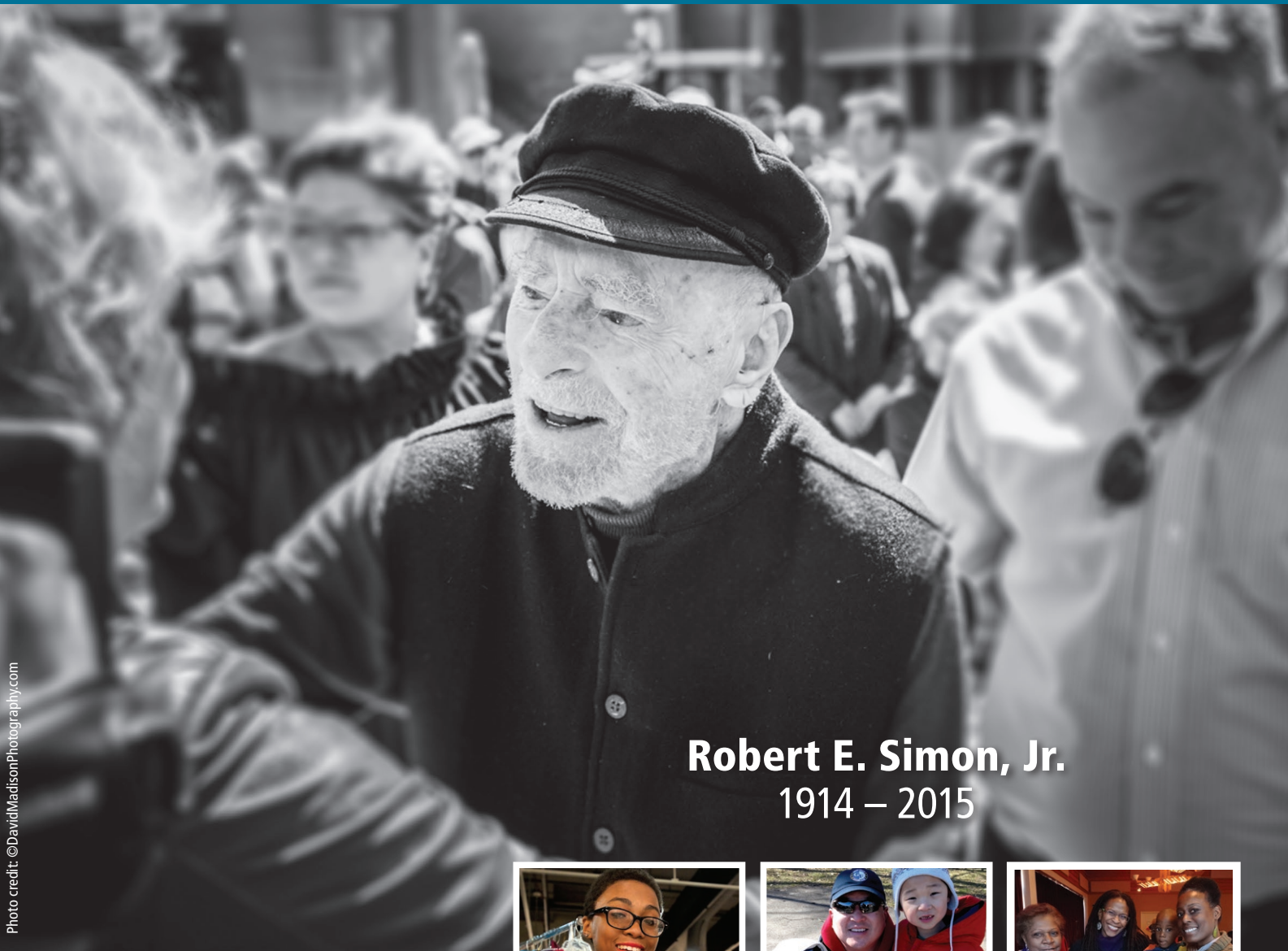


Reston Community Center

2016 Winter/Spring **Program Guide**



Robert E. Simon, Jr.
1914 – 2015

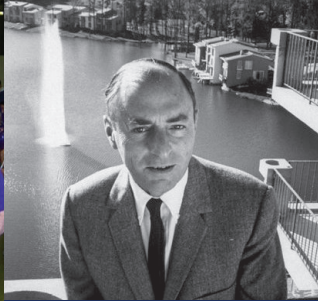
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Enriching Lives, Building Community

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IN MEMORY OF

Robert E. Simon, Jr.

1914 – 2015

Founder and Soul of Reston

"The Center is truly Reston's heartbeat. It is *THE* place where our community expresses itself in the fullest range of the lively and visual arts."

- Robert E. Simon, Jr.

