

Fall 2013

Program Guide

enriching lives



building community

RESTON COMMUNITY CENTER

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Beverly Cosham with Robert E. Simon at Celebrate Your Bonus Years event, May 2013.

A Message from Beverly Cosham Chair, RCC Board of Governors

Welcome to the season of change. Fall brings with it our collective memories of going back to school and starting new paths of learning and growth. The pages ahead of you are filled with hundreds of options to enrich your lives and build community. We urge you to dive in, enroll, line up at the Box Office or just show up at a festival for the time of your life.

While our staff has been busy planning this season of splendor for you, the Board of Governors has been exploring how to achieve our strategic planning goal of realizing a new indoor recreation facility for Reston. We have been discussing the possibility of working with the Fairfax County Park Authority at Baron Cameron Park. In addition, RCC's Board of Governors Building Committee will be exploring other sites over the summer months

and will issue its report on those to the Board this fall. We will review all the financial modeling, and cost estimates for options that could be pursued, in the months to come as well. All the reports and documents related to our work are posted on the Board of Governors page located under "About Us" at www.restoncommunitycenter.com.

The Board is committed to preserving the current tax rate for Small District 5; finding the best possible location for a new indoor recreation facility; and assuring that we understand and consider Reston's requirements and resources. Any new building project that RCC might undertake would be subject to our Small District 5 voters' approval.

If you are interested in this effort, you can attend our meetings and provide your views to us there or send them to us by email with your name and address. We can add your email address to our distribution list for updates about meetings and new information; just send us that request or your ideas to RCCContact@fairfaxcounty.gov.

Our ability to achieve the best outcome for RCC and Reston will depend on the community's involvement and engagement with us. We have appreciated all the time and energy that people have already devoted to this conversation and look forward to the dialog continuing. On behalf of the Board of Governors, I thank you for your help in shaping our shared future.



Leila Gordon with William G. Bouie, RCC Board of Governors (left) and Robert Gordon (right) at Best of Reston, April 2013.

A Message from Leila Gordon RCC Executive Director

As you thumb through the Program Guide, you will notice that we have increased our pricing for our very popular Aquatics, 55+ Seniorcize, and Ceramics Studio drop-in activities. This past spring, we reviewed our history of pricing in the area of drop-in options. In addition, we researched the pricing for similar offerings at public facilities throughout the area. We realized that we hadn't adjusted our fee schedule sufficiently to account for the cost of delivering these programs and that we were charging fees that were far below public facility norms. As a result, you will see that the cost of using our Terry L. Smith Aquatics facility on a drop-in or pass basis is greater by roughly a third. We have also created a new Drop-In Water Aerobics Pass for that program offering recognizing that it is instructor-led as well as a drop-in swim. Pricing was similarly adjusted in our Seniorcize drop-in exercise program and Ceramics Studio. All drop-in fees will now be reviewed on an annual basis.

The new pricing will go into effect on September 1. For our Aquatics patrons, this will be just the second time in the 34 years we have been open that fees for drop-in use have been increased. As our facility at RCC Hunters Woods ages, we will need to continue to look for approaches to upgrade it, modernize it, and assure it continues to offer a high-quality experience. Accomplishing these efforts will require that we achieve greater cost-recovery than we have in the past. Our pricing will always factor in the subsidy that Reston patrons should and can expect as a consequence of the Small District 5 taxes they pay to support RCC. However, our fees will reflect a more sustainable approach to accommodating that subsidy requirement while also realizing an appropriate amount of revenue from those using our facilities, programs and services. Our changes were made in consultation with many patrons and the staff appreciates the close relationship we have with you.

Please don't hesitate to share your views with us and let us know how we can improve your experience of RCC facilities, programs and services. We look forward to your company throughout the fall months and all year at Reston Community Center.



The RESTON

Story

A Film About Reston, Virginia: The First 50 Years

By Storycatcher Productions

It's time for Reston to get in on the action! The "My Community" video contest is officially underway. Reston Association is coordinating this opportunity for you to unleash your inner documentarian and see if your three-minute film will be chosen for screening at the April 5, 2014 Reston 50th Anniversary Celebration. Complete contest rules and submission guidelines are available on the Reston Association website, www.reston.org.

If you are more of a "behind-the-scenes" type or would prefer an "acting" credit, you can make a donation to the film. Contribution levels and the privileges associated with them are described at the film website, www.therestonfilm.com.

Filming for *The Reston Story* (working title) has been going on all over Reston for months. Have you seen director Rebekah Wingert-Jabi with a camera lately? Keep your eyes open for her at festivals and community gatherings where the "Reston Story" is unfolding before our eyes.

Congratulations to Rebekah on her Peabody Award!



Jim & Karen Cleveland, Phil & Lynn Lilienthal, Anonymous

Get all the details related to *The Reston Story*

WWW.THERESTONFILM.COM



Saturday • August 31
1:00 p.m. - 8:00 p.m.

Join us for the 7th 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 presented by the Friends of Lake Anne and the Lake Anne Merchants and hosted by Lake Anne Plaza. For more information please contact LARCA at 703-471-6374.

Jazz & Blues FESTIVAL

 RESTON STATION

*The Remarkable Energy
of a New Reston*



The Washington region's most anticipated new mixed-use, transit-oriented neighborhood, Reston Station redefines the urban realm with bold architecture and vibrant civic appeal. This visionary community—fully integrated with the Reston Metro station—offers 1.3 million square feet of world-class office, residential, retail, restaurant, and hotel space on the Dulles Corridor and Metro's new Silver Line.

A New Concept in Community

- Breakthrough design in a lively transit-oriented setting
- A unique public-private partnership
- On-site access to the Reston Station Metro Transit Facility
- Direct walking access to the Reston-Wiehle Avenue Metro station

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LASALLE®

Project information 703.230.1291

EVERYONE IS ENCOURAGED TO DRESS IN ATTIRE REPRESENTATIVE OF THEIR CULTURAL BACKGROUND

2013 Reston Multicultural Festival



SATURDAY SEPTEMBER 28

11:00 a.m. - 6:00 p.m.

FREE • Rain or Shine • Lake Anne Plaza

FEATURING:

Naturalization Ceremony • International Book Fair
National Heritage Award Fellows • Arts & Crafts
Exciting Entertainment • Art Mirrors Culture Exhibit
Delicious Food • Family Fun from Around the World

The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate our rich medley of cultures. The festival opening will include a Naturalization Ceremony where America's newest citizens will take the Oath of Allegiance. This has become a tradition at the Multicultural Festival and is a moving and fitting beginning to a day that celebrates our diversity. New this year are appearances by several of the 2013 National Heritage Award Fellows who will have performed the night before at Lisner Auditorium. The Fellows are "living national treasures" who will make a splendid addition to the event.

This signature Reston event honors the diversity that is one of our greatest assets.

The Reston Multicultural Festival is hosted by the Lake Anne Plaza and co-sponsored by the Reston Association, with partners from a variety of Reston-based organizations and businesses.

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

Bring the family out for...

FESTIVAL on the SQUARE

SUNDAY, OCTOBER 27
12:00 p.m. - 4:00 p.m.

RESTON HEIGHTS
11810 Sunrise Valley Drive, Reston
NEAR THE SHERATON AND RESTON WESTIN HOTELS

Featuring

LIVE MUSIC • ENTERTAINMENT
FOOD & DRINK • CHILDREN'S ACTIVITIES
COMMUNITY WALK TO END HOMELESSNESS & MORE

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



TAKE STEPS TO END HOMELESSNESS

To Learn More: Catherine.Hoskinson@restoninterfaith.org or 571-323-9566

Reston Interfaith, a non-profit organization, provides housing assistance and other support services to individuals and families in need and is a beneficiary of Fannie Mae's Annual Help the Homeless Walkathon Program. You can get involved in this effort to raise public awareness on the issues surrounding homelessness, while providing support to prevent and end homelessness in our community. Plan to join us Sunday, October 27 at the Festival on the Square for our Community Walk. In addition, you can gather your friends, family, and business or community organizations and plan your own mini walk on a date that works for your group.

There are many ways to be involved with Reston Interfaith.

Learn more about how to donate a used car, provide food for the Embury Rucker Community Shelter, assist the Laurel Learning Center, or any other of the many ways to support their many programs. You can make a positive difference that lasts forever in someone's life.

Visit www.restoninterfaith.org today!

**Reston
Interfaith**
Homes • People • Hope

Festival on the Square is sponsored by RCC, Reston Association, Reston Interfaith, the JBG Companies, The Westin-Reston Heights, Vinifera Restaurant, Sheraton Reston, Syrah Restaurant, Brickman Group, Ltd, Reston Connection, and Fairfax County Times.

RCC PREFERENCE POLL

September 13 - October 4

Serve Your Community

**BECOME A CANDIDATE FOR THE RCC
BOARD OF GOVERNORS**



You can play a vital role in shaping the future of recreation, cultural and leisure time pursuits in your community by participating in the annual RCC Preference Poll for Board of Governors positions. RCC Board members establish the overall policy and program directions for the Community Center while providing financial oversight. To register as a candidate, you must complete a Statement of Candidacy Form.

**Statement of Candidacy Forms available
August 1 at RCC Hunters Woods and
RCC Lake Anne**

MARK YOUR CALENDERS

Candidate Filing
August 1 – August 15

Photo/Orientation
August 15

Forum
September 18 • 7:00 p.m.

Voting
September 13 – October 4 (until 5:00 p.m.)

RESTON CAMP EXPO



Save the Date...

**Saturday
January 25, 2014**

10:00 a.m. – 2:00 p.m. • RCC Hunters Woods

It's not too early to plan for summer.
Most organizations begin summer camp registration by early February. Visit with local camp providers and learn about the latest specialty camp programs.



Check out www.restoncommunitycenter.com, or contact Eileen Boone, Director of Leisure and Learning at 703-390-6162 for more information and details about this event.

NEWCOMERS' NIGHT

THURSDAY, OCTOBER 10

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

Reston Association • 12001 Sunrise Valley Drive

Enjoy a one-stop shopping event for new or not-so-new members, volunteers and newcomers. Come learn more about Reston Association (RA) and the many services, amenities and programs it provides for you. Meet other organizations, RA board members and staff. Find out how you can get involved in Reston. Light refreshments will be available and door prizes will be awarded.

Please RSVP to Ashleigh@reston.org or 703-435-6577.



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

Giving Circle of Hope

Monday, September 9

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4A

This seminar is for those interested in making a difference in the Reston community by helping others. Come learn about important social issues, and how the Giving Circle of Hope members have "fun with a purpose." The Giving Circle of Hope makes this easy to do. The program describes "giving circles" and how these models of community investment are changing the face of philanthropy on a national level as well as right here in Reston. Participants will gain an understanding of how individuals band together to make a lasting and constructive difference by collaborating on goals, pooling their resources and helping others in need. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

Present Day Domestic Policy

Monday, November 4

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4B

One year after the presidential election, Glenn Kamber will provide his perspective on domestic policy events over the past twelve months, with particular focus on such issues as health care reform implementation, impact of sequestration on domestic programs and the economy, Supreme Court decisions on key social issues such as same sex marriage, immigration reform, and gun control. Kamber is a retired Federal senior executive and spent much of his career managing policy development and review for eight Secretaries of Health and Human Services (previously Health, Education, and Welfare). Kamber is a member of the Osher Lifelong Learning Institute (OLLI) at George Mason University and has taught several American history and political science courses. He has lived with his wife and youngest daughter in Reston for the past 16 years.



HALLOWEEN FAMILY FUN DAY

Saturday, October 19

Family Fun Day - 12:00 p.m. - 2:00 p.m.
Fantasia - 2:15 p.m. - 4:30 p.m.

RCC Hunters Woods • Free • Drop-In
Ages 1-8

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

Also, celebrate the 100th Birthday of *The Rite of Spring* with a free showing of Disney favorite *Fantasia* at 2:15 p.m.



For more information please contact Debbie Heron, Youth Program Director at 703-390-6163.

Children's FALL FLEA MARKET



Saturday, November 2

9:00 a.m. - 12:00 p.m.

RCC Hunters Woods • Free • Drop in • All Ages

Do you need to do some holiday shopping, or simply wish to find a bargain? Junior merchants will sell gently used toys, books, clothing and games at the annual Fall Flea Market.

For information on how to participate as a vendor, please turn to page 55.



Admission

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

For more information please contact Debbie Heron, Youth Program Director at 703-390-6163.



Thanksgiving FOOD DRIVE

To Benefit: Reston 
Interfaith
Homes • People • Hope

Help fight hunger in the community where we live, work and serve!



Drop Off Donations NOVEMBER 1-25

Reston Community Center once again joins the Greater Reston Chamber of Commerce and Reston Interfaith to help families in need. Patrons, businesses, and organizations are encouraged to drop off non-perishable food and other items from November 1-25 at Reston Community Center Hunters Woods and Lake Anne facilities, the Greater Reston Chamber of Commerce, as well as a variety of other drop-off points throughout the community. Please visit www.restoncommunitycenter.com for a complete list of needed items and drop-off points.

Want to Volunteer to Help with the Food Drive?

There are three great ways to help out.

Become a Volunteer Loader on November 26 or 27, a Volunteer Event Leader on November 28 or a Volunteer Food Sorter on November 28. Please turn to page 20 to find out more information and learn how to register for these great community service events.



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

REEL TIME AT RCC

CLASSIC CINEMA

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

(Free Continental Breakfast beginning at 9:30 a.m.)

Free • Drop-in • 18 Years and Older
RCC Hunters Woods - the CenterStage

Be swept back through the years as you watch timeless films in the comfort of the CenterStage. This season features films directed by Alfred Hitchcock.

MONDAY, SEPTEMBER 9

Shadow of a Doubt

1942

Joseph Cotton stars as Uncle Charlie, a calculating and charming killer who hides out in his relatives' small hometown. There, he befriends his favorite niece and namesake, Young Charlie (Teresa Wright). But she begins to suspect he may be the famed Merry Widow murderer. A deadly game of cat and mouse ensues as the psychopathic killer plots the death of his young niece to protect his secret. Hitchcock often said that *Shadow of a Doubt* was his favorite film.

MONDAY, OCTOBER 21

To Catch a Thief

1955

Mystery, intrigue, and romance figure in this movie. Cary Grant plays John Robie, a reformed jewel thief who was once known as "The Cat," in this suspenseful Hitchcock classic thriller. Robie is suspected of a new rash of gem thefts in the luxury hotels of the French Riviera. He must set out to clear his name. Meeting pampered heiress Frances (Grace Kelly), he sees a chance to bait the mysterious thief with her mother's fabulous jewels. His plan backfires, but Frances, who believes him guilty, proves her love by helping him escape. In a spine-tingling climax, the real criminal is exposed. This film earned three Academy Award nominations, and won an Oscar for "Best Cinematography."

MONDAY, NOVEMBER 18

Notorious

1946

When troubled beauty Alicia Huberman (Ingrid Bergman) is recruited by American agent T.R. Devlin (Cary Grant) to infiltrate a German spy ring in postwar Rio, she accepts, but soon finds herself falling in love with him. When she receives orders to seduce a Nazi kingpin (Claude Rains), Alicia must sacrifice the only happiness she's ever known for a perilous mission that could ultimately cost her and Devlin their lives. Roger Ebert claimed that "Hitchcock's *Notorious* is the most elegant expression of the Master's visual style."

MONDAY, DECEMBER 16

Strangers on a Train

1951

From its cleverly choreographed opening sequence to its heart stopping climax on a runaway carousel, this Hitchcock classic is one of the director's finest examples of excruciating suspense. Enjoy the battle of wits between tennis pro Guy (Farley Granger) and his mysterious, sycophantic admirer, Bruno (Robert Walker), who proposes a "criss-cross" scheme of traded murders. Bruno agrees to kill Guy's unfaithful wife, in return for which Guy will (or so it seems) kill Bruno's spiteful father. Hitchcock controls the escalating tension with a master's flair for cinematic design.

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

TUESDAY NIGHT AT THE MOVIES

7:30 p.m. - 9:30 p.m. • Free • Drop-in • All Ages
RCC Hunters Woods - the CenterStage



TUESDAY, OCTOBER 22

The Gates

Albert Maysles and his brother David began filming this renowned Central Park project's progress through city bureaucracy in 1979, as Christo and Jeanne-Claude began actively pushing their concept forward. Maysles' team attended community board hearings, capturing the emerging controversy as the Park's poorer communities to the North voted in favor of the project, while the Park's richest neighborhoods to the East and South opposed it. New York City Parks Commissioner Gordon Davis denied the artists permission, citing the risk of setting a dangerous public use precedent, despite the city's original concept of a park for the people. Henry Stern, former Parks Commissioner added: "It is a massive intrusion on nature. It's an imposition of one man's ego on the nation's greatest urban park."

This movie is presented in collaboration with Initiative for Public Art – Reston (IPAR)

TUESDAY, OCTOBER 29

The Story of Stuff

These thought-provoking short films (*The Story of Stuff, The Story of Broke, the Story of Electronics, The Story of Bottled Water*) will make you consider everyday purchases in a whole new light and provide the inspiration for simple lifestyle changes that can lead to a more sustainable community. Bring your ideas for the post-film discussion.

This movie is presented in collaboration with Sustainable Reston.



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

TUESDAY, NOVEMBER 19

Bending Sticks: The Sculpture of Patrick Dougherty

Internationally renowned environmental artist Patrick Dougherty has created hundreds of monumental site-specific sculptures out of nothing more than saplings. Celebrating the artist's 25-year career, this documentary follows Dougherty and his collaborators during a year of stick work, revealing Dougherty's process, personal story and inspirations. The film explores the creation of five Dougherty commissions in different locations: inside the new wing of the North Carolina Museum of Art, on Main Street in Rock Hill, S.C., at a private home in Chapel Hill, N.C., at the Bascom Art Center in the mountains of North Carolina and in the gardens of Dumbarton Oaks in Washington, D.C. At each location, viewers see how Dougherty and many others transform piles of sticks into energetic lines and exuberant forms. Dougherty's projects invite collaboration and engage communities in the making and viewing of his very public art. **After the show, chat with the film directors Penelope Maunsell and Kenny Dalsheimer.**

This movie is presented in collaboration with Initiative for Public Art – Reston (IPAR).

TUESDAY, NOVEMBER 26

Home

Internationally renowned photographer Yann Arthus-Bertrand makes his feature directorial debut with this environmentally conscious documentary produced by Luc Besson, and narrated by Glenn Close. Shot in 54 countries and 120 locations over 217 days, *Home* presents the many wonders of planet Earth from an entirely aerial perspective. As such, we are afforded the unique opportunity to witness our changing environment from an entirely new vantage point. In our 200,000 years on Earth, humanity has radically upset Mother Nature's delicate balance. Some experts claim that we have less than ten years to change our patterns of consumption and reverse the trend before the damage is irreversible. Produced to inspire action and encourage thoughtful debate, *Home* poses the prospect that, unless we act quickly, we risk losing the only home we may ever have.

This movie is presented in collaboration with Sustainable Reston.

Reston for a Lifetime

Wednesdays • September 11, October 9, November 13

2:00 p.m. - 4:00 p.m.

Free • All Ages • Drop-In • RCC Hunters Woods

Reston for a Lifetime is a group of concerned citizens and organizations seeking to understand the needs and perceptions of Restonians and help create solutions toward making Reston a great place for people of all ages and abilities. Specific areas of interest include: Neighbors Helping Neighbors, Identifying Trusted and Reliable Vendors, Transportation and Getting Around, Housing and Universal Design, and Safe Neighborhoods



For more information on the initiative and the upcoming meeting schedule, please email aginginreston@gmail.com or call 703-672-1116.

COUNTRY WESTERN DANCE



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 RCC's Community Room, which offers a spacious wooden dance

floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please. Cost is per session and payable at the door.

SUNDAYS

6:30 p.m. - 9:30 p.m.

September 1, October 6,
November 3, December 1

RCC Hunters Woods • \$5 Reston/\$10 Non-Reston

18 YEARS & OLDER

For more information please contact Jonathan Navarro, Adult Program Director at 703-476-4500.

SUNDAY AFTERNOON DANCES



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.

SUNDAYS

2:30 p.m. - 4:30 p.m.

September 8, October 13,
November 10, December 8

RCC Hunters Woods • \$5 Reston/\$10 Non-Reston

18 YEARS & OLDER

For more information please contact Karen Brutsché, 55+ Program Director at 703-476-4500.

MEET THE

Artists

Thursdays • 2:15 p.m. - 3:30 p.m.

FREE • RCC HUNTERS WOODS • THE CENTERSTAGE

SEPTEMBER 19

Beverly Cosham

One of Washington's favorite popular song stylists; her one-woman cabaret shows play to wide acclaim.

OCTOBER 10

Miroslav & Natasa Loncar

Miroslav Loncar and Natasa Loncar are classical guitarists performing throughout Europe and the United States.

SEPTEMBER 26

Sonya Hayes and Frank Conlon

A gifted young violinist collaborates with favorite Washington pianist, Frank Conlon, in exciting repertoire.

OCTOBER 17

The Phoenix Quintet

This ensemble is guaranteed to open ears to beautiful music.

OCTOBER 3

Evelyn Mo

Mo is a fourteen year old piano and violin prodigy and first prize winner of multiple international competitions.

OCTOBER 24

Chamasyan Sisters

Violinists Monika and Armine, and pianist Marina, make beautiful music together.

Schedule subject to change. Please check our website for up-to-date information. These programs are a joint venture between Osher Lifelong Learning Institute at George Mason University and Reston Community Center.

The Osher Lifelong Learning Institute (OLLI) at George Mason University offers daytime courses, lectures, special events and other activities year round. There are no exams, no credits, no college degree required or offered and no age threshold for joining.

Learn more online at www.olliatgmu.org.

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



RCC Community Coffee

Saturdays • September 7 - December 28

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.



Holiday Events at Reston Town Center



RESTON HOLIDAY PARADE

Friday, November 29 • 11:00 a.m.

RESTON TOWN CENTER

Reston Town Center will launch the festive season with the 23rd annual Reston Holiday Parade with Macy's-style balloons, musicians, dancers, antique cars, community groups, dignitaries, Best of Reston Grand Marshal, special guest emcees and entertainment for the whole family. This one-of-a-kind, one-hour parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse drawn carriage. Since 1991, rain or shine, it has been an annual tradition on the day after Thanksgiving. Every year a different theme is selected, and in recognition of the new Silver Line arriving in Reston, the 2013 Reston Holiday Parade focus will be on transportation. Reston Community Center is a major sponsor of the Reston Holiday Parade. After the parade, Santa will stay for visits and photos until 4:30 p.m., and everyone is invited to enjoy the Tree Lighting and community Sing Along at 6:00 p.m. in Fountain Square.

For more information: www.restontowncenter.com. For inquiries about parade participation, email rtc@myerspr.com.



Free • All Ages



HOLIDAY PERFORMANCES

**Saturdays & Sundays
December 7-22**

RESTON TOWN CENTER • SOUTH MARKET PROMENADE

Between Market Street and Democracy Drive (across from Starbucks)

Come and enjoy holiday songs outside at the Reston Town Center South Market Promenade. Performances will include holiday favorites by the South Lakes High School Chorus, small ensembles from the Reston Chorale, Tenor Tim McKee, and the Northern Virginia Ukulele Ensemble. Please check the RCC website in November for the schedule.



Photos Credit: Reston Town Center

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



Are We Keeping
the Promise?

RESTON DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION January 18 - 20, 2014



SWEET HONEY IN THE ROCK®

As part of their 40th Anniversary Season, Sweet Honey In The Rock will join us for three days of activities that include a concert, the Reston Dr. Martin Luther, Jr. Day Keynote a Community Sing and school performances.

"I have always believed art is the conscience of the human soul and that artists have the responsibility not only to show life as it is but to show life as it should be. ... Sweet Honey In The Rock has withstood the onslaught. She has been unprovoked by the 30 pieces of silver. Her songs lead us to the well of truth that nourishes the will and courage to stand strong. She is the keeper of the flame."

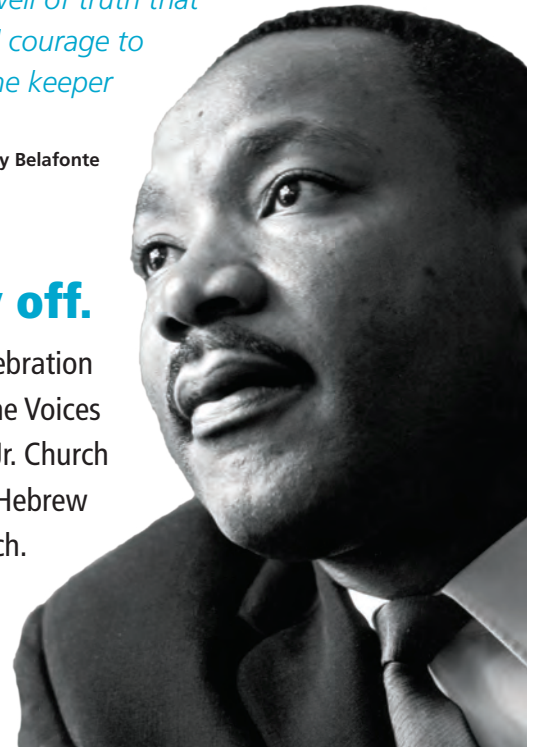
- Harry Belafonte



Make MLK Day a day on, not a day off.

This year's 29th Annual Reston Dr. Martin Luther King, Jr. Birthday Celebration planning is underway, and will include Community Service Projects, the Voices of Inspiration Program by the Reston Martin Luther King, Jr. Church and hosted by the Northern Virginia Hebrew Congregation, and a Commemorative March.

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



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

Volunteer Opportunities

Be a volunteer at the 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.

Friends of the RCC

The Friends of the 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 the 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

Beatrice Malone	B.J. Romero
Dana Smith	Kathleen LeGrand
Janice Coe	J.C. Carvalho
C. Vanessa Bolling	

Adapted Aquatics Volunteer

(16 years and older)

Saturdays

11:00 a.m.-12:00 p.m.

726100-4B

RCC Hunters Woods

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.



Volunteer Swim Instructor Assistant

(16 years and older)

Monday through Sunday

Various times

726200-4A

RCC Hunters Woods

Under the guidance of the Assistant Aquatics Director and RCC instructors, assists with swim classes. Volunteer may occasionally lead classes under supervision. Specific dates and times will be assigned by the Aquatics team.

Volunteer Water Aerobics Assistant

(16 years and older)

Monday through Sunday

Various times

726300-4A

Under the guidance of the Assistant Aquatics Director and RCC instructors, assists with water aerobics classes. Volunteer may occasionally lead classes under supervision. Specific dates and times will be assigned by the Aquatics team.

Game Day Volunteer

(18 years and older)

Saturdays

6:00 p.m. to 9:00 p.m.

Southgate Community Center

September 7 728300-4A

October 5 728300-4B

November 2 728300-4C

December 7 728300-4D

Volunteers will set up board games and video games, serve refreshments, clean up, and pack up games at the end of the night.

Reston Multicultural Festival

Volunteers

(13 years and older)

Friday, September 27

Saturday, September 28

Lake Anne Plaza

1609-A Washington Plaza

Reston, Virginia

Younger volunteers must be accompanied by an adult. Volunteers will receive a commemorative Multicultural Festival volunteer t-shirt and a food voucher.

The Multicultural Festival is an all-day celebration of international cultures that brings together thousands of people to dance, eat and celebrate diversity. With participation of numerous groups that are representative of our community the event will promote appreciation and respect, serving to remind all of us of the value and strength of a diverse community.

To volunteer, contact Ha Brock, Reston Association Community Outreach Specialist II at 703-435-7986 or e-mail habrock@reston.org. Please specify which shift and job you would like to volunteer for.

Festival Volunteer Schedule:

Friday, September 27

3:00 p.m.- 7:00 p.m. Set-up tables, decorations and hang signs

Saturday, September 28

7:00 a.m.- 11:00 a.m. Set-up

10:30 a.m. - 2:30 p.m. Various jobs

2:30 p.m. - 6:30 p.m. Various jobs

5:30 p.m. - 8:00 p.m. Breakdown

Festival Volunteer Job Descriptions:

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

Patron Exit Surveys: Patron evaluation

Children's Area: Assist children with hands-on activities

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

Set-up/Break Down: Set-up crew in the morning will help with decorating the plaza, setting up tables, chairs, table cloths. Please note: set-up will take place as early as 7:00 a.m. and break down will begin at 5:30 p.m.



Family Outreach Day

(7 years and older)

Wednesdays

6:00 p.m.-8:00 p.m.

RCC Hunters Woods

Free, Registration required

October 30 820002-4A

November 6 820002-4B

November 13 820002-4C

November 20 820002-4D

Support your community by joining neighbors to prepare bagged meals for clients at Embry Rucker Community Shelter in Reston. This is a terrific opportunity for families, friends and co-workers to support the community during the late fall season. Each session has limited space availability, so sign up early; registration is required for each participant. All food and materials provided.

BELL Volunteers

(21 years and older)

Fridays

9:00 a.m. – 10:00 a.m.

South Lakes High School

Free, Registration required

September 27 828400-4A

October 11 828400-4B

Thursday

9:00 a.m. – 10:00 a.m.

South Lakes High School

Free, Registration required

November 7 828400-4C

Reston board members, business owners, organizations, mentors, and entrepreneurs are being sought to volunteer and share their worldwide travels and work experiences with the South Lakes High Schools – BELL (Boys Excelling in Leading and Learning) Group. This program aims to help develop internationally minded students who recognize our common humanity and shared guardianship of the planet while helping to create a better, more peaceful world.

Halloween Family Fun Day Volunteers

Saturday, October 19
9:30 a.m. - 5:00 p.m.
RCC Hunters Woods
729200-4A

(14 years and older) Help will be needed from 9:30 a.m.-11:30 a.m. with decorating, from 12:00 p.m.-2:00 p.m. running carnival rides, and directing patrons, and from 2:00 p.m.-5:00 p.m. for clean-up, helping to set up chairs, and usher patrons for the film immediately following. Volunteers can help for all, or part of, the event.

Children's Fall Flea Market Volunteers

Saturday, November 2
7:30 a.m.-1:00 p.m.
RCC Hunters Woods
729300-4A

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

Reston Presents

Reston residents are being sought to volunteer to share their multifaceted talents as part of the continuing Reston Presents 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. 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.

Reston Holiday Parade Volunteers

Friday, November 29
Reston Town Center

Hundreds of volunteers help make the Reston Holiday Parade a success every year. Volunteer jobs include: check-in; staging area managers; line marshals; pacers; character assistance; and more. Volunteer balloon handlers, who must be a minimum of 18 years of age and weigh no less than 120 pounds, are also needed. Those who wish to sign up can find the registration form at www.RestonTownCenter.com/volunteer. For more information, email rtc@myerspr.com.



Thanksgiving Food Drive

Volunteer Loaders

(14 years and older)

Tuesday, November 26 727401-4A
Wednesday, November 27 727401-4B
3:30 p.m.-5:00 p.m.
RCC Hunters Woods Loading Dock

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

Volunteer Event Leaders

including Training

(16 years and older)

Thursday, November 28
9:00 a.m.-1:00 p.m.
RCC Hunters Woods and at the Reston Interfaith Food Storage facility
727402-4A

Volunteers with leadership abilities are needed. Training is from 9:00 a.m.-10:00 a.m. and the event is from 10:00 a.m.-1:00 p.m. or until done. Volunteer Leaders will direct and organize the large group of volunteers sorting, packing, loading, and unloading the multiple tons of donated non-perishable food.

Food Sorting Volunteers

(all ages)

Thursday, November 28
10:00 a.m.-1:00 p.m.
RCC Hunters Woods and at the Reston Interfaith Food Storage facility
727400-4A

Volunteers will gather at RCC Hunters Woods on Thanksgiving Day, November 28, from 10:00 a.m. to 1:00 p.m. to sort non-perishable food donations, put it all on a truck, and deliver and unload everything at the Reston Interfaith food storage facility. Due to overwhelming volunteer response in the last couple of years, there is a limit of 200 volunteers and registration will be required to volunteer. Families are encouraged to register all family members who will be volunteering at one time. Children under the age of 14 are welcome to volunteer but must be accompanied at all times by an adult guardian 18 or older. Not all volunteers will need to go to the food storage facility. A smaller group of 25 volunteers with the ability to lift 50 pounds will do the work of unloading. Transportation from RCC Hunters Woods to the food storage facility is the responsibility of the volunteer.

2013-2014 Professional Touring Artist Series



When I was very little, my family was involved in a community theatre in Texas. My Dad acted and built sets, my siblings performed small roles, and my Mom made pancakes during tech week for the cast and crew. My Mom never really stopped talking about that time. To her, it was the best thing that could have happened to a family.


I think that it was because of that influence that I turned to professional theatre when I was trying to “find myself” as a teenager. I didn’t want to do what my parents did – exactly; rather, I became ambitious. As I look back now however, all of my career choices have orbited around a strong gravitational pull. My parents knew something that I was too hubristic to fully understand:

When done well, community-based arts create a sense of belonging and foster an environment where all abilities are valued, all differences are celebrated and all weaknesses are strengthened.

Much later, when my father had Parkinson’s Disease, I enrolled him in an Elderhostel acting program that I was teaching. His memory was suffering, but once he was given the opportunity, the lines from those plays came back to him as though it was yesterday.

By combining visits from Professional Touring Artists with our festivals, youth and adult classes - in the CenterStage and alternate venues-- we hope you too will be able to create lifelong memories of arts experiences in your community.

Some of these “added value” activities in this upcoming season include:

- The Bowen McCauley Dance Ensemble teaching Parkinson patients
- Drop off your young children and date your partner with “Parents Time Out” 
- Honorees from the National Heritage Awards attending our Multicultural Festival
- A Sweet Honey In The Rock Residency for our Reston Martin Luther King, Jr. Celebration
- A “Build Your Own” Pancake lunch for kids before Gustafer Yellowgold’s performance.
- A 100th Anniversary of *The Rite of Spring* Double Feature
- Tell your own story in the class “Spotlight on You” by SpeakEasy

My choices for this first season of programming were personal and I hope they resonate for you, provide you with new experiences surrounding the artist visits, and make your own family encounters with our visiting artists memorable.



Paul Douglas Michnewicz
Arts & Events Director




The Bowen McCauley Dance Ensemble

Professional Touring Artist Series

Season at a Glance


Dance

100 th Anniversary of <i>The Rite of Spring</i> Double Feature: Bowen McCauley Dance	November 16	8:00 p.m.	
Rennie Harris' RHAW	March 9	8:00 p.m.	
Modern Moves	May 28	8:00 p.m.	

Music

The Left Bank Quartet	September 15	3:00 p.m.	
Red Molly with We're About 9	September 20	8:00 p.m.	
The National Heritage Awards Fellows at the Reston Multicultural Festival, Lake Anne	September 28	11:00 a.m.	
Turtle Island String Quartet with Nellie McKay: <i>A Flower is a Lovesome Thing</i>	October 30	8:00 p.m.	
100 th Anniversary of <i>The Rite of Spring</i> Double Feature: Bohemian Caverns Jazz Orchestra "The Return of Spring"	November 16	8:00 p.m.	
New York Festival of Song	December 3	8:00 p.m.	
Sweet Honey In The Rock Residency	January 19-20	See Times	
Lúnasa	March 12	8:00 p.m.	
Trout Fishing In America	April 27	3:00 p.m.	
Raul Midón	May 31	8:00 p.m.	

Theatre

Tig Notaro, stand-up comedy	September 7	8:00 p.m.	
David Henry Hwang, playwright	November 10	3:00 p.m.	
Dael Orlandersmith's <i>Black 'n Blue Boys</i>	November 22	8:00 p.m.	
The Reduced Shakespeare Company presents: <i>The Ultimate Christmas Show (abridged)</i>	December 21	8:00 p.m.	
Founders Day Celebration	April 5	time tba	
SpeakeasyDC's <i>Born This Way: Stories about Queer Culture in America</i>	June 8	3:00 p.m.	

Children/Family (Special Family Pricing)

<i>Gustafer Yellowgold</i>	November 23	3:00 p.m.
<i>Mr. Vaudeville and Friends!</i> with Mark Brutsché	April 6	3:00 p.m.



