



SUMMER 2014 PROGRAM GUIDE

ENRICHING LIVES



BUILDING COMMUNITY

Reston Community Center

Dear Reston Community Center Patron,

RCC re-launched its online registration function for Reston patrons (live or work in Small District 5) on December 1, 2013. It performed well for people who used it to register for RCC’s 2014 winter and spring programs. The online registration option was also available for Reston patrons on February 1 for the 2014 summer camp program offerings.

Online registration provides an easy and convenient way for our Reston patrons to register for programs remotely. Using this system replaces what had been our lottery system/process for registration. One important advantage of using online registration is that you have more control over when your registration is processed. The online registration option will open at 9:00 a.m. on May 1.

If you aren’t able to register online, RCC still provides alternatives that may be more convenient. Simply drop off your registration at RCC anytime between now and 9:00 a.m. on May 1. Registration forms can also be mailed or faxed. Please note that no matter when you drop off your registration, it will not be processed until May 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on May 1 if they are received by April 30.

With multiple methods now available to patrons, RCC no longer is randomizing registration access to our programs. 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.

Many of our most popular programs fill up on the first and second day of the registration process. The best way to assure your enrollment in a popular program is to register online. Whatever approach works best for you, we urge you to use just one method of registration to avoid duplication of registration efforts and possible extra charges to your account.

Please don’t hesitate to contact our Customer Service team if you want assistance.

Registrations are and will continue to be accepted in multiple formats:

- In person at either RCC location
- Via mail to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191
- Via fax to 703-476-2488
- Online at www.restoncommunitycenter.com

If you prefer to register online during priority registration, you may wish to ensure that you have an online account and familiarize yourself with our system before online registration for Summer 2014 programs begins on May 1.

Please keep the following important notes in mind:

- To register online: You will need to know your username and password.
- If you are a new user: You will need to complete the online household profile. Your user information will be emailed to you within 48 hours.
- If you are not sure whether you have an existing login, or if you have additional questions: Send an email to RCCContact@fairfaxcounty.gov or call 703-476-4500, Monday - Saturday, 9:00 a.m. - 9:00 p.m. or Sundays, 9:00 a.m. - 8:00 p.m.



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Best of Reston Awardees and Friends Carol Bradley, Ellen Graves and Beverly Cosham

FROM THE BOARD CHAIR:

By the time you are reading this Program Guide, we will have launched a year of celebration of our exceptional community. Reston Community Orchestra and Reston Chorale commissioned beautiful new music for performances that reflect Reston’s beauty through the lenses of Bob Simon’s and the composers’ visions. Reston Community Center and the many community partners involved in creating a documentary film about Reston have gathered to toast our community and Bob Simon. Reston Historic Trust has placed a lovely exhibit in our Hunters Woods facility about Reston’s history. On the occasion of Bob Simon’s 100th birthday, we congratulated the 2014 Best of Reston Awardees and the achievement of the Cornerstones goal to raise one million dollars to support affordable housing – a “cornerstone” of Reston’s original principles.

There is much more in store for us as this “anniversary” year unfolds. If you haven’t participated in these events and activities yet, jump in. As delightful as all the special experiences are and will be, they are typical of the array of enjoyment, enrichment, and fun for all that is here in Reston. See what RCC offers you for this summer and be sure to share the wealth of what is offered by our partners throughout the community. Be a part of it all!

Beverly Ann Cosham



Remembering winter’s chill...

FROM THE EXECUTIVE DIRECTOR:

We continue to work hard on improving our services; I hope you will continue to give us your feedback on the online registration process. As we explore options to add to facilities that support our mission, please stay informed about those efforts by joining us at our Annual Public Hearing for Programs and Budget on June 16 at RCC Hunters Woods. At that meeting we will deliver our Annual Report and provide an update on where we are in our capital facility planning.



... and rejoicing in the warmth of summer!

This Program Guide was put together over the last weeks of the past winter. With all the closures, cancellations, delayed openings and other impacts of that difficult season, our staff teams rolled with the weather punches and our patrons were beyond patient as we rescheduled classes and activities. Thank you to everyone who “weathered” winter with us. Isn’t it wonderful that spring is here and summer beckons with its warmth!

Leila Gordon

ALL AGES WELCOME
FREE
Rain or Shine



SPRING FESTIVAL

Saturday, May 3
1:00 p.m. - 5:00 p.m.

The Spring Festival is fun for all ages with live animals, fishing activities, craft making for kids, displays and information from environmental groups, and family-friendly entertainment. Entertainment is sponsored by Reston Community Center.

LOCATION:

**Reston Association's
Walker Nature Center**

11450 Glade Drive, Reston, VA 20191

MORE INFO:

www.reston.org

Walker Nature Center • 703-476-9689



On the Hunt Kent Ambler

Produced by

GreaterRestonArtsCenter

www.restonarts.org

703-471-9242

GreaterRestonArtsCenter's 
**Northern Virginia
FineArts
FESTIVAL**

May 16 - 18, 2014

Reston Town Center

Friday	May 16	5:00 p.m. – 8:00 p.m.
Saturday	May 17	10:00 a.m. – 8:00 p.m.
Sunday	May 18	10:00 a.m. – 5:00 p.m.

Over 200 juried artists showcasing the best contemporary Fine Art and Craft in the nation.

\$5 suggested entry donation per adult
18 and under free

www.NorthernVirginiaFineArtsFestival.org

Ticketed Opening Night Party Friday, May 16
5:00 p.m. – 8:00 p.m. in the Pavilion

SUMMER POOL PARTIES

Free • All Ages



JOIN RESTON COMMUNITY CENTER AND RESTON ASSOCIATION FOR THESE CO-SPONSORED EVENTS

School's Out For Summer Pool Party

Friday, June 20 • Dogwood Pool

4:00 p.m. – 7:00 p.m.

Come celebrate the end of school with friends and neighbors! There will be food, fun, music, and swimming. (Rain Date: Saturday, June 21)

Community Cookouts

Friday, May 30 • Uplands Pool

Wednesday, July 9 • North Hills Pool

Wednesday, July 30 • Hunters Woods Pool

5:00 p.m. – 7:00 p.m.

Everyone is invited to take the night off from cooking and come to the pool for some food, entertainment, and good times. Sponsored with the Reston Association, the Community Cookouts are a great way to spend a summer evening. Bring a towel and an appetite for food and fun.

End of Summer Pool Party

Friday, August 15 • Golf Course Island Pool

4:00 p.m. – 7:00 p.m.

Come and have a last hurrah before school starts. The pool party will have food, entertainment, and fun for the whole family. (Rain Date: Saturday, August 16)

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

FAMILY FUN ENTERTAINMENT SERIES

Saturdays • 10:00 a.m. - 10:45 a.m. • Free • All Ages

Reston Town Square Park (Corner of Market Street and Explorer Street)



June 21 • Pinot & Augustine Show

Performed by the incomparable Mark Jaster and Sabrina Mandell. Fun, knock-about comedy and classic physical mime antics. Augustine is the star. Pinot is trying to steal the show. Hilarity ensues as these two mute fools try to prove who is who with gentle humor and playful interaction.



June 28 • Blue Sky Puppet Theatre

One of the finest touring children's theatres on the East Coast presents a show filled with audience participation and humor.



July 5 • Turley the Magician

Turley the Magician will delight the entire family with his inimitable talent! His interactive magic and humorous antics will enthrall you. He has performed at the White House and at other top venues around the world.



July 12 • Rocknoceros

Coach Cotton, Williebob and Boogie Woogie Bernie are Rocknoceros, the Washington, DC area's award-winning band that makes very cool music for children of all ages. They write terrific songs that teach even the youngest music fans and most importantly, they are having fun.



July 19 • Mark Lohr

A fast-paced, side-splitting, family vaudeville show filled with audience participation and circus skills with a sprinkling of magic thrown in the mix. One continuous surprise after another just makes the time fly.



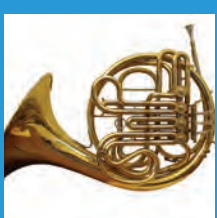
July 26 • Bagpiper Robert Mitchell

Pipe Major Bob Mitchell and Assistant Dana provide music and fun featuring the Great Highland Bagpipes, Small Pipes, Percussion, and More! Enjoy costumed performance and instruction with audience participation for the whole family.



August 2 • Tracey Eldridge's Music & Motion

Through songs, movement, puppetry, stories, sign language, parachute play and interactive games, kids learn about sharing, teamwork, leadership, celebration of diversity, recycling, and the art of negotiation and compromise. Presented with high-spirited fun, and in sometimes silly and zany ways, this program is ideal for ages 2 through 6.

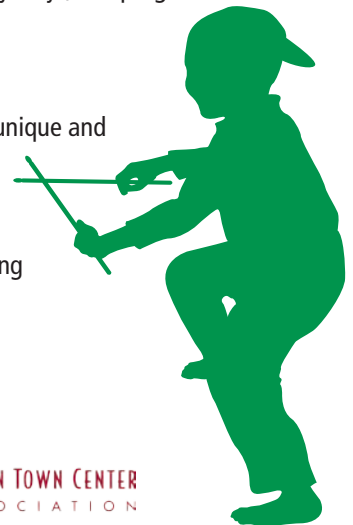
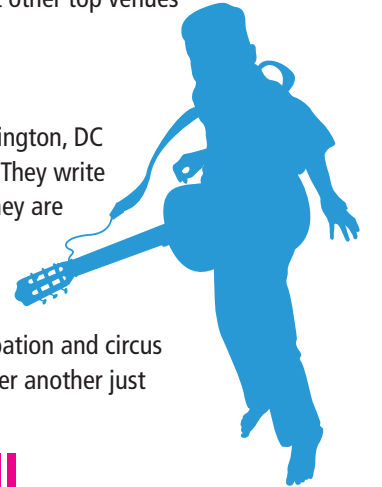


August 9 • Prelude Brass

Come listen and learn as some of the area's top brass musicians create music on unique and historical instruments. Hear captivating stories of how these instruments evolved from conch shells and animal horns (yes, we bring these and play them!). Instruments include shofars, Egyptian horns, antique animal horns, "natural" trumpets, Alpine and other "cool" horns, and modern trumpet instruments including herald and piccolo trumpets.

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

Presented by Reston Community Center in cooperation with MSE Productions, Inc. and hosted by the Reston Town Center Association.



Take a Break

FREE CONCERT SERIES

Thursdays • 7:00 p.m. - 9:00 p.m. • Lake Anne Plaza

- | | |
|------------------|---|
| June 12 | Barretones
<i>BLUEGRASS</i> |
| June 19 | Chris Vadala Quartet
<i>BEBOP JAZZ</i> |
| June 26 | The Sweater Set
<i>CONTEMPORARY FOLK</i> |
| July 3 | Dixie Power Trio (DPT)
<i>NEW ORLEANS JAZZ & FUNK</i> |
| July 10 | Anthony "Swamp Dog" Clark
<i>BLUES WITH A FUNK EDGE</i> |
| July 17 | Uptown Vocal Jazz Quartet
<i>VOCAL JAZZ</i> |
| July 24 | Tropikiimba
<i>LATIN</i> |
| July 31 | Four Star Combo
<i>VINTAGE ROCKABILLY HONKY TONK</i> |
| August 7 | Oasis
<i>ISLAND SOUNDS</i> |
| August 14 | Darren Beachley Band
<i>CONTEMPORARY BLUEGRASS</i> |
| August 21 | Chaise Lounge
<i>RETRO RAT PACK</i> |
| August 28 | Dirty Pints
<i>TRADITIONAL IRISH</i> |

Hosted By:

Lake Anne

LIVING LOCAL • RESTON • VIRGINIA

Presented by Reston Community Center in cooperation with MSE Productions, Inc.



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

RESTON PRESENTS



Reston Presents is a lecture and presentation series that highlights the multifaceted talents of local residents. The presentations are sponsored by Reston Community Center and Reston Association. All presentations are free. 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 Special Events Director at 703-435-6577. **18 years and older**



Churchill's Secret Army: Confusion as Their Business

Monday, June 9
7:00 p.m. – 9:00 p.m.
RCC Lake Anne

Free • #505405-4E
Registration Required

Join historian Harry Butowsky as he tells the Special Operations Executive (SOE) story of courage, sabotage and subversion during WWII. The SOE was a secret British organization created early in the Second World War to encourage resistance and to carry out sabotage behind enemy lines – or as Winston Churchill famously challenged its first head – to “set Europe ablaze.” The SOE, also known as “The Ministry of Ungentlemanly Warfare,” operated in most of the countries of occupied Europe. By mid-1944 it was 13,000 men and women strong.

RCC COMMUNITY COFFEE

Saturdays • May 3 – August 23

9:00 a.m. - 11:00 a.m.

RCC Hunters Woods • All Ages

Families, friends, and neighbors are all invited! Enjoy complimentary food and beverages with casual conversation.

RESTON STATION METRO + METROPOLITAN



Reston Station redefines the urban realm with bold architecture and vibrant energy to create the Washington area's new urban center. This 1.5 million square feet visionary community is coming soon:

- World-class office
- BLVD Luxury Residences
- Hotel
- Urban Plaza
- Restaurants, Shops & Retail
- On-site access to Metro's new Silver Line

www.RestonStation.com

/RestonStation

OPEN WITH METRO:

RESTON STATION
TRANSIT CENTER

- 3,000+ Parking Spaces
- Bus Transit Center
- Kiss N Ride
- Bicycle Storage



FOR MORE INFORMATION CALL 703-230-1291

COMSTOCK www.ComstockPartnersLC.com

Lake Anne

Full of Character, Full of Life

Lake Anne is a national treasure.

The redevelopment of Lake Anne honors a 50-year heritage while creating a vibrant and sustainable destination for future generations.

The vision is a legacy that embraces community priorities and makes Reston proud.

The future is full of promise.



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www.lakeannedevelopmentpartners.com

reston celebrates

FOUNDING OF RESTON — 1964 —	50 YEARS	100 YEARS	BIRTH OF ITS FOUNDER — 1914 —
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Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at www.restoncelebrates.org.

For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:



WWW.RESTONCELEBRATES.ORG

CLASSIC CINEMA

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.

From Here to Eternity

Monday, May 12

10:00 a.m. - 12:00 p.m.

Free, Drop-In

18 years and older

RCC Hunters Woods

In this landmark film, passion and tragedy collide on a military base as a fateful day in December 1941 draws near. Private Prewitt (Montgomery Clift) is a soldier and former boxer being manipulated by his superior and peers. His friend Maggio (Frank Sinatra) tries to help him but has his own troubles. Sergeant Warden (Burt Lancaster) and Karen Holmes (Deborah Kerr) tread on dangerous ground as lovers in an illicit affair. Each of their lives will be changed when their stories culminate in the Japanese attack on Pearl Harbor. Winner of five Oscars, including Best Picture, Best Director and Best Supporting Actor awards. (1953)

Love to Dance

RCC Hunters Woods • 18 years and older



Country Western Dance **Sundays: May 4, June 1, July 6,** **and August 3**

6:30 p.m. – 9:30 p.m.

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.

Sunday Afternoon Dances **Sundays: May 11, June 8, July 13,** **and August 10**

2:30 p.m. – 4:30 p.m.

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. Door prizes and light refreshments add to the fun; partners are not required.

Cost is per session and payable at the door.
\$5 Reston/ \$10 Non-Reston

For more information, please contact Karen Brutsché, 55+ Program Director, at 703-390-6157.

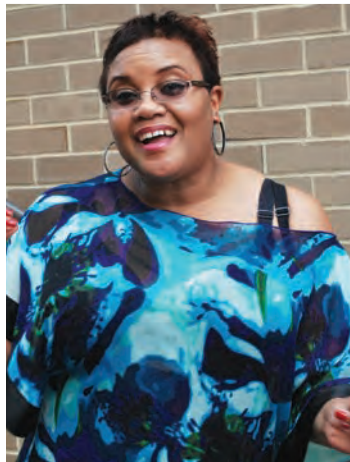


Lake Anne Jazz & Blues FESTIVAL

FREE • ALL AGES

Save the date for the 8th Annual Lake Anne Jazz and Blues Festival. Come and enjoy an afternoon and evening of jazz on the lake. 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 LARCA, at 703-471-6374.



Reston Multicultural Festival

Saturday, September 27 • 11:00 a.m. – 6:00 p.m.

FREE • All Ages • Rain or Shine • Lake Anne Plaza

The Reston Multicultural Festival is a celebration of the diversity and community spirit that is found in Reston. This annual event brings together the people of Reston to celebrate our rich medley of cultures. Come and share with family, friends, and neighbors the music, entertainment, dress, food, and cultural treasures from all over the world that are all right here. The Reston Multicultural Festival is hosted by Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston based organizations and businesses. This signature Reston event honors the diversity that is one of our greatest assets. Everyone is encouraged to dress in attire from their own cultural roots and share the stories that we gather on the pathways of our lives.



Well, we are nearing the end of my inaugural season and I wanted to take a moment to thank you all for your support. Thanks to the people of Reston, my first Professional Touring Artist Series has already surpassed our attendance and revenue goals and we aren't even finished yet! It has been fun to bring you some of my favorite performers; from Sweet Honey in the Rock® to Tig Notaro; from Dael Orlandersmith to Gustafer Yellowgold (two more diametrically opposed artists there could never be)!

I have enjoyed hearing from you in the form of surveys, emails and phone calls, especially your wardrobe advice – which has nudged me to pay a visit to Men's Warehouse. I apologize to the anonymous patron who suggested I wear a bowler hat.

It has also been fun to create "lagniappes" for you which can be translated into "a little something extra." These are events that expand the appreciation of an event at low or no cost. The Parent Time Out allows for moms and dads to drop off their children for guided supervision while they enjoy a night at the CenterStage. There are two more opportunities to take advantage of these with Modern Moves and Raul Midón. And who can forget the Build Your Own Pancake Lunch?

Creating a series of professional artists that is inspiring, thought-provoking and entertaining while reflecting the diverse population that is Reston has been a fascinating process. Bringing the arts world to your doorstep is my goal.

As we continue to celebrate the 50th Anniversary of Reston and the sesquicentennial of Shakespeare's birth, I have planned some delightful surprises for you next season. See you at the CenterStage!

Paul Douglas Michnewicz,
Director of Arts and Events



MODERN MOVES In partnership with Dance Place

Three of D.C.'s most prominent choreographers - Daniel Burkholder, Daniel Phoenix Singh and Erica Rebolgar - come together to create an eclectic evening of thrilling and fascinating modern dance.

Wednesday,
May 28

8:00 p.m.

\$15 (R)/ \$30 (NR)

Photo courtesy of Rebolgar Dance

To register for Parents Time Out, register with
#901197-4F *Modern Moves*



Saturday,
May 31
.....
8:00 p.m.
\$20 (R)/ \$40 (NR)

RAUL MIDÓN

Raul Midón's singular timeless soul pop jazz sound garnered him a standing ovation during his television debut on *David Letterman* and an open invitation back to *The Tonight Show with Jay Leno* following his appearance there. This talented, mesmerizing genre-defying artist has traveled the globe from India to Indiana spreading the message that you can do it, you can be yourself and you can be recognized and be bold.

With three major label records under his belt, *State of Mind*, *A World Within a World* and *Synthesis* - and countless appearances both on television worldwide and on other artist's records - he is a pro and more a part of the musical landscape than you might realize. Not only have the music lovers of the world recognized his gifts, but so have some of the greatest musicians in recent history.



Photo by Blair Allen

To register for Parents Time Out, register with #901197-4G Raul Midón



Sunday,
June 8
.....
3:00 p.m.
\$15 (R)/ \$30 (NR)

SPEAKEASY DC

*BORN THIS WAY:
Stories About Queer Culture in America*

SpeakeasyDC, one of the region's premier storytelling theatres, presents an afternoon of entertaining, thought-provoking, and exquisitely-crafted true stories that showcase a range of perspectives from the Lesbian, Gay, Bisexual, Transgendered (LGBT) community and their allies. From forbidden love, to fumbling "first times," and reflecting many quirky sub-cultures, all of the stories shed light on the challenges and triumphs that "queer" folks in America have endured and enjoyed. SpeakeasyDC's audiences laugh, cringe and - most of all - relate to the universal search for belonging and self-discovery. Strong language and sexual content. This performance is recommended for adults only.

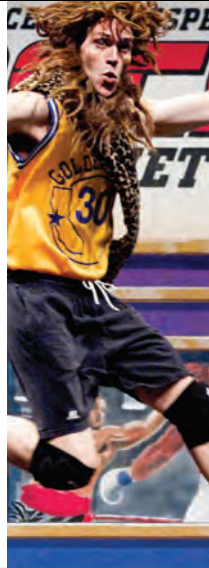
THIS PERFORMANCE WILL BE SIGN LANGUAGE INTERPRETED

Photo by Mary Hillebrand



Tell your own story at SpeakeasyDC's Storytelling Boot Camp
SpeakeasyDC presents a master class on autobiographical performance that will teach participants to turn personal stories into stage-ready performance material. Registration includes a ticket for *Born This Way*. Limited to 10 students. For more information see page 54.
#402596-4A

COMING SOON: RESTON COMMUNITY CENTER PRESENTS



THE COMPLETE WORKS OF

REDUCED[®]
SHAKESPEARE
COMPANY

(abridged)



EXTRAVAGANZA

September 12 - September 21

Ten Days! Eight Different Shows! Despite Popular Demand!



- Complete History of Comedy (abridged) - Reston Premiere!*
- Complete Works of William Shakespeare (abridged) [revised]*
- Complete History of America (abridged)*
- Readings from the RSC's "Lost Works!" (abridged)*
- Complete World of Sports (abridged)*
- Bible: Complete Word of God (abridged)*
- All the Great Books (abridged)*
- Completely Hollywood (abridged)*



With much much more and so much less!

Tickets will go on sale on **August 1** for Reston and **August 8** for non-Reston.
Stay tuned for more information at www.restoncommunitycenter.com

CENTERSTAGE BOX OFFICE INFORMATION



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



By Mail: Return a Ticket Order Form (page 82) 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. Two hours prior to curtain time

703-476-4500, Press '3' • 800-828-1120 (TTY)

Please provide the following information when you call:

- Performance title, day, date and curtain time
- Ticket quantity/type (resident/non-resident, adult/senior, etc.)
- Name as it appears on your Visa or MasterCard, credit card number and expiration date
- RCC cannot accept American Express or Discover 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)



Phone:



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

PLEASE NOTE:

- No refunds or exchanges unless 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.
- If you want a confirmation call, please request it at the time you make your reservation.
- Tickets for Community Arts Organizations go on sale two weeks prior to their first performance date.

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 1/8 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

Tickets for the 2013/2014 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. 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.



COMMUNITY ORGANIZATIONS

PERFORMING ARTS



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. Information about contacting each Community Arts Organization is listed in its event description. Prices, dates and titles are subject to change. Please contact the Box Office with any questions.



Reston Chorale

www.restonchorale.org

703-834-0079

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

The Reston Chorale is a 501(c) 3 organization funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax. It is also partially supported by a grant from the Virginia Commission for the Arts and the National Endowment for the Arts.