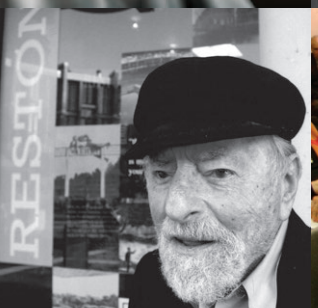
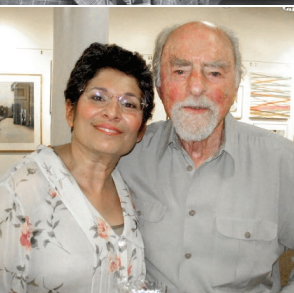
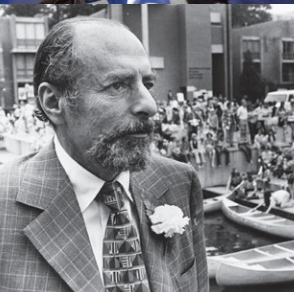



Photo credit: ©DavidMadisonPhotography.com

Board of Governors



William G. Bouie



William Keefe



John Mendonça



Michelle Moyer

A MESSAGE FROM BEVERLY COSHAM

Chair, RCC Board of Governors



As we prepared the content of this Program Guide during the past fall, we were stunned by the news of the death of Reston's founder Robert E. Simon, Jr. on September 21. Bob was not just Reston's founder and leader; he was the soul of our community. His vision has made Reston a special place that puts the well-being of each individual at the heart of our "Master Plan." Bob's focus on making this community a place where each person felt welcome and able to pursue his or her aspirations served us well during the past 50-plus years.

It was a joy to know Bob Simon. He was an important friend to me and so many others. Bob was passionate about the arts and his life was intertwined with both artistic experiences and places where the arts reached the heights of human inspiration. From his sale of Carnegie Hall to finance his purchase of the land that became Reston to his ever-present place in CenterStage audiences, Bob knew that the arts were and would always be a foundation of the Reston experience. He was my knowledgeable supporter and fan; he encouraged all of Reston's own home-grown arts endeavors; he lavished praise on artists from far and wide who visited our stages and marveled at the community they found here.

Reston Community Center – our Board, staff and volunteers – salutes the memory of this remarkable man and staunch advocate of the importance of "community-building." We extend our love, sympathy and appreciation to his wife, Cheryl, and his family, for their generosity in sharing him with his legions of fans. Bob will be missed, not forgotten, and celebrated for as long as there is a place called Reston.

A handwritten signature in black ink that reads "Beverly Cosham".

A MESSAGE FROM LEILA GORDON

RCC Executive Director



It is hard to imagine our community and RCC without Bob Simon's active physical presence. Whether in the arts, as Bev describes, or in advocating for young people, Bob was the conscience of our planning and programming. He came to us and demanded our focus on "doing more" for kids who need positive after and out of school enrichment. He participated with zest in events and activities for young people and the young at heart without fail. It's no surprise that Bob dedicated himself to leading a one-million dollar fundraising drive for Cornerstones to

celebrate his 100th birthday and Reston's 50th anniversary. Nor is it surprising that his ambitious goal was more than met. Bob inspired generosity.

This upcoming Founders Day weekend will be bittersweet. Although his physical presence will be lacking, his spirit will be with us always. I can easily hear Bob in my mind's ear exhorting us to continue to make Reston a welcoming, open-hearted, open-minded and creative community. For any problem we confront in the years ahead, I can easily imagine Bob prodding us to think with commitment and energy about how to solve it. His ingenuity is an example for each of us and his tenacity a benchmark to which we can aspire. Bob Simon rose to challenges and with wit, determination and his signature love of life, he showed us the way to meet them and surmount them. We are now to follow in the determined path of his footsteps – confidently into Reston's future. Thank you, Bob, for your vision and your passion; they will light our journey ahead.

Board of Governors



William Penniman



Lisa Sechrest-Ehrhardt



Vicky Wingert



Gerald Zavala

Arts and Events

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Reston Dr. Martin Luther King, Jr. BIRTHDAY CELEBRATION

Saturday, January 16



Community Service Projects

**9:00 a.m. • Southgate Community Center • 12125 Pinecrest Road, Reston, VA
All Ages • Free • Registration required through RA**

Join friends and neighbors in honoring Dr. King's legacy by serving your community. As Dr. King said, "Everybody can be great...because anybody can serve." RCC is partnering with the Southgate Community Center, Reston Association, Cornerstones, and The Closet on community service projects. Indoor projects include making bag lunches for the Embury Rucker Community Shelter, sorting and organizing items from

The Closet and several other projects at Southgate Community Center. There will also be several outdoor projects such as cleaning up the natural areas, pathways, and hardscape surrounding the area, weather permitting. Volunteer hours conclude around noon, at which point volunteers will gather to share a lunch that will be provided. [Turn to page 33 for more volunteer opportunities.](#)



Reston Community Orchestra

10th Annual Memorial Tribute to Dr. Martin Luther King, Jr.

**4:00 p.m. • RCC Hunters Woods Community Room
All Ages • Free, donations are appreciated**

As part of the community's annual tribute to the late Dr. Martin Luther King, Jr., the orchestra will be *Remembering the Dream*. The program features an array of composers from diverse backgrounds designed to reflect Dr. King's belief in equality, freedom, and brotherhood. In addition to local favorite Beverly Cosham and

other outstanding solo artists, choruses and student groups will participate.

Sunday, January 17



Voices of Inspiration

**4:00 p.m. • Northern Virginia Hebrew Congregation
1441 Wiehle Avenue, Reston VA
All ages • Free**

Voices of Inspiration is the 26th Anniversary program honoring Dr. Martin Luther King, Jr. This event is sponsored by the Martin Luther King, Jr. Christian Church and includes many Reston faith communities.