Parents Time Out

(4-9 years old)

This program is designed for parents who would like to enjoy a little "time out" for a nice date night (or a date afternoon) to attend a great performance at the CenterStage. Children will be happily engaged with games, videos, and simple crafts while under the supervision of RCC staff. They should wear comfortable clothing and shoes, suitable for play. Registration deadline is one week prior to the event. Space is limited. Fee includes snacks and drinks for participating children. Please purchase performance tickets by visiting the CenterStage box office via phone, online or in person. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 3-hour session at RCC Hunters Woods

\$15 (R)/\$30 (NR) • Ali

Sunday, September 15:

901197-4A Sun

Friday, September 20:

901197-4B Fri

Saturday, November 16:

901197-4C Sat

Saturday, December 21:

901197-4D Sat

The Left Bank Quartet

2:30 p.m.- 5:30 p.m.

Red Molly with We're About 9

7:30 p.m.-10:30 p.m.

100th Anniversary of *The Rite of Spring* Double Feature

7:30 p.m.-10:30 p.m.

The Reduced Shakespeare Company

7:30 p.m.-10:30 p.m.

Tig Notaro

Stand Up Comedy

Saturday, September 7
8:00 p.m.
\$15 Reston/\$30 Non-Reston

Tig Notaro has become a favorite and regular on NPR's, *This American Life*, and on *Conan*. Her sophomore album, *LIVE*, sold more than 100,000 units in just six weeks, which is unheard of for comedy albums today. Notaro has been reviewed and profiled by *The New York Times*, *The Los Angeles Times*, *The New Yorker*, *Entertainment Weekly*, *Vanity Fair*, *GQ Magazine*, *Rolling Stone* and *Time Magazine*, among others. She has guest starred on such shows as NBC's *The Office* and *Community* along with HBO's *The Life and Times of Tim*, has written for *The 2011 Emmy Awards* and *2010 MTV Movie Awards*, and toured nationally and internationally to top comedy and music festivals. Her popular podcast *Professor Blastoff* recently peaked at #1 on the iTunes Comedy Podcast Chart.



... an amazing example of what comedy can be. A way to visit your worst fears and laugh at them.
– Louis C.K.

Photo by Jennifer Ann Henry

Left Bank Quartet

... has a patina of venerability that adds a relaxed glow to everything they touch. – *The Washington Post*

Sunday, September 15
3:00 p.m.
\$15 Reston/\$30 Non-Reston



To register for Parents Time Out, turn to pg. 89 or register with #901197-4A • Left Bank

Back by popular demand, these four musicians with diverse and colorful backgrounds have discovered the joys of a vibrant and enthusiastic collaboration. Violinists David Salness and Sally McLain, violist Katherine Murdock, and cellist Evelyn Elsing have been a quartet since 1999, taking their name from the location of the Kennedy Center - their first regular venue - which is situated on the left bank of the Potomac. Their combined experiences include participation in the major festivals of the musical world – Aspen, Banff, Chautauqua, Marlboro, Mostly Mozart, Prussia Cove, Ravinia, Santa Fe, and Spoleto, to name just a few. Their teaching experiences, collaborations, national and international tours, recital and concerto performances, and success in international competitions give this quartet a rich and varied tapestry on which they weave their musical magic.

Photo by Claudia Lahner

RED MOLLY

Opening Act:
We're About 9



Photo by Annabel Braithwarte

Make room, Roches and Wailin' Jennys, Red Molly has earned a place among the elite female trios.

– John Platt, WFUV

Friday, September 20

8:00 p.m.

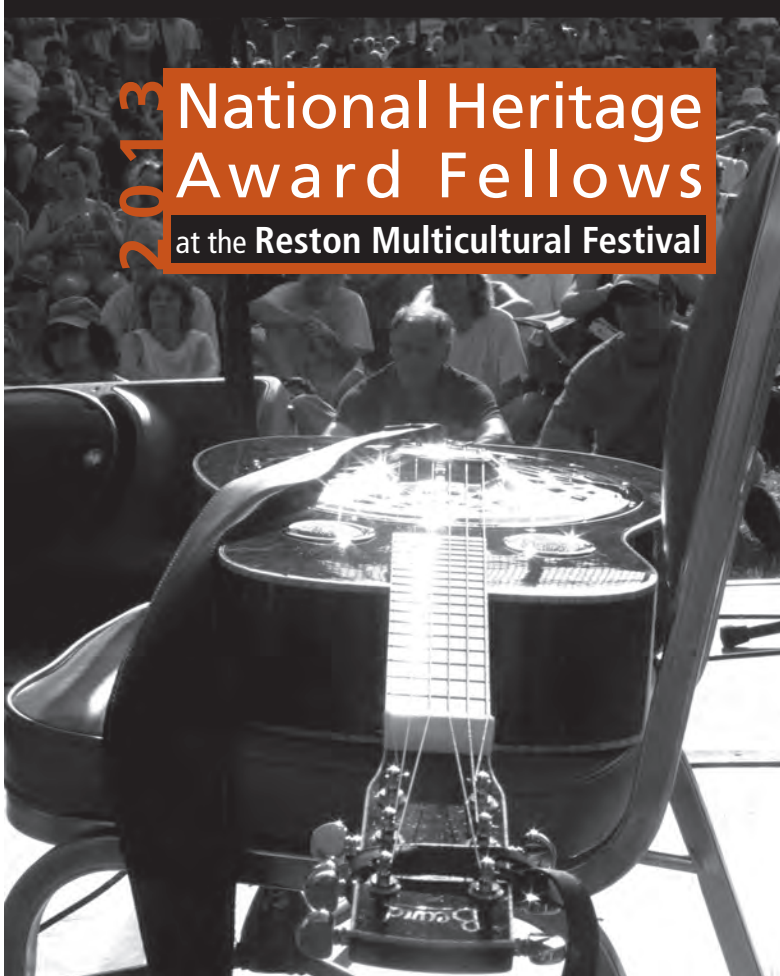
\$15 Reston/\$30 Non-Reston



To register for Parents Time Out, turn to pg. 89 or register with #901197-4B Red Molly

Since 2004, Americana trio Red Molly has been bringing audiences to their feet with gorgeous three-part harmonies, crisp musicianship, and their warm, engaging stage presence. The band consists of Laurie MacAllister (bass, banjo), Abbie Gardner (dobro, banjo) and Molly Venter (guitar). This past year, the ladies were invited to open multiple shows for music legend Willie Nelson and they performed at the venerable RockyGrass festival in Colorado. Their new CD *Light in the Sky* spent 20 weeks on the Americana Music Association's Top 40 radio chart and charted as Folk DJ's #3 Top Album of 2012. In 2013, the band spent the month of March touring throughout Australia, and visited Europe for the first time for Denmark's Tonder Festival. They have also been invited to appear for the third time at North Carolina's legendary music gathering, MerleFest. Also scheduled is a fourth appearance at the Bristol Rhythm and Roots Reunion, where in September 2012 the Bristol Herald Courier dubbed Red Molly "The Twin City's sweethearts," saying the band "lit up the stage, as a massive crowd of adoring fans sat mesmerized by their silky smooth harmonies and superb musicianship."

2013 National Heritage Award Fellows at the Reston Multicultural Festival



Saturday, September 28

11:00 a.m.

Lake Anne

Free and open to the public

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

From 1982 to 2012, the NEA awarded 377 National Heritage Fellowships. Fellowship recipients are nominated by the public - often by members of their own communities - and then judged by a panel of experts in folk and traditional arts on the basis of their continuing artistic accomplishments and contributions as practitioners and teachers.



Photo by Bill Rerzel



Girl wonder Nellie McKay takes care of the vocals, delivering bouncy songs that contain little time bombs of bitterly ironic humor.
—Variety

Photo by Caroline Knopf

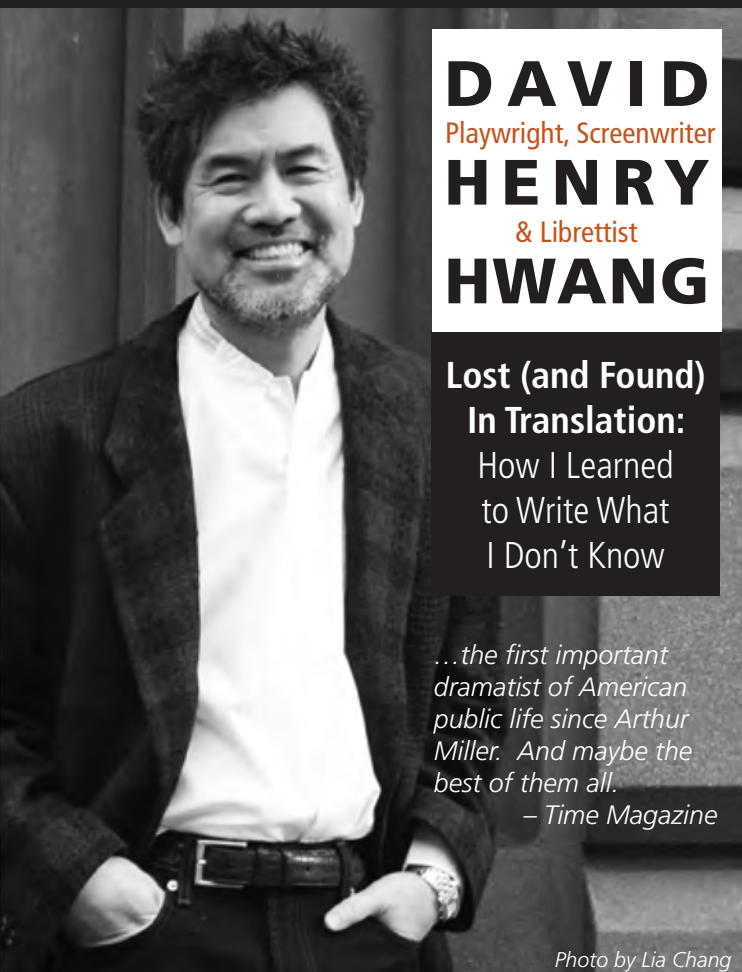
TURTLE String
ISLAND Quartet
with **Nellie McKay**

A
*Flower is
a Lovesome
Thing*

Wednesday, October 30
8:00 p.m.
\$20 Reston/\$40 Non-Reston

Singer, songwriter, and multi-instrumentalist Nellie McKay joins forces with the two-time GRAMMY® award-winning Turtle Island String Quartet to present a delightfully kaleidoscopic view of the music of Billie Holiday, Billy Strayhorn, and the Weimar cabaret music of the 1920s. While the combination of voice and strings has long been a staple of the classical genre as well as of contemporary music, Nellie McKay's talents on piano, mallets, and ukulele combined with Turtle Island's famed innovative rhythmic techniques unleash an unprecedented range of possibilities. A healthy dose of original music, for which both McKay and the Turtle Island Quartet are renowned, rounds out this sweeping concert.

ARTS & EVENTS



DAVID
Playwright, Screenwriter
HENRY
& Librettist
HWANG

**Lost (and Found)
In Translation:**
How I Learned
to Write What
I Don't Know

...the first important dramatist of American public life since Arthur Miller. And maybe the best of them all.
— Time Magazine

Photo by Lia Chang

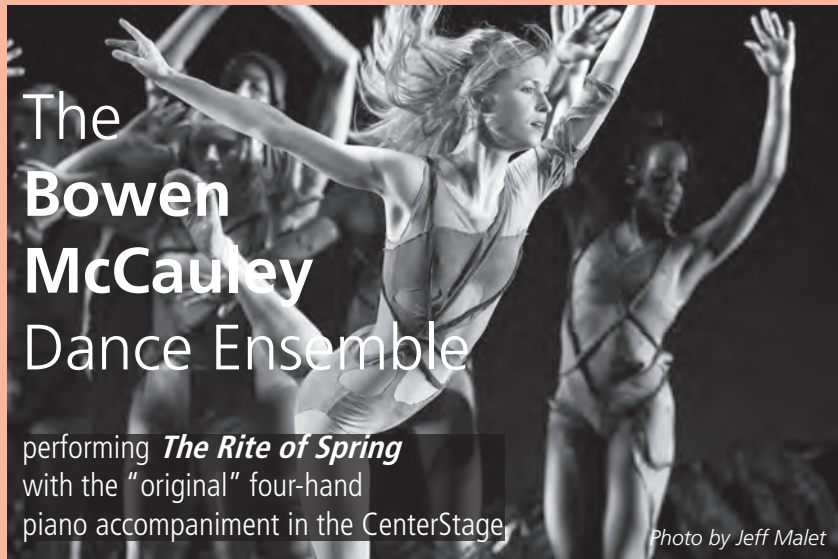
Sunday, November 10
3:00 p.m.
\$15 Reston/\$30 Non-Reston

Hwang discusses his works, sharing his writing process and explaining how the artist creates art, but that also art recreates the artist.

Hwang, a first-generation Chinese American, is best known for his 1988 Tony Award-winning play *M. Butterfly*, based on the true story of a French diplomat's 20-year affair with a male spy masquerading as a female Chinese opera singer. He recently wrote the bilingual, critically-acclaimed comedy *Chinglish*, a play inspired by Hwang's encounter with a handicap restroom sign in China mistakenly translated as "Deformed Man's Toilet," which narrates an American businessman's attempts to navigate Chinese society. He's currently at work on *Kung Fu*, a "dancical" about martial artist Bruce Lee that will marry the aesthetics of kung fu with Mandarin pop music, set to debut at New York City's Signature Theatre Company in February 2014.

The 100th Anniversary of *The Rite of Spring* Double Feature!

WITH:



The Bowen McCauley Dance Ensemble

performing *The Rite of Spring* with the "original" four-hand piano accompaniment in the CenterStage

Photo by Jeff Malet

The Bowen McCauley Dance Ensemble will perform the piece with accompaniment as it was originally composed, for piano four hands. The piece has been considered the staple of modern dance - angular and abstract - with a score full of harmonic dissonance and syncopated rhythms. "I want people to relate to the full emotional range of the work and the unfolding of events in a less obvious way," says Artistic Director Lucy Bowen McCauley. This production features set and costume design by award-winning designer Tony Cisek, lighting design by Martha Mountain and the live four-handed piano accompaniment by Fabio and Giselle Witkowski.

Then, after a brief intermission, experience this 14-movement tour de force when Darryl Brenzel conducts his arrangement of *The Rite of Spring* for the 17-piece Bohemian Caverns Jazz Orchestra (Winner of the 2012 Mayor's Arts Award.) Comprised of some of the best jazz musicians from throughout D.C., the new BCJO pushes the boundaries of big band repertoire under the direction of Brad Linde and trumpeter Joe Herrera. Relax in the nightclub-like atmosphere of the Community Room with light refreshments.

Saturday, November 16

8:00 p.m.

\$25 for Reston/\$50 for Non-Reston



To register for Parents Time Out, turn to pg. 89 or register with #901197-4C Rite of Spring

FOLLOWED BY:



The Bohemian Caverns Jazz Orchestra

playing *The Re-Write of Spring* in the Community Room

Photo by Timothy Forbes

Almost no musical work has had such a powerful influence or evoked as much controversy as Igor Stravinsky's ballet score 'The Rite of Spring'. The work's premiere on May 29, 1913, at the Théâtre des Champs-Élysées in Paris, was scandalous.

— National Public Radio

Also, check out the **Bowen McCauley Dance Ensemble** working with people living with Parkinson's class **Improvement with Movement** on page 109 or register at #500230-4A

And for the kids, a free screening of **Disney's Fantasia**, featuring *The Rite of Spring*, on Saturday, October 19 at 2:15 p.m. as part of the Halloween Family Fun Day. See page 10 for more information.



Black 'n Blue

Written and performed by
Dael Orlandersmith
Boys

Friday, November 22

8:00 p.m.

\$20 Reston/\$40 Non-Reston

*"Mesmerizing...masterfully performed...
Fierce, uncompromising and alive."*

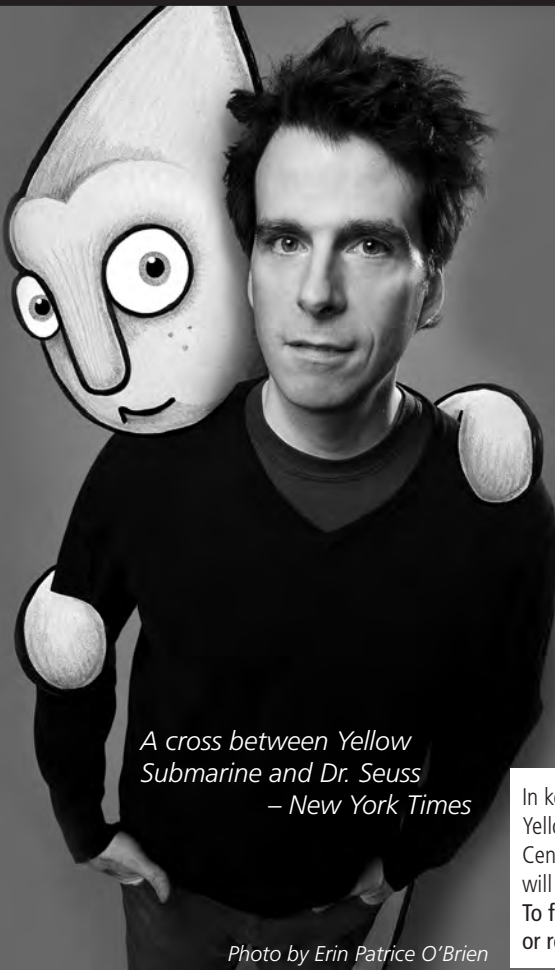
-- *The San Francisco Chronicle*

Dael Orlandersmith premiered this uncompromising play at the Goodman Theatre and Berkeley Repertory Theatre garnering high praise from audiences and critics alike. Often described as an artist "looking into the abyss", in this work, Orlandersmith embodies seven male victims of abuse - across racial and socio-economic backgrounds - with compassion and laser-like insights. Strong language and adult situations; suitable for adults only.

Photo by Kevin Berne

ARTS & EVENTS

GUSTA FER YELLOWGOLD



Saturday, November 23

3:00 p.m.

\$5 Reston/\$10 Non-Reston

Since his creation by Morgan Taylor in 2005, Gustafer Yellowgold has become an international phenomenon. *Entertainment Weekly* praised this performance with "...The most infectious original songs. It's like tapping into some pleasure center in the brain - both adult and kid... absurdly appealing. Grade: A" *New York Magazine* named Morgan Taylor "Best Kids' Performer" in a recent Best of New York issue. Yellowgold himself is a friendly creature who came to Earth from the sun and is living out an explorer's life in a slightly psychedelic version of the Minnesota woods. Gustafer Yellowgold's show is a multi-media performance of live music, animated illustrations and storytelling.

*A cross between Yellow
Submarine and Dr. Seuss
- New York Times*

Photo by Erin Patrice O'Brien

In keeping with one of the popular songs performed by Gustafer Yellowgold, please join us for a **PANCAKE LUNCH** prior to the CenterStage show. With the help of parents/guardians, children will be able to select toppings and decorate their own pancakes. To find out more about the **PANCAKE LUNCH**, go to page 88 or register at # 901253-4A

NEW YORK FESTIVAL OF SONG

Cubans in Paris and Havana

...one of the longstanding delights of the New York music scene...

- *The New York Times*

Tuesday, December 3

8:00 p.m.

\$20 Reston/\$40 Non-Reston



Photo by Dario Acosta

New York Festival of Song (NYFOS) has been delighting audiences and dazzling critics for a quarter-century. Founded in 1988 by pianists Steven Blier and Michael Barrett, NYFOS is hailed for its thematic programming, which has "reinvented the song recital" according to *The New Yorker*. NYFOS performances feature some of the world's finest vocal talents - both established and emerging - in high-energy ensemble productions with repertoire ranging from art song and opera, to Broadway and the blues.

Cubans in Paris and Havana features Cuban music that took the world by storm in the 1920s and 30s and found a special welcome in Paris. This program straddles the concert hall, the night club, and the theatre worlds, with music by Montsalvatge, Lecuona, Prats, Roig, Grenet, and Caturla. It will also include excerpts from the operetta *Toi C'est Moi*, which was the hit of the 1934 season in the City of Light. The score is by Cuban icon Moisés Simons, an expert tunesmith and irresistible musical seducer.

ARTS & EVENTS

The REDUCED SHAKESPEARE COMPANY

Ultimate Christmas Show

(abridged)



Photo by Meghan Moore

LEARN! How Santa saved Christmas!
SING! The Ultimate Reduced Christmas Carol!
CELEBRATE! Hanukkah, Kwanzaa and Saturnalia!
CRINGE! At the origin of the term "Nutmacker!"
MEMORIZE! New lyrics to The 12 Days of Christmas with iPads, not Lords a-Leaping!
GASP! At the shocking history of our best-loved Christmas traditions!

Saturday, December 21

8:00 p.m.

\$25 for Reston/\$50 for Non-Reston



To register for Parents Time Out, turn to pg. 89 or register with #901197-4D Reduced Shakespeare

Critics Choice! These three agile and quick witted guys... there's no denying their ingenuity when it comes to grabbing comedy out of thin air.
 - *The Boston Globe*

Back by popular demand, the fruitcakes of the RSC take you on an irreverent yet heartwarming trip through the holidays. It's festive, funny, physical, family fun as the Three Wise Guys send up and celebrate your favorite winter holiday traditions. Let the RSC rekindle the joy, inner child and familial dysfunction inside us all.

Sweet Honey In The Rock®

Sunday, January 19
8:00 p.m.



Photo by Dwight Carter

Special Martin Luther King Concert and Residency as part of Sweet Honey In The Rock's 40th Anniversary Season

This ensemble is the gold standard... Their voices are all fabulous, and they create a sound so pure, smooth and homogenous that it does not seem humanly possible.

- Fort Worth Star Telegram

ARTS & EVENTS

From Psalm 81:16 comes the promise to a people of being fed by honey out of the rock. Honey – an ancient substance, sweet and nurturing. Rock – an elemental strength, enduring the winds of time. The metaphor of “Sweet Honey In The Rock” captures completely the essence of these African American women whose repertoire is steeped in the sacred music of the Black church, the clarion calls of the civil rights movement, and songs rising out of the struggle for justice everywhere.

Rooted in a deeply held commitment to create music from the rich textures of the African American legacy and traditions, Sweet Honey In The Rock possesses a stunning vocal prowess that captures the complex sounds of blues, spirituals, traditional gospel hymns, rap, reggae, African chants, hip hop, ancient lullabies, and jazz improvisation. Sweet Honey's collective voice, occasionally accompanied by hand percussion instruments, produces a sound filled with soulful harmonies and intricate rhythms.

As part of their 40th Anniversary Season, Sweet Honey In The Rock will join us for three days of activities including a concert, the Reston Dr. Martin Luther King, Jr. Keynote Speech, a Community Sing and school workshops.

Turn to page 17 for information regarding other Reston Dr. Martin Luther King Jr. Birthday Celebration activities.

CONCERT ONLY (\$25 Reston/\$50 Non-Reston):

Sunday	January 19	8:00 p.m.	Professional Touring Artist Performance, the CenterStage
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FULL PACKAGE (\$35 Reston/\$70 Non-Reston) INCLUDES:

Sunday	January 19	8:00 p.m.	Professional Touring Artist Performance, the CenterStage
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Monday	January 20	11:00 a.m.	Community Sing, the CenterStage
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Monday	January 20	12:30 p.m.	Family Style Lunch, Community Room
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Monday	January 20	3:00 p.m.	MLK Keynote Address, the CenterStage
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Rennie Harris'
RHAW*

In partnership with Dance Place

Sunday, March 9

8:00 p.m.

\$15 Reston/\$30 Non-Reston



Photo by Brian Mengini

Conceived in 2007, RHAW was founded by Dr. Rennie Harris as a youth organization driven by outreach and education as well as mentorship. Harris' inspiration for this youth driven company (his second company) was the overwhelming interest from teens and young adults to join his internationally renowned company Rennie Harris Puremovement. RHAW will usher in Harris' newest and brightest street dancers featured in the original premiere works created for Rennie Harris Puremovement. Downplaying the abstract while pushing a dramatic aesthetic, RHAW forges new paths for young hip hop hopefuls, and will present hip hop in its "RHAW-est" forms as these dancers take it back to basics.

*Rennie Harris Awe-inspiring Work

ARTS & EVENTS



The best Irish instrumental band on the planet.
 – Irish Echo, USA

Wednesday, March 12

8:00 p.m.

\$20 Reston/\$40 Non-Reston

An RCC tradition returns to CenterStage. This delightful group of Irishmen has been celebrating St. Patrick's Day with Restonians for more than 20 years. Internationally acknowledged as one of the finest traditional Irish instrumental bands in recent times, they have performed more than 1,000 shows across the globe since 1997. Their inventive arrangements and bass driven grooves have steered Irish acoustic music into surprising new territory. Their recordings have been hailed as some of the best and most important world music albums anywhere, while their blend of intelligence, innovation, virtuosity, and passion has brought them to the forefront of Celtic music.

Founders Day

Reston's 50th Anniversary Celebration

Saturday, April 5
RCC Hunters Woods

Mark your calendars now for the night of the half century in Reston! Join your family and friends in toasting our planned community as it marks this very significant milestone.

The party will include a private screening of *The Reston Story* and other exciting festivities. Watch for details to come at www.restonmuseum.org.

We'll party like it's 1964!



ARTS & EVENTS

MR. VAUDEVILLE AND FRIENDS!

With Mark Brutsché

Sunday, April 6
3:00 p.m.

\$5 Reston/\$10 Non-Reston



Mr. Vaudeville is back! Buddy Silver, the self-proclaimed Mr. Vaudeville and alter-ego of local funny-man, Mark Brutsché, returns to the CenterStage Motion Picture & Vaudeville House to prove, once again, that nothing can take the place of live entertainment. And this time, he's brought along some friends. Throw in a little help from the audience and you've got even more magic, mayhem, and classic vaudeville comedy. It's an afternoon of fun for the whole family that's sure to leave you in stitches.

Photo by Christopher Robin

TROUT FISHING

in

america

Sunday, April 27

3:00 p.m.

\$15 Reston/\$30 Non-Reston

Music for people who take their fun seriously!

– Grimwood and Idlet



Photo by Eric Overacker

The Trout Fishing in America infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. They've been playing music together since the 1970s, when they met up in Texas in a folk rock band. In 1979, Trout Fishing was born, and now - 15 albums and four GRAMMY nominations later - Keith and Ezra still get up every day looking forward to playing music together.

ARTS & EVENTS

Modern Moves



In partnership with
Dance Place

Photo by Rachel Pearl

Wednesday, May 28

8:00 p.m.

\$15 Reston/\$30 Non-Reston

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

Choreographer Erica Rebolgar creates masterful pieces of work... - DC Metro Theater Arts

Director Daniel Burkholder relishes the unknown and encourages his colleagues to push themselves to the edge and beyond. - The Washington Post

Taste and clarity of expression within parameters of high aesthetic standards set Dakshina from Washington D.C. apart as a dance company... Its gifted young director Daniel (Pheonix Singh) anchors talents of varying cultural origin and, himself a Bharatanatyam dancer, absorbs influences in his work. - Times of India

Raul Midòn

One of those rare musical forces that reminds us how strong and deep the connection between man and music can sometimes be.
- Guitar Magazine

Saturday, May 31

8:00 p.m.

\$20 Reston/\$40 Non-Reston



Photo by Blair Allen

Raul Midòn'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 Jay Leno following his appearance there. This talented, mesmerizing genre-defying artist has travelled 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.

Born This Way:

SpeakeasyDC

Stories about Queer Culture in America

Sunday, June 8

3:00 p.m.

\$15 Reston/\$30 Non-Reston



Photo by Mary Hillebrand

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.

CENTERSTAGE BOX OFFICE INFORMATION



Online: www.restoncommunitycenter.com
Available until 2 hours before a performance and requires payment of a processing fee. Tickets will be available online beginning Thursday, August 8.



By Mail: Return a Ticket Order Form (page 133) 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 (page 120) to 703-476-2488

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.

Important Ticket Sales Dates

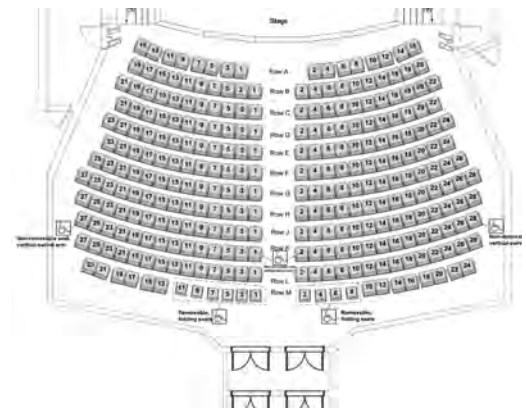
Thursday, August 1st, 4:00 p.m. – 9:00 p.m. the Box Office will be open for sales for residents and/or employees of businesses in Small District 5 ONLY. Proof of residence or employment status may be requested.

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

Thursday, August 8th, tickets will go on sale to the general public on a first-come, first-served basis. Orders will be taken through mail, fax, phone or in person during Box Office hours. Tickets will also be available to everyone online at this time.

Please Note:

- No refunds or exchanges unless show is cancelled
- 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 the 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 2 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

Community Arts Organizations – Performing Arts

Tickets for Community Arts Organization events held at the Reston Community Center (the CenterStage or the Community Room) are usually available for sale two weeks prior to the first performance date. Tickets are sold at Adult, Senior or Student/Youth prices, depending on the organization, regardless of residency (no discounts for Small District 5 residents or employees). All seats are reserved unless otherwise indicated; payment is required at the time of reservation.



CONSERVATORY BALLET

Conservatory Ballet

www.conservatoryballet.com
703-860-4560

Founded in 1972, the Conservatory Ballet has become a premiere dance academy in the area. Led by director Julia Cziller Redick, the

Conservatory's students learn to embody the three E's — Excellence, Experience and Earnestness — under the watchful eye of a trained and caring faculty. Visit their website for information about their many opportunities to learn to dance. The Conservatory Ballet presents their interpretation of *The Nutcracker* annually to the delight of Reston audiences.

The Nutcracker

Full-length performances:

Wednesday & Thursday, December 11 & 12,
7:00 p.m.

Friday & Saturday, December 13 & 14, 7:30 p.m.

Saturday, December 14, 2:30 p.m.

Sunday, December 15, 3:30 p.m.

Shortened performances for younger audiences:

Saturday, December 14, 11:00 a.m.

Sunday, December 15, Noon

RCC Hunters Woods CenterStage

Tickets: Adult and Youth (12 and under). Available at the CenterStage Box Office two weeks prior to first performance; Wednesday, November 27th

**Ready to buy tickets?
Go to the Community Arts
Order Form on pg. 135**



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. Learn more online at www.FLMF.org.

Fall Recitals

Sunday, October 13,

1:30 p.m., 3:00 p.m., and 4:30 p.m.

RCC Hunters Woods CenterStage

Tickets: Free



Reston Chorale

www.restonchorale.org
703-834-0079

It's not the holiday season in Reston without listening to and enjoying the annual musical celebration performed by the Reston Chorale. The Chorale's 2013 Holiday Concert will feature Bach's Magnificat, as

well as traditional holiday music, and some upbeat songs just for fun! Join your friends and neighbors, bring the family, and savor the musical feast.

The Wonder of the Season

Saturday, December 7, 4:30 and 7:30 p.m.

RCC Hunters Woods – Community Room

Tickets: \$25 Adults, \$20 Seniors (62 and older)

Youth (17 and under) admitted free with a ticketed adult/senior. Tickets are available online at www.restonchorale.org and at the CenterStage Box Office two weeks prior to performances on Saturday, November 23.

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



Reston Community Orchestra

www.restoncommunityorchestra.org
571-449-7095

Founded in 1988 the Reston Chamber Orchestra was re-named the Reston Community Orchestra in order to better

reflect its growth in size, and its intense commitment to our community. It is an all-volunteer ensemble governed by local residents, devoted to enhancing the cultural life of Reston. With a full diverse 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.

Series Concert 1

Sunday, November 17, 4:00 p.m.
RCC Hunters Woods – Community Room

Tickets: Free

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



Reston Community Players

www.restonplayers.org
703-435-2707

Reston Community Players opens its 2013-14 season with *A Tribute to the Music of Rodgers & Hammerstein and Andrew Lloyd Webber*. This

musical concert extravaganza features songs from such classic shows as *Carousel, South Pacific, Oklahoma! Cats, Evita, The King and I*, and many more.

A Tribute to the Music of Rodgers & Hammerstein and Andrew Lloyd Webber

Directed by Bill Schreiner
Fridays, October 11, 18, 25, 8:00 p.m.
Saturdays, October 12, 19, 26, 8:00 p.m.
Sunday, October 20, 27, at 2:30 p.m.

Tickets: \$23 Adults, \$20 Seniors (65 and over)/
Students (12 and under).

Available online at www.restonplayers.org
and at the CenterStage Box Office
Friday, September 20 (three weeks prior to first performance).

The Reston Historic Trust

www.restonmuseum.org
703-709-7700

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

Twelfth Annual Home Tour – October 19

As Reston looks toward a 50th Anniversary Celebration, Reston's 12th Annual Home Tour celebrates 50 years of the creative, energetic nature of both Reston and the owners of six very special properties. The self-guided tour on October 19th from 10:00 a.m.- 5:00 p.m. includes the first home ever occupied in Reston, an amazing green renovation, a customized condo in our urban center, a contemporary made contemporary again and more. Tickets to this often sold out event are available at the Reston Museum on Lake Anne Plaza, as well as other venues. The cost is \$25 if purchased prior to October 12th and \$30 thereafter. The tour is sponsored by Reston Historic Trust and benefits the Reston Museum. Please visit restonmuseum.org for more information, e-mail RestonMuseum@gmail.com, or call 703-709-7700.

Reston History Program – September 19, October 24, November 21

Join us for lectures and panel discussions on aspects of Reston's early history, offered on Thursday evenings at 7:00 p.m. in the Jo Ann Rose Gallery at Reston Community Center Lake Anne, 1609 Washington Plaza, Reston. For more information, contact RestonMuseum@gmail.com or call 703-709-7700.

Guided Walks – September 28

Buttermilk Creek Nature Trail: Take a guided walk down Buttermilk Creek Nature Trail, Saturday, September 28th, at 1:00 p.m. Co-sponsored by Nature House and Reston Association. For information contact RestonMuseum@gmail.com or call 703-709-7700.

Holiday Lights Walk, Lake Anne - December 7

Join us for a walk around the plaza and trails at Lake Anne to look at holiday lights; then return to the Reston Museum for holiday singing and sharing stories of holiday culture and customs. For information contact RestonMuseum@gmail.com or call 703-709-7700.

GRACE 40

Greater Reston Art Center

Greater Reston Arts Center (GRACE)

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 in: 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.

During the 2013-2014 year, Greater Reston Arts Center will be 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.

40 for 40: Celebrating Four Decades of GRACE
September 13 – November 2

Fall Solo Exhibitions:
Jungmin Park and Ajay Leister
November 14 – January 4, 2014

The Greater Reston Arts Center is 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.



Initiative for Public Art – Reston (IPAR)

www.publicartreston.org

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

IPAR works with community organizations to develop public art projects in Reston and to present educational programs. IPAR collaborates also with developers who elect to commission public artworks 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. In collaboration with Reston Community Center, IPAR will present a series of public art films and speakers at CenterStage. Visit www.publicartreston.org for updated information about current and future public art projects and outreach programs.

The Initiative for Public Art – Reston is funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax.



League of Reston Artists (LRA)
www.leagueofrestonartists.org

The League of Reston Artists sponsors exhibits, programs and receptions for members and the community. This

nonprofit organization is open to all Washington DC Metro art lovers and artists and has been a staple in the Reston community for nearly 45 years. LRA is unique because it provides opportunities for artists at every stage of their development, from emerging to professional. Each year new members join and volunteers coordinate fresh opportunities to partner with local businesses and display artwork produced by area artists. LRA's special interest group, the Reston Photographic Society, offers a diverse network of photographers and opportunities.