Feelin' Groovy – Reston's Early Years

Join the Reston Chorale for their annual Pops Concert.

Saturday, May 10 – 4:30 p.m. and 7:30 p.m.

RCC Hunters Woods – Community Room

Tickets: \$25 Adults (18 and older), \$20 Seniors (62 and older), Youth (17 and younger) FREE with paid admission.

Available online at www.restonchorale.org and at the CenterStage Box Office two weeks prior to performances, beginning Saturday, April 26th.



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.

SPRING RECITALS

Saturday, May 17, 1:30 p.m., 3:00 p.m. and 4:30 p.m.

RCC Hunters Woods - the CenterStage

Tickets: FREE



Reston Community Orchestra

www.restoncommunityorchestra.org

571-449-7095

Founded in 1988 as the Reston Chamber Orchestra, the RCO - now named to reflect its intense commitment

to our community - is an all-volunteer ensemble devoted to music and Reston. With a full repertoire, and ably led by Maestro Dingwall Fleary, RCO depends entirely on voluntary contributions from its members and audiences to be able to provide great music for a great community.

Annual Concert for Youth

RCO annually celebrates spring by combining its talents with those of rising musical stars.

Sunday, May 18, 4:00 p.m.

RCC Hunters Woods - the CenterStage

Tickets: FREE. Donations are appreciated.

The Reston Community Orchestra is a 501(c) 3 organization funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax. It is also partially supported by a grant from the Virginia Commission for the Arts and the National Endowment for the Arts.



Ravel Dance Studio

www.raveldance.com

703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity to perform original works of dance in a variety of dance genres. The Ravel Dance School educates young dancers while offering opportunities to perform. Through an audition process, a dancer may be eligible to perform with the Ravel Dance Company.

Swan Lake and Girl with the Red Ribbon

Friday, May 23, 7:30 p.m.

Saturday, May 24, 2:00 p.m.

RCC Hunters Woods - the CenterStage

Tickets: \$18 All Ages.

Available only at Ravel Dance Studio. Any remaining tickets will be available for sale at the CenterStage Box Office on performance dates.



GroundWorks Dance Ensemble

www.groundworksdance.com

703-593-4384

GroundWorks Dance Ensemble provides young dancers the opportunity to develop as moving artists. The focus of this intense modern dance training program is the artistic process, with the goal of building a solid foundation in the art of modern dance.

Every spring, the GroundWorks Dance Ensemble presents a full-length stage production of dance and theatre, complete with costumes, scenery and professional sound and lighting design.

GroundWorks Dance Ensemble Spring Concert

Friday, June 13, 8:00 p.m.

Saturday, June 14, 3:00 p.m.

RCC Hunters Woods - the CenterStage

Tickets: Pricing information is available at the CenterStage Box Office two weeks prior to performances, beginning Friday, May 30, 2014.

COMMUNITY ORGANIZATIONS



GreaterRestonArtsCenter

www.restonarts.org

Greater Reston Arts Center 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.

Greater Reston Arts Center is celebrating its 40th anniversary. 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. The year will be full of compelling visual arts exhibitions and programs that celebrate the history and future of GRACE. Please visit their website for additional information.

Incubator: Renee Stout and Odinga Tyehimba

April 24 – July 5

Opening Reception: Thursday, April 24

6:00 p.m. – 8:00 p.m.

Northern Virginia Fine Arts Festival

Reston Town Center

May 16 – May 18

Friday, 5:00 p.m. – 8:00 p.m.

Saturday, 10:00 a.m. – 8:00 p.m.

Sunday, 10:00 a.m. – 5:00 p.m.

Suggested donation for admittance is \$5.

Opening Night Party: Friday, May 16

5:00 p.m. – 8:00 p.m. (ticketed)

GRACE Artist Member Exhibition

July 17 – August 23

Opening Reception: Thursday, July 17

6:00 p.m. – 8:00 p.m.

The Greater Reston Arts Center is funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax, and by the Virginia Commission 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 living in the Washington DC Metropolitan area. LRA is a non-profit, all volunteer organization that was formed more than 40 years ago when Reston was founded. LRA has since expanded to members throughout the Washington, DC Metropolitan area. LRA's members who enjoy photographic art in particular formed the Reston Photographic Society, a group for photography lovers and makers that meets several times a year.

LRA's mission is to provide arts education opportunities for high school students through scholarships, support artists of all levels and skills, arrange exhibitions by partnering with community and corporate organizations, and provide opportunities for member artists to further their skills through critiques and workshops. LRA welcomes new members and invites the community to its many public exhibits and artist receptions. Visit their website to make a donation to the Scholarship Program for young artists; link to LRA member artist websites to learn where your favorite artists are displaying their work; find calls for submissions and reception details for LRA-sponsored exhibits and other regional events from their partners.

MAY

Judged Art Exhibit

Painters and Photographers

10780 Parkridge Boulevard, Reston

Solo Exhibits

Reston Center One: Sharon Pound, Painter

Reston Center Two: Alessandra Ricci, Painter

12001 & 12005 Sunrise Valley Drive, Reston

Painters Exhibit

Greater Reston Chamber of Commerce

1763 Fountain Drive, Reston

JUNE

Judged Photography Exhibit

Reston Photographic Society

RCC Lake Anne – Jo Ann Rose Gallery

Reception: Sunday, June 8 • 2:00 p.m. – 4:00 p.m.

Solo Exhibits

Reston Center One: Dan Mihalko (Painter)

Reston Center Two: Anita Miller (Photographer)

12001 & 12005 Sunrise Valley Drive, Reston

Judged Art Exhibit

Painters and Photographers

10780 Parkridge Boulevard, Reston

Painters Exhibit

Greater Reston Chamber of Commerce

1763 Fountain Drive, Reston

JULY

Judged Photography Exhibit

Reston Photographic Society

US Geological Survey, 12201 Sunrise Valley Drive, Reston

Solo Exhibits

Reston Center One: Bob Kaminski (Painter)

Reston Center Two: Don Douglas (Photographer)

12001 & 12005 Sunrise Valley Drive, Reston

Judged Art Exhibit

Painters and Photographers

10780 Parkridge Boulevard, Reston

Painters Exhibit

Greater Reston Chamber of Commerce

1763 Fountain Drive, Reston

AUGUST

Judged Painting Exhibit

US Geological Survey, 12201 Sunrise Valley Drive, Reston

Solo Exhibits

Reston Center One: Melany Stanley (Painter)

Reston Center Two: Cristina Abbate Jacobson (Painter)

12001 & 12005 Sunrise Valley Drive, Reston

Judged Art Exhibit

Painters and Photographers

10780 Parkridge Boulevard, Reston

Painters Exhibit

Greater Reston Chamber of Commerce

1763 Fountain Drive, Reston



Initiative for Public Art – Reston (IPAR)

www.publicartreston.org

IPAR works with community organizations to develop public art projects in Reston and to present educational programs. IPAR will collaborate with developers who elect to commission a public artwork on site.

IPAR will dedicate a new public art project by sculptor Mary Ann Mears at the Hyatt Park located across from the Hyatt Regency Reston hotel. This project has been developed in collaboration with Reston Community Center, Reston Town Center Association and the Hyatt Regency Reston hotel. IPAR collaborates with Reston Community Center to present a series of public art films and speakers as part of the Tuesday Night at the Movies program at the CenterStage. Visit www.publicartreston.org for updated information about public art projects, outreach programs and ribbon cutting events.

The Initiative for Public Art – Reston is a 501 (c) (3) non-profit organization funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax.

GRANT PROGRAM 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

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 summer, enjoy these exhibits:

MAY 1 – JUNE 5

Two Views

New Works by Gail Axtell and Pat Macintyre

JUNE 5 – JULY 3

Landscapes by Dorothy Donahey

JULY 3 – AUGUST 7

Oils by Patricia Bason

AUGUST 7 – SEPTEMBER 4

A 12 Artist Group Show

Featuring unique artist-made jewelry, original prints, paper paintings, watercolor, acrylics and oils.

Also during August, a month-long Reston Art Gallery exhibit at ArtSpace Herndon.

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.





RESTON COMMUNITY CENTER - GALLERY EXHIBITS

JO ANN ROSE GALLERY

MAY
RCC Teachers and Students Exhibition

Reception: Sunday, May 4
2:00 p.m. – 4:00 p.m.

JUNE
Judged Photography Exhibit

Reston Photographic Society
Reception: Sunday, June 8
2:00 p.m. – 4:00 p.m.

JULY
Varied Vistas – Near and Far

Christine Lashley and Students
Reception: Sunday, July 13
2:00 p.m. – 4:00 p.m.

AUGUST
Paintings by Morgan Johnson Norwood

Reception: Sunday, August 3
2:00 p.m. – 4:00 p.m.

RCC LAKE ANNE 3D GALLERY

MAY/JUNE
RCC Teachers and Students Exhibition

JULY/AUGUST
Potomac Chapter of American Needlepoint Guild

A group exhibit of a variety of needlepoint pieces

RCC HUNTERS WOODS

MAY
Art Works by US Arts Center Chantilly
A group exhibit from students of US Arts Education Center, Chantilly

JUNE
Artistic Treasures
A group show from staff and friends of RCC

JULY/AUGUST
To The Beach
Acrylics by Karen A. Pida



VOLUNTEER OPPORTUNITIES



Friends of Reston Community Center

The Friends of Reston Community Center is a 501(c)3 volunteer organization established to support programming at the Center through scholarships for young people in our community and coordination of volunteers. The Friends accept financial contributions to support their Youth Scholarships 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

SAVE THE DATE

Volunteer Recognition Dinner

Volunteers - Save the date for the "By Invitation Only" Volunteer Recognition Dinner. We look forward to recognizing your contributions at the dinner hosted by Reston Community Center's Board of Governors and Friends of Reston Community Center.

Saturday, May 3

6:00 p.m.

RCC Hunters Woods

Be a volunteer at Reston Community Center. Volunteers offer invaluable support to our programs, activities, and events. We encourage students who have community service requirements to look for meaningful ways to fulfill them by being a Reston Community Center volunteer. Free registration is required for RCC volunteer opportunities. You can register via Webtrac, or registration forms are available at RCC facilities or can be downloaded from our website. Make a difference in your community by volunteering. Contact the Community Events Director at 703-390-6166 for more details.

Reston Presents

Reston residents are being sought to volunteer to share their multifaceted talents as part of the continuing Reston Presents speaker's series. Authors, artists, historians, and people with an interesting story to share about their lives, work experience, hobbies, current events, and life experiences are encouraged to apply.

Contact RCC 55+ Program Director at 703-390-6157 or Reston Association Special Events Director at 703-435-6577 to volunteer to be a presenter.

Adapted Aquatics Volunteer

Under the guidance of the Assistant Aquatics Director, works one-on-one with children and adults with disabilities. Specific dates and times will be assigned by the Aquatics team.

Saturdays • 11:00 a.m. – 12:00 p.m.

June - August 726100-5A
RCC Hunters Woods

Very Special Arts Festival Volunteer

Children from Reston schools and special education centers throughout Fairfax County will explore their creativity at the annual Very Special Arts Festival. As a volunteer you would be helping with the activities and helping the participants from special and regular education classes experience the satisfaction and pleasure found in performing and fine arts.

May 15 - 16 • 9:00 a.m. – 1:00 p.m.

Thursday, May 15 724100-4A
 Friday, May 16 724100-4B
RCC Hunters Woods

Cookout Volunteers

Volunteers are needed to help with the Community Cookouts setting up, keeping the area tidy, helping serve hamburgers and hotdogs, and cleaning up afterwards.

May 30, July 9 & 30 • 4:00 p.m. – 7:30 p.m.

Friday, May 30 727500-4C
Uplands Pool

Wednesday, July 9 727500-5A
North Hills Pool

Wednesday, July 30 727500-5B
Hunters Woods Pool



AQUATICS



POOL FEES			
	Reston Resident/ Employee	Fairfax County	Non-Fairfax County
Daily Visit			
Adult	\$4.00	\$8.00	\$12.00
Youth & Senior	\$2.50	\$5.00	\$7.50
20-Visit Pass			
Adult	\$65.00	\$130.00	\$195.00
Youth & Senior	\$45.00	\$90.00	\$135.00
3-Month Pool Pass			
Adult	\$110.00	\$220.00	\$330.00
Youth & Senior	\$70.00	\$140.00	\$210.00
12-Month Pool Pass			
Adult	\$380.00	\$760.00	\$1140.00
Youth & Senior	\$190.00	\$380.00	\$570.00

WATER AEROBICS FEES			
	Reston Resident/ Employee	Fairfax County	Non-Fairfax County
Water Aerobics Drop-in Visit			
Adult	\$4.25	\$8.50	\$12.75
Youth & Senior	\$2.75	\$5.50	\$8.25
Water Aerobics 20-Visit Pass			
Adult	\$70.00	\$140.00	\$210.00
Youth & Senior	\$50.00	\$100.00	\$150.00

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 eight. All passes expire two years from date of purchase, with the exception of 3-month and 12-month pool passes. **Pool and Water Aerobics Fees are reviewed annually. These fees will increase on September 1.**

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 • 800-828-1120 (TTY).

SUMMER POOL SCHEDULE • JUNE 23 – AUGUST 24

Spa closed the first Sunday of each month for cleaning.

Closed for Annual Maintenance, August 25 – September 14

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

HOLIDAY HOURS

Memorial Day	May 26	6:00 a.m. – 1:30 p.m.
Independence Day	July 4	6:00 a.m. – 1:30 p.m.
Annual Maintenance	August 25 – September 14	CLOSED

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 six 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.*



Drowning Education Awareness Program

RCC and RA working together for Water Safety

Sponsored by Reston Community Center and Reston Association

Reston Community Center and Reston Association are teaming up to improve our community's safety around its many pools. Drowning remains the 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.

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

Water Safety Presentation

(18 years and older)

The presentation is designed for rotary clubs, PTAs, home school networks, church groups, and other civic organizations and can be scheduled at their facility. This FREE 90-minute presentation (60-minute lecture and 30 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 Office at 703-390-6150, or the RA Aquatics Office at 703-435-6530 to schedule a presentation.

LIFEGUARDS AND WATER SAFETY INSTRUCTORS WANTED



Lifeguards

Must be First Aid, CPR & Lifeguard certified.

Hiring all shifts.

\$11-\$14/hour, depending on experience.

Water Safety Instructors

Must be nationally certified.

Starting at \$20/hour.

Download an application from our website.

For more information, please contact Joe Leary, Aquatics Director, at 703-390-6150.

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.

7 sessions • Free (R)/\$318 (NR) • Registration Req.

Saturdays	May 31, June 7, 14	10:00 a.m. – 4:00 p.m.
Mondays	June 2, 9	4:00 p.m. – 9:00 p.m.
Wednesdays	June 4, 11	4:00 p.m. – 9:00 p.m.

621244-4B



Lifeguard Training

(15 years and older)

This course provides the American Red Cross (ARC) training required to obtain a job as a lifeguard in any national facility utilizing ARC certified lifeguards. The course includes: Lifeguard Training, First Aid, and CPR for the Professional Rescuer; Automated External Defibrillation (AED) Essentials; and Preventing Disease Transmission. Prerequisites: Students must be 15 years of age on or before the final scheduled class, and be able to demonstrate the following:

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for two minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.

7 Sessions • Free (R)/\$349 (NR) • Registration Req.

Friday	May 30	6:00 p.m. – 7:00 p.m.
Saturdays	June 7, 14	10:00 a.m. – 4:00 p.m.
Sundays	June 8, 15	10:00 a.m. – 4:00 p.m.
Monday	June 16	4:00 p.m. – 9:00 p.m.
Wednesday	June 18	4:00 p.m. – 9:00 p.m.

641241-5A

8 Sessions • Free (R)/\$349 (NR) • Registration Req.

Friday	July 11	6:00 p.m. – 7:00 p.m.
Friday	July 18	4:00 p.m. – 9:00 p.m.
Sundays	July 20, 27	9:00 a.m. – 4:00 p.m.
Mondays	July 21, 28	4:00 p.m. – 9:00 p.m.
Wednesdays	July 23, 30	4:00 p.m. – 9:00 p.m.

641241-5B

PRIVATE SWIM LESSONS

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

30-minute session • \$35 (R)/\$70 (NR)

Learn to
SWIM
Infant-Kindergarten

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/KINDERGARTEN 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
SKIPPER I	3 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

Water Introduction

(6 months to 18 months)

This class helps young children (ages 6 months to 18 months) 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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640000-5A Sat 9:00 a.m. – 9:30 a.m.

June 22 – August 17 (No Class: July 6)

640002-5A Sun 9:00 a.m. – 9:30 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 24 – July 17

640004-5A Tue, Thu 10:00 a.m. – 10:30 a.m.

July 22 – August 14

640004-5B Tue, Thu 10:00 a.m. – 10:30 a.m.

Aqua Tots

(19 months to 36 months)

This class helps young children (ages 19 months to 36 months) 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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640007-5A Sat 9:30 a.m. – 10:00 a.m.

June 22 – August 17 (No Class: July 6)

640008-5A Sun 9:30 a.m. – 10:00 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 24 – July 17

640009-5A Tue, Thu 10:30 a.m. – 11:00 a.m.

July 22 – August 14

640009-5B Tue, Thu 10:30 a.m. – 11:00 a.m.

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.

8, 20-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640010-5A Sat 9:00 a.m. – 9:20 a.m.

640010-5B Sat 9:20 a.m. – 9:40 a.m.

640010-5C Sat 9:40 a.m. – 10:00 a.m.

640010-5D Sat 10:00 a.m. – 10:20 a.m.

640010-5E Sat 10:20 a.m. – 10:40 a.m.

640010-5F Sat 10:40 a.m. – 11:00 a.m.

640010-5G Sat 11:00 a.m. – 11:20 a.m.

640010-5H Sat 11:20 a.m. – 11:40 a.m.

640010-5I Sat 11:40 a.m. – 12:00 p.m.

June 22 – August 17 (No Class: July 6)

640012-5A Sun 10:00 a.m. – 10:20 a.m.

640012-5B Sun 10:20 a.m. – 10:40 a.m.

640012-5C Sun 10:40 a.m. – 11:00 a.m.

8, 20-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640013-5A Mon 9:00 a.m. – 9:20 a.m.

640013-5B Mon 9:20 a.m. – 9:40 a.m.

640013-5C Mon 9:40 a.m. – 10:00 a.m.

June 24 – July 17

640014-5A Tue, Thu 9:00 a.m. – 9:20 a.m.

640014-5B Tue, Thu 9:20 a.m. – 9:40 a.m.

640014-5C Tue, Thu 9:40 a.m. – 10:00 a.m.

July 22 – August 14

640014-5D Tue, Thu 9:00 a.m. – 9:20 a.m.

640014-5E Tue, Thu 9:20 a.m. – 9:40 a.m.

640014-5F Tue, Thu 9:40 a.m. – 10:00 a.m.

June 25 – August 13

640015-5A Wed 9:00 a.m. – 9:20 a.m.

640015-5B Wed 9:20 a.m. – 9:40 a.m.

640015-5C Wed 9:40 a.m. – 10:00 a.m.

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels.

For more information, see page 27.



Rookie I

(4 – 5 years old)

Rookie I is an introductory level class for four to five 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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640030-5A	Sat	9:00 a.m. – 9:30 a.m.
640030-5B	Sat	9:30 a.m. – 10:00 a.m.
640030-5C	Sat	10:30 a.m. – 11:00 a.m.
640030-5D	Sat	11:00 a.m. – 11:30 a.m.

June 22 – August 17 (No Class: July 6)

640032-5A	Sun	10:00 a.m. – 10:30 a.m.
640032-5B	Sun	11:00 a.m. – 11:30 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640033-5A	Mon	10:00 a.m. – 10:30 a.m.
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June 23 – July 16

640033-5B	Mon, Wed	4:00 p.m. – 4:30 p.m.
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June 24 – July 17

640034-5A	Tue, Thu	9:00 a.m. – 9:30 a.m.
640034-5B	Tue, Thu	10:00 a.m. – 10:30 a.m.
640034-5C	Tue, Thu	4:00 p.m. – 4:30 p.m.

July 22 – August 14

640034-5D	Tue, Thu	9:00 a.m. – 9:30 a.m.
640034-5E	Tue, Thu	10:00 a.m. – 10:30 a.m.
640034-5F	Tue, Thu	4:00 p.m. – 4:30 p.m.

June 25 – August 13

640035-5A	Wed	10:00 a.m. – 10:30 a.m.
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June 25 – July 23 (No Class: July 4)

640035-5B	Wed, Fri	4:00 p.m. – 4:30 p.m.
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July 30 – August 22

640035-5C	Wed, Fri	4:00 p.m. – 4:30 p.m.
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June 23 – July 3

640036-5A	Mon, Tue, Wed, Thu	9:30 a.m. – 10:00 a.m.
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July 7 – July 17

640036-5B	Mon, Tue, Wed, Thu	9:30 a.m. – 10:00 a.m.
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July 21 – July 31

640036-5C	Mon, Tue, Wed, Thu	9:30 a.m. – 10:00 a.m.
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August 4 – August 14

640036-5D	Mon, Tue, Wed, Thu	9:30 a.m. – 10:00 a.m.
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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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640040-5A	Sat	9:30 a.m. – 10:00 a.m.
640040-5B	Sat	10:00 a.m. – 10:30 a.m.
640040-5C	Sat	11:00 a.m. – 11:30 a.m.

June 22 – August 17 (No Class: July 6)

640042-5A	Sun	10:30 a.m. – 11:00 a.m.
640042-5B	Sun	11:30 a.m. – 12:00 p.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640043-5A	Mon	10:30 a.m. – 11:00 a.m.
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June 23 – July 16

640043-5B	Mon, Wed	4:30 p.m. – 5:00 p.m.
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July 21 – August 13

640043-5C	Mon, Wed	4:00 p.m. – 4:30 p.m.
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June 24 – July 17

640044-5A	Tue, Thu	9:30 a.m. – 10:00 a.m.
640044-5B	Tue, Thu	10:30 a.m. – 11:00 a.m.
640044-5C	Tue, Thu	4:30 p.m. – 5:00 p.m.

July 22 – August 14

640044-5D	Tue, Thu	9:30 a.m. – 10:00 a.m.
640044-5E	Tue, Thu	10:30 a.m. – 11:00 a.m.
640044-5F	Tue, Thu	4:30 p.m. – 5:00 p.m.

June 25 – August 13

640045-5A	Wed	10:30 a.m. – 11:00 a.m.
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June 25 – July 23 (No Class: July 4)

640045-5B	Wed, Fri	4:30 p.m. – 5:00 p.m.
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July 30 – August 22

640045-5C	Wed, Fri	4:30 p.m. – 5:00 p.m.
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June 23 – July 3

640046-5A	Mon, Tue, Wed, Thu	10:00 a.m. – 10:30 a.m.
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July 7 – July 17

640046-5B	Mon, Tue, Wed, Thu	10:00 a.m. – 10:30 a.m.
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July 21 – July 31

640046-5C	Mon, Tue, Wed, Thu	10:00 a.m. – 10:30 a.m.
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August 4 – August 14

640046-5D	Mon, Tue, Wed, Thu	10:00 a.m. – 10:30 a.m.
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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.