Anna Deavere Smith: *From Rodney King to Michael Brown*

8:00 p.m. • \$25 Reston/\$35 Non-Reston

(Tickets sold through the CenterStage Box Office)

the CenterStage • Reston Community Center Hunters Woods

Ms. Smith has been listening to people across the country from all walks of life for the last several years, using Walt Whitman's idea "to absorb America" as an inspiration. Using interviews she conducted following the aftermath of the first Rodney King trial in 1992, Ms. Smith offers an update to her *Twilight: Los Angeles, 1992* show with this relevant exploration of race relations in America.



Reston Dr. Martin Luther King, Jr. BIRTHDAY CELEBRATION

Monday, January 18



Anna Deavere Smith

Keynote Address and Community Lunch

12:00 p.m. • the CenterStage & Community Room

Reston Community Center Hunters Woods

\$5 Reston/\$10 Non-Reston (Tickets sold through the CenterStage Box Office)

Back by popular demand! Anna Deavere Smith's Keynote Address will explore issues of race, identity and community in America. Join her to experience the intensity of recognition as she uses her artistic powers to

prompt discussion, public debate and action in honor of Dr. King and his legacy.

Turn to page 20 for more information on Anna Deavere Smith



Especially for Youth

11:30 a.m. – 2:30 p.m. • Reston Community Center Hunters Woods

6 – 12 Years Old • Free • Registration Required: #704750-6A

You may register your school age child (1st – 6th grade) to participate in activities at RCC. Children should be registered in advance. Limited on-site registration will be available on the day of the event; however all forms must be completed in their entirety. Children will rotate through a series of activities including a performance, an age-appropriate video, and arts and crafts. All activities will be based on the history of Dr. King and the Civil Rights Movement.

January 8 – January 31



Reston Dr. Martin Luther King, Jr. Birthday Celebration Exhibit

Reston Community Center Hunters Woods

Free • All Ages

Come view the creativity of Reston elementary school students. These young artists' contributions include themes centered on the history of Dr. King and the Civil Rights Movement.

Are We Keeping the Promise?

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

COMMUNITY CONVERSATION: *Racing to Justice*

Saturday, February 27

3:00 p.m. • RCC Community Room – Hunters Woods

FREE • Tickets Required (Available from the CenterStage Box Office)

Americans are engrossed in a deep conversation about the impact of racism in our educational, judicial, social and economic spheres. Come join one of the nation's foremost leaders of the movement for universal justice, John A. Powell, as he discusses these issues with our community. Explore where we are in Reston today and how we can continue to live the values of Reston's foundation.



john a. powell

Director, UC Berkeley's Haas Institute for a Fair and Inclusive Society

Professor John A. Powell is Director of the Haas Institute for a Fair and Inclusive Society and holds the Robert D. Haas Chancellor's Chair in Equity and Inclusion at the University of California, Berkeley, where he is also a Professor of Law, African-American, and Ethnic Studies at UC Berkeley.

A frequent speaker and prolific writer, John's most recent book is *Racing to Justice: Transforming our Concepts of Self and Other to Build an Inclusive Society*.

"In a world that is unjust, hard, and rigid, not only is there a great deal of surplus suffering; there is also too little space for love."

- John A. Powell





The Capitol Steps

33RD ANNUAL CAPITOL STEPS
BENEFIT PERFORMANCE

Sunday, January 31

7:00 p.m. (Doors open at 6:00 p.m.)

Hyatt Regency Reston

1800 Presidents Street, Reston, VA

**Tickets available through Cornerstones
Ages 18 and older**

Capitol Steps – the popular Washington-based music and satire troupe – will perform to benefit Cornerstones. The evening includes fine wine, decadent desserts and a silent auction. Noted for its “Empty the Shelter” auction, last year’s performance raised more than \$120,000 to support the essential programs and services of Cornerstones.

For more information, please contact Likitta Crawley at 571-323-9570 or at www.cornerstonesva.org/events/.

AARP Tax-Aide

February 2 – April 14

Tuesdays • 9:00 a.m. – 2:00 p.m.

Thursdays • 4:30 p.m. – 8:30 p.m.

Saturdays • 9:00 a.m. – 3:00 p.m.

RCC Hunters Woods

Free • Ages 18 years and older

AARP’s Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes to maximize their legal deductions and credits. For years, RCC has been pleased to offer this important program, administered through the AARP Foundation with the cooperation of the IRS, to our community members.

For tax payers with low and moderate incomes with special attention to those 60 and older. All tax preparation is free and confidential.

For more information, please contact Karen Brutsché, 55+ Program Director, at 703-390-5157.



3rd Annual NOVA Mini Maker Faire

Sunday, March 13

11:00 a.m. – 5:00 p.m.

South Lakes High School and
Langston Hughes Middle School

Free • All Ages

A day of excitement, fun, learning, and inspiration for everyone. The Maker Faire inspires, informs, connects, and entertains attendees in a family-friendly environment that showcases inventions, creativity and resourcefulness of Makers from the DC and Northern Virginia metro area. Makers of all ages, in many fields such as arts, crafts, engineering, and science, share with adults and children what they've made. Includes hands-on activities, speakers, and food trucks. Volunteer opportunities available.