ARTS & EVENTS

September *Solo Show, LRA Photographer Jan Master*

Reston Association Building
12001 Sunrise Valley Drive
Open During Business Hours

October *Annual artReston Juried Fine Art Exhibition*

Reception: Sunday, October 6
2:00 p.m. to 4:00 p.m.
RCC Lake Anne – Jo Ann Rose Gallery

Solo Show, LRA Artist Morgan Norwood

Reston Association Building
12001 Sunrise Valley Drive
Open During Business Hours

October to January *Parkridge 4 Exhibit*
10780 Parkridge Boulevard, Reston
Open During Business Hours

LRA Painters

Greater Reston Chamber of Commerce
1763 Fountain Drive, Reston

November *USGS Image 2013*
Reston Photographic Society Exhibit
U.S. Geological Survey Building
12201 Sunrise Valley Drive, Reston

Solo Show, LRA Photographer Patricia Deege

Reston Association Headquarters
12001 Sunrise Valley Drive
Open During Business Hours

December *Solo Show, LRA Artist Pam Coulter*
Reston Association Headquarters
12001 Sunrise Valley Drive
Open During Business Hours

Reston Art Gallery and Studios (RAGS)
www.restonartgallery.com
703-481-8156

The charming artists' collective in historic Lake Anne Village Center is a source of beauty and inspires creativity in all who visit it. This fall, enjoy these exhibits:

September *New Works*
Paintings by Claudia Samper

October *Mixed Media Works*
Marie Straw

November *Oil Works*
Patricia Bason

December *Holiday Sparkle*
Small works for the Season...

Gallery hours: Saturday and Sunday,
12:00 p.m.-5:00 p.m.

Open weekdays during concerts and special events or by appointment at other times. Catch artists as they work. Free parent/child drop-in crafts workshops: 10:00 a.m.-12:00 p.m. on Saturdays.

Government Funders



Arts Council of Fairfax County
www.artsfairfax.org



Virginia Commission for the Arts
www.arts.state.va.us



National Endowment for the Arts
www.nea.gov



GALLERY Exhibits

Fall 2013

ARTS & EVENTS

RCC Lake Anne Jo Ann Rose Gallery Exhibits

RCC Hunters Woods Exhibits

September *Reston Multicultural Festival Exhibition*

September *Drawing, Acrylic, Charcoal & Woodburning Works*
Sean McGuire

October *Annual artReston Juried Regional Fine Art Exhibit*
Reception: Sunday, October 6
2:00 p.m. - 4:00 p.m.

October *Portraits Acrylic, Oil & Mixed Media Paintings*
Gian Marc Lomaglio
No Reception

November *Chinese Brush Paintings*
Tracie Griffith Tso
Reception:
Sunday, November 10
2:00 p.m.-4:00 p.m.

November *Ventures and Puzzles*
Oil on Linen Works
Frank Eifert
No Reception

December *Gifts from the HeART*
Annual art sale to benefit
Reston Interfaith
Reception:
Saturday, December 7
11:00 a.m.-4:00 p.m.

December *Watercolor & Acrylic Works*
Lassie Corbett
No Reception



FALL POOL SCHEDULE (SEPTEMBER 16-NOVEMBER 4, 2013)

Spa closed the first Sunday of each month for cleaning

	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	8:00-11:00 a.m. 1:00-6:00 p.m. 7:00-9:00 p.m.	6:00-8:00 a.m. 12:00-1:00 p.m. 6:00-7:00 p.m.*
Tuesday/Thursday	8:00-11:00 a.m. 1:00-4:30 p.m.	6:00-8:00 a.m. 12:00 -1:00 p.m. 4:30-7:00 p.m.*
Saturday	1:00-5:00 p.m. 6:00-8:00 p.m.	12:00-1:00 p.m. 5:00-6:00 p.m.
Sunday	1:00-5:00 p.m.	12:00-1:00 p.m. 5:00-6:00 p.m.

Please note that the pool schedule is subject to change without notice. RCC schedules lessons during open and lap swim times. Lessons will receive priority for pool space. Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m.-12:00 p.m. The pool will be closed for annual maintenance August 19-September 16.

WINTER POOL SCHEDULE (NOVEMBER 5-FEBRUARY 22, 2013)

Spa closed the first Sunday of each month for cleaning

	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	8:00-11:00 a.m. 1:00-3:30 p.m. 4:30-6:00 p.m. 7:00-9:00 p.m.	6:00-8:00 a.m. 12:00-1:00 p.m. 6:00-7:00 p.m.*
Tuesday/Thursday	8:00-11:00 a.m. 1:00-3:30 p.m.	6:00-8:00 a.m. 12:00 -1:00 p.m. 4:30-7:00 p.m.*
Saturday	1:00-5:00 p.m. 6:00-8:00 p.m.	12:00-1:00 p.m. 5:00-6:00 p.m.
Sunday	1:00-5:00 p.m.	12:00-1:00 p.m. 5:00-6:00 p.m.

Please note that the pool schedule is subject to change without notice. RCC schedules lessons during open and lap swim times. Lessons will receive priority for pool space.

Special Senior Hour (ages 55+) Monday through Friday, 11:00 a.m.-12:00 p.m.
The pool will be closed 3:30 p.m. - 4:30 p.m. Monday through Friday to accommodate the South Lakes High School swim team practices.

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).

Holiday Hours			Family Splash
Labor Day	September 2	Closed	Drop in for a night of Family Fun. The Family Splash entry fee is \$7 (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. 7:00 p.m. – 9:00 p.m. September 27 October 25 November 29 December 27
Columbus Day	October 14	6:00 a.m.-9:00 p.m.	
Veterans Day	November 11	6:00 a.m.-9:00 p.m.	
Thanksgiving Day	November 28	6:00 a.m.-1:30 p.m.	
Staff Teambuilder	December 11	Closed 1:00 p.m.-4:00 p.m.	
Christmas Eve	December 24	6:00 a.m.-1:30 p.m.	
Christmas Day	December 25	Closed	
New Year's Eve	December 31	6:00 a.m.-1:30 p.m.	
New Year's Day	January 1	Noon-4:30 p.m.	

Important New Aquatics Pricing Information

For the 34-year history of Reston Community Center's Aquatics programming, fees for drop-in use and passes have been increased just one time. As RCC explores the options for adding new indoor Aquatics facilities for Reston and undertakes the types of improvements a 34 year old facility requires, we have to achieve a higher level of cost recovery to support these efforts. Therefore the fees for gate entry, 20-visit passes and 3-month and annual passes have been increased. In addition, because the Water Aerobics program is instructor-led, we are establishing a new Water Aerobics pass that will help us recover a small percentage of the extra cost that high-quality instruction represents. The pricing increases and new Water Aerobics Pass implementation are effective September 1.

To ease the transition, we will implement the following on September 1 as well:

- All 20-visit passes (existing and newly issued) will expire two years from the date of issue.
- Patrons using 20-visit passes must be present with their passes when using the pass to admit a household guest (for an equal or lesser value visit). Three-month and annual passes cannot be shared.
- Patrons may hold up to 2 (maximum) passes of any given type at any time. No more than 2 of any pass type will be issued or will be renewable online.
- Patrons who use their existing 20-visit pass to enter a Water Aerobics class will be able to obtain entry to those programs until their current pass privileges have expired; if using a 20-visit pass for the Water Aerobics program, existing passes will be replaced with a Water Aerobics pass. Once those visits have expired, a Water Aerobics Pass at the new rate will be required.
- During the coming months, as RCC transitions to the new pricing, patrons can use their existing passes to be admitted to the Terry L. Smith Aquatics Center for each visit until their existing pass or passes are exhausted.

As we transition to our new rates, we request that patrons please stop at our Aquatics Service Desk for the processing of their visit. If patrons access the pool area before their identity has been verified by the clerk, it creates an unacceptable level of risk. We realize that you are probably focused on your fitness or recreational purpose, but we appreciate an extra second or two of your time to assure we have you identified and counted.

Pool Fees & Passes

Daily drop-in fees allow patrons the convenience of returning to the pool on the same day at no extra charge. To be eligible, patrons must register to return before leaving the pool area. Please Note: A chaperone (age 16 or older) must accompany children under the age of 8. All passes will expire 2 years from date of purchase, with the exception of 3-month and 12-month pool passes.

Pool Fees

	Reston Resident/Employee	Fairfax County Resident	Non-Fairfax County Resident
Daily Visit			
Adult	\$4	\$8	\$12
Youth and Senior	\$2.50	\$5	\$7.50
20 Visit Pass			
Adult	\$65	\$130	\$195
Youth and Senior	\$45	\$90	\$135
3-month Pool Pass			
Adult	\$110	\$220	\$330
Youth and Senior	\$70	\$140	\$210
12-month Pool Pass			
Adult	\$380	\$760	\$1140
Youth and Senior	\$190	\$380	\$570

Water Aerobics Fees

	Reston Resident/Employee	Fairfax County Resident	Non-Fairfax County Resident
Water Aerobics Drop-in per Visit			
Adult-Single	\$4.25	\$8.50	\$12.75
Youth and Senior-Single	\$2.75	\$5.50	\$8.25
Water Aerobics Pass for 20 Visits			
Adult	\$70	\$140	\$210
Youth and Senior	\$50	\$100	\$150

Fees will be reviewed annually.



RCC & RA Working Together for Water Safety

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 three opportunities targeted for different audiences and community civic groups to learn water safety skill:

1. Parent Orientation to Swim Lessons
2. Water Safety Presentation
3. Longfellow's WHALE Tales

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 703-476-4500 or RA at 703-435-6530.

Longfellow's WHALE Tales (5-12 years old)

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. This program is offered to Cub Scouts and Webelos, Daisy, Brownie, and Junior Girl Scouts, and day care centers. Teachers and scout leaders can contact the Aquatics Director at 703-390-6150 to schedule a class.

General Water Safety (18 years and older)

This FREE 1-hour presentation (30 minute lecture and 30 minutes of 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. The presentation is designed for rotary clubs, PTAs, home school networks, church groups, and other civic organizations and can be scheduled at their facility. Please contact the Aquatics Director at 703-390-6150 to schedule a presentation.



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. Good swimming skills are essential. Students must attend all class sessions. Lifeguarding course or Waterpark Skills module prerequisite skills:

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 2 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, 60-minute sessions • Free (R)/\$180 (NR)

October 4	
Friday	6:00 p.m.-7:00 p.m.
October 5, 12, 19	
Saturday	9:00 a.m.-3:00 p.m.
October 6, 13, 20	
Sunday	9:00 a.m.-3:00 p.m.
611241-4A	

8, 60-minute sessions • Free (R)/\$180 (NR)

November 1	
Friday	6:00 p.m.-7:00 p.m.
November 3, 10, 17	
Sunday	10:00 a.m.-4:00 p.m.
November 4, 11	
Monday	5:00 p.m.-9:00 p.m.
November 6, 13	
Wednesday	5:00 p.m.-9:00 p.m.
611241-4B	

Please check out the new pricing structure for Aquatics visits on page 41. New pricing will be effective on September 1, 2013. Existing passes will be honored until they expire.

Parent Orientation to Swim Lessons (18 years and older)

This FREE 60-minute presentation (30-minute presentation, 30 minutes of Q&A) will provide parents with an orientation to the swimming lessons offered at the RCC. It is designed to teach parents of Level 1, Level 2, Rookies, and Skippers how to provide guidance, care, supervision, motivation, and support as their children participate in our swim lessons program.

1, 60-minute session • Free, Registration Req.

November 16
611198- 4B Sat 11:00 a.m.- 12:00 p.m.

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. Prerequisites: At least 16 years old, successful completion of the American Red Cross Fundamentals of Instructor Training within the last 12 months, and successful completion of the Water Safety Instructor Pre-test. Must attend all sessions.

9 sessions • Free (R)/\$260 (NR)

December 7, 14	
Sat	10:00 a.m.-4:00 p.m.
December 8, 15	
Sun	10:00 a.m.-4:00 p.m.
December 9, 16	
Mon	5:00 p.m.-9:00 p.m.
December 11, 18	
Wed	5:00 p.m.-9:00 p.m.
611244-4A	

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 \$19.74/hour.
Download an application from
our website.
For more information, contact
the Aquatics Director at 703-390-6150.

Swim Lesson Registration Information and Tips



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

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 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 right 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 you can 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.

AQUATICS

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 5 seconds, roll to back, float for 5 seconds, return to a standing position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, swim using combined arm and leg actions on back for 5 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 back stroke 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

(6-18 months old)

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.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610000-4A Sat 9:00 a.m.- 9:30 a.m.

November 2-December 14 (No Class: November 30)

610000-4B Sat 9:00 a.m.- 9:30 a.m.

September 22-October 27

610002-4A Sun 9:00 a.m.- 9:30 a.m.

November 3-December 15 (No Class: December 1)

610002-4B Sun 9:00 a.m.- 9:30 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610004-4A Tue, Thu 10:00 a.m.-10:30 a.m.

October 22-November 14

610004-4B Tue, Thu 10:00 a.m.-10:30 a.m.

November 19-December 19 (No Class: November 26, 28)

610004-4C Tue, Thu 10:00 a.m.-10:30 a.m.

Aqua Tots

(19-36 months old)

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.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610007-4A Sat 9:30 a.m.-10:00 a.m.

November 2-December 14 (No Class: November 30)

610007-4B Sat 9:30 a.m.-10:00 a.m.

September 22-October 27

610008-4A Sun 9:30 a.m.-10:00 a.m.

November 3-December 15 (No Class: December 1)

610008-4B Sun 9:30 a.m.-10:00 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610009-4A Tue, Thu 10:30 a.m.-11:00 a.m.

October 22-November 14

610009-4B Tue, Thu 10:30 a.m.-11:00 a.m.

November 19-December 19 (No Class: November 26, 28)

610009-4C 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.

6, 20-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610010-4A Sat 9:00 a.m.- 9:20 a.m.

610010-4B Sat 9:20 a.m.- 9:40 a.m.

610010-4C Sat 9:40 a.m.-10:00 a.m.

610010-4D Sat 10:00 a.m.-10:20 a.m.

610010-4E Sat 10:20 a.m.-10:40 a.m.

610010-4F Sat 10:40 a.m.-11:00 a.m.

610010-4G Sat 11:00 a.m.-11:20 a.m.

610010-4H Sat 11:20 a.m.-11:40 a.m.

610010-4I Sat 11:40 a.m.-12:00 p.m.

November 2-December 14 (No Class: November 30)

610010-4J Sat 9:00 a.m.- 9:20 a.m.

610010-4K Sat 9:20 a.m.- 9:40 a.m.

610010-4L Sat 9:40 a.m.-10:00 a.m.

610010-4M Sat 10:00 a.m.-10:20 a.m.

610010-4N Sat 10:20 a.m.-10:40 a.m.

610010-4O Sat 10:40 a.m.-11:00 a.m.

610010-4P Sat 11:00 a.m.-11:20 a.m.

610010-4Q Sat 11:20 a.m.-11:40 a.m.

610010-4R Sat 11:40 a.m.-12:00 p.m.

September 22-October 27

610012-4A Sun 10:00 a.m.-10:20 a.m.

610012-4B Sun 10:20 a.m.-10:40 a.m.

610012-4C Sun 10:40 a.m.-11:00 a.m.

November 3-December 15 (No Class: December 1)

610012-4D Sun 10:00 a.m.-10:20 a.m.

610012-4E Sun 10:20 a.m.-10:40 a.m.

610012-4F Sun 10:40 a.m.-11:00 a.m.

September 23-October 28

610013-4A Mon 9:00 a.m.- 9:20 a.m.

610013-4B Mon 9:20 a.m.- 9:40 a.m.

610013-4C Mon 9:40 a.m.-10:00 a.m.

November 4-December 16 (No Class: November 25)

610013-4D Mon 9:00 a.m.- 9:20 a.m.

610013-4E Mon 9:20 a.m.- 9:40 a.m.

610013-4F Mon 9:40 a.m.-10:00 a.m.

(Skipper I continues on pg. 46)

(Skipper I continued from pg. 45)

8, 20-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610014-4A	Tue, Thu	9:00 a.m.- 9:20 a.m.
610014-4B	Tue, Thu	9:20 a.m.- 9:40 a.m.
610014-4C	Tue, Thu	9:40 a.m.-10:00 a.m.
610014-4D	Tue, Thu	1:30 p.m.- 1:50 p.m.
610014-4E	Tue, Thu	1:50 p.m.- 2:10 p.m.
610014-4F	Tue, Thu	2:10 p.m.- 2:30 p.m.

October 22-November 14

610014-4G	Tue, Thu	9:00 a.m.- 9:20 a.m.
610014-4H	Tue, Thu	9:20 a.m.- 9:40 a.m.
610014-4I	Tue, Thu	9:40 a.m.-10:00 a.m.
610014-4J	Tue, Thu	1:30 p.m.- 1:50 p.m.
610014-4K	Tue, Thu	1:50 p.m.- 2:10 p.m.
610014-4L	Tue, Thu	2:10 p.m.- 2:30 p.m.

November 19-December 19 (No Class: November 26, 28)

610014-4M	Tue, Thu	9:00 a.m.- 9:20 a.m.
610014-4N	Tue, Thu	9:20 a.m.- 9:40 a.m.
610014-4O	Tue, Thu	9:40 a.m.-10:00 a.m.
610014-4P	Tue, Thu	1:30 p.m.- 1:50 p.m.
610014-4Q	Tue, Thu	1:50 p.m.- 2:10 p.m.
610014-4R	Tue, Thu	2:10 p.m.- 2:30 p.m.

6, 20-minute sessions • \$35 (R)/\$70 (NR)

September 25-October 30

610015-4A	Wed	10:00 a.m.-10:20 a.m.
610015-4B	Wed	10:20 a.m.-10:40 a.m.
610015-4C	Wed	10:40 a.m.-11:00 a.m.

November 6-December 18 (No Class: November 27)

610015-4D	Wed	10:00 a.m.-10:20 a.m.
610015-4E	Wed	10:20 a.m.-10:40 a.m.
610015-4F	Wed	10:40 a.m.-11:00 a.m.

AQUATICS



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.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610030-4A	Sat	9:00 a.m.- 9:30 a.m.
610030-4B	Sat	10:30 a.m.-11:00 a.m.
610030-4C	Sat	11:00 a.m.-11:30 a.m.

November 2-December 14 (No Class: November 30)

610030-4D	Sat	9:00 a.m.- 9:30 a.m.
610030-4E	Sat	10:30 a.m.-11:00 a.m.
610030-4F	Sat	11:00 a.m.-11:30 a.m.

September 22-October 27

610032-4A	Sun	10:00 a.m.-10:30 a.m.
610032-4B	Sun	11:00 a.m.-11:30 a.m.

November 3-December 15 (No Class: December 1)

610032-4C	Sun	10:00 a.m.-10:30 a.m.
610032-4D	Sun	11:00 a.m.-11:30 a.m.

September 23-October 28

610033-4A	Mon	10:00 a.m.-10:30 a.m.
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November 4-December 16 (No Class: November 25)

610033-4B	Mon	10:00 a.m.-10:30 a.m.
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8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610034-4A	Tue, Thu	9:00 a.m.- 9:30 a.m.
610034-4B	Tue, Thu	1:00 p.m.- 1:30 p.m.
610034-4C	Tue, Thu	2:30 p.m.- 3:00 p.m.
610034-4D	Tue, Thu	4:30 p.m.- 5:00 p.m.

October 22-November 14

610034-4E	Tue, Thu	9:00 a.m.- 9:30 a.m.
610034-4F	Tue, Thu	1:00 p.m.- 1:30 p.m.
610034-4G	Tue, Thu	2:30 p.m.- 3:00 p.m.
610034-4H	Tue, Thu	4:30 p.m.- 5:00 p.m.

November 19-December 19 (No Class: November 26, 28)

610034-4I	Tue, Thu	9:00 a.m.- 9:30 a.m.
610034-4J	Tue, Thu	1:00 p.m.- 1:30 p.m.
610034-4K	Tue, Thu	2:30 p.m.- 3:00 p.m.
610034-4L	Tue, Thu	4:30 p.m.- 5:00 p.m.

Birthday Party Pool Packages



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

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



Rookie II (4-5 years old)

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

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610040-4A	Sat	9:30 a.m.-10:00 a.m.
610040-4B	Sat	10:00 a.m.-10:30 a.m.
610040-4C	Sat	11:30 a.m.-12:00 p.m.

November 2-December 14 (No Class: November 30)

610040-4D	Sat	9:30 a.m.-10:00 a.m.
610040-4E	Sat	10:00 a.m.-10:30 a.m.
610040-4F	Sat	11:30 a.m.-12:00 p.m.

September 22-October 27

610042-4A	Sun	10:30 a.m.-11:00 a.m.
610042-4B	Sun	11:30 a.m.-12:00 p.m.

November 3-December 15 (No Class: December 1)

610042-4C	Sun	10:30 a.m.-11:00 a.m.
610042-4D	Sun	11:30 a.m.-12:00 p.m.

September 23-October 28

610043-4A	Mon	1:30 p.m.- 2:00 p.m.
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November 4-December 16 (No Class: November 25)

610043-4B	Mon	1:30 p.m.- 2:00 p.m.
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8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610044-4A	Tue, Thu	9:30 a.m.-10:00 a.m.
610044-4B	Tue, Thu	1:30 p.m.- 2:00 p.m.
610044-4C	Tue, Thu	5:00 p.m.- 5:30 p.m.

October 22-November 14

610044-4D	Tue, Thu	9:30 a.m.-10:00 a.m.
610044-4E	Tue, Thu	1:30 p.m.- 2:00 p.m.
610044-4F	Tue, Thu	5:00 p.m.- 5:30 p.m.

November 19-December 19 (No Class: November 26, 28)

610044-4G	Tue, Thu	9:30 a.m.-10:00 a.m.
610044-4H	Tue, Thu	1:30 p.m.- 2:00 p.m.
610044-4I	Tue, Thu	5:00 p.m.- 5:30 p.m.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 25-October 30

610045-4A	Wed	9:30 a.m.-10:00 a.m.
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November 6-December 18 (No Class: November 27)

610045-4B	Wed	9:30 a.m.-10:00 a.m.
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8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 25-October 18

610045-4C	Wed, Fri	4:30 p.m.- 5:00 p.m.
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October 23-November 15

610045-4D	Wed, Fri	4:30 p.m.- 5:00 p.m.
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November 20-December 20 (No Class: November 27, 29)

610045-4E	Wed, Fri	4:30 p.m.- 5:30 p.m.
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Ranger (4-7 years old)

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

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610050-4A	Sat	9:30 a.m.-10:00 a.m.
610050-4B	Sat	10:30 a.m.-11:00 a.m.

November 2-December 14 (No Class: November 30)

610050-4C	Sat	9:30 a.m.-10:00 a.m.
610050-4D	Sat	10:30 a.m.-11:00 a.m.

September 22-October 27

610052-4A	Sun	11:30 a.m.-12:00 p.m.
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November 3-December 15 (No Class: December 1)

610052-4B	Sun	11:30 a.m.-12:00 p.m.
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8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610054-4A	Tue, Thu	2:00 p.m.- 2:30 p.m.
610054-4B	Tue, Thu	5:30 p.m.- 6:00 p.m.

October 22-November 14

610054-4C	Tue, Thu	2:00 p.m.- 2:30 p.m.
610054-4D	Tue, Thu	5:30 p.m.- 6:00 p.m.

November 19-December 19 (No Class: November 26, 28)

610054-4E	Tue, Thu	2:00 p.m.- 2:30 p.m.
610054-4F	Tue, Thu	5:30 p.m.- 6:00 p.m.

Adapted Aquatics (4 years and older)

Adapted Aquatics is a program of swimming instruction that is individually adapted for children and adults with physical or learning disabilities. The program is supervised by

Red Cross trained instructors and RCC trained 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.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610190-4A	Sat	11:00 a.m.-11:30 a.m.
610190-4B	Sat	11:30 a.m.-12:00 p.m.

November 2-December 14

(No Class: November 30)

610190-4C	Sat	11:00 a.m.-11:30 a.m.
610190-4D	Sat	11:30 a.m.-12:00 p.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, breast stroke, butterfly, side stroke, elementary back stroke and various safety topics.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610060-4A Sat 10:00 a.m.-10:30 a.m.
610060-4B Sat 11:00 a.m.-11:30 a.m.

November 2-December 14 (No Class: November 30)

610060-4C Sat 10:00 a.m.-10:30 a.m.
610060-4D Sat 11:00 a.m.-11:30 a.m.

September 22-October 27

610062-4A Sun 9:30 a.m.-10:00 a.m.

November 3-December 15 (No Class: December 1)

610062-4B Sun 9:30 a.m.-10:00 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610064-4A Tue, Thu 2:30 p.m.- 3:00 p.m.
610064-4B Tue, Thu 6:00 p.m.- 6:30 p.m.

October 22-November 14

610064-4C Tue, Thu 2:30 p.m.- 3:00 p.m.
610064-4D Tue, Thu 6:00 p.m.- 6:30 p.m.

November 19-December 19 (No Class: November 26, 28)

610064-4E Tue, Thu 2:30 p.m.- 3:00 p.m.
610064-4F Tue, Thu 6:00 p.m.- 6:30 p.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, breast stroke, butterfly, side stroke and elementary back stroke and various safety topics.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610070-4A Sat 10:00 a.m.-10:30 a.m.

November 2-December 14 (No Class: November 30)

610070-4B Sat 10:00 a.m.-10:30 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610074-4A Tue, Thu 5:00 p.m.-5:30 p.m.

October 22-November 14

610074-4B Tue, Thu 5:00 p.m.-5:30 p.m.

November 19-December 19 (No Class: November 26, 28)

610074-4C Tue, Thu 5:00 p.m.-5:30 p.m.

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 and the standard RCC Refund Policy will apply.

**Cost Per 30-minute session:
\$25 (R) / \$50 (NR)**

Swim Lesson Registration Information and Tips

Youth

LEARN TO Swim

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

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 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 right 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 you can 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

CLASSES	AGES	PREREQUISITES:
Swim Level 1/2	6-12 year olds	No swimming skills required.
Swim Level 3	6-12 year olds	Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to standing. Move into a back float for 5 seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths.
Swim Level 4	6-12 year olds	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 back stroke for 15 yards.
Swim Level 5	6-12 year olds	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 year olds	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 year olds	Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.
Youth Stroke-N-Turn	9-12 year olds	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.

AQUATICS

Youth Level 1-2

(6-12 years old)

Level 1-2 gives students success with fundamental skills. Topics of instruction will include entering and exiting the water, submerging, front and back floats, front and back glides, swimming on front and back using arms and legs, and various safety topics.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610110-4A Sat 9:00 a.m.- 9:30 a.m.
610110-4B Sat 9:30 a.m.-10:00 a.m.

November 2-December 14 (No Class: November 30)

610110-4C Sat 9:00 a.m.- 9:30 a.m.
610110-4D Sat 9:30 a.m.-10:00 a.m.

September 22-October 27

610112-4A Sun 11:00 a.m.-11:30 a.m.

November 3-December 15 (No Class: December 1)

610112-4B Sun 11:00 a.m.-11:30 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610114-4A Tue, Thu 6:30 p.m.- 7:00 p.m.

October 22-November 14

610114-4B Tue, Thu 6:30 p.m.- 7:00 p.m.

November 19-December 19 (No Class: November 26, 28)

610114-4C Tue, Thu 6:30 p.m.- 7:00 p.m.

September 25-October 18

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

October 23-November 15

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

November 20-December 20 (No Class: November 27, 29)

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

**Youth Level 3**

(6-12 years old)

The Level 3 class builds on the skills in Skipper II or Rookie II through additional guided practice. Topics of instruction will include sitting and kneeling diving, underwater exploration, front and back glides, rotary breathing, front crawl, elementary backstroke, dolphin kick and various safety topics.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610120-4A Sat 10:30 a.m.-11:00 a.m.
610120-4B Sat 11:00 a.m.-11:30 a.m.

610120-4C Sat 11:30 a.m.-12:00 p.m.

November 2-December 14 (No Class: November 30)

610120-4D Sat 10:30 a.m.-11:00 a.m.

610120-4E Sat 11:00 a.m.-11:30 a.m.

610120-4F Sat 11:30 a.m.-12:00 p.m.

September 22-October 27

610122-4A Sun 9:00 a.m.- 9:30 a.m.

November 3-December 15 (No Class: December 1)

610122-4B Sun 9:00 a.m.- 9:30 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610124-4A Tue, Thu 5:30 p.m.- 6:00 p.m.

October 22-November 14

610124-4B Tue, Thu 5:30 p.m.- 6:00 p.m.

November 19-December 19 (No Class: November 26, 28)

610124-4C Tue, Thu 5:30 p.m.- 6:00 p.m.

September 25-October 18

610125-4A Wed, Fri 5:30 p.m.- 6:00 p.m.

October 23-November 15

610125-4B Wed, Fri 5:30 p.m.- 6:00 p.m.

November 20-December 20 (No Class: November 27, 29)

610125-4C Wed, Fri 5:30 p.m.- 6:00 p.m.

Youth Level 4

(6-12 years old)

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

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

610130-4A Sat 9:00 a.m.- 9:30 a.m.

610130-4B Sat 10:30 a.m.-11:00 a.m.

610130-4C Sat 11:30 a.m.-12:00 p.m.

November 2-December 14 (No Class: November 30)

610130-4D Sat 9:00 a.m.- 9:30 a.m.

610130-4E Sat 10:30 a.m.-11:00 a.m.

610130-4F Sat 11:30 a.m.-12:00 p.m.

September 22-October 27

610132-4A Sun 9:00 a.m.- 9:30 a.m.

November 3-December 15 (No Class: December 1)

610132-4B Sun 9:00 a.m.- 9:30 a.m.

8, 30-minute sessions • \$45 (R)/\$90 (NR)

September 24-October 17

610134-4A Tue, Thu 4:30 p.m.- 5:00 p.m.

October 22-November 14

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

November 19-December 19 (No Class: November 26, 28)

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

Youth Level 5

(6-12 years old)

Level 5 provides further coordination and refinement of strokes. Topics of instruction will include treading with alternate kicks, flip turns, increasing endurance and improving technique in front crawl, back crawl, breast stroke, butterfly, side stroke and elementary back stroke and various safety topics.

6, 45-minute sessions • \$50 (R)/\$100 (NR)

September 21-October 26

610140-4A Sat 9:00 a.m.- 9:45 a.m.

November 2-December 14 (No Class: November 30)

610140-4B Sat 9:00 a.m.- 9:45 a.m.

September 22-October 27

610142-4A Sun 9:30 a.m.-10:15 a.m.

November 3-December 15 (No Class: December 1)

610142-4B Sun 9:30 a.m.-10:15 a.m.

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

September 24-October 17

610144-4A Tue, Thu 6:00 p.m.- 6:45 p.m.

October 22-November 14

610144-4B Tue, Thu 6:00 p.m.- 6:45 p.m.

November 19-December 19 (No Class: November 26, 28)

610144-4C Tue, Thu 6:00 p.m.- 6:45 p.m.



Youth Level 6

(6-12 years old)

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

6, 45-minute sessions • \$50 (R)/\$100 (NR)

September 21-October 26

610150-4A Sat 9:45 a.m.-10:30 a.m.

November 2-December 14 (No Class: November 30)

610150-4B Sat 9:45 a.m.-10:30 a.m.

September 22-October 27

610152-4A Sun 10:15 a.m.-11:00 a.m.

November 3-December 15

610152-4B Sun 10:15 a.m.-11:00 a.m.

Youth Stroke-N-Turn

(6-8 years old)

This class is for swim team swimmers ages 6 through 8 who would like to improve their stroke coordination and refinement. Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include:

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

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

September 23-October 16

610170-4A Mon, Wed 5:15 p.m.- 6:00 p.m.

October 21-November 13

610170-4B Mon, Wed 5:15 p.m.- 6:00 p.m.

November 18-December 18 (No Class: November 25, 27)

610170-4C Mon, Wed 5:15 p.m.- 6:00 p.m.

Youth Stroke-N-Turn

(9-12 years old)

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

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

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

September 23-October 16

610183-4A Mon, Wed 6:00 p.m.- 6:45 p.m.

October 21-November 13

610183-4B Mon, Wed 6:00 p.m.- 6:45 p.m.

November 18-December 18 (No Class: November 25, 27)

610183-4C Mon, Wed 6:00 p.m.- 6:45 p.m.

Private Swim Lessons

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**Cost Per 30-minute session:
\$25 (R) / \$50 (NR)**

Adults

Aqua Chicken (13 years and older)

Adults who cannot swim are often embarrassed and worry that their children will pick up their fear. They also worry that if their children get into trouble in the water, they will not be able to help. RCC's patient instructors and friendly classes are designed to help adults who want to learn to swim by teaching the most basic skills and proceeding at the student's pace. Students will also learn some basic rescue techniques that non-swimmers can use to help someone in case of an emergency. Patrons 55 and older, 50% senior discount applies.

6, 30-minute sessions • \$35 (R)/\$70 (NR)

September 21-October 26

611200-4A Sat 10:00 a.m.-10:30 a.m.

November 2-December 14 (No Class: November 30)

611200-4B Sat 10:00 a.m.-10:30 a.m.

AQUATICS

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% senior discount applies.

6, 45-minute sessions • \$50 (R)/\$100 (NR)

September 21-October 26

611210-4A Sat 10:30 a.m.-11:15 a.m.

November 2-December 14 (No Class: November 30)

611210-4B Sat 10:30 a.m.-11:15 a.m.

September 22-October 27

611212-4A Sun 11:00 a.m.-11:45 a.m.

November 3-December 15 (No Class: December 1)

611212-4B Sun 11:00 a.m.-11:45 a.m.

Adult Advanced Beginner/Intermediate Stroke Correction (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% senior discount applies.

6, 45-minute sessions • \$50 (R)/\$100 (NR)

September 21-October 26

611220-4A Sat 11:15 a.m.-12:00 p.m.

November 2-December 14 (No Class: November 30)

611220-4B Sat 11:15 a.m.-12:00 p.m.

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% senior discount applies.

8, 50-minute sessions • \$65 (R)/\$130 (NR)

September 23-October 16

611250-4A Mon, Wed 6:30 p.m.- 7:20 p.m.

October 21-November 13

611250-4B Mon, Wed 6:30 p.m.- 7:20 p.m.

November 18-December 18 (No Class: November 25, 27)

611250-4C 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% senior discount applies.

8, 50-minute sessions • \$65 (R)/\$130 (NR)

September 23-October 16

611251-4A Mon, Wed 7:30 p.m.- 8:20 p.m.

October 21-November 13

611251-4B Mon, Wed 7:30 p.m.- 8:20 p.m.

November 18-December 18 (No Class: November 25, 27)

611251-4C Mon, Wed 7:30 p.m.- 8:20 p.m.





Arthritis, Fibromyalgia, and Multiple Sclerosis
(13 years and older)

Classes will be taught by a certified instructor and will include a warm up, an aerobic portion, and a cool down for an exercise period of thirty minutes. Those patrons who have various forms of arthritis, fibromyalgia and M.S. benefit greatly from exercise in the water. Benefits include increasing and maintaining flexibility, strength, coordination, balance, endurance and range of motion. Additional benefits are increased blood supply to muscles (which reduces muscle spasms) and the relaxation of the nervous system. The water provides a stimulating and social environment for overall well-being. Participants can make new friends and have fun. At the same time, participants will learn exercises which increase flexibility and mobility and reduce the pain of daily routines. Participants should consult a physician before starting this program. Patrons 55 and older, 50% senior discount applies.

8, 50-minute sessions • \$65 (R)/\$130 (NR)

September 24-October 17

611266-4A Tue, Thu 11:00 a.m.-11:50 a.m.

October 22-November 14

611266-4B Tue, Thu 11:00 a.m.-11:50 a.m.

November 19-December 19 (No Class: November 26, 28)

611266-4C Tue, Thu 11:00 a.m.-11:50 a.m.

Advanced Arthritis, Fibromyalgia, and Multiple Sclerosis
(13 years and older)

Classes will be taught in deep water and students should be comfortable swimming in deep water. Classes will be led by a certified instructor and will include a warm up, an aerobic portion and a cool down for an exercise period of thirty minutes. Those patrons who have various forms of arthritis, fibromyalgia and M.S. benefit greatly from exercise in the water. Benefits include increasing and maintaining flexibility, strength, coordination, balance, endurance and range of motion. Additional benefits are increased blood supply to muscles (which reduces muscle spasms) and the relaxation of the nervous system. The water provides a stimulating and social environment for overall 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% senior discount applies.