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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640050-5A Sat 10:30 a.m. – 11:00 a.m.
640050-5B Sat 11:30 a.m. – 12:00 p.m.

June 22 – August 17 (No Class: July 6)

640052-5A Sun 11:30 a.m. – 12:00 p.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640053-5A Mon 9:00 a.m. – 9:30 a.m.

June 23 – July 16

640053-5B Mon, Wed 5:00 p.m. – 5:30 p.m.

July 21 – August 13

640053-5C Mon, Wed 4:30 p.m. – 5:00 p.m.

June 24 – July 17

640054-5A Tue, Thu 9:30 a.m. – 10:00 a.m.
640054-5B Tue, Thu 5:00 p.m. – 5:30 p.m.

July 22 – August 14

640054-5C Tue, Thu 9:30 a.m. – 10:00 a.m.
640054-5D Tue, Thu 5:00 p.m. – 5:30 p.m.

June 25 – August 13

640055-5A Wed 9:00 a.m. – 9:30 a.m.

June 23 – July 3

640056-5A Mon, Tue, Wed, Thu 10:30 a.m. – 11:00 a.m.

July 7 – July 17

640056-5B Mon, Tue, Wed, Thu 10:30 a.m. – 11:00 a.m.

July 21 – July 31

640056-5C Mon, Tue, Wed, Thu 10:30 a.m. – 11:00 a.m.

August 4 – August 14

640056-5D Mon, Tue, Wed, Thu 10:30 a.m. – 11:00 a.m.

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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640060-5A Sat 10:00 a.m. – 10:30 a.m.
640060-5B Sat 11:00 a.m. – 11:30 a.m.

June 22 – August 17 (No Class: July 6)

640062-5A Sun 9:30 a.m. – 10:00 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640063-5A Mon 9:30 a.m. – 10:00 a.m.

June 23 – July 16

640063-5B Mon, Wed 5:30 p.m. – 6:00 p.m.

July 21 – August 13

640063-5C Mon, Wed 5:00 p.m. – 5:30 p.m.

June 24 – July 17

640064-5A Tue, Thu 10:00 a.m. – 10:30 a.m.
640064-5B Tue, Thu 5:30 p.m. – 6:00 p.m.

July 22 – August 14

640064-5C Tue, Thu 10:00 a.m. – 10:30 a.m.
640064-5D Tue, Thu 5:30 p.m. – 6:00 p.m.

June 25 – August 13

640065-5A Wed 9:30 a.m. – 10:00 a.m.

Water Wonder

(4 – 7 years old)

Water Wonders 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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640070-5A Sat 10:00 a.m. – 10:30 a.m.

FAMILY SPLASH



The Family Splash entry fee is \$14 (for groups up to 7 people). Groups of eight or more must pre-register by calling the Aquatics Main Information Desk at 703-390-6150.

May 30, June 27, July 25, August 22

7:00 p.m. - 9:00 p.m.



Learn to
SWIM
Youth

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.

YOUTH 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.
YOUTH STROKE-N-TURN	6 - 8 years	Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.
YOUTH STROKE-N-TURN	9 - 12 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.

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.

8, 30-minute sessions • Free (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640110-5A Sat 9:00 a.m. – 9:30 a.m.
640110-5B Sat 10:00 a.m. – 10:30 a.m.

June 22 – August 17 (No Class: July 6)

640112-5A Sun 11:00 a.m. – 11:30 a.m.

8, 30-minute sessions • Free (R)/\$100 (NR)

June 23 – August 11

640113-5A Mon 10:00 a.m. – 10:30 a.m.

June 24 – July 17

640114-5A Tue, Thu 9:00 a.m. – 9:30 a.m.
640114-5B Tue, Thu 10:30 a.m. – 11:00 a.m.
640114-5C Tue, Thu 4:00 p.m. – 4:30 p.m.

July 22 – August 14

640114-5D Tue, Thu 9:00 a.m. – 9:30 a.m.
640114-5E Tue, Thu 10:30 a.m. – 11:00 a.m.
640114-5F Tue, Thu 4:00 p.m. – 4:30 p.m.

June 25 – August 13

640115-5A Wed 10:00 a.m. – 10:30 a.m.

June 25 – July 23 (No Class: July 4)

640115-5B Wed, Fri 5:00 p.m. – 5:30 p.m.

July 30 – August 22

640115-5C Wed, Fri 5:00 p.m. – 5:30 p.m.

June 23 – July 3

640116-5A Mon, Tue, Wed, Thu 9:00 a.m. – 9:30 a.m.

July 7 – July 17

640116-5B Mon, Tue, Wed, Thu 9:00 a.m. – 9:30 a.m.

July 21 – July 31

640116-5C Mon, Tue, Wed, Thu 9:00 a.m. – 9:30 a.m.

August 4 – August 14

640116-5D Mon, Tue, Wed, Thu 9:00 a.m. – 9:30 a.m.

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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640120-5A Sat 9:30 a.m. – 10:00 a.m.
640120-5B Sat 10:30 a.m. – 11:00 a.m.
640120-5C Sat 11:30 a.m. – 12:00 p.m.

June 22 – August 17 (No Class: July 6)

640122-5A Sun 9:00 a.m. – 9:30 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – August 11

640123-5A Mon 10:30 a.m. – 11:00 a.m.

June 24 – July 17

640124-5A Tue, Thu 9:00 a.m. – 9:30 a.m.
640124-5B Tue, Thu 5:00 p.m. – 5:30 p.m.

July 22 – August 14

640124-5C Tue, Thu 9:00 a.m. – 9:30 a.m.
640124-5D Tue, Thu 5:00 p.m. – 5:30 p.m.

June 25 – August 13

640125-5A Wed 10:30 a.m. – 11:00 a.m.

June 25 – July 23 (No Class: July 4)

640125-5B Wed, Fri 5:30 p.m. – 6:00 p.m.

July 30 – August 22

640125-5C Wed, Fri 5:30 p.m. – 6:00 p.m.

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.

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640130-5A Sat 9:00 a.m. – 9:30 a.m.
640130-5B Sat 10:30 a.m. – 11:00 a.m.
640130-5C Sat 11:30 a.m. – 12:00 p.m.

June 22 – August 17 (No Class: July 6)

640132-5A Sun 9:00 a.m. – 9:30 a.m.

8, 30-minute sessions • \$50 (R)/\$100 (NR)

June 23 – July 16

640133-5A Mon, Wed 6:00 p.m. – 6:30 p.m.

July 21 – August 13

640133-5B Mon, Wed 5:30 p.m. – 6:00 p.m.

June 24 – July 17

640134-5A Tue, Thu 9:30 a.m. – 10:00 a.m.
640134-5B Tue, Thu 4:30 p.m. – 5:00 p.m.

July 22 – August 14

640134-5C Tue, Thu 9:30 a.m. – 10:00 a.m.
640134-5D Tue, Thu 4:30 p.m. – 5:00 p.m.

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels.
For more information, see page 27.

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.

8, 45-minute sessions • \$70 (R)/\$140 (NR)

June 21 – August 16 (No Class: July 5)

640140-5A Sat 9:00 a.m. – 9:45 a.m.

June 22 – August 17 (No Class: July 6)

640142-5A Sun 9:30 a.m. – 10:15 a.m.

8, 45-minute sessions • \$65 (R)/\$130 (NR)

July 21 – August 13

640143-5A Mon, Wed 6:00 p.m. – 6:45 p.m.

June 24 – July 17

640144-5A Tue, Thu 5:30 p.m. – 6:15 p.m.

July 22 – August 14

640144-5B Tue, Thu 5:30 p.m. – 6:15 p.m.

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.

8, 45-minute sessions • \$70 (R)/\$140 (NR)

June 21 – August 16 (No Class: July 5)

640150-5A Sat 9:45 a.m. – 10:30 a.m.

June 22 – August 17 (No Class: July 6)

640152-5A Sun 10:15 a.m. – 11:00 a.m.

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 703-390-6149.

Mainstreaming of swimmers is available upon request and consultation. Volunteers are needed!

8, 30-minute sessions • \$55 (R)/\$110 (NR)

June 21 – August 16 (No Class: July 5)

640190-5A Sat 11:00 a.m. – 11:30 a.m.

640190-5B Sat 11:30 a.m. – 12:00 p.m.

Adults

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.

8, 45-minute sessions • \$75 (R)/\$150 (NR)

June 21 – August 16 (No Class: July 5)

641210-5A Sat 10:30 a.m. – 11:15 a.m.

June 22 – August 17 (No Class: July 6)

641212-5A Sun 11:00 a.m. – 11:45 a.m.

8, 45-minute sessions • \$70 (R)/\$140 (NR)

June 24 – July 17

641214-5A Tue, Thu 11:00 a.m. – 11:45 a.m.

July 22 – August 14

641214-5B Tue, Thu 11:00 a.m. – 11:45 a.m.

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.

8, 45-minute sessions • \$75 (R)/\$150 (NR)

June 21 – August 16 (No Class: July 5)

641220-5A Sat 11:15 a.m. – 12:00 p.m.

PRACTICE MAKES PERFECT

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PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 27.

Water Aerobics

REGISTERED CLASSES

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 discount applies.

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

June 23 – July 16

641250-5A Mon, Wed 6:30 p.m. – 7:20 p.m.

July 21 – August 13

641250-5B Mon, Wed 6:30 p.m. – 7:20 p.m.

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 • \$70 (R)/\$140 (NR)

June 23 – July 16

641251-5A Mon, Wed 7:30 p.m. – 8:20 p.m.

July 21 – August 13

641251-5B Mon, Wed 7:30 p.m. – 8:20 p.m.

Arthritis, Fibromyalgia, & 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)

June 24 – July 17

641266-5A Tue, Thu 11:00 a.m. – 11:50 a.m.

July 22 – August 14

641266-5B Tue, Thu 11:00 a.m. – 11:50 a.m.

Advanced Arthritis, Fibromyalgia & 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 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. 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)

June 24 – July 17

641276-5A Tue, Thu 10:00 a.m. – 10:50 a.m.

July 22 – August 14

641276-5B Tue, Thu 10:00 a.m. – 10:50 a.m.



Water Aerobics

DROP-IN CLASSES

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 • \$4.25 (R)/\$8.50 (NR)

June 23 – August 15 (No Class: July 4)

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

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

50-minute sessions • \$4.25 (R)/\$8.50 (NR)

June 23 – August 15 (No Class: July 4)

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 • \$2.75 (R)/\$5.50 (NR)

June 23 – August 15 (No Class: July 4)

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 • \$4.25 (R)/\$8.50 (NR)

June 23 – August 13

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 • \$4.25 (R)/\$8.50 (NR)

June 24 – August 14

Tue, Thu

8:00 a.m. – 8:50 a.m.

WATER AEROBICS FEES

	Reston Resident/ Employee	Fairfax County	Non-Fairfax County
Water Aerobics Drop-in Visit			
Adult	\$4.25	\$8.50	\$12.75
Youth & Senior	\$2.75	\$5.50	\$8.25
Water Aerobics 20-Visit Pass			
Adult	\$70.00	\$140.00	\$210.00
Youth & Senior	\$50.00	\$100.00	\$150.00

Fees are reviewed annually and will increase on September 1.

COMPUTER



MS Access I

(18 years and older)

Using a class workbook, tip sheet, and a directed hands-on project, students will learn the basic concepts of relational databases and how to create and work with tables and their fields of various data types. Students will explore the power, ease, and utility of MS Access through the use of its built-in examples, toolbox, and wizards, as well as learn basic table, form, query and report design, along with record handling and related sorting and filtering. Prerequisite: Previous experience with Windows and either Word, Excel, Outlook, or PowerPoint.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

July 23 – 24

102240-5A

Wed, Thu

7:00 p.m. – 9:30 p.m.

MS Excel I

(18 years and older)

Learn to create, edit, format, and manipulate spreadsheets, workbooks, or small databases by using formulas and/or charts to track data, perform accounting functions, build address lists, or do long range planning. Prerequisites: English language fluency, computer keyboard and mouse skills, and the ability to navigate Windows proficiently.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

June 17 – 18

103233-4D

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS Excel II

(18 years and older)

Learn to organize, enhance and customize multiple spreadsheets and files by using advanced formatting tools and database features. Prerequisite: MS Excel I.

2, 2.5-hour sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Robichaud

June 24 – 25

103226-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS PowerPoint I

(18 years and older)

Learn both the basics and the “bells and whistles” of Microsoft PowerPoint to create a powerful slide presentation using tables, pictures, graphs, sound, and text. Prerequisites: English language fluency, computer keyboard and mouse skills, and ability to navigate Windows proficiently. Beginning students are encouraged to take a Computer Literacy class or an equivalent class before enrolling in this course.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

July 9 – 10

103236-5A

Wed, Thu

7:00 p.m. – 9:30 p.m.

DID YOU KNOW?

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

MS PowerPoint II

(18 years and older)

Learn to use advanced skills such as text formatting, working with objects, and auto shapes. Students will practice using the slide master, creating custom templates, embedding charts and tables, and integrating PowerPoint with other MS Office applications.

Prerequisite: MS PowerPoint I or previous experience with other database applications.

2, 2.5-hour sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Robichaud

July 16 – 17

102249-5A Wed, Thu 7:00 p.m. – 9:30 p.m.

MS Publisher

(18 years and older)

Learn the basics of Microsoft Publisher, the page layout software used to create personalized greeting cards, posters, flyers, banners, calendars, advertisements, and many other printed materials.

1, 2.5-hour session at RCC Hunters Woods

\$25 (R)/\$50 (NR) • Robichaud

July 30

102251-5A Wed 7:00 p.m. – 9:30 p.m.

MS Word I

(18 years and older)

Learn to create and edit documents, use different fonts and formatting, cut and paste, set margins, and much more. Utilize these skills to create mailings, write memoirs complete with electronic pictures, or better organize personal files. Prerequisites: English language fluency, computer keyboard and mouse skills, and ability to navigate Windows proficiently. Beginning students are encouraged to take a Computer Literacy class or an equivalent class before enrolling in this course.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

June 3 – 5

103234-4C Tue, Thu 7:00 p.m. – 9:30 p.m.

MS Word II

(18 years and older)

Learn to use more advanced Word tools including section formatting, headers and footers, extensive bulleted lists, columns, tables, text boxes, and mail merging. Prerequisite: MS Word I.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

June 10 – 12

103224-4C Tue, Thu 7:00 p.m. – 9:30 p.m.

QuickBooks

(18 years and older)

Learn how to manage business finances with QuickBooks, the most popular small business accounting software that makes accounting easy. With tools to organize your finances all in one place, users will learn how to track inventory, sales, expenses, and customers, and how to instantly create and customize professional-looking invoices, purchase orders and business reports. Pay bills, print checks and organize finances, all in one place, and be ready for tax time. Step up from Quicken and enjoy professional bookkeeping without a CPA.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

August 19 – 20

102250-5A Tue, Wed 7:00 p.m. – 9:30 p.m.

Quicken

(18 years and older)

Learn how to manage personal finances effortlessly using Quicken software. Users will learn how to track and understand daily spending, monitor and schedule bills, and automatically generate easy to read reports, registers and budgets. The class is led by an experienced computer consultant and instructor who has utilized Quicken to manage personal and small business finances for more than 13 years.

2, 2.5-hour sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Robichaud

August 12 – 13

102239-5A Tue, Wed 7:00 p.m. – 9:30 p.m.

Windows 7 Tips & Tricks

(18 years and older)

Learn all about the new features, what to upgrade from XP or Vista, and how to best customize computer settings. Students will explore user accounts, file searches and libraries, new screen features, security and maintenance. Practice a host of techniques to work more efficiently, including keyboard shortcuts and desktop gadgets. Also, get a sneak peak of the new Windows 8. Prerequisite: prior experience with any version of Windows.

1, 2.5-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Robichaud

July 15

102253-5A Tue 7:00 p.m. – 9:30 p.m.



Caribbean Cuisine Made Easy

(18 years and older)

Caribbean Cuisine is a fusion of African, Indian, Native American, and Chinese influences. This diversity of cultures brings a surprisingly unique flavor to the Caribbean. Students will explore some of these flavors as they learn how to prepare a traditional Caribbean meal. Recipes include Split Pea and Carrot Soup, Island Kale, Fried Plantains, Jerk Chicken, and Coconut Cake.

1, 3-hour session at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Jessimy

June 21

102520-4B

Sat

10:00 a.m. – 1:00 p.m.

Cooking Vegetarian

(18 years and older)

More and more people are adding vegetarian cooking to their lifestyle. Whether it is because of a health concern or a need for an alternative to their normal everyday diet, many people are discovering the benefits of vegetarian food. Learn how to make tasty recipes that will delight the palates of both vegetarians and non-vegetarians.

1, 3-hour session at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Jessimy

July 19

103330-5A

Sat

10:00 a.m. – 1:00 p.m.

Freezer Cooking

(18 years and older)

Students will learn the steps necessary for assembling and preparing multiple meals for freezing. The participants will review recipes, prep the ingredients and wrap the meals to take home and store in their freezers. Meals serve four to six people. Students should bring a cooler to transport the meals home. The instructor will contact students two weeks prior to class with menu selections and students can choose up to five meals. Class fee includes all necessary supplies for the preparation of five meals.

1, 5-hour session at RCC Hunters Woods

\$110 (R)/\$220 (NR) • Guidry

July 27

105068-5A

Sun

11:00 a.m. – 4:00 p.m.

Thai Cooking Basics

(18 years and older)

Thai cuisine blends elements of several Southeast Asian traditions. Thai dishes are known for their balance of salty, sour, sweet, and bitter flavors. Students will taste the wonder of Thailand as they prepare recipes that include Lemongrass Soup, Shrimp Pad Thai Noodles, Thai Cabbage Salad, and Sticky Rice with Mango.

1, 3-hour session at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Jessimy

August 16

102521-5A

Sat

10:00 a.m. – 1:00 p.m.

CRAFTS



Knitting

(18 years and older)

This class is designed to teach those who are new to knitting and also to refresh the skills of the more experienced knitters. Beginners will learn the basics of knitting while enjoying several projects including: a hand bag, a scarf, a hat and a pair of fingerless gloves. The more experienced knitters may choose their own projects and get help as needed with new skills. A supply list will be provided prior to the first class; students are required to purchase their own supplies.

8, 90-minute sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Van Trees

June 23 – August 11

102418-4C Mon 6:30 p.m. – 8:00 p.m.

Knitting II

(18 years and older)

Students will learn a variety of intermediate and advanced knitting techniques such as knitting with multiple colors (Mosaic, Intarsia, Fair Isle); duplicate knitting and more. Prerequisites: Knitting I or mastery of knit, purl, cast-on, and bind-off. Students are required to purchase their own supplies. A supply list will be provided prior to the first class.

8, 90-minute sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Van Trees

June 25 – August 13

102261-4D Wed 6:30 p.m. – 8:00 p.m.

Creating Resin Jewelry

(18 years and older)

In this workshop, students will be introduced to a variety of ways that epoxy resin can be used in creating beautiful jewelry. The participants will be given a review of safety and preparation tips and tricks, pouring, layering and embedding using a variety of ephemera, found objects and other elements. Students will learn how to add color to their resin and some basic jewelry techniques. All materials will be provided for the workshop. This class is open to all levels. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Ryan

July 19

103381-5A Sat 10:00 a.m. – 1:00 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.

Fused Glass

(18 years and older)

This one-day class will be used to explore fused glass techniques. Depending on individual interests, the students will work on cabochons, panels, bowls, or some other project. This is a fascinating area in stained glass craft and is great for making gifts. All supplies included in class fee.

**1, 3-hour session at RCC Hunters Woods
\$80 (R)/\$160 (NR) • Damron**

June 9

105163-4C Mon 10:00 a.m. – 1:00 p.m.

July 14

105163-5A Mon 10:00 a.m. – 1:00 p.m.

August 13

105163-5B Wed 6:30 p.m. – 9:30 p.m.

Industrial Chic Jewelry

(18 years and older)

Students will learn to make fun, fashionable jewelry out of ordinary items found in a hardware store. Students will have the opportunity to make several projects such as earrings, bracelets, necklaces, belts, key chains, etc. Personal creativity will be encouraged to make one-of-a-kind pieces. Project samples will be provided to aid in the creative process. Topics covered will include: project concepts; the design process; availability of design elements and tools; the safe use of basic tools; and assembly and completion of projects. All supplies included in class fee.

**4, 2-hour sessions at RCC Hunters Woods
\$85 (R)/\$170 (NR) • Van Trees**

August 2 – 23

102570-5A Sat 12:00 p.m. – 2:00 p.m.

Jewelry - Wire Earrings

(18 years and older)

Students will learn to create a variety of wire earring styles. Knowledge of basic wire working would be preferred. All supplies included in class fee.

**1, 3-hour session at RCC Hunters Woods
\$45 (R)/\$90 (NR) • Ryan**

June 21

105069-4B Sat 10:00 a.m. – 1:00 p.m.

Mosaic Art

(18 years and older)

Students will design and create a fine art mosaic piece using a variety of materials such as glass, ceramic, stone, shell, metal and polymer. Students are encouraged to incorporate their personal items such as beads, china chips, jewelry and glass pieces into their work. After planning the design and selecting all materials, students will prepare the substrate and apply tesserae and other materials in an

assemblage fashion using the direct method. Students will use glass and tile nippers as needed, will grout their project, and will then apply hanging hardware. Handouts explaining a glossary of terms, as well as a resource list will be distributed. All skill levels are welcome. All supplies included in class fee.

**6, 3-hour sessions at RCC Hunters Woods
\$185 (R)/\$370 (NR) • Damron**

July 2 – August 6

104040-5A Wed 6:30 p.m. – 9:30 p.m.

Open Stained Glass Lab

(18 years and older)

Stained glass and stained glass mosaic enthusiasts are encouraged to participate in RCC's monthly Open Stained Glass Lab. Lab is held in the Woodshop on the first and third Sunday of the month and is facilitated by the Stained Glass instructor. Participants working independently on projects must bring the necessary materials or make arrangements with the lab supervisor beforehand. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk.

**4-hour sessions at RCC Hunters Woods
Per session: \$10 (R)/\$20 (NR) • Staff**

June 1 & 15, July 6 & 20, August 3 & 17

Drop-in, First and Third Sundays 1:30 p.m. – 5:30 p.m.

Stained Glass

(18 years and older)

All skill levels are welcome in RCC's popular stained glass course. Students with stained glass or mosaic experience may choose more advanced projects suitable to their skill levels, subject to instructor approval. All necessary tools will be available for student use. All supplies included in class fee.

**4, 3-hour sessions at RCC Hunters Woods
\$160 (R)/\$320 (NR) • Damron**

June 5 – 26

105092-4D Thu 6:30 p.m. – 9:30 p.m.

