATIONS

Reservations for these classes open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

TECHNOLOGY

Automate Your Home with Google Home

(18 years and older)

Learn how to smart automate your home with Google's Home app and their various audio, video and home security products. Google's Nest services and third-party connectivity will be covered.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 13

Wed 10:00 a.m. – 12:00 p.m.
505337-2A Livingston

Better Camera Apps

(18 years and older)

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

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

November 1

Mon 10:00 a.m. – 12:30 p.m.
500738-2A Leir

Computer Maintenance and Housekeeping

(18 years and older)

Learn how to keep computers running smoothly by using system tools, utility programs, firewalls and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files and keep computers updated automatically. Students may bring their own laptops.

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

September 13 – September 20

Mon 10:00 a.m. – 12:30 p.m.
505001-2A Livingston



Cut the Cable: Switch to Streaming TV

(18 years and older)

Participants will learn about the various streaming TV options and whether switching to streaming will save money. Please bring a cable bill to class to compare current charges to available options.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

October 19

Tue 10:30 a.m. – 12:30 p.m.
504173-2A O'Connell

Decrease Telecom Costs

(18 years and older)

Want to explore ways to decrease landline, wireless and cable bills? Discover new technologies like Roku, Aereo and Hulu. Learn how to get free HDTV, go wireless to 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)

November 10

Wed 10:00 a.m. – 12:30 p.m.
500315-2A Livingston

Exploring Mobile Apps

(18 years and older)

From maps to photos to games, the phone and tablet offer a wide range of apps. Students will learn how to select, download, navigate and manage apps from the Apple App Store on their mobile devices. Android apps will be briefly discussed.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 9

Thu 10:30 a.m. – 12:30 p.m.
500563-2A O'Connell

Exploring Social Media

(18 years and older)

Facebook, Twitter, LinkedIn, Snapchat, blogs and more. Social media platforms are changing the way we engage with each other and comment on issues. This class will demonstrate and discuss the most popular sites, how they work and privacy precautions.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

November 9

Tue 10:30 a.m. – 12:30 p.m.
500562-2A O'Connell

TECHNOLOGY CONTINUED

Google: Much More Than Search

(18 years and older)

Learn to use more Google features, such as Gmail and search tips, Google photos, Google Docs, translations, and much more. Learn how to create a personalized/shared calendar, make free phone calls, use the Cloud to print from anywhere, and download books, music and apps from the Google Play store.

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

November 10

Wed 10:00 a.m. – 12:30 p.m.
500491-2A Livingston

iPhone Camera

(18 years and older)

Learn how to use all the camera options that come with an iPhone camera and discover how to take the best pictures of family and friends.

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

September 22

Wed 10:00 a.m. – 12:30 p.m.
500395-2A Leir

iPhone Camera Editing

(18 years and older)

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

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

October 18

Mon 10:00 a.m. – 12:30 p.m.
500496-2A Leir

iPhone Storage

(18 years and older)

Learn how to organize photos on a phone or in the Cloud. Discover iCloud, how it works and how to remove photos from your phone. Participants should bring a mobile phone and charging cord to class.

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

October 4

Mon 10:00 a.m. – 12:30 p.m.
500736-2A Leir

iPhone/iPad Movie Editing

(18 years and older)

iMovie is a fun and powerful tool for creating short videos on an iPhone or 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 6

Mon 10:00 a.m. – 12:30 p.m.
503536-2A 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 other special occasions.

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

November 15

Mon 10:00 a.m. – 12:30 p.m.
500737-2A Leir

Protect Your Privacy and Identity Online

(18 years and older)

How can you protect personal information? The convenience of the digital world requires giving personal information that may leave us exposed to hackers and scammers. Learn the ways that privacy can be protected across technology platforms such as Google, Windows 10, iPad and when using email or social media like Facebook. Participants will assess online activity, examine privacy settings and learn about tools that restrict access to information.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

September 20

Mon 1:30 p.m. – 3:30 p.m.
500697-2A O'Connell

Windows 10 for New Users

(18 years and older)

From the Start Menu to the user interface, Windows 10 is different. Anyone new to Windows 10 will discover the powerful new tools and easy ways to customize the screen. Learn to manage tiles and the task menu along with the critical importance of using System Tools for privacy and personalization.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 5

Tue 10:30 a.m. – 12:30 p.m.
503611-2A O'Connell

Windows 10: Working with Files

(18 years and older)

This class will teach how to organize files and photos with the tools in Windows 10. Learn how to create folders, search for files, move, copy and delete files, and transfer photos from a phone and tablet. Learn various ways to backup files. If you have a laptop, bring it to class.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

October 14

Thu 10:30 a.m. – 12:30 p.m.
503613-2A O'Connell

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.