8, 50-minute sessions • \$65 (R)/\$130 (NR)

September 24-October 17

611276-4A Tue, Thu 10:00 a.m.-10:50 a.m.

October 22-November 14

611276-4B Tue, Thu 10:00 a.m.-10:50 a.m.

November 19-December 19 (No Class: November 26, 28)

611276-4C 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 gate fee for each class attended or use of the new "Water Aerobics" 20-visit pass. Limited to 15 participants per class.

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

September 23-December 20

(No Class: November 25, 27, 29)

Drop-in Mon, Wed, Fri 8:00 a.m.- 8:50 a.m.

Drop-in Mon, Wed, Fri 9:00 a.m.- 9:50 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 gate fee for each class attended or use of the new "Water Aerobics" 20-visit pass. Limited to 14 participants per class.

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

September 23-December 18 (No Class: November 25, 27)

Drop-in 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 gate fee for each class attended or use of the new "Water Aerobics" 20-visit pass. Limited to 12 participants per class.

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

September 24-December 19 (No Class: November 26, 28)

Drop-in Tue, Thu 8:00 a.m.- 8:50 a.m.

AQUATICS

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 gate fee for each class attended or use of the new "Water Aerobics" 20-visit pass. Limited to 15 participants per class.

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

September 23-December 20

(No Class: November 25, 27, 29)

Drop-in 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 gate fee for each class attended or use of the new "Water Aerobics" 20-visit pass. Limited to 15 participants per class.

50-minute sessions • \$2.75 (R)/\$5.50 (NR)

September 23-December 20

(No Class: November 25, 27, 29)

Drop-in Mon, Wed, Fri 11:00 a.m.-11:50 a.m.

Please check out the new pricing structure for Aquatics visits on page 41. New pricing will be effective on September 1, 2013. Existing passes will be honored until they expire.

Camps



2014 Summer Camp Guide Information

Summer Camp Guides Mail Date:
Mid-Late January

Available on RCC Website:
January 15, 2014

Camp Expo:
January 25, 2014

Camp registration begins:
February 1, 2014

Kids Winter Break Fun Zone

(7-11 years old)

There is no excuse for the winter doldrums – spend your time off from school having fun with RCC during three days of fun-filled activities. The tentative schedule for these day long adventures is as follows:

Monday, December 30	National Building Museum
Thursday, January 2	Newseum
Friday, January 3	Stoney Creek Roller Rink and Games

Campers must bring a mid-morning and mid-afternoon snack, lunch and drinks every day. A welcome letter containing all pertinent information and the final itinerary will be mailed approximately one week prior to the start of Winter Break Fun Zone. Campers should wear comfortable clothing and shoes. Parents, the deadline for registration is by noon on Monday, December 16.

1, 8-hour session at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Staff

December 30		
901269-4A	Mon	9:00 a.m.-5:00 p.m.
January 2		
901269-4C	Thu	9:00 a.m.-5:00 p.m.
January 3		
901269-4D	Fri	9:00 a.m.-5:00 p.m.

Community Events

Children's Fall Flea Market Fling

(6-13 years old)

Have you outgrown some of your toys and books? Are they taking up valuable space in your home? You can earn money by selling these items at our annual Children's Fall Flea Market. Vendor tables can be reserved for one or more children. Single-size tables measure 3' x 6'. Shared tables measure 2.5' x 8'. Please note that edible items or live animals cannot be brought to the flea market. After the event, unwanted items will be donated to a local charity. Admission: Donation of one non-perishable food item for the RCC Thanksgiving Food Drive.

1, 3-hour session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Staff

November 2
902925-4A Sat 9:00 a.m.-12:00 p.m.

Children's Fall Flea Market Fling- Share a Table

(6-13 years old)

Share a table with two or more friends.
1, 3-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Staff

November 2
902926-4A Sat 9:00 a.m.-12:00 p.m.



CAMPS

COMMUNITY
EVENTS



Halloween Family Fun Day (Infant-8 years old)

Come dressed in your favorite costume, and enjoy sensational performances perfect for the whole family. Peter McCorry, a famed one man band, will put children into the Halloween spirit at 12:15 p.m., followed by a wonderful performance at 1:15 p.m. by Bob Brown's *Puppets in Monster Madness*. Little ghosts and goblins up to the age of eight will try their skill at winning candy and prizes when they play carnival games until 2:00 p.m. All are invited to remain for a showing of the Disney classic, *Fantasia* in the Community Room immediately following the Halloween festivities. All children must be accompanied by an adult guardian, age 18 and older throughout the day.

12:00 p.m.-2:00 p.m. Fun Day Activities
 2:15 p.m. - 4:30 p.m. Disney's *Fantasia*
1, 4.5-hour session at RCC Hunters Woods
Free, Drop-In. • Staff
October 19
 Drop-in Sat 12:00 p.m.- 5:00 p.m.

Reston for a Lifetime (All Ages)

Reston for a Lifetime is a group of concerned citizens and organizations seeking to understand the needs and perceptions of Restonians and help create solutions toward making Reston a great place for people of all ages and abilities. Specific areas of interest include: Neighbors Helping Neighbors, Identifying Trusted and Reliable Vendors, Transportation and Getting Around, Housing and Universal Design, and Safe Neighborhoods. For more information on the initiative and the upcoming meeting schedule, please email aginginreston@gmail.com or call 703-672-1116.

3, 2-hour sessions at RCC Hunters Woods
Free, Drop-in. • Staff
September 11, October 9, November 13
 Drop-in Wed 2:00 p.m.- 4:00 p.m.

Computer

Computer Lego Designs in 3-D (6-8 years old)

For generations, Legos have been an integral part of children's lives. When combined with the digital world, participants can change them on the computer to create 3-D characters, different surroundings, and various modes of transportation. Afterwards, students will be able to explore the concepts of 3-D modeling and begin the process of animation. Basic computer skills, 3-D modeling techniques, basic math, and problem-solving skills will be covered.

6, 60-minute sessions at RCC Hunters Woods
\$75 (R)/\$150 (NR) • Robichaud
October 16-November 20
 901184-4A Wed 4:45 p.m.- 5:45 p.m.

Intro to Adobe Photoshop Elements (18 years and older)

Adobe Photoshop Elements combines power and simplicity and is one of the top selling consumer photo-editing software products available. In this class, students will learn how to show off their memories in style. Participants will learn the essential tools and features of Photoshop Elements and its powerful digital imaging tools to organize, perfect, and share digital photos. Students will learn how to correct problems such as focus, lighting, wrinkles, blemishes, and red-eye. This class is perfect for the casual photographer who wants to achieve professional-looking results.

5, 90-minute sessions at RCC Hunters Woods
\$100 (R)/\$200 (NR) • Digital Advantage
September 9-October 7
 103352-4A Mon 7:00 p.m.- 8:30 p.m.

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
December 10-12
 102240-4B Tue, 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

October 9-10

103233-4A Wed, Thu 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

October 22-23

103236-4B Tue, 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

September 11-12

103234-4A Wed, 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

September 18-19

103224-4A Wed, 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

November 19-21

102250-4A Tue, Thu 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 been utilizing Quicken to manage personal and small business finances for more than 11 years.

2, 2.5-hour sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Robichaud

November 5- 7

102239-4A Tue, Thu 7:00 p.m.- 9:30 p.m.

Windows 7 Tips & Tricks

(18 years and older)

Learn all about the new features, what you need to upgrade from XP or Vista and how to customize your computer's settings to fit your needs. Students will explore user accounts, file searches and libraries, new screen features, security and maintenance. You'll practice a host of techniques to work more efficiently, including keyboard shortcuts and desktop gadgets. You'll also get a sneak peak at the new Windows 8. Pre-requisite: prior experience with any Windows version.

1, 2.5-hour session at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Robichaud

October 8

102253-4A Tues 7:00 p.m.- 9:30 p.m.

Cake Decorating for Kids

(7-12 years old)

Participants will learn to frost a one layer round cake, use fondant icing and basic fondant icing techniques. They will use a variety of tips and will amaze family and friends with their abilities. These activities are designed for independent student involvement and learning. Parent/guardian participation is not required. Please inform the instructor prior to the start of class if there are any food allergies.

1, 90-minute session at RCC Hunters Woods

\$25 (R)/\$50 (NR) • Guidry

November 3

902205-4A Sun 1:00 p.m.- 2:30 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

September 21

102520-4A Sat 10:00 a.m.- 1:00 p.m.

Chocolate Candy Making for Adults

(18 years and older)

Learn the basics of making chocolate candies. Hands-on lessons include: melting, tempering, handling and molding of chocolate. Participants will practice working with chocolate, caramel, and many other delicious ingredients. Recipes include: a classic turtle, dark orange truffles, white chocolate truffles, and mocha truffles. Each participant will take home chocolates they made during class, as well as recipes, tips, and ideas for making chocolates at home. Allergy warning: nuts will be used in some recipes.

1, 4-hour session at RCC Hunters Woods

\$62(R)/\$124 (NR) • Nyman

December 1

102500-4A Sun 12:00 p.m.- 4:00 p.m.

Chocolate Candy Making for Kids

(5-7 years old)

Learn the basics for making your own chocolates. In this class, parent and child will become acquainted with handling, melting, tempering, and molding skills. Participants will mold bite-sized chocolates, chocolate lollipops, chocolate-dipped pretzels and rocky road. Each participant pair will take home chocolates that they have made, as well as recipes, tips and ideas for making more of these luscious confections at home. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered. Allergy warning: nuts will be used in one of the recipes.

1, 2-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Nyman

December 7

901038-4A Sat 10:00 a.m.-12:00 p.m.



Chocolate Candy Making for Tweens

(8-11 years old)

This class will focus on the basics of making chocolates and will include handling, melting, tempering, and molding skills. Participants will mold bite-sized chocolates, learn chocolate writing, prepare butter cream and peanut butter cups, and make rocky road. Each participant will take home chocolates he/she made during class as well as recipes, tips and ideas for making more chocolates at home. Allergy warning: nuts will be used in one of the recipes.

1, 3-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Nyman

December 7

901039-4A Sat 1:00 p.m.- 4:00 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 ingredients and supplies for the preparation of five meals.

1, 5-hour session at RCC Hunters Woods

\$110 (R)/\$220 (NR) • Guidry

October 6

105068-4A Sun 11:00 a.m.- 4:00 p.m.

November 3

105068-4B Sun 11:00 a.m.- 4:00 p.m.

Freezer Cooking for Kids

(7-12 years old)

Imagine how proud kids will be of themselves when they help to stock the freezer and prepare up to three family-friendly meals that will be fully prepared and ready to store. This is a perfect solution after a busy day and no one wants to cook. Just pull from the freezer and follow the last-minute steps for preparation.

These activities are designed for independent student involvement and learning. Parent/guardian participation is not required. Please inform the instructor prior to the start of class if there are any food allergies.

1, 90-minute session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Guidry

November 9

902206-4A Sat 3:00 p.m.-4:30 p.m.

Gifts in a Jar

(7-11 years old)

Endless possibilities exist with this workshop. Participants will create their own unique holiday gifts by layering flavorful ingredients in a decorative jar that can be used to prepare a quick meal or snack in the future. Fall themed recipes will be featured. All ingredients and supplies are included in the class fee.

1, 3-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Nyman

November 24

901109-4A Sun 12:00 p.m.- 3:00 p.m.

Haunted Gingerbread House

(5-7 years old)

Build a haunted house and decorate it with delectable chocolate candy. Each participant will assemble a gingerbread-style house, create spooky chocolate pieces, draw spider webs using melted chocolate, and take home his/her creation. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered. Allergy warning: egg products will be used in this recipe.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Nyman

October 21

901062-4A Mon 3:00 p.m.- 5:00 p.m.

October 26

901062-4B Sat 10:00 a.m.-12:00 p.m.



Haunted Gingerbread House for Tweens

(8-11 years old)

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

1, 3-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Nyman

October 26

901063-4A Sat 1:00 p.m.- 4:00 p.m.

Kids in the Kitchen

(3-6 years old)

Introduce children to healthy nutrition by introducing them to healthy cooking. Kids in the Kitchen is a fun, engaging cooking class where participants will learn about healthy foods, how to make treats without using refined sugar, and good foods for snacking. Junior chefs will sample what they make as well as receive recipes to recreate these foods at home. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered. Allergy warning: nuts will be used in one of the recipes.

6, 90-minute sessions at RCC Hunters Woods

\$85 (R)/\$170 (NR) • Nyman

September 24-October 29

901076-4A Tue 4:15 p.m.- 5:45 p.m.

Spanish Tapas

(18 years and older)

Tapas originate from the country of Spain and include a wide variety of small dishes, appetizers, and snacks. In this class, students will explore some of the Spanish classics including: Gambas al Ajillo (shrimp sautéed with garlic), Pisto Manchego (a ratatouille containing tomatoes, eggplants, red peppers, and onions), Albondigas al Jerez (meatballs with a sherry-infused garlic and onion sauce), Tortilla Espanola (combination of potatoes, onions, and eggs cooked and held in a firm, quiche-like shape), and Manchego y Olivas (Cheese and Olives).

1, 3-hour session at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Ellars

November 9

102522-4A Sat 10:00 a.m.- 1:00 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

October 19

102521-4A Sat 10:00 a.m.- 1:00 p.m.

Crafts

3D Mosaic Art

(18 years and older)

Students will express themselves as they learn about preparing materials, nipping, cutting and tool use, creative design, technical considerations and finishing techniques to create their own 3-D decorative work such as a flower pot or vase. Students will have a variety of materials to experiment with including glass, ceramics, pebbles and shells, and are encouraged to bring personal items such as beads, china chips, jewelry and glass pieces for incorporation into their work. Students will receive handouts covering a glossary of terms, and resources list. All skill levels welcome.

Supply Fee: \$35

Class Fee: \$75 (R) / \$150 (NR)

4, 3-hour sessions at RCC Hunters Woods

\$110 (R)/\$185 (NR) • Damron

November 13-December 11 (No Class: November 27)

102252-4A Wed 10:00 a.m.- 1:00 p.m.

Beaded Jewelry I

(18 years and older)

Students will learn to make their own jewelry from this fundamental jewelry beading class. Class topics will include basic and essential jewelry making techniques such as: beading, wire work, bead stringing, crimping, knotting and much more. As students learn, they will create five beautiful, trendy, and customizable pieces of their own to take home. Tools used in this class include round nose pliers, flat nose pliers, and wire cutters.

5, 2-hour sessions at RCC Hunters Woods

\$165 (R)/\$330 (NR) • Green Tea Ideas

September 14-October 12

102575-4A Sat 10:00 a.m.-12:00 p.m.

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.

Supply Fee: \$55

Class Fee: \$25 (R) / \$50 (NR)

1, 3-hour session at RCC Hunters Woods

\$80 (R)/\$105 (NR) • Kuhlmann

October 23

105163-4A Wed 6:30 p.m.- 9:30 p.m.

Glass Cutting Tools Workshop

(18 years and older)

This class explores glass cutting tools specifically for stained glass and mosaic projects. Hand tools include wheeled and tile nippers, pistol grip and pencil grip glass cutters, grozier pliers and running pliers, diamond hand files, hammers and hardies. Power tools include glass grinders. A glass cutting saw power tool will be demonstrated. Cutting systems will be discussed, and the Morton board system will be demonstrated.

1, 3-hour session at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Damron/Kuhlmann

October 16
 102257-4A Wed 7:00 p.m.-10:00 p.m.

Holiday Reindeer Pottery

(3-5 years old)

New this season to celebrate the holidays, participants will create a decorative, yet functional, reindeer plate for use or display on the holiday table. The plates will be painted during class and will be available for pick up at RCC shortly thereafter. This pottery is safe for meals, as well as for use in the dishwasher and microwave. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 45-minute session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Clay Café Studios

December 5
 902105-4A Thu 9:30 a.m.-10:15 a.m.
December 5
 902105-4B Thu 10:15 a.m.-11:00 a.m.
December 5
 902105-4C Thu 11:00 a.m.-11:45 a.m.

Industrial Chic Jewelry

(18 years and older)

Students will learn to make fun, fashionable, and inexpensive 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.

Supply Fee: \$55
 Class Fee: \$30 (R)/ \$60 (NR)

4, 2-hour sessions at RCC Hunters Woods
\$85 (R)/\$115 (NR) • Van Trees

September 14-October 12 (No Class: October 5)
 102570-4A Sat 12:00 p.m.- 2:00 p.m.
October 26-November 30 (No Class: November 2, 16)
 102570-4B Sat 12:00 p.m.- 2:00 p.m.

Japanese Flower Arrangement

(18 years and older)

This class is about the traditional form of Japanese flower arranging, Ikebana. Ikebana has gained widespread international acclaim for its focus on harmony, color, use, rhythm, and elegantly simple designs. Participants will learn how the principles of Ikebana can be used in their own modern flower arranging. Students need to bring a vase and a medium size pair of scissors to cut flowers.

1, 2-hour session at RCC Lake Anne
\$45 (R)/\$90 (NR) • Shintani

October 26
 105146-4A Sat 1:00 p.m.- 3:00 p.m.



Knitting I

(18 years and older)

This class is designed to teach those who are new to knitting and also to refresh the skills of 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. 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
\$30 (R)/\$60 (NR) • Van Trees

September 30-December 2
(No Class: October 14, November 11)
 102418-4A 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
\$50 (R)/\$100 (NR) • Van Trees**

October 2-November 20
102261-4A Wed 6:30 p.m.- 8:00 p.m.

Letters to Santa (2-8 years old)

Children love writing letters to Santa, and he enjoys receiving them. Participants are invited to write and decorate a letter to Santa anytime between 10:00 a.m. and 11:30 a.m., with the last admission at 11:15 a.m. Letters will be "mailed" in our special RCC mailbox, and each child will receive a reply postmarked from the North Pole. Supplies and light refreshments will be provided. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 90-minute session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Staff**

November 16
901029-4A Sat 10:00 a.m.-11:30 a.m.

Mosaic Art (18 years and older)

Students will design and create a fine art mosaic piece from beginning to end using a variety of materials. Materials will include glass, ceramic, stone, shell, metal and polymer. Students are encouraged to bring personal items such as beads, china chips, jewelry and glass pieces to incorporate into their work. Students will plan their design and select materials. They will then prepare the substrate, apply tesserae and other materials in an assemblage fashion using the direct method. Students will use glass and tile nippers as needed. Students will then apply hanging hardware and grout their project. Students will receive handouts covering a glossary of terms, and resources list. All experience levels welcome.

Supply Fee: \$35

Class Fee: \$110(R) / \$220(NR)

**4, 3-hour sessions at RCC Hunters Woods
\$145 (R)/\$255 (NR) • Damron**

October 16-November 6
104040-4B Wed 10:00 a.m.- 1:00 p.m.

Mosaics with Parent and Child (8 -12 years old)

Each participant will construct a small practice mosaic and then complete a larger mosaic from a variety of patterns, glass colors and textures while learning methods of patterning. This course will also include basic glass-cutting skills for adults along with general background information on this craft. One parent must accompany each child while fully participating in the activities. The fee covers the cost for one parent and one child. This class is not appropriate for children younger or older than the advertised age range. Participating children must be registered. All supplies are included.

Supply Fee: \$35

Class Fee: \$40(R) / \$80(NR)

**4, 2-hour sessions at RCC Hunters Woods
\$75 (R)/\$115 (NR) • Damron**

November 4-December 9 (No Class: November 11, 25)
901131-4A Mon 6:30 p.m.- 8:30 p.m.

Pumpkin Portraits (5 years and older)

Bring the family to RCC and listen to spooky music, enjoy warm apple cider, and get creative with your Halloween jack-o-lantern. Pumpkin carving tools and patterns will be provided; please bring your own pumpkin to carve. Children under the age of 13 must be accompanied by an adult/guardian over the age of 18. All participants, including accompanying guardians, must register to attend this program.

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

October 22
808971-4A Tue 6:30 p.m.- 8:30 p.m.

Sewing I (16 years and older)

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

**8, 2-hour sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Minassian**

**October 10-December 12
(No Class: October 31, November 28)**
102318-4A Thu 6:30 p.m.- 8:30 p.m.

Sewing II

(16 years and older)

Learn to make advanced home projects such as window treatments, duvets and bedspreads. Learn about fabric choices, measuring and special turns. This is an intermediate level course for students with sewing experience. Participants are strongly encouraged to bring a portable sewing machine to class. Only a limited number of RCC-owned machines will be available for in house use.

8, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Minassian

October 8-December 3 (No Class: November 5)

102319-4A Tue 6:30 p.m.- 8:30 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.

Supply Fee: \$35

Class Fee: \$80(R) / \$160(NR)

6, 3-hour sessions at RCC Hunters Woods

\$115 (R)/\$195 (NR) • Kuhlmann

September 4-October 9

105092-4A Wed 10:00 a.m.- 1:00 p.m.

October 30-December 11 (No Class: November 27)

105092-4B Wed 7:00 p.m.-10:00 p.m.

Tapestry Mosaic Art

(18 years and older)

Elaborate patchwork tapestry fabrics from Rajasthan and Gujarat India inspire this class. Specialty glass (including Van Gogh glass and millefiori), crystal and beads are used to create multiple patterns of color and texture. Materials are carefully embedded (not glued on as with the standard direct approach) and projects are not grouted. Students are encouraged to bring personal items such as beads, china chips, jewelry and glass pieces for incorporation in to their work. Students will receive handouts covering a glossary of terms, and resources list. It is recommended to have a basic knowledge of mosaics before beginning this class.

Supply Fee: \$50

Class Fee: \$110 (R)/\$220 (NR)

4, 3-hour sessions at RCC Hunters Woods

\$160 (R)/\$270 (NR) • Damron

November 25-December 16

102255-4A Mon 10:00 a.m.- 1:00 p.m.

Turkey Handprint Plates

(2-5 years old)

In honor of Thanksgiving, participants will create a luncheon plate with a turkey handprint motif for use or display on the Thanksgiving table. The plates will be painted during class and will be available for pick up at RCC shortly thereafter. This pottery is safe for meals, as well as for use in the dishwasher and microwave. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 45-minute session at RCC Hunters Woods

\$15 (R)/\$30 (NR) • Clay Café Studios

November 7

901106-4A Thu 9:30 a.m.-10:15 a.m.

901106-4B Thu 10:15 a.m.-11:00 a.m.

901106-4C Thu 11:00 a.m.-11:45 a.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. Reservations are required. Interested patrons should call the RCC Hunters Woods main phone number at 703-476-4500 to make reservations in advance as spaces fill quickly. Participants working independently on projects must bring the necessary materials or make arrangements with the lab supervisor beforehand.

8, 4-hour session at RCC Hunters Woods

\$10 (R)/\$20 (NR) • Kuhlmann

September 1-December 15

Drop-in Sun 1:30 p.m.- 5:30 p.m.



DigiCam Features I (18 years and older)

Students will learn to get more out of their digital cameras by exploring some of its many features. With individual attention from the instructor, students will learn the following skills in this hands-on workshop:

- Set the flash (on, off, or for red eye)
- Delete poor pictures (while still on the camera)
- Take self-timer pictures (to get in the picture, too)
- Take a burst of pictures (to capture a quick action)
- Take long exposure pictures (to capture a night scene) Take short videos (to add dimensions of sound and motion)
- Add colored overtones to pictures (like sepia and black and white)

Students must bring their digital camera, camera manual, and spare batteries or AC adapter.

2, 2-hour sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Lazear

October 28-29

102242-4A Mon, Tue 7:00 p.m.- 9:00 p.m.

DigiPhoto 4 Teens (11-18 years old)

In five sessions, explore the art of digital photography. This course will cover everything from the basics of photo editing to selecting and cloning parts of a picture. In addition, students will be instructed on composition, lighting, and exposure techniques. Students will be able to practice techniques they have learned and review their results on state of the art computers. All supplies are provided, including digital cameras to use during class.

5, 2-hour sessions at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Rosenmund

September 17, 19, 24, 26, 27

802803-4A Tues, Thurs, Fri 4:00 p.m.- 6:00 p.m.

DigiPhoto I - Intro (18 years and older)

This is a three day course introducing various aspects of digital photography. Learn about digital cameras, scanners, photographic file formats, and beginning photo editing. In addition, explore how to use, display, and share photos. This is not recommended for beginning computer users. Prerequisite: MS Word II.

3, 2-hour sessions at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Lazear

November 4- 8

103301-4C Mon, Wed, Fri 7:00 p.m.- 9:00 p.m.

DigiPhoto II - Edit (18 years and older)

This two day course introduces students to digital photo editing with Adobe Photoshop Elements software. Learn to use various editing tools, filters, and techniques. Start to explore aspects of layers by making titles, photos and objects semi-transparent and place them on top of one another to create unique designs. Learn to select parts of a photo to correct or to paste into another photo. Prerequisite: DigiPhoto I - Intro.

2, 2-hour sessions at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Lazear

November 11-12

103310-4C Mon, Tue 7:00 p.m.- 9:00 p.m.

Digital Photography

(10-13 years old)

Explore the visual world of photography with hands-on practice. Learn to edit and retouch with the software tools available to everyone in the digital age. This class will be held on Sunday afternoons and Monday evenings from October 20-November 25, with no classes on November 10 and 11. On Sundays, participants will meet at various local spots, where they will enjoy photographing in a variety of styles different subjects. Field trips and studio sessions will open new visual doors for young photographers. On Monday evenings, class will be held at RCC Hunters Woods to practice post-capture processing and editing. Cameras will be available for use by the students for the duration of the program. If students choose to bring their own cameras, please bring the user's manual as well. An itinerary will be sent to parents/guardians detailing the Sunday meeting places approximately one week prior to the start of the program.

10, sessions at RCC Hunters Woods

\$150 (R)/\$300 (NR) • Rosenmund

October 20-November 25

(No Class: November 10, 11)

901952-4A	Sun	1:00 p.m.-4:00 p.m.
	Mon	4:00 p.m.- 6:00 p.m.

Navigating Photo Sharing Websites

(18 years and older)

Discover the joys of sharing digital photographs on photo sharing websites. Isn't it time to stop clogging email inboxes? This beginning class will explore several popular photo sharing websites. Students will learn how easy it is to load photos to share with friends and family who can then copy and print the photos. This interactive class will show students the process of uploading photos and getting a link to share with others.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Lazear

November 13

500300-4A	Wed	7:00 p.m.- 9:00 p.m.
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Photo Collage

(18 years and older)

Participants will learn how to make a photo collage using Picasa software. Explore the different types of collages, features that can be added to photos, and how to showcase the finished collage. Use those beautiful photos stored in the computer in a creative, fun way.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Lazear

October 30

500229-4A	Wed	7:00 p.m.- 9:00 p.m.
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Enrichment



Aerospace Engineering - Up, Up, and Away

(7-10 years old)

Aerospace Engineering will teach participants to design, create, test, and refine a variety of flying machines. The students use the engineering design process to construct a shock-absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air powered rockets, and assemble a hot air balloon model that actually takes flight. All supplies are included.

6, 60-minute sessions at RCC Hunters Woods

\$100 (R)/\$200 (NR) • Engineering For Kids

October 9-November 13

901252-4A	Wed	4:30 p.m.- 5:30 p.m.
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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 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. Cabot's Point Park is located near the intersection of South Lakes Drive and Cabot's Point Lane. Please visit www.reston.org for more detailed location information.

1, 2-hour session at Cabot's Point Park

\$15 (R)/\$30 (NR) • Robichaud

September 7

102248-4C	Sat	8:00 p.m.-10:00 p.m.
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October 12

102248-4D	Sat	8:00 p.m.-10:00 p.m.
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Bridge I

(18 years and older)

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

8, 2-hour sessions at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Golias

September 9-November 4 (No Class: October 14)

102337-4A Mon 10:00 a.m.-12:00 p.m.

September 11-October 30

102337-4B Wed 7:00 p.m.- 9:00 p.m.



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

September 9-November 4 (No Class: October 14)

102409-4A Mon 12:30 p.m.- 2:30 p.m.

Cell Phones 101

(12-18 years old)

This program is for teen participants to help Senior Adults learn more and do more with their cell phones. Teenagers are modern day experts on the latest technology and will assist Senior Adult participants by explaining and demonstrating various cell phone features. This is a terrific opportunity for teenage participants to accrue required volunteer hours for school.

1, 2-hour session at RCC Hunters Woods

Free, Registration Req. • Teens

October 16

832564-4A Wed 5:30 p.m.- 7:30 p.m.

Creative Writing I

(16 years and older)

This class uses different genres of writing such as poetry, prose, and creative non-fiction, where students will generate new material, workshop student writing, and learn playful editorial techniques enabling them to gain perspective on their work. Students should bring a notebook, pen or pencil, as well as a desire to experience language in a new way.

8, 2.5-hour sessions at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Al-Hussaini

September 9-November 4 (No Class: October 14)

105670-4A Mon 7:00 p.m.- 9:30 p.m.

eBook Self-Publishing for Fun and Profit

(18 years and older)

Interested in self-publishing but not sure where to start? This course describes the background of eBooks and the various publishing formats that allow for viewing on reader tablets such as Amazon Kindle, Nook, Apple iPad, Sony Reader and others. When ready to publish, selecting the appropriate format is essential to ensure broader promotion and appeal. The course curriculum also covers manuscript preparation, document formatting, file conversion software, previewing and proofing. Then, learn how to launch, market, and manage online sales.

The instructor has authored and published several Irish genealogy and travel photography eBooks in major online bookstores. Pre-requisite skills: PC or MAC experience, internet browser familiarity, online navigation experience, and Microsoft Word.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Healy

September 28

104139-4A Sat 10:30 a.m.-12:30 p.m.

December 7

104139-4B Sat 10:30 a.m.-12:30 p.m.

Engineering Fun With Legos

(7-11 years old)

With over 1,000 pieces of Lego, participants will take on real life engineering challenges that explore concepts in physics, mechanical/structural engineering, and architecture. With projects from motorized machines to castles and catapults, this program is suitable for beginners to more advanced participants. Activities will aid students in developing and enhancing their critical thinking skills, while exposing them to new concepts and vocabulary.

8, 90-minute sessions at RCC Hunters Woods
\$125 (R)/\$250 (NR) • Play Well Teknologies

October 3-December 5

(No Class: October 31, November 28)

901183-4A Thu 4:15 p.m.- 5:45 p.m.

Imagination and Science

(5-8 years old)

Use imagination and creativity to enjoy a variety of activities and projects ranging from simple science experiments to projects and crafts geared to specific themes in nature and science. These activities are designed for independent student involvement and learning. Parent/guardian participation is not required. Fee includes all supplies.

6, 60-minute sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • Haneline

October 15-December 3 (No Class: November 5, 26)

903006-4A Tue 4:30 p.m.- 5:30 p.m.

Improvement with Movement

(18 years and older)

Through an engaging approach, students learn to enhance their aesthetic awareness and grace while addressing such mobility concerns as balance, flexibility, coordination, and gait. A teaching artist from the Bowen McCauley Dance Company will introduce movement from modern dance, musical theater, ballet, folk, tap and improvisation. Bowen McCauley Dance is the only company in the Metro DC area to provide weekly dance classes for people with Parkinson's disease and their caregivers. This is a class that is perfect for anyone who has mobility issues for any reason. In addition, each participant receives a free ticket to the Bowen McCauley Dance Company's performance of *The Rite of Spring* on November 16th at 8:00 p.m.. For more information, please contact the RCC 55+ Director at 703-390-6157.

6, 60-minute sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Bowen McCauley Dance Co.

October 10-November 14

500230-4A Thu 3:00 p.m.- 4:00 p.m.

Irish Genealogy Workshop

(18 years and older)

This workshop is an entertaining, beautiful pictorial overview of the presenter's extensive Irish genealogy research experience. Professional Genealogist, Mike Healy, will discuss proven research methods for finding ancestors' origins and historical records. Students will do a practical exercise involving internet research to explore online genealogy resources, including Ellis Island passenger lists, U.S. and Irish census records, and 19th century Griffiths Valuation records. Anyone interested in getting started in Genealogy will find the class beneficial but please know that the instructor's experience is specific to Irish history and culture so he will be using his own genealogical research as the reference point.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Healy

October 12

105112-4A Sat 10:30 a.m.-12:30 p.m.

December 14

105112-4B Sat 10:30 a.m.-12:30 p.m.



K9 Detection Work

(18 years and older)

K9 Detection Work is a great new dog sport that is fun, builds confidence, provides mental stimulation and serves as an outlet for a dog's energy. Techniques learned build on the dog's natural instinct to hunt, are the beginning of detection work, and are easy to practice at home. Vaccination records will be checked at the first meeting. Classes are held in the parking lot behind RCC. Park in the Hunters Woods Plaza shopping area and walk around to the rear of the building. Please bring your dog to the first class with a variety of tiny treats and a mat or towel for the dog to use. We DO NOT use chain or prong collars or Flexi leads. A regular collar and a 6 foot leash are required. Gentle leaders and body harnesses are fine.

7, 45-minute sessions at RCC Hunters Woods
\$90 (R)/\$180 (NR) • Rudy's Friends Dog Training

September 11-October 23

105192-4A Wed 7:00 p.m.- 7:45 p.m.

K9 Dog Obedience I

(18 years and older)

This class is appropriate for dogs over 3 months old with very little or no obedience training. Positive motivational training techniques will include the basic commands of sit, down, stay, come, and how to walk nicely on a leash. Learn about mouthing, jumping, crate and potty training, and generally controlling poor behavior. Vaccination records will be checked at the first meeting. Classes are held in the parking lot behind RCC. Park in the Hunters Woods Plaza shopping area and walk around to the rear of the building. Please bring your dog to the first class with a variety of tiny treats and a mat or towel for the dog to use. We DO NOT use chain or prong collars or Flexi leads. A regular collar and a 6 foot leash are required. Gentle leaders and body harnesses are fine.

**7, 45-minute sessions at RCC Hunters Woods
\$90 (R)/\$180 (NR) • Rudy's Friends Dog Training**

September 11-October 23

105090-4A Wed 6:00 p.m.- 6:45 p.m.

Learn to Play Chess

(8-12 years old)

Chess is an exciting and ancient game that can benefit children in many ways. It enhances social interaction and helps to develop higher-thinking skills and intellect. Participants will learn the rules of chess and how chessmen move and capture. For those who are ready for advancement, the instructor will teach the roles of chessmen and the tactics of chess.

**6, 90-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Samet**

October 1-November 12 (No Class: November 5)

901035-4A Tue 4:30 p.m.- 6:00 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.

**6, 60-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Chen**

November 7-December 19 (No Class: November 28)

104450-4A 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 their 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.

6, 60-minute sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Chen

November 7-December 19 (No Class: November 28)

104451-4A Thu 7:00 p.m.- 8:00 p.m.

Marine Engineering

(7-11 years old)

Students will become marine engineers as they design and build several types of marine vehicles to test on an aquatic track. Working in teams, participants will build an underwater robot that teaches basic skills in ship and submarine design and encourages students to explore naval architecture and marine engineering concepts. All supplies will be provided.

**6, 1-hour sessions at RCC Hunters Woods
\$100 (R)/\$200 (NR) • Engineering for Kids**

October 9-November 13

901181-4A Wed 5:45 p.m.-6:45 p.m.

SAT Workshop

(14-18 years old)

Learn Princeton Review's score raising SAT strategies in a dynamic, interactive setting. Princeton Review teachers run energetic classes that will get students motivated. They will also give participants the personal attention and extra help they need to maximize scores. Each student's ability to benefit from these sessions depends on all students being attentive. The instructor has the authority to dismiss participants who interfere with the learning process. A specific class schedule and agenda will be provided before the first class. Please note that Sunday sessions are testing days only.

4, 4-hour Sunday sessions at RCC Hunters Woods

8, 3-hour Tuesday/Thursday sessions at RCC Hunters Woods

Sunday 1:00 p.m. – 5:00 p.m.

Tuesday/Thursday 6:00 p.m. – 9:00 p.m.