Stained Glass Lawn Ornament

(18 years and older)

Create a beautiful stained glass garden or lawn ornament. Several designs will be available commensurate with skill level. Students can select colors from RCC's beautiful stained glass collection. Students will cut and shape glass using a variety of manual and power tools and will learn to foil and solder projects to stakes for planting. All skill levels are welcome, and all supplies are included to complete one project. Supplies to create an additional project will cost \$25.00, payable at the Customer Service desk after discussion with the instructor.

**3, 3-hour sessions at RCC Hunters Woods
\$95 (R)/\$190 (NR) • Damron**

June 6 – 20

104129-5A Fri 10:00 a.m. – 1:00 p.m.

Stained Glass Suncatcher

(18 years and older)

Create a beautiful stained glass sun catcher that can be displayed in a window. Several designs will be available commensurate with skill level. Students can select colors from RCC's beautiful cathedral stained glass collection. Students will cut and shape glass using a variety of manual and power tools and will learn to foil, solder, and affix hanging hardware. All skill levels are welcome, and all supplies are included to complete one project. Supplies to create an additional project will cost \$25.00, payable at the Customer Service desk after discussion with the instructor.

3, 3-hour sessions at RCC Hunters Woods

\$80 (R)/\$160 (NR) • Damron

July 16 – 30

104127-5A Wed 10:00 a.m. – 1:00 p.m.

Wire Caged Pendant and Earrings

(18 years and older)

In this beginner wire jewelry class, students will use the spiral technique and learn how to make a cage that can be used to wrap around beautiful beads. This skill will be used to make their own wire caged pendant and earrings. Student will also learn to make jump rings. Other topics discussed include: proper tool usage, how to patina wire pieces, and how to work, harden, and forge wire. Tools will be available for use during class. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Sinish

July 26

103373-5A Sat 10:00 a.m. – 1:00 p.m.

Wire Spiral-Wrapped Beaded Pendant

(18 years and older)

In this beginner wire jewelry class, students will learn and use the essential and popular spiral technique to create a spiral-wrapped beaded pendant. Students will also learn how to make jump rings. Other topics include: proper tool usage, how to patina wire pieces, and how to work, harden, and forge wire. Tools will be available for use during class. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Sinish

July 12

103372-5A Sat 10:00 a.m. – 1:00 p.m.

Wire-Wrapped Bead Link Bracelet

(18 years and older)

In this beginner wire jewelry class, students will learn the essential wire-wrapped bead link technique and make links that can be used to create a wrapped bead link bracelet. Students will also learn how to make jump rings, a spiral charm, and a jewelry connecting clasp. Other topics discussed include: proper tool usage, how to patina wire pieces, and how to work, harden, and forge wire. Tools will be available for use during class. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Sinish

June 14

103371-4C Sat 10:00 a.m. – 1:00 p.m.



ENRICHMENT



Babysitting 101

(13 – 16 years old)

The official name of this excellent course is Babysitting Lessons and Safety Training (BLAST) + AHA Family & Friends CPR. Endorsed by the American Academy of Pediatrics, students will learn the current practices for safety and injury prevention while babysitting. The BLAST Program offers exciting and interactive instruction and extensive training in pediatric first aid and CPR. Students will also learn the Heimlich maneuver, information on household safety, and the fundamentals of childcare. Students must attend the entire training workshop to obtain certificates. Please bring a doll and a bag lunch.

1, 5-hour session at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Lowry

June 14

801112-4B

Sat

9:30 a.m. – 2:30 p.m.

Backyard Astronomy

(10 years and older)

Learn the basics of how our universe is organized and discover the wonder and fun of amateur astronomy. Learn about the different equipment available for backyard viewing, including various telescope designs and accessories, and the local astronomy resources. The course includes a sky tour of the visible constellations and major objects highlighting the solar system. Students will be given hands-on experience with wide-field binoculars and a Meade ETX90 telescope.

A free software CD titled Sky Chart III is included. Cabots Point Park is located near the intersection of South Lakes Drive and Cabots Point Lane. Please visit www.reston.org for more detailed location information.

1, 2-hour session at Cabots Point Park
\$15 (R)/\$30 (NR) • Robichaud

June 20

102248-4G

Fri

8:30 p.m. – 10:30 p.m.

July 19

102248-5A

Sat

8:30 p.m. – 10:30 p.m.

August 23

102248-5B

Sat

8:00 p.m. – 10:00 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.

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.

8, 2-hour sessions at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Golias

June 14 – August 9 (No Class: July 19)

102409-4C Sat 10:00 a.m. – 12:00 p.m.

Line Dancing I

(18 years and older)

Learn how to dance the two-step, waltz, cha-cha, jitterbug, swing, shuffle (like a polka), and specialty steps. Please do not wear rubber soled shoes that may not slide on the hardwood floor.

8, 60-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Chen

June 19 – August 7

104450-4D Thu 6:00 p.m. – 7:00 p.m.



Line Dancing II

(18 years and older)

This class is for the student who has a basic knowledge of line dancing and would like to improve his or her skills. The class will include some traditional and not so traditional line dances to a variety of music. Please do not wear rubber soled shoes that may not slide on the hardwood floor.

8, 60-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Chen

June 19 – August 7

104451-4D Thu 7:00 p.m. – 8:00 p.m.

Newborns: What to Expect after Delivery

(18 years and older)

This class will communicate to expectant parents what to expect after their baby is born. The topics that will be covered include infant feeding, jaundice, typical behaviors, sleeping and other issues that most new parents encounter. This class will be interactive with the opportunity to ask questions about subjects that are not covered in class. Led by a local physician, this course is strictly for educational purposes only; there will be no solicitation or obligation of the attendees.

1, 60-minute session at RCC Hunters Woods

Free, Registration Req. • Karp

June 26

306993-4D Thu 6:15 p.m. – 7:15 p.m.

August 14

306993-5A Thu 6:15 p.m. – 7:15 p.m.

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 written document to discuss. The group will meet every other Monday.

6, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Kelly

June 9 and 23, July 7 and 21, August 4 and 18

105116-4C Mon 7:00 p.m. – 9:00 p.m.

FITNESS & WELLNESS



20/20/20

(16 years and older)

A premier total body workout, this class includes 20 minutes of cardiovascular conditioning in the form of step, kickboxing, or Hi/Lo aerobics, 20 minutes of strength training using hand held weights, and 20 minutes of lower body toning (abdominals, buttocks, hips, thighs).

4, 60-minute sessions at RCC Lake Anne

\$45 (R)/\$90 (NR) • Fletcher

June 3 – 24

306004-4G Tue 6:15 p.m. – 7:15 p.m.

July 22 – August 12

306004-5A Tue 6:15 p.m. – 7:15 p.m.

DEMO CLASS

Interested in a class but not ready to commit?
Contact RCC's Fitness & Wellness Director to schedule a
one-time demo: 703-476-4500.

Body Sculpting

(16 years and older)

Accomplish a full body workout with traditional and nontraditional sculpting methods, using free weights, resistance bands, body bars and the body. This class is designed to take participants to their own limit. Good for all levels of fitness.

6, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Staff

June 7 – July 19 (No Class: July 5)

302315-4I Sat 10:45 a.m. – 11:45 a.m.

6, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Straley

June 2 – July 7

302315-4J Mon 6:00 p.m. – 7:00 p.m.

6, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Straley

July 14 – August 18

302315-5A Mon 6:00 p.m. – 7:00 p.m.

4, 60-minute sessions at RCC Lake Anne

\$28 (R)/\$56 (NR) • Staff

August 2 – 23

302315-5B Sat 10:45 a.m. – 11:45 a.m.

Boot Camp for Women

(16 years and older)

This program combines boot camp-style drills, cardio conditioning, strength training, yoga, kick boxing, dance and more. Led by an Aerobics and Fitness Association of America certified instructor, it will appeal to women of any age who want to get back in shape and achieve fitness goals. All equipment is provided and includes resistance tubes, bands, jump ropes, steel weights, weighted medicine balls, body bars and balance boards. The instructor will demonstrate different variations for each fitness level. Please bring a water bottle and dress appropriately for exercise.

6, 60-minute sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Nyman

June 5 – July 10

303006-4E Thu 6:00 p.m. – 7:00 p.m.

4, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Nyman

July 31 – August 21

303006-5A Thu 6:00 p.m. – 7:00 p.m.

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.

6, 60-minute sessions at RCC Lake Anne

\$38 (R)/\$76 (NR) • Hill

June 3 – July 8

302485-4F Tue 6:00 p.m. – 7:00 p.m.

July 15 – August 19

302485-5A Tue 6:00 p.m. – 7:00 p.m.

Express Core Workout

(16 years and older)

Perform unique strength and stability exercises in this core challenging class for the abdominals and the back; no regular crunches here. Exercises are designed to increase range of motion, strength, and lean muscle mass. This challenging class is highly recommended for students of all fitness levels. Each workout ends with a cool down and light stretching.

6, 45-minute sessions at RCC Lake Anne

\$30 (R)/\$60 (NR) • Straley

June 2 – July 7

302371-4D Mon 7:15 p.m. – 8:00 p.m.

July 14 – August 18

302371-5A Mon 7:15 p.m. – 8:00 p.m.

FunFit

(1 – 2 years old)

This class is designed for children ages one and two. This fun-filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child's self-confidence, motor skills, coordination and reinforces cognitive learning. 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.

8, 45-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • FunFit Staff

June 21 – August 9

306040-4C Sat 9:30 a.m. – 10:15 a.m.

FunFit

(2 – 3 years old)

This class is designed for children ages two and three. This fun-filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child's self-confidence, motor skills, coordination and reinforces cognitive learning. 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.

8, 45-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • FunFit Staff

June 21 – August 9

306041-4C Sat 10:30 a.m. – 11:15 a.m.

FunFit

(1 – 4 years old)

This class is designed for children ages one through four in order to allow siblings to participate in the same class. This fun-filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child's self-confidence, motor skills, coordination and reinforces cognitive learning. 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.

8, 45-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • FunFit Staff

June 21 – August 9

306042-4C Sat 11:30 a.m. – 12:15 p.m.

DID YOU KNOW?

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



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.

4, 60-minute sessions at RCC Lake Anne

\$28 (R)/\$56 (NR) • Soares

June 3 – 24

306992-4C Tue 7:30 p.m. – 8:30 p.m.

6, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Soares

July 15 – August 19

306992-5A Tue 7:30 p.m. – 8:30 p.m.

Hatha Yoga I

(18 years and older)

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

6, 60-minute sessions at RCC Lake Anne

\$34 (R)/\$68 (NR) • Hill

June 1 – July 6

305051-4F Sun 9:00 a.m. – 10:00 a.m.

July 20 – August 24

305051-5A Sun 9:00 a.m. – 10:00 a.m.

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, 3.5-hour session at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Heart Start

June 14

302313-4M Sat 10:00 a.m. – 1:30 p.m.

August 9

302313-5A Sat 10:00 a.m. – 1:30 p.m.

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-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • Hill

June 23 – August 11

302101-4F Mon 12:00 p.m. – 1:30 p.m.

Masala Bhangra

(15 years and older)

Get a full body workout while learning Bollywood and Bhangra dance forms. This unique dance fitness program, for both men and women, mixes cardiovascular exercise with fun and is suitable for all fitness levels. Please wear comfortable, fitted clothing with bare feet, ballet slippers or smooth dance gym shoes. No street shoes please.

4, 60-minute sessions at RCC Lake Anne

\$30 (R)/\$60 (NR) • Richardson

June 4 – June 25

306000-4F Wed 6:30 p.m. – 7:30 p.m.

Meditation for Relaxation

(18 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-minute sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Gurunater

July 1 – August 19

302115-5A Tue 5:30 p.m. – 6:45 p.m.

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-minute sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Gurunater

July 1 – August 19

302215-5A Tue 7:00 p.m. – 8:30 p.m.

Nia

(16 years and older)

Nia is an exhilarating movement and lifestyle practice that combines martial arts and healing arts, and has helped change lives with its holistic approach to fitness and self-healing of the body. Students master full awareness of their physical and emotional responses to their workouts to support complete health and well-being.

4, 60-minute sessions at RCC Lake Anne

\$33 (R)/\$66 (NR) • Shiotsuki

June 8 – 29

306002-4G Sun 9:30 a.m. – 10:30 a.m.

July 6 – 27

306002-5A Sun 9:30 a.m. – 10:30 a.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.

Outdoor/Indoor Fitness

(16 years and older)

Go on an exciting and heart pumping journey around Lake Anne while climbing stairs, jogging, and lunging to increase cardiovascular health. Then move to the indoor fitness studio for the second half of the workout to build muscular strength and stamina. This class offers a great opportunity for participants to work together towards better health and well-being.

8, 60-minute sessions at RCC Lake Anne

\$45 (R)/\$90 (NR) • Straley

June 10 – July 3

306017-4E Tue, Thu 7:15 p.m. – 8:15 p.m.

July 22 – August 14

306017-5A Tue, Thu 7:15 p.m. – 8:15 p.m.

Prenatal Yoga

(18 years and older)

Pregnancy is one of the most special experiences in a woman’s life, and this class will provide safe and effective exercises to help prepare for labor and delivery. Come share a program with other expectant mothers 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 you consult a physician, midwife, or health practitioner prior to starting any physical exercise regimen. Please bring a light blanket for cover during deep relaxation.

4, 60-minute sessions at RCC Lake Anne

\$25 (R)/\$50 (NR) • Soares

June 5 – June 26

302100-4D Thu 7:30 p.m. – 8:30 p.m.

6, 60-minute sessions at RCC Lake Anne

\$38 (R)/\$76 (NR) • Soares

July 17 – August 21

302100-5A Thu 7:30 p.m. – 8:30 p.m.

Self-Defense

(10 years and older)

Nothing is more frightening than the prospect of being attacked. This no-nonsense, co-ed self-defense program is a safe and effective method of self-protection that really works. Students will learn how to disable an attacker, several variations of release getaway techniques including basic kicks and punches, as well as basic stances and proper falling and landing skills. The classes also include body conditioning exercises to improve strength and agility. Taught by RCC’s popular Tae Kwon Do instructors, this program is not to be missed.

11, 60-minute sessions at RCC Hunters Woods

\$66 (R)/\$132 (NR) • Butts

June 7 – August 23 (No Class: July 5)

300039-4C Sat 11:00 a.m. – 12:00 p.m.

SharQui Belly Dance

(16 years and older)

Belly dancing involves isolated movements of muscle groups such as the abdomen, arms, and legs. In this class you will learn some of the basic moves and rhythms that make up belly dance while getting a great low-impact, full-body workout. This class is suitable for all fitness levels. Please wear comfortable, fitted clothing with bare feet, ballet slippers or smooth dance gym shoes, and a coin hip scarf. No street shoes please.

8, 60-minute sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Richardson

July 2 – August 20
 306027-5A Wed 6:30 p.m. – 7:30 p.m.

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.

11, 60-minute sessions at RCC Hunters Woods
\$66 (R)/\$132 (NR) • Butts

June 7 – August 23 (No Class: July 5)
 302348-4D Sat 9:00 a.m. – 10:00 a.m.



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.

11, 60-minute sessions at RCC Hunters Woods
\$66 (R)/\$132 (NR) • Butts

June 7 – August 23 (No Class: July 5)
 303000-4D Sat 10:00 a.m. – 11:00 a.m.

Yoga and Meditation in the Morning

(18 years and older)

This class will combine the practice of both Hatha and Kundalini yoga. Each class will begin with basic Hatha postures for strengthening and stretching the body, followed by Kundalini yoga techniques that include breathing exercises, asana practice for deeper healing, and meditation practice.

4, 90-minute sessions at RCC Lake Anne
\$30 (R)/\$60 (NR) • Khalsa

July 2 – 23
 302440-5A Wed 9:30 a.m. – 11:00 a.m.

Yoga for Children

(3 – 5 years old)

This yoga class appeals to children ages three through five and allows them to improve coordination, balance, and focus. Children derive enormous benefits from yoga, including flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness improve. Curriculum will include games and stretching exercises, mimicry of animals, singing, and learning how to breathe properly. Participants may wish to bring a beach towel or yoga mat with them. Parent/caregiver is not required to remain during class. This program is not appropriate for children younger or older than the advertised age range (3-5 years old). Participating children must be registered.

4, 45-minute sessions at RCC Lake Anne
\$35 (R)/\$70 (NR) • Shamrell

July 3 – 24
 301400-5A Thu 3:45 p.m. – 4:30 p.m.

July 31 – August 21
 301400-5B Thu 3:45 p.m. – 4:30 p.m.



Yoga for Youth

(6 – 11 years old)

This yoga class appeals to children ages six through 11 and allows them to participate in team games to help improve coordination, balance, and focus. Students will practice advanced yoga postures as well as breathing and relaxation techniques. Participants may want 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 (6 – 11 years old). Participating children must be registered.

4, 45-minute sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Shamrell

July 3 – 24

301401-5A Thu 4:45 p.m. – 5:30 p.m.

July 31 – August 21

301401-5B Thu 4:45 p.m. – 5:30 p.m.

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-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • Ledesma

June 30 – August 18

302327-4I Mon 7:00 p.m. – 8:00 p.m.

6, 60-minute sessions at RCC Lake Anne

\$42 (R)/\$84 (NR) • Burns

June 6 – July 18 (No Class: July 4)

302327-4J Fri 9:45 a.m. – 10:45 a.m.

4, 60-minute sessions at RCC Lake Anne

\$32 (R)/\$64 (NR) • Burns

August 1 – 22

302327-5A Fri 9:45 a.m. – 10:45 a.m.

Zumba Kids Jr.

(4 – 6 years old)

Zumba Kids Jr. is designed exclusively for children ages four through six. 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, increasing focus and self-confidence, boosting metabolism and enhancing coordination.

8, 45-minute sessions at RCC Lake Anne

\$50 (R)/\$100 (NR) • Wood

June 24 – August 12

306007-4D Tue 4:00 p.m. – 4:45 p.m.

Zumba Kids

(7 – 11 years old)

Zumba Kids is designed for children ages seven through 11. 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, increasing focus and self-confidence, boosting metabolism and enhancing coordination.

8, 45-minute sessions at RCC Lake Anne

\$50 (R)/\$100 (NR) • Wood

June 24 – August 12

306008-4D Tue 5:00 p.m. – 5:45 p.m.

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-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • Ledesma

June 30 – August 18

302227-4F Mon 6:00 p.m. – 7:00 p.m.

Eco-Friendly Cleaning

(16 years and older)

This workshop will teach students why it is a good idea to reduce the use of harsh, sometimes toxic, cleansers in the home. Students will learn how to make safe and environmentally friendly household cleansers, which is quick and easy to do and very economical. Attendees are encouraged to purchase *Clean House, Clean Planet* by Karen Logan and bring it to the workshop. This program is jointly produced by RCC, RA and Sustainable Reston. A \$7/\$9 (RA Member/Non-Member) fee is payable upon entry to Walker Education Nature Center located at 11450 Glade Drive, Reston, VA.

**1, 90-minute session at Walker Nature Center
\$7 (RA)/\$9 (Non-RA) payable at Nature Center
Registration Req. • Blust**

August 7

101100-5A

Thu

7:00 p.m. – 8:30 p.m.

Fermentation Workshop

(16 years and older)

Fermentation is a method of food preservation that dates back thousands of years and is used throughout the world. Fermented food is full of "good bacteria" and is very healthy. In this hands-on workshop, you will learn the science (and the art) of fermentation. Students will prepare a simple dish, such as sauerkraut, to take home. This program is jointly produced by RCC, RA, and Sustainable Reston.

**1, 2-hour session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Blust**

June 26

100216-4B

Thu

7:00 p.m. – 9:00 p.m.

Home Food Preservation

(16 years and older)

This introductory class to home food preservation covers canning, fermentation, drying/dehydration, and freezing. Participants will learn about the science behind food preservation and different canning methods. Other topics will include: safety precautions, preservation methods (fermentation, drying, freezing), food and recipe selection, kitchen setup, jar and equipment preparation (sterilization of jars, lid prep, assembly line set up), and much more. The class is a lecture that will include a demonstration of the correct procedure for filling jars with food to be canned. There will be ample time following the presentation to ask questions. This program is jointly produced by RCC, RA and Sustainable Reston. Registration is required, and a \$7/\$9 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA.

**1, 90-minute session at Walker Nature Center
\$7 (RA)/\$9 (Non-RA) payable at Nature Center
Registration Req. • Blust**

June 5

100211-4B

Thu

7:00 p.m. – 8:30 p.m.

Pressure Canning Demonstration

(16 years and older)

In this demonstration workshop, students will observe how to safely pressure can foods while learning the science behind the method and integral safety measures. Pressure canning is the only safe method for processing low acid foods such as vegetables, meat, poultry, and fish at home. While high acid foods (fruits) and acidified foods (pickled products) can safely be processed in a boiling water bath canner, a special device called a pressure canner must be used for all low acid foods. This program is jointly produced by RCC, RA and Sustainable Reston.

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

June 12

100212-4B

Thu

7:00 p.m. – 9:00 p.m.

Solar Oven Workshop

(10 years and older)

Solar ovens use sunlight as an energy source to slow cook or warm foods outdoors without the aid of electricity or other fuel sources. They are primarily used in regions where there is no fuel available, or a serious threat of a fire already exists. Solar ovens are also used to sterilize water and can be useful on camping trips. Participants will learn how to build a solar oven and will receive a simple recipe to prepare. Supplies will be provided. This program is jointly produced by RCC, RA and Sustainable Reston. Registration is required, and a \$7/\$9 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA.

**1, 2-hour session at Walker Nature Center
\$7 (RA)/\$9 (Non-RA) payable at Nature Center
Registration Req. • Blust**

June 29

103059-4A

Sun

1:30 p.m. – 3:30 p.m.

Water Bath Canning Workshop

(16 years and older)

In this hands-on class, participants will have the opportunity to can fruits and other high acid foods using a water bath canner, a process also known as water bath canning. Food preservation saves money, allows more control over dietary and nutrition intake, and provides a great sense of satisfaction. Participants will learn how to use the equipment and will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by RCC, RA and Sustainable Reston.

**1, 2-hour session at RCC Hunters Woods
\$8 (R)/\$16 (NR) • Blust**

June 19

100215-4B

Thu

7:00 p.m. – 9:00 p.m.

LANGUAGE LEARNING

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. Participants are required to sign in at each meeting.

12, 3-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

June 4 – August 20

Drop-in Wed 6:00 p.m. – 9:00 p.m.

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 or the lovely island of Martinique. 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-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Elder

June 7 – July 26

105135-4D Sat 2:30 p.m. – 4:00 p.m.

French for Beginners II

(18 years and older)

This class is designed for students who have taken French 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 I 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-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Elder

June 7 – July 26

105138-4D Sat 4:30 p.m. – 6:00 p.m.

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. All instruction will be in Japanese. Participants are required to sign in at each meeting.

3, 90-minute sessions at RCC Hunters Woods

Free, Drop-in • Gallas

June 28, July 26, August 30

Drop-in Sat 1:00 p.m. – 2:30 p.m.