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 Snelling,
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.

GENERAL INFORMATION

Unless otherwise stated, luxury charter buses equipped with a lavatory will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

Cancellations:

Please see our cancellation/refund policy on page 102.

Departure and Arrival: Unless otherwise noted, departures occur from and return to RCC Hunters Woods.

Emergency Forms: Prior to the trip, you will receive an itinerary and an emergency form. Please complete the form and bring it with you on the day of the trip.

ADA Accommodations:

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.



TRIPS

Museum of the Bible

(18 years and older)

Join us for a trip to the Museum of the Bible in Washington, DC, to experience the Bible in a whole new way. Walk on dry land through the Red Sea, wander the streets of a first-century village and see rare artifacts from the Vatican and Israel. Lunch is on your own at the museum's Milk and Honey Café. Trip fee includes transportation, admission and trip coordinator.

9:30 a.m. Depart RCC Hunters Woods

10:00 a.m. Depart RCC Lake Anne

4:00 p.m. Estimated Return to Reston

1, 6.5-hour Trip
\$85 (R)/\$68 (R55+)/\$127 (NR)

September 16

Thu 9:30 a.m. – 4:00 p.m.
 596300-2A Staff

International Spy Museum

(18 years and older)

The International Spy Museum in Washington, DC, contains the foremost collection of spy artifacts in the world, including first-person accounts from top intelligence officers and experts. A boxed lunch will be provided. Trip

fee includes transportation, admission, lunch and trip coordinator.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated Return to Reston

1, 7.5-hour Trip
\$85 (R)/\$68 (R55+)/\$127 (NR)

October 14

Thu 9:30 a.m. – 5:00 p.m.
 503585-2A Staff

Irving Berlin's *White Christmas* at Toby's Dinner Theatre

(18 years and older)

Travel with us to Columbia, MD, for a show. Based on the timeless film, this heartwarming musical adaptation features 17 Irving Berlin songs. *White Christmas* is an uplifting family musical worthy of becoming a holiday tradition. Trip fee includes transportation, admission, lunch and trip coordinator.

9:00 a.m. Depart RCC Lake Anne

9:30 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated Return to Reston

1, 8-hour Trip
\$120 (R)/\$96 (R55+)/\$180 (NR)

November 17

Wed 9:00 a.m. – 5:00 p.m.
 505338-2A Staff



VISUAL ARTS

Acrylic Painting Beginners

(18 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 17 – November 5

Fri 10:00 a.m. – 1:00 p.m.
455011-2A Lopes

Art Lab

(18 years and older)

Artists of all skill levels are invited to explore their creativity under the supervision of art instructor Arnold Lopes. This open studio class is the perfect time to complete projects that are left over from previous classes or work on personal projects.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

September 17 – November 5

Fri 2:00 p.m. – 5:00 p.m.
404213-2A Lopes

Art School & Career Panel Series

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? Are you a graduate student or emerging professional who wants to learn more about jobs in the visual arts field? Join Tephra Institute of Contemporary Art (Tephra ICA) for the Art School and Career Panel Series and hear a panel of professionals discuss a variety of art school programs and career opportunities in the arts. Panelists may include art educators and arts practitioners working in museums, galleries, universities, community colleges and more.

1, 2-hour session at Tephra ICA
12001 Market Street, Reston
Free, Registration Req.

October 16

Sat 5:00 p.m. – 7:00 p.m.
402521-2A Tephra ICA

November 20

Sat 5:00 p.m. – 7:00 p.m.
402521-2B Tephra ICA

Autumn Landscapes

(18 years and older)

Celebrate the colors of the season by painting beautiful landscapes in acrylic. This class is designed for beginners, but all skill levels are welcome. A supply list will be provided prior to first class.

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

September 17 – November 5

Fri 7:00 p.m. – 10:00 p.m.
402635-2A Lopes

Chinese Brush Painting

(18 years and older)

This session of Chinese Brush Painting is geared toward intermediate and advanced students and will reinforce fundamental brushstroke skills.

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

September 23 – October 28

Thu 10:00 a.m. – 12:30 p.m.
402512-2A 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 ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 14 – November 2

Tue 10:00 a.m. – 12:30 p.m.
402665-2A Page

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 several art books/journals to keep or share. A supply list will be provided prior to the first class.