For more information: www.makerfairenova.com
or contact@makerfairenova.com.

Best of Reston

AWARDS AND GALA

Thursday, April 7

Hyatt Regency Reston

1800 Presidents Street, Reston, VA

Tickets available through Cornerstones

Cornerstones and the Greater Reston Chamber of Commerce present the 25th Annual Best of Reston Awards. The Best of Reston event honors individuals, organizations and businesses that have put forth tremendous effort in their commitment to community service and improving the lives of others. The proceeds support key programs and initiatives of Cornerstones.

For more information, please contact Likitta Crawley at 571-323-9570 or at www.cornerstonesva.org/events/.

TUESDAY NIGHT AT THE MOVIES

7:30 p.m. – 9:30 p.m.

RCC Hunters Woods – the CenterStage

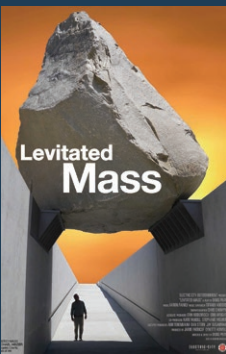
Free • All Ages



March 22: Northern Virginia Jewish Film Festival Preview

Reston Community Center will host a preview night for the 16th annual *Northern Virginia Jewish Film Festival*. Presented by the Jewish Community Center of Northern Virginia, the festival will screen 10-12 contemporary Jewish-themed and/or Israeli-made feature films that explore the themes of identity and place in the world. The Festival home from April 7 – 17 will be the Angelika Film Center and Café at Mosaic.

Visit www.restoncommunitycenter.com in February for more details.



April 5: Levitated Mass

Levitated Mass is the documentary of a rock star; the artist behind the sensation; and the international media storm that ensued – but not in the way you might expect. The large-scale sculpture by Michael Heizer is prominently displayed outside the Los Angeles County Museum of Art. *Levitated Mass* gained worldwide recognition during its installation in 2012. Over the course of 10 nights, tens of thousands of people came out to watch the megalith travel through their communities to its final resting place over a 456-foot-long negative space formed by a concrete slot. *Levitated Mass* is one of the few pieces of art in recent history to inspire such a reaction in pop culture, bringing together the art community, public officials, and the general population to debate the merits or folly of a giant stone suspended above their heads. (2013, 88 min.)

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

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

MEET THE Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • RCC Hunters Woods – the CenterStage • All Ages

March 24 • Beverly Cosham

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

March 31 • Loudoun Quartet

This unique combination of flute, violin, viola and cello was formed in 2002 and consists of members of the Loudoun Symphony Orchestra.

April 7 • Chamasyan Sisters

Monika (violin), Marina (piano) and Armine (violin) present some of their favorite selections from the classical and modern repertoire.

April 14 • Linda Apple Monson

Professor of Keyboard Studies at George Mason University performs and presents outstanding student pianists from the George Mason School of Music.

April 21 • Alexander Bernstein

This talented pianist is currently pursuing an Artist Diploma at Shenandoah University under the tutelage of John O'Connor and recently won second prize in the Dublin International Piano.

April 28 • Patricia Miller and Students

Patricia Miller is an internationally acclaimed mezzo soprano and has performed in leading operatic roles with opera companies throughout the U.S. Her students from George Mason University will sing operatic arias and selections from Broadway musicals.



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 ollimu.augusoft.net.

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

Celebrating
FOUNDERS
DAY

Saturday, April 9

Lake Anne Plaza • Free • All Ages

Reston Historic Trust and Reston Community Center – with our many community partners – will remember the life of Robert E. Simon, Jr. and his creation: the community of Reston. Join your neighbors, family and friends, as we look back at Bob's remarkable contributions and celebrate our living history.

Programming is still being developed for a weekend of activities. Check the websites of Reston Historic Trust and Reston Community Center for more details. Events will take place at Lake Anne Plaza and other locations depending on weather and the nature of the activity. Planning is underway for special experiences – beginning with the Best of Reston Annual Celebration of Community Service on Thursday, April 7. The community will come together throughout the weekend to give thanks for our “founder.”

The traditional Founders Day event will incorporate many special elements. Performances and remarks will entertain and enlighten – this is an annual Reston family tradition that will resonate with meaning this year.

For more information, please contact the Reston Historic Trust at www.restonmuseum.org or 703-709-7700.





Reston Duplicate Bridge Club

Wednesdays

7:00 p.m. – 10:30 p.m.

RCC Hunters Woods

Drop-in • No Reservations Necessary

Open game: \$8 per person

Novice game: \$7 per person

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

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

Corporate Team Building

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

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

Choose Your Quest:

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

Take the stress out of planning your next teambuilding event by contacting Eileen Boone, RCC Leisure & Learning Director, at Eileen.Boone@fairfaxcounty.gov or 703-390-6162.



RCC Community Coffee

Saturdays, January 2 – May 28

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods • Free • All Ages

Enjoy complimentary food and beverages with casual conversation.

Paws & Claws Pet Resource Expo



Sunday, April 24

12:00 p.m. – 3:00 p.m.