\$265 (R)/\$530 (NR) • The Princeton Review

September 10-October 6

802860-4A Sun, Tue, Thu



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

Giving Circle of Hope

Monday, September 9

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4A

This seminar is for those interested in making a difference in the Reston community by helping others. Come learn about important social issues, and how the Giving Circle of Hope members have “fun with a purpose.” The Giving Circle of Hope makes this easy to do. The program describes “giving circles” and how these models of community investment are changing the face of philanthropy on a national level as well as right here in Reston. Participants will gain an understanding of how individuals band together to make a lasting and constructive difference by collaborating on goals, pooling their resources and helping others in need. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

Present Day Domestic Policy

Monday, November 4

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4B

One year after the presidential election, Glenn Kamber will provide his perspective on domestic policy events over the past twelve months, with particular focus on such issues as health care reform implementation, impact of sequestration on domestic programs and the economy, Supreme Court decisions on key social issues such as same sex marriage, immigration reform, and gun control. Kamber is a retired Federal senior executive and spent much of his career managing policy development and review for eight Secretaries of Health and Human Services (previously Health, Education, and Welfare). Kamber is a member of the Osher Lifelong Learning Institute (OLLI) at George Mason University and has taught several American history and political science courses. He has lived with his wife and youngest daughter in Reston for the past 16 years.

Scholarship Workshop

(13 years and older)

Attend the Scholarship Workshop, conducted by Marianne Ragins, to learn how to find money to pay for college. As a high school senior, Marianne Ragins made headlines when she received a record breaking \$400,000+ in scholarship funds. The Scholarship Workshop presentation is a two-hour, interactive seminar designed to help students conduct a successful scholarship search. Marianne takes students through the step by step process of finding and winning money for college. The Scholarship Workshop includes:

- Invaluable resources for uncovering scholarship opportunities
- Easy to follow guidelines for writing winning personal essays with actual examples
- Helpful tips on using the Internet to research scholarship sources
- An inside look at how to get the best recommendations
- Useful tips for standing out in a crowd of scholarship applicants
- Sure fire ways to sell yourself during an academic interview
- Last minute strategies for getting college money

The Scholarship Workshop seminar is a valuable investment of time for a college bound student or parent of a college bound student. You will learn not only where to look for scholarships, but also how to win them once you find them. Those who attend can benefit from Ragins' track record of success which proves, that with hard work and thorough planning, a college education is affordable for anyone.

1, 2-hour session at RCC Lake Anne

Free, Registration Req. • Ragins

October 19

801006-4A Sat 9:00 a.m.-11:00 a.m.

Study Skills

(12-18 years old)

In this seminar students learn how to earn high grades by studying smarter instead of just harder. Learn how to write essays and papers and develop critical reasoning skills.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • The Princeton Review

October 26

810277-4A Sat 3:00 p.m.- 5:00 p.m.



Understanding Financial Aid

(13-50 years old)

This seminar offers students and parents a long-term perspective on the Financial Aid process by taking a step-by-step view of major milestones in the life of the average financial aid applicant. The audience is introduced to the general types of financial aid and is given the practical tools to hunt down public and private funding sources. The presenter will provide a brief guide to the FAFSA (Free Application for Federal Student Aid), explain the merits of online scholarship search tools, and help students and parents understand the hidden costs of the cap and gown. All participants must register to attend this program.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • The Princeton Review

September 28

870145-4A Sat 3:00 p.m.- 5:00 p.m.

Will I Be Accepted? - Selectivity Today

(13-18 years old)

This seminar offers students and parents a long-term perspective on the College Admissions process by taking a year-by-year view of major milestones in the life of the average college applicant. The audience is introduced to the terminology of college rankings and is given the mental tools to create a balanced list of potential colleges. The presenter will give participants the Admission Counselor's view on the roles of a student's GPA, extra-curricular activities, and SAT/ACT scores. The general focus of the seminar is on organization and careful planning, and special attention is paid to managing deadlines and paperwork. In addition to college admission tips, details are offered concerning making testing choices: which tests to take, when to take them, and how to prepare for them. All participants must register to attend this program.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • The Princeton Review

November 9

870146-4A Sat 3:00 p.m.- 5:00 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. The class dates are: September 16 and 30; October 7 and 21; November 4 and 18; and December 2 and 30.

8, 2-hour sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Kelly

September 16-December 30

105116-4A Mon 7:00 p.m.- 9:00 p.m.

Young Math Geniuses (6-7 years old)

This hands-on program enables students to build, investigate, discuss, and explore Geometry concepts, vocabulary, and structures in a 2-D and 3-D world. The projects teach math concepts in an experiential way, laying the foundation for higher mathematical learning. Since students live in a 3-D world, it is logical for them to connect with geometry on a 3-D level. Even some of the 2-D concepts are best understood when they are held and manipulated. Students build models using math manipulative and learning concepts ranging from geometric shapes to fractions in a fun-filled way. All supplies will be provided.

8, 60-minute sessions at RCC Hunters Woods
\$200 (R)/\$400 (NR) • Scieinsteins

October 7-December 16

(No Class: October 14, November 11)

901199-4A Mon 3:30 p.m.- 4:30 p.m.

Young Math Masters (5-6 years old)

This fun filled, hands-on program enables students to build projects using math manipulative to explore, exercise, and develop mathematical skills and concepts as well as literacy skills. The projects engage the students and thus, increase learning, while showing them ways to compare and operate in quantities, such as pattern blocks, tiles, and cubes. Students will learn patterns, relations and functions, and how to sort, classify, and order objects by size, number, and other properties. They will also become familiar with how to represent data using concrete objects, pictures and spatial relationships. All supplies will be provided.

8, 60-minute sessions at RCC Hunters Woods
\$200 (R)/\$400 (NR) • Scieinsteins

September 16-November 18

(No Class: October 14, November 11)

901198-4A Mon 5:00 p.m.- 6:00 p.m.



Fitness & Wellness

20/20/20 (18 years and older)

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

Interested but not ready to commit? Register for a FREE demo Monday, September 9 and Monday, September 23.

1, 45-minute session at RCC Lake Anne
Free, Registration Req. • Fletcher

September 9

306004-4A Mon 6:30 p.m.- 7:15 p.m.

September 23

306004-4B Mon 6:30 p.m.- 7:15 p.m.

4, 60-minute session at RCC Lake Anne
\$55 (R)/\$110 (NR) • Fletcher

October 7-28

306004-4C Mon 6:30 p.m.- 7:30 p.m.

November 11-December 2

306004-4D Mon 6:30 p.m.- 7:30 p.m.

Belly Dancing I (16 years and older)

Belly dance is an ancient art form with a rich cultural heritage. This class makes the intricacies and joys of belly dancing accessible to the beginner. Enjoy the grace, poise, and sensuality of this art form while you learn the classic hip movements, vibrations, isolations, and fluid arm and hand movements of the dance. Relieve stress and increase flexibility. Students should be prepared to make or purchase a veil (3 yards long) for this class. Please wear comfortable clothing and shoes suitable for dancing and movement.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Richardson

September 11-October 30

302124-4B Wed 6:30 p.m.- 7:30 p.m.

Belly Dancing II and III (16 years and older)

This class is designed for graduates of Belly Dancing I. It will allow for participants to learn more advanced belly dance movements, rhythms, patterns, and combinations. Always bring veils and zills to class. Prior belly dance experience required. Please wear comfortable clothing and shoes suitable for dancing and movement.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Richardson

September 11-October 30

306005-4B Wed 7:30 p.m.- 8:30 p.m.

Body Sculpting

(18 years and older)

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

12, 60-minute sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Straley

September 9-November 25

302315-4C Mon 6:00 p.m.- 7:00 p.m.

12, 60-minute sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Chung

September 7 – December 7

(No Class: September 28, November 30)

302315-4D Sat 10:45 a.m. – 11:45 a.m.

Boot Camp for Women

(18 years and older)

This program combines boot camp style drills, cardio conditioning, strength training, yoga, kick boxing, dance and more. Led by an AFAA 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. This class will begin with a 60-minute indoor workout followed by an outdoor walk/run, weather permitting.

6, 60-minute sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • Nyman

September 10-October 15

303006-4A Tue 6:00 p.m.- 7:00 p.m.

4, 60-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • Nyman

November 5-26

303006-4B Tue 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.

8, 60-minute sessions at RCC Lake Anne

\$50 (R)/\$100 (NR) • Staff

September 10-October 29

302485-4B Tue 6:00 p.m.- 7:00 p.m.

6, 60-minute sessions at RCC Lake Anne

\$40 (R)/\$80 (NR) • Staff

November 5-December 10

302485-4C Tue 6:00 p.m.- 7:00 p.m.

Energy Yoga

(18 years and older)

This class (formerly called Polarity Yoga) is a series of gentle self-help exercises developed for stimulating the body's energy. It incorporates movement, stretching and relaxation for a total mind and body workout. Done with regularity, these routines add tone, strength and flexibility while giving the body the space to relax and unwind. Exercises are taught and modified to fit each student's capability. The ability to perform the routines increases with practice. Energy Yoga is a great way to manage the stresses of life and a great complement to intensive workouts. This class is appropriate for all skill levels.

10, 60-minute sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Katz

September 11-November 13

305563-4A Wed 11:00 a.m.-12:00 p.m.

Express Core Workout

(18 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.

12, 30-minute sessions at RCC Lake Anne

\$30 (R)/\$60 (NR) • Straley

September 10-November 26

302371-4A Tue 7:15 p.m.- 7:45 p.m.



Fit Moms Class
(18 years and older)

This class is NOT just a stroll through the park. It combines cardio conditioning including aerobics, strength training, core, yoga, kick boxing, dance, and more. Led by an AFAA certified Fairfax-Fit Moms® instructor, this class is for any mom who wants to get back into shape and/or achieve fitness goals. Exercise alone or with children aged 4 weeks to 5 years old. All equipment is provided and includes resistance tubes, bands, figure eights, steps, jump ropes, steel weights, medicine balls, body bars and balance boards. The instructor will demonstrate different variations for every fitness level. Please bring water and dress appropriately for the outdoors. Some portions of this class are led outdoors, weather permitting.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Nyman

September 10-October 3

302394-4A Tue, Thu 9:00 a.m.-10:00 a.m.
302394-4B Tue, Thu 10:15 a.m.-11:15 a.m.

October 8-November 5 (No Class: October 31)

302394-4C Tue, Thu 9:00 a.m.-10:00 a.m.
302394-4D Tue, Thu 10:15 a.m.-11:15 a.m.

November 12-December 10 (No Class: November 28)

302394-4E Tue, Thu 9:00 a.m.-10:00 a.m.
302394-4F Tue, Thu 10:15 a.m.-11:15 a.m.

Fitness and Tumbling for Kids
(3-5 years old)

This is not the physical education class parents remember from elementary school. This program is designed to work on motor skills, flexibility, strength, and good hand-eye coordination by participating in relays, balance games, tumbling, jumping, and obstacle courses. Music and creative movement added to exercise make it playful and fun. Parent/caregiver must remain in the classroom. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Nyman

September 10-October 15

301061-4A Tue 11:30 a.m.-12:15 p.m.

November 5-December 10

301061-4B Tue 11:30 a.m.-12:15 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.

8, 60-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Hill

September 8-October 27

305051-4B 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

September 7

302313-4E Sat 10:00 a.m.- 1:30 p.m.

September 21

302313-4F Sat 10:00 a.m.- 1:30 p.m.

October 12

302313-4G Sat 10:00 a.m.- 1:30 p.m.

October 26

302313-4H Sat 10:00 a.m.- 1:30 p.m.



FITNESS & WELLNESS

Historical European Swordsmanship
(9 years and older)

Historical European Swordsmanship is a popular new martial arts discipline, one that brings a historical perspective to physical training and self-defense. Virginia Academy of Fencing (VAF) will teach the history of swordsmanship and the basics of footwork and body mechanics using safe sword simulators (bamboo shinai.) Students are introduced to the basic guards and strikes of fencing with two handed swords and rapier simulators. Minimum age for enrollment is 9 years; class is designed for all ages and skill levels so teenage and adult participation is encouraged. Students should wear loose comfortable clothing, no shorts, jeans, or pants with protruding pockets. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • VAF

September 12-October 17

302421-4A Thu 8:00 p.m.- 9:00 p.m.

Intro to Pilates Plus (18 years and older)

This course is an introduction to Pilates which is a system of exercises designed to develop the body's core, mobilize and stabilize the spine, and build flexibility and strength. Pilates develops body awareness by emphasizing the quality of repetition. Control, concentration, and flow are key ingredients of every Pilates exercise. Each class will begin with a gentle, dynamic warm up, followed by core centered exercises derived from the traditional Pilates repertoire, and concludes with yoga based stretches. Exercises will primarily be done on a mat and may incorporate the Pilates magic circle, stability balls, and light hand weights. No prior Pilates experience required. Students should bring a blanket with a tight weave. Interested but not ready to commit? Register for a FREE demo Thursday, September 5 or Thursday, September 12.

1, 30-minute session at RCC Lake Anne
Free, Registration Req. • Mannes

September 5		
300022-4A	Thu	6:15 p.m.- 6:45 p.m.
September 12		
300022-4B	Thu	6:15 p.m.- 6:45 p.m.
4, 60-minute session at RCC Lake Anne		
\$35 (R)/\$70 (NR) • Mannes		
September 19-October 10		
300022-4C	Thu	6:15 p.m.- 7:15 p.m.

Kids Stay in Motion (4-6 years old)

Let's get the kids moving with this fun interactive class for youth. The class is structured to have children move by running, stretching and jumping to strengthen cardiovascular health. Various pieces of equipment will be incorporated such as soft-weighted balls and balance boards. Children will also learn various Yoga poses and breathing exercise through fun and engaging games. Parent/caregiver must remain in the classroom. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

Interested but not ready to commit? Register to participate in a FREE demo Tuesday, September 3 or Tuesday, September 10, 2013.

1, 45-minute session at RCC Lake Anne
Free, Registration Req. • Londres

September 3		
300016-4A	Tue	3:45 p.m.- 4:30 p.m.
September 10		
300016-4B	Tue	3:45 p.m.- 4:30 p.m.
8, 45-minute sessions at RCC Lake Anne		
\$55 (R)/\$110 (NR) • Londres		
September 17-November 5		
300016-4C	Tue	3:45 p.m.- 4:30 p.m.

Kids Stay in Motion (7-11 years old)

Let's get the kids moving with this fun interactive class of age-appropriate activities. This class is structured to have children move by running, stretching and jumping to strengthen cardiovascular health. Various pieces of equipment will be incorporated into class such as soft weighted balls and balance boards. Children will also learn various yoga poses and breathing exercises through fun and engaging games.

Interested but not ready to commit? Register to participate in a FREE demo Tuesday, September 3 or Tuesday, September 10.

1, 45-minute session at RCC Lake Anne
Free, Registration Req. • Londres

September 3		
300018-4A	Tue	4:45 p.m.- 5:30 p.m.
September 10		
300018-4B	Tue	4:45 p.m.- 5:30 p.m.

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Londres

September 17-November 5		
300018-4C	Tue	4:45 p.m.- 5:30 p.m.

Kundalini Yoga (18 years and older)

Kundalini yoga is a physical, mental and spiritual discipline. It is not facilitated like a traditional yoga movement course but rather incorporates some yogic techniques with breathing exercises, asana practices, meditation, and devotions.

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Guru Simran

September 9-October 28		
302384-4B	Mon	9:00 a.m.-10:30 a.m.
September 12-November 7 (No Class: October 31)		
302384-4C	Thu	7:00 p.m.- 8:30 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

September 9-October 28		
302101-4B	Mon	12:00 p.m.- 1:30 p.m.

Martial Arts for Children

(3-5 years old)

Students will learn the basics of Martial Arts, including self-defense, balance, discipline, focus, respect, and group interaction. Each class will offer exercises to help build a child's self-esteem and physical conditioning. Instruction is provided by certified black belt instructors under the supervision of Master Adam Sterner, a Hall of Fame inductee. Participants are required to wear a traditional, white Martial Arts/Karate uniform to each class. They may opt to purchase a uniform directly from the instructor. Optional belt testing will be available at the instructor's discretion. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

12, 30-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Sterner's Tae Kwon Do Academy
October 8-November 19 (No Class: October 31)
301133-4A Tue, Thu 2:15 p.m.- 2:45 p.m.
6, 30-minute sessions at RCC Lake Anne
\$30 (R)/\$60 (NR) • Sterner's Tae Kwon Do Academy
October 5-November 9
301133-4B Sat 3:00 p.m.- 3:30 p.m.

Martial Arts for Youth

(6-11 years old)

Students will be taught the basics of Martial Arts, including self-defense, balance, discipline, focus, respect and group interaction. Each class will offer exercises to help build self-esteem and physical conditioning. Instruction is provided by certified instructors under the supervision of Master Adam Sterner, Hall of Fame inductee. Participants are required to wear a traditional, white Martial Arts/Karate uniform to each class. They may opt to purchase a uniform directly from the instructor. Optional belt testing will be available at the instructor's discretion. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Sterner's Tae Kwon Do Academy
October 5-November 9
301134-4B Sat 3:45 p.m.- 4:30 p.m.
October 21-November 25
301134-4A Mon 4:45 p.m.- 5:30 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 or ballet slippers or smooth dance gym shoes. No street shoes please.

8, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Richardson
September 14-November 9 (No Class: September 28)
306000-4C Sat 9:30 a.m.-10:30 a.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
September 10-October 29
302115-4A 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
\$55 (R)/\$110 (NR) • Gurunater
September 10-October 29
302215-4B Tue 7:00 p.m.- 8:30 p.m.



Mommy and Baby Yoga (18 years and older)

This class is a great way for mom and baby to bond while mom is getting back in shape. The instructor will address basic postpartum needs such as building core strength and stability while restoring core alignment and strengthening pelvic floor abdominal muscles. Baby yoga and baby massage will also be practiced during class. These techniques may help babies sleep better, get relief from colic, and improve digestion. Babies should be 6 weeks old-six months (or NOT actively crawling) to participate with mom.

Interested but not ready to commit? Register for a FREE demo Saturday, September 7 or Saturday, September 21.

1, 60-minute session at RCC Lake Anne
Free, Registration Req. • Shamwell

September 7
300024-4A Sat 10:45 a.m.-11:45 a.m.

September 21
300024-4B Sat 10:45 a.m.-11:45 a.m.

8, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Shamwell

October 5-November 23
300024-4C Sat 10:45 a.m.-11:45 a.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 Lake Anne
Free, Registration Req. • Karp

October 3
306993-4B Thu 6:00 p.m.- 7:00 p.m.

November 7
306993-4C Thu 6:00 p.m.- 7:00 p.m.

Olympic Sport Fencing (9 years and older)

Learn the fundamentals of this Olympic sport, including footwork, handwork and strategy formulation, using safety tipped swords, protective jackets, and masks. No previous training is required. Minimum age for enrollment is 9 years; class is designed for all ages and skill levels so teenage and adult participation is encouraged. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • VAF

September 12-October 17
302389-4A Thu 7:00 p.m.- 8:00 p.m.

Outdoor/Indoor Fitness (18 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 wellbeing.

Interested but not ready to commit? Register to attend a FREE demo on Wednesday, September 11 or Wednesday, September 25, 2013.

1, 60-minute session at RCC Lake Anne
Free, Registration Req. • Rook

September 11
306017-4A Wed 9:00 a.m.-10:00 a.m.

September 25
306017-4B Wed 9:00 a.m.-10:00 a.m.

4, 60-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Rook

October 2-23
306017-4C Wed 9:00 a.m.-10:00 a.m.

November 6-27
306017-4D Wed 9:00 a.m.-10:00 a.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.

10, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Soares

September 12-November 21 (No Class: October 31)
302100-4A Thu 7:15 p.m.- 8:15 p.m.

Step & Sculpt (15 years and older)

This class utilizes the step in easy to follow and very effective routines that will help build cardiovascular endurance and burn off extra fat. Get toned hips, thighs and upper body during the first 30 minutes of the workout. Then tone and sculpt the upper body and core for the next 30 minutes with weights, long bands, stability balls and more.

Interested but not ready to commit? Register to participate in a FREE demo on Saturday, September 7 or Saturday, September 21.

1, 60-minute session at RCC Lake Anne
Free, Registration Req. • Schultz

September 7

306006-4A Sat 9:30 a.m.-10:30 a.m.

September 21

306006-4B Sat 9:30 a.m.-10:30 a.m.

8, 60-minute session at RCC Lake Anne
\$55 (R)/\$110 (NR) • Schultz

October 5-November 23

306006-4C Sat 9:30 a.m.-10:30 a.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 are encouraged.

10, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Butts

September 14-December 7

(No Class: October 19, November 2, November 30)

302348-4A 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.

10, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Butts

September 14-December 7

(No Class: October 19, November 2, November 30)

303000-4A Sat 10:00 a.m.-11:00 a.m.

Tae Kwon Do III (6 years and older)

Tae Kwon Do III is designed for participants with advanced martial arts skills. This is the perfect class for Tae Kwon Do students who have greater skills to work one-on-one with the instructors to perfect their techniques. Participation from all ages is encouraged.

10, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Butts

September 14-December 7

(No Class: October 19, November 2, November 30)

303050-4A Sat 11:00 a.m.-12:00 p.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.

12, 90-minute sessions at RCC Lake Anne
\$85 (R)/\$170 (NR) • Khalsa

September 18-December 4

302440-4B Wed 9:30 a.m.-11:00 a.m.

Yoga at Noon (18 years and older)

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

10, 90-minute sessions at RCC Lake Anne
\$70 (R)/\$140 (NR) • Katz

September 11-November 13

305098-4A Wed 12:00 p.m.- 1:30 p.m.

Yoga for Children (3-5 years old)

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. Participating children must be registered.

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Shamrell

September 19-November 14 (No Class: October 31)
301400-4C Thu 3:45 p.m.- 4:30 p.m.

Yoga for Men over 50 (50 years and older)

This class is designed for men to get started with the practice of yoga. Yoga improves flexibility, muscle tone, and can also help reduce stress. Other benefits of yoga include relieving chronic pain, breathing problems, bone degeneration, and arthritis while improving blood pressure and blood circulation while contributing to lean body tissue. When it comes to yoga, it is never too late to begin. This class is a great compliment to any physical exercise.

Interested but not ready to commit? Register for a FREE demo Saturday, September 14 or Saturday, September 21.

1, 60-minute session at RCC Lake Anne
Free, Registration Req. • Hill

September 14
300027-4A Sat 9:00 a.m.-10:00 a.m.

September 21
300027-4B Sat 9:00 a.m.-10:00 a.m.

4, 60-minute session at RCC Lake Anne
\$45 (R)/\$90 (NR) • Hill

October 5-26
300027-4C Sat 9:00 a.m.-10:00 a.m.

November 2-23
300027-4D Sat 9:00 a.m.-10:00 a.m.

Yoga for Youth (6-11 years old)

This Yoga class appeals to older children 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. Participating children must be registered.

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Shamrell

September 19-November 14 (No Class: October 31)
301401-4B 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

September 30-November 18
302327-4C Mon 7:00 p.m.- 8:00 p.m.

13, 60-minute sessions at RCC Lake Anne
\$65 (R)/\$130 (NR) • Chung

September 20-December 13
302327-4D Fri 9:45 a.m.-10:45 a.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

September 30-November 18
302227-4B Mon 6:00 p.m.- 7:00 p.m.



Backyard Composting (16 years and older)

Dealing with all of the fallen leaves in the yard can be tough. Ever thought about composting them? Learn how to recycle them the natural way right on your own property. Plants will love the rich organic soil that composting efforts provide. Participants will also learn how kitchen waste and other yard debris can be composted right in the backyard. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by September 23 and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 60-minute session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center, Reg. Req. • Staff
September 26**
103017-4A Thu 7:00 p.m.- 8:00 p.m.

Fermentation (16 years and older)

In this hands-on class, participants will have the opportunity to learn about lactic acid fermentation, a form of food preservation used around the world to make tasty and nutritious foods such as sauerkraut and kimchi. Participants will make a fermented vegetable condiment in class and take it home. 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 they will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston.

**1, 2 hour session at RCC Hunters Woods
Free, Registration Req. • Blust
November 19**
500216-4A Tue 7:00 p.m. – 9:00 p.m.

Home Energy Efficiency (16 years and older)

Curious about how to improve a home's energy to make it more efficient, comfortable, and cost effective? Learn from the best in the industry with a representative from the Local Energy Alliance Program (LEAP.) This nonprofit organization is a trusted leader in Virginia that coordinates energy efficiency improvements of homes through a "Home Performance with ENERGY STAR" program. This program is for educational purposes only; there will be no solicitation or obligations of the attendees. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required, and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 90-minute session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center, Reg. Req.
Hogan**
October 3
103031-4A Thu 7:00 p.m.- 8:30 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 set up, 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 Reston Community Center, Reston Association, and Sustainable Reston. Registration is required, and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 2 hour session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center, Reg. Req. • Blust
September 12**
500211-4A Thu 7:00 p.m. – 9:00 p.m.

Hungry for Change: Food, Ethics and Sustainability

(16 years and older)

Hungry for Change explores the true meaning of the phrase “you are what you eat.” Join this five session, facilitated discussion course that challenges participants to examine their roles, not only as consumers of food, but also as creators - of food, of systems, and of the world we all live in. Each session includes readings, short assignments and accompanying discussion questions that address the impact of individual food choices on a range of issues, including ecosystem health, the treatment of factory and farm workers, and the global economy. Many sessions also include video clips, podcasts and websites to deepen the learning experience. The curriculum helps participants commit to lasting change by developing and sharing personal Action Plans with each session. Participants will provide a separate payment for a book of readings that form the basis of each discussion approximately two weeks prior to the start of class. The course will conclude with a pot luck celebration. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by September 30th and a \$30/\$40 (RA Member/Non-Member) fee is payable only at the Walker Nature Center, located at 11450 Glade Drive, Reston, 20191.

Discussion Course Goals:

- To explore the interconnected nature of food systems and our relationships to them.
- To examine the impact our food choices have on our health, the health of others and the health of our planet.
- To consider the ethical and political implications of our current food system and our personal food choices.

5, 90-minute sessions at Walker Nature Center
\$30/\$40 Payable at Walker Nature Center, Reg. Req.
Blust

October 14-November 11

103045-4A

Mon

7:00 p.m.- 8:30 p.m.

Pressure Canning Demo

(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 Reston Community Center, Reston Association and Sustainable Reston.

1, 2 hour session at RCC Hunters Woods

Free, Registration Req. • Blust

November 21

500212-4A

Thu

7:00 p.m. – 9:00 p.m.

Sustainable Reston Group

(16 years and older)

People are talking about sustainability. But what does the term really mean? What would a sustainable Reston community look like? How could individual actions contribute to the sustainability of the Reston community? Join members of Sustainable Reston for this monthly wide-ranging discussion of community sustainability ideas, concepts and programs. Learn about and discuss community resilience in the face of climate change and resource constraints, local food systems, energy efficiency and local energy, consumerism, simplicity, and many other issues. All ages are invited to these lively discussions.

4, 90-minute sessions at RCC Hunters Woods

Free, Drop-in. • Blust

September 11, October 9, November 13, December 11

Drop-in

Wed

7:30 p.m.- 9:00 p.m.



Farm at Clyde's Willow Creek Farm, Ashburn, VA



Water Bath Canning (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 they will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston.

1, 2 hour session at RCC Hunters Woods
\$8 (R)/\$16 (NR) • Blust
December 3
 500215-4A Tue 7:00 p.m. – 9:00 p.m.

Worm Composting (16 years and older)

Ever thought about composting but just don't have the space? A worm composting bin could be the solution. Worm composting is a type of vermiculture that is a natural method of recycling food waste. It's so simple and odor free that it can be done virtually anywhere: home kitchens, schools or offices. Come see an established bin and make one to take home. Learn how to turn your kitchen scraps into rich organic soil and "compost tea." Participants are encouraged to bring a drill with a 3/16" bit. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by December 5th and a \$35/\$40 (RA Member/ Non-Member) fee is payable only at the Walker Nature Center, located at 11450 Glade Drive, Reston, 20191.

1, 90-minute session at Walker Nature Center
\$35/\$40 Payable at Walker Nature Center, Reg. Req.
Morgan
December 8
 103025-4A Sun 2:00 p.m. – 3:30 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.

16, 2-hour sessions at RCC Hunters Woods
Free, Drop-in. • Staff
September 4-December 18
 Drop-in Wed 6:00 p.m.- 8:00 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. Students will begin speaking French on the very first day of class. Students will learn greetings and useful expressions to use in simple sentences. Students will be able to move from simple vocabulary to complete sentences, while at the same time, learn about the French culture. No prior knowledge of the language is required. Internet access and email are highly encouraged.

8, 90-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Elder
September 12-November 7 (No Class: October 31)
 105135-4A Thu 2:30 p.m.- 4:00 p.m.

French for Beginners II (18 years and older)

This class offers a continued emphasis on the spoken French language and culture. Students will expand their vocabularies and reinforce use of the present tense. Students will learn and practice French expressions with a focus on communication used while traveling, such as language pertaining to airports, markets, and restaurants.

8, 90-minute sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • Elder
September 12-November 7 (No Class: October 31)
 105138-4A Thu 4:15 p.m.- 5:45 p.m.

French for Pre-School

(3-6 years old)

This pre-K curriculum is organized around thematic units designed to facilitate practice of key vocabulary and functional language structure, taught by a native-speaking instructor. The following will be included in the program: songs, games, fun themes and engaging activities; a focus on building foundational vocabulary such as counting, colors and animals in the context of thematic units such as "Fall Colors," "At the Park," and "I, Robot." Instruction involves reinforcement of key words and phrases through rhythmic chanting and clear, simple, consistent language, using focused repetition; immersion in French, supporting comprehension with dramatic gestures, facial expressions, and a variety of simple, bright visuals and manipulatives. 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 register.

6, 60-minute sessions at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Language Stars

September 19-October 24

901257-4A Thu 11:00 a.m.-12:00 p.m.

French for Tots

(1-3 years old)

From birth, the brain is hard-wired to acquire language naturally. In this early development period, learning a second language is as natural as learning to walk. At this level, children are able to build a second language system, while learning English, with no translation necessary. Native speakers of French will help children learn by gradually integrating meaning via purposeful exposure, practice and play. 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 register.

6, 60-minute sessions at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Language Stars

October 30-December 11 (No Class: November 27)

901255-4A Wed 9:00 a.m.-10:00 a.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 session at RCC Hunters Woods

Free, Drop-in. • Gallas

September 27, October 25, November 22

Drop-in Fri 5:00 p.m.- 6:30 p.m.

Mandarin Chinese for Pre-School

(3-6 years old)

This pre-K curriculum is organized around thematic units designed to facilitate practice of key vocabulary and functional language structure and is taught by a native Chinese-speaking instructor. The following will be included in the program: songs, games, fun themes and engaging activities; a focus on building foundational vocabulary such as counting, colors and animals in the context of thematic units such as "Fall Colors," "At the Park," and "I, Robot." Instruction involves reinforcement of key words and phrases through rhythmic chanting and clear, simple, consistent language, using focused repetition; immersion in Mandarin Chinese, supporting comprehension with dramatic gestures, facial expressions, and a variety of simple, bright visuals and manipulatives. 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 register.

6, 60-minute sessions at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Language Stars

September 19-October 24

901256-4A Thu 11:00 a.m.-12:00 p.m.

Mandarin Chinese for Tots

(1-3 years old)

From birth, the brain is hard-wired to acquire language naturally. In this early development period, learning a second language is as natural as learning to walk. At this level, children are able to build a second language system while learning English, with no translation necessary. Native speakers of Mandarin will help children learn by gradually integrating meaning via purposeful exposure, practice and play. 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 register.

6, 13-hour sessions at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Language Stars

October 30-December 11 (No Class: November 27)

901254-4A Wed 9:00 a.m.-10:00 p.m.





Spanish I (18 years and older)

This is a class truly 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
\$60 (R)/\$120 (NR) • Staff

October 8-November 26
 102357-4A Tue 7:00 p.m.- 9:00 p.m.

Spanish II (18 years and older)

Join this class to further your Spanish learning and cultural exposure to the 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. The instructor will provide worksheets and reading materials (authentic newspapers, song lyrics, maps, brochures, supermarket circulars, etc.) These will be used as starting points to further practice communicating and for better understanding of the language structures.

8, 2-hour sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Staff

October 10-December 12
 (No Class: October 31, November 28)
 104007-4A Thu 7:00 p.m.- 9:00 p.m.

Music

Music Friends (Infant-5 years old)

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

8, 45-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Zucker

September 19-November 7

404220-4A	Thu	9:45 a.m.-10:30 a.m.
404220-4B	Thu	10:45 a.m.-11:30 a.m.
404220-4C	Thu	11:45 a.m.-12:30 p.m.

September 20-November 8

404220-4D	Fri	9:45 a.m.-10:30 a.m.
404220-4E	Fri	10:45 a.m.-11:30 a.m.
404220-4F	Fri	11:45 a.m.-12:30 p.m.

Voice I (18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Zaboji

September 7-November 2 (No Class: October 12)
 402479-4A Sat 9:30 a.m.-10:30 a.m.

Voice II (18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Zaboji

September 7-November 2 (No Class: October 12)
 402482-4A Sat 10:30 a.m.-11:30 a.m.

Voice III (18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Zaboji

September 7-November 2 (No Class: October 12)
 402471-4A Sat 11:30 a.m.-12:30 p.m.

Performing Arts

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.

Acting for Adults

(18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Michnewicz

September 10-October 29

402472-4A Tue 7:00 p.m.- 8:30 p.m.

Ballet Basics I

(4-6 years old)

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

8, 60-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Staff

September 10-October 29

402402-4A 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.

8, 60-minute sessions at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Staff

September 11-October 30

402414-4A Wed 4:15 p.m.- 5:15 p.m.

September 14-November 2

402414-4B 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.

8, 30-minute sessions at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Staff

September 10-October 29

402404-4A Tue 3:30 p.m.- 4:00 p.m.

September 14-November 2

402404-4B 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.

8, 45-minute sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Staff

September 10-October 29

402400-4A Tue 4:00 p.m.- 4:45 p.m.

September 14-November 2

402400-4B Sat 9:00 a.m.- 9:45 a.m.

402400-4C Sat 10:15 a.m.-11:00 a.m.

Story Book Ballet

(3-4 years old)

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

8, 45-minute sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Staff

September 11-October 30

402413-4A Wed 3:30 p.m.- 4:15 p.m.

Spotlight on You Workshop (18 years and older)

Maybe you've been telling stories since the day you were born, or maybe you've listened to other storytellers always wishing you could get an audience in the palm of your hand like they do. This class will look at story structure, character development and dialogue, and how to win over an audience so that people fall in love with your storytelling. Participants will leave the class with a story to tell and the skills and confidence to shape other stories and perform them on stage or in other social or professional settings.

4, 2-hour sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Better Said Than Done

October 3-24

402599-4A Thu 7:00 p.m.- 9:00 p.m.

Young Actors Theatre (7-15 years old)

This program is designed to introduce students to the skills and processes necessary to create a performance. Students will perform in an original production on November 9 in the CenterStage at Reston Community Center Hunters Woods. Preparing for the production will require additional technical rehearsals during the week of November 4-8. The class meets on Friday from 4:30 p.m.-6:00 p.m. and Saturday from 9:00 a.m.-Noon. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.

20, 90-minute sessions at RCC Hunters Woods
\$165 (R)/\$330 (NR) • Brutsché

September 6-November 9

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



Social Programs

Apples, Apples, Everywhere (3-5 years old)

Children will enjoy a visit to the Loudoun Heritage Barn where they will place an apple in the apple press and sample pasteurized cider. In addition, story time and apple games will be featured. Parents/caregivers are encouraged to remain for 30 minutes after the conclusion of the program to continue playtime or touring on their own. Meet at the Loudoun Heritage Farm Museum, located at 21668 Heritage Farm Lane in Sterling. For directions, please call 703-421-5322. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 90-minute session at Loudoun Heritage Farm
\$5 (R)/\$10 (NR) • Haneline

September 26

901018-4A Thu 10:00 a.m.-11:30 a.m.