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

September 13 – November 1

Mon 10:00 a.m. – 1:00 p.m.
402720-2A Fitzurka

VISUAL ARTS CONTINUED

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 Tephra ICA 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. Tephra ICA is located at 12001 Market Street, Suite 103, Reston, VA. Reston Town Center garage parking is free on Saturdays.

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

December 11

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

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 15 – November 3

Wed 7:00 p.m. – 9:30 p.m.
402616-2A Staff



Micromosaic Jewelry

(18 years and older)

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

1, 3-hour sessions at RCC Hunters Woods
\$85 (R)/\$68 (R55+)/\$160 (NR)

October 20

Wed 6:30 p.m. – 9:30 p.m.
402623-2A Damron

November 17

Wed 10:00 a.m. – 1:00 p.m.
402623-2B Damron

Modern Painting Styles in Acrylic

(18 years and older)

This class will focus on the painting styles of Modigliani and German Expressionism. Instructor Arnold Lopes will use the 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 14 – November 2

Tue 7:00 p.m. – 10:00 p.m.
402694-2A 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 between several exciting projects, from beginner through expert, or bring your own unique project (with instructor approval). Sufficient tools, supplies and materials are included in the class fee to complete one beginner or intermediate project.

4, 3-hour sessions at RCC Hunters Woods
\$130 (R)/\$104 (R55+)/\$225 (NR)

September 22 – October 13

Wed 6:30 p.m. – 9:30 p.m.
404040-2A Damron

October 20 – November 10

Wed 10:00 a.m. – 1:00 p.m.
404040-2B 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.

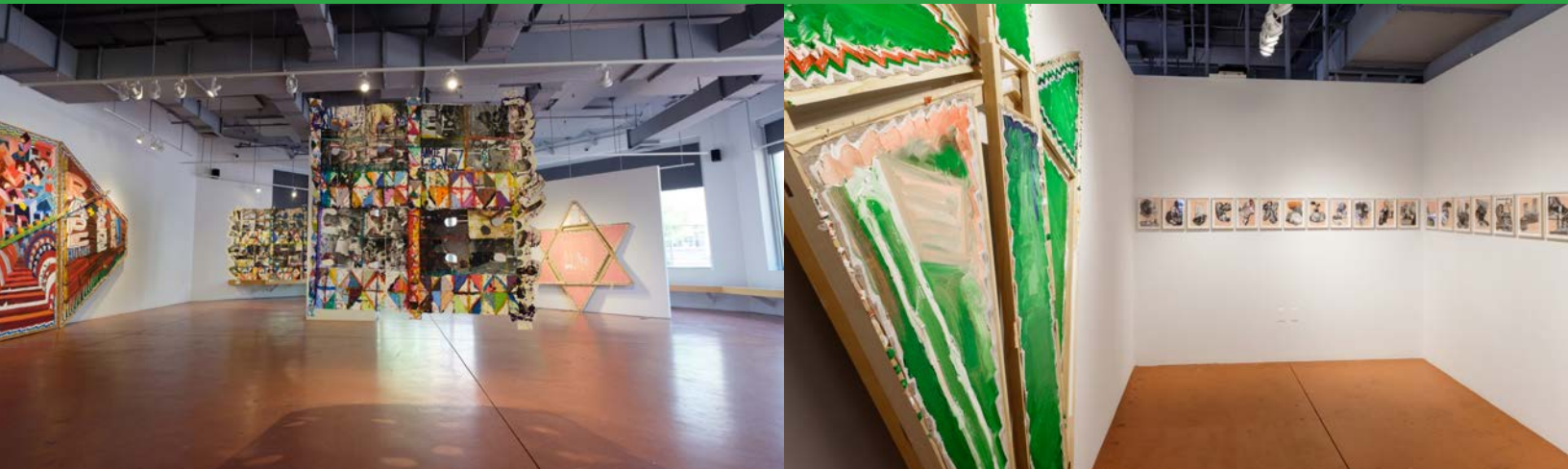
8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

September 15 – November 3

Wed 7:00 p.m. – 10:00 p.m.
402688-2A Lopes

ARTIST DIALOGUES AT TEPHRA ICA

FREE • 13 YEARS AND OLDER



Join Tephra ICA (formely 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 Tephra ICA 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 Conversation

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.

Tephra ICA is located at 12001 Market Street, Suite 103, Reston, VA.

Reston Town Center garage parking is free on weekends and weekdays after 5:00 p.m.