Free • All Ages • RCC Hunters Woods

In concert with the Mutts Gone Nuts performances at the CenterStage on the same day (see page 23), RCC offers the opportunity to visit our resource exhibition from 12:00 p.m. – 3:00 p.m. Information on pet care, training, nutrition, emergency situations, day care, and more will be available from local businesses. This Expo will take place inside RCC Hunters Woods. Pets, other than service animals, are not allowed inside the building. There will be a limited number of volunteers to look after pets, outside, during the event.



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



Spring Festival

Saturday, May 7

1:00 p.m. – 5:00 p.m.

Walker Nature Center

11450 Glade Drive, Reston, VA

Free • Rain or Shine • All Ages

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

Find more information at www.reston.org.

Northern Virginia Fine Arts Festival

May 20 – May 22

Saturday, May 21, 10:00 a.m. – 6:00 p.m.

Sunday, May 22, 10:00 a.m. – 5:00 p.m.

Reston Town Center

Suggested donation for admission to the Festival is \$5 per adult

The Northern Virginia Fine Arts Festival, produced by the Greater Reston Arts Center (GRACE), is a top-rated annual juried outdoor street festival held in the heart of Reston Town Center. The two-day event attracts more than 50,000 patrons and provides an interactive experience to view and purchase art directly from unique and talented artists. Reston Community Center is thrilled to be a Signature Community Sponsor for the 25th Annual Northern Virginia Fine Arts Festival.

For more information, please visit www.NorthernVirginiaFineArtsFestival.org.



Schedule At-A-Glance

DANCE

The Rhythmic Circus: April 8, 8:00 p.m.

Nejla Yasemin Yarkin: May 4, 8:00 p.m.

MUSIC

Black Nativity: December 2, 8:00 p.m.

Melinda Doolittle: December 19, 8:00 p.m.

VOICE with Matt Haimovitz:

February 24, 8:00 p.m.

Lúnasa with Tim O'Brien: March 2, 8:00 p.m.

THEATRE

Anna Deavere Smith: January 17, 8:00 p.m.

Julian Sands in A Celebration of Harold Pinter:

April 2, 8:00 p.m.

The Reduced Shakespeare Company:

May 20 & 21, 8:00 p.m.

SPECIAL EVENTS

MLK Keynote Address,

Anna Deavere Smith: January 18, 12:00 p.m.

Roz Chast: May 11, 8:00 p.m.

CHILDREN/FAMILY

The Great Vaudeville Radio Hour:

April 3, 3:00 p.m.

Mutts Gone Nuts: April 24, 11:00 a.m. & 3:00 p.m.

Feet Don't Fail Me Now



My Mom loved shoes. She had tons of them and they always looked stylish. She insisted that all of her children wear good clean shoes as that was a "sign of good character." In my rebellious youth, I would wear the worst shoes possible just to goad her. Over the years, I came to realize that there was wisdom in her words. One of the last things we did together was to go shoe shopping. While I'm no Imelda Marcos, I do have a good pair for every kind of occasion or mood.

There is something at the CenterStage for whatever mood you are in. From the foot stomping of Tim O'Brien with Lúnasa to the paw pounding of Mutts Gone Nuts; from the sublime choreography of Nejla Yasemin Yarkin to the extreme tapping of *Feet Don't Fail Me Now* by the Rhythmic Circus – put your best foot forward and join us!

Paul Douglas Michnewicz

Arts & Events Director



Black Nativity

by Langston Hughes

A concert version presented by
Theater Alliance

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

\$25 Reston/\$35 Non-Reston

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

“...a jubilant holiday classic and unforgettable theatrical experience.”

– DC Metro Theater Arts

Melinda Doolittle

It Must Be Love

Saturday, December 19, 8:00 p.m.

\$25 Reston/\$35 Non-Reston

Melinda Doolittle became a household name on season six of *American Idol*. According to Simon Cowell and her fans, Melinda is the “one who should have won.”

Since her time on *Idol*, Melinda has wowed audiences everywhere from the White House to the Musicians Hall of Fame, and from the Kennedy Center to Carnegie Hall. In an evening filled with songs ranging from your favorite American Standards to Top 40 Hits, the soul songstress brings her indelible charm and powerhouse vocals to the stage. Thrilling audiences of all ages, Doolittle reminds America why they voted for her.

“Like a young Tina Turner, she can go from a slinky purr to a mighty, gospel charged growl...that’ll keep you coming back for more.”

– People Magazine



BACK BY POULAR DEMAND!

Best known for crafting one-woman, multi-character plays about American social issues, Smith has been awarded the 2013 Dorothy and Lillian Gish Prize, one of the largest and most prestigious awards in the arts, as well as the National Humanities Medal. The MacArthur Foundation honored Smith with the "Genius" Fellowship for creating "a new form of theatre – a blend of theatrical art, social commentary, journalism, and intimate reverie."

Turn to pages 7-9 for information regarding other Reston Dr. Martin Luther King, Jr. Birthday Celebration activities.

"...the most exciting individual in American theatre."

— *Newsweek*

Anna Deavere Smith

From Rodney King to Michael Brown

Sunday, January 17, 8:00 p.m.

