

Reston Community Center

2016 FALL PROGRAM GUIDE



Enriching Lives, Building Community

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A Message from Beverly A. Cosham, Chair, Board of Governors

Fall of 2016 will find us all enveloped in the once-every-four-years media saturation of the Presidential campaign season. As I write this in the summer, it's already shaping up to be an extraordinary year of this quadrennial exercise in democracy. Even as our attention is riveted by national politics, I urge you to stay in tune with and involved in local affairs. RCC's Annual Preference Poll is your opportunity to participate directly in the leadership of Reston Community Center. Please remember to weigh in with your vote and participation. Those actions assure you enjoy the programs and services from RCC that are important to you.

Regardless of whether your interests are local, state or federal, this is an important year for all levels of government. Voting is our most sacred right as a people and the greatest of our civic responsibilities. I hope you join me in eagerly anticipating exercising our privilege to vote and participating in the great tradition of self-government. Thank you in advance for your involvement in our Preference Poll!



A Message from Leila Gordon, Executive Director

Welcome to the extraordinary line-up of programs, events and activities ahead at RCC this fall. The team here has put together hundreds of options for you to be entertained, enriched, enlightened or exercised. There are options for socializing with family and friends and contributing to our community's wellbeing with your volunteer energies. We are excited about a season rich with opportunities to enjoy Reston's beautiful diversity and vibrant creativity.

You may notice as you page through the guide that our program pricing is holding at 2015 levels. As we continue to balance our cost recovery efforts with our commitment to the broadest possible access for our community, we heard from many of you that you'd like us to proceed more gradually on price increases. We therefore are pausing this year on pricing increases in aquatics and other registered and drop-in programs. We hope this allows even more people to enjoy RCC. I look forward to seeing you at RCC!

Board of Governors



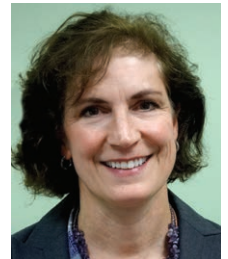
William G. Bouie



William Keefe



John Mendonça



Michelle Moyer



William Penniman



Lisa Sechrest-Ehrhardt



Vicky Wingert



Gerald Zavala

Fee Comparison

AQUATICS

	RCC: Reston Rate	Park Authority: Fairfax County Resident Rate
GATE FEES (OPEN SWIM)		
Daily Admission – Adult	\$5.00	\$8.00
Daily Admission – Youth/Senior*	\$3.00	\$6.50
20-Visit Pass – Adult [^]	\$82.00	\$127.20
20-Visit Pass – Youth/Senior* [^]	\$50.00	\$117.60
Annual Pass – Adult	\$476.00	\$669.00
Annual Pass – Youth/Senior*	\$243.00	\$622.00
WATER AEROBICS		
Adult Class	\$5.25	\$8.00
Senior Class*	\$3.25	\$6.50
20-Visit Pass – Adult [^]	\$90.00	\$127.20
20-Visit Pass – Youth/Senior* [^]	\$60.00	\$117.60

DROP-IN LAND AEROBICS

	RCC: Reston Rate	Park Authority: Fairfax County Resident Rate
20-Visit Pass – Senior* [^]	\$48.00	\$117.60

RENTAL RATES

	RCC: Reston Hourly Rate (through 8/31/2016)	RCC: Reston Hourly Rate (effective 9/1/2016)	Park Authority Hourly Rate ⁺
Pool Rental	\$100.00	\$105.00	\$227.68
Pool Rental – Founding Partners	\$60.00 [#]	\$66.00 [#]	\$182.14
Community Room	\$52.00	\$54.00	\$95.00
Community Room – Founding Partners	\$24.00 [#]	\$28.00 [#]	\$76.00

*RCC designates “Seniors” as 55+, whereas the Park Authority designates “Seniors” as 65+.

[^] The Park Authority offers a 25-Visit pass (20 percent more classes than RCC’s 20-Visit pass). Costs for 20-Visit Park Authority passes on this chart have been reduced by 20 percent in order to provide a close comparison to RCC’s 20-Visit pass.

[#] After 20% non-profit discount is applied.

⁺ The Park Authority hourly rate for pool rental is determined by adding the hourly rate for six rental lanes of a 25-Yard pool to the hourly rate for a diving well. The Park Authority hourly rate for a comparable rental facility is the hourly rate for Frying Pan Park Visitor Center. Park Authority rates for Founding Partner comparison are reduced by 20 percent to reflect the Park Authority’s discount for non-profit organizations.

Arts and Events

Community Events	6-17
Professional Touring Artist Series	18-31
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RCC Community Coffee

Saturdays
September 10 – December 31

9:00 a.m. – 11:00 a.m.
RCC Hunters Woods

Free • All Ages

Enjoy complimentary food and beverages with casual conversation. Please note there will not be a Community Coffee on December 24.

RCC Preference Poll

September 9 – September 30

Serve Your Community. Become a Candidate for the RCC Board of Governors.

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. To register as a candidate, you must complete a Statement of Candidacy Form.

Statement of Candidacy Forms available August 1 at RCC Hunters Woods and RCC Lake Anne, or online at www.restoncommunitycenter.com.

MARK YOUR CALENDARS

Candidates Filing: August 1 – August 15 (until 5:00 p.m.)

Photos/Orientation: August 15

Candidates Forum: September 15 • 6:30 p.m.

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



Back ² School BASH

Saturday, August 13
11:00 a.m. – 2:00 p.m.
South Lakes High School
11400 South Lakes Dr., Reston, VA
Free • All Ages

Don't miss this one stop destination for your family; the Bash will be an event filled with interactive activities and important information to help prepare school-age children (Grades K through 12) to go back to school. Learn about the fantastic resources, programs and services provided by community agencies and partnerships in your neighborhood.

Co-sponsored by Fairfax County Public Schools, Cornerstones, Fairfax County Neighborhood and Community Services, Reston Community Center and YMCA Reston.

For more information, please contact Eileen Boone, Leisure & Learning Director, at 703-390-6162.

Lake Anne Jazz and Blues Festival

Saturday, September 3

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 will also be a showing of *Lady Sings the Blues* on August 26 at dusk and a performance by the Chris Vadala Quartet on Thursday, September 1 at 7:00 p.m. at Lake Anne Plaza.

Reston Community Center is a major sponsor of this annual event hosted by the Friends of Lake Anne and the Lake Anne Merchants.

For more information, please contact Lake Anne Plaza at 703-471-6374.

TUESDAY NIGHT AT THE MOVIES

7:30 p.m. – 9:30 p.m.

RCC Hunters Woods – the CenterStage

Free • All Ages



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

September 20

ReelAbilities Film Festival

Case of the Three Sided Dream

Blind from infancy, and paralyzed by a stroke at adulthood, jazz legend Rahsaan Roland Kirk's reality was underpinned by an understanding of the world around him, which was rooted primarily in sound. Through communicating sonically with his surroundings, Kirk developed a unique ability to see in music, as everyday items were re-imagined as instruments and each seemingly insignificant noise revealed its own rhythm and cadence. It was in dreams that Rahsaan Roland Kirk's most brilliant visions—such as playing multiple horns at once—would often be granted. **Director: Adam Kahan, (2014), USA, 88 minutes**

ReelAbilities is the only film festival of its kind in the nation, dedicated to representing the lives, stories, and artistic expressions of people with different abilities. This unique eight-day film festival will present screening events at select venues throughout Northern Virginia. The festival will feature domestic and international award-winning films, interactive programming, and art and performance that inspire the community to explore and celebrate our shared human experience.

In partnership with the Jewish Community Center of Northern Virginia.

September 27

Screenagers: Growing Up in the Digital Age

Are you watching kids scroll through life with their rapid-fire thumbs and six-second attention spans? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well. Through poignant and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, *Screenagers* reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. (2016) 67 minutes

October 4

Troublemakers: The Story of Land Art

Troublemakers unearths the history of land art in the tumultuous late 1960s and early 1970s when a cadre of renegade New York artists sought to transcend the limitations of painting and sculpture by producing earthworks on a monumental scale in the desolate desert spaces of the American southwest. Today these works remain impressive not only for the sheer audacity of their makers but also for their out-sized ambitions to break free from traditional norms. The film casts these artists in a heroic light, which is exactly how they saw themselves. Iconoclasts who changed the landscape of art forever, these revolutionary, antagonistic "creatives" risked their careers for radical artistic change and experimentation, and took on the establishment to produce art on their own terms. The film includes rare footage and interviews which unveil the enigmatic lives and careers of storied artists Robert Smithson (*Spiral Jetty*), Walter De Maria (*The Lightning Field*) and Michael Heizer (*Double Negative*); a headstrong troika that established the genre and who stand in marked contrast to the hyper-speculative contemporary art world of today. Director: James Crump, (2015) 72 minutes

The movie is presented in collaboration with the Initiative for Public Art – Reston (IPAR). IPAR seeks to inspire an ongoing commitment to public art and create a new generation of artworks in Reston. Thanks to RCC's support, IPAR developed this program to present exceptional public art projects documented in motion pictures. Visually stimulating and thought-provoking, the films will foster a community conversation about public art.

Save the Date! October 25

Washington West Film Festival

The sixth annual Washington West Film Festival, presented by Boeing, will take place October 19-26 in Reston and Washington, DC. Washington West believes "story can change the world" and uniquely donates its box office net proceeds to a charity each year. Previous festival highlights include films produced by Martin Scorsese and Tom Hanks and Q&A sessions with actress Julia Louis-Dreyfus, Hollywood producer Bruce Cohen (*Silver Linings Playbook*, *American Beauty*), *Back to the Future* star Christopher Lloyd, and legendary seven-time Emmy Award-winning actor Ed Asner.

RESTON MULTICULTURAL FESTIVAL



**SATURDAY
SEPTEMBER 24**

11:00 a.m. – 6:00 p.m.

FREE • Rain or Shine • Lake Anne Plaza

The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate our rich medley of cultures. The Multicultural Festival features a Naturalization Ceremony, International Book Fair, National Heritage Award Fellows, arts & crafts, exciting entertainment, the *Art Mirrors Culture* exhibit, delicious food and family activities from around the world.

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

The Reston Multicultural Festival, presented by Reston Community Center, is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners 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 – the CenterStage • All Ages

September 29 • Beverly Cosham

Washington's and Reston's favorite cabaret singer and entertainer and her musical friends collaborate to perform their favorite songs.

October 6 • George Fu

Winner of the Lennox International Young Artists Competition, and Harvard and Curtis Institute of Music graduate, Fu plays great piano selections.

October 13 • Phoenix Woodwind Quintet

Rosalie Morrow (flute), Jane Hughes (oboe), Allan Howe (clarinet), Bill Jokela (bassoon), and Adu Shiffer (French horn) play masterworks from the wind quintet repertoire.

October 20 • Klasinc & Loncar Duo

Natasa Klasinc and Miroslav Loncar are classical guitarists who have performed throughout Europe and the United States.

October 27 • Dr. Anna Balakerskaia

Dr. Anna Balakerskaia is a founding member of the Ensemble da Camera of Washington and will inspire with her classical piano selections.

November 3 • Darden Percell

A Washington, DC-based jazz vocalist who has been featured with big bands and small ensembles performs jazz classics.



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 www.olliatgmu.edu.

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



Reston Association's 2016 Open House

Thursday, October 20

6:30 p.m. – 8:30 p.m.

Reston Association, 12001 Sunrise Valley Drive,
Reston, VA

Free • All Ages

Join us to learn about Reston Association (RA) and the many services, amenities and programs it provides for you. Talk with RA Parks and Recreation staff about programs in Aquatics, Camps, Environmental Education and Tennis. Learn about the 100+ events Reston Association offers for all ages. Meet the Member Services team and learn how to navigate RA's website so you can access important association and community resources. Explore how you can get involved in Reston, serve on the RA Board or one of our many committees and give back to the community. Meet with your Covenants Advisor and learn about the services they provide property owners. Meet local elected officials and community organization representatives. Light refreshments will be available and door prizes will be awarded.

Please RSVP to member_services@reston.org or call 703-435-6530.

Reston Duplicate Bridge Club

Wednesdays

7:00 p.m. – 10:30 p.m.

RCC Hunters Woods

Drop-in • No Reservations Necessary

Open game: \$8 per person

Novice game: \$7 per person

The Reston Duplicate Bridge Club has held weekly games at RCC since its opening in 1979. Novice/intermediate and Open games are offered. Teachers are available for those who want lessons. The game is held every Wednesday evening on a year-round basis. Light snacks and beverages are provided. Partners may be provided upon request.

For more information, please contact Candy Kuschner at 703-758-0906 or at candy.kuschner@gmail.com.



THANKSGIVING FOOD DRIVE

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

Reston Community Center once again joins the Greater Reston Chamber of Commerce and Cornerstones to help families in need. Patrons, businesses, and organizations are encouraged to drop off non-perishable food and other items from November 1 – 21 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 Leader on November 22 or 23, a Volunteer Event Leader or a Volunteer Food Sorter on November 24. Please turn to pages 38-39 to find out more information and learn how to register for these great community service opportunities.

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

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



eLEARNING

→ @RCC

EXPAND YOUR EXPERTISE AND ADVANCE YOUR CAREER

Hectic and unpredictable schedule? We know how busy you are so we have designed the perfect program. Explore topics of personal interest or register for career advancement courses and earn continuing education units. With more than three dozen Certificate programs and 130 individual education courses, there is something for everyone!

Certificate Programs in:

- Business
- Business Communication
- Digital Marketing (NEW!)
- 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 (NEW!)

Fall eLearning classes are held: September – December

eLearning Registration deadlines: September 9, October 7, November 11

(Registration deadlines coincide with class start date.)



NEW THIS FALL!

Web Design

ONE-MONTH COURSE

REGISTER BY SEPTEMBER 9

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition. Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Throughout the course you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code and discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images.

Digital Marketing Certificate

THREE ONE-MONTH COURSES

REGISTER BY SEPTEMBER 9

Experience a fundamental yet advanced introduction to Digital Marketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No digital marketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

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.





Photo courtesy of Reston Town Center



Reston Holiday Parade

Friday, November 25

11:00 a.m. – 12:00 p.m.

Reston Town Center

Free • All Ages

Join us at Reston Town Center for the 26th annual Reston Holiday Parade! Come for a full day of community, charity and cheer including visits and photos with Santa, 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.

Reston Town Center Holiday Performances

Saturdays and Sundays

December 3 – December 18

Reston Town Center South Market Promenade
Between Market Street and Democracy Drive
(across from Starbucks)

Free • All Ages

Come and enjoy holiday songs outside at the Reston Town Center South Market Promenade. Please check the RCC website in November for the 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 14 – 16

The 32nd Annual Reston Dr. Martin Luther King Jr. Birthday Celebration planning is underway, and will include Community Service Projects; the Reston Community Orchestra's 11th 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 the special Keynote Speaker, Pulitzer Prize-winning columnist Eugene Robinson.

A complete schedule will be available December 1 at www.restoncommunitycenter.com.

Corporate Team Building

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

Choose Your Quest:

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

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

For more information, please contact Eileen Boone, Leisure & Learning Director, at 703-390-6162.

Professional Touring Artist Series Tickets

Online: www.restoncommunitycenter.com
Available until two hours before a performance and requires payment of a processing fee.

By Mail: **Return a Ticket Order Form to RCC Box Office**
2310 Colts Neck Road, Reston, VA 20191

In Person: **Tuesday, Wednesday, Thursday: 4:00 p.m. – 9:00 p.m.,
Saturday: 1:00 p.m. – 5:00 p.m., and two hours prior to curtain time**

Phone: **703-476-4500, Press '3' • TTY 711**
Please provide the following information when you call:

- Performance title, day, date and curtain time
- Ticket quantity/type (Reston/Non-Resident, adult/senior, etc.)
- Name as it appears on your Visa, MasterCard or Discover, credit card number and expiration date
- RCC cannot accept American Express for phone, fax, or walk-in orders.
- Zip code that matches the billing address for your credit card
- Home, work, and/or mobile telephone numbers where you can reliably be reached
- Seating location preferences (i.e. front, center, or back of the theatre)

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

Box Office Policies:

- No refunds or exchanges unless the show is canceled.
- Please indicate if a wheelchair accessible seat is needed, or of any other accommodations we can make to provide better access for patrons with any special needs; and do so as soon as possible to assure we can best accommodate you.
- All audience members, regardless of age or the performance location at Reston Community Center, are required by Virginia Fire Code to have a ticket.
- Tickets are not mailed and can be picked up at RCC Hunters Woods during regular front desk hours, 9:00 a.m. – 9:00 p.m. once the order is processed.

Tickets for the 2016–2017 Professional Touring Artist Series are sold at Reston (R) (Small District 5 residents or employees) or Non-Reston (NR) prices, regardless of age (no senior or youth tickets). Proof of residence or employment status may be requested. All seats are reserved unless otherwise indicated; payment is required at the time of reservation. All forms are available online at www.restoncommunitycenter.com

Directions:

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

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

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

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

Left on Baron Cameron Ave (Route 606)
Left on Reston Parkway
Left on South Lakes Drive
Right on Colts Neck Road
Go 1/8 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 1/8 mile and turn left into Hunters Woods Village Center

Welcome to the 2016-2017 Professional Touring Artist Series



Ticket Sales Dates

Monday, August 1

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

Monday, August 8

Tickets will go on sale to the general public and online.

Order forms are available at www.restoncommunitycenter.com



The dictionary defines the word “ephemeral” as “lasting a very short time.” Things that are ephemeral are by their nature brief and elusive, and thus they become more beautiful or memorable in their passing.

In our couch potato world, we are used to experiences being available around the clock. We can always look them up later. We can DVR a movie. We can look at our Facebook history. Ideas or questions we want to know more about are at our fingertips; if we forget them, we can Google them and find them again. But having ready access to something at any time also often makes it less valuable. It’s the scarcity of something that makes it more desirable.

Live performances are ephemeral. They come and go and are recorded only in our emotional and sense memories. Because of that, each of us has our own version of that performance. Our own memory. Our own translation of what occurred.

At the CenterStage, we present performers who bring you something new and extraordinary. Something fleeting. Something transitory yet powerful; the passing of it enhances the power of its memory.

So get up off your couch and step away from the computer – don’t miss any of the remarkable performances in the 2016-2017 Professional Touring Artist Series. Come join us and make a season of extraordinary and lasting memories!

Paul Douglas Michnewicz

Arts & Events Director

Professional Touring Artist Series

SEASON AT-A-GLANCE

Music

Saturday, September 17, 8:00 p.m.

The Acoustic Living Room – Songs and Stories with Kathy Mattea, featuring Bill Cooley

Saturday, October 1, 8:00 p.m.

Turtle Island Quartet – *A Love Supreme: The Legacy of John Coltrane*

Saturday, October 8, 8:00 p.m.

BeauSoleil avec Michael Doucet

Thursday, November 10, 8:00 p.m.

Sherri L. Edelen in *The Men I Love*

Sunday, January 22, 3:00 p.m.

TAARKA

Saturday, February 18, 8:00 p.m.

New York Festival of Song
The Picnic Cantata and Dinner at Eight

Friday, February 24, 8:00 p.m.

Lúnasa

Wednesday, March 29, 8:00 p.m.

Raul Midón

Sunday, April 9, 7:00 p.m.

Dana and The Glorious Birds

Saturday, April 15, 8:00 p.m.

Le Mystère des Voix Bulgares

Dance

Wednesday, February 22, 8:00 p.m.

What's Going On – The Marvin Gaye Project

Wednesday, April 5, 8:00 p.m.

Rebollar Dance presents – *Sacred Profane*

Theatre

Wednesday, November 2, 8:00 p.m.

Beyond Sacred: Voices of Muslim Identity
Ping Chong & Company

Wednesday, November 30, 8:00 p.m.

Theater Alliance presents
Black Nativity by Langston Hughes

Friday, April 21, and Saturday, April 22, 8:00 p.m.

The Reduced Shakespeare Company presents
William Shakespeare's Long Lost First Play (abridged)

Wednesday, May 17, 8:00 p.m.

Happenstance Theater Company presents
BrouHaHa

Special Events

Saturday, September 24, 11:00 a.m. – 6:00 p.m.

National Heritage Award Fellows at the Reston
Multicultural Festival

Wednesday, September 28, 8:00 p.m.

Billy Collins – United States Poet Laureate 2001-2003

Monday, January 16, 12:00 p.m.

Eugene Robinson
Pulitzer Prize-winning columnist

Children/Family

Sunday, December 18, 3:00 p.m.

Mr. Vaudeville and Friends presents
Happy Vaudeville Holidays!

Sunday, April 9, 3:00 p.m.

Trout Fishing in America



The Acoustic Living Room Songs and Stories with Kathy Mattea, featuring Bill Cooley

Saturday, September 17, 8:00 p.m.
\$25 Reston/\$35 Non-Reston

Grammy Award winning singer Kathy Mattea and her longtime collaborator, guitarist Bill Cooley, have shared one of Nashville's most musically rich partnerships for over two decades. The duo meets as old friends, welcoming you into *The Acoustic Living Room* to share songs and stories near and dear to their hearts – including Kathy's beloved classics such as *18 Wheels and a Dozen Roses*, *Where've You Been?* and many other hits, plus a handful of more eclectic and often requested tunes, and a sprinkling of brand new material, all reinterpreted for the duo format. Her 18 albums are woven through with bluegrass, gospel, and Celtic influences. A genuine storyteller, Kathy draws inspiration from her Appalachian roots.

“Mattea remains one of Nashville's most spiritual singers, and the songs she sings about love lost and humility are as fine as any she has recorded”

– USA TODAY

2016 National Heritage Award Fellows at the Reston Multicultural Festival

Saturday, September 24
11:00 a.m. – 6:00 p.m. (performance times vary)
Lake Anne Plaza
Free and open to the public

The National Endowment for the Arts (NEA) National Heritage Fellowships are the nation's highest honor in folk and traditional arts. Presented annually by the NEA, the fellowships recognize folk and traditional artists for their lifetime achievement, artistic excellence, and contributions to our nation's traditional arts heritage.

This year will feature National Heritage Award Fellows Billy McComiskey (Irish accordionist) and others.

Come to the annual Reston Multicultural Festival where you will see these great artists and so much more!



Photo by Bill Hayes



Photo by Jati Lindsay

Billy Collins

United States Poet Laureate 2001 –2003

Wednesday, September 28, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

Billy Collins is an American phenomenon. No poet since Robert Frost has managed to combine high critical acclaim with such broad popular appeal. His work has appeared in a variety of periodicals including *The New Yorker*, *The Paris Review*, and *The American Scholar*, he is a Guggenheim fellow and a New York Public Library "Literary Lion." His last three collections of poems have broken sales records for poetry. His readings are usually standing room only, and his audiences – enhanced tremendously by his appearances on National Public Radio – include people of all backgrounds and age groups. Find more information at www.fallforthebook.org.



Turtle Island Quartet

A Love Supreme: The Legacy of John Coltrane

Saturday, October 1, 8:00 p.m.

\$25 Reston/\$35 Non-Reston

Given the proper conditions, a work of art can transcend both genre and era, claiming its rightful place in the catalog of human expression that justifies the very existence of mankind. Such is the case of John Coltrane's jazz epiphany, *A Love Supreme*. Recorded four decades ago at a time when the country was deeply troubled by issues of race and war, Coltrane's music was a personal statement of redemption and salvation that struck a chord in the hearts of millions, becoming one of the most enduring jazz recordings of all time.

In exploring John Coltrane's musical legacy, the Grammy Award-winning Turtle Island Quartet continues its own tradition of employing the string quartet form to shed new light on the timeless joy and beauty contained in the greatest music of the American jazz masters.

"...a sterling example of first-rate jazz music-making, whatever the instrumentation."

– *The LA Times*



BeauSoleil avec Michael Doucet

Saturday, October 8, 8:00 p.m.
\$25 Reston/\$50 Non-Reston

Since forming in 1975, multiple Grammy Award-winner BeauSoleil has claimed its undisputed role as the most esteemed Cajun group in music. BeauSoleil avec Michael Doucet take the rich Cajun traditions of Louisiana and artfully blend elements of zydeco New Orleans jazz, Tex-Mex, country, blues and more into a soul-satisfying musical recipe. From The Grand Ole Opry to Newport Folk Festival, from concert hall to dance floor, the music of BeauSoleil continues to captivate audiences the world over.

“The best Cajun band in the world.”

– Garrison Keillor, *Prairie Home Companion*



Beyond Sacred: Voices of Muslim Identity

Ping Chong & Company

Wednesday, November 2, 8:00 p.m.
\$15 Reston/\$20 Non-Reston

Beyond Sacred: Voices of Muslim Identity is part of an ongoing series of community-specific oral history theatre works known as the “Undesirable Elements” series. Begun in 1992 by Ping Chong & Company, each production is made by a specific community, with local participants testifying to their real lives and experiences. The script is based on interviews with the participants who then share their stories and truths in the final production. Since 1992, more than 50 productions have been made across the United States and abroad.

“...a lesson in human understanding, drawn from real lives... a probing and persuasive new work of interview-based theater”

– *The New York Times*



Sherri L. Edelen in *The Men I Love*

**Thursday, November 10, 8:00 p.m.
\$15 Reston/\$20 Non-Reston**

Helen Hayes and Barrymore Award-winning actress Sherri L. Edelen has captivated audiences for years. Now she brings her powerhouse voice to a cabaret performance where she weaves old standards, Broadway and pop tunes into a very personal and hilarious evening about the men in her life. *The Men I Love* is co-written by Joe Calarco and Sherri L. Edelen with accompaniment by Howard Breitbart.

"Sherri L. Edelen ... nasty, powerful, poignant, loveable, hated, naïve, full of chutzpah and what a voice!"

– Broadway World

Theater Alliance presents *Black Nativity* by Langston Hughes

**Wednesday, November 30, 8:00 p.m.
\$25 Reston/\$35 Non-Reston**

Back by popular demand, this retelling of the Christmas story from an Afro-centric perspective is infused with rich gospel, blues, funk, jazz, and dance with griot-style story telling from an ensemble cast. Embracing the spirit of the source Langston Hughes work, *Black Nativity* serves as a deep exploration of cultural identity, pride, and unity within the African-American community while also bringing a fresh voice to this holiday classic. Winner of three Helen Hayes Awards (Best Ensemble, Best Musical Direction, and Best Musical), this spirited evening will delight the whole family.

"This isn't just a feel-good show, this is also a show for those who feel the pain of loss keenly this time of year, and it offers a balm for what ails us."

– Broadway World



Mr. Vaudeville and Friends presents
**Happy Vaudeville
Holidays!**

Sunday, December 18, 3:00 p.m.
\$5 Reston/\$10 Non-Reston

Take a break from all that shopping and gift wrapping and join Mr. Vaudeville and Friends for yet another adventure filled with music, mayhem and laughter in this hilarious afternoon of spirited fun. Better than a hot cup of wassail or a spoonful of figgy pudding (the fruit cakes will be on stage), *Happy Vaudeville Holidays!* is just the right recipe to spice up your holiday season!

“It was fantastic. We had eight adults and two kids in our group, everyone agreed...He did such a great job with the whole production. A fun, fun time!”

– Joan Rose, Reston parent

**Reston Dr. Martin Luther King Jr.
Birthday Celebration Keynote Address &
Community Lunch**

Eugene Robinson
Pulitzer Prize-winning columnist

Monday, January 16, 12:00 p.m.
\$5 Reston/\$10 Non-Reston

Widely recognized for his uncanny ability to speak truth to power, Robinson is a Pulitzer Prize-winning writer who brings audiences a tested perspective on today’s political news. In his various roles at *The Washington Post* and while reporting abroad, Robinson has witnessed first-hand the revolution taking place online and in the 24/7 news cycle and has seen how the news media are influencing American culture. As one of the most prominent African-American intellectuals on the scene and author of *Disintegration: The Splintering of Black America* (2010), Robinson also shares his understanding of race relations in the United States and explains why many popular conceptions are now obsolete.

“Of all the speakers who have visited our campus, I would rank Eugene Robinson at the very top of the list! He was insightful, eloquent and very personable.”

– President, Quinnipiac University



TAARKA

Sunday, January 22, 3:00 p.m.
\$15 Reston/\$20 Non-Reston

TAARKA is an acoustic ensemble featuring five-string violin, mandolin, guitars, string bass and vocals. It combines high-energy performance and innovative, beautiful songs that weave rock energy and master musicianship into old and new folk, Celtic, bluegrass, jazz and classical music.

"...rest assured ladies and gents, the music is in the hands of ascending masters."

— *The Northwest Sun*

New York Festival of Song *The Picnic Cantata/ Dinner at Eight*

Saturday, February 18, 8:00 p.m.
\$15 Reston/\$20 Non-Reston

In *The Picnic Cantata*, four women go on a car trip, eat their lunch in the open air, read the newspaper, and drive home tired but happy. Composer Paul Bowles and poet James Schuyler turn this Sunday journey into a quiet masterpiece - a tuneful, witty, and subtly moving work rarely performed since its 1954 premiere. It is paired with two world premieres: a suite of songs from Pulitzer Prize-winner William Bolcom's latest opera *Dinner at Eight*, and a new song cycle by Gabriel Kahane, whose recent CD *The Ambassadors* was hailed by *Rolling Stone* as "one of the year's very best albums."

"A hotbed of intriguing selections and rising singers..."

— *The New York Times*



What's Going On **The Marvin Gaye Project**

In partnership with Dance Place

Wednesday, February 22, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

Vincent E. Thomas looks through the lens of Marvin Gaye's transcendent music and finds a reflection of the world today. Taking inspiration from 1971's iconic *What's Going On*, Marvin Gaye's insights into life, love and social justice are given fresh perspectives with choreography by Vincent E. Thomas, Ralph Glenmore and Sylvia Soumah. This evening-length work features modern, jazz and West African dance designed to provoke thoughtfulness among audience members. *What's Going On* is just the beginning of a conversation that can spark change in each community it touches.

The Gin Dance Company has been asked to join this very special performance.

What's Going On is a National Performance Network (NPN) Creation Fund Project co-commissioned by Dance Place in partnership with the CenterStage at Reston Community Center, King Arts Complex and NPN.

Lúnasa

Friday, February 24, 8:00 p.m.

\$25 Reston/\$50 Non-Reston

An RCC tradition returns to the CenterStage with the infectious Irish music of Lúnasa. Internationally acknowledged as one of the finest traditional Irish instrumental bands in recent times, they have performed across the globe since 1997. Their inventive arrangements and bass-driven grooves have steered Irish acoustic music into surprising new territory. Lúnasa recordings have been hailed as some of the best and most important world music albums anywhere, while their blend of intelligence, innovation, virtuosity and passion has brought them to the forefront of Celtic music.

"The hottest Irish acoustic group on the planet"

– *The Associated Press*



Raul Midón

Wednesday, March 29, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

Ever since being told by some when he was a child that his blindness meant that "you can't do this, you can't do that," Midón has lived a life devoted to shattering stereotypes. His forthcoming album (to be released in February 2017) has the singer-guitarist adding producer-engineer to his portfolio of talents, with special computer software for the blind enabling him to engineer sessions on his own in his home studio. This project – which includes collaborations with R&B great Bill Withers, singer-songwriter Lizz Wright, Cameroonian jazz bassist Richard Bona and Grammy Award-winning jazz singer Dianne Reeves – underscores why *People* magazine called Midón "an eclectic adventurer."

"(He's a) one-man band who turns a guitar into an orchestra and his voice into a chorus"

– *The New York Times*

Rebollar Dance presents

Sacred Profane

In partnership with Dance Place

Wednesday, April 5, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

Sacred Profane engages women of diverse ages, cultures and ethnicities to create an all-encompassing feminist work, at times delving into human rights issues and at times celebrating the irreverent joy of sisterhood. Using music composition by Jeffrey Dorfman coupled with pop songs and classical music, *Sacred Profane* skirts the boundaries of risk-taking. With special interest in the subjects of performativity, colonialism, orientalism, Occidentalism, femininity and feminist culture, Rebollar Dance presents manifestations of women as subject vs. object.