For schedule please visit: www.tephraica.org

VISUAL ARTS CONTINUED

Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Explore your imagination and creativity by learning to paint with alcohol inks on tile. This medium allows you to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies included in the class fee.

1, 2-hour session at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$75 (NR)

October 16

Sat 1:00 p.m. – 3:00 p.m.
402728-2C Clark

November 20

Sat 1:00 p.m. – 3:00 p.m.
402728-2D Clark

December 11

Sat 1:00 p.m. – 3:00 p.m.
402728-2E Clark

Portraits in Charcoal

(18 years and older)

This class is designed for beginners, but all skill levels are welcome. It 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 16 – November 4

Thu 7:00 p.m. – 10:00 p.m.
402411-2A Lopes

Realistic Still Life

(18 years and older)

Come learn basic techniques on painting realistically using the still life motif. Participants will paint flower vases, wine bottles, fruit, food and musical instruments. The class is geared for the beginner, but all levels of experience are welcome. A supply list will be provided prior to first class.

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

September 13 – November 1

Mon 7:00 p.m. – 10:00 p.m.
402734-2A Lopes

Reclaiming the Inner Artist

(18 years and older)

This mixed-media class is designed for emerging artists to access their creative side and for practicing artists in search of fresh inspiration. Using creative exercises rooted in the Four Elements (earth, water, air and fire), participants will connect with where they are in the creative cycle, tap into creative flow, face their inner critic and learn to overcome perceived obstacles. This transformative class is a combination of intuitive art, meditation and personal journaling. Make an art journal to document the journey toward reclaiming unique trust in creative power. A supply list will be provided prior to first class.

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

September 7 – November 2

(No Class: October 12)

Tue 10:00 a.m. – 1:00 p.m.
402641-2A 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 4 – November 22

Mon 10:00 a.m. – 12:30 p.m.
402500-2A Zoller

October 5 – November 23

Tue 7:00 p.m. – 9:30 p.m.
402500-2B Zoller

Tapestry Mosaic Art

(18 years and older)

Elaborate patchwork tapestry fabrics from Rajasthan and Gujarat, India are the inspiration for this class. Specialty glass (including Van Gogh glass and millefiori), crystal and beads are used to create multiple patterns of color and texture. Basic knowledge of mosaics is recommended for this class. All supplies are included in class fee.

4, 3-hour sessions at RCC Hunters Woods
\$190 (R)/\$152 (R55+)/\$370 (NR)

October 27 – November 17

Wed 6:30 p.m. – 9:30 p.m.
402255-2A Damron

Tephra ICA Art Family Day

(All Ages)

Tephra Institute of Contemporary Art (formerly Greater Reston Arts Center) opens its doors for an afternoon of family art making and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family. Tephra ICA is located at 12001 Market Street, Suite 103, Reston. Reston Town Center garage parking is free on Saturdays.

1, 3-hour session at Tephra ICA
Free, Registration Req.

October 30

Sat 12:00 p.m. – 3:00 p.m.
402646-2B Tephra ICA

December 18

Sat 12:00 p.m. – 3:00 p.m.
402646-2C Tephra ICA

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.

VISUAL ARTS CONTINUED

Wednesday Watercolor

(18 years and older)

This watercolor class is for intermediate and beginning painters who want to build and improve their painting skills. Lectures, demonstration and class painting time are used to explore fun subjects such as landscapes, buildings and simple figures, while focusing on the fundamental building blocks of watercolor painting.

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

September 15 – November 3

Wed 10:00 a.m. – 12:00 p.m.
402735-2A 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 14 – November 2

Tue 10:00 a.m. – 12:30 p.m.
402639-2A Staff

Tue 7:00 p.m. – 9:30 p.m.
402639-2B Staff

CERAMICS STUDENTS:

Open Ceramics Studio passes expire at the end of each session. Fall class passes expire December 31. Winter/Spring class passes expire May 31, and Summer class passes expire August 31.



Wheel I

(18 years and older)

Learn how to work with clay and master wedging, centering and throwing to make bowls, cylinders and small plates. Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 16 – November 4

Thu 7:00 p.m. – 9:30 p.m.
402462-2B Saltzman

October 7 – December 2

(No Class: November 25)

Thu 10:00 a.m. – 12:30 p.m.
402462-2A Zoller

Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

September 13 – November 1

Mon 7:00 p.m. – 9:30 p.m.
404210-2A Alexander

September 17 – November 5

Fri 10:00 a.m. – 12:30 p.m.
404210-2B 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. The Good Neighbors Woodworking Group now requires reservations. To reserve your spot for this offering, sign into myRCC and select the dates and times you wish to attend.