\$25 Reston/\$35 Non-Reston

Ms. Smith has been listening to people across the country from all walks of life for the last several years, using Walt Whitman's idea "to absorb America" as an inspiration. Using interviews she conducted since the aftermath of the first Rodney King trial in 1992, Ms. Smith offers an update to her *Twilight: Los Angeles, 1992* show with this relevant exploration of race relations in America.

Anna Deavere Smith

Reston MLK Birthday Celebration
Keynote Address and Community Lunch

Monday, January 18, 12:00 p.m.

\$5 Reston/\$10 Non-Reston

Ms. Smith's Keynote Address will explore issues of race, identity and community in America. Join her to experience the intensity of recognition as she uses her artistic powers to prompt discussion, public debate and action in honor of Dr. King and his legacy.



Photos by R & J Photography and Steph Mackinnon

Photos courtesy of Lúnasa



VOICE

with Matt Haimovitz

If Music Be the Food of Love

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

\$15 Reston/\$20 Non-Reston

If Music Be the Food of Love will include songs both new and old that explore the beauty, heartache and humor of love. The trio focuses the program on the extraordinary role of women in music – as composers, performers and muses.

In honor of the 400th Anniversary of the death of William Shakespeare, VOICE is joined by award-winning cellist Matt Haimovitz in an inspired collaborative project to adapt Shakespearean songs and the medieval music of Hildegard von Bingen. This glorious combination of voices and cello also includes a new work by the winner of Oxingale Records' Emerging Composers competition in addition to solo cello works by such luminaries as Bach, Gabrielli, and Glass.

"Hypnotic in its ethereal beauty and uncluttered clarity."

– *The Oxford Times*

Lúnasa

with Tim O'Brien

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

\$25 Reston/\$50 Non-Reston

An RCC tradition returns to the CenterStage with special guest Grammy-winner Tim O'Brien. Lúnasa and Tim O'Brien embark on a transatlantic journey exploring the common roots, interplay and mutual influences at the heart of American and Irish music.

The uncanny intersection of traditional and contemporary elements in Tim O'Brien's songwriting, his tireless dedication to a vast and still-expanding array of instruments, and his ongoing commitment to place himself in as many unique and challenging musical scenarios as possible have made him a key figure in today's thriving American roots music scene.

"(Tim O'Brien is)a master of American folk music, Irish music, Scottish music – it doesn't matter; a fine songwriter and one of my favorite singers."

- Mark Knopfler (Dire Straits)



Photo by Baldur Bragason



Julian Sands in *A Celebration of Harold Pinter* Directed by John Malkovich

Saturday, April 2, 8:00 p.m.
\$20 Reston/\$30 Non-Reston

British actor Julian Sands is frequently seen worldwide in films, on stage, and on television. He has appeared in more than 100 films including: *The Killing Fields*, *A Room with a View* and *The Girl with a Dragon Tattoo*. On television, he is best known for his role in *24* but has also been seen in *Smallville* and *Dexter*.

In 2005, Mr. Sands was approached by the Nobel Prize-winning playwright and poet Harold Pinter to prepare a set of Pinter's poems for a special presentation in London. Working closely with Pinter, he was granted a rare insight into his personality, life and work. This extraordinary collaboration evolved into a wonderfully humorous and fascinating solo show directed by John Malkovich, which was nominated for a 2013 Drama Desk Award.

"This modest, affecting show embodies the notion of the actor as a transparent vessel through which we see the thoughts and feelings of others..."

— *The New York Times*

Mr. Vaudeville and Friends!

The Great Vaudeville Radio Hour
With Mark Brutsché

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

Buddy Silver (the alter-ego of RCC funnyman Mark Brutsché) comes up with the brilliant plan to host a Vaudeville radio show, to be broadcast "live" from the theatre! Brilliant, that is, until Buddy finds himself without a proper cast and has to scramble around to come up with enough stage personae and willing audience members to ensure that *The Great Vaudeville Radio Hour* isn't a "Great Big Disaster." It's another afternoon of magic, mayhem, and classic Vaudeville comedy that's fun for the whole family and sure to leave you in stitches.

"Loved it! Fantastic show! Great for kids of all ages!"

— Audience reactions to Mark Brutsché's *Spooktacular!*



The Rhythmic Circus

Feet Don't Fail Me Now

Friday, April 8, 8:00 p.m.

\$20 Reston/\$30 Non-Reston

The Rhythmic Circus, who competed in this past season of *American's Got Talent*, is known for transforming its tap shoes into new instruments of rhythm. This innovative performance company infuses its unpredictable blend of hard-hitting tap, high-spirited humor, and finger-snapping tunes into one amazing show. Bring the whole family!

"Following one hour of non-stop smiles, laughs, foot tapping and knee slapping, you'll be sure to have a spring in your step all the way home."

— Broadway Baby



Photo courtesy of Mutts Gone Nuts

Mutts Gone Nuts

A comedy dog act

Sunday, April 24, 11:00 a.m. & 3:00 p.m.

\$5 Reston/\$10 Non-Reston

Disorderly duo Scott and Joan Houghton and their hilarious pack of pooches have created a comedy dog thrill show like no other. Expect the unexpected in this top-notch presentation that includes: incredible high-flying Frisbee dogs, tight-wire dogs, dancing dogs, magic dogs and of course, the one and only Sammie the Talking Dog!