The all-women cast combines backgrounds in various dance genres and viewpoints as Rebollar Dance collaborates with a punk rock dance band, South Asian Performing Arts Network (SAPAN), Somapa Thai Dance Company and guest artists Heather Doyle and Annemarie Clark.

"Put Rebollar Dance on your radar so you don't miss any future performances of their work!"

– *DC Metro Theatre Arts*



Trout Fishing in America

Sunday, April 9, 3:00 p.m.

\$5 Reston/\$10 Non-Reston

Trout Fishing in America is the long-standing and yet seemingly unlikely musical partnership of Keith Grimwood and Ezra Idlet. As individuals, they are about as different as one can imagine. Together, they blend seamlessly in a way that has captured the imagination (and hearts) of audiences of all ages for over three decades. Ezra on guitar and banjo stands 6'8" tall while Keith on bass stretches to 5'5 1/2" on a humid day. Ezra is more playful and extroverted while Keith is more serious and reserved. Each of them bring out the best in the other and the joy that comes from this musical alchemy is contagious and impossible to deny.

"Music for people who take their fun seriously"

– Grimwood and Idlet

Dana and the Glorious Birds

Sunday, April 9, 7:00 p.m.

\$15 Reston/\$20 Non-Reston

The daughter of Ezra Idlet of the Grammy Award-nominated Trout Fishing in America, Dana Louise is a new songstress astonishing audiences with her vibrant, melodic vocals, adept finger-picking and cool sound. Now touring her debut album, she is joined by the Glorious Birds — Adams Collins (vibraphone and five-string banjo), Ezra Idlet and Keith Grimwood (Trout Fishing in America/guitar, percussion and bass). Drawing from jazz and bluegrass, carrying a contemporary beat, the sound is roots-rooted-flung-into-the-future folk. Dana Louise and the Glorious Birds work to leave their audiences glowing with the magic music can bring, a genuine human connection.



Opening for the Glorious Birds is award winning up-and-coming singer songwriter Eli Pafumi whose blend of blues and pop can be heard on his debut album, released in 2016.

"Dana Louise is something special... nothing short of magical"

– Doug Treadway for *Nightflying*



Le Mystère des Voix Bulgares

Saturday, April 15, 8:00 p.m.
\$25 Reston/\$35 Non-Reston

Le Mystère des Voix Bulgares was created 50 years ago with the goal to enrich the heritage of the Bulgarian solo folk song with harmonies and arrangements that highlighted its beautiful timbres and irregular rhythms. The singers transform sounds into strange vocal colors as if produced by something other than the human vocal chords. With their bell-like voices that seem to float lightly through space, these women have become international stars whose hypnotic chants circle the globe.

“These women are thrilling, unworldly and compelling.”

– *The Guardian*

The Reduced Shakespeare Company presents *William Shakespeare’s Long Lost First Play (abridged)*

A Reston Premiere

Friday, April 21, 8:00 p.m.
Saturday, April 22, 8:00 p.m.
\$25 Reston/\$50 Non-Reston

Discovered in a treasure-filled parking lot in Leicester, England (next to a pile of bones that didn’t look that important), an ancient manuscript proves to be the long lost first play written by none other than 17-year-old William Shakespeare from Stratford. We are totally not completely making this up.

William Shakespeare’s Long Lost First Play (abridged) is the literary Holy Grail: an actual manuscript in Shakespeare’s own hand showing all his most famous characters and familiar speeches in a brand-new story. But because it is 100 hours long and contains multiple unwieldy storylines, the RSC decides, as a public service, to abridge it to a brief and palatable 90 minutes and perform this lost masterpiece.

“Something wickedly funny this way comes! ... and wickedly smart, too.”

– Bob Mondello, *National Public Radio*



Happenstance Theater Company presents
BrouHaHa

Wednesday, May 17, 8:00 p.m.
\$15 Reston/\$20 Non-Reston

This troupe of clown-esque eccentrics is on the precipice at the end of the world. Their curiosity lights up the darkness like a firecracker. What happens at the moment of illumination? *BrouHaHa* is a funny and poetic escapade inspired by images of refugees fleeing on foot, Edwardian workers, cinematic treasures like *La Strada* and *The Seventh Seal* and the existential comedy of Samuel Beckett.

"...(these) Victorian clowns bring a sense of pathos and levity to the end of the world... physical humor and superb live sound effects, enliven their remaining time on earth."

– Washington City Paper

Ticket Sales Dates

Monday, August 1

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

On that day, we will fill orders in turn by taking orders received by mail/fax prior to that date, alternating with orders from customers walking in on that day. This way, we hope to meet the needs of patrons who want to order early and who cannot be present on August 1, but also offer patrons an opportunity to get in line that day and choose their seats.

Monday, August 8

Tickets will go on sale to the general public on a first-come, first-served basis. Orders will be taken through mail, fax, phone or in person during Box Office hours.

Tickets will also be available to everyone online at this time.

Order forms are available at
www.restoncommunitycenter.com

Community Arts Organizations

Performing Arts



Conservatory Ballet

www.conservatoryballet.com
703-860-4560

The Conservatory Ballet is a nationally recognized pre-professional ballet academy. Established in 1972, Julia Redick, Founder and Artistic Director, was trained in the Vaganova ballet method in her native Hungary. Students of the Conservatory Ballet's year-round program – from the youngest to the oldest – learn the Vaganova Theory-Based Curriculum. The Conservatory Ballet presents their interpretation of *The Nutcracker* annually to the delight of Reston audiences.

The Nutcracker

Full-length performances:
Wednesday & Thursday,
December 7 & 8, 7:00 p.m.
Friday & Saturday,
December 9 & 10, 7:30 p.m.
Saturday, December 10, 2:30 p.m.
Sunday, December 11, 3:30 p.m.

Shortened performances for younger audiences:
Saturday, December 10, 11:00 a.m.
Sunday, December 11, 12:00 p.m.

RCC Hunters Woods – the CenterStage
Tickets: Adult and Youth (12 and under).
Available at the CenterStage Box Office on Saturday, November 26.



Fairfax-Loudoun Music Fellowship

www.FLMF.org

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

Fall Recitals

Sunday, October 23,
1:30 p.m. and 3:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: Free

The Reston Chorale

The Reston Chorale

www.restonchorale.org
703-834-0079

Celebrating 50 Years of Making Great Music

Join The Reston Chorale as it celebrates its 50th anniversary season in 2016-2017 with a series of concerts featuring musical favorites of the past five decades – from pops and jazz standards to masterworks for chorus and orchestra – including compositions created especially for The Reston Chorale.

Additional information, including a schedule of concerts and events, available online.

The Reston Chorale is supported in part by the Arts Council of Fairfax County (which is supported by Fairfax County Government), the Virginia Commission for the Arts, and the National Endowment for the Arts.



Community Arts Organizations



Reston Community Players

www.restonplayers.org
703-435-2707

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

Gypsy

Book by Arthur Laurents, Lyrics by Stephen Sondheim, Music by Jule Styne

Fridays, October 21, 28, 8:00 p.m.

November 4, 11, 8:00 p.m.

Saturdays, October 22, 29, 8:00 p.m.

November 5, 12, 8:00 p.m.

Sundays, October 30, 2:00 p.m.

November 6, 2:00 p.m.

RCC Hunters Woods – the CenterStage

\$25 Adults (19 – 64), \$21 Seniors (65 and older), and \$21 Students (18 and younger).

Tickets are available online at www.restonplayers.org, beginning Saturday, September 24.

RCP is funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax.



Reston Community Orchestra

www.restoncommunityorchestra.org
571-449-7095

Founded in 1988, the Reston Community Orchestra is an all-volunteer ensemble devoted to the cultural enhancement of the community through the presentation of diverse offerings of symphonic music. 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 membership, the RCO is able to perform free concerts fulfilling its pledge to provide *Great Music for a Great Community!*

A Sonic Spectrum!

Sunday, November 20, 4:00 p.m.

RCC Hunters Woods – Community Room

Tickets: Free; donations are greatly appreciated.

The Reston Community Orchestra is supported in part by the Arts Council of Fairfax County, supported by Fairfax County Government and the Virginia Commission for the Arts.

Cultural Arts



The Reston Historic Trust

www.restonmuseum.org
703-709-7700

The Reston Historic Trust and Museum is an established community treasure that preserves the past, informs the present and influences the future of Reston through its educational programs. It was founded in 1996 as a community-based, non-profit organization to sustain the unique history of the award-winning, innovative, planned community of Reston. The Trust operates the Reston Museum & Shop in Lake Anne Plaza, offering community exhibits and archives, educational programs, the annual Reston Home Tour, and public events such as Founder's Day. The museum also offers original art, crafts and Reston signature items for sale.

The Trust's history programs will take place on Thursday evenings at RCC Lake Anne's Jo Ann Rose Gallery. Make an evening of your visit and stroll around historic Lake Anne Plaza before the events. Admission is free and all are welcome. Contact the Museum for more information.

Thursdays,

September 15,

October 20,

November 17,

7:00 p.m. – 9:00 p.m.

RCC Lake Anne – Jo Ann Rose Gallery

Performing Arts Tickets

Tickets for Community Arts Organization events held at Reston Community Center (the CenterStage or the Community Room) are 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.

Community Arts Organizations

Visual Arts

Greater Reston Arts Center (GRACE)

www.restonarts.org

The Greater Reston Arts Center (GRACE) is a Reston treasure that promotes involvement and excellence in contemporary visual arts. In pursuit of this mission, GRACE provides year-round programming including exhibitions, education programs and the Northern Virginia Fine Arts Festival. Education programs include GRACE Art (art history enrichment in schools), Summer Art Camp for children, *Explore More!* Learning Center for children, programs with RCC and more.

Founded in 1974 by artists and art lovers as a source of cultural enrichment for the "new town" of Reston, the Greater Reston Arts Center grew from its early beginnings at Lake Anne to its current home at Reston Town Center.

Shih Chieh Huang: Synthetic Transformations

September 16 – November 19

Opening Reception: Friday, September 16
6:00 p.m. – 9:00 p.m.

Free and Open to the Public

GRACE presents *Synthetic Transformations*, an exhibition by multimedia artist Shih Chieh Huang. Mr. Huang, who is based in New York City, will create an installation at GRACE featuring interactive elements from a variety of materials including LED lights, motion sensors, computer parts, screens and mundane materials such as plastic bags and Tupperware. With these humble materials, Mr. Huang assembles magical, immersive environments, featuring sculptures that respond to the viewer's presence with movement, sound and illumination. Inspired in part by phosphorescent deep sea creatures, Mr. Huang's work is a fascinating blend of art, science and technology.

Thread

December 9 – February 18, 2017

Opening Reception: Friday, December 9
5:00 p.m. – 7:00 p.m.

Thread will examine ways in which contemporary artists utilize "thread" – defined as continuous, fine strands formed by spinning or twisting – in contemporary art. Long recognized for its domestic and utilitarian functions, thread is increasingly employed as an artistic medium, where it is used to generate line, form, color, texture and movement. Professional contemporary artists working with thread sometimes deliberately engage the history of their medium, long associated with "women's work" and functional craft traditions. *Thread* is the final exhibition in a trilogy of shows including *Stitch* (2014) and *Bead* (2015), organized by the Greater Reston Arts Center.

GRACE is funded in part by the Arts Council of Fairfax County, supported by Fairfax County Government. It is also partially supported by a grant from the Virginia Commission for the Arts and the National Endowment for the Arts.



League of Reston Artists (LRA)

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 residing in Northern Virginia and the Washington DC metropolitan area. LRA sponsors exhibits, programs and receptions for its members and the community. A staple in the Reston community for almost 50 years, the non-profit organization is open to art lovers and artists. LRA is unique because it provides opportunities for artists at every stage of their development, from emerging to professional. Each year new members join and volunteers coordinate fresh opportunities to partner with local businesses to display and sell artwork.

League of Reston Artists Fall Exhibits

SEPTEMBER

Karen Hutchison Solo Exhibit
Prudential PenFed Realty
1888 Metro Center Drive
Reston, VA

Painters and Photographer Exhibit
Richard J. Ernst Community Cultural Center

8333 Little River Turnpike
Annandale, VA

Reception: September 17
1:30 p.m. – 3:30 p.m.

OCTOBER

Annual artRESTON Fine Art Exhibit
RCC Lake Anne, Jo Ann Rose Gallery

Reception: Sunday, October 9
2:00 p.m. - 4:00 p.m.

Solo Exhibit (TBD)
Prudential PenFed Realty
1888 Metro Center Drive
Reston, VA

NOVEMBER

Solo Exhibit (TBD)
Prudential PenFed Realty
1888 Metro Center Drive
Reston, VA

DECEMBER

Solo Exhibit (TBD)
Prudential PenFed Realty
1888 Metro Center Drive
Reston, VA

Community Arts Organizations



Initiative for Public Art – Reston (IPAR)

www.publicartreston.org

The Initiative for Public Art – Reston (IPAR) seeks to inspire an ongoing commitment to public art and create a new generation of artworks in Reston.

IPAR works with community organizations to develop permanent and temporary public art projects in Reston and to present related educational programs. IPAR provides guidance and the support of the IPAR Public Art Committee to community projects and to developers who elect to commission public artworks.

IPAR, in collaboration with the Greater Reston Arts Center (GRACE), is presenting the temporary art installation, *A Bird in the Hand* by internationally-known sculptor Patrick Dougherty. The sculptural installation, located in Reston Town Square Park, will be up until the spring of 2017.

In collaboration with Reston Town Center, IPAR will present ChalkFest at Reston Town Center

Patrick Owens Chalk Workshop:
Mercury Fountain - Reston Town Center
Saturday, September 3

11:00 a.m. – 1:00 p.m.

Free • Register at www.publicartreston.org

ChalkFest

Reston Town Center

Friday, September 9

12:00 p.m. – 11:00 p.m.

Professional Artists/Sponsors/Businesses

Saturday, September 10

8:00 a.m. – 4:30 p.m.

Open to All

In collaboration with Reston Community Center, IPAR continues to present a series of public art films and speakers at the CenterStage. Visit www.publicartreston.org for updated information about current and future public art projects and outreach programs. Like us at www.facebook.com/PublicArtReston

The Initiative for Public Art – Reston programs are supported in part by the Arts Council of Fairfax County and the National Endowment for the Arts and for Patrick Dougherty's A Bird in the Hand.

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. This fall, enjoy these exhibits:

SEPTEMBER

New Works

By Dorothy Donahey

Reception: Sunday, September 11

2:00 p.m. – 4:00 p.m.

OCTOBER

Art in Motion – Mobiles and More

By sculptor and architect, Wayne Shifflebein

Reception: Sunday, October 9

2:00 p.m. – 4:00 p.m.

NOVEMBER

New Members Showcase

Reception: Sunday, November 6

2:00 p.m. – 4:00 p.m.

DECEMBER

Holiday Sparkle

Smaller, affordable art for gift giving in this festive season of the year

Reception: Sunday, December 4

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 crafts workshops: 10:00 a.m. – 12:00 p.m. on Saturdays.

Government Funders

Arts Council of Fairfax County:

www.artsfairfax.org



Virginia Commission for the Arts:

www.arts.state.va.us



National Endowment for the Arts:

www.nea.gov



RCC Gallery Exhibits

RCC Lake Anne Jo Ann Rose Gallery

SEPTEMBER

*Art Mirrors Culture – Reston
Multicultural Festival Exhibit*

Reston Multicultural Festival:
Saturday, September 24
11:00 a.m. – 6:00 p.m.

OCTOBER

artRESTON: The Color of Autumn

League of Reston Artists (LRA)
Reception: Sunday, October 9
2:00 p.m. - 4:00 p.m.

NOVEMBER

Through the Eye of the Needle

A Group Exhibit from Cotting Quilters
Reception: Sunday, November 6
2:00 p.m. – 4:00 p.m.

DECEMBER

*18th Annual Gifts from the HeART
Exhibit*

Annual art sale to benefit Cornerstones
Reception: Saturday, December 3
11:00 a.m. – 4:00 p.m.

RCC Lake Anne 3D Gallery

SEPTEMBER – NOVEMBER

*Art Mirrors Culture – Reston
Multicultural Festival Exhibit*

Reston Multicultural Festival:
Saturday, September 24
11:00 a.m. – 6:00 p.m.

DECEMBER – FEBRUARY 2017

*18th Annual Gifts from the HeART
Exhibit*

Annual art sale to benefit Cornerstones
Reception: Saturday, December 3
11:00 a.m. – 4:00 p.m.

RCC Hunters Woods

SEPTEMBER

Water Drops

Oil on Canvas Works by Allesandra Ricci

OCTOBER

Masterpiece in Pieces

Oil on Canvas Works by Denise Taramasco

NOVEMBER

Still Life

Acrylic Paintings on Yupo Paper by
Rudy Guernica

DECEMBER

*A Fine Arts Retrospective with
Nature and Landscapes*

Photography by Fran Bastras

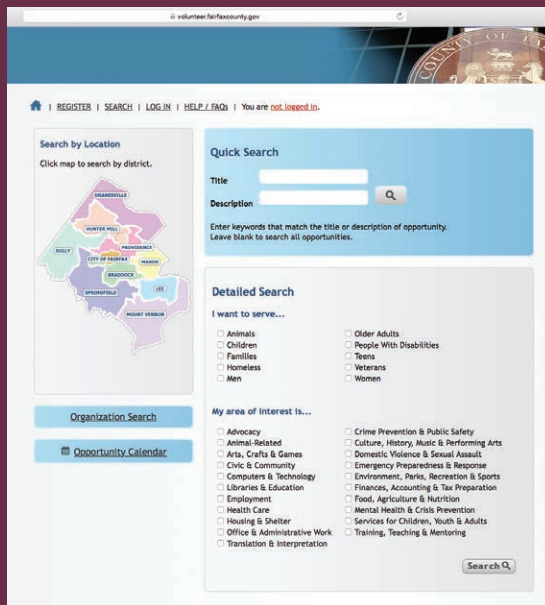


Three Ways to Volunteer

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:

- **RCC Intergenerational Service Programs** – These RCC volunteer opportunities require registration through WebTrac – RCC’s internal registration system. Patrons interested in these programs should register as they would for any other RCC class or trip.
- **Volunteer Management System Opportunities** – Many of RCC’s volunteer programs that have traditionally registered through WebTrac will now register through Fairfax County’s new consolidated Volunteer Management System (VMS).
- **Partner Volunteer Events** – RCC is proud to partner with local organizations on many programs, including volunteer opportunities. Volunteer recruitment and management for these events are handled through these partner organizations.

Volunteer Management System



Fairfax County has introduced a new consolidated, County-wide Volunteer Management System (VMS) in order to better accommodate an increased interest in volunteering. 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 the “Register to Volunteer Now” link 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 10-15 minutes. All information is secure and private.
3. Once you have created your account, you may do an “Organization Search” to find a list of all RCC volunteer opportunities. You may also use the Quick Search box and search for a specific opportunity by entering the name of that event (as it appears in this RCC Program Guide) into the “Title” field.
4. Once you locate an opportunity you are interested in, click on “View Details” 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 new system, please contact the RCC Community Events Director at 703-390-6166 or Kevin.Danaher@fairfaxcounty.gov.

Volunteer

Volunteer Management System

Adapted Aquatics Volunteer

(13 years and older)

Under the guidance of the Aquatics Program Manager, works one-on-one with children and adults with disabilities. Specific dates and times will be assigned by the Aquatics team. For more information, please contact the Aquatics Service Desk at 703-390-6150.

RCC Hunters Woods

September 17 – December 10

Sat 11:00 a.m. – 12:00 p.m.

Registration required through VMS

Volunteer Swim Instructor Assistant

(16 years and older)

Under the guidance of the Aquatics Program Manager, assists with swim classes. Volunteer may occasionally lead classes under supervision. Specific dates and times will be assigned by the Aquatics team. For more information, please contact the Aquatics Service Desk at 703-390-6150.

RCC Hunters Woods

September 17 – December 11

Mon – Sun Times Vary

Registration required through VMS

Volunteer Water Aerobics Assistant

(16 years and older)

Under the guidance of the Aquatics Program Manager, assists with water aerobics classes. Volunteer may occasionally lead classes under supervision. Specific dates and times will be assigned by the Aquatics team. For more information, please contact the Aquatics Service Desk at 703-390-6150.

RCC Hunters Woods

September 17 – December 11

Mon – Sun Times Vary

Registration required through VMS

Halloween Family Fun Day Volunteers

(14 years and older)

Help will be needed from 9:30 a.m. – 11:30 a.m. with decorating, from 12:00 p.m. – 2:00 p.m. running carnival games, and directing patrons, and from 2:00 p.m. – 3:00 p.m. for clean-up. Volunteers can help for all or part of the event.

RCC Hunters Woods

October 22

Sat 9:30 a.m. – 3:00 p.m.

Registration required through VMS

Children's Fall Flea Market Volunteers

(14 years and older)

Help is needed from 7:30 a.m. – 9:00 a.m. to assist patrons with bringing in their items to be sold; from 9:00 a.m. – 12:00 p.m. collecting nonperishables from "shoppers," and ensuring that aisles are clear; and, from 12:00 p.m. – 1:00 p.m. cleaning up and loading the truck with unsold items. Volunteers may help for all or part of the event.

RCC Hunters Woods

November 5

Sat 7:30 a.m. – 1:00 p.m.

Registration required through VMS

Technology Fair – Teen Instructor

(13 – 18 years old)

Volunteer to answer questions about any piece of technology, new or old. You will be teaching the basics about personal technology devices to senior adults who need some guidance to learn about and get the most use out of their devices. Show and share your knowledge about cell phones, iPads, digital cameras, and PCs.

RCC Hunters Woods

November 12

Sat 12:30 p.m. – 5:00 p.m.

Registration required through VMS

Thanksgiving Food Drive Volunteer Loaders

(14 years and older)

Volunteer are needed to unload a truck filled with unsorted non-perishable food donations collected as part of the Thanksgiving Food Drive. Ability to lift 50-pound boxes is needed. Volunteers will need to wear closed-toed shoes.

RCC Hunters Woods Loading Dock

November 22 and 23

Tues & Wed 5:00 p.m. – 5:30 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.

RCC Hunters Woods and the Cornerstones Food Storage Facility
November 24

Thurs 9:00 a.m. – 1:00 p.m.
Registration required through VMS

Thanksgiving Food Drive Volunteer Event

(All Ages)

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

RCC Hunters Woods and the Cornerstones Food Storage Facility
November 24

Thu 10:00 a.m. – 1:00 p.m.
Registration required through VMS

Volunteer Drivers Needed!



A door-to-door ride service for Reston adults 55+ who cannot drive.



Seeking caring community members to serve as Volunteer Drivers.

1. Complete and submit the Volunteer Driver Application. Download form at www.restoncommunitycenter.com/RCCRides.
2. After your driving and criminal background checks are complete, you will be contacted to schedule an individual intake interview or a group orientation.
3. Use the web-based system to choose the appointments that best suit your personal schedule – no minimum number of rides required. You will also receive a mileage report for your annual tax filings.

For rider information, please see page 98.



For more information, contact Ali Clements,
RCC Rides Coordinator,
at 703-390-6198 or Ali.Clements@fairfaxcounty.gov.

Volunteer

Partner Volunteer Events

Reston Multicultural Festival Volunteer

(13 years and older)

The Multicultural Festival is an all day celebration of international cultures that brings together thousands of people to celebrate the diversity of the Reston community. Volunteers are an essential part of the festival and each year it takes more than 100 volunteers to make the event a community success. Please carefully review the list of possible job descriptions listed below. Younger volunteers 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. – 6:00 p.m.

Sat 8:00 a.m. – 8:00 p.m.

Sign up to volunteer at
<http://bit.ly/2016Multicultural>.

For more information please contact Ha Brock, RA Volunteer Supervisor at habrock@reston.org or 703-435-7986.

Festival Volunteer Schedule:

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

Friday, September 23

3:00 p.m. – 6:00 p.m.: Festival set up

Saturday, September 24

8:00 a.m. – 11:00 a.m.: 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 Attendant – control access to parking lot, directing the public to parking areas around the plaza. Volunteer must be 18 years or older.

Activity Assistant – volunteers will assist with hands on arts and craft making activities with school-aged children. Volunteers will be assigned tasks by staff.

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

Concession – Assist with selling popcorn, hotdogs & cotton candy.

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

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. For more information, email volunteer@restontowncenter.com.

Reston Town Center November 25

Fri 9:00 a.m. – 1:00 p.m.

Sign up to volunteer at
RestonTownCenter.com/volunteer.

Friends of Reston Community Center

Friends of Reston Community Center is a 501(c)3 volunteer organization established to support RCC and its volunteers. The Friends accept financial contributions to support Youth Scholarship programs connected to RCC programs. Contributions can be made by sending a check made out to Friends of Reston Community Center at 2310 Colts Neck Road, Reston, VA 20191. All monetary contributions are tax-deductible to the extent allowed by law.

Board Members:

Bea Malone

Dana Smith

Janice Coe

C. Vanessa Bolling

Yolanda Burt

B.J. Romero

M.T. Palmore

Aquatics

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Aquatics Information

FALL POOL SCHEDULE • SEPTEMBER 17 – NOVEMBER 6

Spa closed the first Sunday of each month for cleaning.

The pool will be closed for annual maintenance August 27 – September 16.

	Open Swim/Spa Hours *(Swim Lanes may be limited)	Lap Swim/Spa Hours *(Swim Lanes may be limited)
Monday/Wednesday/Friday	8:00 a.m. – 11:00 a.m. 1:00 p.m. – 6:00 p.m. 7:00 p.m. – 9:00 p.m.	6:00 a.m. – 8:00 a.m. 12:00 p.m. – 1:00 p.m. 6:00 p.m. – 7:00 p.m.*
Tuesday/Thursday	8:00 a.m. – 11:00 a.m. 1:00 p.m. – 4:30 p.m.	6:00 a.m. – 8:00 a.m. 12:00 p.m. – 1:00 p.m. 4:00 p.m. – 7:00 p.m.*
Saturday	1:00 p.m. – 5:00 p.m. 6:00 p.m. – 8:00 p.m.	12:00 p.m. – 1:00 p.m. 5:00 p.m. – 6:00 p.m.
Sunday	1:00 p.m. – 5:00 p.m.	12:00 p.m. – 1:00 p.m. 5:00 p.m. – 6:00 p.m.

Please note that the pool schedule is subject to change without notice. RCC schedules lessons during open and lap swim times. Lessons will receive priority for pool space. Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m. – 12:00 p.m.*

WINTER POOL SCHEDULE • NOVEMBER 7 – DECEMBER 31

Spa closed the first Sunday of each month for cleaning.

The pool will be closed 3:30 p.m. – 4:30 p.m. Monday – Friday to accommodate the SLHS swim team practices.

	Open Swim/Spa Hours *(Swim Lanes may be limited)	Lap Swim/Spa Hours *(Swim Lanes may be limited)
Monday/Wednesday/Friday	8:00 a.m. – 11:00 a.m. 1:00 p.m. – 3:30 p.m. 4:30 p.m. – 6:00 p.m. 7:00 p.m. – 9:00 p.m.	6:00 a.m. – 8:00 a.m. 12:00 p.m. – 1:00 p.m. 6:00 p.m. – 7:00 p.m.*
Tuesday/Thursday	8:00 a.m. – 11:00 a.m. 1:00 p.m. – 3:30 p.m.	6:00 a.m. – 8:00 a.m. 12:00 p.m. – 1:00 p.m. 4:30 p.m. – 7:00 p.m.*
Saturday	1:00 p.m. – 5:00 p.m. 6:00 p.m. – 8:00 p.m.	12:00 p.m. – 1:00 p.m. 5:00 p.m. – 6:00 p.m.
Sunday	1:00 p.m. – 5:00 p.m.*	12:00 p.m. – 1:00 p.m. 5:00 p.m. – 6:00 p.m.

Please note that the pool schedule is subject to change without notice. RCC schedules lessons during open and lap swim times. Lessons will receive priority for pool space. Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m. – 12:00 p.m.

Aquatics Information

POOL FEES

	Reston Resident/ Employee	Fairfax County	Non-Fairfax County
Daily Visit			
Adult	\$5	\$10	\$15
Youth & Senior	\$3	\$6	\$9
20-Visit Pass			
Adult	\$82	\$164	\$246
Youth & Senior	\$50	\$100	\$150
12-Month Pool Pass			
Adult	\$476	\$952	\$1,428
Youth & Senior	\$243	\$486	\$729

WATER AEROBICS FEES

	Reston Resident/ Employee	Fairfax County	Non-Fairfax County
Water Aerobics Drop-in Visit			
Adult	\$5.25	\$10.50	\$15.75
Youth & Senior	\$3.25	\$6.50	\$9.75
Water Aerobics 20-Visit Pass			
Adult	\$90	\$180	\$270
Youth & Senior	\$60	\$120	\$180

Aquatics Holiday Hours:

Labor Day	September 5	Closed
Columbus Day	October 10	6:00 a.m. – 9:00 p.m.
Veterans Day	November 11	6:00 a.m. – 9:00 p.m.
Thanksgiving Day	November 24	9:00 a.m. – 1:30 p.m.
Day After Thanksgiving	November 25	6:00 a.m. – 9:00 p.m.
Staff Teambuilder	December 21	Closed 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	6:00 a.m. – 1:30 p.m.
Christmas Day	December 25	Closed
Day After Christmas	December 26	12:00 p.m. – 9:00 p.m.
New Year's Eve	December 31	9:00 a.m. – 1:30 p.m.

Pool Fees & Passes

Daily drop-in fees allow patrons the convenience of returning to the pool on the same day at no extra charge. To be eligible, patrons must register to return before leaving the pool area. Please Note: A chaperone (age 16 or older) must accompany children under the age of 8. All passes expire two years from date of purchase, with the exception of 12-month pool passes. RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC's commitment to price within a range that both acknowledges the special tax paid by Reston for RCC offerings and facilities and our competitive context of other similar public agencies that offer like programs. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

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.

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.

Aquatics Information

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-min. 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-min. session • \$35 (R)/\$70 (NR)



Drop in for a night of family fun.

The Family Splash entry fee is \$13 Reston/\$26 Non-Reston (for groups up to five people). Groups of six or more must preregister by calling the Aquatics Service Desk at 703-390-6150.

Friday, September 30

Friday, October 28

Friday, November 25

Friday, December 30

RCC Locker Room Etiquette

Locker rooms in the RCC Terry L. Smith Aquatics Center are used by hundreds of 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 that shaving leaves behind. We appreciate your attention to hair that is loosened from shampooing as well.
- Children 6 years old and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.
- If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate your removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted.

Following these considerations will make our locker rooms a more pleasant, healthy and safe experience for everyone. Thank you very much for your cooperation.

RCC cleaning crews clean the locker rooms overnight and between 3:00 p.m. - 4:00 p.m.

Lifeguards and Water Safety Instructors Wanted

LIFEGUARDS

Must be First Aid, CPR & Lifeguard certified. Hiring all shifts.

\$11-\$15/hour, depending on experience.

WATER SAFETY INSTRUCTORS

Must be nationally certified.

Starting at \$20.45/hour.

Download an application from our website.

For more information, please contact the Aquatics Service Desk at 703-390-6150.



Aquatics Information



Reston Master Swim Team (RMST)

(18 years and old)

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. RMST is a member of U.S. Masters Swimming, a nationwide organization dedicated to the promotion of swimming in all its forms. Masters swimmers must be 18 years or older. Our team has members that range in age from 18 to 80-plus years old. We have fitness swimmers, triathletes and very highly competitive swimmers. Currently, 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 in "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. Our 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 5th and

6th 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 six and 18.