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

\$65 (R)/\$130 (NR) • Lenigan

June 17 – August 5

102357-4D Tue 7:00 p.m. – 9:00 p.m.

Spanish for Beginners II

(18 years and older)

Students will further their Spanish learning and exposure to the cultures and countries that form the Hispanic world. This class is designed for those who have some knowledge of the Spanish language, regardless of whether it was learned in high school, college, or beyond. Start by reviewing basic vocabulary, communicative structures, and verb conjugations; then learn new ones through motivating and practical topics and activities. Students will play games and watch fun Spanish videos pertaining to travel, culture, music, and film.

8, 2-hour sessions at RCC Hunters Woods

\$65 (R)/\$130 (NR) • Lenigan

June 12 – July 31

104007-4D Thu 7:00 p.m. – 9:00 p.m.

DID YOU KNOW?

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

PERFORMING ARTS



Dance

Dance Class Introduction

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.

4, 60-minute sessions at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Staff

June 3 – 24

402402-4D

Tue

4:45 p.m. – 5:45 p.m.

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.

4, 60-minute sessions at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Staff

June 4 – 25

402414-4G

Wed

4:15 p.m. – 5:15 p.m.

June 7 – 28

402414-4H

Sat

11:00 a.m. – 12:00 p.m.

Creative Dance

(3 – 4 years old)

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

4, 30-minute sessions at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Staff

June 3 – 24

402404-4G

Tue

3:30 p.m. – 4:00 p.m.

June 7 – 28

402404-4H

Sat

9:45 a.m. – 10:15 a.m.

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.

4, 45-minute sessions at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Staff

June 3 – 24

402400-4J Tue 4:00 p.m. – 4:45 p.m.

June 7 – 28

402400-4K Sat 9:00 a.m. – 9:45 a.m.

June 7 – 28

402400-4L Sat 10:15 a.m. – 11:00 a.m.

Storybook Ballet

(3 – 4 years old)

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

4, 45-minute sessions at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Staff

June 4 – 25

402413-4D Wed 3:30 p.m. – 4:15 p.m.

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.

4, 45-minute sessions at RCC Hunters Woods

\$25 (R)/\$50 (NR) • Zucker

June 5 – 26

404220-4S Thu 9:45 a.m. – 10:30 a.m.

June 5 – 26

404220-4T Thu 10:45 a.m. – 11:30 a.m.

June 5 – 26

404220-4U Thu 11:45 a.m. – 12:30 p.m.

June 6 – 27

404220-4V Fri 9:45 a.m. – 10:30 a.m.

June 6 – 27

404220-4W Fri 10:45 a.m. – 11:30 a.m.

June 6 – 27

404220-4X Fri 11:45 a.m. – 12:30 p.m.



SpeakeasyDC Storytelling Boot Camp

(18 years and older)

Interested in telling your personal stories? SpeakeasyDC's Storytelling Boot Camp is the perfect one-day introduction to autobiographical story performance. In this introductory class, you will learn the fundamentals of how to turn your personal life stories into stage-ready performance material including: finding story source material, building a narrative arc, identifying universal meaning, and making your story entertaining. Each participant will receive a complimentary ticket to see SpeakeasyDC's *Born this Way: Stories about Queer Culture in America* in the CenterStage on Sunday, June 8, 3:00 p.m. Please note the performance includes adult material.

1, 6-hour session at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Speak Easy

June 1

402596-4A Sun 1:00 p.m. – 7:00 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.

SOCIAL PROGRAMS



All Around the Farm

(3 – 5 years old)

Meet at the Loudoun Heritage Farm Museum, located at 21668 Heritage Farm Lane, Sterling, VA. For directions, call 703-421-5322. Participants will become a “farmer for a day” in the interactive exhibit area for children and their families. Milk a life-like cow, collect eggs from make-believe chickens, and ride the Equi-ponies. In addition, participants will visit the Waxpool General Store that has been preserved as a time capsule of days past. Tour the store and play shopkeeper, shopper, or postmaster. Parents/caregivers are encouraged to remain for 30 minutes after the conclusion of the program for playtime and touring on their own. 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 register.

1, 90-minute session at Loudoun Heritage Farm

\$5 (R)/\$10 (NR) • Haneline

June 17

901134-4A

Tue

10:00 a.m. – 11:30 a.m.

Checkers

(12 years and older)

Enjoy a panoramic view of Lake Anne while playing checkers. RCC has several sets of checkers that patrons may borrow if they wish to play on the permanent, stone tables outside around Lake Anne. Simply visit RCC Lake Anne Customer Service Desk to check out a set.

**RCC Lake Anne Customer Service Desk to check out a set
Free, Drop-in • Staff**

July 1 – August 31

Drop-in

Daily

9:00 a.m. – 8:00 p.m.

Dive-In Movie and Pizza Party

(12 – 18 years old)

Here’s the chance to go to the movies while relaxing at the pool. Grab a towel and prepare for an evening of food and fun with friends. This event is cosponsored by RA and RCC and will be canceled in the event of inclement weather. For weather-related concerns, please call RCC at 703-476-4500. The movie will be held at RA’s Hunters Woods Pool located 2501 Reston Parkway, Reston, VA. Middle and high school students only.

1, 3-hour session at Hunters Woods Pool

Free, Drop-in • Staff

August 23

Drop-in

Sat

8:00 p.m. – 11:00 p.m.



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.

12, 3-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

June 5 – August 21

Drop-in	Thu	6:30 p.m. – 9:30 p.m.
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Kids' Night Out

(3 – 9 years old)

New and starting this summer, Kids' Night Out I and Kids' Night Out II will be combined in order to provide fun-filled, supervised activities for children in a wider age range so that their parents can treat themselves to an evening of fun or relaxation. Children may enjoy arts and crafts, movies, games, dancing and sports. In addition, cheese pizza will be served for dinner, as well as snacks and drinks to enjoy afterwards. Children are encouraged to dress for play. Please note that participants must be toilet-trained. Registration deadline is one week prior to the event. Cost is per session.

1, 3.5-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Ali

June 6

902106-4A	Fri	6:30 p.m. – 10:00 p.m.
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June 20

902106-4B	Fri	6:30 p.m. – 10:00 p.m.
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July 11

902106-5A	Fri	6:30 p.m. – 10:00 p.m.
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July 18

902106-5B	Fri	6:30 p.m. – 10:00 p.m.
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August 8

902106-5C	Fri	6:30 p.m. – 10:00 p.m.
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June Jitterbugs

(3 – 5 years old)

Let's get buggy. From squirmy worms to beautiful butterflies, explore the miniature world of Reston's spiders and insects. Sing songs, look at live insects and make a buggy craft. If the weather is pleasant, participants will go for a hike in search of forest critters. Wear sturdy walking shoes and clothes that can get dirty. Parents/caregivers must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. All participating children must register. The Walker Nature Center is located at 11450 Glade Drive, Reston, VA.

1, 60-minute session at Walker Nature Center

\$5(R)/\$10(NR) • Haneline

June 5

901207-4A	Thu	1:30 p.m. - 2:30 p.m.
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Tot Time

(Infant – 4 years old)

Tot Time is an unstructured, drop-in play group that encourages parents to socialize with one another while their children become acquainted. Toys, games, books, and music are provided. Please note: Tot Time will take place at RCC Lake Anne in July and August on Tuesdays and Fridays.

8, 90-minute sessions at RCC Hunters Woods

Free, Drop-in • Ali

June 3 – 26

Drop-in	Tue, Thu	9:30 a.m. – 11:00 a.m.
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14, 90-minute sessions at RCC Lake Anne

Free, Drop-in • Ali

July 8 – August 22

Drop-in	Tue, Fri	9:30 a.m. – 11:00 a.m.
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Visit to Colvin Run Mill

(6 years and older)

Meet at Colvin Run Mill (10017 Colvin Run Road, Great Falls, VA) to enjoy two individual programs, one for children ages 6-8, and another for children 9-12. The programs will run concurrently, and will provide similar information. However, all information will be presented in an age-appropriate manner. Participants will tour the millworks and learn how grain is made and used, and visit the store where they will enjoy hands-on activities and observe the differences between familiar items from the early 20th century to the present. For directions, please call 703-759-2111. Parents/caregivers must fully participate in the activities. This program is not appropriate for children younger than the advertised age range. Parents and children must register.

1, 90-minute session at Colvin Run Mill

\$5 (R)/\$10 (NR) • Haneline

August 7

901031-5A	Thu	10:00 a.m. – 11:30 a.m.
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PHOTO BY NATHAN ADAMS



Wolf Trap Farm Park

(3 years and older)

Nestled in a beautiful setting, Wolf Trap Farm Park offers families the opportunity to see live performances in the outdoor theatre, many of which may include music, dance, puppetry, and storytelling. This year, "Improv 4 Kids" will be featured, offering comedic skits, songs and dances. Wolf Trap Farm Park is located at 1551 Trap Road, Vienna, VA. For directions, please call 703-255-1900. Participants will enjoy a family-friendly performance at 10:30 a.m. Please note that there is a ten-minute walk from the parking lot to the theatre venue, so it is advisable to arrive by 10:15 a.m. Participants will meet RCC staff at the bridge to pick up tickets. Parent/caregiver must fully participate in the program. This activity is not appropriate for children younger than the advertised age range. This trip is designed for children ages three through nine. Parents and children must register.

1, 90-minute session at Wolf Trap Farm Park
\$6 (R)/\$12 (NR) • Haneline

August 5

902032-5A

Tue

10:30 a.m. – 12:00 p.m.

LOVE TO DANCE?

Check out Country Western and Sunday Afternoon
 Dances at RCC Hunters Woods.
 Turn to page 10 for more information.

RCC SINGLES MINGLE (30 Years and Older)

RCC Singles Mingle is a free social group for unmarried adults, ages 30 and older, living or working in the Greater Reston area. Membership is free, however, registration for some activities may be required. Email RCCSinglesMingle@fairfaxcounty.gov to join the mailing list. Remember, Singles Mingle is for unmarried adults ages 30 and older. Join our mailing list to stay updated on all upcoming events.

Singles Mingle Book Club

(30 years and older)

The group will meet at La Madeleine (in the Spectrum at Reston Town Center) on the last Sunday of each month. Tea and light refreshments will be provided. If you are new to the group, please email RCCSinglesMingle@fairfaxcounty.gov to find out more information. Please be reminded this is a Singles Mingle event open to unmarried adults ages 30 and older. No fee or registration is required. Please sign in at each meeting. The summer book selections are as follows:

- June: *And The Mountains Echoed* by Khaled Hosseini
- July: *The Gods of Guilt* by Michael Connelly
- August: *Sycamore Row* by John Grisham

3, 1.5 hour sessions at La Madeleine

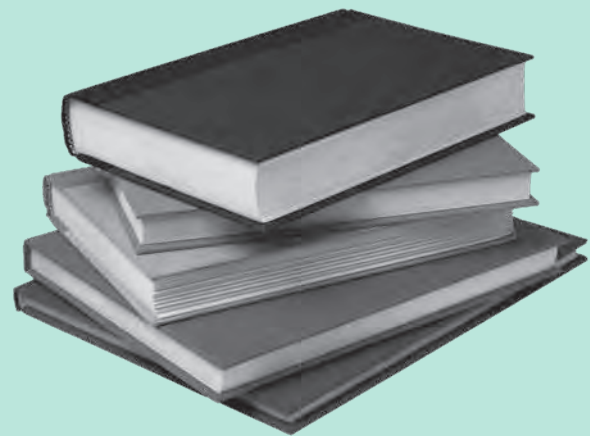
Free, Drop-in • Carter

June 29, July 27 and August 31

Drop-in

Sun

4:00 p.m. – 5:30 p.m.



TRIPS & TOURS



General Information for Trips and Tours:

Unless otherwise stated, luxury charter buses equipped with a bathroom will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.

Cancellations: Please see our cancellation/refund policy on the Registration Information Page.

Children: If eligible for participation, children must be accompanied by an adult as indicated.

Departure and Arrival: Unless otherwise noted, departures occur from and return to RCC Hunters Woods.

Emergency Forms: Prior to the trip, you will receive an itinerary and an emergency form. Please complete the form and bring it with you on the day of the trip.

ADA Accommodations: Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500 or 800-828-1120 (TTY).

Atlantic City, New Jersey

(21 years and older)

Listed as one of America's best boardwalks by *Forbes Traveler*, Atlantic City is renowned for its vistas and attractions; take a stroll and visit the many venues including antique shops, cultural activities, piers, amusements, trolley tours and dining establishments. Weather permitting, take advantage of the long stretch of beach and soak up the

sun or just enjoy the surf and sand. There is a casino venue drop-off to satisfy gaming preferences. The casino destination and coin rebates will be determined closer to the time of the trip. Patrons entering the casino must be at least 21 years old. Fee includes transportation and a tour coordinator.

6:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston.

1, 17-hour trip

\$50 (R)/\$100 (NR) • Staff

July 19

104013-5A

Sat

6:00 a.m. – 11:00 p.m.

Busch Gardens Trip

(5 years and older)

Travel with RCC to Busch Gardens, Williamsburg - a destination filled with dozens of thrilling rides and attractions, eight main stage shows, a wide variety of foods and shops, and a magical children's area. Busch Gardens is located three miles east of Williamsburg. The fee includes transportation, admission to the park, and a trip coordinator. Children under the age of 18 must be accompanied by an adult/guardian age 18 or older.

7:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston

1, 16-hour trip

\$50 (R)/\$100 (NR) • Staff

August 16

105037-5A

Sat

7:00 a.m. – 11:00 p.m.

Rehoboth Beach

(6 years and older)

Spend the day relaxing on the beach, strolling along the boardwalk, shopping in town, riding bicycles, or having fun at the arcade. Meals are not provided so feel free to bring along a picnic or visit one of the many fine restaurants or food vendors. Fee includes transportation and a trip coordinator. Children under the age of 18 must be accompanied by an adult/guardian age 18 or older.

6:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston

1, 17-hour trip

\$50 (R)/\$100 (NR) • Staff

June 21

105140-4A

Sat

6:00 a.m. – 11:00 p.m.

Teen Trips



Coaster Club

(13 – 18 years old)

The Coaster Club is for those without FEAR! Buckle up for the best thrill seeking adventure of the summer. As a member of the Coaster Club you will receive admission to three amusement parks: Busch Gardens (featuring Apollo's Chariot, The Big Bad Wolf, and Alpengaist); Six Flags New Jersey (featuring El Toro, Superman Ultimate Flight, Nitro and Kingda Ka); and Kings Dominion (featuring Hypersonic, Rebel Yell, and Shockwave). Challenge yourself, your friends and even RCC staff to ride some of the biggest and fastest roller coasters in the country. Parents, please be advised that although this trip is chaperoned by RCC staff, participants will be on their own at the parks but required to check in several times during the day. Trip fee includes transportation and trip coordinators. Participants must bring money for lunch and dinner. Middle and high school students only.

An itinerary will be mailed in advance to specify exact departure and return times for each weekly trip.

3, 17-hour trips

\$100 (R)/\$200 (NR) • Staff

August 14, August 21, August 28

801861-5A

Thu

6:00 a.m. – 11:00 p.m.

Day at Ocean City Beach

(13 – 18 years old)

Visit Ocean City, MD on another exciting RCC Teen adventure. Enjoy the boardwalk or just relax and soak in the sun. Parents, please be advised that although this trip is chaperoned by RCC staff, participants will be on their own throughout the day but required to check in several times during the day. Trip fee includes transportation and trip coordinators. Participants must bring money for lunch and dinner. Middle and high school students only.

6:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston

1, 17-hour trip

\$20 (R)/\$40 (NR) • Staff

August 30

804841-5A

Sat

6:00 a.m. – 11:00 p.m.

Day at Rehoboth Beach

(13 – 18 years old)

Visit Rehoboth Beach, DE on another exciting RA and RCC Teen adventure. Enjoy the boardwalk or just relax and soak in the sun. Parents, please be advised that although this trip is chaperoned by RCC staff, participants will be on their own on the boardwalk throughout the day but required to check in several times during the day. Trip fee includes transportation and trip coordinators. Participants must bring money for lunch and dinner. Middle and high school students only.

6:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston

1, 17-hour trip

\$20 (R)/\$40 (NR) • Staff

June 28

804842-4A

Sat

6:00 a.m. – 11:00 p.m.

Kings Dominion Trip

(13 – 18 years old)

Teens, spend a day with friends at Kings Dominion. Parents, please be advised that although this trip is chaperoned, participants will be on their own in the park but required to check-in several times during the day. Participants must bring money for lunch and dinner. Trip fee includes admission, transportation, and trip coordinators. Middle and high school students only.

7:00 a.m. Check-in at RCC Hunters Woods

11:00 p.m. Estimated return to Reston

1, 16-hour trip

\$15 (R)/\$30 (NR) • Staff

August 16

806003-5A

Sat

7:00 a.m. – 11:00 p.m.

VISUAL ARTS



A Painting in a Day

(18 years and older)

This is a great opportunity to accomplish a lot artistically in one day. The object of this fast paced program will be to complete a painting in each three-hour class session. The scale of work will be small (max 10" by 10") and simple ordinary objects will be used. Instructional emphasis will focus on using acrylic paint; however, participants may use a variety of media such as oil paint, acrylic paint, paper collage or oil pastel to complete their project. A supply list will be provided prior to the first class.

6, 3-hour sessions at RCC Lake Anne

\$53 (R)/\$106 (NR) • Ross

June 12 – July 17

402574-5A Thu 3:30 p.m. – 6:30 p.m.

Acrylic Painting

(16 years and older)

Join instructor Arnold Lopes for this fun exploration of the acrylic medium. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

July 8 – 17

402421-5A Tue, Thu 7:00 p.m. – 10:00 p.m.

Beginning Oil Pastels

(18 years and older)

Explore the basics of drawing and using oil pastels. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

June 16 – 25

402425-4B Mon, Wed 7:00 p.m. – 10:00 p.m.

Collage

(18 years and older)

Come and enjoy the fun, versatile, and powerful medium of art collage. Students will cover a brief history of this art form and observe the techniques of the masters like Picasso, Braque, Bearden, and many others. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

July 22 – 31

402409-5A Tue, Thu 7:00 p.m. – 10:00 p.m.

DID YOU KNOW?

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

Drawing with Pastels

(16 years and older)

Learn the fundamentals of creating with soft pastels. The class will be geared for beginners but all levels of experience are welcome. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne
\$35 (R)/\$70 (NR) • Lopes

June 17 – 26

402460-4A Tue, Thu 7:00 p.m. – 10:00 p.m.

GRACE Art for Adults

(18 years and older)

Adults now have the chance 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. Andrew Wyeth is the topic for June 2.

1, 90-minute session at RCC Lake Anne
\$20 (R)/\$40 (NR) • Greater Reston Arts Center

June 2

402597-4H Mon 10:00 a.m. – 11:30 a.m.

GRACE Art in the Home-school

(5 – 11 years old)

Home-school 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. Eric Carle is the topic for June 5, at Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston, VA.

1, 60-minute session at Greater Reston Arts Center
\$20 (R)/\$40 (NR) • Greater Reston Arts Center

June 5

402598-4I Thu 10:00 a.m. – 11:00 a.m.

Hand Building

(18 years and older)

Students of all skill levels will explore hand building techniques including pinch, coil and slab methods. Students will create an array of clay projects including tiles and masks. Class fee includes 25 lbs. of clay, firing, and glazes and three one-hour open studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Sport-Stewart

June 11 – July 16

402464-5A Wed 7:00 p.m. – 9:30 p.m.

Introduction to Mixed Media Painting

(18 years and older)

Time to mix it up. Join instructor Arnold Lopes in exploring the fun of mixed media painting. Combine acrylic painting with oil pastel, soft pastel, water color and collage. The class is geared for the beginner but all levels of experience are welcome. A supply list will be provided prior to first class.

4, 3-hour sessions at RCC Lake Anne
\$35 (R)/\$70 (NR) • Lopes

August 5 – 14

402567-5A Tue, Thu 7:00 p.m. – 10:00 p.m.

Open Ceramics Studio

The public is invited to use RCC's Ceramic Studio. Reservations are not required. The RCC Ceramic Studio will be closed August 27 – September 6 for annual maintenance, reopening on September 10. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. 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 lbs.

\$15 (R)/\$30 (NR) Drop-in

\$36 (R)/\$72 (NR) 12-Visit Pass

(Each visit equals one hour.)

June 4 – August 23

Drop-in	Wed	10:00 a.m. – 2:00 p.m.
Drop-in	Sat	1:00 p.m. – 5:00 p.m.



Painting with Oil and Acrylic

(18 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.

7, 3-hour sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Coulter-Blehert

July 9 – August 20

402483-5A

Wed

7:00 p.m. – 10:00 p.m.

Portraits in Charcoal

(16 years and older)

This class is designed for the beginner, but all skill levels are welcome. The class will explore the art of drawing people in the exciting medium of charcoal. Basic hints and problem solving techniques will be covered by looking at the masters and contemporary artists. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

June 3 – 12

402411-4D

Tue, Thu

7:00 p.m. – 10:00 p.m.

Portraits in Oil Pastel

(16 years and older)

Develop and improve your individual style while exploring the use of oil pastels to create portraits, while exploring portraiture from the Renaissance, Expressionism and Cubism eras. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

August 11 – 20

402426-5A

Mon, Wed

7:00 p.m. – 10:00 p.m.



Sculpture I

(18 years and older)

This course is designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques taught will be tailored to individual skill levels and will include, but will not be limited to, sculptural basics such as positive and negative space, sweep, formal sculptural relationships, and observation. Class fee includes 25 lbs. of clay, firing and glazes and three one-hour visits to the open studio. Supplies will be discussed during the first class.

6, 2.5-hour sessions at RCC Lake Anne

\$80 (R)/\$160 (NR) • Freire

June 9 – July 14

402500-5A

Mon

10:00 a.m. – 12:30 p.m.

June 10 – July 15

402500-5B

Tue

7:00 p.m. – 9:30 p.m.

Summer Sketch Book – Drawing Animals in Pencil

(16 years and older)

Introduction to the fundamentals of pencil drawing of furry, feathery and leathery animals both big and small. This class is geared toward beginners but all skill levels are welcome. A supply list will be provided prior to start of class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

June 2 – 11

402588-4B

Mon, Wed

7:00 p.m. – 10:00 p.m.

Summer Sketch Book – Drawing Portraits in Pencil

(16 years and older)

Introduction to the fundamentals of pencil portrait drawing from photographs. This class is geared toward beginners but all skill levels are welcome. A supply list will be provided prior to start of class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Lopes

July 28 – August 6

402587-5A

Mon, Wed

7:00 p.m. – 10:00 p.m.

TGIF: Free Fridays

(Infants and older)

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 looking skills. 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 Greater Reston Arts Center
Free, Registration Req. • Greater Reston Arts Center

June 6

402549-4I Fri 5:00 p.m. – 7:00 p.m.