This canine troupe features lovable dogs rescued from animal shelters. Mutts Gone Nuts is sure to unleash havoc and hilarity as the Houghtons attempt to match wits with their mischievous mutts in a family-friendly performance that will leave audiences howling for more!

While you are here, don't miss the Paws and Claws Pet Resource Expo from 12:00 p.m. – 3:00 p.m. See page 16 for more information.

They'll have you at "woof."



Nejla Yasemin Yarkin

What Dreams May Come

In partnership with Dance Place

Wednesday, May 4, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

After exploring large-scale group projects for the last eight years, Nejla Yasemin Yarkin is creating an intimate solo dance inspired by Turkish composers. In this new solo, Yarkin and Enki Andrews experiment with incorporating real-time and pre-recorded video and projection body mapping that will respond to the dancer onstage for a magical evening of dance and technology.

"Ms. Yarkin is a magician, telling tales and creating worlds with understated images."

— *The New York Times*



Roz Chast

Can't We Talk About Something More Pleasant?

Wednesday, May 11, 8:00 p.m.

\$15 Reston/\$20 Non-Reston

Roz Chast's cartoons depict neuroses, hilarity, angst and domesticity and more than 1000 of them have been printed in *The New Yorker* since 1978. Her newest book for adults is *Can't We Talk About Something More Pleasant?* — a book that uses her characteristic wit to chronicle her relationship with her aging parents as they shift from independence to dependence.

Roz Chast will be signing her books in the afternoon for our Older Americans Month Celebration as well as after the performance. Turn to page 129 for more information.

"The wacky world Roz Chast has created in her cartoons is a parallel universe to ours, utterly recognizable in all its banalities and weirdnesses, but slightly askew..."

— *The New York Times*



The Reduced Shakespeare Company

The Complete History of Comedy (abridged)

Friday, May 20, 8:00 p.m.

Saturday, May 21, 8:00 p.m.

\$25 Reston/\$50 Non-Reston

From the high-brow to the low, *The Complete History of Comedy (abridged)* covers comedy through the ages, from Aristophanes and Shakespeare and Molière (Is Molière funny? Why not?) to Vaudeville and Charlie Chaplin to *The Daily Show* and Anthony Weiner.

Tickets to *The Complete History of Comedy (abridged)* are far more affordable than tickets to an amusement park, but you'll come away with the same feelings of nausea and motion sickness. From cavemen telling "Rock Rock" jokes to Chris Rock and stopping for everything in-between, the bad boys of abridgment leave no joke untold as they deconstruct the entire history of comedy in 90 rollicking minutes.

As one would expect in an examination of the History of Comedy, the show contains occasional strong language and sexual innuendo.

Don't miss RSC's Comedy Boot Camp. Turn to page 91 for more information.

"A wild, wild ride! It's funny. Really, really funny...And most of all, it's really, really smart."

— Cincinnati Enquirer

Ticket Sales

Tickets for the 2015–2016 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.

Order forms are available at
www.restoncommunitycenter.com

Professional Touring Artist Series Tickets

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

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

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

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

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

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

Box Office Policies:

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

Tickets for the 2015–2016 Professional Touring Artist Series are sold at Reston (R) (Small District 5 residents or employees) or Non-Reston (NR) prices, regardless of age (no senior or youth tickets). Proof of residence or employment status may be requested. All seats are reserved unless otherwise indicated; payment is required at the time of reservation. All forms are available online at www.restoncommunitycenter.com

Directions:

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

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

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

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

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

From Centreville via Route 28

Go North on Route 28
Take Dulles Toll Rd East
Take Exit 12 onto Reston Parkway
Right on Reston Parkway
Left on South Lakes Drive
Right on Colts Neck Rd
Go 1/8 mile and turn left into Hunters Woods Village Center

Community Arts Organizations

CLASSICALBALLETTHEATRE

Classical Ballet Theatre

www.cbtnva.org
703-471-0750

Experience the joy and creativity inherent in the art of dance! Join us for an evening of beautiful contemporary and classical dance presented by the very best emerging artists in Northern Virginia.

An Evening with Classical Ballet Theatre

Saturday, May 14, 7:30 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$22 Adults, \$18 Seniors (65 and over), \$18 Students (12 and under).



Fairfax-Loudoun Music Fellowship
www.FLMF.org

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

Spring Recitals

Sunday, May 22,

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

RCC Hunters Woods – the CenterStage

Tickets: Free

The Reston **Chorale**

The Reston Chorale

www.restonchorale.org
703-834-0079 or info@restonchorale.org

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

Choral Splendor II: Music for Grand Organ and Chorus

Join The Reston Chorale for an afternoon of music for grand organ and chorus, featuring Organists Paul Skevington and Tordis Fahringer performing Charles-Marie Widor's magnificent *Mass* for two organs and two choruses. The concert will also include works by Dupré, Messiaen and Sweelinck.

Sunday, March 13, 4:00 p.m.

Saint Luke Catholic Church

7001 Georgetown Pike

McLean, VA

For tickets and information, visit www.restonchorale.org.

At the Hop: Those Fabulous Fifties!

Bop to the beat of the fabulous 1950s as The Reston Chorale steps back in time to the days of sock hops, soda fountains and rock and roll. (Poodle skirts and greased-back hair optional.)