- RSTA's summer league features nine 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 his or her strokes, RSTA offers a program to suit your needs. Check our website at www.rsta.org



FREE

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

DEAP

Drowning Education Awareness Program

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

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

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

Longfellow's WHALE Tales

(5 – 12 years old)

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

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

Water Safety Presentation

(18 years and older)

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

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



Water Safety Instructor Pre-course Swim Test

(16 years and older)

Please note that students must also create a profile/account with the American Red Cross and pay \$35 to access the class pre-assignments five days BEFORE attending the first class on December 27.

This Water Safety Instructor Pre-course swim test will cover the water portion of the required prerequisites for the American Red Cross Water Safety Instructor course. Participants will be evaluated on the following:

- Demonstrate swimming skills consistent with the American Red Cross Stroke Performance Charts, Level 4 for
- Front crawl 25 yards
- Back crawl 25 yards
- Breaststroke 25 yards
- Elementary backstroke 25 yards
- Sidestroke 25 yards
- Butterfly 15 yards
- Maintain a position on back for 1 minute in deep water (float or scull)
- Tread water for 1 minute.

Stroke Performance charts (level 4) are available at the Aquatics' Information Desk.

1, 90-min session • FREE (included in WSI fee)

Pre-course & Prerequisite

December 17

Sat 12:00 p.m. – 1:30 p.m.

611249-7A

Water Safety Instructor

(16 years and older)

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn to Swim, and Parent and Child Aquatics. Course includes Fundamentals of Instructor Training.

Prerequisites:

- Must attend all sessions.
- At least 16 years old on or before the final scheduled class.
- Successful completion of the Water Safety Instructor Pre-Test (administered the first day of class). Students must demonstrate stroke proficiency in front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and basic stroke mechanics of butterfly.

4, 7.5 sessions • \$100 (R)/\$200 (NR)

December 27 – December 30

Tue, Wed, Thu, Fri 9:00 a.m. – 4:30 p.m.
611244-7A

Pricing

RCC reviews its pricing for programs and services annually. We will maintain current pricing for pool visits and passes through August 2017 while continuing to gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services factors in the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Avoid Waitlists and Cancellations

We often encounter patrons who are frustrated when they have to be waitlisted for our "full" classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.

Aquatics

Infant – 7 Years Old

Learn-to-Swim: Infant – 7 Years Old

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

The swim lessons offered by 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 have a printed copy of the various class days/times handy to help you synchronize the classes (either your mailed copy of the program guide or download the PDF file from our website for reference).

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.

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites	Equivalent Level
WATER INTRO	6 – 18 months	No swimming skills required. Parent/caregiver must accompany child in the water.	N/A
AQUA TOTS	19 – 36 months	No swimming skills required. Parent/caregiver must accompany child in the water.	N/A
POOL PALS & WATER FRIENDS/ SKIPPER I	3 – 4 years	No swimming skills required. Comfortable with an instructor. Able to follow simple directions.	N/A
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.	N/A
ROOKIE I	4 – 5 years	No swimming skills required. Able to follow simple instructions.	N/A
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.	N/A
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.	Swim 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.	Swim 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.	Swim Level 5

Aquatics

Infant – 7 Years Old

Water Introduction

6 months – 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 even 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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:30 a.m. – 10:00 a.m.
610000-7A

October 29 – December 10

(No Class: November 26)

Sat 9:30 a.m. – 10:00 a.m.
610000-7B

September 18 – October 23

Sun 9:30 a.m. – 10:00 a.m.
610002-7A

October 30 – December 11

(No Class: November 27)

Sun 9:30 a.m. – 10:00 a.m.
610002-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 10:00 a.m. – 10:30 a.m.
610003-7A

October 17 – November 9

Mon, Wed 10:00 a.m. – 10:30 a.m.
610003-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 10:00 a.m. – 10:30 a.m.
610003-7C

September 20 – October 13

Tue, Thu 5:00 p.m. – 5:30 p.m.
610004-7A

October 18 – November 10

Tue, Thu 5:00 p.m. – 5:30 p.m.
610004-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 5:00 p.m. – 5:30 p.m.
610004-7C

Aqua Tots

(2 – 3 years old)

This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even 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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:30 a.m. – 10:00 a.m.
610007-7A

October 29 – December 10

(No Class: November 26)

Sat 9:30 a.m. – 10:00 a.m.
610007-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 10:00 a.m. – 10:30 a.m.
610006-7A

October 17 – November 9

Mon, Wed 10:00 a.m. – 10:30 a.m.
610006-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 10:00 a.m. – 10:30 a.m.
610006-7C

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

September 22 – October 27

Thu 10:00 a.m. – 10:30 a.m.
610009-7A

November 3 – December 15

(No Class: November 24)

Thu 10:00 a.m. – 10:30 a.m.
610009-7B



Aquatics

Infant – 7 Years Old

Pool Pals & Water Friends

(3 – 4 years old)

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

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

September 17 – October 22

Sat 11:30 a.m. – 12:00 p.m.
610080-7A

October 29 – December 10

(No Class: November 26)

Sat 11:30 a.m. – 12:00 p.m.
610080-7B

September 18 – October 23

Sun 11:00 a.m. – 11:30 a.m.
610081-7A

October 30 – December 11

(No Class: November 27)

Sun 11:00 a.m. – 11:30 a.m.
610081-7B

Weekday Swim Classes

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

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-minute sessions • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:00 a.m. – 9:20 a.m.
610010-7A

Sat 9:20 a.m. – 9:40 a.m.
610010-7B

Sat 9:40 a.m. – 10:00 a.m.
610010-7C

Sat 10:00 a.m. – 10:20 a.m.
610010-7D

Sat 10:20 a.m. – 10:40 a.m.
610010-7E

Sat 10:40 a.m. – 11:00 a.m.
610010-7F

Sat 11:00 a.m. – 11:20 a.m.
610010-7G

Sat 11:20 a.m. – 11:40 a.m.
610010-7H

Sat 11:40 a.m. – 12:00 p.m.
610010-7I

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:20 a.m.
610010-7J

Sat 9:20 a.m. – 9:40 a.m.
610010-7K

Sat 9:40 a.m. – 10:00 a.m.
610010-7L

Sat 10:00 a.m. – 10:20 a.m.
610010-7M

Sat 10:20 a.m. – 10:40 a.m.
610010-7N

Sat 10:40 a.m. – 11:00 a.m.
610010-7O

Sat 11:00 a.m. – 11:20 a.m.
610010-7P

Sat 11:20 a.m. – 11:40 a.m.
610010-7Q

Sat 11:40 a.m. – 12:00 p.m.
610010-7R

September 18 – October 23

Sun 9:00 a.m. – 9:20 a.m.
610012-7A

Sun 9:20 a.m. – 9:40 a.m.
610012-7B

Sun 9:40 a.m. – 10:00 a.m.
610012-7C

Sun 10:00 a.m. – 10:20 a.m.
610012-7D

Sun 10:20 a.m. – 10:40 a.m.
610012-7E

Sun 10:40 a.m. – 11:00 a.m.
610012-7F

Sun 11:00 a.m. – 11:20 a.m.
610012-7G

Sun 11:20 a.m. – 11:40 a.m.
610012-7H

Sun 11:40 a.m. – 12:00 p.m.
610012-7I

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:20 a.m.
610012-7J

Sun 9:20 a.m. – 9:40 a.m.
610012-7K

Sun 9:40 a.m. – 10:00 a.m.
610012-7L

Sun 10:00 a.m. – 10:20 a.m.
610012-7M

Sun 10:20 a.m. – 10:40 a.m.
610012-7N

Sun 10:40 a.m. – 11:00 a.m.
610012-7O

Sun 11:00 a.m. – 11:20 a.m.
610012-7P

Aquatics

Infant – 7 Years Old

Sun 11:20 a.m. – 11:40 a.m.
610012-7Q

Sun 11:40 a.m. – 12:00 p.m.
610012-7R

8, 20-minute sessions • \$65(R)/\$97 (NR)

September 19 – October 12

Mon, Wed 9:00 a.m. – 9:20 a.m.
610013-7A

Mon, Wed 9:20 a.m. – 9:40 a.m.
610013-7B

Mon, Wed 9:40 a.m. – 10:00 a.m.
610013-7C

October 17 – November 9

Mon, Wed 9:00 a.m. – 9:20 a.m.
610013-7D

Mon, Wed 9:20 a.m. – 9:40 a.m.
610013-7E

Mon, Wed 9:40 a.m. – 10:00 a.m.
610013-7F

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 9:00 a.m. – 9:20 a.m.
610013-7G

Mon, Wed 9:20 a.m. – 9:40 a.m.
610013-7H

Mon, Wed 9:40 a.m. – 10:00 a.m.
610013-7I

6, 20-minute sessions • \$60 (R)/\$90 (NR)

September 22 – October 27

Thu 9:00 a.m. – 9:20 a.m.
610019-7A

Thu 9:20 a.m. – 9:40 a.m.
610019-7B

Thu 9:40 a.m. – 10:00 a.m.
610019-7C

November 3 – December 15

(No Class: November 24)

Thu 9:00 a.m. – 9:20 a.m.
610019-7D

Thu 9:20 a.m. – 9:40 a.m.
610019-7E

Thu 9:40 a.m. – 10:00 a.m.
610019-7F



Skipper II

(3 – 4 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, proper breathing, increasing endurance, and continued water safety orientation.

6, 30 minute sessions • \$65 (R)/\$130 (NR)

September 17 – October 12

Sat 11:00 a.m. – 11:30 a.m.
610020-7A

October 29 – December 10

(No Class: November 26)

Sat 11:00 a.m. – 11:30 a.m.
610020-7B

September 18 – October 23

Sun 11:00 a.m. – 11:30 a.m.
610022-7A

October 30 – December 11

(No Class: November 27)

Sun 11:00 a.m. – 11:30 a.m.
610022-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 11:00 a.m. – 11:30 a.m.
610023-7A

October 17 – November 9

Mon, Wed 11:00 a.m. – 11:30 a.m.
610023-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 11:00 a.m. – 11:30 a.m.
610023-7C

Aquatics

Infant – 7 Years Old

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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:00 a.m. – 9:30 a.m.
610030-7A

Sat 9:30 a.m. – 10:00 a.m.
610030-7B

Sat 10:30 a.m. – 11:00 a.m.
610030-7C

Sat 1:30 p.m. – 2:00 p.m.
610030-7D

Sat 2:30 p.m. – 3:00 p.m.
610030-7E

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:30 a.m.
610030-7F

Sat 9:30 a.m. – 10:00 a.m.
610030-7G

Sat 10:30 a.m. – 11:00 a.m.
610030-7H

Sat 1:30 p.m. – 2:00 p.m.
610030-7I

Sat 2:30 p.m. – 3:00 p.m.
610030-7J

September 18 – October 23

Sun 9:00 a.m. – 9:30 a.m.
610032-7A

Sun 9:30 a.m. – 10:00 a.m.
610032-7B

Sun 1:30 p.m. – 2:00 p.m.
610032-7C

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:30 a.m.
610032-7D

Sun 9:30 a.m. – 10:00 a.m.
610032-7E

Sun 1:30 p.m. – 2:00 p.m.
610032-7F

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 4:00 p.m. – 4:30 p.m.
610033-7A

September 20 – October 13

Tue, Thu 10:00 a.m. – 10:30 a.m.
610034-7A

Tue, Thu 1:30 p.m. – 2:00 p.m.
610034-7B

Tue, Thu 4:30 p.m. – 5:00 p.m.
610034-7C

Tue, Thu 5:00 p.m. – 5:30 p.m.
610034-7D

October 18 – November 10

Tue, Thu 10:00 a.m. – 10:30 a.m.
610034-7E

Tue, Thu 1:30 p.m. – 2:00 p.m.
610034-7F

Tue, Thu 4:30 p.m. – 5:00 p.m.
610034-7G

Tue, Thu 5:00 p.m. – 5:30 p.m.
610034-7H

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 10:00 a.m. – 10:30 a.m.
610034-7I

Tue, Thu 1:30 p.m. – 2:00 p.m.
610034-7J

Tue, Thu 4:30 p.m. – 5:00 p.m.
610034-7K

Tue, Thu 5:00 p.m. – 5:30 p.m.
610034-7L

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

September 19 – October 24

Mon 10:00 a.m. – 10:30 a.m.
610036-7A

Mon 1:00 p.m. – 1:30 p.m.
610036-7B

Mon 5:00 p.m. – 5:30 p.m.
610036-7C

October 31 – December 12

(No Class: November 21)

Mon 10:00 a.m. – 10:30 a.m.
610036-7D

Mon 1:00 p.m. – 1:30 p.m.
610036-7E

Mon 5:00 p.m. – 5:30 p.m.
610036-7F

September 20 – October 25

Tue 10:00 a.m. – 10:30 a.m.
610037-7A

Tue 11:00 a.m. – 11:30 a.m.
610037-7B

November 1 – December 13

(No Class: November 22)

Tue 10:00 a.m. – 10:30 a.m.
610037-7C

Tue 11:00 a.m. – 11:30 a.m.
610037-7D

September 22 – October 27

Thu 10:30 a.m. – 11:00 a.m.
610039-7A

November 3 – December 15

(No Class: November 24)

Thu 10:30 a.m. – 11:00 a.m.
610039-7B

Adapted Aquatics

Please see page 55 for information on our Adapted Aquatics class.

Private Swim Lessons

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

Aquatics

Infant – 7 Years Old

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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:00 a.m. – 9:30 a.m.
610040-7A

Sat 10:00 a.m. – 10:30 a.m.
610040-7B

Sat 10:30 a.m. – 11:00 a.m.
610040-7C

Sat 11:00 a.m. – 11:30 a.m.
610040-7D

Sat 2:30 p.m. – 3:00 p.m.
610040-7E

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:30 a.m.
610040-7F

Sat 10:00 a.m. – 10:30 a.m.
610040-7G

Sat 10:30 a.m. – 11:00 a.m.
610040-7H

Sat 11:00 a.m. – 11:30 a.m.
610040-7I

Sat 2:30 p.m. – 3:00 p.m.
610040-7J

September 18 – October 23

Sun 10:00 a.m. – 10:30 a.m.
610042-7A

Sun 10:30 a.m. – 11:00 a.m.
610042-7B

Sun 2:30 p.m. – 3:00 p.m.
610042-7C

October 30 – December 11

(No Class: November 27)

Sun 10:00 a.m. – 10:30 a.m.
610042-7D

Sun 10:30 a.m. – 11:00 a.m.
610042-7E

Sun 2:30 p.m. – 3:00 p.m.
610042-7F

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 20 – October 13

Tue, Thu 10:30 a.m. – 11:00 a.m.
610044-7A

Tue, Thu 1:00 p.m. – 1:30 p.m.
610044-7B

Tue, Thu 2:00 p.m. – 2:30 p.m.
610044-7C

Tue, Thu 5:00 p.m. – 5:30 p.m.
610044-7D

Tue, Thu 5:30 p.m. – 6:00 p.m.
610044-7E

October 18 – November 10

Tue, Thu 10:30 a.m. – 11:00 a.m.
610044-7F

Tue, Thu 1:00 p.m. – 1:30 p.m.
610044-7G

Tue, Thu 2:00 p.m. – 2:30 p.m.
610044-7H

Tue, Thu 5:00 p.m. – 5:30 p.m.
610044-7I

Tue, Thu 5:30 p.m. – 6:00 p.m.
610044-7J

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 10:30 a.m. – 11:00 a.m.
610044-7K

Tue, Thu 1:00 p.m. – 1:30 p.m.
610044-7L

Tue, Thu 2:00 p.m. – 2:30 p.m.
610044-7M

Tue, Thu 5:00 p.m. – 5:30 p.m.
610044-7N

Tue, Thu 5:30 p.m. – 6:00 p.m.
610044-7O

September 21 – October 14

Wed, Fri 6:00 p.m. – 6:30 p.m.
610045-7A

October 19 – November 11

Wed, Fri 6:00 p.m. – 6:30 p.m.
610045-7B

November 16 – December 16

(No Class: November 23, November 25)

Wed, Fri 6:00 p.m. – 6:30 p.m.
610045-7C

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

September 19 – October 24

Mon 10:30 a.m. – 11:00 a.m.
610046-7A

Mon 1:30 p.m. – 2:00 p.m.
610046-7B

Mon 4:30 p.m. – 5:00 p.m.
610046-7C

October 31 – December 12

(No Class: November 21)

Mon 10:30 a.m. – 11:00 a.m.
610046-7D

Mon 1:30 p.m. – 2:00 p.m.
610046-7E

Mon 4:30 p.m. – 5:00 p.m.
610046-7F

September 20 – October 25

Tue 9:30 a.m. – 10:00 a.m.
610047-7A

November 1 – December 13

(No Class: November 22)

Tue 9:30 a.m. – 10:00 a.m.
610047-7B

September 21 – October 26

Wed 4:30 p.m. – 5:00 p.m.
610048-7A

November 2 – December 14

(No Class: November 23)

Wed 4:30 p.m. – 5:00 p.m.
610048-7B

September 22 – October 27

Thu 11:00 a.m. – 11:30 a.m.
610049-7A

November 3 – December 15

(No Class: November 24)

Thu 11:00 a.m. – 11:30 a.m.
610049-7B

Aquatics

Infant – 7 Years Old

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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:00 a.m. – 9:30 a.m.
610050-7A

Sat 10:00 a.m. – 10:30 a.m.
610050-7B

Sat 11:30 a.m. – 12:00 p.m.
610050-7C

Sat 1:30 p.m. – 2:00 p.m.
610050-7D

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:30 a.m.
610050-7E

Sat 10:00 a.m. – 10:30 a.m.
610050-7F

Sat 11:30 a.m. – 12:00 p.m.
610050-7G

Sat 1:30 p.m. – 2:00 p.m.
610050-7H

September 18 – October 23

Sun 9:00 a.m. – 9:30 a.m.
610052-7A

Sun 10:00 a.m. – 10:30 a.m.
610052-7B

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:30 a.m.
610052-7C

Sun 10:00 a.m. – 10:30 a.m.
610052-7D

8, 30-min. sessions • \$65 (R)/\$112 (NR)

September 19 – October 12

Mon, Wed 5:00 p.m. – 5:30 p.m.
610053-7A

October 17 – November 9

Mon, Wed 5:00 p.m. – 5:30 p.m.
610053-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 5:00 p.m. – 5:30 p.m.
610053-7C

September 20 – October 13

Tue, Thu 2:30 p.m. – 3:00 p.m.
610054-7A

Tue, Thu 5:30 p.m. – 6:00 p.m.
610054-7B

October 18 – November 10

Tue, Thu 2:30 p.m. – 3:00 p.m.
610054-7C

Tue, Thu 5:30 p.m. – 6:00 p.m.
610054-7D

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 2:30 p.m. – 3:00 p.m.
610054-7E

Tue, Thu 5:30 p.m. – 6:00 p.m.
610054-7F

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

September 21 – October 26

Wed 6:30 p.m. – 7:00 p.m.
610058-7A

November 2 – December 14

(No Class: November 23)

Wed 6:30 p.m. – 7:00 p.m.
610058-7B



Aquatics

Infant – 7 Years Old

Marlin

(4 – 7 years old)

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

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

September 17 – October 22

Sat 10:00 a.m. – 10:30 a.m.
610060-7A

Sat 1:00 p.m. – 1:30 p.m.
610060-7B

October 29 – December 10

(No Class: November 26)

Sat 10:00 a.m. – 10:30 a.m.
610060-7C

Sat 1:00 p.m. – 1:30 p.m.
610060-7D

September 18 – October 23

Sun 10:00 a.m. – 10:30 a.m.
610062-7A

October 30 – December 11

(No Class: November 27)

Sun 10:00 a.m. – 10:30 a.m.
610062-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 5:30 p.m. – 6:00 p.m.
610063-7A

October 17 – November 9

Mon, Wed 5:30 p.m. – 6:00 p.m.
610063-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 5:30 p.m. – 6:00 p.m.
610063-7C

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, and elementary backstroke, and various safety topics.

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

September 18 – October 23

Sun 11:00 a.m. – 11:30 a.m.
610072-7A

October 30 – December 11

(No Class: November 27)

Sun 11:00 a.m. – 11:30 a.m.
610072-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 4:30 p.m. – 5:00 p.m.
610073-7A

October 17 – November 9

Mon, Wed 4:30 p.m. – 5:00 p.m.
610073-7B

November 14 – December 14

(No class: November 21, November 23)

Mon, Wed 4:30 p.m. – 5:00 p.m.
610073-7C

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 Assistant Aquatics Director at 703-390-6150. Mainstreaming of swimmers is available upon request and consultation.

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

September 17 – October 22

Sat 11:00 a.m. – 11:30 a.m.
610190-7A

Sat 11:30 a.m. – 12:00 p.m.
610190-7B

October 29 – December 10

(No Class: November 26)

Sat 11:00 a.m. – 11:30 a.m.
610190-7C

Sat 11:30 a.m. – 12:00 p.m.
610190-7D

Volunteers are needed!

See page 38 for more information.

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.



Aquatics

6 – 12 Years Old

Learn-to-Swim: 6 – 12 Years Old

The goal of Reston Community Center’s Learn-to-Swim Program is to prepare participants for a lifetime of water pleasure and to promote water safety.

SWIM LESSON REGISTRATION INFORMATION AND TIPS

The swim lessons offered by 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 have a printed copy of the various class days/times handy to help you synchronize the classes (either your mailed copy of the program guide or download the PDF file from our website for reference).

Duration of Enrollments

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

6 – 12 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
SWIM LEVEL 1/2	6 – 12 years	No swimming skills required.
SWIM LEVEL 3	6 – 12 years	Step from side into chest-deep water, move into a front float for five seconds, roll to back, float for five seconds then return to standing. Move into a back float for five seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for five body lengths, roll to 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 30 seconds 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	Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and position and 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 meters and demonstrate the use of two different strokes.
STROKE-N-TURN	9 – 12 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.
HOMESCHOOL STROKE-N-TURN	8 – 17 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.

Aquatics

6 – 12 Years Old

Youth Level 1-2

(6 – 12 years old)

Level 1-2 gives students success with fundamental skills. Topics of instruction will include entering and exiting the water, submerging, 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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 9:30 a.m. – 10:00 a.m.
610110-7A

Sat 10:30 a.m. – 11:00 a.m.
610110-7B

Sat 1:00 p.m. – 1:30 p.m.
610110-7C

Sat 2:00 p.m. – 2:30 p.m.
610110-7D

October 29 – December 10

(No Class: November 26)

Sat 9:30 a.m. – 10:00 a.m.
610110-7E

Sat 10:30 a.m. – 11:00 a.m.
610110-7F

Sat 1:00 p.m. – 1:30 p.m.
610110-7G

Sat 2:00 p.m. – 2:30 p.m.
610110-7H

September 18 – October 23

Sun 9:30 a.m. – 10:00 a.m.
610112-7A

Sun 10:30 a.m. – 11:00 a.m.
610112-7B

Sun 1:00 p.m. – 1:30 p.m.
610112-7C

October 30 – December 11

(No Class: November 27)

Sun 9:30 a.m. – 10:00 a.m.
610112-7D

Sun 10:30 a.m. – 11:00 a.m.
610112-7E

Sun 1:00 p.m. – 1:30 p.m.
610112-7F

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 20 – October 13

Tue, Thu 4:30 p.m. – 5:00 p.m.
610114-7A

Tue, Thu 6:00 p.m. – 6:30 p.m.
610114-7B

October 18 – November 10

Tue, Thu 4:30 p.m. – 5:00 p.m.
610114-7C

Tue, Thu 6:00 p.m. – 6:30 p.m.
610114-7D

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 4:30 p.m. – 5:00 p.m.
610114-7E

Tue, Thu 6:00 p.m. – 6:30 p.m.
610114-7F

September 21 – October 14

Wed, Fri 4:30 p.m. – 5:00 p.m.
610115-7A

October 19 – November 11

Wed, Fri 4:30 p.m. – 5:00 p.m.
610115-7B

November 16 – December 16

(No Class: November 23, November 25)

Wed, Fri 4:30 p.m. – 5:00 p.m.
610115-7C

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

September 19 – October 24

Mon 6:00 p.m. – 6:30 p.m.
610116-7A

October 31 – December 12

(No Class: November 21)

Mon 6:00 p.m. – 6:30 p.m.
610116-7B

September 21 – October 26

Wed 5:00 p.m. – 5:30 p.m.
610118-7A

Wed 6:00 p.m. – 6:30 p.m.
610118-7B

November 2 – December 14

(No Class: November 23)

Wed 5:00 p.m. – 5:30 p.m.
610118-7C

Wed 6:00 p.m. – 6:30 p.m.
610118-7D



Aquatics

6 – 12 Years Old

Youth Level 3

(6 – 12 years old)

The Level 3 class builds on the skills in Level 1-2 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 • \$65 (R)/\$130 (NR)

September 17 – October 22

Sat 10:00 a.m. – 10:30 a.m.
610120-7A

Sat 11:00 a.m. – 11:30 a.m.
610120-7B

Sat 2:00 p.m. – 2:30 p.m.
610120-7C

October 29 – December 10

(No Class: November 26)

Sat 10:00 a.m. – 10:30 a.m.
610120-7D

Sat 11:00 a.m. – 11:30 a.m.
610120-7E

Sat 2:00 p.m. – 2:30 p.m.
610120-7F

September 18 – October 23

Sun 11:00 a.m. – 11:30 a.m.
610122-7A

Sun 2:00 p.m. – 2:30 p.m.
610122-7B

October 30 – December 11

(No Class: November 27)

Sun 11:00 a.m. – 11:30 a.m.
610122-7C

Sun 2:00 p.m. – 2:30 p.m.
610122-7D

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 20 – October 13

Tue, Thu 5:30 p.m. – 6:00 p.m.
610124-7A

October 18 – November 10

Tue, Thu 5:30 p.m. – 6:00 p.m.
610124-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 5:30 p.m. – 6:00 p.m.
610124-7C

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

September 19 – October 24

Mon 5:30 p.m. – 6:00 p.m.
610126-7A

October 31 – December 12

(No Class: November 21)

Mon 5:30 p.m. – 6:00 p.m.
610126-7B

September 20 – October 25

Tue 4:30 p.m. – 5:00 p.m.
610127-7A

November 1 – December 13

(No Class: November 22)

Tue 4:30 p.m. – 5:00 p.m.
610127-7B

September 21 – October 26

Wed 5:30 p.m. – 6:00 p.m.
610128-7A

November 2 – December 14

(No Class: November 23)

Wed 5:30 p.m. – 6:00 p.m.
610128-7B

Birthday Party Pool Packages



Treat your 7 – 12 year-old to a birthday party at RCC! We offer two Birthday Party Pool Packages on Saturdays and Sundays that include a swim in the pool followed by a private party in a room set up with gender-neutral decorations. A birthday coordinator will also be present to assist parents with the party.

To reserve an RCC Birthday Party Pool Package, please call the RCC Aquatics Service Desk at 703-390-6150.

Aquatics

6 – 12 Years Old

Youth Level 4

(6 – 12 years old)

Level 4 develops swimmers' confidence in the skills learned and improves other aquatic skills. Topics of instruction will include surface dives, turns, standing dives, front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke and various safety topics.

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

September 17 – October 22

Sat 10:30 a.m. – 11:00 a.m.
610130-7A

Sat 11:30 a.m. – 12:00 p.m.
610130-7B

October 29 – December 10

(No Class: November 26)

Sat 10:30 a.m. – 11:00 a.m.
610130-7C

Sat 11:30 a.m. – 12:00 p.m.
610130-7D

September 18 – October 23

Sun 10:30 a.m. – 11:00 a.m.
610132-7A

Sun 11:30 a.m. – 12:00 p.m.
610132-7B

October 30 – December 11

(No Class: November 27)

Sun 10:30 a.m. – 11:00 a.m.
610132-7C

Sun 11:30 a.m. – 12:00 p.m.
610132-7D

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 19 – October 12

Mon, Wed 6:00 p.m. – 6:30 p.m.
610133-7A

October 17 – November 9

Mon, Wed 6:00 p.m. – 6:30 p.m.
610133-7B

November 14 – December 14

(No Class: November 21, November 23)

Mon, Wed 6:00 p.m. – 6:30 p.m.
610133-7C

September 20 – October 13

Tue, Thu 4:30 p.m. – 5:00 p.m.

610134-7A

October 18 – November 10

Tue, Thu 4:30 p.m. – 5:00 p.m.
610134-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 4:30 p.m. – 5:00 p.m.
610134-7C

September 21 – October 14

Wed, Fri 5:00 p.m. – 5:30 p.m.
610135-7A

October 19 – November 11

Wed, Fri 5:00 p.m. – 5:30 p.m.
610135-7B

November 16 – December 16

(No Class: November 23, November 25)

Wed, Fri 5:00 p.m. – 5:30 p.m.
610135-7C

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

September 19 – October 24

Mon 6:30 p.m. – 7:00 p.m.
610136-7A

October 31 – December 12

(No Class: November 21)

Mon 6:30 p.m. – 7:00 p.m.
610136-7B

Youth Level 5

(6 – 12 years old)

Level 5 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 and elementary backstroke and various safety topics.

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

September 17 – October 22

Sat 10:30 a.m. – 11:00 a.m.
610140-7A

October 29 – December 10

(No Class: November 26)

Sat 10:30 a.m. – 11:00 a.m.
610140-7B

8, 45-minute sessions • \$75 (R)/\$112 (NR)
September 20 – October 13

Tue, Thu 6:00 p.m. – 6:45 p.m.
610144-7A

October 18 – November 10

Tue, Thu 6:00 p.m. – 6:45 p.m.
610144-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 6:00 p.m. – 6:45 p.m.
610144-7C

September 21 – October 14

Wed, Fri 5:30 p.m. – 6:15 p.m.
610145-7A

October 19 – November 11

Wed, Fri 5:30 p.m. – 6:15 p.m.
610145-7B

November 16 – December 16

(No Class: November 23, November 25)

Wed, Fri 5:30 p.m. – 6:15 p.m.
610145-7C

Private Swim Lessons

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

Weekday Swim Classes

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

Aquatics

6 – 12 Years Old

Youth Level 6

(6 – 12 years old)

Level 6 refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Personal water safety and fitness swimming skills will also be introduced. Topics of instruction will include treading with legs only, survival strokes, self-rescue, increased endurance and technique in front crawl, back crawl, breaststroke, butterfly, sidestroke, and elementary backstroke.

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

September 17 – October 22

(No Class: November 26)

Sat 9:00 a.m. – 9:30 a.m.
610150-7A

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:30 a.m.
610150-7B

Youth Stroke-N-Turn

(9 – 12 years old)

This class is for swim team swimmers ages 9 through 12 who would like to improve stroke coordination and refinement. Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include:

- Front and back crawl
- Breaststroke
- Butterfly
- Shallow dive, glide two body lengths and begin any front stroke.

6, 45-minute sessions • \$70 (R)/\$105 (NR)

September 20 – October 25

Tue 6:00 p.m. – 6:45 p.m.
610187-7A

November 1 – December 13

(No Class: November 22)

Tue 6:00 p.m. – 6:45 p.m.
610187-7B

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.

Adapted Aquatics

Please see page 55 for information on our Adapted Aquatics class.

Youth Stroke-N-Turn

(6 – 8 years old)

This class is for swim team swimmers ages 6 through 8 who would like to improve their 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.

6, 45-minute sessions • \$70 (R)/\$105 (NR)

September 20 – October 25

Tue 5:00 p.m. – 5:45 p.m.
610177-7A

November 1 – December 13

(No Class: November 22)

Tue 5:00 p.m. – 5:45 p.m.
610177-7B



13 Years and Older

Adult Beginner

(13 years and older)

This class is for adults 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. Patrons 55 and older, 50 percent senior discount applies.