Autumnal Hike (2-5 years old)

Enjoy the magnificent colors of autumn during a short nature hike through Meadowlark Botanical Gardens. Afterwards, participants will create leaf rubbings. Please meet at the main entrance to the Gardens, located at 9750 Meadowlark Gardens Court, Vienna, Virginia (on Beulah Road, between Route 7 and Route 123.) For directions, visit www.meadowlarkgardens.org, or call 703-255-3631. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

October 17

901007-4A Thu 10:00 a.m.-11:00 a.m.

October 22

901007-4B Tue 10:00 a.m.-11:00 a.m.

Back to School Dance (14-18 years old)

Come party at RCC Hunters Woods with Reston Association and Reston Community Center. This dance is for high school students only. A current school ID is required for admission. Do not attend the dance wearing bandanas, scarves, hats, skullies or anything with gang references. If you come to the dance with any of these items, they will be confiscated and returned when the dance has ended.

1, 3-hour session at RCC Hunters Woods
\$6 Payable at the Door • Staff

September 28

Drop-in Sat 6:00 p.m.- 9:00 p.m.

Country Western Dance

(18 years and older)

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

4, 3-hour sessions at RCC Hunters Woods

\$5 (R)/\$10 (NR) • Staff

September 1, October 6, November 3, December 1

Drop-in	Sun	6:30 p.m.- 9:30 p.m.
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Create & Donate Holiday Baskets

(2-5 years old)

Holiday food and gift baskets will be prepared by children and volunteers and then distributed to those in need by social workers at United Christian Parish. Baskets will be assembled at 11508 North Shore Drive, in Reston. For directions, please call Robyn Kampf at 703-447-2361. Children are encouraged to bring a can of food or box of cereal to donate toward the baskets. Examples of appreciated items are: canned tuna, peanut butter, jelly, pasta, rice, soup. Parents/caregivers must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 30-minute session at United Christian Parish

Free, Registration Req. • Haneline

November 19

901071-4A	Tue	10:00 a.m.-10:30 a.m.
901071-4B	Tue	10:30 a.m.-11:00 a.m.

Creative Zone

(3-4 years old)

This creative and stimulating program will provide hands-on activities with a specific theme each week for participants. Planned activities may include: sing along stories; bubble activities; science; sports; and the concept of numbering. In order to ensure a successful program, it is essential that all parents/caregivers fully participate in all of the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 90-minute sessions at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Gollop-Pagani

October 4-November 8

901013-4A	Fri	10:00 a.m.-11:30 a.m.
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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 8 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.

15, 3-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

September 5-December 19 (No Class: November 28)

Drop-in	Thu	6:30 p.m.- 9:30 p.m.
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Game Day

(13-18 years old)

Join us on the third Saturday of every month as we play board games and video games on the Nintendo Wii and Xbox 360 systems. Refreshments provided. Middle and High School Students only. This program will be held at Southgate Community Center, located at 12125 Pinecrest Road, Reston, 20191. For directions please call 703-860-0676.

4, 3-hour sessions at Southgate Community Center

Free, Drop-in • Staff

September 7, October 5, November 2, December 7

Drop-in	Sat	6:00 p.m.- 9:00 p.m.
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Ho, Ho, Ho!

(Infant-6 years old)

In our annual tradition, Santa will be returning to RCC. Put on your best outfit, and participate in a morning of crafts, cookie decorating, and stories. Parents are encouraged to bring a camera for a photo opportunity with Santa. Parents/caregivers must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Participating children must be registered, including accompanying parents/caregivers.

1, 60-minute session at RCC Hunters Woods

\$5 (R)/\$10 (NR) • Staff

December 10

902015-4A	Tue	10:00 a.m.-11:00 a.m.
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Holiday Breakfast with Frosty

(all ages)

Enjoy a lovely family breakfast with Frosty the Snowman to kick off the holidays. Breakfast fare will include hot and cold entrees as well as vegetarian options. Bring a camera for photo opportunities with Frosty. Parents/guardians over the age of 18 must accompany children. All participants must register, including accompanying parents/caregivers.

1, 90-minute session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Staff

December 14

901111-4A Sat 9:00 a.m.-10:30 a.m.

Holiday Fun with Seniors

(2-5 years old)

Meet at INOVA Cameron Glen Care Center, 1800 Cameron Glen Drive in Reston, for a fun filled morning joining senior residents in singing carols and creating a special holiday craft. For directions, please call 703-834-5800. Due to limited facility space, no strollers please. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Cameron Glen Care Center
Free, Registration Req. • Haneline

December 19

901074-4A Thu 10:30 a.m.-11:30 a.m.

Kids' Day Out Bash

(3-9 years old)

Children are invited to enjoy a full afternoon at RCC while their parents shop for holiday gifts or just enjoy some time to themselves. Participants will have fun swimming, enjoying arts and crafts, movies, and cookie decorating. Refreshments will be served. Please bring a swimsuit, towel, goggles, and a plastic bag to carry wet items. Please note: participants must be toilet trained. Registration deadline is one week prior to the event, December 9.

1, 4-hour session at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Ali

December 14

902933-4A Sat 1:00 p.m.- 5:00 p.m.

Kids' Night Out I

(3-5 years old)

Parents can treat themselves to an evening of fun or relaxation while their children participate in supervised activities, such as 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

October 18

902930-4C Fri 6:30 p.m.-10:00 p.m.

November 15

902930-4D Fri 6:30 p.m.-10:00 p.m.

Kids' Night Out II

(6-9 years old)

This program is designed for older children to play games, enjoy arts and crafts, dance, play sports, and watch movies while parents relish their own free time. All activities will be supervised during the evening, and children will be provided with cheese pizza for dinner, as well as snacks and drinks to enjoy afterwards. Please wear comfortable clothing. 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

September 13

902935-4B Fri 6:30 p.m.-10:00 p.m.

October 4

902935-4C Fri 6:30 p.m.-10:00 p.m.

November 1

902935-4D Fri 6:30 p.m.-10:00 p.m.

Little Bits

(2 years old)

Enjoy precious moments in this class for two year olds accompanied by a parent. This program encourages bonding through enriching activities. Activities include development of motor skills (marching, dancing, parachute games), arts and crafts, and music with parent and child interaction. In order to ensure a successful program, it is essential that parents/caregivers fully participate in all of the activities. This program is not appropriate for children younger or older than the advertised age. Participating children must be registered.

6, 60-minute sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • Gollop-Pagani

October 8-November 19 (No Class: November 5)

902349-4A Tue 10:30 a.m.-11:30 a.m.

October 9-November 20 (No Class: November 6)

902349-4B Wed 10:30 a.m.-11:30 a.m.

Pondering Pumpkins (3-5 years old)

Meet at the Loudoun County Heritage Farm Museum, located at 21668 Heritage Farm Lane in Sterling, VA. For directions, call 703-421-5322. Participants will learn interesting facts about pumpkins, hear a story, sample a taste of pumpkin, play games, and sit on hay bales in the lovely autumn weather. Each child will receive a small pumpkin to take home. Parents/caregivers are encouraged to remain for 30 minutes after the conclusion of the program for playtime and a tour on their own. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

1, 90-minute session at Loudoun Heritage Farm
\$5 (R)/\$10 (NR) • Haneline

October 24		
901114-4A	Thu	10:00 a.m.-11:30 a.m.
October 29		
901114-4B	Tue	10:00 a.m.-11:30 a.m.

Pancake Lunch Celebrating Gustafer Yellowgold

(2 -12 years old)

Join us for a pancake lunch where everyone can top his/her own pancakes with a variety of fruits, syrups, sprinkles, whipped cream, and more. Lunch will be served prior to the CenterStage performance of Gustafer Yellowgold, a friendly creature who came to Earth from the Sun and is living out an explorer's life in a slightly psychedelic version of the Minnesota woods. Parent/caregiver also must accompany children for the lunch and performance. Performance tickets are sold separately. Visit page 27, or contact the CenterStage Box Office via phone, online, or in-person. This program is not appropriate for children younger or older than the advertised age. All participating children must register.

1, 90-minute session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Staff

November 23		
901253-4A	Sat	1:30 p.m.- 3:00 p.m.



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. The club will choose the book of the month. If you are new to the group, please email RCCSinglesMingle@fairfaxcounty.gov to find out the book selection. 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.

4, 90-minute sessions at La Madeleine

Free, Drop-in • Carter

September 29, October 27, November 24, December 29		
Drop-in	Sun	4:00 p.m.- 5:30 p.m.

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.

18, 90-minute sessions at RCC Hunters Woods

Free, Drop-in • Ali

October 8-December 12

(No Class: November 7, 28, December 5)

Drop-in	Tues, Thu	9:30 a.m.-11:00 a.m.
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Visit to Colvin Run Mill

(3-5 years old)

Meet at Colvin Run Mill (10017 Colvin Run Road, Great Falls, VA) to enjoy a puppet program, hear a story, observe the water mill, view the spectacular fall colors, and participate in additional activities. For directions, please call 703-759-2111. 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.

1, 60-minute session at Colvin Run Mill

\$5 (R)/\$10 (NR) • Haneline

September 12

901031-4A	Thu	10:00 a.m.-11:00 a.m.
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Parents Time Out

(4-9 years old)

This program is designed for parents who would like to enjoy a little “time out” for a nice date night (or a date afternoon) to attend a great performance at RCC’s CenterStage. Children will be happily engaged with games, videos, and simple crafts while under the supervision of RCC staff. They should wear comfortable clothing and shoes, suitable for play. Registration deadline is one week prior to the event. Space is limited. Fee includes snacks and drinks for participating children. Please purchase performance tickets by visiting the CenterStage box office via phone, online or in person. Detailed descriptions of the CenterStage performances are provided on the pages indicated. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 3-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Ali**

September 15

Left Bank Quartet (pg. 23)

901197-4A Sun 2:30 p.m.- 5:30 p.m.

September 20

Red Molly with We’re About 9 (pg. 24)

901197-4B Fri 7:30 p.m.-10:30 p.m.

November 16

The Rite of Spring (pg. 26)

901197-4C Sat 7:30 p.m.-10:30 p.m.

December 21

Reduced Shakespeare Company (pg. 28)

901197-4D Sat 7:30 p.m.-10:30 p.m.



Sunday, September 15
Left Bank Quartet



Friday, September 20
*Red Molly with
We’re About 9*



Saturday, November 16
Rite of Spring



Saturday, December 21
*Reduced Shakespeare
Company*

Sunday Afternoon Dances

(18 years and older)

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.

**4, 2-hour sessions at RCC Hunters Woods
\$5 (R)/\$10 (NR) payable at the door**

September 8, October 13, November 10, December 8

Drop-in Sun 2:30 p.m.-4:30 p.m.

Xbox 360 Madden Tournament

(12-18 years old)

Challenge your friends on Madden 2014 for bragging rights. That’s right, 32 people will play Xbox 360 and vie for the opportunity to be named “Madden King” and walk away with a grand prize. Pre-registration is required prior to the tournament start, which will begin promptly at 6 p.m. Game rules will be explained and distributed prior to the start of the tournament. Judges will be monitoring the event to ensure fair play and players will be disqualified if rules are not followed during the tournament. For middle and high school students only.

**1, 3-hour session at Southgate Community Center
\$10 (R)/\$20 (NR) • Staff**

September 7

894576-4A Sat 6:00 p.m.- 9:00 p.m.

Trips & Tours

General Information for Adult & Family 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 under 18 years of age must be accompanied by an adult.

Departure and Arrival: We ask that participants arrive and check in 30 minutes before the stated departure times. Unless otherwise noted, departures occur from Reston Community Center at 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).

HBCU Tour

(14-18 years old)

Learn the history of some of the first Historically Black Colleges and Universities (HBCUs.) Join us as we visit Virginia State University and Norfolk State University. Students will receive a campus tour and all the information needed to help make a decision on where to attend college. Fee includes roundtrip transportation on a charter bus, lunch and guided college tours. For high school students only.

1, 14-hour session at RCC Hunters Woods
\$85 (R)/\$170 (NR) • Staff

September 21

803120-4A Sat 7:00 a.m. - 9:00 p.m.

White Water Rafting

(18 years and older)

Thrill seekers will explore the rapids on this seven mile stretch of the Shenandoah and Potomac Rivers near Harpers Ferry, West Virginia. The trip begins with an orientation to rafting and learning basic paddle strokes, maneuvering techniques, and river safety skills on a short flat water section of the river. Then skilled guides will provide patrons with an exciting rapids journey and outdoor adventure. This trip will include the raft, a guide in each raft, Personal Flotation Device, helmet, paddle, beverage during the trip and shuttle to and from the river. Patrons are advised to dress appropriately for wet water activity. Patrons can either pack their lunch or purchase items at the snack shack.

1, 6-hour session
\$110 (R)/\$220 (NR) • Staff

September 21

102581-4A Sat 10:00 a.m.- 4:00 p.m.

Japanese Restaurant Trip

(18 years and older)

Patrons will be delighted to travel to Sushi Yoshi to enjoy an authentic Japanese meal known as "kaiseki." Sushi Yoshi is opening its doors to the RCC group for a private "kaiseki" meal where the intricacies will be explained and given cultural context. Kaiseki is a multi-course, traditional Japanese dinner that balances the taste, texture, appearance, and colors of the food. The menu and ingredients are chosen at the sole discretion of the chef shortly before the meal. This authentic meal is considered by many to be an artistic experience and is not the normal meal that customers will find at any Japanese restaurant. Patrons will meet at Sushi Yoshi located at 101 Church St NW #3, Vienna, VA 22180, 703-242-1350.

1, 2-hour session at Sushi Yoshi
\$55 (R)/\$110 (NR) • Shintani

October 6

102262-4A Sun 1:00 p.m.- 3:00 p.m.



Fear Fest at Kings Dominion (13-18 years old)

Travel to Paramount's Kings Dominion for a day and night of rides and thrills. The park will be transformed into a haunted theme park with lots of scary and hair raising fun. Teen participants will be chaperoned by RCC staff. Fee includes transportation and admission only; participants are responsible for their own meals.

1, 15-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Staff

October 12

808889-4A

Sat

8:00 a.m.-11:00 p.m.

Halloween Tour of Eastern State Penitentiary (12 years and older)

Back by popular, demented demand, is a visit to the historic Eastern State Penitentiary near Philadelphia. Visitors will enjoy an afternoon and evening filled with the history of the prison, as well as chills and thrills as they explore cells, hallways, mysterious rooms, and perhaps see (or imagine that they see) ghosts. A guided tour featuring the history of Eastern State will occur in the afternoon, followed by a Halloween-themed dinner at a nearby restaurant featuring entrees such as "Cereal Killer" or "The Lamb Shank Redemption." After dinner, prepare for a return visit to the "pen" where participants will experience a terrifying tour through the "haunted" portion of the prison.

Emergency Contact Forms will be mailed to patrons approximately two weeks prior to the event. Please note that the restaurant has stairs and may be difficult to navigate for some individuals. This tour is not for the faint of heart. Due to the use of strobe lights, those with pacemakers may wish to forego the evening tour. Fee includes historic afternoon tour, dinner, evening haunted experience, admission, and transportation. This program is not appropriate for children under the advertised age range. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants, including parent/guardian must register.

10:30 a.m. - Check in at RCC Hunters Woods

Midnight - Estimated return to Reston

1, 13.5-hour session at RCC Hunters Woods

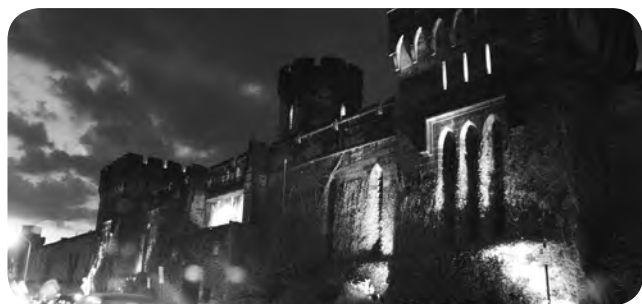
\$75 (R)/\$150 (NR) • Staff

October 26

901148-4A

Sat

10:30 a.m.-Midnight



JMU College Tour

(14-18 years old)

Spend the day touring the beautiful campus of James Madison University. Students will get the opportunity to speak with representatives from the office of admissions, multi-cultural center as well as other JMU students. This trip will be the perfect opportunity to begin your search for the perfect college. High School students only.

1, 11-hour session at RCC Hunters Woods

\$15 (R)/\$30 (NR) • Staff

November 4

808882-4A

Mon

7:00 a.m.- 6:00 p.m.

Paintball

(13-18 years old)

Head out with Reston Community Center for a full day of fun and action. Participants must bring a packed lunch. Fee includes transportation, all paintball rental equipment and paint pellets, and trip coordinators.

10:00 a.m. Check In at RCC Hunters Woods

5:00 p.m. Estimated return to Reston

1, 7-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Pev's Paintball

November 16

833115-4A

Sat

10:00 a.m.- 5:00 p.m.

New York City and Radio City Music Hall (6 years and older)

Spend a magical day in New York. Participants will arrive in New York City on Saturday to enjoy the 1:00 p.m. Christmas Spectacular performance at Radio City Music Hall. Afterwards, there will be plenty of free time to shop and sightsee, before departing for the return trip to Reston. Fee includes motor coach transportation, tickets to the Radio City Music Hall Christmas Spectacular, and a trip coordinator. The trip is not appropriate for children under the advertised age range. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register.

1, 18.5-hour session at RCC Hunters Woods
\$150 (R)/\$300 (NR) • Staff

November 23

104015-4A Sat 7:00 a.m.-Midnight

Christmas Town (4 years and older)

Join us this holiday season as Busch Gardens will be transformed into a holiday wonderland called Christmas Town. The park comes alive with seasonal attractions that will surely get you into the holiday mood. Guests will stroll under a canopy of more than a million twinkling lights. There will be carolers and Christmas shows. You may even run into the man himself if you choose to visit Santa's Workshop. The complete Williamsburg holiday experience includes seeing the park's 45-foot Christmas tree with computerized lights that dance and change color along with the sights, sounds, and scents that will surely fill you with holiday cheer. Fee includes transportation, admission to the park, meal ticket, and trip coordinator. Children under the age of 18 must be accompanied by an adult/guardian 21 years or older. All participants must register.

1, 10-hour session at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Staff

December 7

105143-4A Sat 12:00 p.m.-10:00 p.m.



The Polar Express (5 years and older)

The Polar Express train rides are based on the holiday feature film from Warner Bros., and the beloved children's book by Chris Van Allsburg, about a doubting young boy who takes an extraordinary train ride to the North Pole on Christmas Eve. All will relive the magic of the story and experience the sounds from the motion picture soundtrack. Young passengers may dress in their pajamas for the journey as this nighttime train whisks families away for an unforgettable ride to the North Pole from the train depot in Elkins, WV. During the trip, the conductor will punch tickets as dancing chefs serve hot chocolate, followed by a reading of Van Allsburg's classic. At the North Pole, Santa will board the train, greet the children, and offer a gift for those who truly believe - a silver sleigh bell. Dinner will be provided prior to the train ride at the Rail Yard Restaurant, adjacent to the Elkins Depot. Parent/guardian must fully participate in the activities. This program is not appropriate for children younger than the advertised age range. All children under the age of 18 must be accompanied by an adult over the age of 21. Children and adults must register.

11:30 a.m. Check-in at RCC Hunters Woods

Midnight Estimated return to Reston

1, 12.5-hour session • Staff
\$75 (R)/\$150 (NR)

December 7

901196-4A Sat 11:30 a.m. -Midnight

Visual Arts

art.smart.kids Art Explorers

(3-5 year olds)

Developed for preschool and kindergarten children, this process oriented art class includes a brief history of an artist, movement, or artistic medium that is explored through story time, creative play, or other visual aids. Each week Art Explorers create their own masterpieces, inspired by the artists they learn about. Key art elements and principles such as texture, color, balance, pattern and movement are explored through a variety of media.

8, 60-minute sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • art.smart.kids

September 10-October 29

402540-4A Tue 10:00 a.m.-11:00 a.m.

Abstract Painting

(18 years and older)

Learn the basics of abstract painting from historical points of view ranging from the French Impressionists to the American Abstract painters of the fifties. You will walk away with a better understanding of abstract painting by doing fun and easy projects. The class is geared for the beginner, but all levels of experience are welcome. A supply list will be provided prior to the first class.

10, 3-hour sessions at RCC Lake Anne

\$80 (R)/\$160 (NR) • Lopes

September 10-November 12

402458-4A Tue 7:00 p.m.-10:00 p.m.

Beginning and Intermediate Watercolor

(18 years and older)

This beginning/intermediate class will focus on expressive watercolors with energy. Loosen up and learn to love spontaneous watercolor techniques, achieve sparkling clear colors and learn to paint wet-in-wet and yield wonderful results. Instructor will demonstrate techniques and coach students individually. A supply list will be provided prior to first class.

8, 2.5-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lashley

September 11-October 30

402532-4A Wed 10:00 a.m.-12:30 p.m.

Chinese Brush Painting

(18 years and older)

Artists as well as potters will learn the art of Chinese Brush Painting from Tracie Griffith-Tso, an award-winning artist who has practiced this ancient art form since the age of twelve. Students of all skill levels will be taught the fundamental brushstrokes and will learn to use traditional materials to experience the art of the Far East. Fundamentals learned can be used in paintings and ceramic decorations.

8, 2.5-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Griffith-Tso

September 12-October 31

402512-4A Thu 10:00 a.m.-12:30 p.m.

Collage and Assemblage

(18 years and older)

Create a variety of collage and assemblage projects. Each is designed to be completed in one to two class sessions. Using traditional materials, an assortment of found objects, wire and metal pieces, participants will create projects that will range from collage, to transforming board books and greeting cards into art journals, and much more.

8, 3-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Ross

September 9-November 4 (No Class: October 14)

402592-4A Mon 10:00 a.m.- 1:00 p.m.

Crayon Batik Sampler

(18 years and older)

By using crayons like never before, this non-traditional batik method offers brilliant colors and a direct and spontaneous approach. Create a two dimensional image by painting with melted crayons on unbleached muslin. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Danenberger

November 18-December 9

402455-4A Mon 1:00 p.m.- 4:00 p.m.

Creative Capers

(6-9 years old)

Creativity sizzles with this fascinating and fun immersion into the world of art by exploring different visual art forms such as clay, drawing, and much more.

8, 60-minute sessions at RCC Lake Anne

\$50 (R)/\$100 (NR) • Nagy

September 9-November 4 (No Class: October 14)

402430-4A Mon 4:30 p.m.- 5:30 p.m.

Creating Collage

(18 years and older)

Participants will develop personal interpretation and applications of collage techniques through exploration of collage history, concepts and applications. The instructional emphasis will be on composition, color, pattern, movement and texture to create powerful images.

8, 3-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lebow

September 11-October 30

402594-4A Wed 1:30 p.m.- 4:30 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. The artist or topic for the lesson is listed with the date.

November 20: Georgia O'Keeffe

December 11: Romare Bearden

1, 90-minute session at RCC Lake Anne

\$20 (R)/\$40 (NR) • Greater Reston Arts Center

November 20

402597-4A Wed 10:00 a.m.-11:30 a.m.

December 11

402597-4B Wed 10:00 a.m.-11:30 a.m.

GRACE Art for Homeschoolers

(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. The artist or topic for the lesson is listed with the date. All sessions are held at Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston, VA 20190.

October 17: Alexander Calder

November 14: Georgia O'Keeffe

December 5: Romare Bearden

1, 60-minute session at Greater Reston Arts Center

\$20 (R)/\$40 (NR) • Greater Reston Arts Center

October 17

402598-4A Mon 10:00 a.m.-11:00 a.m.

November 14

402598-4B Mon 10:00 a.m.-11:00 a.m.

December 5

402598-4C Mon 10:00 a.m.-11:00 a.m.



Hand Building

(16 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. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$95 (R)/\$190 (NR) • Sport-Stewart

September 11-October 30

402464-4B Wed 7:00 p.m.- 9:30 p.m.

Monday Super Studio

(7-12 years old)

These hands-on art workshops taught by a professional artist are influenced by exhibitions in the Greater Reston Arts Center gallery. In each session children will cultivate their creativity and curiosity and will create art using a variety of materials. All sessions are held at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston, VA 20190.

4, 60-minute sessions at Greater Reston Arts Center

\$50 (R)/\$100 (NR) • Greater Reston Arts Center

September 16-October 7

402535-4A Mon 3:30 p.m.- 4:30 p.m.

November 18-December 9

402535-4B Mon 3:30 p.m.- 4:30 p.m.

Oil Pastel Studio

(16 years and older)

Participants of all skill levels will enjoy this exploration of oil pastels in a studio workshop setting. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lopes

September 9-November 4 (No Class: October 14)

402424-4A Mon 7:30 p.m.- 9:30 p.m.

Open Ceramics Studio

(16 years and older)

The public is invited to use RCC's Ceramic Studio. Reservations are not required. The RCC Ceramics Studio will be closed for repair and maintenance from August 24-September 7; re-opening September 11. 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 additionally scheduled studio times or closures. Studio fee includes firing and glazes.

Clay cost is \$15-\$20 for 25 lbs.

RCC Lake Anne \$15 (R)/\$30 (NR) 4-Hour Pass

\$35 (R)/\$70 (NR) 12-Hour Pass

September 1-December 31

(No Studio: August 24-September 7; re-opening September 11)

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

(16 years and older)

Explore the creative potential of using oil or acrylic paint. This class is designed for all skill levels in a studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Coulter-Blehert

September 11-October 30

402483-4C 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.

8, 2-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lopes

September 12-October 31

402411-4B Thu 7:30 p.m.- 9:30 p.m.

Portrait Painting from Photographs

(18 years and older)

Participants will gain skills needed to paint a portrait from a favorite photo. Instruction will cover color mixing, composition, and techniques unique to portrait painting.

8, 3-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Danenberger

September 10-October 29

402593-4A Tue 1:00 p.m.- 4:00 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. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$95 (R)/\$190 (NR) • Zoller

September 9-November 4 (No Class: October 14)

402500-4C Mon 10:00 a.m.-12:30 p.m.

September 10-October 29

402500-4D Tue 7:00 p.m.- 9:30 p.m.

TGIF: Free Fridays

(all ages)

Thank GRACE, it's Friday! Greater Reston Arts Center opens its doors after hours 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 20190.

1, 2-hour session at Greater Reston Arts Center

Free, Registration Req. • Greater Reston Arts Center

October 4

402549-4A Fri 5:00 p.m.- 7:00 p.m.

November 1

402549-4B Fri 5:00 p.m.- 7:00 p.m.

December 6

402549-4C Fri 5:00 p.m.- 7:00 p.m.

Watercolor Studio

(18 years and older)

Whether you are a beginner or a more experienced painter, join instructor Arnold Lopes for this watercolor studio and explore your own creativity by working on individual projects and contributing to group discussions.

8, 2-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lopes

September 13-November 1

402441-4A Fri 7:30 p.m.- 9:30 p.m.

Wheel I

(16 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. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$95 (R)/\$190 (NR) • Zoller/Saltzman

September 12-October 31 • Zoller

402462-4C Thu 10:00 a.m.-12:30 p.m.

September 12-October 31 • Saltzman

402462-4D Thu 7:00 p.m.- 9:30 p.m.

Wheel II

(16 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. A supply list will be provided prior to the first class

8, 2.5-hour sessions at RCC Lake Anne

\$95 (R)/\$190 (NR) • Alexander

September 9-November 4 (No Class: October 14)

404210-4C Mon 7:00 p.m.- 9:30 p.m.

September 13-November 1

404210-4D Fri 10:00 a.m.-12:30 p.m.

Wheel III

(16 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.

8, 2.5-hour sessions at RCC Lake Anne

\$95 (R)/\$190 (NR) • Cordyack

September 10-October 29

402463-4C Tue 10:00 a.m.-12:30 p.m.

402463-4D Tue 7:00 p.m.- 9:30 p.m.

Woodworking

Pinewood Derby Woodshop Tours

(7-14 years old)

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

1, 2-hour session at RCC Hunters Woods

\$50 (R)/\$100 (NR) • Church

December 9

901003-4A Mon 6:00 p.m.- 8:00 p.m.

December 13

901003-4B Fri 6:00 p.m.- 8:00 p.m.

December 16

901003-4C Mon 5:30 p.m.- 7:30 p.m.

901003-4D Mon 7:30 p.m.- 9:30 p.m.

December 18

901003-4E Wed 5:30 p.m.- 7:30 p.m.

901003-4F Wed 7:30 p.m.- 9:30 p.m.

December 20

901003-4G Fri 6:00 p.m.- 8:00 p.m.

Open Woodshop

(18 years and older)

Members of the public are invited to use RCC’s Woodshop during weekly open shop hours on Tuesday, Friday, and Saturday. The shop includes a variety of table saws, sanding machines, drill presses, routers, a jointer, a planner, 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.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) Tue

\$10 (R)/\$20 (NR) Fri

\$12 (R)/\$24 (NR) Sat

September 3-December 17

Drop-in Tue 6:00 p.m.-10:00 p.m.

September 6 – December 30

Drop-in Fri 9:00 a.m. – 3:00 p.m.

September 7-December 21

Drop-in Sat 9:00 a.m.- 5:00 p.m.

VISUAL ARTS

WOODWORKING

Master Craftsman Woodworking Series

(18 years and older)

Reston Community Center and the Washington Woodworkers Guild have partnered to bring the nationally known author and furniture maker, Mario Rodriguez, to Reston to lead both a seminar and a two day, hands-on workshop. Register to attend the free lecture on Friday evening, when Mr. Rodriguez will discuss the design and construction of a lap desk designed by Thomas Jefferson. Mr. Rodriguez is an instructor at the Philadelphia Furniture Workshop, which offers a master class series course on the construction of this desk. To learn more about the Philadelphia Furniture Workshop, visit www.philadelphiafurnitureworkshop.com. To further explore and participate in the design and construction of an essential component of this piece, register through RCC to attend the two day drawer-building workshop on Saturday and Sunday.

Construction of the Thomas Jefferson Lap Desk

(18 years and older)

During this presentation, Mario Rodriguez will discuss the construction of the lap desk designed by Thomas Jefferson and used in his writing of the Declaration of Independence. The construction details will be illustrated with photos and a reproduction of the desk made by Mr. Rodriguez. The presentation will highlight many of the unique characteristics and challenges of the piece, and will emphasize the delicate drawer components, which will be the focus of the two-day workshop on Saturday and Sunday.

1, 2-hour session at RCC Hunters Woods

Free, Registration Req. • Rodriguez

October 25

103055-4A Fri 7:00 p.m.- 9:00 p.m.

Designing, Making, and Fitting a Fine Drawer Workshop

(18 years and older)

Drawer components tend to be an afterthought in most furniture construction, but a well-designed, well-fit drawer can be what separates a merely good piece from a great piece. Mario Rodriguez will teach the essential components of building a fine drawer, including wood selection; rough milling the boards for the best balance of appearance, strength, stability, and weight; milling to final dimensions to ensure a perfect drawer fit; laying out and cutting precise and perfect hand cut dovetails; fitting the hardwood bottoms, with slips to beef up the thickness of the sides or with traditional grooves cut in the drawer sides; precisely fitting the drawer web with a dust cover; and the installation and sizing of drawer stops. The workshop will cater to beginner level students but will also provide more advanced instruction to seasoned woodworkers who are looking to take drawer building to the next level. Mr. Rodriguez will provide a tool and materials list, along with a drawing for a simple two opening cabinet that students will build before the workshop. During the workshop, students will build two complete drawers: a light duty upper drawer and a slightly heavier lower one. Each will employ a slightly different design and construction method and will be fitted differently. This workshop is an opportunity to learn from one of the country's most respected furniture makers and will teach invaluable skills that extend far beyond the class focus. Participants must register through RCC but the \$200 payment is due to the Washington Woodworkers Guild at least two weeks prior to the workshop. Registered participants will be contacted and provided with payment details including the required method, due date, and a mailing address. The class is limited to 15 participants, so register soon.

2, 8-hour sessions at RCC Hunters Woods

\$200 payable to Washington Woodworkers Guild, Registration Req. • Rodriguez

October 26-27

103056-4A Sat, Sun 9:00 a.m.- 5:00 p.m.

Machine Tools

(18 years and older)

Through building a simple project in this introductory course, students learn the proper use of many of the more common power tools available in the RCC woodshop. Safety is a primary concern and is covered in detail for each tool. Students can then apply the skills learned in this course to build a project of their choosing during the RCC "Open Shop" hours. Three free admissions to the "Open Shop" hours are included in the class registration fee. Students must provide their own safety equipment for the course.

Supply Fee: \$40, Class Fee: \$70 (R) / \$140 (NR)

5, 3-hour sessions at RCC Hunters Woods

\$110 (R)/\$180 (NR) • Church

October 17-November 14

105561-4A Thu 9:30 a.m.-12:30 p.m.

Woodshop 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 safety equipment 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

September 9-November 4 (No Class: October 14)

102379-4A Mon 9:30 a.m.-12:30 p.m.

October 17-December 19

(No Class: October 31, November 28)

102379-4B Thu 6:30 p.m.- 9:30 p.m.

Woodshop 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. Three free admissions to the "Open Shop" hours are included in the class registration fee. Students must provide their own safety equipment for the course.

Supply Fee: \$20, Class Fee: \$70 (R) / \$140 (NR)

5, 3-hour sessions at RCC Hunters Woods

\$90 (R)/\$160 (NR) • Ingram

November 8-December 6

102381-4A Fri 6:30 p.m.- 9:30 p.m.

Woodshop - Joinery

(18 years and older)

Learn how to make the most commonly used joints in woodworking using both hand and machine tool techniques. The course will cover the Rabbet, Dado, Lap, Mortise and Tenon and Dovetail joints. Layout, wood orientation and wood movement considerations, along with the appropriate techniques, will be covered with ample opportunity to practice each joint.

Supply Fee: \$32

Class Fee: \$140 (R) / \$280 (NR)

10, 3-hour sessions at RCC Hunters Woods

\$172 (R)/\$312 (NR) • Church

September 9-November 18 (No Class: October 14)

105511-4A Mon 6:30 p.m.- 9:30 p.m.



Women's Introduction to Wood Crafts

(18 years and older)

Come and join other women in this fun class. Make and take a project home after each class. No woodworking skills required.

Supply Fee: \$48

Class Fee: \$70 (R) / \$140 (NR)

5, 3-hour sessions at RCC Hunters Woods

\$118 (R)/\$188 (NR) • Church

September 5-October 3

102258-4A Thu 6:30 p.m.- 9:30 p.m.

Woodshop Sharpening

(18 years and older)

During the course, we will cover sharpening concepts and learn how to sharpen and safely use various bladed hand tools in a shop, including hand planes, chisels, spoke shaves, card scrapers, marking knives and handsaws. We will cover multiple common techniques and sharpening accessories utilized in the process. During the course, several useful shop aids will be covered and constructed for your personal use. Students may provide their own tools for using in the course.

Supply Fee: \$35

Class Fee: \$70 (R) / \$140 (NR)

5, 3-hour sessions at RCC Hunters Woods

\$105 (R)/\$175 (NR) • Ingram

September 27-October 25

105455-4A Fri 6:30 p.m.- 9:30 p.m.

Woodworking with Sketch-Up

(18 years and older)

Google Sketch-Up (now Trimble Sketch-Up) is fast becoming a favorite tool among woodworkers for visualizing and designing their projects. This class will begin with the installation, setup and overview of basic Sketch-Up concepts and techniques. From there, we will take Sketch-Up to the woodshop to show how to apply these skills to our woodworking projects. Students must have basic computer skills, a laptop computer (PC or Mac) and a 3-button mouse.

Students must have basic computer skills, a laptop computer (PC or Mac) and a 3-button mouse.

5, 3-hour sessions at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Harrington

October 3-November 7 (No Class: October 31)

104130-4B Thu 6:30 p.m.- 9:30 p.m.

Community Events

Reston for a Lifetime

(All Ages)

Reston for a Lifetime is a group of concerned citizens and organizations seeking to understand the needs and perceptions of Restonians and help create solutions toward making Reston a great place for people of all ages and abilities. Specific areas of interest include: Neighbors Helping Neighbors, Identifying Trusted and Reliable Vendors, Transportation and Getting Around, Housing and Universal Design, and Safe Neighborhoods. For more information on the initiative and the upcoming meeting schedule, please email aginginreston@gmail.com or call 703-672-1116.