Wheel I

(18 years and older)

Learn how to work with clay and master simple pinch forms, 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 one-hour open ceramic studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Joder

June 12 – July 17

402462-5A Thu 10:00 a.m. – 12:30 p.m.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Saltzman

June 12 – July 17

402462-5B Thu 7:00 p.m. – 9:30 p.m.

Wheel II

(18 years and older)

This course will cover review and refinement of basic throwing skills. Students must know how to center. In this course, students will move from the beginning to the intermediate level. Class fee includes 25 lbs. of clay, firing and glazes, and three one-hour open ceramic studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Alexander

June 9 – July 14

404210-5A Mon 7:00 p.m. – 9:30 p.m.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Staff

June 13 – July 25 (No Class: July 4)

404210-5B Fri 10:00 a.m. – 12:30 p.m.



Wheel III

(18 years and older)

Students will focus on refining basic throwing skills and personal style. Prerequisites include being able to wedge, center, and throw an eight-inch (approximately) bowl and cylinder. Some hand building will be incorporated. Class fee includes 25 lbs. of clay, firing and glazes, and three one-hour open ceramic studio visits.

6, 2.5-hour sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Cordyack

June 10 – July 15

402463-5A Tue 10:00 a.m. – 12:30 p.m.

June 10 – July 15

402463-5B Tue 7:00 p.m. – 9:30 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.

WOODWORKING



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 Shop" hours. All materials and supplies are included in the fee. Students must provide their own personal safety equipment (eye, ear, and dust protection) for the course.

5, 3-hour sessions at RCC Hunters Woods

\$90 (R)/\$180 (NR) • Ingram

June 13 – July 18 (No Class: July 4)

102381-4D

Fri

6:30 p.m. – 9:30 p.m.

Hand Tool Jigs

(18 years and older)

Learn to build and utilize several handy jigs for improving and easing hand tool work. Make time spent in the shop more efficient and accurate – and work more safely – with these simple accessories. Students will build and learn to use jigs such as bench stops, shooting boards, mortising jigs, and dovetail markers. All materials and supplies are included in the fee. Students must provide their own personal safety equipment (eye, ear, and dust protection) for the course.

5, 3-hour sessions at RCC Hunters Woods

\$110 (R)/\$220 (NR) • Ingram

July 25 – August 22

104123-5A

Fri

6:30 p.m. – 9:30 p.m.

Individual Guided Project

(18 years and older)

Learn how to develop a design, prepare plans, determine material requirements and cut lists, and assemble your woodworking project. All projects must be: 1) made of solid wood (not plywood), 2) limited in size and 3) approved in advance by the instructor. Project examples include: a small book shelf, a wall cabinet, a small table or wall shelves. Students are required to purchase their own wood and materials for their project and remove the project following each class since storage is unavailable. Students must provide their own hand tools and personal safety equipment (eye, ear, and dust protection) for the course. Please contact the instructor at 703-476-4500 ext. 2231 or Calvin.Church@fairfaxcounty.gov in advance to discuss your proposed project.

8, 3-hour sessions at RCC Hunters Woods

\$130 (R)/\$260 (NR) • Church

June 2 – July 21

102379-4E

Mon

6:30 p.m. – 9:30 p.m.

Jewelry Box with String Inlay

(18 years and older)

Learn the skills necessary to make a wooden jewelry box using string inlay on the top. The course will cover the elements of good box design, selection of wood, stock, preparation, layout and marking, cutting to size, and assembly. In the process of making the wooden jewelry box, students will further develop woodworking skills and learn appropriate tool use to make precise cuts, and develop a strict sense of safety in the woodshop. This project will develop a foundation that will allow students to continue to improve skills and complete more complex projects in the future. All materials and supplies are included in the fee. Students must provide their own personal safety equipment (eye, ear, and dust protection) for the course.

7, 3-hour sessions at RCC Hunters Woods
\$212 (R)/\$424 (NR) • Harrington

July 10 – August 21

104121-5A Thu 6:30 p.m. – 9:30 p.m.

Machine Tool Jigs and Fixtures

(18 years and older)

Students will build four of the most common jigs customized for their own equipment. The Cross-Cut Sled – the work horse of table saw jigs – allows for safe and accurate cross cuts on the table saw, even for small pieces. The Tapering Jig (table saw or band saw) is used for tapering legs in table construction. The Box Joint Jig (table saw or router) is the quick and easy cousin of the dovetail joint. This is an essential tool of building, particularly building boxes. The Miter Key Jig (table saw or router) miters in the corners of boxes or pictures need reinforcement. This jig allows woodworkers to safely add contrasting wood ‘keys’ to the miter. Each jig must be ‘fitted’ to the student’s machine. Final assembly and adjustments must be done at home. All materials and supplies are included in the fee. Students must provide their own personal safety equipment (eye, ear, and dust protection) for the course.

5, 3-hour sessions at RCC Hunters Woods
\$230 (R)/\$460 (NR) • Harrington

June 5 – July 3

104122-4A Thu 6:30 p.m. – 9:30 p.m.

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, there is no Open Shop on Fridays during the summer.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) – Tue

\$12 (R)/\$24 (NR) – Sat

June 3 – August 19

Drop-in Tue 6:00 p.m. – 10:00 p.m.

June 7 – August 23

Drop-in Sat 9:00 a.m. – 5:00 p.m.



55+ PROGRAMS



Computer

LinkedIn

(55 years and older)

Learn how to successfully set up, navigate and maximize use of the world's largest networking site for professionals via LinkedIn. Explore strategies and tips for creating a profile, connecting with colleagues, getting the most out of newsfeeds, writing comments and recommendations, finding employment opportunities, and networking with others.

1, 2.5-hour session at RCC Hunters Woods

\$15 (R)/\$30 (NR) • Livingston

June 12

500338-4A

Thu

10:00 a.m. – 12:30 p.m.

Using the iPad

(55 years and older)

The iPad is more than a gadget for playing games and showing pictures - it can become an integral part of life. This class, designed for new iPad users, will cover common features, such as navigation, installing apps, how to use FaceTime, camera basics, backing up the iPad to iCloud, and security. Bring your fully charged iPad to class, as well as Apple ID and password.

2, 2.5-hour sessions at RCC Hunters Woods

\$30 (R)/\$60 (NR) • O'Connell

June 9 – 10

500225-4E

Mon, Tue

10:00 a.m. – 12:30 p.m.

55+ PATRONS:

Be sure to check out RCC's many educational programs on the environment and sustainable practices listed in the Green Living section on pages 51.

Crafts

Knitting Circle

(55 years and older)

Come join the RCC instructor-led knitting circle. Share ideas and expertise while chatting with new and old friends and bring a new or existing project. Beginners are encouraged to attend, as well as the more advanced knitter. Be ready to share and learn new skills in this relaxed and sociable setting.

6, 90-minute sessions at RCC Hunters Woods
\$16 (R)/\$32 (NR) • Van Trees

June 2 – 18

500204-4A Mon, Wed 12:00 p.m. – 1:30 p.m.

Making Jewelry on a Budget

(55 years and older)

Participants will make wire bead jewelry from copper or silver wire and beads found in craft stores and chic jewelry made with items found in a tool box. Take home beautiful new accessories and the skills to create gifts for friends and family. No prior experience is necessary. All materials and tools will be provided and are included in the class fee.

6, 2-hour sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Van Trees

June 2 – 18

500337-4A Mon, Wed 9:30 a.m. – 11:30 a.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.

Discussion

Bookends

(55 years and older)

Bookends meets on the fourth Thursday of each month to engage in a lively discussion of a variety of books selected each season 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 all summer sessions will be held at RCC Lake Anne and that August's session is the third Thursday of the month.**

- June 26: *The Pilgrim* by Hugh Nissenson
- July 24: *Forgotten Country* by Catherine Chung
- August 21: *The Art Forger* by Barbara Shapiro

3, 90-minute sessions at RCC Lake Anne
Free, Drop-in • Staff

June 26, July 24, August 21

Drop-in Thu 12:30 p.m. – 2:00 p.m.

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. **Please note that the summer sessions beginning on June 26 will be held in the Jo Anne Rose Gallery at RCC Lake Anne and there will be no discussion on July 3.**

3, 90-minute sessions at RCC Hunters Woods
Free, Drop-in • Staff

June 5 – 19

Drop-in Thu 10:30 a.m. – 12:00 p.m.

8, 90-minute sessions at RCC Lake Anne

June 26 – August 21 (No Class: July 3)

Drop-in Thu 10:30 a.m. – 12:00 p.m.

Enrichment

How to Decrease Telecom Costs

(55 years and older)

Want to explore ways to decrease landline, wireless and cable bills? In this highly informative class, 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.

1, 2.5-hour session at RCC Hunters Woods

\$15 (R)/\$30 (NR) • Livingston

June 5

500315-4A Thu 10:00 a.m. – 12:30 p.m.

Medicare and the New Healthcare Law

(AARP Programs: 50 years and older)

The purpose of the Affordable Care Act – also known as Obamacare – is to support better coverage for those who already have health insurance and more options for those who don't, including a new way to shop for affordable, high-quality coverage. AARP wants to ensure that older Americans understand what the Affordable Care Act means for them and for their families. There is a lot to learn about the health care law, how it impacts Medicare, and new coverage options for Virginians. The presentation, offered by AARP, will provide an overview of the following:

- **New consumer benefits and protections;**
- **The health insurance marketplace;**
- **Essential health benefits;**
- **Tax credits and subsidies to help consumers purchase insurance in the marketplace; and**
- **Resources available for consumer assistance**

1, 90-minute session at RCC Hunters Woods

Free, Registration Req. • AARP

June 17

500332-4A Tue 2:00 p.m. – 3:30 p.m.

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

\$40 (R)/\$80 (NR) • Mudd-Krijgelmans

June 9 – August 11 (No Class: June 30, July 7)

505525-4C Mon 10:00 a.m. – 12:30 p.m.

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. Memoir Writing I is a prerequisite. To ensure that all students are heard, class size is limited to eight.

8, 2.5-hour sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Mudd-Krijgelmans

June 11 – August 13 (No Class: July 2, July 9)

504991-4C Wed 10:00 a.m. – 12:30 p.m.

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 learn how to communicate with one another during highly stressful and emotional times. Pat will inform students of the best coping strategies. The class is for educational purposes only; there will be no solicitation of the attendees.

1, 60-minute session at RCC Hunters Woods

Free, Registration Req. • Williams

June 3

500336-4A Tue 2:00 p.m. – 3:00 p.m.

Understanding Medicare

(55 years and older)

Howard Houghton and Mari de Leon, with the Fairfax County Area Agency on Aging, are returning to RCC with an enlightening discussion about Medicare. Last year they impressed participants with their breadth of knowledge and easy ability to explain even some of the most archaic aspects of the program. Don't miss out on this opportunity to learn more about Medicare from true experts in the field.

**1, 2.5 hour session at RCC Hunters Woods
Free, Registration Required • de Leon**

June 12

500037-4B

Thu

1:00 p.m. – 3:30 p.m.

Fitness & Wellness



DROP-IN FITNESS CLASSES

Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the drop-in Seniorize pass series. Participants must purchase a 20-visit renewable pass for \$40 (R)/\$80 (NR), bring the pass to every class, and swipe it at the Customer Service Desk prior to the start of each class. All Seniorize land aerobics passes expire two years from the date of purchase. To assure your safety, you must be present at the beginning of class. Anyone arriving more than 10 minutes after class has started will not be admitted. RCC Fitness Classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

DROP-IN FITNESS CLASSES:

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 \$40 (R)/\$80(NR) and swipe it at the Customer Service Desk before class begins.

**24, 60-minute sessions at RCC Lake Anne
Renewable Pass • Dantonio**

June 2 – August 20

Drop-in

Mon, Wed

10:00 a.m. – 11:00 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 abdominals. Students will use tubes, weights and the stability ball during the hour-long class. The last ten to fifteen 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 \$40 (R)/\$80 (NR) and swipe it at the Customer Service Desk before each class begins.

**24, 60-minute sessions at RCC Lake Anne
Renewable Pass • Dantonio**

June 3 – August 21

Drop-in

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. What remains the same is all the fun that 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. Zumba Gold is the perfect fit for those seeking camaraderie, excitement and fitness as a regular part the week. Please purchase a 20-visit renewable pass for \$40 (R)/\$80(NR) and swipe it at the Customer Service Desk before class begins.

**11, 60-minute sessions at RCC Lake Anne
Renewable Pass • Staff**

June 6 – August 22 (No Class: July 4)

Drop-in

Fri

9:30 a.m. – 10:30 a.m.



REGISTERED FITNESS CLASSES:

Fitness Fusion

(55 years and older)

Tone and firm the entire body while improving cardiovascular function, strength and flexibility. This total body conditioning program combines fusion fitness, yoga, Pilates and Tai Chi to provide an efficient and enjoyable workout. 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.

8, 60-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Nickson

June 3 – 26

300014-4E Tue, Thu 12:15 p.m. – 1:15 p.m.

July 8 – 31

300014-5A Tue, Thu 12:15 p.m. – 1:15 p.m.

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. Participants should bring a blanket, pillow, or beach towel.

10, 60-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Hill

June 2 – July 2

304995-4L Mon, Wed 10:00 a.m. – 11:00 a.m.

July 21 – August 20

304995-5A Mon, Wed 10:00 a.m. – 11:00 a.m.

10, 60-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Green

June 3 – July 3

304995-4M Tue, Thu 10:00 a.m. – 11:00 a.m.

July 22 – August 21

304995-5B Tue, Thu 10:00 a.m. – 11:00 a.m.



Joint-Friendly Fitness

(55 years and older)

Those who have been diagnosed with arthritis or any of the over 100 rheumatic or musculoskeletal conditions associated with arthritis are invited to join this recreational exercise program. This program uses gentle activities to help increase joint flexibility and range of motion and while maintaining muscle strength. The gentle, joint-safe exercises help relieve stiffness and decrease arthritis pain. The class may be taken either sitting or standing. Participants should wear comfortable clothing and bring water.

8, 45-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Fletcher

June 2 – 25

304898-4G Mon, Wed 12:00 p.m. – 12:45 p.m.

10, 45-minute sessions at RCC Lake Anne
\$56 (R)/\$112 (NR) • Fletcher

July 14 – August 13

304898-5A Mon, Wed 12:00 p.m. – 12:45 p.m.

Strength & Conditioning

(55 years and older)

The class improves strength, stability and provides an extra fat burning edge by combining weights, calisthenics, plyometrics and core training set to music from the '60s and '70s. Designed for intermediate and advanced level students.

6, 60-minute sessions at RCC Lake Anne
\$30 (R)/\$60 (NR) • Straley

June 4 – July 9

300145-4E Wed 6:30 p.m. – 7:30 p.m.

July 16 – August 20

300145-5A Wed 6:30 p.m. – 7:30 p.m.

Language Learning

ESL I

(55 years and older)

This class will help non-English speaking students learn English in a friendly, supportive environment. A comprehensive lesson plan and handouts will be provided to students.

8, 60-minute sessions at Hunters Woods Fellowship House Free, Registration Req. • Vogel

June 12 – August 7 (No Class: July 3)

505533-4D Thu 10:00 a.m. – 11:00 a.m.

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. A comprehensive lesson plan and handouts will be provided to students.

8, 60-minute sessions at Hunters Woods Fellowship House Free, Registration Req. • Vogel

June 12 – August 7 (No Class: July 3)

505565-4D Thu 11:00 a.m. – 12:00 p.m.

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. Students will receive a comprehensive lesson plan and will focus on fine-tuning their speaking skills.

8, 60-minute sessions at Hunters Woods Fellowship House Free, Registration Req. • Vogel

June 10 – August 5 (No Class: July 1)

505534-4D Tue 10:00 a.m. – 11:00 a.m.

ESL IV

(55 years and older)

This class is specifically geared for senior students who are fluent in English but who would benefit from additional instruction and practice of conversation skills with peers in a friendly and comfortable setting.

8, 60-minute sessions at Hunters Woods Fellowship House Free, Registration Req. • Vogel

June 10 – August 5 (No Class: July 1)

505535-4D Tue 11:00 a.m. – 12:00 p.m.

ESL I

(55 años y mayores)

Esta clase ayudará a los estudiantes que no hablan inglés a aprender el idioma inglés en un ambiente ameno y alentador. Los estudiantes recibirán un plan integral de lecciones y cuadernillos.

8 sesiones de 60 minutos en Hunter Woods Fellowship House Gratis, se requiere inscripción • Vogel

12 de junio – 7 de agosto (No hay clase el 3 de julio)

505533-4D Jueves 10:00 a. m. – 11:00 a. m.

ESL II

(55 años y mayores)

Esta clase está diseñada para los estudiantes que ya han participado en una clase de inglés como segundo idioma (ESL) de nivel inicial o tienen capacidades básicas en el idioma inglés. Los estudiantes recibirán un plan integral de lecciones y cuadernillos.

8 sesiones de 60 minutos en Hunter Woods Fellowship House Gratis, se requiere inscripción • Vogel

12 de junio – 7 de agosto (No hay clase el 3 de julio)

505565-4D Jueves 11:00 a. m. – 12:00 p. m.

ESL III

(55 años y mayores)

Esta clase es para estudiantes del último año, quienes se comunican con más fluidez en inglés pero que podrían beneficiarse con estudios gramaticales avanzados y más atención hacia las capacidades de conversación avanzadas. Los estudiantes recibirán un plan integral de lecciones y se concentrarán en perfeccionar sus capacidades en el idioma oral.

8 sesiones de 60 minutos en Hunter Woods Fellowship House Gratis, se requiere inscripción • Vogel

10 de junio – 5 de agosto (No hay clase el 1 de julio)

505534-4D Martes 10:00 a. m. – 11:00 a. m.

ESL IV

(55 años y mayores)

Esta clase está orientada específicamente para estudiantes del último año, quienes tienen fluidez en el idioma inglés pero que podrían beneficiarse de formación adicional y práctica de capacidades de conversación con sus compañeros, en un entorno ameno y cómodo.

8 sesiones de 60 minutos en Hunter Woods Fellowship House Gratis, se requiere inscripción • Vogel

10 de junio – 5 de agosto (No hay clase el 1 de julio)

505535-4D Martes 11:00 a. m. – 12:00 p. m.

اللغة الإنجليزية كلغة ثانية – (ESL I) المستوى الأول (للبالغين من العمر 55 عاماً أو أكثر)

ستساعد هذه الدورة التدريبية الدارسين الناطقين بلغة غير الإنجليزية على تعلم اللغة الإنجليزية في بيئة مواتية وبصورة فعالة وملائمة. وسيحصل الدارسين في هذه الدورة على خطط دراسية شاملة و مذكرات للمراجعة .

وتتكون الدورة من 8 حلقات دراسية ، مُدة كل منها 60 دقيقة ، وهي دورة مجانية ، وسوف يتم تدريسها في Hunter Fellowship House • والتسجيل مطلوب لحضور الدورة .

تمتد فترة الدورة من 12 يونيو ، وحتى 7 أغسطس (عطلة دراسية يوم 3 يوليو) .

رقم الدورة 505533-4D ، وتعدّ الدروس أيام الخميس من الساعة 10:00 ص وحتى 11:00 ص

اللغة الإنجليزية كلغة ثانية – (ESL II) المستوى الثاني (للبالغين من العمر 55 عاماً أو أكثر)

تم إعداد هذه الدورة التدريبية للدارسين الذين إستكملوا بنجاح المستوى الأول {للمبتدئين} ، أو الدارسين الذين لديهم المهارات الأساسية في اللغة الإنجليزية. وسيحصل الدارسين في هذه الدورة على خطط دراسية شاملة و مذكرات للمراجعة .

وتتكون الدورة من 8 حلقات دراسية ، مُدة كل منها 60 دقيقة ، وهي دورة مجانية ، وسوف يتم تدريسها في Hunter Fellowship House • والتسجيل مطلوب لحضور الدورة .

تمتد فترة الدورة من 12 يونيو ، وحتى 7 أغسطس (عطلة دراسية يوم 3 يوليو) .

رقم الدورة 505565-4D ، وتعدّ الدروس أيام الخميس من الساعة 11:00 ص وحتى 12:00 ظهراً

اللغة الإنجليزية كلغة ثانية – (ESL III) المستوى الثالث (للبالغين من العمر 55 عاماً أو أكثر)

تم إعداد هذه الدورة التدريبية للدارسين المُتمكنين من اللغة الإنجليزية ، والذين لديهم الرغبة في الإرتقاء بمستواهم في القواعد والتمكّن النام في المُحادثة . وسيحصل الدارسين على خطط دراسية شاملة و سوف تُركز الدورة على الإرتقاء بمستواهم في المُحادثة .

وتتكون الدورة من 8 حلقات دراسية ، مُدة كل منها 60 دقيقة ، وهي دورة مجانية ، وسوف يتم تدريسها في Hunter Fellowship House • والتسجيل مطلوب لحضور الدورة .

تمتد فترة الدورة من 10 يونيو ، وحتى 7 أغسطس (عطلة دراسية يوم 3 يوليو) .

رقم الدورة 505534-4D ، وتعدّ الدروس أيام الثلاثاء من الساعة 10:00 ص وحتى 11:00 ص

اللغة الإنجليزية كلغة ثانية – (ESL IV) المستوى الرابع (للبالغين من العمر 55 عاماً أو أكثر)

تم تصميم هذه الدورة خصيصاً للدارسين ذوي المستوى الرفيع والذين يجيدون الإنجليزية ، ولكنهم يحتاجون للإرتقاء بمستواهم ،

والإستفادة من الدروس المُتقدمة ، وتبادل المُحادثات مع نظرائهم في بيئة مواتية ومُشجعة على حُسن التعلم .

وتتكون الدورة من 8 حلقات دراسية ، مُدة كل منها 60 دقيقة ،

وهي دورة مجانية ، وسوف يتم تدريسها في Hunter Fellowship House • والتسجيل مطلوب لحضور الدورة .

تمتد فترة الدورة من 10 يونيو ، وحتى 5 أغسطس (عطلة دراسية يوم 3 يوليو) .

رقم الدورة 505535-4D ، وتعدّ الدروس أيام الثلاثاء من الساعة 11:00 ص وحتى 12:00 ظ .