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

September 17 – October 22

Sat 10:00 a.m. – 10:30 a.m.
611210-7A

October 29 – December 10

(No Class: November 26)

Sat 10:00 a.m. – 10:30 a.m.
611210-7B

September 18 – October 23

Sun 9:00 a.m. – 9:30 a.m.
611212-7A

October 30 – December 11

(No Class: November 27)

Sun 9:00 a.m. – 9:30 a.m.
611212-7B

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

September 19 – October 24

Mon 11:30 a.m. – 12:00 p.m.
611216-7A

October 31 – December 12

(No Class: November 21)

Mon 11:30 a.m. – 12:00 p.m.
611216-7B

8, 30-min. sessions • \$65 (R)/\$97 (NR)

September 20 – October 13

Tue, Thu 6:30 p.m. – 7:00 p.m.
611214-7B

October 18 – November 10

Tue, Thu 6:30 p.m. – 7:00 p.m.
611214-7D

November 15 – December 15

Tue, Thu 6:30 p.m. – 7:00 p.m.
611214-7F

8, 45-minute sessions • \$75 (R)/\$112 (NR)

September 20 – October 13

Tue, Thu 11:00 a.m. – 11:45 a.m.
611214-7A

October 18 – November 10

Tue, Thu 11:00 a.m. – 11:45 a.m.
611214-7C

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 11:00 a.m. – 11:45 a.m.
611214-7E

Adult Advanced Beginner

(13 years and older)

This class is for adults who can swim one pool length (25 meters) 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. Patrons 55 and older, 50 percent senior discount applies.

6, 45-minute sessions • \$75 (R)/\$150 (NR)

September 17 – October 22

Sat 9:00 a.m. – 9:45 a.m.
611220-7A

Sat 11:00 a.m. – 11:45 a.m.
611220-7B

October 29 – December 10

(No Class: November 26)

Sat 9:00 a.m. – 9:45 a.m.
611220-7C

Sat 11:00 a.m. – 11:45 a.m.
611220-7D

8, 45-minute sessions • \$75 (R)/\$112 (NR)

September 20 – October 13

Tue, Thu 6:00 p.m. – 6:45 p.m.
611224-7A

October 18 – November 10

Tue, Thu 6:00 p.m. – 6:45 p.m.
611224-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 6:00 p.m. – 6:45 p.m.
611224-7C

6, 45-minute sessions • \$70 (R)/\$105 (NR)

September 20 – October 25

Tue 12:00 p.m. – 12:45 p.m.
611227-7A

November 1 – December 13

(No Class: November 22)

Tue 12:00 p.m. – 12:45 p.m.
611227-7B

Private Swim Lessons

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

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.

Weekday Swim Classes

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

Aquatics

Registered Aerobics

Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(13 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, an aerobic portion and a cool down for an exercise period of thirty minutes. Those patrons who have various forms of arthritis, fibromyalgia and M.S. 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 wellbeing. Participants can make new friends and have fun. At the same time, participants will learn exercises which increase flexibility and mobility and reduce the pain of daily routines. Instructor approval is required. Participants should consult a physician before starting this program. Patrons 55 and older, 50 percent senior discount applies.

8, 50-minute sessions • \$70 (R)/\$140 (NR)

September 20 – October 13

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-7A

October 18 – November 10

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 10:00 a.m. – 10:50 a.m.
611276-7C

Arthritis, Fibromyalgia, and Multiple Sclerosis

(13 years and older)

Classes will be taught by a certified instructor and will include a warm up, an aerobic portion, and a cool down for an exercise period of thirty minutes. Those patrons who have various forms of arthritis, fibromyalgia and M.S. 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 which increase flexibility and mobility and reduce the pain of daily routines. Participants should consult a physician before starting this program. Patrons 55 and older, 50 percent senior discount applies.

8, 50-minute sessions • \$70 (R)/\$140 (NR)

September 20 – October 13

Tue, Thu 11:00 a.m. – 11:50 a.m.
611266-7A

October 18 – November 10

Tue, Thu 11:00 a.m. – 11:50 a.m.
611266-7B

November 15 – December 15

(No Class: November 22, November 24)

Tue, Thu 11:00 a.m. – 11:50 a.m.
611266-7C

Deep Water Mania

(13 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. Patrons 55 and older, 50 percent senior rate applies.

8, 50-minute sessions • \$75 (R)/\$150 (NR)

September 19 – October 12

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

October 17 – November 9

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

November 14 – December 14

(No Class: November 21, November 23)

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

Aqua Burn

(13 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. Patrons 55 and older, 50 percent senior discount applies.

8, 50-minute sessions • \$75 (R)/\$150 (NR)

September 19 – October 12

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

October 17 – November 9

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

November 14 – December 14

(No Class: November 21, November 23)

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

Aqua Zumba

(13 years and older)

Come dive into RCC's Zumba "Pool Party". Participants will learn how to do safe, effective, and challenging water based workouts that integrate the Zumba exercise movement formula and philosophy into traditional aqua fitness disciplines, all while splashing away in a fun, musical, party atmosphere. No experience is required. Just follow the instructor's lead to a better, healthier, happier body. Participants should consult a physician before starting this program. Patrons 55 and older, 50 percent senior discount applies.

6, 50-minute sessions • \$70 (R)/\$140 (NR)

September 23 – October 28

Fri 5:30 p.m. – 6:20 p.m.
611269-7A

November 4 – December 9

(No Class: November 25)

Fri 5:30 p.m. – 6:20 p.m.
611269-7B

Tides in Motion

(13 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups, 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. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class. Patrons 55 and older, senior discount applies.

50-minute sessions • \$5.25 (R)/\$10.50 (NR)

September 19 – December 16

(No Class: November 21, November 23, November 25)

Mon, Wed, Fri 8:00 a.m. – 8:50 a.m.
 Mon, Wed, Fri 9:00 a.m. – 9:50 a.m.

Fit After Fifty Five

(55 years and older)

This is an adult program for the serious exerciser who wants a high-level aerobic workout. Set to a faster tempo than the senior exercise class, this program is not for the beginning exerciser. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class.

50-minute sessions • \$3.25 (R)/\$6.50 (NR)

September 19 – December 16

(No Class: November 21, November 23, November 25)

Mon, Wed, Fri 10:00 a.m. – 10:50 a.m.

Senior Water Exercise

(55 years and older)

This class is suitable for non-swimmers and swimmers alike. This exercise program is designed to promote a feeling of fitness and well-being. Water exercise provides gentle resistance, support for greater movement, and stimulation of circulation. The class also provides an opportunity for a social swim in a quiet pool. Participants should consult a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class.

50-minute sessions • \$3.25 (R)/\$6.50 (NR)

September 19 – December 16

(No Class: November 21, November 23, November 25)

Mon, Wed, Fri 11:00 a.m. – 11:50 a.m.

Aqua Mixer

(13 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. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit

Pass. Limited to 14 participants per class. Patrons 55 and older, senior discount applies.

50-minute sessions • \$5.25 (R)/\$10.50 (NR)

September 19 – December 14

(No Class: November 21, November 23)

Mon, Wed 5:30 p.m. – 6:20 p.m.

Aqua Blast

(13 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be deep water and will include a cardio segment to improve cardio respiratory circulation, movements to increase strength and muscle capacity, plus flexibility exercises to increase range of motion. Participants will work at the pace suited for them while feeling invigorated. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 14 participants per class. Patrons 55 and older, senior discount applies.

50-minute sessions • \$5.25 (R)/\$10.50 (NR)

September 20 – December 15

(No Class: November 22, November 24)

Tue, Thu 8:00 a.m. – 8:50 a.m.
 Tue, Thu 9:00 a.m. – 9:50 a.m.

Drop-in Fees:	Reston	Fairfax County	Non-Fairfax County
Water Aerobics Drop-in Visit			
Adult	\$5.25	\$10.50	\$15.75
Youth & Senior	\$3.25	\$6.50	\$9.75
Water Aerobics 20-Visit Pass•			
Adult	\$90	\$180	\$270
Youth & Senior	\$60	\$120	\$180

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Woodworking	93-94

Looking for Computer Classes?

Turn to page 83-84. They are now located in our new Technology section.

Cake Decorating for Kids

(7 – 12 years old)

Participants will learn to frost a basic, one-layer round cake, use fondant icing, and decorate using basic fondant icing techniques. They will use a variety of tips and tools that will surely impress family and friends with their abilities. These activities are designed for independent student involvement and learning.

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

November 19

Sat 10:00 a.m. – 1:00 p.m.
902205-7A

Chocolate Candy Making for Tweens

(8 – 12 years old)

Participants will mold bite-sized chocolates, learn chocolate writing, prepare butter cream and peanut butter cups, and make rocky road. Each participant will take home chocolates he/she 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) • Nyman**

December 3

Sat 1:00 p.m. – 4:00 p.m.
901039-7A

Freezer Cooking for Kids

(7 – 10 years old)

Imagine how proud kids will be of themselves when they prepare up to three family-friendly meals that will be ready to store. This is a perfect solution for dinner after a busy day when no one wants to cook. Just pull meals from the freezer and follow the quick steps for preparation. These activities are designed for independent student involvement and learning. Parent/guardian participation is not required. Please inform the instructor prior to the start of class if there are any food allergies.

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

October 1

Sat 10:00 a.m. – 12:00 p.m.
902206-7A

Gifts in a Jar

(7 – 11 years old)

Create your own unique holiday gift by layering flavorful ingredients in a decorative jar. Fall-themed recipes will be featured, ranging from delectable snacks to a quick meal. All ingredients and supplies will be provided.

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

November 13

Sun 12:00 p.m. – 3:00 p.m.
901109-7A

Haunted Gingerbread House

(5 – 7 years old)

Assemble a gingerbread-style house, create spooky chocolate pieces, draw spider webs using melted chocolate, and take home your 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) • Nyman**

October 15

Sat 10:00 a.m. – 12:00 p.m.
901062-7A

Haunted Gingerbread House for Tweens

(8 – 14 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 that you create to form spooky spider webs and luscious chocolate pieces. Each participant will take home his/her 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
\$30 (R)/\$45 (NR) • Nyman**

October 15

Sat 1:00 p.m. – 4:00 p.m.
901063-7A

Japanese Home Cooking

(18 years and older)

In this class, patrons will be introduced to two very popular dishes that are frequently served in Japanese households. After learning how to make one meat dish as well as one soup dish, patrons will have the opportunity to enjoy their creations. Dishes will be served with rice.

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

September 10

Sat 1:00 p.m. – 3:00 p.m.
125896-7A

All in the Family – Autumn

(3 years and older)

Family members are invited to participate and create something memorable and unique that is theirs alone. Start by collecting personal photos, notes, fabric pieces, drawings, ticket stubs, or other small, flat memorabilia that can be included in a "memory book". Please bring a smock or old shirt that can get dirty. Supplies are included. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger than the advertised age range. All participants – adults and children alike – must register and pay.

1, 3-hour session at RCC Hunters Woods
\$5 (R)/\$8 (NR) • Ali

October 21

Fri 6:30 p.m. – 9:30 p.m.
901307-7A

Autumnal Pottery

(2 – 5 years old)

Make a lifetime memory by having your children design a pottery piece with an autumnal theme. Participants will paint a happy pumpkin box for goodies or small treasures. This is great piece to use or display and is dishwasher safe. Pottery will be painted during class and will be available for pick up at RCC shortly thereafter. Feel free to come in anytime between 9:30 a.m. and 11:00 a.m. to work on your craft. 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, 2-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Clay Café Studios

October 4

Tue 9:30 a.m. – 11:30 a.m.
902209-7A

Knitting for Beginners

(18 years and older)

This fun learn-to-knit class will cover the basics of knitting while learning variations of casting on and binding off, basic knit and purl stitches, and the different methods of knitting

and yarn tension. Students will also explore the different types of yarns and classifications, needle sizes, and how to select the right yarn for your project. The first project for this class will be a basic scarf. A supply list will be provided prior to the first class; students are required to purchase their own supplies.

12, 2-hour sessions at RCC Hunters Woods
\$40 (R)/\$60 (NR) • Everett

September 13 – October 20

Tue, Thu 6:30 p.m. – 8:30 p.m.
153759-7A

Letters to Santa

(2 – 8 years old)

Write and decorate a letter to Santa anytime between 10:00 a.m. and 11:30 a.m., with the last admission at 11:15 a.m. Letters will be "mailed" in our special RCC mailbox, and each child will receive a reply postmarked from the North Pole. Supplies and light refreshments will be provided. 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, 90-min. session at RCC Hunters Woods
Free, Registration Req. • Staff

November 19

Sat 10:00 a.m. – 11:30 a.m.
901029-7A

Pysanky Eggs for Special Occasions

(8 years and older)

Pysanky eggs originated in the Ukraine and became popular among Eastern European cultures. These decorative eggs depict elaborate or simple folk designs made with a wax-resist (batik) method. Typically made for Easter, this art has expanded to include decorative eggs depicting a myriad of holidays and special occasions. All supplies are included.

1, 4-hour session at RCC Hunters Woods
\$35 (R)/\$53 (NR) • Andresen

October 8

Sat 10:00 a.m. – 2:00 p.m.
902217-7A

Sewing I

(16 years and older)

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

8, 2-hour sessions at RCC Hunters Woods
\$75 (R)/\$113 (NR) • Minassian

October 13 – December 8

(No Class: November 24)

Thu 6:30 p.m. – 8:30 p.m.
802318-7A

Turkey Handprint Plates

(2 – 5 years old)

Make a lifetime memory by having your children design 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 meals, as well as for use in the dishwasher and microwave. Feel free to come in anytime between 9:30 a.m. and 11:00 a.m. to work on your craft. 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, 2.25-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Clay Café Studios

November 3

Thu 9:30 a.m. – 11:45 a.m.
901106-7A

SATURDAY, OCTOBER 22

12:00 p.m. – 2:00 p.m.

RCC Hunters Woods



HALLOWEEN FAMILY FUN DAY

Infant – 8 years old • Free • Drop-in

Come dressed in your favorite costume, and enjoy sensational performances perfect for the whole family. Peter McCory, a famed one-man band, will put children into the Halloween spirit at 12:00 p.m., followed by a wonderful performance at 1:15 p.m. by Bob Brown's Puppets in *Monster Madness*. Little ghosts and goblins up to the age of 8 will try their skill at winning candy while they play carnival games until 2:00 p.m. All children must be accompanied by an adult guardian, age 18 and older for the entire event.



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

Dance

Youth Dance Guidelines

Please Note:

Proof of age may be requested. Participants must meet minimum age requirements by the first day of class. RCC dance classes are open to all persons with disabilities.

Dress Requirements:

Loose comfortable clothing and soft flexible shoes. Ideally, participants should wear a leotard and tights with jazz or ballet shoes.

Class Observation Policy:

Parents/guardians of students enrolled in RCC dance classes are welcome to attend the first class session to observe teaching methods and the instructional environment. After the first class, we ask that the students be dropped off and picked up at the entrance to the dance studio. The instructor will schedule a final class demonstration that parents/guardians will be invited to attend.

Ballet Basics I

(4 – 6 years old)

Beginners will learn basic positions, terminology, and barre technique.

8, 60-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Staff

September 13 – November 1

Tue 4:15 p.m. – 5:15 p.m.
402402-7A

Ballet Combo

(4 – 6 years old)

Students who have taken Pre Ballet or Ballet Basics and want to learn more challenging ballet techniques as well as explore creative movement styles will love this class.

8, 60-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Staff

September 14 – November 2

Wed 4:15 p.m. – 5:15 p.m.
402414-7A

Ballroom Dancing

(18 years and older)

Dances explored in this fun class include the waltz, the foxtrot, the tango, and the quickstep. No experience necessary. Partners welcome but not required.

6, 60-min. sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • C4 Performing Arts

November 7 – December 12

Mon 7:00 p.m. – 8:00 p.m.
306103-7A

Creative Dance

(3 – 4 years old)

Students will learn listening and cooperation skills while exploring creative movement to upbeat music.

8, 30-min. sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Staff

September 17 – November 5

Sat 9:00 a.m. – 9:30 a.m.
402404-7A

Latin Ballroom Dancing

(18 years and older)

Dances explored in this fun class include the salsa, the merengue, the cha-cha, and the bachata. No experience necessary. Partners welcome but not required.

6, 60-min. sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • C4 Performing Arts

September 29 – November 3

Thu 7:00 p.m. – 8:00 p.m.
306203-7A

Pre Ballet

(3 – 4 years old)

Students will learn to take direction, identify rhythms, and perform first and second positions and demi-pliés. Students must be the minimum age required by the first day of class. Proof of age may be requested.

8, 45-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Staff

September 13 – November 1

Tue 3:30 p.m. – 4:15 p.m.
402400-7A

September 17 – November 5

Sat 9:30 a.m. – 10:15 a.m.
402400-7B

Storybook Ballet

(3 – 4 years old)

Students will read a ballet story and then express themselves using basic ballet skills and creative dance movements.

8, 45-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Staff

September 14 – November 2

Wed 3:30 p.m. – 4:15 p.m.
402413-7A

Looking for more
adult dance classes?

Country Western Dance

Turn to page 80

Sunday Afternoon Dance

Turn to page 108



Summer Camp 2017 Key Dates

January 15, 2017

Camp Guides will be mailed to Reston households and available online.

January 28, 2017

Join us for the 3rd Annual Reston Camp Expo

February 1, 2017

Camp registration begins February 1 for Reston patrons and February 8 for Non-Reston.

A Colorful Crowd

(2 – 4 years old)

Did you know that 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. 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) • Gollop-Pagani

October 5

Wed 10:00 a.m. – 11:00 a.m.
901309-7A

Bridge I

(18 years and older)

This course is perfect for those who are new to the game, as well as players seeking to brush up on bridge fundamentals. The course will include a lecture and demonstration, with at least one hour of play per class with pre-dealt hands oriented to the specific lesson. Bidding is Standard American. Please refrain from wearing heavy perfumes as the instructor is allergic.

8, 2-hour sessions at RCC Hunters Woods \$65 (R)/\$98 (NR) • Golias

September 12 – November 7

(No Class: October 10)

Mon 10:00 a.m. – 12:00 p.m.
102337-7B

Bridge II

(18 years and older)

Players will improve intermediate bridge skills under the supervision of RCC's bridge instructor. Each table will play the same hand. After play is over, participants will discuss the bidding and the play of hands. Please note this program is for intermediate and advanced level players. Please refrain from wearing heavy perfumes as the instructor is allergic.

8, 2-hour sessions at RCC Hunters Woods \$65 (R)/\$98 (NR) • Golias

September 12 – November 7

(No Class: October 10)

Mon 12:30 p.m. – 2:30 p.m.
102409-7B

Build It With Duplo

(3 – 5 years old)

Build a foundation for engineering with Lego Duplo. Create airplanes, drawbridges, seesaws, windmills, cranes, and other fun projects in this class for pre-K builders only. Parents are welcome to join the fun as young builders learn about shapes, colors, patterns, and counting while playing with their creations.

6, 60-min. sessions at RCC Hunters Woods \$100 (R)/\$150 (NR) • Play Well Teknologies

October 18 – December 6

(No Class: November 8, November 22)

Tue 10:00 a.m. – 11:00 a.m.
901248-7A

Dog Obedience: Basic Manners Made Easy

(18 years and older)

This class is appropriate for dogs over three months old with very little or no obedience training. Positive motivational training techniques will include the basic commands of sit, down, stay, come, and how to walk nicely on a leash. Learn about mouthing, jumping, crate and potty training, and generally controlling poor behavior. Classes are held in the parking lot behind RCC. Park in the Hunters Woods Plaza shopping area and walk around to the rear of the building. Please bring your dog to the first class with a variety of tiny treats and a mat or towel for the dog to use. We DO NOT use chain or prong collars or Flexi leads. A regular collar and a six-foot leash are required. Gentle leaders and body harnesses are fine.

7, 45-min. sessions at RCC Hunters Woods \$90 (R)/\$135 (NR) • Rudy's Friends Dog Training

September 7 - October 19

Wed 6:00 p.m. - 6:45 p.m.
105092-7A

Essay Writing Workshop for College & Scholarships

(14 years and older)

This workshop is designed to help those students who dislike writing to get beyond the blank page and complete a well-formed essay for a college or scholarship application. Strategies are also discussed to help those who enjoy writing to learn how to make their essay shine when reviewed by scholarship and college committees. All attendees who complete essays during the session will be eligible for a cash prize or gift card provided by the instructor.

1, 3-hour session at RCC Lake Anne Free, Registration Req. • Ragins

November 12

Sat 9:00 a.m. – 12:00 p.m.
801820-7A

Enrichment

Mental Health First Aid

Did you know that the Fairfax County/Falls Church Community Services Board offers training to people interested in being able to respond appropriately to mental health related emergencies? "Mental Health First Aid" is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Whether you are a first responder, teacher, student, faith community leader, human resources professional, parent, employer, coworker, or caring community member, this certification course has information everyone can use. The course is offered in English, Spanish and Youth versions. Courses are open to the public and cost \$25; the fee is waived for County employees. Register online: www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm or find out more by calling Lori Naveda: 703-538-3215 (TTY 711) or via email to Lori.Naveda@fairfaxcounty.gov.

Geocaching Adventures

(8 – 13 years old)

Explore like never before. With the growth in mobile technology, geocaching is a great way to combine the fun of nature with a little bit of tech. Participants will learn the workings of a handheld GPS device in conjunction with navigation through the wonderful trail systems Reston has to offer. Teamwork and wits will be put to the test as participants trek around the woods in search of a hidden cache. Both challenging and rewarding, geocaching is a thrill.

**1, 3-hour session at RCC Hunters Woods
\$35 (R)/\$53 (NR) • Morgan**

October 29

Sat 2:00 p.m. – 5:00 p.m.
902214-7A

Heart Start CPR-AED

(16 years and older)

Participants will learn how to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, and basic first aid. Successful participants will receive a two-

year adult CPR with AED certification and a two-year first aid certification through the American Heart Association.

**1, 4-hour session at RCC Lake Anne
\$60 (R)/\$90 (NR) • Heart Start**

September 24

Sat 10:00 a.m. – 2:00 p.m.
302313-7A

Investment 101

(18 years and older)

Financial guru Kim Seo, CFP, MBA, will be back to RCC to discuss the steps and strategies that will lead you to investment success. This class will teach you the things you need to know before you invest. The "Investment Fundamentals - 5 Myths and Truths of Investing," workbook will be provided to all attendees. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

October 18

Tue 6:30 p.m. – 8:00 p.m.
156051-7A

Japanese Holiday Flower Arrangement

(16 years and older)

In this one day workshop, students will learn how to arrange fresh flowers into festive holiday arrangements with Japanese touches to enhance and make them more colorful. Students will be taught a fusion of classic style with a modern interpretation with hands-on instruction and will take their creation home at the end of the workshop. All materials and supplies will be provided.

**1, 2-hour session at RCC Lake Anne
\$55 (R)/\$83 (NR) • Shintani**

December 4

Sun 1:00 p.m. – 3:00 p.m.
103957-7A

Planned Charitable Giving

(18 years and older)

This workshop is for those interested in supporting non-profits and charities by making larger gift contributions than they could make based on their income. A planned gift is any major gift, made in a person's lifetime or at death as part of a donor's overall financial and/or estate planning. Whether a donor uses cash, appreciated securities/stock, real estate, artwork, partnership interests, personal property, life insurance, a retirement plan, etc., the benefits of funding a planned gift can make this type of charitable giving very attractive to both donors and charities. This program is for informational purposes only; there will be no solicitation or obligations of attendees.

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

October 5

Wed 6:00 p.m. – 8:00 p.m.
153957-7A

Retirement and Tax Planning for Small Business Owners

(18 years and older)

In this informative workshop, attendees will learn retirement strategies they can start using today to take control of their future with retirement and tax planning tips that will help you end the year on a high note and propel you into a prosperous 2017. Topics discussed will include: three keys to funding a comfortable retirement and types of retirement plans for small business owners. This workshop is presented by Kim Seo, CFP, MBA, a financial advisor dedicated to community education. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 90-min. session at RCC Hunters Woods Free, Registration Req. • Seo
November 15

Tue 6:30 p.m. – 8:00 p.m.
157062-7B

Retirement Planning

(18 years and older)

Retirement for many of us can be a scary topic with the latest statistics showing that most people who retire today can look forward to decades of time spent in retirement which shows a need for in-depth planning. Join us for a seminar with financial advisor Kim Seo, CFP, MBA, where you will receive information on where to start, what steps you need to take, and general help guiding you on how to begin to prepare for your retirement. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods Free, Registration Req. • Seo
September 20

Tue 6:00 p.m. – 8:00 p.m.
105095-7A

SAT Workshop

(14 years and older)

Be as prepared as possible for the next SAT test on November 5th by learning score raising SAT strategies in a dynamic, interactive setting. The Princeton Review instructors teach energetic classes that will get students motivated. They will also give participants the personal attention and extra help they need to maximize scores. A specific class schedule and agenda will be provided before the first class. Please note that Sunday sessions are testing days only.

4, 4-hour Sunday sessions at RCC Hunters Woods (1:00 p.m. – 5:00 p.m.)

8, 3-hour Tuesday/Thursday sessions at RCC Hunters Woods (6:00 p.m. – 9:00 p.m.)

\$105 (R)/\$350 (NR) • The Princeton Review
September 25 – October 27

(No Class: October 11, October 13)

Sun 1:00 p.m. – 5:00 p.m.
Tue, Thu 6:00 p.m. – 9:00 p.m.
802860-7A

Test A - September 25
1:00 p.m. – 5:00 p.m.

Class 1 - September 27
6:00 p.m. – 9:00 p.m.

Class 2 - September 29
6:00 p.m. – 9:00 p.m.

Test B - October 2
1:00 p.m. – 5:00 p.m.

Class 3 - October 4
6:00 p.m. – 9:00 p.m.

Class 4 - October 6
6:00 p.m. – 9:00 p.m.

SKIP WEEK

Test C - October 16
1:00 p.m. – 5:00 p.m.

Class 5 - October 18
6:00 p.m. – 9:00 p.m.

Class 6 - October 20
6:00 p.m. – 9:00 p.m.

Test D - October 23
1:00 p.m. – 5:00 p.m.

Class 7 - October 25
6:00 p.m. – 9:00 p.m.

Class 8 - October 27
6:00 p.m. – 9:00 p.m.

Scholarship Workshop

(13 years and older)

Are you thinking about paying for college? Learn the strategies of Marianne Ragins, who won \$400,000 in scholarship funds, by attending this free presentation designed for high school students, parents, adult youth leaders and guidance counselors. Over the years, Marianne Ragins has helped students win millions in college dollars - learn how you can win too! All high school seniors who attend become eligible for the Ragins/Braswell National Scholarship. For more information about the workshop or Marianne Ragins, visit www.tswscholar.com.

1, 2-hour session at RCC Lake Anne Free, Registration Req. • Ragins
October 22

Sat 9:00 a.m. – 11:00 a.m.
801006-7A

Sensing Science

(2 – 4 years old)

Children love having the ability to recite all five senses, but 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 while also being aware of what is around them. Come ready to use eyes, ears, mouth, nose, and hands. Fun-filled items will be created to enable children to feel, taste, smell, look at, and listen to. 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, 90-min. session at RCC Hunters Woods \$12 (R)/\$18 (NR) • Gollop-Pagani
October 19

Wed 10:00 a.m. – 11:30 a.m.
901311-7A



Storybook Cook

(2 – 4 years old)

The story of "Stone Soup" is a popular old fable that has been retold countless times. Children and parent/caregiver can be a part of this timeless story as they do story acting and then gather in the kitchen to help prepare and share some "Stone Soup" together. 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) • Gollop-Pagani**

September 28

Wed 10:00 a.m. – 11:00 a.m.
901308-7A

Things That Move

(2 – 4 years old)

See how vehicles move and set up your own scenario. Using the large space of the Community Room floor, we will set up tracks and roads to enable participants to create a visual story from their own imagination. Join a team for a car race or fly airplanes. Some vehicles will be provided, but please bring your own and share in the fun. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 60-min. session at RCC Hunters Woods
\$5 (R)/\$8 (NR) • Gollop-Pagani**

November 16

Wed 10:00 a.m. – 11:00 a.m.
902316-7A

What Can We Build?

(2 – 4 years old)

Working with large blocks, small blocks, animals, trucks and other creative items, participants will build a fantastic "farm town". Bring your own small (hand-held) animals, bales of hay and tractors from home (if sharing is not an issue), and they will be added to the mix. 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, 90-min. session at RCC Hunters Woods
\$12 (R)/\$18 (NR) • Gollop-Pagani**

October 12

Wed 10:00 a.m. – 11:30 a.m.
901310-7A

Writers Group

(18 years and older)

The RCC Writers Group welcomes fiction writers of all levels interested in enhancing their writing style and techniques. The group provides a friendly, facilitated, non-threatening environment where writers will receive and give peer critiques, explore creative techniques, and share ideas. Writers will also exchange information on marketing, getting published, and online resources. Participants should come to the first session with an original short story or other writing sample to discuss. The group will meet every other Monday.

**8, 2-hour sessions at RCC Hunters Woods
\$45 (R)/\$68 (NR) • Kelly**

**September 12 & 26, October 3 & 17,
November 7 & 21, December 5 & 19**

Mon 7:00 p.m. – 9:00 p.m.
105116-7B

Body Sculpting

(16 years and older)

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

6, 60-min. sessions at RCC Lake Anne
\$30 (R)/\$45 (NR) • Botts

September 10 – October 22

(No Class: September 24)

Sat 9:30 a.m. – 10:30 a.m.
 302315-7A

Sat 10:45a.m.-11:45 a.m.
 302315-7E

September 12 – October 24

(No Class: October 10)

Mon 6:30 p.m. – 7:30 p.m.
 302315-7B

October 29 – December 10

(No Class: November 26)

Sat 9:30 a.m. – 10:30 a.m.
 302315-7C

Sat 10:45a.m.-11:45 a.m.
 302315-7F

November 7 – December 12

Mon 6:30 p.m. – 7:30 p.m.
 302315-7D

Fitness Students

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

Evening Hatha Yoga I

(18 years and older)

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

8, 60-min. sessions at RCC Lake Anne
\$45 (R)/\$68 (NR) • Hill

September 12 – October 31

Mon 5:00 p.m. – 6:00 p.m.
 302485-7A

6, 60-min. sessions at RCC Lake Anne
\$35 (R)/\$53 (NR) • Hill

November 14 – December 19

Mon 5:00 p.m. – 6:00 p.m.
 302485-7B

Hatha Yoga Flow

(16 years and older)

Hatha Yoga Flow combines traditional yoga postures into a sequence of movements that flow with the breath. Students will improve strength, balance, flexibility and sense of well-being through mindful movements and poses. Classes will include sun salutations, standing and balancing postures, forward and back bends, abdominal work, inversions, breathing exercises and relaxation techniques. Prior yoga experience is helpful but not required. Modifications will be taught to accommodate all levels.

8, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$83 (NR) • Staff

September 20 – November 8

Tue 7:30 p.m. – 8:30 p.m.
 306992-7B

Demo Class

Interested in a class but not ready to commit? Contact RCC's Fitness & Adult Director at 703-390-6159 to schedule a one-time demo.

Hatha Yoga I

(18 years and older)

Participate in this refreshing and relaxing beginning yoga class that will coax the stiffness out of the body's joints.

8, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$83 (NR) • Hill

September 11 – November 6

(No Class: October 16)

Sun 9:00 a.m. – 10:00 a.m.
 305051-7A

6, 60-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Hill

November 13 – December 18

Sun 9:00 a.m. – 10:00 a.m.
 305051-7B

Historical European Swordsmanship

(9 years and older)

Historical European Swordsmanship is a popular martial arts discipline, one that brings a historical perspective to physical training and self-defense. Students are introduced to the basic guards and strikes of fencing with two handed swords and rapier simulators. Minimum age for enrollment is 9 years; class is designed for all ages and skill levels so teenage and adult participation is encouraged. Students should wear loose comfortable clothing, no shorts, jeans, or pants with protruding pockets. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-min. sessions at RCC Hunters Woods
\$50 (R)/\$75 (NR) • Virginia Academy of Fencing

October 6 – November 10

Thu 7:00 p.m. – 8:00 p.m.
 302421-7A

Fitness & Wellness



KinderJam

(1 – 5 years old)

This fun, high-energy movement program emphasizes the kinesthetic and tactile presentation of preschool skills. The focus is on introducing and reinforcing skills by incorporating a variety of physical and cognitive activities designed to capture your child's attention. Parents are expected to participate along with their child during class.

8, 45-min. sessions at RCC Lake Anne
\$65 (R)/\$98 (NR) • KinderJam

September 17 – November 12

(No Class: September 24)

Sat 10:15 a.m. – 11:00 a.m.
 306202-7A

September 17 – November 12

(No Class: September 24)

Sat 11:15 a.m. – 12:00 p.m.
 306202-7B

September 20 – November 8

Tue 10:15 a.m. – 11:00 a.m.
 306202-7C

Kundalini Yoga and Meditation

(18 years and older)

Kundalini yoga uses asanas (postures), movement, breath, and meditation to relax and heal your mind and body, giving you a greater awareness of mind, body, and spirit. By stimulating the nervous and immune

systems, this type of yoga improves strength and flexibility and may provide relief from problems such as back pain, stress and insomnia. Kundalini yoga brings a greater feeling of well-being and happiness and is a great way to recharge and heal the body quickly. Please bring a light blanket for cover during deep relaxation.

8, 90-min. sessions at RCC Lake Anne
\$60 (R)/\$90 (NR) • Hill

September 12 – October 31

Mon 12:15 p.m. – 1:45 p.m.
 302101-7A

6, 90 minute sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Hill

November 14 – December 19

Mon 12:15 p.m. – 1:45 p.m.
 302101-7B

Learn to Bike for Adults

(18 years and older)

This class is for adults who have never learned to ride a bike before or need to relearn the basics. Certified instructors use a technique that is intuitive and will take students through a progressive curriculum that has a very high success rate. Topics addressed include: balance skills, basic steering skills, and basic braking skills. Registration fee includes the rental of a bike and a Consumer Products 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.

1, 3-hour session at TBD

\$75 (R)/\$113 (NR) • Westenhoff

October 16

Sun 1:00 p.m. – 4:00 p.m.
 306205-7A

Meditation for Relaxation

(9 years and older)

Enjoy the relaxation and fulfillment of meditation. Learn how to release tension in the body and in the mind. Students will explore several practices including breathing techniques, use of mantra (vibrational sound current) silently and out loud, and the effects of mudras (positions of the hands) all of which help reduce and manage stress. Learn what meditation is and the physiological reasons for how it works.

8, 75-min. sessions at RCC Lake Anne
\$64 (R)/\$96 (NR) • Gurnater

October 4 – November 22

Tue 5:30 p.m. – 6:45 p.m.
 302115-7A

Meditative Yoga

(18 years and older)

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

8, 90-min. sessions at RCC Lake Anne
\$70 (R)/\$105 (NR) • Gurnater

October 4 – November 22

Tue 7:00 p.m. – 8:30 p.m.
 302215-7A

Mindful Meditation

(18 years and older)

Mindful Meditation consists of techniques of focusing on present moment experiences, in order to facilitate a calm and relaxed attitude, and an ability to see lives clearly in order to make good decisions on a daily basis. Mindfulness is an awareness of the importance of every moment leading to decreased focus on worry about past or future events resulting in less stress.

8, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Burgess

September 19 – November 21

(No Class: October 10, November 7)

Mon 9:30 a.m. – 10:30 a.m.
306555-7A

Nia

(16 years and older)

Nia is an exhilarating movement and lifestyle practice that tones the body and engages the mind through movements that are adopted from dance, martial arts and healing arts. Nia

consists of non-impact movements which are practiced barefoot to the rhythms of the music. Nia is adaptable to individual needs and abilities. Classes are taught by a licensed Nia teacher.

6, 60-min. sessions at RCC Lake Anne
\$48 (R)/\$72 (NR) • Shiotsuki

September 11 – October 16

Sun 9:30 a.m. – 10:30 a.m.
306002-7B

November 6 – December 18

(No Class: November 27)

Sun 9:30 a.m. – 10:30 a.m.
306002-7C

Pilates Mat

(16 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. It focuses on the deep muscles of the abdomen, back and hips using control, concentration and flow to improve posture and back health. Most exercises will be performed on the mat and may include stability balls, magic circles,

and light hand weights. Students should bring a tightly woven blanket to each class.

6, 60-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Mannes

September 22 – October 27

Thu 6:15 p.m. – 7:15 p.m.
306030-7B

Prenatal Yoga

(18 years and older)

This class will provide safe and effective exercises to help prepare for labor and delivery. Come share with other expectant mothers a program to strengthen the body, relax the mind, and hone power and strength. All expectant mothers at any stage in their pregnancy are welcome, but it is recommended that participants consult a physician, midwife, or health practitioner prior to starting any physical exercise regimen. Please bring a light blanket for cover during deep relaxation.

8, 60-min. sessions at RCC Lake Anne
\$50 (R)/\$75 (NR) • Staff

September 22 – November 10

Thu 7:30 p.m. – 8:30 p.m.
302100-7B

Tae Kwon Do I

(6 years and older)

Tae Kwon Do is a traditional Korean system of unarmed combat and self-defense, emphasizing the use of the feet and hands as weapons. More than just a sport and fighting skill, it instills a positive life philosophy through strict physical and mental discipline. Commitment to this regimented conditioning program brings about greater strength, speed, balance, flexibility, and stamina. Participation from all ages and skill levels is encouraged. Class will meet at Lake Anne on October 22.

12, 60-min. sessions at RCC Hunters Woods
\$72 (R)/\$108 (NR) • Butts

September 10 – December 17

(No Class: November 5, November 26, September 24)

Sat 9:00 a.m. – 10:00 a.m.
302348-7A



Fitness & Wellness



Tae Kwon Do II

(6 years and older)

Expanding on the techniques and skills of Tae Kwon Do I, this intermediate class is for students with prior experience. The instructor reserves the option to move students between sections based on skill level. Students focus on traditional forms (Hyungs), sparring, breaking, and preparing themselves for tournament competitions. Participation from all ages and skill levels is encouraged. Class will meet at Lake Anne on October 22.

12, 60-min. sessions at RCC Hunters Woods
\$72 (R)/\$108 (NR) • Butts

September 10 – December 17

(No Class: November 5, November 26, September 24)

Sat 10:00 a.m. – 11:00 a.m.
303000-7A

Total Ball Conditioning

(16 years and older)

Combine the fun-filled nature of cardiovascular movements and the balance and power challenges of strength conditioning in one total body workout all while using a stability ball. This class takes a unique and fun approach to fitness.

8, 60-min. sessions at RCC Lake Anne
\$64 (R)/\$96 (NR) • Howell

September 22 – November 10

Thu 10:30 a.m. – 11:30 a.m.
306107-7B

Yoga at Noon

(18 years and older)

Increase flexibility and strength while learning basic yoga postures from several yoga styles (Anusara, Yin, Polarity, and others). The combination is designed to improve awareness of abilities while enhancing balance, overall flexibility, and the ability to flow with the breath in the postures. The class also explores yoga beyond the postures, introducing breathing exercises and some meditation. The class uses Anusara-style alignment principles and philosophy for the Hatha yoga postures and is appropriate for all levels.

10, 90-min. sessions at RCC Lake Anne
\$70 (R)/\$105 (NR) • Katz

September 14 – November 16

Wed 12:00 p.m. – 1:30 p.m.
305098-7A

Yoga for Children

(3 – 5 years old)

This class is designed for children ages 3 to 5 years old and allows them to improve coordination, balance and focus. Children can derive enormous benefits from yoga, including flexibility, strength, coordination, and improved body awareness. Participants may wish to bring a beach towel or yoga mat to class. Parent/caregiver is not required to remain during class. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 60-min. sessions at RCC Lake Anne
\$54 (R)/\$82 (NR) • Burgess

September 19 – November 21

(No Class: October 10, November 7)

Mon 10:45 a.m. – 11:45 a.m.
301400-7A

Zen Budo Karate: Little Ninjas

(4 – 6 years old)

This program specializes in fun! Little Ninjas focuses on the basic components of martial arts technique. The curriculum builds on fundamentals such as balance, focus, blocking, hand eye coordination, and flexibility. All of these components combined will help to create a strong foundation for students to grow.

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$83 (NR) • Zen Budo Karate

September 15 – October 20

Thu 4:30 p.m. – 5:30 p.m.
321789-7A

November 3 – December 15

(No Class: November 24)

Thu 4:30 p.m. – 5:30 p.m.
321789-7B

Zen Budo Karate: Youth

(7 – 12 years old)

The Zen Budo Karate Youth program is a holistic martial arts program that combines meditation, yoga, traditional patterns (Kata), bullying prevention tactics, and mental discipline. Our primary mission is to instill students with positive self-esteem, confidence, and the ideals of a truly compassionate warrior. We teach the following core values as part of our program; Respect, Leadership, Perseverance, Self-Control, and "The Warrior Way."

6, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$83 (NR) • Zen Budo Karate

September 15 – October 20

Thu 5:30 p.m. – 6:30 p.m.
306104-7A

November 3 – December 15

(No Class: November 24)

Thu 5:30 p.m. – 6:30 p.m.
306104-7B

Zumba Family

(3 years and older)

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

8, 45-min. sessions at RCC Lake Anne
\$25 (R)/\$38 (NR) • Avilov

October 5 – November 30

(No Class: November 23)

Wed 5:00 p.m. – 5:45 p.m.
306108-7B

Zumba Fitness

(16 years and older)

Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do in order for participants to achieve long term health benefits. Enjoy this fusion of Latin and international music and dance that creates a dynamic and effective fitness regimen.

8, 60-min. sessions at RCC Lake Anne
\$56 (R)/\$84 (NR) • Vanessa

September 12 – October 31

Mon 7:00 p.m. – 8:00 p.m.
302327-7A

6, 60-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Avilov

September 15 – October 20

Thu 6:45 p.m. – 7:45 p.m.
302327-7B

October 27-December 8

(No Class: November 24)

Thu 6:45 p.m. – 7:45 p.m.
302327-7C

6, 60-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Vanessa

November 14 – December 19

Mon 7:00 p.m. – 8:00 p.m.
302327-7D

Zumba Kids Jr.

(4 – 6 years old)

Zumba Kids Jr. is designed exclusively for children ages 4 through 6. The classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents will love this program because of the effects it has on kids: increased focus and self-confidence, improved metabolism and enhanced coordination.

8, 45-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Avilov

October 5 – November 30

(No Class: November 23)

Wed 4:15 p.m. – 5:00 p.m.
306007-7A

Zumba Toning

(16 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 light weight dumbbells, to enhance rhythm and tone target areas that include arms, abs and thighs.

8, 60-min. sessions at RCC Lake Anne
\$56 (R)/\$84 (NR) • Vanessa

September 12 – October 31

Mon 6:00 p.m. – 7:00 p.m.
302227-7B

6, 60-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Vanessa

November 14 – December 19

Mon 6:00 p.m. – 7:00 p.m.
302227-7D

Demo Class

Interested in a class but not ready to commit? Contact RCC's Fitness & Adult Director at 703-390-6159 to schedule a one-time demo.

Language Learning

Arabic for Beginners I

(18 years and older)

This class will introduce beginning learners of Arabic to the basic essentials of Modern Standard Arabic. The first lessons will cover the basic alphabet as well as simple conversational phrases. Upon completion of learning the alphabet, students will begin to learn basic words, such as pronouns, common objects, and description words. Students will explore the Arab culture and world through simple Arabic songs and videos, and be encouraged to practice Arabic in class and seek out of classroom activities.

8, 2-hour sessions at RCC Hunters Woods
\$75 (R)/\$113 (NR) • McMahan

September 28 – November 16

Wed 6:00 p.m. – 8:00 p.m.
105603-7A

Conversational French

(18 years and older)

Sharpen your conversational French skills and meet new friends who share your deep appreciation for the language. New participants are always welcome and encouraged to attend. All participants are asked to have a conversational knowledge of the French language. All attendees are required to sign in at each meeting.

13, 3-hour sessions at RCC Hunters Woods
Free, Drop In • Staff

September 14 – December 14

(No Class: November 23)

Wed 6:00 p.m. – 9:00 p.m.
Drop-In

French for Beginners I

(18 years and older)

This class is for anyone who has ever had an interest in learning the beautiful French language but may have felt intimidated or just didn't have the time to commit. In this class, students will learn basic communication skills they can use when traveling in Paris, Montreal, the lovely island of Martinique, or anywhere that French is the dominant language.

Students will learn useful vocabulary and expressions for greeting someone in French, for making a purchase, and eating out at a restaurant. No prior knowledge or experience in French is necessary.

8, 90-min. sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Elder

September 15 – November 3

Thu 2:00 p.m. – 3:30 p.m.
105135-7B

French for Beginners II

(18 years and older)

This class is designed for students who have taken French for Beginners level I. Students who have some knowledge of French at the beginners' level are also welcome. We will review and reinforce proper pronunciation and useful expressions learned in level one to give students a stronger grasp of the language.

We will also continue our focus on the spoken word and on French culture. We will put special emphasis on subjects like the weather, the seasons and telling time among others.

8, 90-min. sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Elder

September 15 – November 3

Thu 4:00 p.m. – 5:30 p.m.
105138-7B

Japanese Conversation and Culture Club

(18 years and older)

This club allows participants to brush up on their Japanese conversation skills and to socialize in Japanese. The club will make traditional Japanese crafts and foods. Participants are required to sign in at each meeting. This group will meet on the third Saturday of the month. This is not a course for Japanese language instruction.

4, 3-hour sessions at RCC Hunters Woods
Free, Drop-In • Gallas

**September 17, October 15,
November 19, December 17**

Sat 3:00 p.m. – 6:00 p.m.
Drop-In

Spanish for Beginners I

(18 years and older)

This class is designed for the novice speaker with no previous classroom or workplace learning or experience speaking Spanish. Participants will be introduced to the language and culture through the use of fun, authentic materials and will learn basic communication skills.

8, 2-hour sessions at RCC Hunters Woods
\$70 (R)/\$105 (NR) • Lenigan

September 15 – November 3

Thu 7:00 p.m. – 9:00 p.m.
102357-7B

Did You Know?

55+ patrons receive a 20 percent discount on Adult Classes.

Avoid Waitlists and Cancellations

We often encounter patrons who are frustrated when they have to be waitlisted for our "full" classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.

Music/ Performing Arts

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/care-giver must remain in the classroom. Participating children must be registered.

**8, 45-min. sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Park**

September 13 – November 1

Tue 9:15 a.m. – 10:00 a.m.
404220-7A

September 16 – November 4

Fri 9:45 a.m. – 10:30 a.m.
404220-7B

Fri 10:45 a.m. – 11:30 a.m.
404220-7C

Fri 11:45 a.m. – 12:30 p.m.
404220-7D

*55+ Patrons, do you
love to sing?*



RCC is seeking older adults for the Encore Chorale of Reston.

Turn to page 102 to learn more.

Voice I

(18 years and older)

This class is designed for adult singers who have had no previous instruction or who wish to start from the beginning. Instruction will cover basic technique, voice care, and individual song work. Class is limited to eight participants.

**8, 60-min. sessions at RCC Hunters Woods
\$85 (R)/\$128 (NR) • Staff**

September 17 – November 5

Sat 9:30 a.m. – 10:30 a.m.
402479-7A

Voice II

(18 years and older)

This class is for adult singers who are comfortable with the basic concepts and individual song work. Instruction will cover expanded technique, aspects of performing and interpretation, and continued individual song work. Prerequisite: Voice I or instructor permission.

**8, 60-min. sessions at RCC Hunters Woods
\$85 (R)/\$128 (NR) • Staff**

September 17 – November 5

Sat 10:30 a.m. – 11:30 a.m.
402482-7A

Voice III

(18 years and older)

This class is for adult singers who are familiar with the vocal techniques as taught by the instructor. Instruction will cover technique overviews, aspects of performing and interpretation, and continued individual song work. Prerequisite: Voice II or instructor permission.

**8, 60-min. sessions at RCC Hunters Woods
\$85 (R)/\$128 (NR) • Staff**

September 17 – November 5

Sat 11:30 a.m. – 12:30 p.m.
402471-7A

Acting for Adults

(18 years and older)

Through games and exercises, learn what it means when they say "What's my motivation?" Based on the Meisner technique, this class has been developed over 30 years of teaching experience and is appropriate for all skill levels. The beginner will learn basic techniques to reduce stage fright and increase confidence; the advanced actor will find a new way of approaching a role.

**8, 90-min. sessions at RCC Hunters Woods
\$95 (R)/\$140 (NR) • Michnewicz**

September 13 – November 1

Tue 7:00 p.m. – 8:30 p.m.
402472-7A

Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. A maximum of 40 participants will be accepted and then split into two groups. Each group of students will perform in an original production on either November 19 or 20 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the week of November 14-18. **The class meets on Friday from 4:30 p.m. – 6:00 p.m. and Saturday from 9:00 a.m. – 12:30 p.m. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.**

**20, 90-min. sessions at RCC Hunters Woods
\$225 (R)/\$450 (NR) • Brutsché**

September 16 – November 20

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:30 p.m.
402467-7A

Social Programs

COUNTRY WESTERN DANCE

Ages 18 & Older • RCC Hunters Woods

Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please. Ticket admission purchased at the door.

Drop-in • Sundays • 6:30 p.m. – 9:30 p.m.

\$5 Reston/\$10 Non-Reston • Payable at Door

**October 2, November 6,
December 4**

(Please note: There will be no dance in September due to construction in the Community Room.)

For more information, please contact the
Adult & Fitness Program Director at 703-390-6159.

Create & Donate Holiday Baskets

(2 – 5 years old)

Holiday food and gift baskets will be prepared by children and volunteers and then distributed to those in need by social workers at United Christian Parish. Baskets will be assembled at 11508 North Shore Drive, Reston, VA. For directions, please call Robyn Kampf at 703-447-2361. Children are encouraged to bring a can of food or box of cereal to donate toward the baskets. Examples of appreciated items are: canned tuna, peanut butter, jelly, pasta, rice, soup. Parents/caregivers 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, 30-min. session at United Christian Parish
Free, Registration Req. • Haneline**

November 15

Tue 10:00 a.m. – 10:30 a.m.
901071-7A

November 15

Tue 10:30 a.m. – 11:00 a.m.
901071-7B

Drop-in Chess Club

(5 years and older)

Join RCC's chess club to meet new partners and build skills. Participants of any age and skill level are welcomed. Players may drop in anytime during our weekly meetings. Children under the age of eight must be supervised by an adult (age 18 or older). There is no fee, but sign-in is required at the start of each meeting.

**17, 3-hour sessions at RCC Hunters Woods
Free, Drop-In • Staff**

September 1 – December 29

(No Class: November 24)

Thu 6:30 p.m. – 9:30 p.m.
Drop-In

Social Programs



Ho, Ho, Ho!

(Infant – 6 years old)

Put on your best outfit and participate in a morning of crafts, cookie decorating, and stories while visiting with Santa! Parents are encouraged to bring a camera for this perfect photo opportunity. Parents/caregivers must fully participate in the activities. This program is not appropriate for children older than the advertised age range. All children must be registered. In the event of inclement weather that may result in program cancellation, this program will be held on December 13 at the same time and location.

**1, 60-min. session at RCC Hunters Woods Free, Registration Req. • Staff
December 6**

Tue 10:00 a.m. – 11:00 a.m.
902015-7A

Holiday Breakfast with Frosty

(1 year and older)

Enjoy a lovely family breakfast with Frosty the Snowman to kick off the holidays. Breakfast fare will include hot and cold entrees as well as vegetarian options. Bring a camera for photo opportunities with Frosty. Please arrive no later than 9:30 a.m. Parents/guardians over the age of 18 must accompany children. **All participants must register and pay, including accompanying parents/caregivers.**

**1, 90-min. session at RCC Hunters Woods \$6 (R)/\$9 (NR) • Staff
December 10**

Sat 8:30 a.m. – 10:00 a.m.
901111-7A

Let's Celebrate!

(2 – 4 years old)

Celebrate the Winter Solstice, Christmas, Hanukkah, Kwanzaa, Eid, and other holidays of the season. Participants will enjoy music, crafts, and a story to commemorate this popular

time of the year. 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, 90-min. session at RCC Hunters Woods \$7 (R)/\$11 (NR) • Gollop-Pagani
December 14**

Wed 10:00 a.m. – 11:30 a.m.
901306-7A

Polar Express Pajama Party

(4 – 9 years old)

Come in your pajamas, bring a favorite stuffed toy, and prepare to watch and celebrate The Polar Express while parents do some shopping, or just enjoy a date night. After enjoying cheese pizza for dinner, participants will create a themed craft, get cozy with hot chocolate (decaffeinated), and their favorite stuffed toy while watching the movie.

**1, 3-hour session at RCC Hunters Woods \$20 (R)/\$30 (NR) • Ali
December 2**

Fri 7:00 p.m. – 10:00 p.m.
902222-7A

Tot Time

(Infant – 4 years old)

Kids love this drop-in 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. Please note this program will now meet on Tuesdays and Fridays.

20, 90-min. sessions at RCC Hunters Woods Free, Drop-In • Ali

September 20 – December 16

(No Class: October 4, November 8, November 11, November 22, November 25)

Tue, Fri 9:30 a.m. – 11:00 a.m.
Drop-In

Children's FALL FLEA MARKET

SATURDAY, NOVEMBER 5

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

The holidays are fast approaching and what better place to find treasures than the Children's Fall Flea Market. Junior merchants will sell gently-used toys, books, games, videos, and a variety of child-friendly items. Support our local merchants by patronizing them this holiday season. Great bargains abound.

**FREE
All Ages**

Admission
Donation of one non-perishable food item for the RCC Thanksgiving Food Drive.



Children's Fall Flea Market

Vendor Registration

(6 – 13 years old)

Have you outgrown some of your toys and books? Are they taking up valuable space in your home? Earn money by selling these items at our annual Children's Fall Flea Market. Vendor tables can be reserved for one or more children. Single-size tables measure 3' x 6'. Shared tables measure 3' x 9' Please note that edible items or live animals cannot be brought to or sold at the flea market. After the event, unwanted items will be donated to a local charity.

Single Six Foot Table

\$10 Reston/\$15 Non-Reston
Registration #902925-7A

Share a Nine Foot Table

\$15 Reston/\$23 Non-Reston
Registration #902926-7A

Android 101: Tips & Tricks

(13 years and older)

Get the most and best uses from your Android OS tablet or smartphone. Learn to customize system settings, accounts, storage and power management. This class covers versions 2 - 5. Students are encouraged to bring their own devices.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$45 (NR) • Robichaud

October 19

Wed 7:00 p.m. – 9:30 p.m.
 868686-7B

Camera Features

(13 years and older)

Students will learn to get more out of their digital cameras by exploring some of its many features. With individual attention from the instructor, students will learn practical skills in this hands-on workshop. Students must bring a digital camera, camera manual, spare batteries or an AC adapter to each class.

2, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$98 (NR) • Lazear

October 3 – October 4

Mon, Tue 7:00 p.m. – 9:00 p.m.
 802242-7A

Camera Features – II

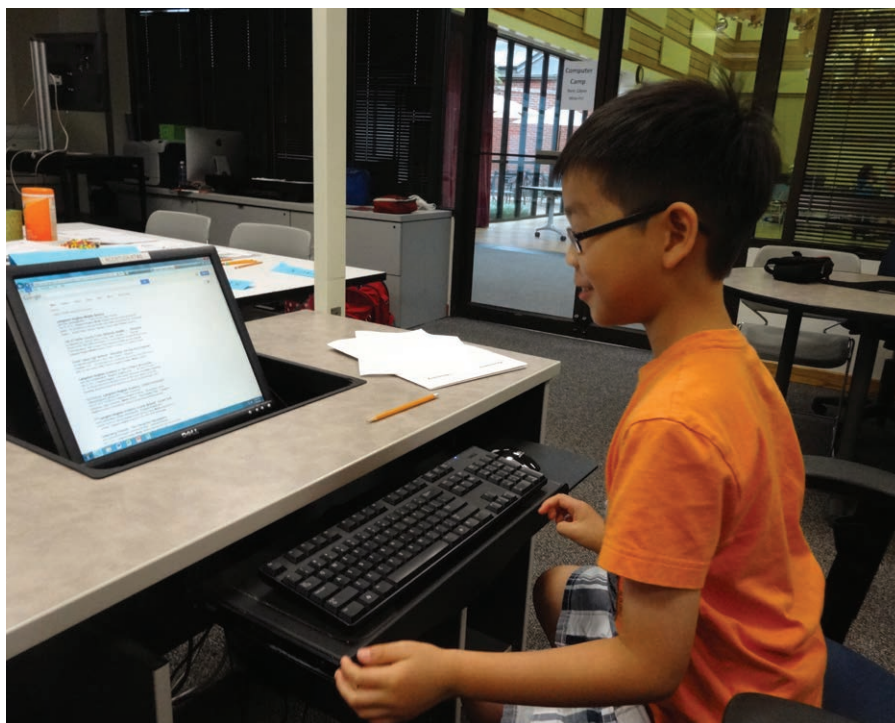
(13 years and older)

Wonder what all those buttons and menus are on digital cameras? Learn ways to become more comfortable using digital cameras and their features. This personal attention, hands on class explores features of digital cameras by looking at a variety of topics in camera features. Students must bring a digital camera, camera manual, spare batteries or an AC adapter to each class.

2, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$98 (NR) • Lazear

November 14 – November 15

Mon, Tue 7:00 p.m. – 9:00 p.m.
 803312-7A



Code School

(7 – 10 years old)

Participants will be introduced to Java scripting through a fun, graphic, block-building programming interface called Scratch. They can create interactive stories, games, and animations, and share their creations with others in the online community. Scratch helps young people learn to think creatively, reason systematically, and work collaboratively, which are essential skills for life in the 21st century.

6, 60-min. sessions at RCC Hunters Woods
\$75 (R)/\$113 (NR) • Robichaud

October 12 – November 16

Wed 4:45 p.m. – 5:45 p.m.
 901061-7A

Intro to Python

(13 years and older)

Python is an easy to learn, open-source, powerful programming language for both Windows and MacOS. It has efficient high-level data structures and a simple but effective approach to object-oriented programming. Python's elegant syntax and dynamic typing,

together with its interpreted nature, make it an ideal language for scripting and rapid application development in many areas on most platforms. No previous experience required, but good keyboard skills a plus.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$45 (NR) • Robichaud

December 7

Wed 7:00 p.m. – 9:30 p.m.
 803379-7A

Intro to Website Coding

(13 years and older)

Come learn the basics of Hyper Text Markup Language (HTML) to design and edit personal web pages. Students will be introduced to WordPress and other CMS systems, and practice hands-on editing using HTML tags and style sheets.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$45 (NR) • Robichaud

November 30

Wed 7:00 p.m. – 9:30 p.m.
 878798-7A

iPhone Camera I

(13 years and older)

Participants will have hands-on lessons learning to use the iPhone camera. This will include: accessing the camera, using the grid, focus and exposure features, HDR, saving, emailing, optional lenses, and tripods. Please bring your iPhone and charging cord to connect to the computer.

4, 2.5 hour sessions at RCC Hunters Woods
\$80 (R)/\$120 (NR) • Leir

October 6 – 27

Thu 7:00 p.m. – 9:30 p.m.
805558-7A

Junior Weebotics with Parent

(4 – 6 years old)

This program is designed for hands-on learning and will actively engage children in their own learning process while encouraging them to use their imagination. Children will experiment with basic Lego robotics and build "weebots" while exploring working motors, sensors, simple programming, and more. Parent/guardian 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.

6, 75-min. sessions at RCC Hunters Woods
\$125 (R)/\$188 (NR) • Digital Advantage

October 27 – December 8

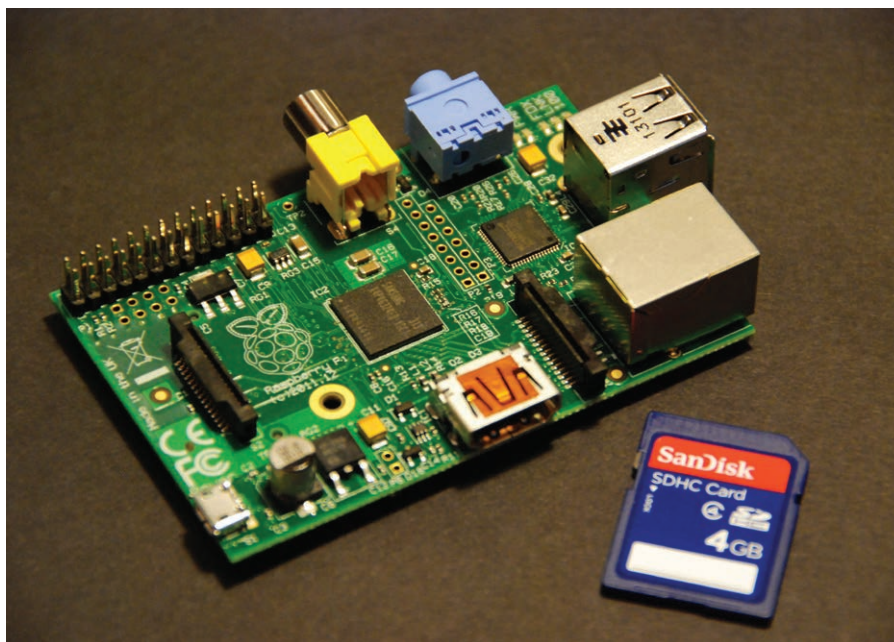
(No Class: November 24)

Thu 10:00 a.m. – 11:15 a.m.
902033-7A

Raspberry Pi

(10 – 12 years old)

Developed to enhance STEAM academics, Raspberry Pi is a credit-card-sized computer specifically designed for learning about computing and electronics concepts. Participants will learn about computer mechanics while designing animations, building and playing an original game, and wiring their own circuits. All supplies are



included in the class fee, including a Raspberry Pi computer, which students can take home at the conclusion of class.

6, 60-min. sessions at RCC Hunters Woods
\$100 (R)/\$150 (NR) • Romano

September 27 – November 1

Tue 4:45 p.m. – 5:45 p.m.
901222-7A

Taking B&W Photos

(13 years and older)

Black and white pictures are artistic and this style is an interesting way to capture life's moments. The technique focuses on shapes, lighting, and composition, without the distraction of bright colors. Students will take pictures to be anonymously reviewed in class and must bring a camera, camera manual, and spare batteries or AC adapter. Prerequisite: Camera Features I or II and a camera with a black and white capability (please check the manual).

2, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$98 (NR) • Lazear

October 17 – October 24

Mon 7:00 p.m. – 9:00 p.m.
803333-7A

Windows Tips & Tricks

(13 years and older)

Learn all about the new features of the world's most popular operating systems - Windows 7, 8 and 10. Students will learn how to customize settings, search files and libraries, practice good security and maintenance, and more. Students will practice a host of techniques and shortcuts to perform their work quicker and better.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$45 (NR) • Robichaud

September 28

Wed 7:00 p.m. – 9:30 p.m.
802253-7A

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.