**3, 2-hour sessions at RCC Hunters Woods
Free, Drop-in. • Staff**

September 11, October 9, November 13

Drop-in

Wed

2:00 p.m.- 4:00 p.m.



Computer

The 55+ Computer classes at RCC are designed to work in sequence, building on skills learned at lower levels leading up to the highest level. For best results, students are encouraged to take the necessary prerequisites first. Focus workshops generally do not require prerequisites and are quick, one day tutorials to assist students in maintaining their skill levels.

Beginning Level (no prerequisites)

- Working in Windows (3 sessions)
- MS Word I (2 sessions)
- Intermediate Level (Prerequisite: Working in Windows or MS Word I)
- Computer Maintenance and Housekeeping (2 sessions)
- Searching the Internet (3 sessions)
- MS Word II (2 sessions). Prerequisite: MS Word I
- MS Excel I (3 sessions). Prerequisite: MS Word II

Do More Online

(55 years and older)

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

**1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Livingston**

October 16

500220-4A

Wed

10:00 a.m.-12:30 p.m.

December 13

500220-4B

Wed

10:00 a.m.-12:30 p.m.

55+ COMMUNITY
EVENTS

55+
COMPUTER

How to Buy a Personal Computer (55 years and older)

Thinking about buying a new PC or Mac? Participants will learn whether it's better to upgrade an existing computer, buy a new or refurbished computer, or whether an Apple Mac would be a better choice than a personal computer (PC.) Discover which features are important, which operating system to select, the resources a tech savvy buyer uses, the best place to shop for a computer (at a local store or on the web,) and whether warranties are necessary.

**1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Livingston**

September 13

500221-4A Fri

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

November 20

500221-4B Wed

10:00 a.m.-12:30 p.m.

MS Word I (55 years and older)

This class is an introduction to word processing using Microsoft Word. Students will learn how to create and print letters. This class will cover selecting, copying, moving, and formatting text. Pre-typed exercises allow students to focus on learning the program, rather than typing, although familiarity with the keyboard is desirable. Prerequisite: Basic Computer Skills, Working in Windows, or equivalent computer experience.

**2, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston**

October 17-18

505502-4A Thu, Fri

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



MS Word II (55 years and older)

This class continues exploring the many features of Microsoft Word. Students will learn more page formatting concepts and how to use tables, which is one of MS Word's most versatile functions. Students will also learn how to create and customize lists using bullets and numbers, as well as how to use text boxes and insert pictures. Prerequisite: MS Word I

**2, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston**

October 24-25

505503-4A Thu, Fri

10:00 a.m.-12:30 p.m.

MS Excel I (55 years and older)

This class is a basic introduction to Excel, a popular computer program that allows you to create and edit spreadsheets, which are used to store information in columns and rows that can then be organized and/or processed. Spreadsheets are designed to work well with numbers but often include text. Prerequisite: MS Word II

**3, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston**

November 13-15

505512-4A Wed, Thu, Fri

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

Savvy Online Shopping

(55 years and older)

Shopping online can be easy and safe if shoppers follow a few guidelines. Topics include:

- Benefits of shopping online
- Searching for and comparing products
- Safe and secure purchasing
- Keeping your information private
- Methods of payment

Students will practice searching for and comparing products, filling out forms, and identifying security features.

**1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • O'Connell**

October 10

500207-4A Thu

2:00 p.m.- 4:00 p.m.

December 10

500207-4B Tue

2:00 p.m.- 4:00 p.m.

Searching the Internet

(55 years and older)

Want to do more than email on the Internet? This overview of the Internet will introduce students to the tools on the web browser: cookies, pop-ups, spyware, and search history. Learn the tips for safeguarding privacy and internet security. Practice conducting searches, printing and filing web pages, and organizing favorites. Email topics include sending and organizing email and downloading attachments.

**3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • O'Connell**

October 8-10

500224-4A Tue, Wed, Thu

10:00 a.m.-12:30 p.m.

December 10-12

500224-4B Tue, Wed, Thu

10:00 a.m.-12:30 p.m.

Selling on eBay

(55 years and older)

Have a lot of great “stuff” in the garage or basement that is collecting dust? In this two day course, students will learn how to use eBay effectively to list items for sale, tend the auction, and finalize the sale with PayPal. Discover all the tips and tricks to maximize the user’s online auction experience. Prerequisite: Have an item in mind to sell when coming to class to get the most out of this classroom experience.

**2, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston**

September 19-20

505500-4A Thu, Fri

10:00 a.m.-12:30 p.m.

Tablet or Laptop Computer?

(55 years and older)

Apple’s iPad and other tablets are everywhere, in coffee shops, at the beach; is it another expensive electronic toy or a useful device? In one session discover the capabilities and limits of tablet technology. This class will discuss how tablets and iPads are different from a personal computer, how they compare with other technologies and the most common uses for older adults. Students will leave with a checklist to help with a buying decision.

**1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • O'Connell**

September 10

500213-4A Tue

2:00 p.m.- 4:00 p.m.

November 5

500213-4B Tue

2:00 p.m.- 4:00 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 mail-in, fax, or in-person during the priority registration periods.

Technology Today

(55 years and older)

Feeling a bit left behind with all of the technology that society is using? Wanting to learn how to use cell phones, music players, digital cameras, Internet sites, GPS, and other devices more effectively? Explore these topics in a user friendly and supportive environment. Over the course of four weeks participants will learn key information about:

- The integration of phones, computers, cameras, iPods and other tools of technology
- Differences between cell phones and smart phones
- Social networking and other websites that appeal to personal interests
- Medical information and sites that can better support personal health
- Skype/Webcam technology
- The latest additions to Google, Kindles, other digital "e-readers", and much more.

This 8-session class format features a one hour formal education presentation. The second hour of each class will be used for personal questions and technology assistance. Students are encouraged to bring personal equipment such as a cell phone, camera, GPS, and iPod to class. A detailed syllabus will be provided prior to the first class.

8, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Livingston

September 16-October 9

500130-4A

Mon, Wed

3:15 p.m.- 5:15 p.m.



Using the iPad

(55 years and older)

This class is for new iPad users. The iPad is more than a gadget for playing games and showing pictures, it can become an integral part of your life. The class will cover iPad navigation, finding and installing good apps, how to use face time, camera basics, backing up an iPad to the cloud, and security. Bring your iPad to class.

2, 2-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • O'Connell

September 11-12

500225-4A

Wed, Thu

2:00 p.m.- 4:00 p.m.

November 6-7

500225-4B

Wed, Thu

2:00 p.m.- 4:00 p.m.

Working in Windows

(55 years and older)

This class is for inexperienced and new computer users. After an introduction to the main components of a computer, students will have hands-on practice using the mouse for navigation. Learn how to work in the visual system that is Windows and practice using the icons to move around in the computer. The class also covers the basics of filing so that students may organize files on their home computer.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • O'Connell

September 10-12

500223-4A

Tue, Wed, Thu

10:00 a.m.-12:30 p.m.

November 5- 7

500223-4B

Tue, Wed, Thu

10:00 a.m.-12:30 p.m.

Chinese Lantern Making

(55 years and older)

Learn how to make a simple Chinese lantern in this three day hands-on class. Participants will learn about the origins of the Lantern Festival (celebrated on the 15th day of the first month in the Chinese New Year) and will leave with a “Shou Jiou” lantern. Its shape is similar to a big-leaf Hydrangea and it’s sometimes called an “Embroidered Ball.

3, 2.5-hour sessions at RCC Hunters Woods
\$24 (R)/\$48 (NR) • Chen

September 9-11

500222-4A

Mon, Tue, Wed

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

Industrial Chic: Hardware Store Jewelry

(55 years and older)

Learn to make ordinary items found in a hardware store into fun, fashionable, and inexpensive jewelry. Students will have the opportunity to make several projects to include pieces such as earrings, bracelets, necklaces, belts, and key chains. Students will be encouraged to use creativity to make one of a kind piece. Project samples will be provided to aid in the creative process. Students will be taught project concepts; the design process; availability of design elements and tools; the safe use of basic tools; and assembly and completion of projects. Supplies are included in the class fee and will be available at the first class.

4, 2-hour sessions at RCC Hunters Woods
\$68 (R)/\$136 (NR) • Lytton Van Trees

September 17-26

500226-4A

Tue, Thu

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

October 31-November 14 (No Class: November 5)

500226-4B

Tue, Thu

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

Knitting I

(55 years and older)

This class is designed to teach those new to knitting and also to refresh the skills of those with experience. Beginners will learn the basics of knitting, including how to cast on, knit, purl, bind off, and join pieces together. Students will make several projects during the course and will learn the art of selecting appropriate yarns and patterns, how to increase or decrease stitches, and how to correct mistakes. Students are required to purchase their own supplies. A supply list will be provided prior to the first class.

16, 90-minute sessions at RCC Hunters Woods
\$38 (R)/\$76 (NR) • Lytton Van Trees

September 30-November 27

(No Class: October 14, November 11)

500021-4A

Mon, Wed

10:00 a.m.-11:30 a.m.

Knitting II

(55 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.

16, 90-minute sessions at RCC Hunters Woods
\$38 (R)/\$76 (NR) • Lytton Van Trees

September 30-November 27 (No Class: October 14, November 11)

500046-4A

Mon, Wed

12:00 p.m.-1:30 p.m.

Digital Photography

Level/Class	Prerequisite
Beginning Level	
DigiPhoto I - Intro	MS Word II
DigiPhoto I - Organize	MS Word II
DigiCam Features I	
DigiCam Features II	
Intermediate Level	
DigiPhoto II - Edit	DigiPhoto I - Intro
Advanced Level	
DigiPhoto III - Color	DigiPhoto II - Edit
DigiPhoto III - Tools	DigiPhoto II - Edit
DigiPhoto III - Layers	DigiPhoto II - Edit
DigiPhoto III - Updates	DigiPhoto II - Edit

DigiCam Features I (18 years and older)

Students will learn to get more out of their digital cameras by exploring some of the many features. Students will learn the following skills in this personal attention, hands on workshop:

- Set the flash (on, off, or for red eye)
- Delete poor pictures (while still on the camera)
- Take self-timer pictures (to get in the picture, too)
- Take a burst of pictures (to capture a quick action)
- Take long exposure pictures (to capture a night scene)
- Take short videos (to add dimensions of sound and motion)
- Add colored overtones to pictures (like sepia and black and white)

Students must bring their digital camera, camera manual, and spare batteries or AC adapter.

2, 2-hour sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Lazear

October 28-29

102242-4A

Mon, Tue

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

DigiPhoto I - Intro (18 years and older)

This is a three day course introducing various aspects of digital photography. Learn about digital cameras, scanners, photographic file formats, and beginning photo editing. In addition, explore how to use, display, and share photos. This is not recommended for beginning computer users. Prerequisite: MS Word II.

3, 2-hour sessions at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Lazear

November 4-6

103301-4C

Mon, Tue, Wed

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

DigiPhoto II - Edit (18 years and older)

This two day course introduces students to digital photo editing with Adobe Photoshop Elements software. Learn to use various editing tools, filters, and techniques. Start to explore aspects of layers by making titles, photos and objects semi-transparent and place them on top of one another to create unique designs. Learn to select parts of a photo to correct or to paste into another photo. Prerequisite: DigiPhoto I - Intro.

2, 2-hour sessions at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Lazear

November 11-12

103310-4C

Mon, Tue

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

55+ Patrons: Register for these Digital Photography classes and receive a 20 % discount



Navigating Photo Sharing Websites

(18 years and older)

Discover the joys of sharing digital photographs on photo sharing websites. Isn't it time to stop clogging email inboxes? This beginning class will explore several popular photo sharing websites. Students will learn how easy it is to load photos to share with friends and family who can then copy and print the photos. This interactive class will show students the process of uploading photos and getting a link to share with others.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Lazear

November 13
 500300-4A Wed
 7:00 p.m.-9:00 p.m.

Photo Collage

(18 years and older)

Participants will learn how to make a photo collage using Picasa software. Explore the different types of collages, features that can be added to photos, and how to showcase the finished collage. Use those beautiful photos stored in the computer in a creative, fun way.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Lazear

October 30
 500229-4A Wed
 7:00 p.m.-9:00 p.m.

Discussion

Bookends

(55 years and older)

Bookends meets each month to engage in a lively discussion of classic, current, or special book selections. Bring a bag lunch; hot tea, coffee, and cookies are provided. Books are on reserve at the Information Desk at the Reston Regional Library. Please note that the November and December sessions will be held the third Thursday of the month.

September 26: *Unfamiliar Fishes*,
 by Sarah Vowel

October 24: *Red Thread*,
 by Ann Hold

November 21: *Cat's Table*,
 by Michael Ondaatje

December 19: *Brooklyn*,
 by Colm Toibin

4, 90-minute sessions at RCC Hunters Woods
Free, Drop In • Staff

September 26-December 19

Drop-in Thu
 12:30 p.m.- 2:00 p.m.

Current Issues Discussion Group

(55 years and older)

Participate in this lively gathering to discuss local and national events. Newcomers are welcomed and encouraged to attend.

17, 90-minute sessions at RCC Hunters Woods
Free, Drop In • Staff

September 5-December 26

Drop-in Thu
 10:30 a.m.-12:00 p.m.



Enrichment



AARP Driver Safety Program

(55 years and older)

This two day workshop, conducted by an AARP instructor, teaches defensive driving to adults ages 50 and older. Upon successful completion of this course, participants may be entitled to a discount on their car insurance. A check payable to AARP for \$12 (AARP members) or \$14 (non-members) is due to the instructor on the first day of class. AARP members must present their membership card to the instructor. Participants should bring a lunch for an enjoyable midday break, or enjoy one of the restaurants in the shopping center.

**2, 5-hour sessions at RCC Hunters Woods
\$12/\$14 Payable to AARP, Reg. Req. • Young**

November 19-21

505537-4A

Tue, Thu

10:00 a.m.-3:00 p.m.

Brain Games for Better Memory

(55 years and older)

Participants will “wake up the brain” in this stimulating program. Learn techniques to think faster, focus better, and improve memory retention. Participants will learn brain fitness exercises with a dash of fun and music that work out synapses to improve memory, attention span, focus and concentration.

**8, 45-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Fletcher**

October 1-24

500141-4A

Tue, Thu

1:00 p.m.-1:45 p.m.

Building a Caregiver Team

(55 years and older)

Older adults and their children face multiple challenges when health problems arise as people age. Learn what professional resources are available to help with the multiple challenges including caregiving options, housing, and legal and financial issues. A panel of professionals, consisting of an Eldercare Consultant, Realtor, Elder Law Attorney, Financial Advisor, Owner of a Homecare Agency, and Marketing Director of an assisted living facility, will answer questions about the options available to families. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

**2, 90-minute sessions at RCC Lake Anne
Free, Registration Req. • Staff**

October 30-November 6

500234-4A

Wed

7:00 p.m.-8:30 p.m.



Cell Phones 101

(55 years and older)

Back by popular demand, this class is for participants who want to do more with their cell phones but don't know where to begin. Teens are our modern day experts on the latest technology and they will sit down with participants, one on one, to explain and demonstrate cell phone features. Participants should bring their fully charged cell phone and instructional manual. This program has received rave reviews from past participants – don't miss out on this excellent, hands-on learning opportunity.

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

October 16

500073-4A

Wed

5:30 p.m.- 7:30 p.m.

Choose the Right Medicare Plan

(55 years and older)

Medicare plans can be confusing and difficult to understand and choosing the right plan is more important now than ever. Attendees will outline specific criteria for choosing the right medicare plan for their individual needs by navigating a decision-making process using star quality ratings and five important considerations.

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

September 6

500311-4A

Fri

1:00 p.m.-3:00 p.m.

October 23

500311-4B

Wed

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

Chronic Disease Management Workshop

(55 years and older)

Participants will learn how to manage their health and remain active. This class is for individuals or caregivers of people living with an ongoing health condition that affects daily living. Learn management tools for dealing with frustration, fatigue, pain, and worry. The program provides tips for communicating with friends, family, and medical professionals and setting appropriate goals regarding exercise, nutrition, and getting a good night's sleep. The class will be taught by a staff member from Elderlink, a division of Fairfax County's Area Agency on Aging.

6, 2.5-hour sessions at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Staff

October 21-December 2 (No Class: November 11)

500227-4A

Mon

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

Football 101

(55 years and older)

Fall is football season. Feel bewildered and confused hearing all the talk about downs, fumbles, laterals and punts? What in the world does "first and ten" mean? This is a beginner class to understand football basics and learn enough to join the Monday morning quarterbacking after the big game.

1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Brutsché

September 5

500310-4A

Thu

1:00 p.m.-2:30 p.m.

Getting the Most out of Social Security During Retirement

(55 years and older)

Know all about how to maximize Social Security benefits during retirement? Learn about the three Social Security benefits that most people haven't heard about, discover strategies for married couples, and the five most common mistakes people make about Social Security.

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

October 16

500232-4A

Wed

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

Guide for the 55+ Home Seller

(55 years and older)

Selling a residence of many years is a major event. It is not like relocating for a job or moving to a larger home. There are emotional, physical, spiritual, financial, and social ramifications. And, it often comes at a point in life when one's physical and/or emotional strength may be diminishing. The purpose of this class is to provide information and guidance that will help with this major undertaking and life change. Topics discussed include:

- To sell or not to sell
- Emotional aspects of the sale
- Effects on the family members
- Preparing the house for sale
- Pricing the house correctly
- Finding the right realtor

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

September 18

500231-4A Wed
7:00 p.m.-9:00 p.m.

October 11

500231-4B Fri
1:00 p.m.-3:00 p.m.

Home Fit Workshop

(55 years and older)

The AARP Home Fit Workshop provides information to participants on how to decide what type of home modifications are needed to age in place. This class will provide ideas and inspiration on making modifications and will educate participants on home updates that can make it easier to maintain daily activities while staying comfortable, independent, and injury-free. In an AARP survey, eight out of 10 people age 45 and older say they want to remain in their homes and communities for as long as possible. Workshop participants will receive comprehensive advice, tips, and checklists for putting their home in top condition for comfort, safety and long-term livability.

1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Staff

October 23

500228-4A Wed
1:00 p.m.-2:30 p.m.



How to Ride the Bus

(55 years and older)

In November 2004, Supervisor Hudgins and the Fairfax County Department of Transportation (FCDOT) introduced a unique Fairfax Connector bus that has been renovated and designed for training senior citizens to travel safely and independently on regional transit systems. The bus, called MATT (Mobile Accessible Travel Training) is used to educate seniors through a hands-on learning experience. Neighborhood and Community Services (NCS) staff will coordinate a transit experience centered on moving around the major transit locations in the North County corridor. The travelers in training will identify a bus stop near Reston Community Center, learn to read bus schedules and route maps, learn how to pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station where they will learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards, read the system map, and board the trains to travel by rail.

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

October 4

500109-4A Fri
1:00 p.m.-4:00 p.m.

Improvement with Movement

(18 years and older)

Through an engaging approach, students learn to enhance their aesthetic awareness and grace while addressing such mobility concerns as balance, flexibility, coordination, and gait. A teaching artist from the Bowen McCauley Dance Company will introduce movement from modern dance, musical theater, ballet, folk, tap and improvisation. Bowen McCauley Dance is the only company in the Metro DC area to provide weekly dance classes for people with Parkinson's disease and their caregivers. This is a class that is perfect for anyone who has mobility issues for any reason. In addition, each participant receives a free ticket to the Bowen McCauley Dance Company's performance of *The Rite of Spring* on November 16th at 8:00 p.m.

6, 60-minute sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Bowen McCauley Dance Co.

October 10-November 14

500230-4A

Thu

3:00 p.m.-4:00 p.m.

Know the Ten Warning Signs of Alzheimer's Disease

(55 years and older)

Memory loss that disrupts everyday life is not a typical part of aging. It may be a sign of Alzheimer's disease, a fatal brain disease that gets worse over time, and causes changes in memory, thinking and reasoning behavior. Knowing the "Ten Warning Signs of Alzheimer's" disease is vital to being diagnosed early and receiving the best help and care possible.

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

September 24

500306-4A

Tue

1:00 p.m.-3:00 p.m.

Long Term Care: Myths and Realities

(55 years and older)

Addressing the potential need for long term care, seniors and their families are often confronted by an avalanche of information about home care, facilities, available services, and sources of payment. Elder law attorney Margaret O'Reilly will discuss the most common myths and misconceptions about long term care, and review the organization of long term care services, including where and how services are provided, who provides what services, and what resources are available to help pay for long term care.

1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Staff

October 15

500233-4A

Tue

2:00 p.m.-3:30 p.m.

Mah Jongg

(55 years and older)

Participants will learn to play this ancient game in a traditional setting (up to four players per game). This fun and challenging activity stimulates the mind. Materials are included in the registration fee. Class meets on October 7, October 10, October 15, and October 17.

4, 2.5-hour sessions at RCC Hunters Woods
\$26 (R)/\$52 (NR) • Coshland

October 7-17

505540-4A

Mon, Tue, Thu

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



55+ ENRICHMENT

Memoir Writing I

(55 years and older)

The basic tenets of writing memoirs are the focus of this course as participants will explore useful writing topics during lively and supportive sessions. Between classes, students will compose articles to read aloud and receive comments from classmates during the next session. Writers see the tangible result of their efforts in a printed and bound copy of their work that is provided at the end of the session. To ensure 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**

September 9-October 28

505525-4A

Mon

10:00 a.m.-12:30 p.m.

Memoir Writing II

(55 years and older)

Built 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 differing levels and viewpoints provide tremendous support. Memoir Writing I is a prerequisite. To ensure all are heard, class size is limited to eight.

**8, 2.5-hour session at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Mudd-Krijgelmans**

September 11-October 30

504991-4A

Wed

10:00 a.m.-12:30 p.m.



55+ ENRICHMENT

The Basics: Memory Loss, Dementia, and Alzheimer's

(55 years and older)

Is it memory loss due to aging, dementia or Alzheimer's disease? It's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and more. Understanding can reduce the fear surrounding this progressive disease.

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

November 26

500307-4A

Tue

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

Senior Medicare Patrol

(55 years and older)

Billions of dollars are lost each year to Medicare and health care fraud. The Virginia Senior Medicare Patrol (SMP) is a consumer education and information project funded by the Administration on Aging at the U.S. Department of Health and Human Services. Learn to identify, prevent, and report suspected cases of Medicare fraud and abuse. An SMP trained volunteer or staff member will speak on Medicare fraud: what it is, how to recognize it, and what to do about it.

**1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Staff**

October 8

500302-4A

Tue

2:00 p.m.-3:30 p.m.

Understanding Medicare

(55 years and older)

Howard Houghton, with the Fairfax County Area Agency on Aging, returns to RCC with his enlightening discussion about Medicare. Last year he impressed the participants with his 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 a true expert in the field.

**1, 2.5-hour session at RCC Hunters Woods
Free, Registration Req. • Houghton**

November 12

500037-4A

Tue

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

OLLI Programs (55 years and older)

Reston Community Center and Osher Lifelong Learning Institute (OLLI) at George Mason University are partnering to provide unique educational opportunities for those living and working in Reston. OLLI offers daytime courses, lectures, and special events, and the course leaders are often well known experts in their fields who enjoy sharing knowledge. Several times a year, OLLI and RCC will host collaborative programs at RCC Lake Anne. Non-OLLI members can register through RCC and participate at a reduced cost. If you would like to learn more about OLLI or you are interested in becoming a fulltime member, visit www.olliatgmu.org.

Supreme Court Cases

(55 years and older)

This is a discussion class addressing cases the Supreme Court has heard or will hear from September, 2013 through May, 2014. Participants will use instructor provided material consisting of case backgrounds, lower court decisions and edited briefs filed with the Supreme Court, as well as audio of oral arguments for selected cases. Materials will be available only online, so Internet access is required. The discussion of each case will look at both sides of every argument, the likely position of each justice and the social and political context of the case.

Ben Gold, an OLLI member, has a BA in political science from Stanford University and earned an MS in computer science as a Navy officer. After retirement from the Navy, he worked in the computer industry and has served as a docent at the Supreme Court for the past ten years.

8, 85-minute sessions at RCC Lake Anne
\$32 (R)/\$64 (NR) • Gold

September 18-November 6

500303-4A

Wed

9:40 a.m.-11:05 a.m.

The Struggle to Create Monumental Washington

(55 years and older)

The National Park Service proudly administers many of this nation's great historic and natural treasures and its National Mall and Memorial Parks unit is home for many internationally recognized icons of freedom. Each day, thousands of visitors journey to places such as the Thomas Jefferson Memorial or the World War II Memorial without realizing the full extent of the thought, effort and dedication that ensured their existence nor the firestorm of crisis, controversy, competition, criticism and complaint through which nearly every Washington, D.C. site emerged. These national memorials enjoy an enviable place within a select exclusive club of survivors. Moreover, they possess many fascinating details that most visitors miss in their rush to see everything in a day. Hear an insider's view and learn everything there is to know about many of Washington's landmarks. *National Park Rangers have participated with OLLI in nearly 75 thematic courses, special events and trips since 2001. The sessions' coordinators and presenters include: Michael T. Kelly, Brad Berger, and Emmett Fenlon.*

8, 85-minute sessions at RCC Lake Anne
\$32 (R)/\$64 (NR) • Kelly

September 18-November 6

500305-4A

Wed

2:15 p.m.-3:40 p.m.

Reston Presents (18 years and older)

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.

Giving Circle of Hope

This seminar is for those interested in making a difference in the Reston community by helping others. Come learn about important social issues, and how the Giving Circle of Hope members have “fun with a purpose.” The Giving Circle of Hope makes this easy to do. The program describes “giving circles” and how these models of community investment are changing the face of philanthropy on a national level as well as right here in Reston. Participants will gain an understanding of how individuals band together to make a lasting and constructive difference by collaborating on goals, pooling their resources and helping others in need. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Lake Anne

Free, Registration Req. • Staff

September 9

505405-4A

Mon

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



Present Day Domestic Policy

One year after the presidential election, Glenn Kamber will provide his perspective on domestic policy events over the past twelve months, with particular focus on such issues as health care reform implementation, impact of sequestration on domestic programs and the economy, Supreme Court decisions on key social issues such as same sex marriage, and congressional treatment of immigration reform, and gun control. Mr. Kamber is a retired Federal senior executive and spent much of his career managing policy development and review for eight Secretaries of Health and Human Services (previously Health, Education, and Welfare). Mr. Kamber is a member of the Osher Lifelong Learning Institute (OLLI) at George Mason University and has taught several American history and political science courses. He has lived with his wife and youngest daughter in Reston for the past 16 years.

1, 2-hour session at RCC Lake Anne

Free, Registration Req. • Staff

November 4

505405-4B

Mon

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



Fitness & Wellness

Drop-In Classes

Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the drop-in Seniorcize pass series. Participants must purchase a 20-visit renewable pass for \$40 (R)/\$80 (NR) and bring the pass to every class, swipe it at the Customer Service Desk, and sign in prior to the start of each class. All passes will expire 2 years from date of purchase, with the exception of 3-month and 12-month pool passes.

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.

20-visit renewable pass
\$40 (R)/\$80 (NR) • Dantonio

28, 60-minute sessions at RCC Lake Anne

September 9-December 11

Mon, Wed 10:15 a.m.-11:15 a.m.

14, 60-minute sessions at RCC Lake Anne

September 13-December 13

Fri 10:45 a.m.-11:45 a.m.

Strength Training for Seniors

(55 years and older)

This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball during the hour long class. The last ten to fifteen minutes is spent stretching all the muscles worked during class. Most of the class will be done on the floor with mats.

20-visit renewable pass
28, 60-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Dantonio

September 10-December 17

(No Class: November 28)

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 are all the fun elements 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.

20-visit renewable pass
14, 60-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Wiley

September 13-December 13

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 performance, 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.

12, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Nickson

September 10-October 17

300014-4A Tue, Thu

12:10 p.m.-1:10 p.m.

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

November 5-21

300014-4B Tue, Thu

12:10 p.m.-1:10 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 or beach towel and a small pillow.

12, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Hill

September 9-October 16

304995-4C Mon, Wed

10:00 a.m.-11:00 a.m.

September 10-October 17

304995-4D Tue, Thu

10:15 a.m.-11:15 a.m.

October 28-December 4

304995-4E Mon, Wed

10:00 a.m.-11:00 a.m.

November 5-December 17 (No Class: November 28)

304995-4F Tue, Thu

10:15 a.m.-11:15 a.m.

Fitness on the Go

(55 years and older)

Time crunched and need to squeeze in a work out? These ultra-efficient 30 minute classes will fit into the busiest schedule! Each session targets specific muscle groups such as lower body conditioning, or getting an energy boost with low impact cardio, power stretching for flexibility and/or balance and upper body conditioning. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor. Interested but not ready to commit? Register to participate in a FREE demo Thursday, September 12 or 26.

1, 30-minute session at RCC Lake Anne
Free, Registration Req. • Nickson

September 12

300020-4A Thu
11:30 a.m.-12:00 p.m.

September 26

300020-4B Thu
11:30 a.m.-12:00 p.m.

4, 30-minute session at RCC Lake Anne
\$30 (R)/\$60 (NR) • Nickson

October 3-24

300020-4C Thu
11:30 a.m.-12:00 p.m.

November 7-December 5 (No Class: November 28)

300020-4D Thu
11:30 a.m.-12:00 p.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 maintain 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.

12, 45-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Fletcher

September 9-October 16

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

October 28-December 4 (No Class: November 4, 6)

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



Roots and Branches Chi Gong

(55 years and older)

Simple Tai Chi movements are taught in concert with an exploration of the Five Element Theory as understood in traditional Chinese medicine. Learn basic movements from the Tai Chi form and their correspondences with nature and health through this elegant and unified practice. The class is movement based with some theory taught in the context of the movement being performed.

12, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Smyers

September 10-October 17

300028-4A Tue, Thu

9:00 a.m.-10:00 a.m.

8, 60-minute sessions at RCC Lake Anne
\$36 (R)/\$72 (NR) • Smyers

November 5-December 3 (No Class: November 28)

300028-4B Tue, Thu

9:00 a.m.-10:00 a.m.

Slow Flow Hatha Yoga

(55 years and older)

Slow Flow Hatha Yoga introduces fluidity in movement and breathing. Class begins with centering and warm-ups, then moves to a soft vinyasa (flowing sequence movement with breath.) Slow Flow Hatha Yoga includes abdominal strengthening and a stronger standing sequence. The session ends with a period of cooling through stretching and deep relaxation (savasana.) Modifications and props are available to assist with flexibility. Slow Flow Hatha Yoga is appropriate for those who have some yoga experience and are developing an understanding of breath, body awareness and control.

12, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Hagaman

September 10-October 17

300169-4A Tue, Thu

1:15 p.m.-2:00 p.m.

November 5-December 17 (No Class: November 28)

300169-4B Tue, Thu

1:15 p.m.-2:00 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 60's and 70's. It's designed for intermediate and advanced level students.

6, 60-minute sessions at RCC Lake Anne
\$25 (R)/\$50 (NR) • Straley

September 11-October 16

300145-4A Wed

6:30 p.m.-7:30 p.m.

November 6-December 11

300145-4B Wed

6:30 p.m.-7:30 p.m.

Tai Chi Yang Style Short Form

(55 years and older)

The beginning level of Cheng Man Chings Short Form is taught with special attention to principles learned in the "Eight Ways" (Tai Chi for Seniors) class. Thorough demonstrations and explanations of foot placement and direction, arm movements and sequence, along with ample practice time, comprise each class. An emphasis on relaxation and enjoyment enhances the process of learning for improved health and wellbeing. Prior participation in Tai Chi for Seniors is encouraged but not required.

12, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Smyers

September 10-October 17

306010-4A Tue, Thu

10:15 a.m.-11:15 a.m.

8, 60-minute sessions at RCC Lake Anne
\$36 (R)/\$72 (NR) • Smyers

November 5-December 3 (No Class: November 28)

306010-4B Tue, Thu

10:15 a.m.-11:15 a.m.

Backyard Composting

(16 years and older)

Dealing with all of the fallen leaves in the yard can be tough. Ever thought about composting them? Learn how to recycle them the natural way right on your own property. Plants will love the rich organic soil that composting efforts provide. Participants will also learn how kitchen waste and other yard debris can be composted right in the backyard. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by September 23 and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 60-minute session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center,
Registration Req. • Staff**

September 26

103017-4A

Thu

7:00 p.m.- 8:00 p.m.

Fermentation

(16 years and older)

In this hands-on class, participants will have the opportunity to learn about lactic acid fermentation, a form of food preservation used around the world to make tasty and nutritious foods such as sauerkraut and kimchi. Participants will make a fermented vegetable condiment in class and take it home. 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 they will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston.

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

November 19

500216-4A

Tue

7:00 p.m. – 9:00 p.m.



Home Energy Efficiency

(16 years and older)

Curious about how to improve a home's energy to make it more efficient, comfortable, and cost effective? Learn from the best in the industry with a representative from the Local Energy Alliance Program (LEAP.) This nonprofit organization is a trusted leader in Virginia that coordinates energy efficiency improvements of homes through a "Home Performance with ENERGY STAR" program. This program is for educational purposes only; there will be no solicitation or obligations of the attendees. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required, and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 90-minute session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center
Registration Req. • Hogan**

October 3

103031-4A

Thu

7:00 p.m.- 8:30 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 set up, 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 Reston Community Center, Reston Association, and Sustainable Reston. Registration is required, and a \$5.00/\$8.00 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston VA 20191.

**1, 2 hour session at Walker Nature Center
\$5/\$8 Payable at Walker Nature Center,
Registration Req. • Blust**

September 12

500211-4A

Thu

7:00 p.m. – 9:00 p.m.



Hungry for Change: Food, Ethics and Sustainability

(16 years and older)

Hungry for Change explores the true meaning of the phrase "you are what you eat." Join this five session, facilitated discussion course that challenges participants to examine their roles, not only as consumers of food, but also as creators - of food, of systems, and of the world we all live in. Each session includes readings, short assignments and accompanying discussion questions that address the impact of individual food choices on a range of issues, including ecosystem health, the treatment of factory and farm workers, and the global economy. Many sessions also include video clips, podcasts and websites to deepen the learning experience. The curriculum helps participants commit to lasting change by developing and sharing personal Action Plans with each session. Participants will provide a separate payment for a book of readings that form the basis of each discussion approximately two weeks prior to the start of class. The course will conclude with a pot luck celebration. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by September 30th and a \$30/\$40 (RA Member/Non-Member) fee is payable only at the Walker Nature Center, located at 11450 Glade Drive, Reston, 20191.

Discussion Course Goals:

- To explore the interconnected nature of food systems and our relationships to them.
- To examine the impact our food choices have on our health, the health of others and the health of our planet.
- To consider the ethical and political implications of our current food system and our personal food choices.

**5, 90-minute sessions at Walker Nature Center
\$30/\$40 Payable at Walker Nature Center
Registration Req. • Blust**

October 14-November 11

103045-4A

Mon

7:00 p.m.- 8:30 p.m.

Pressure Canning Demo

(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 Reston Community Center, Reston Association and Sustainable Reston.

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

November 21

500212-4A

Thu

7:00 p.m. – 9:00 p.m.

Sustainable Reston Group

(16 years and older)

People are talking about sustainability. But what does the term really mean? What would a sustainable Reston community look like? How could individual actions contribute to the sustainability of the Reston community? Join members of Sustainable Reston for this monthly wide-ranging discussion of community sustainability ideas, concepts and programs. Learn about and discuss community resilience in the face of climate change and resource constraints, local food systems, energy efficiency and local energy, consumerism, simplicity, and many other issues. All ages are invited to these lively discussions.

4, 90-minute sessions at RCC Hunters Woods
Free, Drop-in. • Blust

September 11, October 9, November 13,
December 11

Drop-in

Wed

7:30 p.m.- 9:00 p.m.

Water Bath Canning

(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 they will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston.

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

December 3

500215-4A

Tue

7:00 p.m. – 9:00 p.m.