非母語英語課程 I (55 歲以上)

本課程將幫助非英語母語的學生在友好、支援性環境中學習英語。學生將收到綜合教學計劃和講義。

8節 60 分鐘課程，地點在 Hunters Woods

Fellowship House • 免費，要求註冊。Vogel

6月12日 - 8月7日 (7月3日不上課)

505533-4D 星期四 上午10:00 點 - 上午11:00 點

非母語英語課程 II (55 歲以上)

本課程為參加過初級非母語英語課程或擁有基本英語技能的學生設置。學生將收到綜合教學計劃和講義。

8節 60 分鐘課程，地點在 Hunters Woods

Fellowship House • 免費，要求註冊。Vogel

6月12日 - 8月7日 (7月3日不上課)

505565-4D 週四 上午11:00 點 - 中午12:00 點

非母語英語課程 III (55 歲以上)

本課程為英語較為流利，但是能從高級語法的學習以及側重高級會話技能中受益的高年級學生設置。學生將收到一份綜合教學計劃，并著重調整他們的口語技能。

8節 60 分鐘課程，地點在 Hunters Woods

Fellowship House • 免費，要求註冊。Vogel

6月10日 - 8月5日 (7月1日不上課)

505534-4D 週二 上午10:00 點 - 上午11:00 點

非母語英語課程 IV (55 歲以上)

本課程專為英語流利，但是能從額外指導以及在友好、舒適的環境中與同儕進行會話技能練習中受益的高年級學生設計。

8節 60 分鐘課程，地點在 Hunters Woods

Fellowship House • 免費，要求註冊。Vogel

6月10日 - 8月5日 (7月1日不上課)

505535-4D 週二 上午11:00 點 - 中午12:00 點

ESL I (от 55 лет и старше)

Этот курс поможет студентам, не говорящим на английском языке, изучить английский в комфортной дружеской обстановке. Студентам будет предоставлен подробный учебный план, а также комплект распечатанных лекций.

8 60-минутных занятий в Hunters Wood Fellowship House

Бесплатно, необходима регистрация • Vogel

12 июня–7 августа (нет занятий: 3 июля)

505533-4D Четверг 10:00–11:00

ESL II (от 55 лет и старше)

Этот курс предназначен для студентов, ранее проходивших курсы начального уровня ESL или владеющих элементарными знаниями английского языка. Студентам будет предоставлен подробный учебный план, а также комплект распечатанных лекций.

8 60-минутных занятий в Hunters Wood Fellowship House

Бесплатно, необходима регистрация • Vogel

12 июня–7 августа (нет занятий: 3 июля)

505565-4D Четверг 11:00–12:00

ESL III (от 55 лет и старше)

Этот курс предназначен для пожилых людей, которые неплохо владеют английским языком, однако стремятся улучшить свои знания за счет углубленного изучения грамматики и более тщательного освоения навыков устной речи. Студентам будет предоставлен подробный учебный план. Обучение будет направлено на оттачивание речевых навыков.

8 60-минутных занятий в Hunters Wood Fellowship House

Бесплатно, необходима регистрация • Vogel

10 июня–5 августа (нет занятий: 1 июля)

505534-4D Вторник 10:00–11:00

ESL IV (от 55 лет и старше)

Этот курс специально разработан для пожилых людей, свободно владеющих английским языком, которые могут повысить свой уровень владения языком за счет дополнительного обучения и практики общения со сверстниками в дружелюбной и уютной обстановке.

8 60-минутных занятий в Hunters Wood Fellowship House

Бесплатно, необходима регистрация • Vogel

10 июня–5 августа (нет занятий: 1 июля)

505535-4D Вторник 11:00–12:00

Social Programs

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. **Please note: the summer sessions will be held at RCC Lake Anne.**

12, 2.5-hour sessions at RCC Lake Anne

Free, Drop-in • Staff

June 5 – August 21

Drop-in Thu 9:30 a.m. – 12:00 p.m.

Bridge Mondays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Monday. Participants should bring their lunch for a midday break. **Please note: there is no session on August 25 or September 1.**

12, 4-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

June 2 – August 18

(No Session: August 25, September 1)

Drop-in 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. **Please note: there will be no session on June 10, July 1 or August 26.**

**10, 2-hour sessions at RCC Lake Anne
Free, Drop-in • Staff**

June 3 – August 19

(No Session: June 10, July 1, August 26)

Drop-in Tue 11:00 a.m. – 1:00 p.m.

Senior Social with Reston Association

(55 years and older)

Join us for an old-fashioned Ice Cream Social and learn about upcoming senior adult trips, classes, and events offered by Reston Community Center and Reston Association. Enjoy light refreshments and music while meeting new people and catching up with friends. This summer's social will be held in the Jo Ann Rose Gallery at RCC Lake Anne.

**1, 90-minute session at RCC Lake Anne
Free, Registration Req. • Staff**

June 5

509615-4C Thu 1:30 p.m. – 3:00 p.m.

Trips & Tours

Participants should arrive for check-in at least 30 minutes prior to the stated bus departure times. The trip coordinator will request photo identification. Sharing or exchanging tickets is not permitted. All cancellations must adhere to the RCC refund policy. RCC staff will attempt to secure replacements for canceled seats. Many of our trips require extensive walking or standing, and participant safety is very important to us. 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 55+ Program Director, Karen Brutsché, as soon as possible but not less 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 or 800-828-1120 (TTY).

Wreath Making at Lavender Fields Farm

(55 years and older)

Make a fresh herbal wreath while visiting the beautiful and fragrant Lavender Fields Herb Farm in Glen Allen, VA. This 34-acre organic farm features more than 200 varieties of herbs, as well as flowers and vegetables. The day begins with going into the field to collect plant material for a wreath. Then a fresh and delicious lunch will be served outdoors overlooking the beautiful gardens. Dessert will be a choice of the many flavors of the farm's homemade ice creams. There will be time to take a delightful walk along the Chickahominy River or to explore the gift shop to purchase potted or dried herbs, container plants, and unique handmade gifts. Trip fee includes transportation, lunch, and wreath making instruction.

8:30 a.m. Depart RCC Lake Anne

9:00 a.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

**1, 9-hour trip
\$60 (R)/\$120 (NR) • Staff**

June 6

500331-4A Fri 8:30 a.m. – 5:30 p.m.

Maymont, An American Estate

(55 years and older)

Maymont, located in Richmond, VA, was the 100-acre country estate of Major James Henry and Sallie May Dooley. The Dooleys completed their opulent mansion in 1893 and spent the next three decades creating the gardens, landscapes and outbuildings. Upon Mrs. Dooley's death in 1925, Maymont was bequeathed to the city of Richmond. Participants will enjoy a tour of Maymont Mansion and a tram tour of the historic estate grounds and gardens. The mansion's lower level and the tram are accessible for wheelchairs and walkers, but the upper levels are not accessible. The grounds are uneven and hilly. Trip fee includes transportation, admission and lunch.

7:00 a.m. Depart RCC Lake Anne

7:30 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated return to Reston

1, 10-hour trip

\$82 (R)/\$164 (NR) • Staff

June 11

500268-4A

Wed

7:00 a.m. – 5:00 p.m.

Rappahannock River Cruise

(55 years and older)

Virginia's Rappahannock River is full of adventure, history, and excitement. The river will come alive for participants in a day to remember on board the cruise boat "Captain Thomas." Bring binoculars on this narrated cruise to get a close-up look at our rare, magnificent national symbol - the bald eagle. There are about 50 year-round resident eagles, along with 40 or so migratory birds that fish the waters of the Rappahannock also making this their home. There are many points of interest as the cruise travels 18 miles upriver. Upon docking, travelers will go ashore and enjoy lunch and a winery tour at Ingleside Winery. Trip fee includes transportation, river cruise, winery tour, and lunch.

7:00 a.m. Depart RCC Lake Anne

7:30 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated return to Reston

1, 12-hour trip

\$80 (R)/\$160 (NR) • Staff

June 25

500087-4A

Wed

7:00 a.m. – 7:00 p.m.

Ash Lawn-Highland

(55 years and older)

Ash Lawn-Highland is the home of President James Monroe, fifth President of the United States, the Founding Father who fought in the Revolution, negotiated the Louisiana Purchase, and issued the Monroe Doctrine. Highland is filled with a variety of period furniture and decorative items, as well as classically-inspired furnishings the Monroes brought back from France. Gardens include ornamental, kitchen, and boxwood, and the "witness tree" – which is still standing from Monroe's day – is 20 feet in circumference. The Museum Shop holds Monroe memorabilia, early nineteenth-century style keepsakes, and Virginia-made foods. Lunch will be at the famous Michie Tavern, established in 1784 by Scotsman William Michie. The tavern served as the social center of its community and accommodated travelers with food, drink, and lodging. Lunch features hearty midday fare offered by servers in period attire in a rustic setting, and the interactive 30-minute tavern tour includes seeing the 18th-century outbuildings. The tour will also reveal secrets to a traveler's revelry and woes through interpretations on drinking, gaming, dining, sleeping, and entertainment. Trip fee includes transportation, lunch, and tour admissions.

8:00 a.m. Depart RCC Lake Anne

8:30 a.m. Depart RCC Hunters Woods

7:30 p.m. Estimated return to Reston

1, 11.5-hour trip

\$76 (R)/\$152 (NR) • Staff

July 10

500335-5A

Thu

8:00 a.m. – 7:30 p.m.





Moon Over Buffalo at Gretna Theatre

(55 years and older)

One of south central Pennsylvania's professional theatres, Gretna Theatre is also one of the oldest summer theatres in the United States and is located in an art resort community. Summer shows have been produced at this same location since 1927, but the original Playhouse dates back to 1892 when it was built as the centerpiece of the newly-created Pennsylvania Chautauqua (a Pennsylvania version of the famous arts and learning community living idea). This pavilion-style venue features a mix of Broadway musicals and comedies, as well as musical revues and children's theatre. Enjoy a tour of the grounds, and then see the show *Moon Over Buffalo*, a 1955 comic play by Ken Ludwig set in Buffalo, NY, in 1953. Trip fee includes transportation, tour, show and lunch.

8:00 a.m. Depart RCC Lake Anne

8:30 a.m. Depart RCC Hunters Woods

8:00 p.m. Estimated return to Reston

1, 12-hour trip

\$90 (R)/\$180 (NR) • Staff

July 17

500333-5A

Thu

8:00 a.m. – 8:00 p.m.

Western Maryland Scenic Railroad

(55 years and older)

Experience "Thunder in the Mountains" on this Western Maryland Scenic Railroad excursion. Originally built in 1891 by the Cumberland and Pennsylvania Railroad Company, it was restored and renamed in 1973. Patrons will board the 1916 Baldwin steam locomotive and will travel through America's first gateway to the west via The Narrows, a natural cut in the Allegheny Mountains. A narrator will be aboard to provide information about the scenery, history, and culture of the area, and participants can also enjoy the snack car or the open-air car for viewing the beautiful scenery.

During the 1.5-hour layover in Frostburg, participants can photograph the engine as it turns on the Turntable, visit Thrasher's Carriage Museum in the Depot, or visit Main Street. After a ride back down the mountain to Cumberland, there will be time to visit the railroad gift shop. Be aware that sidewalks are uneven and there are 88 steps or a steep sidewalk to reach Main Street in Frostburg. Trip fee includes transportation, a boxed lunch, and a railway ticket.

7:30 a.m. Depart RCC Lake Anne

8:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated Return to Reston

1, 11.5-hour trip

\$82 (R)/\$164 (NR) • Staff

July 25

504006-5A

Fri

7:30 a.m. – 7:00 p.m.

A Charming Day in Baltimore

(55 years and older)

Spend a day in downtown Baltimore visiting museums, shops, and dining in one of the many waterfront cafés. Great places to see in Baltimore's Inner Harbor include: the National Aquarium with its many exhibits, dolphin show and rain forest; the Maryland Science Center with hands-on exhibits and an IMAX theater; Top of the World Observation Level of the Baltimore World Trade Center with a breathtaking panoramic view of Charm City's skyline, harbor and beyond; historic ships in Baltimore harbor; and the Baltimore Museum of Industry to learn about the area's innovative industrial firsts. Enjoy a leisurely walk from the harbor through the historic area of Federal Hill, and visit Federal Hill Park where the people of Baltimore celebrated the ratification of our Constitution and later protected Baltimore during the Civil War. Today this area is a beautiful vantage point to view the city and the harbor. For more ideas of what to do and see upon your arrival, stop by the Visitor Center on the Inner Harbor Promenade. This is a self-guided excursion with no meals or admissions provided. Trip fee includes transportation only.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

6:00 p.m. Estimated return to Reston

1, 8.5-hour trip

\$25 (R)/\$50 (NR) • Staff

July 30

500334-5A

Wed

9:30 a.m. – 6:00 p.m.

Harpers Ferry & The Bavarian Inn

(55 years and older)

The day will begin with a traditional German lunch in an alpine setting at The Bavarian Inn Restaurant in Shepherdstown, WV. The next stop will be Harpers Ferry where history abounds from its settlement and founding to the infamous raid of John Brown and the town's key role in industrial development. When Thomas Jefferson came to Harpers Ferry in 1783, he noted, "The passage of the Patowmac through the Blue Ridge is perhaps one of the most stupendous scenes in Nature. This scene is worth a voyage across the Atlantic!" This trip requires walking on narrow, uneven sidewalks. Many of the buildings are not accessible for walkers and wheelchairs due to their historical architecture. Trip fee includes transportation and lunch.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

7:00 p.m. Estimated return to Reston

1, 9.5-hour trip

\$55 (R)/\$110 (NR) • Staff

August 5

500062-5A Tue 9:30 a.m. – 7:00 p.m.

The Lion King at the Kennedy Center

(55 years and older)

Disney's *The Lion King* is a winner of six Tony Awards including Best Musical. *The Lion King* returns to the Kennedy Center after a sold-out nine-week engagement in June 2008. Along with direction and costumes by Julie Taymor, Elton John and Tim Rice's score brings the rhythms of the African Pride Lands to life with songs that include *Circle of Life*, the Academy Award-winning *Can You Feel the Love Tonight*, and many more. This is a show not to be missed! Trip fee includes transportation and admission.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

1, 6-hour trip

\$96 (R)/\$192 (NR) • Staff

August 13

500269-5A Wed 11:30 a.m. – 5:30 p.m.

Rehoboth Beach

(55 years and older)

Travel with RCC to Rehoboth Beach, DE. Spend the afternoon in this scenic area by enjoying the surf and sand, having lunch at one of the many quaint cafés, discovering the various shops in Rehoboth, or taking a trip on the local trolley to see more of the Rehoboth area and outlets. This is a self-guided excursion with no meals or admissions provided. Trip fee includes transportation only.

7:30 a.m. Depart Lake Anne

8:30 a.m. Depart Hunters Woods

8:30 p.m. Estimated Return to Reston

1, 13-hour trip

\$35 (R)/\$70 (NR) • Staff

August 19

500096-5A Tue 7:30 a.m. – 8:30 p.m.



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 one-hour visits to the Open Ceramics Studio.

6, 2.5-hour sessions at RCC Lake Anne
\$38 (R)/\$76 (NR) • Joder

June 10 – July 15

452509-5A Tue 10:00 a.m. – 12:30 p.m.

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.

7, 3-hour sessions at RCC Lake Anne
\$35 (R)/\$70 (NR) • Coulter-Blehert

July 11 – August 22

455011-5A Fri 4:00 p.m. – 7:00 p.m.



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, learn to simplify a complex scene into basic shapes and how to choose the best colors for your subject. A supply list will be provided prior to the first class.

5, 2-hour sessions at RCC Lake Anne
\$25 (R)/\$50 (NR) • Zahid

July 21 – August 18

455012-5A Mon 4:00 p.m. – 6:00 p.m.

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.

5, 2-hour sessions at RCC Lake Anne
\$25 (R)/\$50 (NR) • Zahid

June 9 – July 7

455526-5A Mon 4:00 p.m. – 6:00 p.m.



Reston Community Center Enriches Lives and Builds Community for All of Reston

Mission

To create positive leisure, cultural and educational experiences which enhance the quality of life for all people living and working in Reston by:

- Providing a broad range of programs in arts, aquatics, recreation, enrichment and life-long learning.
- Creating and sustaining community traditions through special events, outreach activities, and facility rentals.
- Building community through collaboration and celebration.

Governance

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.

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.

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 eight (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.**

Fee Waiver Program

Reston Community Center provides fee waivers to help eligible residents and employees of Small District 5 participate in RCC programs. This program provides financial assistance to low-income families receiving public assistance or meeting our income requirements. Completed forms are confidential and will be kept on file for one year. If your household is eligible, a fee waiver account for each family member will be created, and may be used for any combination of RCC programs, classes or trips during the 12-month period of May 1, 2014-April 30, 2015.

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 or 800-828-1120 (TTY).



RCC Board of Governors



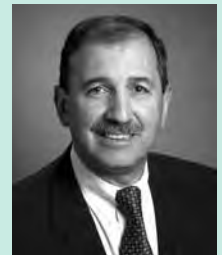
Beverly A. Cosham



William G. Bouie



Lisa Sechrest-Ehrhardt



John Mendonça



Michelle Moyer



William Penniman



Cathy Vivona



Vicky Wingert



Gerald Zavala

RCC 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 Arguinzoni	Personnel Specialist
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Cristin Bratt	Public Information Officer
Vincent Brown	Customer Service
Sumi Gallas	Asst. Customer Service Mgr.
Linda Greco	Customer Service
Greg Minassian	Customer Service
Samantha Pallo	Graphic Artist
Grazyna Siebor	Accounting Specialist
Barbara Wilmer	Executive Assistant
Ling Zhao	Customer Service

AQUATICS

Joe Leary	Aquatics Director
Rifat Chowdhury	Customer Service
Ivan Cole	Customer Service
Melissa Murray	Customer Service
Mike Rothenberg	Aquatics Assistant Director
Scott Sorenson	Aquatics Night Manager

ARTS & EVENTS

Paul Douglas Michnewicz	Arts and Events Director
Mark Brutsché	Assistant Technical Director
Cheri Danaher	Arts Education Director
Kevin Danaher	Community Events Director
Linda Ifert	Technical Director
Patrick Laney	Assistant Technical Director
Gloria Morrow	Arts Education Assistant
Patrick Pacak	Box Office Assistant
William D. Parker	Box Office Manager

LEISURE & LEARNING

Eileen Boone	Leisure & Learning Director
Karen Brutsché	55+ Program Director
Kenny Burrowes	Teen Program Director
Debbie Heron	Youth Program Director
Jonathan Navarro	Adult Program Director
Kim Gollop-Pagani	Youth Program Assistant
Susan Zaboji	55+ Program Assistant

MAINTENANCE & FACILITIES

Brian Gannon	Facility Booking Manager
Fred Russo	Building Engineer
Trung Nguyen	Facility Team - Lake Anne
John Scurto	Facility Team - Hunters Woods
Mohammed Alhadi	Facility Team
Jose Ayala	Facility Team
Santos Campos	Facility Team
Patricia Farrell	Facility Supervisor
Gilberto Guardado	Facility Team
Terry Maynard	Facility Rentals Assistant
Edgar Siles	Facility Team
Ken Wade	Facility Team

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.

Photos in this Program Guide were taken by our staff photographer, Linda Rutledge, and professional photographer, Jim Kirby, for RCC.

Reston Community Center - the CenterStage 2013-2014 Professional Touring Artist Series Ticket Order Form

Tickets for the 2013-2014 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. 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.

CENTERSTAGE BOX OFFICE INFORMATION



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



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



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

703-476-4500, Press '3' • 800-828-1120 (TTY) Please provide the following information when you call: Performance title, day, date and curtain time



Phone:

- Ticket quantity/type (resident/non-resident, adult/senior, etc.)
- Name as it appears on your Visa or MasterCard, credit card number and expiration date
- **RCC cannot accept American Express or Discover 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.**

PLEASE NOTE:

- No refunds or exchanges unless 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.



Reston Community Center - the CenterStage 2013-2014 Professional Touring Artist Series Ticket Order Form

Adult Name		First																			Last																																		
Home Address																																																							
City																				State																		Zip																	
Phone		Home																		Cell																																			
		Resident of Small District 5?										<input type="checkbox"/> Yes	<input type="checkbox"/> No	Work in Small District 5?										<input type="checkbox"/> Yes	<input type="checkbox"/> No																														
E-Mail Address																												<input type="checkbox"/> I would like to receive CenterStage promotional emails.																											

Performance	Date	Time of Performance	Reston		Non-Reston		Sub-total
			\$ Per Ticket	# Tickets	\$ Per Ticket	# Tickets	
Modern Moves: DC Choreographers	May 28	8:00 p.m.	\$15		\$30		
Raul Midón	May 31	8:00 p.m.	\$20		\$40		
SpeakeasyDC: <i>Born This Way</i>	June 8	3:00 p.m.	\$15		\$30		
Totals							\$
						Grand Total	\$

Payment Options

CARD HOLDER'S NAME : _____

CHARGE: Mastercard Visa **EXP. DATE:** _____

ACCOUNT #: _____

SIGNATURE: _____

Check - Payable to Reston Community Center

Cash is accepted in person during Box Office Hours

Seating Information

Your ticket request will be filled in the order in which it was received. RCC Box Office Staff will make every effort to seat you as close as possible to your request.

GENERAL REQUEST: _____

SPECIFIC SEATS: Row(s) _____
Seat(s) _____

ANY SPECIAL NEEDS?: (i.e. Wheelchair, hearing assistance, etc.)

Community Arts Organizations Ticket Order Form

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.

Information about contacting each Community Arts Organization is listed in its event description. Prices, dates and titles are subject to change. Please contact the Box Office with any questions.

RAVEL DANCE STUDIO

Swan Lake

Girl with the Red Ribbon

Available at Ravel Dance Studio and remaining tickets, if any, at the CenterStage Box Office on performance dates.

All Ages - \$18

RESTON CHORALE

Feelin' Groovy – Reston's Early Years

Available online at www.restonchorale.org and at the CenterStage Box Office two weeks prior to performances, beginning Saturday, April 26.

Adults (18 and older) \$25
Adults Seniors (62 and older) \$20
Senior Youth (17 and younger) FREE with paid admission

GROUNDWORKS DANCE ENSEMBLE

Spring Concert

Pricing information available at the CenterStage Box Office two weeks prior to performances, beginning Friday, May 30, 2014.

CENTERSTAGE BOX OFFICE INFORMATION



Online:

www.restoncommunitycenter.com

Available until two hours before a performance and requires payment of a processing fee.



By Mail:

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



In Person:

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

Saturday: 1:00 p.m. – 5:00 p.m.

Two hours prior to curtain time



Phone:

703-476-4500, Press '3' • 800-828-1120 (TTY)

Please provide the following information when you call:

- Performance title, day, date and curtain time
- Ticket quantity/type (resident/non-resident, adult/senior, etc.)
- Name as it appears on your Visa or MasterCard, credit card number and expiration date
- **RCC cannot accept American Express or Discover 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.

Notes:

- No refunds or exchanges unless 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.

Prices, dates and titles are subject to change. Please contact the Box Office with any questions.

Reston Community Center - the CenterStage Community Arts Organization Ticket Order Form

Adult Name	First																			Last																																																									
Home Address																																																																													
City																																							State																			Zip																			
Phone	Home																																							Cell																																					
E-Mail Address																																																																													

HOW DID YOU LEARN ABOUT THIS EVENT? _____

- Please add me to the mailing list for this organization I would like to receive RCC CenterStage promotional emails
 I would like confirmation regarding this order

Reservation Information
Orders may be placed two weeks prior to the first performance.
ORGANIZATION:
<input type="checkbox"/> Conservatory Ballet <input type="checkbox"/> Reston Community Players <input type="checkbox"/> Reston Chorale <input type="checkbox"/> Other: _____
PERFORMANCE TITLE: _____
DAY OF WEEK: _____
DATE: _____
CURTAIN TIME: _____

Ticket Information				
Amount	Ticket Type		Price per Ticket	Total Price
	Adult	@	\$	= \$
	Senior	@	\$	= \$
	Youth	@	\$	= \$
	Other*	@	\$	= \$
	Season Tickets		PREPAID	PREPAID
	TOTAL		TOTAL	\$

*Comp, Group, Pass, etc.
Please Note: If ordering for more than one performance or organization, use separate order forms.