Meetups

Meetups are fun, local excursions where pre-registration is required, but transportation is not provided.

Parent/caregiver must fully participate in these activities. These programs are not appropriate for children younger or older than the advertised age range. Participating children must be registered.



Apples, Apples, Everywhere

(3 – 4 years old)

Children will enjoy a visit to the Loudoun Heritage Barn where they will place an apple in the apple press and sample pasteurized cider. In addition, story time and apple games will be featured. Parents/caregivers are encouraged to remain for 30 minutes after the conclusion of the program to continue playtime or touring on their own. Meet at the Loudoun Heritage Farm Museum, located at 21668 Heritage Farm Lane, Sterling, VA. For directions, please call 571-258-3800. 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, 90-min. session at Loudoun Heritage Farm
\$5 (R)/\$8 (NR) • Haneline

September 27

Tue 10:00 a.m. – 11:30 a.m.
 901018-7A

Autumnal Hike

(2 – 5 years old)

Enjoy the magnificent colors of autumn during a short nature hike through Meadowlark Botanical Gardens. Afterwards, participants will create leaf rubbings. Please meet at the main entrance to the Gardens, located at 9750 Meadowlark Gardens Court, Vienna, VA

(on Beulah Road, between Route 7 and Route 123). For directions, visit www.meadowlarkgardens.org, or call 703-255-3631. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

October 20

Thu 10:00 a.m. – 11:00 a.m.
 901007-7A

Count to Ten With Nature

(2 – 3 years old)

Our local woods offer lots of opportunities for counting. A fun-filled guided nature walk has many counting items in store for those who know where to look: one log to walk along; two large rocks; three birds in the sky, and so forth, will give children a head start on preschool skills and a chance to explore and notice numbers in the natural world. Walker Nature Center is located at 11450 Glade Drive, Reston, VA. For directions, call 703-476-9689. 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 Walker Nature Center
\$7 (R)/\$11 (NR) • Haneline

September 20

Tue 10:00 a.m. – 11:00 a.m.
 901304-7A

Winter Walk of Lights

(3 years and older)

Meadowlark Gardens' incredible light show will put everyone in the holiday spirit. Walk along this half-mile path, you 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, located at 9750 Meadowlark Gardens Court, Vienna, VA (on Beulah Road, between Route 7 and Route 123). For directions, visit www.meadowlarkgardens.org, or call 703-255-3631. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger than the advertised age. **All participants – children and adults – must register and pay.**

1, 60-min. session at Meadowlark Gardens
\$7 (R)/\$11 (NR) • Haneline

November 28

Mon 6:00 p.m. – 7:00 p.m.
 902207-7A

RCC Travel Club

Are you interested in exploring the United States, Canada, or overseas?

Travel Club excursions are multi-day continental and intercontinental tours designated and coordinated by Leisure Destinations on behalf of Reston Community Center through a competitive bid process. Visit our website for more information about the upcoming trips featured here including daily itineraries, insurance information, and specific costs and terms for each trip.



Nova Scotia and Canadian Maritimes

(18 years and older)

September 9 – 17, 2016

This 9-day guided tour takes travelers by plane, motor coach, and ferry to Nova Scotia and Canada's islands. Highlights of this trip include a visit to the Alexander Graham Bell National Historic Site, Cape Breton Highlands National Park, and a ferry ride to Prince Edward Island with a visit to the Anne of Green Gables home. We will also travel the nine-mile-long Confederation Bridge across the Northumberland Strait, see the breathtaking Hopewell Rocks along the Bay of Fundy, and visit Peggy's Cove, one of the most photographed fishing villages in the world.

9-day excursion

\$2,848 – Price listed is per person, based on double occupancy

Christmas in Branson

(18 years and older)

November 9 – 13, 2016

Take a trip to the Ozark Mountains in Branson, Missouri for what is known as a great family destination with much to offer. During November and December, Branson, MO transforms into a magical winter wonderland with light displays, special events blanketed in holiday decorations and shows celebrating the holiday season. This visit will also celebrate Veteran's Day in the Branson tradition. Patrons will travel by plane and motor coach.

5-day excursion

\$1,495 – Price listed is per person, based on double occupancy

Reserve spot by Friday, August 5, 2016.

Shades of Ireland

(18 years and older)

April 1 – 10, 2017

This 10-day guided tour takes travelers via plane, motor coach, and boat to Dublin, Waterford and Limerick where you will enjoy an overnight stay at the regal grounds of the Cabra Castle. Highlights for this trip include a visit to Waterford and the House of Waterford Crystal and a stop at the historic Blarney Castle for an opportunity to kiss the famous Blarney Stone. Travelers will enjoy traveling along the Ring of Kerry and experience the daily life of a traditional Irish family at the Molanna Dairy Farm and so much more.

10-day excursion

\$2,999 – Price listed is per person, based on double occupancy

Reserve spot by Monday, October 3, 2016.

Visit the RCC Travel Club website for more detailed itineraries, travel information and requirements.

www.restoncommunitycenter.com/travel-club



Abstract Painting

(16 years and older)

Learn the basics of abstract painting from an historical point of view from the French Impressionist to the American Abstract painters of the fifties. You will walk away with a better understanding of abstract painting by participating in fun and easy projects. The class is geared for the beginner, but all levels of experience are welcome. Supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$85 (R)/\$148 (NR) • Lopes

September 13 – November 1

Tue 7:00 p.m. – 10:00 p.m.
 402458-7A

Artist Critique Group

(18 years and older)

Are you looking for professional and peer feedback on your artwork? Greater Reston Arts Center invites artists who wish to participate in a group discussion and critique to bring 1-2 recent artworks to the gallery. The critique will be run by a guest artist or curator and the GRACE Education Director. GRACE will provide light refreshments and beverages. All

participants must be willing to discuss their artwork and the artwork of others. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103 Reston, VA.

1, 2.5-hour session at GRACE
\$10 (R)/\$12 (NR) • GRACE

September 22

Thu 7:00 p.m. – 9:30 p.m.
 402645-7A

November 10

Thu 7:00 p.m. – 9:30 p.m.
 402645-7B

Autumn Landscapes

(16 years and older)

Celebrate the colors of the season by painting beautiful landscapes. 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
\$85 (R)/\$148 (NR) • Lopes

September 16 – November 4

Fri 7:00 p.m. – 10:00 p.m.
 402635-7A

Beginning and Intermediate Watercolor

(18 years and older)

This beginning/intermediate class will focus on creating expressive watercolors that have energy. Loosen up and learn how to love spontaneous watercolor techniques; some outdoor painting will occur, weather permitting. Instructor will demonstrate techniques and coach students individually. A supply list will be provided prior to first class.

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$180 (NR) • Lashley

September 21 – November 16

(No Class: October 5)

Wed 10:00 a.m. – 12:30 p.m.
 402532-7A

Chinese Brush Painting

(18 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne
\$90 (R)/\$180 (NR) • Griffith Tso

September 22 – November 10

Thu 10:00 a.m. – 12:30 p.m.
 402512-7A

Conquering Your Camera Fears

(14 years and older)

Have you been afraid to get to know your camera? Been stuck on auto mode? No matter what type of camera you're using, you'll learn how to conquer your camera fears and explore the features of your camera to enable you to take that frame-worthy photo. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103 Reston, VA.

1, 90-min. session at GRACE
\$35 (R)/\$45 (NR) • GRACE

October 15

Sat 9:30 a.m. – 11:00 a.m.
 402637-7A

Visual Arts

Creative Capers

(6 – 9 years old)

Creativity sizzles with this fascinating and fun immersion into the world of art by exploring different visual art forms such as clay, drawing, and much more.

8, 60-min. sessions at RCC Lake Anne

\$75 (R)/\$150 (NR) • Nagy

September 12 – November 7

(No Class: October 10)

Mon 5:00 p.m. – 6:00 p.m.

402430-7A

Creative R.U.T. (Reclaim Unique Trust)

(16 years and older)

Participants will look at creativity in a broader sense, and define what it means to be creative in their own lives. Through an intuitive approach, learn to connect with what inspires you, and then translate that into color, texture, and images. The class is a combination of intuitive art, journaling, meditation and finding creative ways to break through

roadblocks in order to renew trust in our own creative power. Participants will create an art journal to document their journey. Supply list will be provided prior to first class.

8, 2.5-hour sessions at RCC Lake Anne

\$90 (R)/\$180 (NR) • Mullarkey

September 12 – November 7

(No Class: October 10)

Mon 10:00 a.m. – 12:30 p.m.

402641-7A

Drawing 101

(16 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil and charcoal, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

8, 2-hour sessions at RCC Lake Anne

\$90 (R)/\$180 (NR) • Zahid

September 15 – November 3

Thu 4:30 p.m. – 6:30 p.m.

402614-7B

Fused Glass

(16 years and older)

This class will cover the basics of glass fusing. Full use of manual and machine glass cutting and shaping tools will be made available. Glass, adhesives and bails are included for several projects. Students who own their own molds may create slumped pieces. All work will be fired offsite after the last class and will be available to be picked up at a later date. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods

\$80 (R)/\$160 (NR) • Damron

October 5

Wed 6:30 p.m. – 9:30 p.m.

405163-7C

November 16

Wed 6:30 p.m. – 9:30 p.m.

405163-7D

GRACE Art Family Night

(All Ages)

Greater Reston Arts Center opens its doors and blocks off St. Francis St. for a free evening of family art making and exploration in the gallery. The gallery will feature the enchanting work of NYC artist Shih Chieh Huang. Using humble everyday materials, Mr. Huang creates magical, immersive environments, featuring sculptures that respond to the viewer's presence with movement, sound, and illumination. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103 Reston, VA.

1, 3-hour session at GRACE

Free, Drop-in • GRACE

October 1

Sat 6:00 p.m. – 9:00 p.m.



GRACE Art in the Home School

(5 – 11 years old)

Homeschool students now have the opportunity to participate in GRACE Art, the signature education program of Greater Reston Arts Center typically offered in schools. GRACE staff will deliver an interactive art history lesson through a PowerPoint presentation followed by an engaging hands-on art project designed to reinforce the lesson. The artist or topic for the lesson is listed with the date. All sessions are held at Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston, VA.

1, 60-min. session at GRACE
\$30 (R)/\$45 (NR) • GRACE

November 17: Eric Carle

Thu 10:00 a.m. – 11:00 a.m.
 402598-7A

December 15: Alexander Calder

Thu 10:00 a.m. – 11:00 a.m.
 402598-7B

Handmade Holiday Ornaments

(5 years and older)

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

1, 90-min. session at GRACE
\$10 (R)/\$15 (NR) • GRACE

November 19

Sat 9:30 a.m. – 11:00 a.m.
 402632-7A

Inflatable Sculpture Workshop

(12 years and older)

Inspired by Greater Reston Arts Center's exhibition of magical sculptural environments by artist Shih Chieh Huang. Workshop participants will explore Huang's exhibition with a GRACE staff member and then have the opportunity to create their own inflatable sculpture using everyday materials. Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.

1, 90-min. session at GRACE
\$35 (R)/\$45 (NR) • GRACE

September 24

Sat 9:30 a.m. – 11:00 a.m.
 402649-7A

Little Hands Preschool Art

(3 – 5 years old)

This program introduces young children to art using a combination of age-appropriate interactive discussion and looking techniques with art exhibitions, games, books and visuals. The children will explore new artwork, materials and learn new skills each week. Projects focus on enhancing fine and gross motor skills as well as reinforcing positive classroom behavior. Children will explore a variety of media and will become familiar with the basic elements of art. All sessions held at Greater Reston Arts Center (GRACE) 12001 Market Street, Suite 103, Reston, VA.

4, 60-min. sessions at GRACE
\$80 (R)/\$120 (NR) • GRACE

October 4 – October 25

Tue 10:00 a.m. – 11:00 a.m.
 402629-7A

Making Pottery Without the Wheel

(16 years and older)

Learn fundamental and advanced hand building techniques to make functional and decorative ceramics for the kitchen and garden. Learn how to create and manipulate

textures, use underglazes and glazes to add depth, and develop a personal style. This class is for beginning to advanced students. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$130 (R)/\$188 (NR) • Alexander

September 14 – November 2

Wed 7:00 p.m. – 9:30 p.m.
 402616-7B

Micromosaic Jewelry

(16 years and older)

Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. Previous mosaic experience recommended. All supplies are included in class fee.

1, 3-hour session at RCC Hunters Woods
\$80 (R)/\$160 (NR) • Damron

November 30

Wed 6:30 p.m. – 9:30 p.m.
 402623-7C

Mosaic Art

(16 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, levels from beginner through expert, or bring in your own unique project (with instructor approval). Tools, supplies and materials included in class fee to complete one beginner or intermediate level project.

4, 3-hour sessions at RCC Hunters Woods
\$180 (R)/\$360 (NR) • Damron

September 14 – October 5

Wed 10:00 a.m. – 1:00 p.m.
 404040-7C

October 26 – November 16

Wed 10:00 a.m. – 1:00 p.m.
 404040-7D

Visual Arts

Open Glass Studio

(16 years and older)

Glass enthusiasts are encouraged to participate in the Open Glass Studio that is held in the Woodshop on the first and third Sundays of the month. The Open Glass Studio is facilitated by an experienced glass instructor. Tools are provided, however, participants must work independently on projects and need to bring their own materials. Reservations are not required however the maximum number participants per session is seven. The drop-in fee must be paid at the RCC Customer Service Desk before beginning work.

Drop-in • RCC Hunters Woods
\$10 (R)/\$20 (NR) • Staff

September 4 – December 17

Drop-in 1st & 3rd Sun
1:00 p.m. – 5:00 p.m.



Painting with Oil and Acrylic

(16 years and older)

Explore the creative potential of using oil or acrylic paint. This class is designed for all skill levels in a studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$85 (R)/\$125 (NR) • Coulter-Blehert

September 14 – November 2

Wed 7:00 p.m. – 10:00 p.m.
402483-7B

Portraits in Pastels

(16 years and older)

Develop and improve your individual style while exploring the use of oil pastels to create portraits. A supply list will be provided prior to first class.

8, 3-hour sessions at RCC Lake Anne
\$85 (R)/\$148 (NR) • Lopes

September 15 – November 3

Thu 7:00 p.m. – 10:00 p.m.
402634-7A

Professional Practices: Portfolio Prep

(14 years and older)

Looking to build a stronger portfolio? Learn how to select your work, prepare files for digital portfolios, and how to sequence your work for your portfolio. This workshop is perfect for high school students preparing for college applications as well as emerging artists looking to polish their body of work. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.

1, 3-hour session at GRACE
\$15 (R)/\$25 (NR) • GRACE

December 10

Sat 6:00 p.m. – 9:00 p.m.
402638-7A

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 three 1-hour visits to the open studio. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$130 (R)/\$188 (NR) • Zoller

September 12 – November 7

(No Class: October 10)

Mon 10:00 a.m. – 12:30 p.m.
402500-7C

September 13 – November 1

Tue 7:00 p.m. – 9:30 p.m.
402500-7D

Silk Painting I

(16 years and older)

Learn the very basics of painting on silk including stretching, preparing design, transferring, resist application, color mixing and application. Students will use iron set paints so that their main focus remains on learning the techniques. Some supplies are included in the class fee. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$95 (R)/\$190 (NR) • Zahid

September 13 – November 1

Tue 10:00 a.m. – 12:00 p.m.
402636-7A

Did You Know?

55+ patrons receive a 20 percent discount on Adult Classes.

So You Want To Go To Art School

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? Come to Greater Reston Arts Center located at 12001 Market Street, Suite 103, Reston, VA. A panel of professionals will answer your questions about the art school application process and give you tips, information, and feedback on preparing your portfolio to strengthen your application to art school and help you take your art studies to the next level. After the discussion, the panelist will be available to provide important feedback on your portfolio. Panel members will include: Peter Winant, Artist and Director of George Mason University's School of Art; Foon Sham, Artist and Professor of Art at University of Maryland; and Jayne Matricardi, Artist and Art Educator with Fairfax County Public Schools.

1, 2-hour session at GRACE
Free, Registration Req. • GRACE
October 8

Sat 5:00 p.m. – 7:00 p.m.
 402521-7A

Stained Glass Ornament

(16 years and older)

Learn the basics of the Tiffany Method in stained glass while creating a lovely stained glass ornament. Tools and materials included in the class fee. All experience levels welcome.

1, 3-hour session at RCC Hunters Woods
\$80 (R)/\$160 (NR) • Damron
December 7

Wed 10:00 a.m. – 1:00 p.m.
 402653-7A

TGIF: Free Fridays

(All Ages)

Thank GRACE, it's Friday! Greater Reston Arts Center opens its doors for an evening of family art making, dramatic storytelling and exploration in the gallery that promises to excite the senses while strengthening art literacy and appreciation. This program is developed in partnership with Greater Reston Arts Center, who will lead creative arts workshops for each event. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.

1, 2-hour session at GRACE
Free, Drop-in • GRACE
November 4

Fri 5:00 p.m. – 7:00 p.m.

December 16

Fri 5:00 p.m. – 7:00 p.m.

THREAD Workshop

(16 years and older)

Thread is the new paint. This interactive fiber arts workshop is being offered in conjunction with our *THREAD* exhibit on display from December 9, 2016 - February 18, 2017. Lead by an accomplished fiber artist, you'll learn new and innovative ways to use fibers in your work. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.

1, 90-min. session at GRACE
\$35 (R)/\$45 (NR) • GRACE
December 17

Sat 9:30 a.m. – 11:00 a.m.
 402640-7A

Watercolor Studio

(16 years and older)

Whether you are a beginner or a more experienced painter, join instructor Arnold Lopes for this watercolor studio and explore your own creativity by working on individual projects and contributing to group discussions. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$85 (R)/\$148 (NR) • Lopes

September 12 – November 7
 (No Class: October 10)

Mon 7:00 p.m. – 10:00 p.m.
 402441-7B

Pricing

RCC reviews its pricing for programs and services annually. We will maintain current pricing for pool visits and passes through August, 2017 while continuing to gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services factors in the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Visual Arts

Open Ceramics Studio

(18 years and older)

The public is invited to use RCC's Ceramic Studio. Reservations are not required. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. The RCC Ceramics Studio will be closed on September 3, 7 and November 23, 26 and December 21 through January 11, 2017. Please check the Ceramics Studio calendar for additional studio times or closures

Each pass visit is one hour. The fee includes firing and glazes. Clay cost is \$15 – \$20 for 25 pounds.

Drop-in • RCC Lake Anne • Staff

\$15 (R)/\$30 (NR) Drop-in

\$36 (R)/\$72 (NR) 12-Visit Pass

September 10 – December 17

(No Lab: September 3, 7, November 23, 26, December 21– January 11)

Wed 10:00 a.m. – 2:00 p.m.

Sat 1:00 p.m. – 5:00 p.m.



Wheel Exploration

(16 years and older)

If you have been throwing for years or just have a few classes under your belt and would like to practice and refine your skills, this class is for you. Join Marianne Cordyack for this exploratory process of using the potter's wheel. Class fee includes 25 lbs of clay, firing and glazes, and three 1-hour open ceramics studio visits.

8, 2.5-hour sessions at RCC Lake Anne

\$130 (R)/\$188 (NR) • Cordyack

September 13 – November 1

Tue 7:00 p.m. – 9:30 p.m.

402639-7A

Wheel I

(16 years and older)

Learn how to work with clay and master wedging, centering, and throwing bowls "off the hump." Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$130 (R)/\$188 (NR) • Zoller

September 15 – November 3

Thu 10:00 a.m. – 12:30 p.m.

402462-7C

8, 2.5-hour sessions at RCC Lake Anne

\$130 (R)/\$188 (NR) • Saltzman

September 15 – November 3

Thu 7:00 p.m. – 9:30 p.m.

402462-7D

Wheel II

(16 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 three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$130 (R)/\$188 (NR) • Alexander

September 12 – November 7

(No Class: October 10)

Mon 7:00 p.m. – 9:30 p.m.

404210-7C

September 16 – November 4

Fri 10:00 a.m. – 12:30 p.m.

404210-7D

Wheel III

(16 years and older)

Prerequisites include being able to wedge, center, and throw an eight-inch (approximately) bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits.

8, 2.5-hour sessions at RCC Lake Anne

\$130 (R)/\$188 (NR) • Cordyack

September 13 – November 1

Tue 10:00 a.m. – 12:30 p.m.

402463-7C

Ceramic Students - Please Note:

Your three one-hour ceramic studio passes expires at the end of each season. Fall class passes expire December 31, Winter/Spring class passes expire May 31 and Summer class passes expire August 31.

Open Woodshop

(18 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a jointer, a planer, and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk. Please note, Friday sessions will not be held during the Fall season.

Drop-in • RCC Hunters Woods • Staff
\$8 (R)/\$16 (NR) Tue
\$13 (R)/\$26 (NR) Sat

September 6 – December 20

Tue 6:00 p.m. – 10:00 p.m.
Sat 9:00 a.m. – 5:00 p.m.



Basic Hand Tools

(18 years and older)

Through building a few simple projects in this introductory course, students will learn the proper use of hand tools to become a better woodworker while reducing noise and dust. Safety is a primary concern and is covered in detail for each tool. Students can apply the skills learned in this course to build a project of their choosing during the Open Woodshop hours. All materials and supplies are included in the fee. Students must provide their own safety equipment (eye, noise and dust protection) for the course.

Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods
\$135 (R)/\$190 (NR) • Staff

December 1 – December 22

Thu 6:30 p.m. – 9:30 p.m.
 102381-7A

Basic Machine Tools

(18 years and older)

Students learn to use shop tools by building a simple project. Through building a simple project in this introductory course, students learn the use of many of the more common power tools available in the RCC woodshop. Safety is a primary concern and is covered in detail for each tool. Students can then apply the skills learned in this course to build a project of their choosing during the RCC Open Woodshop hours. All supplies and materials are included in the class fee. Students must provide their own safety equipment (eye, ear and dust protection) for the course.

Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods
\$140 (R)/\$195 (NR) • Staff

November 7 – November 28

Mon 9:30 a.m. – 12:30 p.m.
 105561-7B



Woodworking

Introduction to Bandsaw Box Making

(18 years and older)

Learn the skills necessary to make unique bandsaw boxes especially suitable for gifts and provide an excellent use for small, attractive chunks of wood. Most wooden boxes are basically square or turned. With a bandsaw, a box can become any shape your imagination desires. Knob handles, and drawer flocking can add to a high quality box for jewelry or knick-knacks. They're pretty easy to make, provided you do the work in the right sequence. We lay out the whole process, step by step. The course will cover the elements of box design, selection of woods, stock preparation, layout and sawing. In the process of making your wooden boxes, you will develop basic woodworking skills and learn appropriate tool use to make precise cuts and assemble your box while developing a strict sense of safety in the woodshop. These projects will develop a foundation that will allow you to continue to increase your woodworking skills and complete more complex wooden boxes in the future. All supplies and materials are included in the class fee. Students must provide their own safety equipment (eye, noise and dust protection) for the course.

Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods \$95 (R)/\$143 (NR) • Ingram

September 26 – October 17

Mon 6:30 p.m. – 9:30 p.m.
105963-7B

October 27 – November 17

Thu 6:30 p.m. – 9:30 p.m.
105963-7C

Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on specific dates to allow Cub Scouts to work on Pinewood Derby projects from December through February. Each Den may register for up to two sessions. A Den must register under the Den Leader's name and pay the flat fee upon registration for a minimum of six participants and a maximum of twelve. 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. Registration is required; no walk-ins.

1, 2-hour session at RCC Hunters Woods \$55 (R)/\$110 (NR) • Staff

December 12

Mon 5:30 p.m. – 7:30 p.m.
101003-7A

December 12

Mon 7:30 p.m. – 9:30 p.m.
101003-7B

December 16

Fri 6:00 p.m. – 8:00 p.m.
101003-7C

December 19

Mon 5:30 p.m. – 7:30 p.m.
101003-7D

December 19

Mon 7:30 p.m. – 9:30 p.m.
101003-7E

Shaker Side Table

(18 years and older)

Measuring 18" x 18" x 27", this cherry side table is one of the most universal pieces of Shaker furniture. It can be used next to a reading chair or couch, in a hallway to hold a lamp, or next to a bed to hold the alarm clock. With its small drawer, it even offers some storage space. This project is ideal for the beginning or intermediate woodworker. The classic understated Shaker design is attractive yet not so difficult to build even for someone new to woodworking. All materials and supplies are included in the fee. Students must provide their own personal safety equipment (eye, noise and dust protection) for the course.

Level I Beginner: Easy project with basic skill development.

5, 3-hour sessions at RCC Hunters Woods \$125 (R)/\$183 (NR) • Harrington

September 22 – October 20

Thu 6:30 p.m. – 9:30 p.m.
104124-7A

Level I Beginner:

Easy project with basic skill development.

Level II Intermediate:

More challenging project that develops advanced skills. Student should have completed at least two Beginner level classes.

Level III Advanced:

Difficult project; will challenge the Level II Intermediate student.

55+ Programs

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55+ Discussion

Looking for 55+ Computer Classes?

Turn to page 115-118.
They are now located in our
new Technology section.

Bookends

(55 years and older)

Bookends will meet on the fourth Thursday to engage in a lively discussion of a variety of books selected by Bookends participants - fiction, non-fiction, memoirs, history, and both classic and current titles. Bring a bag lunch; hot tea, coffee, and cookies are provided. Books are on reserve at the Reston Regional Library; please ask for the Bookends selection at the Checkout Desk. Please note that the November session will be the third Thursday.

- September 22: *Midnight in the Garden of Good and Evil* by John Berendt
- October 27: *My Name is Mary Sutter* by Robin Oliveira
- November 17: *Orphan Train* by Christine Baker Kline
- December 22: *The Secret Keeper* by Kate Morton

**4, 90-min. sessions at RCC Hunters Woods
Free, Drop-in • Staff**

**September 22, October 27,
November 17, December 22**

Thu 12:30 p.m. – 2:00 p.m.



Crafts

Knitting Circle

(55 years and older)

Come join this RCC instructor-led knitting circle. Share ideas and expertise while chatting with new and old friends, and bring a new or existing project. Beginners, as well as advanced knitters, are encouraged to attend.

**90-min. sessions at RCC Hunters Woods
\$48 (R)/\$72 (NR) • Everett**

September 12 – November 9

Mon, Wed 10:00 a.m. – 11:30 a.m.
500204-7A

Current Issues Discussion Group

(55 years and older)

Interested in politics, how government works, world affairs or local events? Join this lively gathering and be prepared to debate and solve world and local problems. Newcomers are welcomed and encouraged to attend.

**15, 2-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

September 15 – December 29

(No Class: November 24)

Thu 10:00 a.m. – 12:00 p.m.

Avoid Waitlists and Cancellations

We often encounter patrons who are frustrated when they have to be waitlisted for our "full" classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.



55+ Community Resource Directory

Older adults in Reston have many options for their enrichment and support. The organizations listed provide services to area seniors. Please refer to this for your one-stop information needs.

Reston Community Center (RCC)

RCC Hunters Woods, 2310 Colts Neck Road, Reston, VA
RCC Lake Anne, 1609-A Washington Plaza, Reston, VA
703-476-4500 • RCCContact@fairfaxcounty.gov
www.restoncommunitycenter.com

The creator of the *Peanuts* comic strip once said, "Life is like a ten-speed bike. Most of us have gears we never use." At RCC, you can get all your gears moving and exercise your full potential by participating in an exciting array of activities to enrich your leisure lifestyle: develop and refine a skill, explore your creative side, and discover new places. The variety is amazing and there is something for everyone here.

Reston Association (RA)

12001 Sunrise Valley Drive, Reston, VA
703-435-6530 • www.reston.org

Discover exciting trips, tours and events for senior adults with the Reston Association. The 55+ Advisory Committee meets the second Tuesday of the month and advises the RA Board on how to enhance the general welfare and well-being of RA's 55+ community through the promotion and support of Association programs and leisure services.

Cornerstones, Inc.

11150 Sunset Hills Road, Suite 210, Reston, VA
571-323-9555 • www.cornerstonesva.org

Cornerstones is a nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.

Dulles Chapter of the AARP

Meets at Herndon Senior Center
www.aarpdulles.org

The chapter operates as a civic club serving the Northern Virginia community through education and volunteerism.

Fairfax County Services for Older Adults

703-324-7948, TTY 711

www.fairfaxcounty.gov/dfs/olderadultservices/

This County agency coordinates a variety of programs and services including Seniors on the Go, Fairfax Area Commission on Aging and Fastran. Call the Aging, Disability and Caregiver Resources Line above Monday through Friday, 8:00 a.m. – 4:30 p.m.

Herndon-Reston FISH, Inc.

703-391-0105 • www.herndonrestonfish.org

FISH, Inc. (Friendly, Instant, Sympathetic Help) is a volunteer, non-sectarian, nonprofit organization dedicated to helping people with rent, , furniture, utilities, medical items (including prescriptions) and other short-term emergency needs. Call the Assistance Line above Monday through Friday, 10:00 a.m. – 4:00 p.m.

Herndon Senior Center

873 Grace Street, Herndon, VA
703-464-6200 • www.herndonseniorcenter.org

This community-based senior center provides the 55+ community with a continuum of services in a supportive environment. Services are designed to be prevention- and intervention-oriented to meet the social, physical, emotional, and intellectual needs of the older adult.

Osher Lifelong Learning Institute (OLLI)

703-503-3384 • olli@gmu.edu • www.olli.gmu.edu

OLLI at George Mason University offers intellectual and cultural experiences in a welcoming atmosphere to Northern Virginia residents in their retirement years. Enjoy access to unlimited courses with no homework, no exams, no required college degree and no age threshold.

RCC Rides

703-390-6198 • ali.clements@fairfaxcounty.gov
www.restoncommunitycenter.com/RCCRides

RCC Rides provides free door-to-door transportation for Small District 5 residents ages 55+ traveling to activities held at Reston Community Center and for essential needs such as medical or dental appointments, shopping, personal care and banking. Rides are not available for non-essential needs such as getting to and from the airport.

Reston for a Lifetime

703-672-1116 • aginginreston@gmail.com
www.restonforalifetime.com

Reston for a Lifetime partners with local organizations to implement creative ideas to make our community an even better place to live, work and play.

Reston Useful Services Exchange (USE)

703-873-7578 • RestonUSETimeBank@gmail.com
www.restonuse.org

Reston USE is a neighbor-to-neighbor intergenerational time bank "exchange" system with membership open to people who live or work in Reston or Herndon. USE connects people with various needs and others who can meet those needs on a volunteer basis.

Shepherd's Center of Oakton-Vienna

541 Marshall Road, SW, Vienna, VA
703-281-0538 • office@scov.org • www.scov.org

The Shepherd's Center is a volunteer-based organization dedicated to promoting and supporting purposeful, independent living for mature adults.

55+ Enrichment

AARP Smart Driver

(50 years and older)

This two-day workshop, conducted by an AARP instructor, teaches defensive driving to adults ages 50 and older. Upon successful completion of this course, participants may be entitled to a discount on their car insurance. A check payable to AARP for \$15 (AARP members) or \$20 (non-members) is due to the instructor on the first day of class. AARP members must present their membership card to the instructor. Participants should bring a lunch for a midday break or enjoy one of the restaurants in the shopping center.