Worm Composting

(16 years and older)

Ever thought about composting but just don't have the space? A worm composting bin could be the solution. Worm composting is a type of vermiculture that is a natural method of recycling food waste. It's so simple and odor free that it can be done virtually anywhere: home kitchens, schools or offices. Come see an established bin and make one to take home. Learn how to turn your kitchen scraps into rich organic soil and "compost tea." Participants are encouraged to bring a drill with a 3/16" bit. This program is jointly produced by Reston Community Center, Reston Association, and Sustainable Reston. Registration is required by December 9th and a \$35/\$40 (RA Member/Non-Member) fee is payable only at the Walker Nature Center, located at 11450 Glade Drive, Reston, 20191.

1, 90-minute session at Walker Nature Center
\$35/\$40 Payable at Walker Nature Center
Registration Req. • Morgan

December 8

103025-4A

Sun

2:00 p.m. – 3:30 p.m.

Language Learning

ESL I

(55 years and older)

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

8, 60-minute sessions at RCC Hunters Woods

Free, Registration Req. • Vogel

September 19-November 7

505533-4A

Thu

1:00 p.m.-2:00 p.m.

ESL II

(55 years and older)

This class is designed for students who have already participated in a beginning level ESL class or have rudimentary English skills. A comprehensive lesson plan and handouts will be provided to students.

8, 60-minute sessions at RCC Hunters Woods

Free, Registration Req. • Vogel

September 19-November 7

505565-4A

Thu

2:00 p.m.-3:00 p.m.

ESL III

(55 years and older)

This class is for senior students who are more fluent in English but 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 session at RCC Hunters Woods

Free, Registration Req. • Vogel

September 17-November 5

505534-4A

Tue

1:00 p.m.-2:00 p.m.

ESL IV

(55 years and older)

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

8, 60-minute sessions at RCC Hunters Woods

Free, Registration Req. • Vogel

September 17-November 5

505535-4A

Tue

2:00 p.m.-3:00 p.m.

Language Learning-Arabic

الإجليزية لغة ثانية ESL "المستوى الأول" (55 عامًا فما فوق)

سوف يقوم هذا الفصل الدراسي بمساعدة الطلاب غير الناطقين باللغة الإنجليزية على تعلم اللغة الإنجليزية في بيئة ودية وداعمة. كما سيتم تزويد الطلاب بخطة شاملة للدروس والمذكرات.

8 محاضرات مدة كل منها 60 دقيقة في قاعة آر سي سي هانترز

وودز "RCC Hunters Woods".

مجانية، بشرط التسجيل مسبقاً. * فوجل

19 سبتمبر - 7 نوفمبر

1:00 م -

الثلاثاء

A4-505533

2:00 م

الإجليزية لغة ثانية ESL "المستوى الثاني" (55 عامًا فما فوق)

تم تصميم هذا الفصل الدراسي للطلاب الذين شاركوا من قبل في أحد الفصول الدراسية الأولية الخاصة بمستوى اللغة الإنجليزية لغة ثانية "ESL"، أو الذين يملكون مهارات مبدئية في اللغة الإنجليزية. كما سيتم تزويد الطلاب بخطة شاملة للدروس والمذكرات.

8 محاضرات مدة كل منها 60 دقيقة في قاعة آر سي سي هانترز

وودز "RCC Hunters Woods".

مجانية، بشرط التسجيل مسبقاً. * فوجل

19 سبتمبر - 7 نوفمبر

2:00 م -

الثلاثاء

A4-505565

3:00 م

الإجليزية لغة ثانية ESL "المستوى الثالث" (55 عامًا فما فوق)

هذا الفصل الدراسي مُخصَّص للطلاب كبار السن الذين يتحدثون اللغة الإنجليزية بشكل أكثرطلاقة، ولكنهم سوف يستفيدون من دروس القواعد النحوية المتقدمة، وكذلك الحصول على مزيد من الاهتمام بمهارات التخاطب المتقدمة. وسوف يحصل الطلاب على خطة شاملة للدروس، كما سيركزون على صقل مهاراتهم الشفوية.

محاضرة مدتها 60 دقيقة في قاعة آر سي سي هانترز وودز

"RCC Hunters Woods".

مجانية، بشرط التسجيل مسبقاً. * فوجل

17 سبتمبر - 5 نوفمبر

1:00 م -

الثلاثاء

A4-505534

2:00 م

الإجليزية لغة ثانية ESL "المستوى الرابع" (55 عامًا فما فوق)

هذا الفصل الدراسي موجه خصيصًا للطلاب كبار السن الذين يتحدثون اللغة الإنجليزية بطلاقة، ولكنهم سوف يستفيدون من الحصول على معلومات إضافية، وكذلك قيامهم بممارسة مهارات المحادثة مع أقرانهم في بيئة ودية ومرحة.

8 محاضرات مدة كل منها 60 دقيقة في قاعة آر سي سي هانترز

وودز "RCC Hunters Woods".

مجانية، بشرط التسجيل مسبقاً. * فوجل

17 سبتمبر - 5 نوفمبر

2:00 م -

الثلاثاء

A4-505535

3:00 م

Language Learning-Chinese

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。學生能獲得綜合教學計劃和講義。

8 人, 60 分鐘課程, 地點在 RCC Hunters Woods

免費申請登記。 • Vogel

9 月 19 日-11 月 7 日

505533-4A 星期四

下午 1:00 點-2:00 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而設。學生能獲得綜合教學計劃和講義。

8 人, 60 分鐘課程, 地點在 RCC Hunters Woods

免費申請登記。 • Vogel

9 月 19 日-11 月 7 日

505565-4A 星期四

下午 2:00 點-3:00 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研究以及側重高級會話技能中受益的高年級學生而設。學生將收到一份綜合教學計劃, 並集中調整他們的口語技能。

1 人, 60 分鐘課程, 地點在 RCC Hunters Woods

免費申請登記。 • Vogel

9 月 17 日-11 月 5 日

505534-4A 星期二

下午 1:00 點-2:00 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 人, 60 分鐘課程, 地點在 RCC Hunters Woods

免費申請登記。 • Vogel

9 月 17 日-11 月 5 日

505535-4A 星期二

下午 2:00 點-3:00 點

Language Learning-Russian

ESL I (курсы английского языка I) (от 55 лет)

Занятия помогут тем, кто не разговаривает на английском, изучить язык в дружеской и непринужденной атмосфере. Обучающиеся получают подробный план занятий и раздаточные материалы.

8 занятий по 60 минут в RCC Hunters Woods Бесплатно, обязательная регистрация • Vogel 19 сентября – 7 ноября

505533-4A по четвергам в 13:00 - 14:00

ESL II

(курсы английского языка II) (от 55 лет)

Занятия в этой группе разработаны для тех, кто уже прошел начальный уровень ESL или же владеет основами английского языка. Обучающиеся получают подробный план занятий и раздаточные материалы.

8 занятий по 60 минут в RCC Hunters Woods Бесплатно, обязательная регистрация • Vogel 19 сентября – 7 ноября

505565-4A по четвергам в 14:00 - 15:00

ESL III (курсы английского языка III) (от 55 лет)

Занятия разработаны для представителей старшего поколения, изучающих английский язык, которые более свободно владеют английским языком, но при этом желают углубленно изучить грамматику и приобрести свободные навыки общения. Обучающиеся получают подробный план занятий и уделяют основное внимание совершенствованию разговорных навыков.

1 занятие по 60 минут в RCC Hunters Woods Бесплатно, обязательная регистрация • Vogel 17 сентября - 5 ноября

505534-4A по вторникам в 13:00 - 14:00

ESL IV (курсы английского языка IV) (от 55 лет)

Занятия специально разработаны для представителей старшего поколения, изучающих английский язык, которые бегло говорят по-английски, но желают пройти дополнительное обучение и усовершенствовать навыки общения с ровесниками в дружеской и располагающей атмосфере.

8 занятий по 60 минут в RCC Hunters Woods
Бесплатно, обязательная регистрация • Vogel
17 сентября - 5 ноября
505535-4A по вторникам в 14:00 - 15:00



Language Learning-Spanish

ESL I

(de 55 años a más)

Esta clase ayudará a los estudiantes que no hablan inglés a aprender este idioma en un ambiente amigable y adecuado. A los estudiantes se les proporcionará un plan de lecciones completo además de material impreso.

8 sesiones de 60 minutos de duración en RCC Hunters Woods

Gratuito, es necesario registrarse • Vogel

Del 19 de setiembre al 7 de noviembre

505533-4A martes

1:00 p.m.-2:00 p.m.

ESL II

(de 55 años a más)

Esta clase ha sido diseñada para estudiantes que ya han participado en una clase ESL (Inglés como Segunda Lengua) nivel principiantes o que cuentan con conocimientos muy elementales del idioma inglés. A los estudiantes se les proporcionará un plan de lecciones completo además de material impreso.

8 sesiones de 60 minutos de duración en RCC Hunters Woods

Gratuito, es necesario registrarse • Vogel

Del 19 de setiembre al 7 de noviembre

505565-4A martes

2:00 p.m.-3:00 p.m.

ESL III

(de 55 años a más)

Esta clase está dirigida a estudiantes con conocimientos avanzados que tienen mayor fluidez en el idioma inglés, pero que se beneficiarían con estudios de gramática avanzada, así como enfocarse más en habilidades conversacionales avanzadas. A los estudiantes se les proporcionará un plan de lecciones completo además se enfocará mejorar sus habilidades orales.

1 sesión de 60 minutos de duración en RCC Hunters Woods

Gratuito, es necesario registrarse • Vogel

Del 17 de setiembre al 5 de noviembre

505534-4A jueves

1:00 p.m.-2:00 p.m.

ESL IV

(de 55 años a más)

Esta clase está orientada específicamente a los estudiantes con conocimientos avanzados que tienen fluidez en el idioma inglés para los cuales la enseñanza adicional y la práctica de sus habilidades conversacionales con compañeros con conocimientos similares en un ambiente amigable y cómodo serían muy ventajosas.

8 sesiones de 60 minutos de duración en RCC Hunters Woods

Gratuito, es necesario registrarse • Vogel

Del 19 de setiembre al 7 de noviembre

505535-4A jueves

2:00 p.m.-3:00 p.m.

Social Programs

American Mah Jongg

(55 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. Experienced players gather together weekly to practice their skills.

16, 2.5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff

September 5-December 26
(No Class: November 28)

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 an enjoyable midday break.

17, 4-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff

September 9-December 30

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 mid-day break.

18, 2-hour sessions at RCC Lake Anne
Free, Drop-in • Staff

September 3-December 31

Drop-in Tue
11:00 a.m.-1:00 p.m.

Line Dancing

(55 years and older)

Keep on dancing to wellness. Learn how to dance the two-step, waltz, cha cha, jitterbug, swing, shuffle (like a polka), and specialty steps. Please wear shoes that slide on the floor.

7, 90-minute sessions at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Chen

October 30-December 18 (No Class: December 11)

505711-4A Wed
2:00 p.m.-3:30 p.m.

Open Pinochle

(55 years and older)

Participate in an open pinochle game. This is a great time to socialize with new friends and learn how to play the game. Beginners welcome.

16, 2.5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff

September 4-December 18

Drop-in Wed
10:30 a.m.-1:00 p.m.



CLASSIC CINEMA

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

(Free Continental Breakfast beginning at 9:30 a.m.)

**Free • Drop-in • 18 Years and Older
RCC Hunters Woods - the CenterStage****Be swept back through the years as you watch timeless films in the comfort of the CenterStage. This season features films directed by Alfred Hitchcock.****55+ SOCIAL
PROGRAMS****MONDAY, SEPTEMBER 9*****Shadow of a Doubt***

1942

Joseph Cotton stars as Uncle Charlie, a calculating and charming killer who hides out in his relatives' small hometown. There, he befriends his favorite niece and namesake, Young Charlie (Teresa Wright). But she begins to suspect he may be the famed Merry Widow murderer. A deadly game of cat and mouse ensues as the psychopathic killer plots the death of his young niece to protect his secret. Hitchcock often said that *Shadow of a Doubt* was his favorite film.

MONDAY, OCTOBER 21***To Catch a Thief***

1955

Mystery, intrigue, and romance figure in this movie. Cary Grant plays John Robie, a reformed jewel thief who was once known as "The Cat," in this suspenseful Hitchcock classic thriller. Robie is suspected of a new rash of gem thefts in the luxury hotels of the French Riviera. He must set out to clear his name. Meeting pampered heiress Frances (Grace Kelly), he sees a chance to bait the mysterious thief with her mother's fabulous jewels. His plan backfires, but Frances, who believes him guilty, proves her love by helping him escape. In a spine-tingling climax, the real criminal is exposed. This film earned three Academy Award nominations, and won an Oscar for "Best Cinematography."

MONDAY, NOVEMBER 18***Notorious***

1946

When troubled beauty Alicia Huberman (Ingrid Bergman) is recruited by American agent T.R. Devlin (Cary Grant) to infiltrate a German spy ring in postwar Rio, she accepts, but soon finds herself falling in love with him. When she receives orders to seduce a Nazi kingpin (Claude Rains), Alicia must sacrifice the only happiness she's ever known for a perilous mission that could ultimately cost her and Devlin their lives. Roger Ebert claimed that "Hitchcock's *Notorious* is the most elegant expression of the Master's visual style."

MONDAY, DECEMBER 16***Strangers on a Train***

1951

From its cleverly choreographed opening sequence to its heart stopping climax on a runaway carousel, this Hitchcock classic is one of the director's finest examples of excruciating suspense. Enjoy the battle of wits between tennis pro Guy (Farley Granger) and his mysterious, sycophantic admirer, Bruno (Robert Walker), who proposes a "criss-cross" scheme of traded murders. Bruno agrees to kill Guy's unfaithful wife, in return for which Guy will (or so it seems) kill Bruno's spiteful father. Hitchcock controls the escalating tension with a master's flair for cinematic design.

For more information please contact Karen Brutsché, 55+ Program Director, at 703-476-4500.

Senior Social with the Reston Association

(55 years and older)

Learn about upcoming senior adult trips, classes, and events that are facilitated by Reston Community Center and Reston Association. Enjoy a 55+ Fiesta of Fun while meeting new people and catching up with dear friends.

1, 90-minute session at RCC Hunters Woods Free, Registration Req. • Staff

September 12

509615-4A

Thu

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

Sunday Afternoon Dances

(18 years and older)

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.

4, 2-hour sessions at RCC Hunters Woods \$5 (R)/\$10 (NR) payable at the door

September 8, October 13, November 10, December 8

Drop-in

Sun

2:30 p.m.-4:30 p.m.

Wii Play

(55 years and older)

Those who are tired of the same routine are encouraged to try the innovative Wii video game program and learn the various games and exercises the Wii has to offer. Participants will have fun by playing tennis, bowling, baseball and table tennis.

16, 90-minute sessions at RCC Hunters Woods Free, Registration Req. • Staff

September 6-December 27

(No Class: November 29)

529999-4A

Fri

10:00 a.m.-11:30 a.m.



Holiday Luncheon

(55 years and older)

Be sure to attend RCC's annual holiday celebration at the elegant Sheraton Reston Hotel. As always, gifts will be awarded and a sumptuous lunch will be accompanied by live musical entertainment and a 45 minute performance by the outstanding Harmony Heritage Barbershop chorus. Each registrant will be contacted by phone or mail to determine who will require bus transportation from Hunters Woods Fellowship House, Lake Anne Fellowship House, and Thoreau Place. Bus transportation is free for all registered participants. No group registrations will be accepted; interested patrons must register individually. The luncheon begins at 11:30 a.m. for individuals driving themselves, for those requiring transportation, the schedule is as follows:

10:30 a.m. Bus Departs Lake Anne Fellowship House

11:00 a.m. Bus Departs Hunters Woods Fellowship House

11:00 a.m. Bus Departs Thoreau Place

11:30 a.m. Luncheon begins

2:30 p.m. Bus Departs Reston Sheraton

1, 3-hour session at Sheraton Hotel

\$25 (R)/\$50 (NR) • Staff

December 5

505575-4A

Thu

11:30 a.m.-2:30 p.m.

Trips & Tours

Participants should arrive for check in at least 30 minutes prior to the stated bus boarding 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 cancelled 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).

55+ Trips & Tours

Historic Frederick, MD and the National Museum of Civil War Medicine	September 17
Fall in Shepherdstown, WV	September 26
Fallingwater	October 10
Sotterley Plantation Tour and Lunch	October 22
Quaint Occoquan and the Workhouse Arts Center	November 14
Christmas at Longwood and Nemours Mansion	December 12
Festival of Lights	December 19

Historic Frederick, MD and the National Museum of Civil War Medicine

(55 years and older)

The National Museum of Civil War Medicine (NMCWM,) a unique center of Civil War history, guides the participant on a century and a half of medical history as well as camp and hospital life, African American life, and women's and children's roles during the Civil War era. Discover the challenges faced by doctors and surgeons of the day and the innovations that came out of that era. After visiting the museum, explore Frederick's historic district, shop and dine at your leisure. Trip fee includes transportation and admission to the museum.

8:00 a.m. Depart RCC Lake Anne

8:30 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

1, 8-hour session at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Staff

September 17

500163-4A

Tue

8:00 a.m.-4:00 p.m.



Photo by Tourism Council of Frederick County



Photo by Ron Cogswell

Fall in Shepherdstown, WV (55 years and older)

Enjoy a beautiful early fall day in West Virginia's oldest town, Shepherdstown, nestled in the lower Shenandoah Valley. Tour the Entler Museum (formerly the Entler Hotel, which is now on the National Historic Register as a Historic Site). The museum was founded to preserve and display artifacts, furnishings, and documents of local historic interest, along with American Indian tools and artifacts. While at the museum, get a map for a self-guided walking tour of the quaint streets, and have lunch on your own at the many famous fine dining or casual restaurants. Also, pick up a self-guided tour map and visit unique locally owned shops, including O'Hurley's General Store, German Street Coffee and Candler, and Dickinsons & Wait Craft Gallery before heading back to Reston. Wear comfortable walking shoes and bring money for lunch and shopping. Trip includes transportation and museum ticket.

Please note: Participants must be able to walk independently or with a cane. Walkers and wheelchairs cannot be accommodated at the museum.

8:30 a.m. Depart Lake Anne

9:00 a.m. Depart Hunters Woods

5:00 p.m. Estimated return to Reston

**1, 8.5-hour session at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Staff**

September 26

500308-4A

Thu

8:30 a.m.-5:00 p.m.

Fallingwater (55 years and older)

Mark a check on your bucket list! Enjoy a fall foliage bus ride to Fallingwater, one of the greatest architectural triumphs of the 20th century and creation of architect Frank Lloyd Wright. Fallingwater was the home of the Kaufmann family of Pittsburgh (owners of the family's upscale department store.) Edgar, Sr. had a love of art and architecture, which drew him to commission Lloyd Wright to build the family a unique mountain retreat. The retreat was later entrusted by Edgar, Jr., along with several hundred acres of land, to the Western Pennsylvania Conservancy in memory his parents. Lloyd Wright promoted organic design, which Fallingwater best exemplified. The home, with cantilevered floors, Mission style features, and ingenious layouts, was completed in 1937 at a total cost of \$155,000 and is situated partly over a waterfall on Bear Run in the Laurel Highlands of the Allegheny Mountains. Expect considerable walking and come prepared for the mountain weather (usually 10 degrees colder than Pittsburgh.) Hallways are narrow, so large or bulky items will have to be kept on the bus or put into onsite lockers. Photography is not permitted inside the house. Lunch will be on the grounds upon arrival and there is a 1/4 mile walk from the Visitors' Center to the house. Trip includes transportation, lunch, and tour. Bring a bag dinner to enjoy on the bus during the ride home.

8:00 a.m. Departure from Hunters Woods

8:00 p.m. Estimated return to Reston

**1, 12-hour session at RCC Hunters Woods
\$76 (R)/\$152 (NR) • Staff**

October 10

500304-4A

Thu

8:00 a.m.-8:00 p.m.

Sotterley Plantation Tour and Lunch

(55 years and older)

Standing on the banks of the Patuxent River, 300 year old Sotterley Plantation is the only remaining Tidewater Plantation in Maryland that is open to the public. Admired by George Washington, it is believed to have served as a model for Mount Vernon. During the 19th century, the plantation was one of the largest communities of enslaved African Americans in the Southern Maryland region. Participants will take a guided tour around the grounds to see the mansion house, slave cabin, and the eagles' nest which was rebuilt after Hurricane Sandy and is home to several eagles. A boxed lunch will be provided on the portico overlooking the river. Fee includes transportation, lunch, and admission. Please note: Participants must be able to walk independently or with a cane. The Plantation House is not accessible and wheelchairs and walkers cannot be accommodated.

8:00 a.m. Depart Lake Anne

8:30 a.m. Depart Hunters Woods

4:30 p.m. Estimated return to Reston

1, 8-hour session at RCC Hunters Woods

\$46 (R)/\$92 (NR) • Staff

October 22

501888-4A

Tue

8:30 a.m.-4:30 p.m.

Quaint Occoquan and the Workhouse Arts Center

(55 years and older)

The day begins with shopping and dining in Historic Occoquan. Take a leisurely stroll through this quaint village. The many unique shops are the perfect place to begin holiday shopping. Enjoy lunch on your own from among the many charming restaurants along the Occoquan River. After lunch, hop back on the bus to be transported to the former Lorton Prison, now the cultural home to the Workhouse Arts Center, where participants will enjoy a guided tour of the artistic colony. Trip fee includes transportation and admission to the Workhouse Arts Center.

9:00 a.m. Bus Departs Lake Anne

9:30 a.m. Bus departs Hunters Woods

5:00 p.m. Estimated return to Reston

1, 8-hour session at RCC Hunters Woods

\$25 (R)/\$50 (NR) • Staff

November 14

500309-4A

Thu

9:00 a.m.-5:00 p.m.



Christmas at Longwood and Nemours Mansion

(55 years and older)

The first stop is Nemours, the former 300-acre estate of Alfred I. duPont. The group will tour this recently restored and excellent example of a modified Louis XVI French Chateau lavishly decorated in its holiday finery. Then it's off to Buckley's Tavern (former site of a tollgate that collected fees from Wilmington travelers) for a cozy lunch. After lunch, it is onto Longwood Gardens to celebrate the season with a holiday spectacle of thousands of brilliant poinsettias, towering trees, fragrant flowers, and exotic plants filling four acres of gardens inside Longwood's heated Conservatory. Verdant lawns, colorful plants, and fragrant flowers blooming in the midst of winter are also part of the magic of the holidays at Longwood. Enjoy a one hour tour and then music both at the fountains and in the conservatory. Finish off the day with a quarter-mile walk to the bus surrounded by 500,000 holiday lights. Please wear comfortable walking shoes and dress warmly. Trip fee includes transportation, admission fees, and lunch. Bring money for a quick dinner stop on the way home.

6:00 a.m. Depart Hunters Woods

9:00 p.m. Estimated Return to Reston

1, 15-hour session at RCC Hunters Woods
\$95 (R)/\$190 (NR) • Staff

December 12

500313-4A

Thu

6:00 a.m.-9:00 p.m.



Photo Courtesy of Longwood Gardens/L. Albee



Photo by R. Kent Tyndall

Festival of Lights

(55 years and older)

The impressive Washington, D.C. area Mormon Temple and grounds will be aglow with this beautiful festival displaying 450,000 lights, along with a live outdoor nativity scene, indoor exhibits of international crèches, and other holiday displays. There will be a free concert at 7 p.m. in the main theatre. Trip fee includes transportation and reserved concert ticket. Bring a bagged dinner to enjoy on the bus.

4:00 p.m. Depart Lake Anne

4:30 p.m. Depart Hunters Woods

10:30 p.m. Estimated Return to Reston

1, 6.5-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Staff

December 19

500312-4A

Thu

4:00 p.m.-10:30 p.m.

55+
TRIPS & TOURS

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 a 6-hour lab pass to the Open Ceramics Studio.

8, 2.5-hour sessions at RCC Lake Anne

\$40 (R)/\$80 (NR) • Joder

September 10-October 29

452509-4B

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.

8, 3-hour sessions at RCC Lake Anne

\$30 (R)/\$60 (NR) • Coulter-Blehert

September 13-November 1

455011-4C

Fri

10:00 a.m.-1:00 p.m.

Crayon Batik Sampler

(18 years and older)

By using crayons like never before, this non-traditional batik method offers brilliant colors and a direct and spontaneous approach. Create a two-dimensional image by painting with melted crayons on unbleached muslin. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Danenberger

November 18-December 9

402455-4A

Mon

1:00 p.m.-4:00 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.

8, 2-hour sessions at RCC Lake Anne

\$30 (R)/\$60 (NR) • Zahid

September 12-October 31

455526-4B

Thu

1:30 p.m.-3:30 p.m.

55+ VISUAL ARTS

Woodworking

Good Neighbors Woodworking Group

(55 years and older)

The Good Neighbors Woodworking Group meets each Tuesday in the RCC Woodshop to design, construct, and decorate wooden toys. The toys are then donated to nonprofit organizations in the Reston area. Everyone is invited to stop by and take a look at the beautiful toys that the Good Neighbors create. Experience in woodworking and painting techniques is a plus. However, training will be provided for beginners.

18, 6-hour sessions at RCC Hunters Woods

Free, Drop-in • Church

September 3-December 31

Drop-in

Tue

9:00 a.m.-3:00 p.m.



Check out all of our Woodworking classes and the Open Labs listed on page 96-98.

55+
WOODWORKING

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 the Reston Community Center for district residents and employees at greatly subsidized rates.

Code of Conduct

For your protection and comfort, the 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, 2013-April 30, 2014.

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).

Professional Touring Artist Series 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.

Important Ticket Sales Dates

Thursday, August 1st, 4:00 p.m. – 9:00 p.m. the Box Office will be open for sales for residents and/or employees of businesses in Small District 5 ONLY. Proof of residence or employment status may be requested.

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

Thursday, August 8th, tickets will go on sale to the general public on a first-come, first-served basis. Orders will be taken through mail, fax, phone or in person during Box Office hours. Tickets will also be available to everyone online at this time.

CENTERSTAGE BOX OFFICE INFORMATION



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



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



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



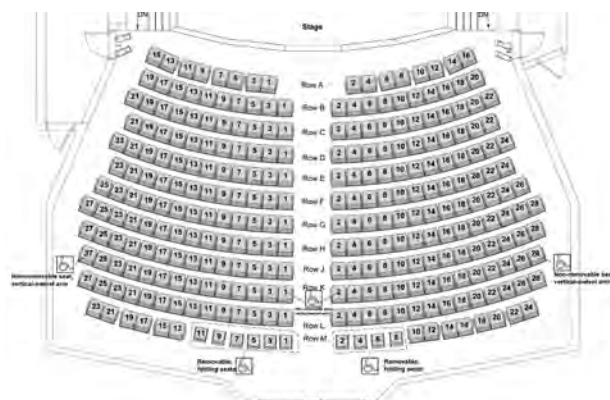
Phone: 703-476-4500, Press '3'
800-828-1120 (TTY)
Please provide the following information when you call:

- Performance title, day, date and curtain time
- Ticket quantity/type (Reston or non-Reston)
- 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 theater)



Fax: Fax Ticket Form to 703-476-2488 (Please see the note above regarding accepted credit cards.)

- Notes:**
- No refunds or exchanges unless show is cancelled.
 - 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 the 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. (Monday-Saturday) and 9:00 a.m.-8:00 p.m. (Sunday) 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	
Tig Notaro	Sept. 7	8:00 p.m.	\$15		\$30		
Left Bank Quartet	Sept. 15	3:00 p.m.	\$15		\$30		
Red Molly with We're About 9	Sept. 20	8:00 p.m.	\$15		\$30		
Turtle Island Quartet with Nellie McKay	Oct. 30	8:00 p.m.	\$20		\$40		
David Henry Hwang	Nov. 10	3:00 p.m.	\$15		\$30		
100 th Anniversary of <i>The Rite of Spring</i> Double Feature	Nov. 16	8:00 p.m.	\$25		\$50		
<i>Black 'n Blue Boys</i> by Dael Orlandersmith	Nov. 22	8:00 p.m.	\$20		\$40		
Gustafer Yellowgold	Nov. 23	3:00 p.m.	\$5		\$10		
New York Festival of Song	Dec. 3	8:00 p.m.	\$20		\$40		
The Reduced Shakespeare Company	Dec. 21	8:00 p.m.	\$25		\$50		
Sweet Honey In The Rock®-Concert Only	Jan. 19	8:00 p.m.	\$25		\$50		
Sweet Honey In The Rock®-Full Package	Jan. 19-20	Varies	\$35		\$70		
Rennie Harris RHAW	March 9	8:00 p.m.	\$15		\$30		
Lúnasa	March 12	8:00 p.m.	\$20		\$40		
<i>Mr. Vaudeville and Friends</i>	April 6	3:00 p.m.	\$5		\$10		
Trout Fishing in America	April 27	3:00 p.m.	\$15		\$30		
<i>Modern Moves</i> : DC Choreographers	May 28	8:00 p.m.	\$15		\$30		
Raul Midon	May 31	8:00 p.m.	\$20		\$40		
SpeakeasyDC	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 the Reston Community Center (the CenterStage or the Community Room) are available for sale two weeks prior to the first performance date.

Tickets are sold at Adult, Senior or Student/Youth prices, depending on the organization, regardless of residency (no discounts for Small District 5 residents or employees). All seats are reserved unless otherwise indicated; payment is required at the time of reservation.

Season subscription ticketing is handled differently by different organizations. Priority ordering information is provided with confirmation of the season subscription.

Information about contacting each Community Arts Organization is listed in its event description.

Reston Community Players – online ticket sales at www.restonplayers.org

Musicals (*A Tribute to the Music of Rodgers & Hammerstein* and *Andrew Lloyd Webber*, and *Xanadu*)

- Adults - \$23
- Seniors (65+)/Students (-18) - \$20

Plays (*Chapter Two*)

- Adults - \$20
- Seniors (65+)/ Students (-18) - \$17

Reston Chorale – online ticket sales at www.restonchorale.org

Wonder of the Season Holiday Concert

- Adults - \$25
- Seniors (62+) - \$20
- 17 and under - free

Conservatory Ballet

The Nutcracker (Full and Shortened Performances)

- Adults
- Youth (12 years and under)
- Ticket prices available two weeks prior to performance

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

CENTERSTAGE BOX OFFICE INFORMATION



Online: Visit organization's website for online sales if available.



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



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



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 (Adult, Senior, Student, Youth)
- 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 theater)



Fax:

Fax Ticket Form to 703-476-2488 (Please see the note above regarding accepted credit cards.)

Notes:

- No refunds or exchanges unless show is cancelled.
- 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 the 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 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 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 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 pass.

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
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: <input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA EXP. DATE: _____ ACCOUNT #: _____ SIGNATURE: _____	<input type="checkbox"/> CASH <input type="checkbox"/> MONEY ORDER <input type="checkbox"/> CHECK <input type="checkbox"/> CREDIT CARD (VISA OR MC) <input type="checkbox"/> 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 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 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.
- Patrons are encouraged to register for as many sessions as desired. Patrons should enroll at the same level for all sessions.
- 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.
- 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			

CREDIT CARD INFORMATION	FORM OF PAYMENT
CARD HOLDER'S NAME #: _____	<input type="checkbox"/> CASH <input type="checkbox"/> MONEY ORDER
CHARGE: <input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA EXP. DATE: _____	<input type="checkbox"/> CHECK <input type="checkbox"/> CREDIT CARD (VISA OR MC)
ACCOUNT #: _____	<input type="checkbox"/> OTHER _____
SIGNATURE: _____	

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 Cancellation/Refund Request

Date of Request																																				
Adult Name	First															Last																				
Home Address																																				
City																State										Zip										
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: <input type="checkbox"/> Yes <input type="checkbox"/> No	RCC Staff: _____
If no, why: _____	Date: _____
Total Amount: \$ _____	

RESTON COMMUNITY CENTER

Fee Waiver Application (Valid May 1, 2013 - April 30, 2014)

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. 2012 income tax return) that income/ family composition does not exceed the following levels:
 - \$20,665/family of one
 - \$27,991/family of two
 - \$35,317/family of three
 - \$42,643/family of four
 - \$49,969/family of five
 - \$57,295/family of six

For each additional person, add \$7,326 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:** _____



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) • 703-476-2488 (FAX)



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RCC Board of Governors



Beverly Cosham,
Chair



William G. Bouie



Lisa Sechrest-Ehrhardt



William Keefe



Roger Lowen



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.
Tim Elcesser	Financial Specialist
Ryan Irving	Web Architect
Mahsa Layazali	Customer Service
Greg Minassian	Customer Service
Samantha Pallo	Graphic Artist
Evelyn Rosa	Customer Service
Grazyna Siebor	Accounting Specialist
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
Brian Biel	Box Office Assistant
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
William D. Parker	Box Office Manager

Leisure & Learning

Eileen Boone	Leisure & Learning Director
Karen Brutsché	55+ Program Director
Kenny Burrowes	Teen Program Director
Amelia Chung	Fitness Director
Ali Clements	Teen Program Assistant
Debbie Heron	Youth Program Director
Jonathan Navarro	Adult Program Director
Kim Gollop-Pagani	Youth Program Assistant
Diane Scott	Adult Program Assistant
Susan Zaboji	55+ Program Assistant

RCC Program Guide Design and Photography

BeBe Nguyen	Director of Communications
Cristin Bratt	Public Information Officer
Cindy Fortuno	Graphic Artist
Samantha Pallo	Graphic Artist

Photography by
Linda Rutledge, Staff Photographer and Jim Kirby

Maintenance and 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

Location & Hours of Operation

RCC Hunters Woods

2310 Colts Neck Rd, Reston, VA 20191
Includes the Terry L. Smith Aquatics Center, the 290-seat CenterStage theatre, Woodshop, Stained Glass Workshop, and meeting rooms.

RCC Lake Anne

1609-A Washington Plaza, Reston, VA 20190
Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, fitness classrooms and 3-D Gallery.

Phone Numbers

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

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 Booking Manager for information.

Holiday Hours

September 2, 2013	Labor Day	CLOSED
October 14, 2013	Columbus Day	9:00 a.m. – 9:00 p.m.
November 11, 2013	Veterans Day	9:00 a.m. – 9:00 p.m.
November 28, 2013	Thanksgiving	9:00 a.m. – 2:00 p.m.
December 11, 2013	Staff Teambuilder	RCC HW Closed 1:00-4:00 p.m. RCC LA Closed 12:30-4:30 p.m.
December 24, 2013	Christmas Eve	9:00 a.m. – 2:00 p.m.
December 25, 2013	Christmas Day	CLOSED
December 31, 2013	New Years Eve	9:00 a.m. – 2:00 p.m.
January 1, 2014	New Years Day	Noon – 5:00 p.m.

Open Labs & Studios

Open Ceramics Studio

(18 years and older)

The public is invited to use the RCC's Ceramic Studio. Reservations are not required. The RCC Ceramics Studio will be closed August 24-September 7; re-opening September 11. Please check the Ceramics Studio calendar for additional scheduled studio times or closures.

The fee includes firing and glazes.

Clay cost is \$15-\$20 for 25 lbs.

RCC Lake Anne \$15 (R)/\$30 (NR) 4-Hour Pass
\$35 (R)/\$70 (NR) 12-Hour Pass

All passes will expire 2 years from date of purchase, with the exception of 3-month and 12-month pool passes.

September 1-December 31

(No Studio: August 24-September 7; re-opening September 11)

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.

8, 4-hour session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Kuhlmann

September 1-December 15

Drop-in	Sun	1:30 p.m.- 5:30 p.m.
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Open Woodshop

(18 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours on Tuesday, Friday, and Saturday. 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 information desk.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) Tue

\$10 (R)/\$20 (NR) Fri

\$12 (R)/\$24 (NR) Sat

September 3-December 17

Drop-in	Tue	6:00 p.m.-10:00 p.m.
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September 6 – December 30

Drop-in	Fri	9:00 a.m. – 3:00 p.m.
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September 7-December 21

Drop-in	Sat	9:00 a.m.- 5:00 p.m.
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2310 Colts Neck Road
Reston, Virginia 20191

**NON-PROFIT
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ZIP CODE 20170**



2013 Reston

Multicultural Festival



Saturday, September 28

11:00 a.m.-6:00 p.m.

Rain or Shine • Lake Anne Plaza

*Discover the World
in Reston*



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. 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.