5-hour sessions at RCC Hunters Woods
Free, Reservations Req.

September 7 – December 28

Tue 9:30 a.m. – 2:30 p.m.
5C0085-2B* Staff

*RESERVATIONS

Reservations for these classes open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

OPEN STUDIOS

Open Ceramics Studio

(18 years and older)

The public is invited to use RCC's Ceramic Studio. The Open Ceramics Studio now requires reservations. To reserve your spot, sign into myRCC and select the dates and studio in which you wish to participate. Reservations for the Open Ceramics Studio is free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each visit. Ceramics Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. They 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, Reservations Req.

September 15 – December 22

(No Class: December 15)

Wed 10:00 a.m. – 2:00 p.m.
4C0020-2B* Ceramics Studio
4C0025-2B* 3D Studio

September 18 – December 18

(No Class: November 27)

Sat 1:00 p.m. – 5:00 p.m.
4C0030-2B* Ceramics Studio
4C0035-2B* 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. The Open Glass Studio now requires reservations. To reserve your spot, 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 visit. Glass Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. They 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, Reservations Req.

September 5, 19

October 3, 17

November 7, 21

December 5, 19

Sun 1:00 p.m. – 5:00 p.m.
4C0010-2B* 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 joiner, a planer and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. The Open Woodshop now requires reservations. To reserve your spot, 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. They expire two years from date of purchase. Each visit includes a maximum of 3.5 hours. Reservations for the Open Woodshop are free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each visit.

3.5-hour sessions at RCC Hunters Woods Pass, Reservations Req.

September 7 – December 28

Tue 6:00 p.m. – 9:30 p.m.
5C0010-2B* Staff

September 11 – December 18

Sat 9:00 a.m. – 12:30 p.m.
5C0030-2B* Staff

Sat 1:00 p.m. – 4:30 p.m.
5C0050-2B* Staff

LEISURE & LEARNING

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo

* All participants are required to have a pass to access Ceramics, 3D, Glass Studios and Woodshop environments. Reservations open on the 25th of the month for the following month (e.g., August 25 for September reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.



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
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
Anthony J. Adams	Technical Director
Mark Anduss	Assistant Technical Director
Giovonny Bland	Community Outreach Assistant
Cheri Danaher	Arts Education Director
Kevin Danaher	Community Events 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 Snelling	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
Daniel Perez	Facility Team
Will Sanchez	Facility Operations Manager
Maurice Smith	Facility Team
Ken Wade	Facility Team

THANK YOU

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

COMMUNITY PARTNERS

Thank you to our Community Partners:

- 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 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
- Tephra ICA
- 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 August 1.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to create an account through myRCC to receive a household username and initial password.
- To access myRCC, go to www.restoncommunitycenter.com and 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.
Saturday: 9:00 a.m. – 6:00 p.m.
Sunday: 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 August 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on August 1 if they are received by July 31.

Our Customer Service team will be inputting registrations in the myRCC system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

REGISTRATION POLICIES

Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. 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 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 reservation (former 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.

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 13 8:00 p.m.

Monthly Meeting
Monday, October 4 8:00 p.m.

Monthly Meeting
Monday, November 1 8:00 p.m.

Monthly Meeting
Monday, December 6 8:00 p.m.

Finance Committee meetings, when scheduled, occur on the third Monday of a month. Check RCC's website for the most current meeting information.

Questions, comments, concerns and suggestions for RCC's Board of Governors may be directed to RCCcontact@fairfaxcounty.gov. All inquiries are answered within 48 business hours.

FUNDING

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees so they may enjoy programs and services at greatly subsidized rates.

PATRON HEALTH AND SAFETY

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

ADA ACCOMMODATIONS

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

PRICING

RCC reviews its pricing for programs and services annually. We will gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services is established while keeping in mind the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via RCCcontact@fairfaxcounty.gov.

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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 – Saturday 9:00 a.m. – 9:00 p.m.*

Sunday 9:00 a.m. – 8:00 p.m.*

*Rental hours may vary. Contact the RCC Facility Services Department.



Enriching Lives.
Building Community.®

FALL HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 6	CLOSED	CLOSED
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving	November 25	9:00 a.m. – 2:00 p.m.	CLOSED
Day After Thanksgiving	November 26	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Teambuilder	December 15	CLOSED 1:00 p.m. – 4:30	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.	CLOSED
New Year's Day	January 1, 2022	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.

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www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.