**2, 5-hour sessions at RCC Hunters Woods
Free, Registration Req. • Young**

November 1 – November 3

Tue, Thu 10:00 a.m. – 3:00 p.m.
505537-7A

Balance, Balance, and More Balance

(55 years and older)

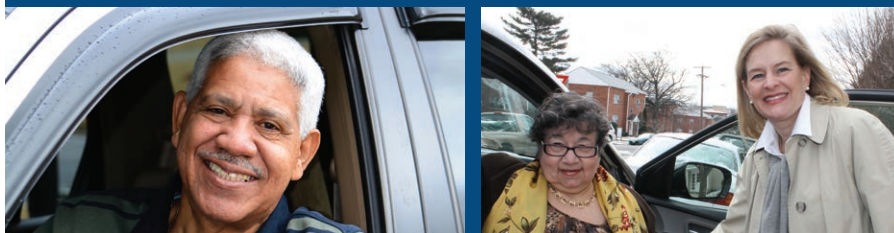
This one-hour interactive workshop teaches the importance of good balance, tests balance skills, and offers simple ways to practice and improve. As we age, practicing balance is one of the most critical components to reducing the risk of falls and potential injuries. The instructor, who has more than 30 years of experience in this field, will teach techniques drawn from the practices of Tai Chi, physical therapy, sports, and fitness.

**1, 90-min. session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • McMahon**

October 14

Fri 1:00 p.m. – 2:30 p.m.
500509-7A

NEED A RIDE?



RCC Rides is a FREE door-to-door transportation to Reston adults ages 55 years and older who are no longer comfortable driving.

1. Complete and submit the Rider Application and the Demographic Survey before requesting a ride.
2. Request a ride at least one week in advance by calling 703-390-6198.

RCC Rides provides rides for activities held at Reston Community Center and for essential needs such as medical or dental appointments, shopping, personal care and banking. Rides are not available for non-essential needs such as getting to and from the airport.

**Download Rider Applications:
www.restoncommunitycenter.com/RCCRides**



If you need forms mailed to you or would like additional information about the program, please contact Ali Clements, RCC Rides Coordinator, at 703-390-6198 or Ali.Clements@fairfaxcounty.gov.

Caregiver Workshop

(55 years and older)

This class will provide caregivers and adult children (who have a parent needing help) some simple tools to prepare for and manage the difficult job of caregiving. This course will discuss which papers are important and why you need them, what to save and what to shred, and when to share information with others. Attendees will receive a copy of the best-selling book, *MemoryBanc: Your Workbook for Organizing Life*. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

**1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$30 (NR) • Bransford**

October 15

Sat 10:00 a.m. – 12:00 p.m.
500504-7A

Free Stuff and Services in Fairfax County

(55 years and older)

Fairfax County has many services for seniors that are underutilized. Pat Williams, a senior advocate, will inform participants of the services available to seniors in Fairfax County, whom to call, and which services are free.

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

December 15

Thu 11:00 a.m. – 12:00 p.m.
500271-7A



Hearing Aids: Beware & Be Wise

(55 years and older)

Participants will learn the mechanics of hearing and why we experience hearing loss, the emotional impact of hearing loss and wearing hearing aids, and the impact on communication with loved ones. Students will also learn the difference between an audiologist and a hearing instrument specialist, learn about the hearing evaluation and how to interpret an audiogram, as well as the types and styles of hearing aids, costs, and insurance options. Use of a personal amplifier, and a TV listening system will be demonstrated. The Technology Assistance Program, which provides free telecommunications and alerting devices to income-qualified individuals, will be explained. This class is led by Bonnie O'Leary, Director of Community Outreach Programs for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req. • O'Leary**

September 27

Tue 10:00 a.m. – 11:00 a.m.
500475-7A

How to Ride the Bus

(55 years and older)

Join us for an innovative transportation experience to become familiar with the regional transit systems. The bus, called MATT (Mobile Accessible Travel Training), is used to educate older adults. Through a hands-on learning experience, participants will be taught "travel training" tips, such as reading the bus schedules and route maps, paying fares, loading SmarTrip cards, and signaling the driver to stop. The bus will stop at the Wiehle-Reston East Metro to allow passengers to experience these points.

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

October 6

Thu 1:30 p.m. – 4:30 p.m.
500109-7B

55+ Enrichment

Identity Theft Protection

(55 years and older)

Each year the number of seniors who are subject to identity theft increases. From Social Security numbers, credit cards, mail and phone fraud to online accounts and ATM skimming, thieves are after information. Learn to safeguard your identity from paper records to electronic accounts. Participants will receive a checklist to use to review protection of critical information.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • O'Connell

December 9

Fri 1:30 p.m. – 4:00 p.m.
500366-7A

Learn to Play Mah Jongg

(55 years and older)

Learn to play the ancient Chinese game of Mah Jongg in a traditional setting (up to four players per game). This fun and challenging activity stimulates the mind. Materials are included in the registration fee. Class will be held September 7, 8, 14, and 15; and November 7, 8, 14, and 15.

4, 2.5-hour sessions at RCC Hunters Woods
\$42 (R)/\$63 (NR) • Coshland

September 7 – September 15

Wed, Thu 1:00 p.m. – 3:30 p.m.
505540-7A

November 7 – November 15

Mon, Tue 9:00 a.m. – 11:30 a.m.
505540-7B

Life Reimagined: A Check Up

(55 years and older)

"What's Next?" Life Reimagined empowers you to plan your next move. Reimagine life's possibilities; envision, evaluate, and make your vision a reality. This class is a workshop led by an AARP instructor.

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

September 14, November 16

Wed 10:00 a.m. - 12:00 p.m.
500445-7A

Making Caregiving Manageable

(55 years and older)

Learn how to manage all of the practical and legal details involved when serving as a caregiver for a loved one. This class 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 a caregiver may be responsible for. 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
\$5 (R)/\$10 (NR), Registration Req. • Hurme

November 17

Thu 2:00 p.m. – 4:00 p.m.
500490-7A

Medicare 101

(55 years and older)

Medicare 101 training is for individuals who will soon be eligible for Medicare and who want to learn about their options. The session will provide an overview of the many components of 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. Bill Vaughn of the Virginia Insurance Counseling and Assistance Program will guide participants through the complex system of filing for Medicare. Appointments will be taken at this session for Part D application assistance on October 21 at RCC Hunters Woods from 10 a.m. – 2 p.m.

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

October 14

Fri 10:00 a.m. – 11:30 a.m.
500402-7A

Avoid Waitlists and Cancellations

We often encounter patrons who are frustrated when they have to be waitlisted for our "full" classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.

Reston Presents

(18 years and older)

Reston Presents is a bi-monthly lecture and presentation series that highlights the multifaceted talents of Reston residents. Topics include anything from cooking demonstrations to stories from war veterans and book signings with local authors. Reston Presents is sponsored by Reston Association and Reston Community Center.

All presentations are free.



Reston Presents – Traditional Chinese Arts and Culture: What You Might Not Know

Monday, September 12 • 7:00 p.m. – 9:00 p.m.

What comes to mind when mentioning Chinese culture? Kung-fu, dragon dancing or maybe even Chinese food? These are some of the most well-known cultural elements to people in the West. However, the essence of traditional Chinese culture and arts is much richer and more profound. This workshop will give audience members an insightful perspective. Through photo slides and video, Dong Xiang will discuss: the essence of Chinese culture and its traditional values; how and why it was nearly lost; the unfolding of a renaissance of traditional Chinese culture and the driving force behind it.

1, 2-hour session at RCC Lake Anne • Free, Registration Req. • 500512-7A



Reston Presents – *The Street Smart Senior*

Monday, November 14 • 7:00 p.m. – 9:00 p.m.

The Street Smart Senior, which addresses frauds and scams, is the Virginia Commonwealth's Office of the Attorney General's most requested community outreach presentation. The presentation provides information regarding current and trending frauds/scams that are happening within our communities, important ways for individuals to prevent becoming a victim, and information on available community and state-level resources. Participants will have an opportunity to discuss or ask specific questions about frauds and scams and will be provided with free educational resources and promotional items from the Office of the Attorney General. Michele Leith, Community Outreach Coordinator of the Office of the Attorney General, will present this valuable information.

1, 2-hour session at RCC Lake Anne • Free, Registration Req. • 500511-7A

For more information, to learn about future programs, or to volunteer to be a presenter, please contact the RCC 55+ Program Director at 703-390-6157 or the Reston Association Specials Events Director at 703-435-6577.

55+ Enrichment

Medicare and Medigap Explained

(55 years and older)

Participants will learn about Medicare Parts A, B, C (also known as Medicare Advantage) and Part D, including important enrollment rules, what each part covers, and the costs. Medicare doesn't cover all bills, and Medigap (supplemental insurance) only covers some gaps. Long Term Care Insurance, another effective supplement to Medicare, will also be discussed.

**1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Fricker**

October 25

Tue 9:30 a.m. – 11:30 a.m.
500156-7A

Memoir Writing I

(55 years and older)

The basic tenets of writing memoirs are the focus of this course. Participants will explore useful writing topics during lively and supportive sessions, and between classes students will compose articles to read aloud and receive comments from classmates during the next session. Writers see the tangible results of their efforts in a printed and bound copy of their work provided at the end of the session. To ensure that all students are heard, class size is limited to eight.

**8, 2.5-hour sessions at RCC Hunters Woods
\$72 (R)/\$111 (NR) • Mudd-Krijgelmans**

September 12 – November 14

(No Class: October 10, November 7)

Mon 10:00 a.m. – 12:30 p.m.
505525-7A

Music

Encore Chorale of Reston for Singers 55+



**Tuesdays • September 6 – December 13
2:00 p.m. – 3:30 p.m.**

Love to sing? Under the direction of Reston Chorale conductor David Lang, join fellow singers in a chorale setting. Learn proper breathing and vocal technique as you are guided through weekly rehearsals of a challenging repertoire of four-part singing. Singers may be seated for rehearsals and performances. There is no audition required. Participation will result in performances with other area Encore Chorales for a final performance. Cost of program includes music and practice CD.

15, 90-min. sessions at RCC Hunters Woods • \$185 (R)/\$320 (NR) • 402615-7A

Memoir Writing II

(55 years and older)

Building on the foundation of Memoir Writing I, this course delves further into key topics, such as form, style, and voice. To mold and frame the catalog of memories into one engaging tale, writers are advised to follow a story structure. It is the support of the group and its encouraging energy that will keep everyone motivated and on task. Those in the class may be working on their first draft, while others are

on their final version. The different levels and viewpoints discussed provide tremendous support for each participant. To ensure that all students are heard, class size is limited to eight. Prerequisite: Memoir Writing I or instructor permission.

**8, 2.5-hour sessions at RCC Hunters Woods
\$72 (R)/\$111 (NR) • Mudd-Krijgelmans**

September 14 – November 16

(No Class: October 12, November 9)

Wed 10:00 a.m. – 12:30 p.m.
504991-7A

Money Talk: Financial Guidance for Women

(55 years and older)

Empowered, knowledgeable women make smart financial choices. This class will provide the information needed to take charge of finances to achieve personal goals, and participants will learn important financial terminology and strategies. Class fee includes a financial workbook. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

5, 2-hour sessions at RCC Hunters Woods \$50 (R)/\$75 (NR) • Black

October 4 – November 1

Tue 10:00 a.m. – 12:00 p.m.
500419-7A

Musical Games

(55 years and older)

Music can trigger forgotten memories, reduce anxiety, and promote better health and a higher level of mental functioning. Participants will enjoy different musical games each month and learn the benefits of music. Class meets the second Thursday of the month.

4, 60-min. sessions at RCC Hunters Woods \$10 (R)/\$15 (NR) • Reese

September 8 – December 8

Thu 10:00 a.m. – 11:00 a.m.
500474-7A

Ready & Resilient: Prepare for Emergencies

(55 years and older)

This class will provide an overview of the threats that face residents of Fairfax County and the best strategies to prepare for emergencies. The topics covered will include: making a plan, having a kit, staying informed, and getting involved.

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

October 11

Tue 10:00 a.m. – 11:30 a.m.
500446-7A

Ready to Retire? Creating a Successful Retirement Lifestyle

(55 years and older)

Thinking of retiring in the next few years? This interactive workshop will explore what retirement means, and how to disengage from work and transition to your retirement career. Participants will explore this life change and how to make the transition, how relationships may be affected by the transition, how to maintain good health, how to discover new leisure activities and continued personal growth, how to re-purpose your skills and talents, and where to live. The class will offer learning activities and enriching group discussions, and students will take away valuable resources that will assist in retirement planning after the session.

1, 3-hour session at RCC Hunters Woods \$10 (R)/\$15 (NR) • Cascio

October 8

Sat 9:00 a.m. – 12:00 p.m.
500476-7A

Save or Shred?

(55 years and older)

Many of us are overwhelmed with all the information we keep in our heads, on our phones, in file cabinets, and in safe deposit boxes. Attendees will learn: what to save and what to shred; which documents are important and why they should be organized; when and how to share this information with loved ones; and how to tackle your piles of papers. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods \$5 (R)/\$10 (NR) • Bransford

November 4

Fri 10:00 a.m. – 12:00 p.m.
500506-7A

Say the Right Thing During Stressful Times

(55 years and older)

Ever wonder how to say the right thing during emotional situations? Pat Williams, a senior advocate and businesswoman, has years of experience helping families and individuals. Participants will learn how to communicate with one another during highly stressful and emotional times and will learn the best coping strategies. The class is for educational purposes only; there will be no solicitation of the attendees.

1, 60-min. session at RCC Hunters Woods \$5 (R)/\$10 (NR) • Williams

December 13

Tue 11:00 a.m. – 12:00 p.m.
500336-7A

55+ Enrichment

Social Security: What You Need to Know Today & Tomorrow

(55 years and older)

Social Security is the key to financial security in retirement now and will continue to be in the future. This workshop will provide information about expected benefits, and how and when to claim benefits you have earned. Participants will also learn about benefits for spouses and children, and the benefits available in the event of disability before retirement. How continuing to work after you claim benefits affect the benefits? Will benefits be there in the future? What impact will proposed changes have on future benefits? The class is for educational purposes only; there will be no solicitation of the attendees. The instructor is an expert on Social Security from AARP.

**1, 2-hour session at RCC Hunters Woods
Free, Registration Req. • Multop
September 22**

Thu 10:30 a.m. – 12:30 p.m.
500486-7A

October 6

Thu 6:30 p.m. – 8:30 p.m.
500486-7B

Understanding Estate Planning Documents

(55 years and older)

Estate Planning documents are important during life, not just after death. Wills, Powers of Attorney, and Advance Medical Directives play different roles. Some of these legal tools determine to whom belongings go; they also guide medical care and can determine medical intervention in the event of incapacity. It is important to distinguish among the documents, to learn how they are implemented, and to define what the obligations are for the Executor, Trustee or Financial and Healthcare Power of Attorney. Participants will also learn what can happen if there is no estate plan. 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
\$5 (R)/\$10 (NR) • Fricker**

October 18

Tue 9:30 a.m. – 11:30 a.m.
500240-7A

What & Where, Who Knows?

(55 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 an elder law attorney and award-winning author. 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
\$5 (R)/\$10 (NR) • Hurme**

November 3

Thu 2:00 p.m. – 4:00 p.m.
500488-7A

When a Loved One Dies

(55 years and older)

Participants will learn how to manage all of the practical and legal details that follow the death of a family member. Taught by an elder law attorney and award-winning author. 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
\$5 (R)/ \$10 (NR) • Hurme**

November 10

Thu 2:00 p.m. – 4:00 p.m.
500489-7A



55+ Drop-in Fitness



Hi/Lo & Strength

(55 years and older)

This comprehensive class includes a warm up and stretching session with 30 minutes of aerobics and 30 minutes of weight and resistance training. Bands and weights will be provided when necessary. Please purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR) and swipe it at the Customer Service Desk before class begins.

**60-min. sessions at RCC Lake Anne
Pass • Dantonio**

September 12 – December 14

Mon, Wed 10:00 a.m. – 11:00 a.m.

**60-min. sessions at RCC Lake Anne
Pass • Rook**

September 16 – December 16

(No Class: November 25)

Fri 10:45 a.m. – 11:45 a.m.

Strength Training for Seniors

(55 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 abdominal. Students will use tubes, weights and the stability ball during this hour-long class. The last 10 to 15 minutes is spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats. Please purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR) and swipe it at the Customer Service desk before each class begins.

**60-min. sessions at RCC Lake Anne
Pass • Dantonio**

September 13 – December 15

(No Class: November 24)

Tue, Thu 9:00 a.m. – 10:00 a.m.

Zumba Gold

(55 years and older)

This course is specially designed for the active older adult by modifying the Zumba format, moves, and pacing to better suit the needs of the participant. Zumba is known for: the zesty Latin music such as salsa, merengue, cumbia and reggaeton; the exhilarating easy to follow movements; and the invigorating, party-like atmosphere. Please purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR) and swipe it at the Customer Service desk before class begins.

**45-minute sessions at RCC Lake Anne
Pass • Avilov**

September 14 – December 14

Wed 9:00 a.m. – 9:45 a.m.

**60-min. sessions at RCC Lake Anne
Pass • Avilov**

September 16 – December 16

(No Class: November 25)

Fri 9:30 a.m. – 10:30 a.m.

Drop-In Classes

Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the drop-in Seniorcize pass series. Participants must purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR) and bring the pass to every class, and swipe it at the Customer Service Desk prior to the start of each class. All Seniorcize land aerobics passes expire two years from the date of purchase.

55+ Fitness

Fitness Fusion

(55 years and older)

Tone and firm the entire body while improving cardiovascular health, strength and flexibility. Participants will utilize a mixture of equipment to keep the body guessing what comes next. This class will excite participants and keep them out of a fitness rut. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor.

12, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$98 (NR) • Beville

September 13 – November 29

Tue 11:00 a.m. – 12:00 p.m.
300014-7B

Gentle Movement

(55 years and older)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Class can be performed standing or seated in a chair while focusing on gentle movements increasing flexibility, balance and coordination. Please bring water to class and wear supportive footwear.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$100 (NR) • Beville

September 23 – December 16

(No Class: November 25)

Fri 10:30 a.m. – 11:30 a.m.
306106-7A

Gentle Yoga

(55 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor. Please bring a blanket, pillow, or beach towel to class.

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Hill

September 12 – November 2

Mon, Wed 9:45 a.m. – 10:45 a.m.
304995-7B

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/ \$90 (NR) • Green

September 20 – October 27

Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-7C

10, 60-min. sessions at RCC Lake Anne
\$50 (R) / \$75 (NR) • Green

November 8- December 22

(No Class: November 10, November 24, November 29, December 1)

Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-7D

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Hill

November 14 – December 21

Mon, Wed 9:45 a.m. – 10:45 a.m.
304995-7E

Gentle Yoga II

(55 years and older)

This class is a continuation of Gentle Yoga, designed for senior adults. Participants will be introduced to new poses and poses will be held longer to facilitate increased strength, flexibility or balance. Participants must have completed at least one session of Gentle Yoga or have instructor's permission to register. Please bring a blanket or large towel to class.

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Hill

September 12 – November 2

Mon, Wed 11:00 a.m. – 12:00 p.m.
398523-7B

12, 75-min. sessions at RCC Lake Anne
\$ 68 (R)/\$ 102(NR) • Green

September 20 – October 27

Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-7C

10, 75-min. sessions at RCC Lake Anne
\$56 (R)/\$84 (NR) • Green

November 8 – December 22

(No Class: November 10, November 24, November 29, December 1)

Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-7D

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$90 (NR) • Hill

November 14 – December 21

Mon, Wed 11:00 a.m. – 12:00 p.m.
398523-7E

Attention 55+ Fitness Students

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

55+ Fitness

Joint-Friendly Fitness

(55 years and older)

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

12, 60-min. sessions at RCC Lake Anne
\$66 (R)/\$100 (NR) • Fletcher

September 19 – October 31

(No Class: October 10)

Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-7B

10, 60-min. sessions at RCC Lake Anne
\$55 (R)/\$84 (NR) • Fletcher

November 14 – December 14

Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-7C

Outdoor Fitness with Jody

(55 years and older)

A fun and challenging outdoor class that will include walking around Lake Anne while incorporating cardio, stretching, strengthening, and toning movements. Led by instructor, Jody Rook, this class is sure to get your heart pumping while you enjoying the great outdoors. Participants must be comfortable going up and down stairs and using a mat for floor exercises. Please wear appropriate athletic shoes and bring water.

6, 60-min. sessions at RCC Lake Anne
\$32 (R)/\$48 (NR) • Rook

September 13 – October 18

Tue 10:00 a.m. – 11:00 a.m.
305029-7A



Slow Flow Hatha Yoga

(55 years and older)

Slow Flow Hatha Yoga introduces fluidity in movement and breathing. Class begins with centering and warm-ups, then moves to a soft vinyasa (flowing sequence-movement with breath). The session ends with a period of cooling through stretching and deep relaxation (savasana). Modifications and props are available to assist with flexibility. Slow Flow Hatha Yoga is appropriate for those who have some yoga experience and are developing an understanding of breath, body awareness and control.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$90 (NR) • Hagaman

September 13 – October 20

Tue, Thu 1:15 p.m. – 2:15 p.m.
300169-7A

November 1 – December 13

(No Class: November 24)

Tue, Thu 1:15 p.m. – 2:15 p.m.
300169-7B

Strength & Conditioning

(55 years and older)

The exercises performed in class will increase strength of the entire body 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.

6, 60-min. sessions at RCC Lake Anne
\$30 (R)/\$45 (NR) • Botts

September 14 – October 19

Wed 6:30 p.m. – 7:30 p.m.
300145-7A

November 9 – December 14

Wed 6:30 p.m. – 7:30 p.m.
300145-7B

55+ Patrons

Register for any Fitness class on pages 73-77 and receive a 20 percent discount.

55+ Fitness

Tai Chi Chuan – Eight Ways

(55 years and older)

Learn eight simple movements derived from the Tai Chi Yang Style Short Form by Master Cheng Man Ching. Each movement is a separate and complete unit that can be practiced by itself, independently of the others, and conveys all the benefits of Tai Chi. Emphasis is on balance, relaxation and ease of movement.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$90 (NR) • Smyers

September 13 – October 20

Tue, Thu 11:30 a.m. – 12:30 p.m.
306025-7A

Tai Chi Yang Style Short Form

(55 years and older)

The beginning level of Cheng Man Ching's Short Form is taught with special attention to principles learned in the Tai Chi Chuan – Eight Ways class. An emphasis on relaxation and enjoyment enhance the process of learning for improved health and well-being. Prior experience in Tai Chi Chuan – Eight Ways class is beneficial, but not required, before registering for this class.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Smyers

November 1 – December 13

(No Class: November 24)
Tue, Thu 11:30 a.m. – 12:30 p.m.
306010-7A

Tai Chi Yang Style Short Form – Continuing

(55 years and older)

This ongoing class of Cheng Man Ching's Short Form is taught with special attention to basic principles of movement such as straightness, balance, strength of the legs, and moving from the center. Instructor approval is required for the Continuing level class.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$90 (NR) • Smyers

September 13 – October 20

Tue, Thu 10:15 a.m. – 11:15 a.m.
306011-7A

November 1 – December 13

(No Class: November 24)
Tue, Thu 10:15 a.m. – 11:15 a.m.
306011-7B



Sunday Afternoon Dances

(18 years and older)

October 9, November 13, December 11

2:30 p.m. – 4:30 p.m.

(Please note: There will be no dance in September due to construction in the Community Room.)

Dancers of all skill levels are welcome to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Three mini lessons, door prizes and light refreshments add to the fun; partners are not required. Cost is per session and payable at the door. For more information, please contact Karen Brutsché, 55+ Program Director at 703-390-6157.

3, 2-hour sessions at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Staff

55+ Language



Avoid Waitlists and Cancellations

We often encounter patrons who are frustrated when they have to be waitlisted for our “full” classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.

Pricing

RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC’s commitment to price within a range that both acknowledges the special tax paid by Reston for RCC offerings and facilities and our competitive context of other similar public agencies that offer like programs. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Conversational English

(55 years and older)

This class is geared for senior students who are proficient in English but who would benefit from practicing conversational skills with other students in a friendly and supportive setting.

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

September 13 – November 1

Tue 2:00 p.m. – 3:00 p.m.

500399-7A

ESL I

(55 years and older)

This class will help non-English speaking students learn English in a friendly, supportive environment.

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

September 15 – November 3

Thu 1:00 p.m. – 2:00 p.m.

505533-7A

ESL II

(55 years and older)

This class is designed for students who have already participated in a beginning level ESL class or who have rudimentary English skills.

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

September 15 – November 3

Thu 2:00 p.m. – 3:00 p.m.

505565-7A

ESL III

(55 years and older)

This class is for senior students who are more fluent in English but who would benefit from advanced grammatical studies and more attention to advanced conversational skills.

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

September 13 – November 1

Tue 1:00 p.m. – 2:00 p.m.

505534-7A

A New Look at the Old Dominion

(55 years and older)

The history of Virginia's leadership in the formation of our nation to the Commonwealth's decline and secession and its emergence as a modern state has been explored, romanticized, and debated. Examine the latest scholarship on the state's history through lecture, discussion and recommended readings. You will gain a better understanding of the Commonwealth of Virginia. Delegate Ken Plum is one of the founders of OLLI and a popular leader of courses on Virginia's history and government. He is a native Virginian who holds degrees from Old Dominion University and the University of Virginia. His weekly commentary appears in local media and in his electronic newsletter, *Virginia E-News*. He is the longest-serving member of the Virginia House of Delegates.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$30 (NR) • Plum

September 21 – October 12

Wed 9:40 a.m. – 11:05 a.m.
500480-7A

Caregiving Wisdom from an Ancient Sage

(55 years and older)

This is a lecture on the Chinese philosophy of elder care and its relevance to today's world. Confucius' teachings on filial piety, the foundation of Chinese culture, contain nuggets of universal wisdom. Veronica Li will talk about her experience caring for her aging parents. As a Chinese daughter, she'd been raised with the belief that she had to love and care for her parents above all else. After they passed away,

she was haunted by the question: Had she done enough for them? And what is enough? Veronica wrote about her experience in a novel called *Confucius Says*. To put the story in cultural context, she read *Confucius' Classic of Filial Piety*. To her surprise, Confucius says the first rule of filial piety is to take care of ourselves. He also lays out the basic principles of caregiving. The ultimate goal of filial piety, he says, is to bring out the goodness in us. Veronica, a resident of Vienna, VA, was a journalist and later an officer of the World Bank. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 85-min. session at RCC Lake Anne
\$8 (R)/\$16 (NR) • Li

September 21

Wed 2:15 p.m. – 3:40 p.m.
500481-7A

Gilbert & Sullivan, Part III

(55 years and older)

The Mikado was the culmination of Gilbert & Sullivan's work but had the most improbable of origins. G&S had been stuck for an idea for a new project. Gilbert was pacing around his home when a Japanese ceremonial sword fell off a wall. Inspired by the incident, he set to work and brought the story to Sullivan. The result was the tale of a Japanese prince, Nanki-Poo, who is on the run from an arranged marriage. Participants will view a film version of the operetta. Kenny Baker of Jack Benny radio-show fame stars as Nanki-Poo, in this Hollywood Technicolor film, made in 1938, along with the principals and chorus of the D'Oyly Carte Opera Company. Dr. James W. Keefe

is a former choral music teacher, high school principal, university professor of education and a national educational association director of research. He received his doctorate in educational curriculum and research from the University of Southern California in 1973 and retired from the National Association of Secondary Principals in 1995. He has conducted high school and college choruses as well as church and boys' choirs. He is a current member of the Reston Chorale in which he sings tenor and arranges some of the music for the group.

1, 85-min. session at RCC Lake Anne
\$8 (R)/\$16 (NR) • Keefe

September 28

Wed 2:15 p.m. – 3:40 p.m.
500482-7A

History of the Supreme Court

(55 years and older)

Since its first session in 1790, the U.S. Supreme Court has risen from a body with little power and prestige to become the most powerful and prestigious judicial institution in the world. Its decisions have profoundly shaped not only American law but also our society, as the nation has grown dramatically in population, geographical expanse and racial and ethnic diversity. We will examine how the court has acted on such diverse issues as federal and state power, economic regulation, slavery and segregation, political protest, religion, abortion, gay rights, and take a look at what's happening at the court today. Ben Gold has a BA in political science from Stanford University and earned an

MS in computer science. He has served as a docent at the Supreme Court for the past 15 years.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$30 (NR) • Gold

October 19 – November 9

Wed 9:40 a.m. – 11:05 a.m.
500483-7A

Impact of Television on Elections

(55 years and older)

This course will trace the evolution of television coverage and its influence on presidential elections since 1960. Particular attention will be paid to changes wrought by the introduction of cable television, 24-hour-a-day broadcasting, and social media on campaign messaging, financing, and public accessibility and opinion. Glenn Kamber is an OLLI member and instructor. He has taught a number of courses in Reston over the past four years that focus on current events, as well as political and social issues that affect our lives. He is a retired senior executive from the US Department of Health and Human Services (HHS) where he managed policy and program development in the immediate office of eight HHS secretaries.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$30 (NR) • Kamber

October 5 – October 26

Wed 2:15 p.m. – 3:40 p.m.
500484-7A

Iran and Iranian Peoples: Mithraism

(55 years and older)

In a 1949 essay entitled *A Study of Mithraism*, African-American civil-rights leader and Nobel Peace Prize-winner Rev. Martin Luther King Jr. wrote: "that Christianity did copy and borrow from Mithraism cannot be denied, but it was generally a natural and unconscious process...to discuss Christianity without mentioning other religions would be like discussing the greatness of the Atlantic Ocean without the slightest mention of the many tributaries that keep it flowing." This course will cover the definition of Iran and Iranian peoples before focusing on an Indo-Iranian divinity that is part of the Iranian national psyche – Mithra – the sun god, and for Iranians, symbolically associated with the lion-in-sun. Hence, the Iranian people are known as the Children of the Sun. Sheda Vasseghi is a doctoral candidate and historian specializing in Iran (Persia). She has an MBA and an MA in history. She teaches at Northern Virginia Community College and is a longtime columnist at WorldTribune.com and Freepressers.com. She is an active history blogger on her website www.evakdat.com.

1, 85-min. session at RCC Lake Anne
\$8 (R)/\$16 (NR) • Vasseghi

October 8

Sat 9:40 a.m. – 11:05 a.m.
500508-7A

Public Art Films

(55 years and older)

Reston's tradition of making art and culture an everyday part of life in the community evolved with the creation of Initiative for Public Art – Reston (IPAR). But how much do you know about public art? Join us and we will explore public art and public art in Reston through films that explore the work of well-known artists including Patrick Dougherty, JR and Robert Smithson. Each session will include one or more short films on public art along with an introduction and discussion.

Anne Delaney has served as Executive Director of IPAR since 2009. Prior to her work at IPAR, she was Cultural Attaché at the Embassy of Canada in Washington, DC. Anne holds a Bachelor of Arts – Honors degree in art history from McGill University, Montreal, and a Master of Museum Studies degree from the University of Toronto. Jeanne Loveland's second career has been in the Education Department of Greater Reston Arts Center (GRACE) as Education Director and GRACE Art Director. She was involved with GRACE Art, their school art enrichment program, for 15 years, and the program still inspires her. While at GRACE she worked with IPAR to create a GRACE Art portfolio on public art. Jeanne holds a BS in architecture from the University of Virginia and an MBA in finance from George Mason University. She was formerly a Project Manager with the Peterson Companies.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$30 (NR) • Delaney, Loveland

September 21 – October 19

(No Class: October 12)

Wed 11:50 a.m. – 1:15 p.m.
500499-7A

Reston Community Center and Osher Lifelong Learning Institute (OLLI) at George Mason University are partnering to provide unique educational opportunities for those living and working in Reston. OLLI offers daytime courses, lectures, and special events, and the course leaders are often well-known experts in their fields who enjoy sharing knowledge.

Several times a year, OLLI and RCC host collaborative programs at RCC Lake Anne. Non-OLLI members can register through RCC and participate at a reduced cost. If you would like to learn more about OLLI or are interested in becoming a full-time member, visit olli.gmu.edu.