Payment Options
CARD HOLDER'S NAME : _____
CHARGE: <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa EXP. DATE: _____
ACCOUNT #: _____
SIGNATURE: _____
<input type="checkbox"/> Check - Payable to Reston Community Center <input type="checkbox"/> Cash is accepted in person during Box Office Hours

Seating Information
Your ticket request will be filled in the order in which it was received. RCC Box Office Staff will make every effort to seat you as close as possible to your request.
GENERAL REQUEST: _____
SPECIFIC SEATS: Row(s) _____ Seat(s) _____
ANY SPECIAL NEEDS?: (i.e. Wheelchair, hearing assistance, etc.) _____ _____

RCC USE ONLY	
Date Received:	Order Notes:

RESTON COMMUNITY CENTER

Class/Trip/Camp/Volunteer/Pass Registration Information

REGISTRATION SCHEDULE

Fall: August 1 Reston/August 8 Non-Reston	Winter/Spring: December 1 Reston/December 8 Non-Reston
Summer Camp: February 1 Reston/ February 8 Non-Reston	Summer: May 1 Reston/May 8 Non-Reston

SMALL DISTRICT 5

- Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates.
- Residency 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 located on our website.

PRIORITY RESTON REGISTRATION

- Priority registration for Small District 5 (Reston) residents and/or employees will be the 1st-7th of each scheduled registration month.
- RCC will not process your payment until your enrollment has been confirmed.

NON-RESTON REGISTRATION

- Non-Reston registration follows the end of priority Reston registration.

PROGRAM FEES, PASSES

- Program fees are listed in this guide as Reston/Non-Reston (e.g., \$35/\$70).
- Patrons 55 years and older receive a 20% discount on class fees (except in cases where the class fee is payable to someone other than RCC). This discount does not apply to 55+ programs or trips, Adult & Family trips, or drop-in programs.
- Patrons under age 55 can register for 55+ programs or trips if space is available after priority Reston registration. Program fees will be doubled.
- All passes will expire 2 years from date of purchase, with the exception of 3-month and 12-month pool passes.

REGISTRATION FORM

- Family members living in the same household should complete a single Class, Trip, Camp, Volunteer, Pass registration form.
- Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.
- Patrons may also register online when online registration opens.

PAYMENT

- Payment is required upon registration.
- Pay by cash, check (payable to Reston Community Center), money order, MasterCard or VISA.
- Cash payments cannot be accepted during Reston priority registration.

CONFIRMATION

- Registration confirmations will be emailed.
- The confirmation will indicate if you are enrolled or waitlisted.

CLASS CANCELLATION

- If the minimum enrollment has not been met 7 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.

REFUND/CANCELLATION POLICY

- 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% processing fee (50% for trips).
- Refund requests received less than 14 days before the start of a class or camp will be granted (less a 20% processing fee) only if another registration is received in its place (less a 50% processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20% processing fee.
- No refunds are given for any class, trip, camp or pass with a fee of \$10 or less.
- Refunds will be issued to the original credit card or by check from Fairfax County if the original payment was cash or check.

INCLEMENT WEATHER POLICY

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.

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.

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 or 800-828-1120 (TTY).

PATRON SATISFACTION

Our goal is to make your experience at a RCC a positive one. Please let us know if you have any concerns or issues.

4 EASY WAYS TO REGISTER:

By Fax: 703-476-2488 • Online: www.restoncommunitycenter.com • In Person
By Mail: Reston Community Center, 2310 Colts Neck Rd, Reston, VA 20191



RESTON COMMUNITY CENTER Class/Trip/Camp/Volunteer/Pass Registration Form

USE ONE FORM PER HOUSEHOLD (ONLY FAMILY MEMBERS RESIDING AT THE SAME ADDRESS) • PLEASE PRINT

Adult Name	First																Last															
Home Address																																
City										State															Zip							
Phone Home																				Cell												
Emergency																																
New Address			<input type="checkbox"/> Yes <input type="checkbox"/> No		Resident of Small District 5?										<input type="checkbox"/> Yes <input type="checkbox"/> No		Work in Small District 5?										<input type="checkbox"/> Yes <input type="checkbox"/> No					
If yes, provide business address																																
E-Mail Address																																

ACTIVITY NUMBER	PARTICIPANT'S FIRST NAME	PARTICIPANT'S LAST NAME	DATE OF BIRTH	SEX	ACTIVITY NAME	REG. FEE
-						
-						
-						
-						
-						
-						
-						
-						
-						
-						
-						

Please attach an additional form if you need more space

TOTAL FEES: \$

CREDIT CARD INFORMATION

FORM OF PAYMENT

CARD HOLDER'S NAME #: _____

CHARGE: MASTERCARD VISA **EXP. DATE:** _____

ACCOUNT #: _____

SIGNATURE: _____

CASH MONEY ORDER

CHECK CREDIT CARD (VISA OR MC)

OTHER _____

PLEASE NOTE: Please do not make changes to this paragraph. Participation in RCC programs is contingent on all the following conditions.
 I recognize that there may be risks in participating in programs and activities being offered by Reston Community Center ("RCC"), and I understand that RCC strongly recommends that any person participating in any such program or activity should be covered by insurance while participating in any such program. By my signature below, I acknowledge and agree that RCC, the Governing Board of RCC, the Board of Supervisors of Fairfax County, the employees of RCC and Fairfax County, together with the volunteers assisting RCC and the County, are protected against claims for liability by the doctrine of sovereign immunity, and I agree to hold such entities and persons harmless from any and all property damage or bodily injury that may result from my participation. If I am registering a child, by my signature below, I represent that I am the parent/legal guardian of the child being enrolled and that I am making the representations stated above on behalf of that child. I also recognize that employees of RCC and/or the County may take and edit photographs and/or video tapes of RCC programs for either archival or public relations purposes. By my signature below, I acknowledge and agree that any such photographs and/or videos are the property of RCC and/or the County, that any such photos and/or videos may be used in the publications of RCC and/or the County without compensation to me, and that any such photos and/or videos may be subject to the Virginia Freedom of Information Act and other applicable laws. Finally, by my signature below, I acknowledge and agree to the RCC refund and cancellation policy.

SIGNATURE: _____ **DATE:** _____

RCC USE ONLY
DATE STAMP

Reston Community Center Aquatics Registration Form

REGISTRATION SCHEDULE

Fall: August 1 Reston/August 8 Non-Reston	Winter/Spring: December 1 Reston/December 8 Non-Reston
Summer Camp: February 1 Reston/February 8 Non-Reston	Summer: May 1 Reston/May 8 Non-Reston

SMALL DISTRICT 5

- Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates.
- Residency 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 located on our website.

PRIORITY RESTON REGISTRATION

- Priority registration for Small District 5 (Reston) residents and/or employees will be the 1st-7th of each scheduled registration month.
- RCC will not process your payment until your enrollment has been confirmed.

NON-RESTON REGISTRATION

- Non-Reston registration follows the end of priority Reston registration.

PROGRAM FEES

- Program fees are listed in this guide as Reston/Non-Reston (e.g., \$35/\$70).
- Patrons ages 55 and older receive a 50% discount on Aquatics class fees only. This discount does not apply to Water Aerobics drop-in classes or to already discounted gate fees.

REGISTRATION FORM

- Use one Aquatics registration form to enroll each student.
- Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.
- Patrons may also register online when online registration opens.

PAYMENT

- Payment is required upon registration.
- Pay by cash, check (payable to Reston Community Center), money order, MasterCard or VISA.
- Cash payments cannot be accepted during Reston priority registration.

CONFIRMATION

- Registration confirmations will be emailed.
- The confirmation will indicate if you are enrolled or waitlisted.

CLASS CANCELLATION

- If the minimum enrollment has not been met 7 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.

PATRON SATISFACTION

Our goal is to make your experience at a RCC a positive one. Please let us know if you have any concerns or issues.

REFUND/CANCELLATION POLICY

- 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% processing fee (50% for trips).
- Refund requests received less than 14 days before the start of a class or camp will be granted (less a 20% processing fee) only if another registration is received in its place (less a 50% processing fee for trips).
- No refunds are given for any class with a fee of \$10 or less.
- Refunds will be issued to the original credit card or by check from Fairfax County if the original payment was cash or check.

DAILY FEES, PASSES

- Pool fees are listed as Reston, Fairfax County resident and non-Fairfax County resident.
- Daily fees are non-refundable.
- Daily visit swim passes will be issued for any facility closure or interruption.
- Closures due to acts of nature (lightening, storms, floods, etc.) are non-refundable.
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20% processing fee.
- If the prorated balance is less than \$10, no refund is made.
- All passes will expire 2 years from date of purchase, with the exception of 3-month and 12-month pool passes.

INCLEMENT WEATHER POLICY

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.

PATRON HEALTH AND SAFETY

- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Patrons suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.

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 or 800-828-1120 (TTY).

4 EASY WAYS TO REGISTER:

By Fax: 703-476-0563 • Online: www.restoncommunitycenter.com • In Person
By Mail: Reston Community Center, 2310 Colts Neck Rd, Reston, VA 20191



Reston Community Center Aquatics Registration Form

- Select up to three choices per session and up to four different sessions per form.
- If a class section, and all choices are full, your name will be placed on a waiting list for your first choice for that session.
- Patrons are encouraged to register for as many sessions as desired. Patrons should enroll at the same level for all sessions.
- Please note: Absences and personal scheduling conflicts are not reimbursable.

Adult Name	First																			Last																		
Home Address																																						
City													State			Zip																						
Phone	Home													Cell																								
Emergency																																						
New Address	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Resident of Small District 5?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Work in Small District 5?	<input type="checkbox"/> Yes	<input type="checkbox"/> No																														
If yes, provide business address																																						
E-Mail Address																																						

PARTICIPANT'S FIRST NAME	PARTICIPANT'S LAST NAME	DATE OF BIRTH	SEX

SESSION DATE:			
	ACTIVITY NUMBER	CLASS NAME	FEE
CHOICE 1			
CHOICE 2			
CHOICE 3			

SESSION DATE:			
	ACTIVITY NUMBER	CLASS NAME	FEE
CHOICE 1			
CHOICE 2			
CHOICE 3			

SESSION DATE:			
	ACTIVITY NUMBER	CLASS NAME	FEE
CHOICE 1			
CHOICE 2			
CHOICE 3			

SESSION DATE:			
	ACTIVITY NUMBER	CLASS NAME	FEE
CHOICE 1			
CHOICE 2			
CHOICE 3			

Please attach an additional form if you need more space

TOTAL FEES: \$

CREDIT CARD INFORMATION

FORM OF PAYMENT

CARD HOLDER'S NAME #: _____

CHARGE: MASTERCARD VISA EXP. DATE: _____

ACCOUNT #: _____

SIGNATURE: _____

CASH MONEY ORDER

CHECK CREDIT CARD (VISA OR MC)

OTHER _____

PLEASE NOTE: Please do not make changes to this paragraph. Participation in RCC programs is contingent on all the following conditions. I recognize that there may be risks in participating in programs and activities being offered by Reston Community Center ("RCC"), and I understand that RCC strongly recommends that any person participating in any such program or activity should be covered by insurance while participating in any such program. By my signature below, I acknowledge and agree that RCC, the Governing Board of RCC, the Board of Supervisors of Fairfax County, the employees of RCC and Fairfax County, together with the volunteers assisting RCC and the County, are protected against claims for liability by the doctrine of sovereign immunity, and I agree to hold such entities and persons harmless from any and all property damage or bodily injury that may result from my participation. If I am registering a child, by my signature below, I represent that I am the parent/legal guardian of the child being enrolled and that I am making the representations stated above on behalf of that child. I also recognize that employees of RCC and/or the County may take and edit photographs and/or video tapes of RCC programs for either archival or public relations purposes. By my signature below, I acknowledge and agree that any such photographs and/or videos are the property of RCC and/or the County, that any such photos and/or videos may be used in the publications of RCC and/or the County without compensation to me, and that any such photos and/or videos may be subject to the Virginia Freedom of Information Act and other applicable laws. Finally, by my signature below, I acknowledge and agree to the RCC refund and cancellation policy.

SIGNATURE: _____ DATE: _____

RCC USE ONLY

DATE STAMP



Reston Community Center Hunters Woods
2310 Colts Neck Road • Reston, VA 20191

Reston Community Center Lake Anne
1609-A Washington Plaza • Reston, VA 20190



703-476-4500 • 800-828-1120 (TTY) • 703-476-0563 (FAX)

Reston Community Center Cancellation/Refund Request

Date of Request																										
Adult Name	First															Last										
Home Address																										
City																State										
Phone	Home															Cell										
E-mail Address																										
Reason for Request																										

CLASS, CAMP, PASS AND TRIP CANCELLATION/REFUND REQUEST

- No refunds are given for any class, camp, pass or trip with a fee of \$10.00 or less.
- Refunds will be issued to original credit card or by check from Fairfax County if 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.

Class and Camp Cancellation Policy

- 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% processing fee.
- Refund requests received less than 14 days before the start of a class or camp will be granted (less a 20% processing fee) only if another registration is received in its place.

Trips Cancellation Policy

- Written refund requests received 14 days or more prior to the start of a trip will receive a full refund less a 50% processing fee.
- Refund requests received less than 14 days before the start of a trip will be granted (less a 50% processing fee) only if another registration is received in its place.

Pass Cancellation Policy

- Refunds for a pass will be prorated to the purchase date and then subjected to a 20% processing fee.

ACTIVITY NUMBER							ACTIVITY NAME							PARTICIPANT NAME							FEE	ACTIVITY DATE
						-																
						-																
						-																

MEETING ROOM RENTAL CANCELLATION/REFUND REQUEST

Refunds will be issued according to the following schedule:

- More than 21 days before the scheduled reservation.....80%
- 14-21 days before scheduled reservation.....50%
- Less than 14 days before the scheduled reservation.....0%
- Refunds will be issued to original credit card or by check from Fairfax County if original payment was cash or check.

DATE OF RENTAL	ROOM NUMBER	NAME	AMOUNT PAID

I HAVE READ AND AGREE TO THE REFUND TERMS LISTED ABOVE

SIGNATURE: _____

DATE: _____

RCC PROGRAM USE ONLY

Refund Approved: Yes No

If no, why: _____

Total Amount: \$ _____

RCC Staff: _____

Date: _____



MAIL REFUND REQUESTS TO:
Reston Community Center Hunters Woods
2310 Colts Neck Road • Reston, VA 20191

FAX REQUESTS TO:
Class, Camp, Trip, Pass: 703-476-2488
Aquatics, Pass: 703-476-0563
Meeting Room Rentals: 703-476-2488



RESTON COMMUNITY CENTER

Fee Waiver Application (Valid May 1, 2014 - April 30, 2015)

Reston Community Center will provide fee waivers for qualified Small District 5 Reston residents and/or employees.

Adult Name	First									Last												
Home Address																						
City											State			Zip								
Phone	Home											Cell										
New Address	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Resident of Small District 5?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Work in Small District 5?	<input type="checkbox"/> Yes	<input type="checkbox"/> No														
If yes, provide business address																						
E-Mail Address																						

Instructions to Client/Patron

Please complete this Fee Waiver Application Form, attach copies of the required financial documentation, and complete an RCC Registration Form. Return all documents to a Customer Service Representative at either RCC Hunters Woods or RCC Lake Anne. You will be notified by mail if you have been awarded a Fee Waiver. Please refer questions to our Customer Service Manager (703-390-6144). **Fee waiver patrons must register in person, by mail or by fax; online registration is not available to Fee Waiver patrons.**

Enrollment Fees

If you qualify for a fee waiver, you will be required to pay a \$5.00 non-refundable enrollment fee for each class, trip, or pass for which the participant is registered. Enrollment fees are being assessed to encourage regular attendance and active participation. Payment for enrollment fees is required upon registration. Please note that RCC registration procedures and refund/cancellation policies apply.

Eligibility

To qualify for a fee waiver, applicants must meet one of the following criteria:

- Furnish documentation of receipt of public assistance (e.g. food stamps, welfare, free school lunch)
- Furnish documentation (e.g. 2013 income tax return) that income/family composition does not exceed the following levels:
 - \$21,257/family of one
 - \$28,694/family of two
 - \$36,131/family of three
 - \$43,568/family of four
 - \$51,005/family of five
 - \$58,442/family of six

For each additional person, add \$7,437 to determine maximum annual income for eligibility.

Family Members Applying for Fee Waiver:			
PARTICIPANT'S FIRST NAME	PARTICIPANT'S LAST NAME	DATE OF BIRTH	SEX

ADULT SIGNATURE: _____ **DATE:** _____

RESTON COMMUNITY CENTER 55+ Carpool Form

Name	First											Last											
Home Address																							
City													State					Zip					
Phone	Home												Cell										
E-Mail Address																							

ABOUT THE CARPOOL INITIATIVE

RCC encourages ride sharing by our patrons attending 55+ programs and events. If you want to participate as a volunteer driver, or if you are a passenger seeking transportation assistance to visit RCC, please complete and submit this form. Forms can be mailed, faxed, or dropped off in person at either of the RCC facilities. In order to help facilitate ride sharing, RCC will share contact information only among those community members who have signed up to serve as a driver or to participate as a passenger. Please contact the 55+ Director at 703-390-6157 if you need any additional information.

I AM INTERESTED IN BEING PLACED ON A CAR POOL LIST AS A:

- Driver
 Passenger

CARPOOL DISCLAIMER

This service is provided solely as a referral service for potential carpool partners. This service does not assess the suitability of individuals participating in a car pool program nor does it match participants. Information shared by RCC is limited to name, phone, and/or email addresses of possible car pool partners. Participants are solely responsible for determining whether and when it is appropriate to meet with potential car pool partners. Participation in a car pool program is an individual decision. It is solely your responsibility to notify your insurance provider of your intent to carry passengers and insure that you are adequately covered to protect yourself and your passengers. Completion and submission of this form does not obligate you to join a car pool. It is an expression of your interest in exploring car pool options available to you and allows RCC to publish and share your information with other interested parties.

SIGNATURE: _____ **DATE:** _____

Youth

Adapted Aquatics
 All Around the Farm
 Aqua Tots
 Backyard Astronomy
 Ballet Basics I
 Ballet Combo
 Busch Gardens Trip
 Checkers
 Creative Dance
 Dance Class Introduction
 Dive-In Movie and Pizza Party
 Drop-in Chess Club
 FunFit
 GRACE Art in the Home-school
 June Jitterbugs
 Kids Night Out
 Level 1-2 (Swim)
 Level 3 (Swim)
 Level 4 (Swim)
 Level 5 (Swim)
 Level 6 (Swim)
 Longfellow's WHALE Tales
 Marlin
 Music Friends
 Pre-Ballet
 Ranger
 Rookie I
 Rookie II
 Rehoboth Beach
 Self-Defense
 Skipper I
 Solar Oven Workshop
 Storybook Ballet
 Tae Kwon Do I
 Tae Kwon Do II
 TGIF: Free Fridays
 Tot Time
 Visit to Colvin Run Mill
 Water Introduction
 Water Wonder
 Wolf Trap Farm Park
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 Checkers 55
 Coaster Club 59
 Day at Ocean City Beach 59
 Day at Rehoboth Beach 59
 Deep Water Mania 35
 Dive-In Movie and Pizza Party 55
 Drawing Animals in Pencil 62
 Drawing Portraits in Pencil 62
 Drawing with Pastels 61
 Drop-in Chess Club 56
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Self-Defense	48	Dive-In Movie and Pizza Party	55
SharQui Belly Dance	49	Drawing Animals in Pencil	62
Solar Oven Workshop	51	Drawing Portraits in Pencil	62
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Adult

20/20/20

Acrylic Painting

Adapted Aquatics

Adult Advanced Beginner

Adult Beginner

Advanced Arthritis, Fibromyalgia &

A Painting in a Day

Aqua Blast

Aqua Burn

Aqua Mixer

Arthritis, Fibromyalgia, & Multiple Sclerosis

Atlantic City, New Jersey

Basic Hand Tools

Beginning Oil Pastels

Body Sculpting

Boot Camp for Women

Bridge II

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LOCATIONS & 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.

703-476-4500 • 800-828-1120 (TTY) • 703-476-8617(Fax)

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.

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

May 26

Memorial Day

9:00 a.m. - 2:00 p.m.

July 4

Independence Day

9:00 a.m. - 2:00 p.m.*

*RCC LAKE ANNE CLOSED

September 1

Labor Day

CLOSED

OPEN LABS & STUDIOS

Open Ceramics Studio

The public is invited to use RCC's Ceramic Studio. Reservations are not required. The RCC Ceramics Studio will be closed August 27 – September 6 for annual maintenance, reopening on September 10. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. 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 lbs.

\$15 (R)/\$30 (NR) Drop-in

\$36 (R)/\$72 (NR) 12-Visit Pass

(Each visit equals one hour.)

June 4 – August 23

Drop-in Wed 10:00 a.m. – 2:00 p.m.

Drop-in Sat 1:00 p.m. – 5:00 p.m.

Open Stained Glass Lab

(18 years and older)

Stained glass and stained glass mosaic enthusiasts are encouraged to participate in RCC's monthly Open Stained Glass Lab. Lab is held in the Woodshop on the first and third Sunday of the month and is facilitated by the Stained Glass instructor. Participants working independently on projects must bring the necessary materials or make arrangements with the lab supervisor beforehand. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk.

4-hour sessions at RCC Hunters Woods

Per session: \$10 (R)/\$20 (NR) • Staff

June 1 & 15, July 6 & 20, August 3 & 17

Drop-in, First and Third Sundays 1:30 p.m. – 5:30 p.m.

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, there is no Open Shop on Fridays during the summer.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) – Tue

\$12 (R)/\$24 (NR) – Sat

June 3 – August 19

Drop-in Tue 6:00 p.m. – 10:00 p.m.

June 7 – August 23

Drop-in Sat 9:00 a.m. – 5:00 p.m.





2310 Colts Neck Road
Reston, Virginia 20191

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HERNDON, VA
PERMIT NO. 58
ZIP CODE 20170



reston celebrates

FOUNDING OF RESTON — 1964 —	50 YEARS	100 YEARS	BIRTH OF ITS FOUNDER — 1914 —
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Reston’s civic and community organizations will be celebrating anniversaries all year.
Check out all the fun in store for the community at www.restoncelebrates.org.

For information about how to add your organization’s anniversary-themed event, please email restoncelebrates@myerspr.com.

PARTICIPATING ORGANIZATIONS:



GREATER RESTON
CHAMBER OF COMMERCE



WWW.RESTONCELEBRATES.ORG