Rangers Choice – A Different Topic Every Week

(55 years and older)

Mysteries will be revealed as the National Park Service Rangers explore new topics at each session. Learn obscure local connections to people, places, or events which few visitors rarely, if ever, associate with either the Washington, DC-area or with the typical guided ranger talks.

8, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Berger, Fenlon

September 20 – November 15

(No Class: November 8)

Tue 2:15 p.m. – 3:40 p.m.
500443-7A

The Importance of Trees and Forests of Fairfax County

(55 years and older)

Trees and forests provide significant social and environmental benefits to our community and for over 30 years, Fairfax County has been raising awareness about their importance. Joan Allen, Fairfax County Urban Forester, will present how Fairfax County is promoting compatibility between the developed and natural communities through science, education and partnerships. Topics that will be discussed include vegetation mapping and surveys, development of ordinances and policies for tree preservation, and monitoring and suppression of insect and pest infestations such as gypsy moth and fall cankerworm. Joan Allen is an Urban Forester for the Fairfax County Urban Forest Management Division. She has worked for Fairfax County for 9 years. She earned a Bachelor of Science from SUNY College of Environmental Science and Forestry where she majored in environmental forest biology. She also earned a Master of Natural Resources from Virginia Tech. In her free time she enjoys spending time outside hiking, camping, and exploring the area.

1, 85-min. session at RCC Lake Anne
\$8 (R)/\$16 (NR) • Allen

November 2

Wed 2:15 p.m. – 3:40 p.m.
500485-7A

Women Artists

(55 years and older)

Women artists have been creating art throughout history but historically their work has been underrepresented in art history and in art museums. Fortunately, the tide is now turning. We will explore women artists throughout time, starting from the Renaissance to the present day. Many names will be new to you, but some like Georgia O’Keeffe, Louise Nevelson, Mary Cassatt, and Frida Kahlo will be familiar. These women were very talented artists who faced and overcame challenges due to their gender. Jeanne Loveland’s second career has been in the Education Department of Greater Reston Arts Center as Education Director and GRACE Art Director. She was involved with GRACE Art, their school art enrichment program, for 15 years, and the program still inspires her. Jeanne holds a Bachelor of Science in architecture from the University of Virginia and an MBA in finance from George Mason. She was formerly a Project Manager with the Peterson Companies.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$30 (NR) • Loveland

October 26 – November 16

Wed 11:50 a.m. – 1:15 p.m.
500507-7A

American Mah Jongg

(55 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This drop-in program is for experienced players.

**2.5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

September 15 – December 29

(No Class: November 24)

Thu 9:30 a.m. – 12:00 p.m.

Autumn Apple Social

(55 years and older)

Celebrate the coming of fall with the scent and taste of delicious apples and the birthday of America's legend, Johnny Appleseed. Also learn about upcoming RA and RCC trips and classes. Activities will include prizes for a "Pie" Walk, "Apple Quizzes," and more. Light refreshments will be served.

**1, 90-min. session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Staff**

September 29

Wed 1:30 p.m. – 3:00 p.m.
500479-7A

Bridge Mondays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Monday. Participants should bring lunch for a midday break.

**Free, Drop-in • Staff
4-hour sessions at RCC Hunters Woods**

September 12 – December 26

Mon 10:00 a.m. – 2:00 p.m.

Bridge Tuesdays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Tuesday. Bring a lunch for an enjoyable midday break.

**3-hour sessions at RCC Lake Anne
Free, Drop-in • Staff**

September 13 – December 27

(No Class: November 8)

Tue 10:00 a.m. – 1:00 p.m.

Holiday Luncheon

(55 years and older)

Be sure to attend RCC's annual holiday celebration at the elegant Sheraton Reston Hotel. Gifts, door prizes, and a sumptuous lunch will be accompanied by live musical entertainment and a 45-minute performance by the outstanding Harmony Heritage Singers. Bus transportation is free for all registered participants. No group registrations will be accepted; interested patrons must register individually.

**1, 3-hour session at Sheraton Reston
\$29 (R)/\$58 (NR) • Staff**

December 9

Fri 11:00 a.m. – 2:00 p.m.
505575-7A

Memory Café

(55 years and older)

Share stories and socialize with others who are living with dementia. This program is for those with early stage dementia and their caregivers. Meet in a safe, friendly environment to explore music, and discuss life stories and challenges. Each meeting will have a different topic, project, or activity. Memory Café will meet the third Tuesday of the month: September 20, October 18, November 15, December 20.

**4, 2-hour sessions at RCC Hunters Woods
Free, Drop-in. • Rodakowski**

**September 20, October 18,
November 15, December 20**

Tue 1:00 p.m. – 3:00 p.m.

Open Pinochle

(55 years and older)

Participate in an open pinochle game. This is a great time to socialize with new friends and to learn how to play the game. Beginners are welcomed.

**2.5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

September 14 – December 28

Wed 10:30 a.m. – 1:00 p.m.

*Looking for Sunday
Afternoon Dances?*

Turn to page 108 for more
information.

CENTERSTAGE CINEMA

18 years and older • 10:00 a.m. – 12:00 p.m. • Free • the CenterStage – RCC Hunters Woods

Be swept back through the years as you watch timeless films in the comfort of the CenterStage. Movies are shown from 10:00 a.m. to 12:00 p.m. and include a free continental breakfast beginning at 9:30 a.m.

Monday, September 12

The Lake House

Dr. Kate Forster has finally found romance. Trouble is, it's a long-distance relationship. She's in downtown Chicago, and he's in a remote lakeside suburb. And there's more: She's in 2006. He's in 2004. Keanu Reeves and Sandra Bullock co-star. Directed by Alejandro Agresti. (2006)

Monday, October 3

Kiss Me, Kate

When squabbling ex-marrieds Kathryn Grayson and Howard Keel are cast as squabbling Renaissance romantics in a musical version of *The Taming of the Shrew*, life imitates art, art imitates life – and it all proves that a musical comedy film imitates this backstage/onstage delight from the Broadway hit with 14 peerless Cole Porter songs. It's all *Too Darn Hot!* Directed by George Sidney. (1953)

Monday, November 7

Vertigo

James Stewart and Kim Novak co-star in this dizzying web of mistaken identity, passion and murder involving an acrophobic detective and the mysterious blonde he rescues from the San Francisco Bay. Directed by Alfred Hitchcock. (1958)

Monday, December 5

Moonstruck

Fall in love with Academy Award-winner *Moonstruck* all over, again! Starring Cher (Best Actress Oscar), Olympia Dukakis (Best Supporting Actress), and Nicolas Cage. While a superstitious Brooklyn widow sets out to marry a man she doesn't love because it's the right thing to do, she unexpectedly falls in love with his brother, leading to funny romantic complications. Directed by Norman Jewison. (1987)



Basic Computer Skills

(55 years and older)

This class is for beginning computer users. After an introduction to the main components of a computer, students will have hands-on practice using the mouse for navigation, using the Windows operating system, managing icons to move around the computer, and learning the basics of filing. Students will learn these skills in order to organize files on their home computers.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$68 (NR) • O'Connell

September 20 – September 22

Tue, Wed, Thu 10:00 a.m. – 12:30 p.m.
505501-7A

Buying a Tablet Computer

(55 years and older)

Discover the capabilities and limits of tablet technology. This class will discuss how tablets and iPads are different from a personal computer, the components of pricing and overview of the marketplace, and what the most common uses for older adults are. Students will leave with a checklist to help with tablet purchasing decisions.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • O'Connell

September 29

Thu 1:30 p.m. – 4:00 p.m.
500213-7A

Camera Features I

(55 years and older)

Get more out of your digital camera by exploring some of its many features such as flash settings, self-timer, bursts, videos, and more. With individual attention from the instructor, students will learn new skills in this hands-on workshop. Please bring a digital camera, camera manual, and spare batteries or AC adapter.

2, 2-hour sessions at RCC Hunters Woods
\$40 (R)/\$60 (NR) • Lazear

October 3 – October 5

Mon, Wed 10:00 a.m. – 12:00 p.m.
503856-7A

Camera Features II

(55 years and older)

Wonder what all those buttons and menus are on your digital camera? The instructor gives the students personal attention in this hands-on class exploring features, such as zoom, macro, bracketed exposure, panorama, and more. Please bring a digital camera, camera manual, and spare batteries or AC adapter.

2, 2-hour sessions at RCC Hunters Woods
\$40 (R)/\$60 (NR) • Lazear

November 14 – November 16

Mon, Wed 10:00 a.m. – 12:00 p.m.
505749-7A

Computer Maintenance and Housekeeping

(55 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. **Prerequisite: Basic Computer Skills**

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$53 (NR) • Livingston

October 17 – October 24

Mon 1:30 p.m. – 4:00 p.m.
505001-7A

Decrease Telecom Costs

(55 years and older)

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

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Livingston

October 19

Wed 1:30 p.m. – 4:00 p.m.
500315-7A

Do More Online

(55 years and older)

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

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Livingston

November 7

Mon 1:30 p.m. – 4:00 p.m.
500220-7A

55+ Technology



Google: Much More Than Search

(55 years and older)

Learn to use more Google features, such as Gmail and search tips, using Picasa photos, Google Docs, translations and much more. Learn how to create a personalized/shared calendar, make free phone calls, use cloud-based print to print from anywhere, and download books, music and apps from the Google play store.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Livingston

September 28

Wed 1:30 p.m. – 4:00 p.m.
500491-7A

iPad – Beginner

(55 years and older)

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

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$53 (NR) • O'Connell

October 12 – October 13

Wed, Thu 10:00 a.m. – 12:30 p.m.
500225-7A

iPad – Intermediate

(55 years and older)

This class is for those who are comfortable with the basic features of their iPad. Learn how to navigate with icons, use contacts, calendar and maps, search the iPad and the internet, back up and store files on the Cloud, view movies and TV programs, synchronize files with iTunes, and email and organize photos. Please bring your iPad to class fully charged.

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$53 (NR) • O'Connell

November 17 – November 18

Thu, Fri 10:00 a.m. – 12:30 p.m.
500377-7A

iPad Photography

(55 years and older)

The iPad is loaded with camera features for the casual photographer. This session covers the basics of shooting pictures and videos, enhancing and cropping photos, organizing and sharing your photo and video library, and copying photos to your computer. Participants should bring their iPad fully charged and updated to at least iOS 8.1.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • O'Connell

October 20

Thu 10:00 a.m. – 12:30 p.m.
500416-7A

55+ Patrons

Register for any Technology class on pages 83-84 and receive a 20 percent discount.

iPhone Camera Editing

(55 years and older)

Learn how to edit iPhone photos using Snapseed, PS Express, Photoshop Fix, Lightroom, and Perfectly Clear.

This class will be a lecture and demonstration with hands-on practice. Bring fully-charged iPhone with the latest operating system installed and the cord with which to charge the iPhone. Have the free Snapseed app installed on your phone prior to the first class.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$68 (NR) • Leir

December 8 – December 22

Thu 10:00 a.m. – 12:30 p.m.
500496-7A

iPhone Camera I

(55 years and older)

Participants will have hands-on lessons learning to use the iPhone camera.

This will include: accessing the camera, using the grid, focus and exposure features, HDR, saving, emailing, optional lenses, and tripods. Please bring your iPhone and charging cord to connect to the computer.

4, 2.5-hour sessions at RCC Hunters Woods
\$60 (R)/\$90 (NR) • Leir

September 12 – October 3

Mon 1:00 p.m. – 3:30 p.m.
500494-7A

iPhone Camera II

(55 years and older)

Learn to use camera applications for the iPhone such as Camera+, VSCO, and Slow Shutter. Students will learn how to set ISO, shutter speed, white balance, stabilization, and macro settings. This is a hands-on class with practice after each feature is demonstrated. Bring fully

charged iPhone with the latest operating system installed, and the cord to charge the iPhone. Have Camera+ downloaded from the app store prior to the first class.

4, 2.5-hour sessions at RCC Hunters Woods
\$60 (R)/\$90 (NR) • Leir

October 6 – October 27

Thu 1:00 p.m. – 3:30 p.m.
500495-7A

Making a Photo Collage

(55 years and older)

Participants will learn how to make a photo collage using Picasa software. Explore the different types of collages, features that can be added to photos, and ways to showcase the finished collage. Learn how to use those beautiful photos stored on the computer in a creative and fun way.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$30 (NR) • Lazear

November 2

Wed 10:00 a.m. – 12:00 p.m.
500229-7A

Prepare iPhones & iPads for Travel

(55 years and older)

Planning a trip this year? Turn your smart phone or tablet into a travel companion that will save time and aggravation and bring entertainment on the go. This class is packed with tips on finding WiFi, saving battery life, storing maps, using trip planners, and finding the best travel apps. Bring your device to class fully charged.

1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • O'Connell

November 9

Wed 1:30 p.m. – 3:30 p.m.
500487-7A

Searching the Internet

(55 years and older)

This overview of the internet will introduce students to the tools located on the web browser, including cookies, popups, spyware, and search history. Learn tips for safeguarding privacy and internet security. Practice conducting searches, printing and filing web pages, and organizing favorites. Email topics include sending and organizing email and downloading attachments.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$68 (NR) • O'Connell

October 25 – October 27

Tue, Wed, Thu 10:00 a.m. – 12:30 p.m.
500224-7A

Taking Black and White Pictures

(55 years and older)

Black and white pictures are artistic, and this style is another interesting way to capture life's moments. The technique focuses on shapes, lighting, and composition, without the distraction of bright colors. Students will take pictures to be anonymously reviewed in class and must bring a camera, camera manual, and spare batteries or AC adapter. Prerequisite: Camera Features I or II and a camera with a black and white capability (please check the manual).

Prerequisite: Either Camera Features class

2, 2-hour sessions at RCC Hunters Woods
\$40 (R)/\$60 (NR) • Lazear

October 17 – October 24

Mon 10:00 a.m. – 12:00 p.m.
500255-7A

55+ Technology

Tame the Internet

(55 years and older)

Know your online rights. Learn how to organize and manage information to minimize having to reset passcodes, and know how to share this information with loved ones, as well as understand the impact of not providing a back-up system to share this information in the event of incapacity or death. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 90-min. session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Bransford

September 30

Fri 1:00 p.m. – 2:30 p.m.
500505-7A

Trends in TV Viewing

(55 years and older)

This seminar will review the explosion of new video services over the internet (also called “Over-The-Top” or OTT). This includes movies and TV programs delivered by Netflix, HBO Now, CBS All Access, and Sling TV. The seminar will also review the “enabling devices” required to access these services, including Roku, Apple TV, Amazon Fire Stick, Blu-ray players, and game consoles. Finally, the seminar will cover how to use an antenna to pick up local stations and tips on reducing your cable bill. Participants will leave also knowing about the services provided by Fairfax County Cable Communications and Consumer Affairs.

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

November 18

Fri 2:00 p.m. – 3:30 p.m.
500502-7A

TECHNOLOGY FAIR

(55 years and older)



Saturday, November 19

1:00 p.m. – 4:00 p.m.

Free • RCC Hunters Woods
500418-7A • Registration Required

Want to learn how to Skype or just use the basic commands of your personal technology device? Stop by the 55+ Technology Fair to have questions answered about any device, new or old. There will be volunteers at stations to assist attendees with technology questions about devices from flip phones to iPads and computers. Come learn the basics or advanced tips from the experts – Reston's very own teens.

General Information:

- Unless otherwise stated, charter buses will depart from RCC Lake Anne and RCC Hunters Woods and participants should arrive 30 minutes prior to the stated bus departure time.
- Cancellations: Please see our cancellation/refund policy on page 125.
- Emergency Forms: Prior to the trip, participants will receive an itinerary and an emergency form. Please complete the form and bring it on the day of the trip. Please bring photo identification 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.

Sky Meadows Hike & Wine Tasting

(55 years and older)

Rich in history, this 1,864-acre state park, which skirts the Appalachian Trail, has scenic views, woodlands and the rolling pastures of a historic farm that captures the colonial through post-Civil War life of Mount Bleak House. The park is known for its great hiking and for its population of red-headed woodpeckers and variety of butterflies. The day begins with a guided walk, conducted by a Virginia Master Naturalist, to discover local birds and plants, followed by a box lunch at one of the park's picnic sites. After lunch participants will travel by bus to Aspen Dale Winery for tastings. Trip fee includes transportation, admissions, lunch, and wine tastings.

8:30 a.m. Depart RCC Lake Anne
9:00 a.m. Depart RCC Hunters Woods
6:00 p.m. Estimated return to Reston

1, 9.5-hour trip
\$55 (R)/\$78 (NR) • Staff
September 17

Sat 8:30 a.m. – 6:00 p.m.
 500426-7A

Shenandoah Valley Fiber Festival

(55 years and older)

The Shenandoah Valley Fiber Festival (SVFF) held in Berryville, VA is an annual festival celebrating natural fibers. SVFF offers opportunities to learn about natural fiber production and processing, as well as the heritage arts of spinning, weaving, knitting, crocheting, and felting. Attendees can touch and learn about fiber animals, such as sheep, goats, llamas, alpacas, and rabbits, and watch heritage craftsmanship demonstrations. Trip fee

includes transportation and admission. Please bring money to purchase lunch from local vendors located on the grounds. Please note there is no RCC Lake Anne pick up or drop off.

9:00 a.m. Depart RCC Hunters Woods
6:30 p.m. Estimated return to Reston

1, 10-hour trip
\$25 (R)/\$38 (NR) • Staff
September 24

Sat 9:00 a.m. – 6:30 p.m.
 500497-7A

Waterford Fair

(55 years and older)

Well into the 20th century most Americans lived and worked on farms or in small towns much like Waterford, VA. Few of those places remain today as they were in the 19th century, but Waterford is one that has remained historically intact. Visit this Quaker-founded village, walk through time to discover its story of ordinary people who did extraordinary things. The founders built a town from wilderness, they endured a long and bloody war (Civil War) that threatened to destroy it, and in good times and bad they held tightly to their vision. During the fair: learn how early furniture, tools, and housewares were made; enjoy music and entertainment; and try great food – from freshly made apple cider to Loudoun sausage. Trip fee includes transportation and admission to the fair. Home tour admissions are not included. There will be considerable walking on uneven and hilly grounds.

8:30 a.m. Depart RCC Lake Anne
9:00 a.m. Depart RCC Hunters Woods
5:00 p.m. Estimated return to Reston

1, 8.5-hour trip
\$40 (R)/\$60 (NR) • Staff
October 8

Sat 8:30 a.m. – 5:00 p.m.
 500387-7A

55+ Trips and Tours

National Museum of African American History & Culture

(55 years and older)

The National Museum of African American History and Culture is a place where all Americans can learn about the richness and diversity of the African American experience, what it means to our lives, and how it helped shape this nation. This is a place that transcends the boundaries of race and culture that divide us and becomes a lens into a story that unites us all. Trip fee includes transportation. Plans are to have the museum open to the public this fall; if the museum has not opened to the public, you may visit museums of your choice on the mall.

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
\$20 (R)/\$30 (NR) • Staff

October 28

Fri 9:00 a.m. – 5:00 p.m.
500498-7A

Arena Stage – *The Year of Magical Thinking*

(55 years and older)

Faced with inescapable grief, Joan Didion (played by Academy Award nominee Kathleen Turner) learns that the miraculous can emerge to ease our pain and guide us back to the joy of life. Lunch may be purchased at Arena Stage or bring a bag lunch to enjoy on the bus. Trip fee includes transportation and admission.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

1, 6-hour trip
\$45 (R)/\$68 (NR) • Staff

November 15

Tue 10:00 a.m. – 4:00 p.m.
500361-7A

Goddard Space Flight Center

(55 years and older)

NASA's visitor center in Greenbelt, MD demonstrates Goddard's innovative and exciting work in Earth Science, Astrophysics, Heliophysics, Planetary Science, Engineering, Communication, and Technology Development. The visit includes the James Webb Telescope Clean Room and the testing and integration facility. After the 90-min. tour, we will go back to the visitor center to see the amazing room-sized "Science on a Sphere." There will be time after the tour to visit the gift shop. Please note: this trip requires lots of walking, standing, and the use of stairs. If you require assistance or an elevator, contact Karen Brutsché three weeks prior to the trip date. Trip fee includes transportation and lunch.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

1, 8-hour trip
\$45 (R)/\$68 (NR) • Staff

November 29

Tue 9:30 a.m. – 5:30 p.m.
500456-7A

Holiday Tea at Rosemont Manor

(55 years and older)

Historic Rosemont Manor is an elegantly appointed mansion that still feels like a home. Located in a 60-acre park-like setting in Berryville, VA. Throughout its 200-year history, Rosemont has embodied the graciousness of true southern hospitality, and today that tradition continues. Participants will enjoy a relaxed three-course tea amid the beautiful holiday decorations. Trip fee includes bus transportation and tea.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

3:30 p.m. Estimated return to Reston

1, 5.5-hour trip
\$68 (R)/\$102 (NR) • Staff

December 14

Wed 10:00 a.m. – 3:30 p.m.
500503-7A

Arena Stage – *Carousel*

(55 years and older)

Dazzling lights, swinging songs and a "bad boy" leading man to melt your heart – *Carousel* is an epic musical with beloved songs like *You'll Never Walk Alone* and *June is Bustin' Out All Over*. Lunch may be purchased at Arena Stage or bring a bag lunch to enjoy on the bus. Trip fee includes transportation and admission.

12:00 p.m. Depart RCC Lake Anne

12:30 p.m. Depart RCC Hunters Woods

6:00 p.m. Estimated return to Reston

1, 6-hour trip
\$75 (R)/\$112 (NR) • Staff

December 17

Sat 12:00 p.m. – 6:00 p.m.
500501-7A

55+ Visual Arts

55+ Ceramics

(55 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 three 1-hour visits to the Open Ceramics Studio. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Joder

September 13 – November 8

(No Class: November 1)

Tue 10:00 a.m. – 12:30 p.m.
452509-7B

Acrylic Painting for Beginners

(55 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
\$45 (R)/\$90 (NR) • Coulter-Blehert

September 16 – November 4

Fri 10:00 a.m. – 1:00 p.m.
455011-7B

Intermediate Watercolor Painting

(55 years and older)

This class is for artists who have previous watercolor experience. Learn techniques to achieve a variety of textures and atmospheric effects, construct a strong painting composition using simple tools, simplify a complex scene into basic shapes and choose the best colors for your subject. A supply list will be provided prior to first class.

8, 2-hour sessions at RCC Lake Anne
\$45 (R)/\$90(NR) • Zahid

September 13 – November 1

Tue 1:30 p.m. – 3:30 p.m.
455012-7B

Watercolor for Beginners

(55 years and older)

Begin your adventure with watercolor painting in eight fun classes. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Zahid

September 15 – November 3

Thu 1:30 p.m. – 3:30 p.m.
455526-7B

Woodworking

Good Neighbors Woodworking Group

(55 years and older)

The Good Neighbors Woodworking Group meets each Tuesday in the RCC Woodshop to design, construct, and decorate wooden toys. The toys are then donated to non-profit organizations in the Reston area. Experience in woodworking and painting techniques is a plus. However, training will be provided for beginners. Participants must be registered RCC volunteers and will be provided with the appropriate volunteer form to complete during the first session attended.

5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff

September 13 – December 27

Tue 9:30 a.m. – 2:30 p.m.

55+ Woodworking Patrons:

Don't miss out on the many wonderful woodcraft classes and open lab sessions that RCC offers, listed in the Woodworking section on pages 93-94.



Staff

Administration

Leila Gordon	Executive Director
Thomas Ward	Deputy Director
Renata Wojcicki	Finance Director
BeBe Nguyen	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Service Manager
Mia Arguinizoni	Personnel Specialist
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Cristin Bratt	Public Information Officer
Vincent Brown	Customer Service
Teresa DeCarmen	Graphic Artist
Sumi Gallas	Asst. Customer Service Manager
Linda Greco	Customer Service
Samantha Korkowski	Graphic Artist
Maria Litinskaya	Financial Specialist
Greg Minassian	Customer Service
Grazyna Siebor	Accounting Specialist
Barbara Wilmer	Executive Assistant
Ling Zhao	Customer Service

Aquatics

Joe Leary	Aquatics Director
Ivan Cole	Customer Service
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Operations Manager

Arts & Events

Paul Douglas Michnewicz	Arts and Events Director
Mark Brutsché	Assistant Technical Director
Paul Chapman	Assistant Technical Director
Cheri Danaher	Arts Education Director
Kevin Danaher	Community Events Director
Linda Ifert	Technical Director
Gloria Morrow	Arts Education Assistant
Patrick Pacak	Box Office Assistant
William D. Parker	Box Office Manager

Photos in this Program Guide were taken by our staff photographer, Linda Rutledge, and professional photographer, Jim Kirby, for RCC.

Leisure & Learning

Eileen Boone	Leisure & Learning Director
Joe Brown	Teen and Family Program Assistant
Karen Brutsché	55+ Program Director
Ali Clements	Adult Program Assistant/RCC Rides Coordinator
Teresa Fletcher	Fitness Program Assistant
Kim Gollop-Pagani	Youth Program Assistant
Debbie Heron	Youth Program Director
Jonathan Navarro	Adult and Fitness Program Director
Susan Zaboji	55+ Program Assistant

Facility Rentals & Operations

Brian Gannon	Facility Booking Manager
Mohammed Alhadi	Facility Team
Santos Campos	Facility Team
Gilberto Guardado	Facility Team
Adam Newland	Facility Rentals Assistant
Trung Nguyen	Facility Team – Lake Anne
Fred Russo	Building Engineer
William Sanchez	Facility Team
John Scurto	Facility Team – Hunters Woods
Edgar Siles	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
Arts Council of Fairfax County
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
Friends of Reston Community Center
Greater Reston Arts Center
Greater Reston Chamber of Commerce
Initiative for Public Art – Reston
Jewish Community Center of Northern Virginia
Lake Anne Plaza
League of Reston Artists
Martin Luther King Jr. Christian Church
Northern Virginia Hebrew Congregation
NoVa Mini Maker Faire
NV Rides and Program Partners
Office of Hunter Mill District Supervisor Catherine M. Hudgins
Osher Lifelong Learning Institute at George Mason University
Reston Association
Reston Citizens Association/Reston Accessibility Committee
Reston for a Lifetime
Reston Historic Trust
Reston Hospital Center
Reston Town Center Association
Southgate Community Center
Specially Adapted Resource Clubs
Tall Oaks Assisted Living
US Citizenship and Immigration Services
Virginia Cooperative Extension
Washington West Film Festival
Washington Woodworkers 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 complete the online household profile to receive a household username and initial password. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to RCCContact@fairfaxcounty.gov or to a customer service representative at 703-476-4500, Mon-Sat, 9:00 a.m. – 9:00 p.m. or Sundays, 9:00 a.m. – 8:00 p.m.

In-Person/Mail/Fax Registration

- All forms are available online at www.restoncommunitycenter.com.
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191.
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

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 RecTrac/WebTrac 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.

Confirmation

Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

Liability Waiver on RCC Registration Forms

The Liability Waiver is on all RCC registration forms and Drop-In sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

Code of Conduct

For your protection and comfort, Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling and shouting.
- Physical contact with another person in any angry or threatening way.
- Displaying an object or weapon that can be considered harmful or threatening.
- Any demonstration of sexual activity or sexual contact with another person.
- Behavior deemed lewd or lascivious.
- Harassment or intimidation with words, gestures, body language or other menacing behavior.
- Behavior which intends or results in theft or destruction of property.
- Leaving a child under 8 years of age unattended. A child is considered unattended if they are without adult supervision and wandering around the building.
- Intrusion upon an event to which one is not an invited or registered participant.
- Being under the influence of alcohol or drugs.

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. No refunds will be given.

Code of Conduct for Camp Participants

Camp participants and parents are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online at www.restoncommunitycenter.com.

Fees

- Patrons 55 years and older may receive a discount on class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to 55+ programs or trips, adult and family trips, or drop-in activities.
- Patrons under age 55 can register for 55+ programs or trips if space is available after priority Reston registration – program fees will be doubled.
- Passes will expire two years from date of purchase, with the exception of 12-month pool passes.
- Daily 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 12-month pool passes.

Patron Health and Safety

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

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 at greatly subsidized rates.

Board of Governors

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

RCC's Board of Governors invites the general public to its Board meetings; anyone is welcome to attend and share input. Dates subject to change. Additional committee meetings are scheduled as needed. Please visit www.restoncommunitycenter.com for a current list of Board meetings.

Monthly Meeting

Monday September 12, 8:00 p.m.

Monthly Meeting

Monday October 3, 8:00 p.m.

Monthly Meeting

Monday November 7, 8:00 p.m.

Monthly Meeting

Monday December 5, 8:00 p.m.

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.

ADA Accommodations

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

Pricing

RCC reviews its pricing for programs and services annually. We will maintain current pricing for pool visits and passes through August 2017 while continuing to gradually phase in some rental rate pricing increases to rates that are better aligned with those of similar public agencies. Pricing for all RCC programs and services factors in the tax paid by property owners in Reston and thus will always remain lower than that of comparable public agencies. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

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Hours of Operation

Locations and Hours of Operation

LOCATIONS

RCC Hunters Woods – 2310 Colts Neck Rd, Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the 290-seat 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 RCC's Booking Manager for information.

Holiday Hours

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Labor Day	September 5	CLOSED	CLOSED
Columbus Day	October 10	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Veterans Day	November 11	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Thanksgiving Day	November 24	9:00 a.m. – 2:00 p.m.	CLOSED
Day After Thanksgiving	November 25	9:00 a.m. – 9:00 p.m.	CLOSED
Staff Teambuilder	December 21	Closed 1:00 – 4:00 p.m.	Closed 12:30 – 4:30 p.m.
County Holiday	December 23	9:00 a.m. – 9:00 p.m.	CLOSED
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
Day After Christmas	December 26	9:00 a.m. – 9:00 p.m.	CLOSED
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED

Open Glass Studio

(16 years and older)

Stained glass and stained glass mosaic enthusiasts are encouraged to participate in RCC's monthly Open Stained Glass Lab. For fall dates turn to page 90.

Drop-in • RCC Hunters Woods • Damron
\$10 (R)/\$20 (NR)

1st & 3rd Sun 1:00 p.m. – 5:00 p.m.

Open Woodshop

(18 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. For fall dates turn to page 93.

Drop-in • RCC Hunters Woods • Staff

\$8 (R)/\$16 (NR) Tue

\$13 (R)/\$26 (NR) Sat

Tue 6:00 p.m. – 10:00 p.m.

Sat 9:00 a.m. – 5:00 p.m.

Open Ceramics Studio

(16 years and older)

The public is invited to use RCC's Ceramic Studio. Please check the Ceramics Studio calendar for additional studio times or closures. Each pass visit is one hour. Clay cost is \$15 – \$20 for 25 pounds. For fall dates turn to page 92.

Drop-in • RCC Lake Anne • Staff

\$15 (R)/\$30 (NR) Drop-in

\$36 (R)/\$72 (NR) 12-Visit Pass

Wed 10:00 a.m. – 2:00 p.m.

Sat 1:00 p.m. – 5:00 p.m.



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

LIKE US ON FACEBOOK:

facebook.com/HuntersWoodsNeighborhoodCoalition





2310 Colts Neck Road
Reston, Virginia 20191

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ZIP CODE 20170

RESTON MULTICULTURAL FESTIVAL



SATURDAY SEPTEMBER 24

11:00 a.m. – 6:00 p.m.

FREE • Rain or Shine • Lake Anne Plaza

The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate our rich medley of cultures. The Multicultural Festival features a Naturalization Ceremony, International Book Fair, National Heritage Award Fellows, arts & crafts, exciting entertainment, the *Art Mirrors Culture* exhibit, delicious food and family activities from around the world.

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

The Reston Multicultural Festival, presented by Reston Community Center, is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston-based organizations and businesses.