Saturday, May 7,

4:30 p.m. and 7:30 p.m.

RCC Hunters Woods – Community Room

Tickets: \$25 Adults (18-61), \$20 Seniors (62 and older), and Free for Youth (17 and younger) with a ticketed adult. Tickets are available online at www.restonchorale.org and at the CenterStage Box Office on Saturday, April 23 (two weeks prior to performances).

A Star-Spangled Sing-Along

Join The Reston Chorale for a free, patriotic sing-along honoring those who serve and remembering those who made the ultimate sacrifice. You can also show your support for our troops by sharing care package items for those deployed overseas. Activities for children; refreshments available.

Saturday, May 28, 2:00 p.m.

Reston Town Center Pavilion

Tickets: Free; donations for troops' care packages welcome.

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

Performing Arts Tickets

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

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

Community Arts Organizations



Reston Community Orchestra

www.restoncommunityorchestra.org
571-449-7095

The Reston Community Orchestra (RCO), under the baton of its conductor of nearly 20 years, Dingwall Fleary, has musically enhanced the cultural lives of our unique community since 1988. Everyone is invited to attend and enjoy a year of diverse symphonic music and overall good times! This series of educational and enjoyable programs is presented in the friendly environment of the Reston Community Center Hunters Woods unless otherwise indicated. Each concert is built around a specific theme.

Holiday Sing & Play Along

Holiday fun is the theme for the December concert presented at the Sunset Hills Montessori School. Come join the family audience and children from Reston's schools in a celebration of Hanukkah and Christmas with songs everyone loves to sing and hear. This event, now in its fourth year, is already a Reston tradition. Singers and instrumentalists of all ages and skill levels are invited to participate. So open those dusty old instrument cases, spray or gargle your throats generously, and come join us. No rehearsals required! In keeping with tradition, we will be collecting food for those less privileged.

Sunday, December 20, 4:00 p.m.
Sunset Hills Montessori School
Tickets: Free; donations welcome.

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

10th Annual Memorial Tribute to Dr. Martin Luther King, Jr.

As part of the community's annual tribute to the late Dr. Martin Luther King, Jr., the orchestra will be *Remembering the Dream*. The program features an array of composers from diverse backgrounds designed to reflect Dr. King's belief in equality, freedom, and brotherhood. In addition to local favorite Beverly Cosham and other outstanding solo artists, choruses and student groups will participate.

Saturday, January 16, 4:00 p.m.
RCC Hunters Woods – Community Room
Tickets: Free; donations welcome.

Hail the King! The Organ Reigns!

The organ, often referred to as the "King of Instruments," will be prominently featured at the spring concert during which musicians and audiences alike will come to understand its claim to royalty. In the beautiful sanctuary of Reston's United Christian Parish, the orchestra will accompany virtuoso soloist Jeremy Shoop playing the church's recently installed "Virtual Pipe Organ" built by Dr. Warren D. Hood and Associates. Mr. Shoop is the organist at Holy Cross Lutheran Church, Herndon.

Sunday, March 20, 4:00 p.m.
(Palm Sunday)
Reston United Christian Parish
Tickets: Free; donations welcome.

Family Concert for the Young of All Ages

Come enjoy musical surprises, including solo performances and compositions by outstanding Northern Virginia students. Before, during and after the concert there will be opportunities for youngsters and the young-at-heart to come face-to-face with the players and "pet" their instruments! For extra fun and a bit of madness, the Orchestra will be joined by the amazing Juggler-Comedian, Jonathan Austin.

Sunday, May 15, 4:00 p.m.
RCC Hunters Woods – Community Room
Tickets: Free; donations welcome.



Reston Community Players

www.restonplayers.org
703-435-2707

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

Master Class

By Terrence McNally
Directed by Rosemary Hartman

Fridays, January 15, 22, 29, 8:00 p.m.
Saturdays, January 16, 23, 30, 8:00 p.m.
Sunday, January 24 at 2:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: \$21 Adults (19 – 64), \$18 Seniors (65 and older), and \$18 Students (18 and younger). Tickets are available online at www.restonplayers.org.

Mary Poppins

Original Music and Lyrics by Richard M. Sherman and Robert B. Sherman. Book by Julian Fellowes. New songs and additional music and lyrics by George Stiles and Anthony Drewe. Co-created by Cameron Mackintosh. Directed by Wade Corder. Music direction by Dana & Jim Van Slyke.

Fridays, February 19, 26, March 4, 11, 8:00 p.m.
Saturdays, February 20, 27, 8:00 p.m.
Saturdays, March 5, 12, 2:00 p.m. and 8:00 p.m.
Sundays, February 28, March 6, 2:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: \$25 Adults (19 – 64), \$21 Seniors (65 and older), and \$21 Students (18 and younger). Saturday Matinee: \$23 Adults, \$20 Seniors/Students. Tickets are available online at www.restonplayers.org.

Community Arts Organizations

Our Town

By Thornton Wilder

Directed by Alana Sharp

Fridays, April 22, 29, May 6, 8:00 p.m.

Saturdays, April 23, 30, May 7, 8:00 p.m.

Sunday, May 1, 2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$21 Adults (19 – 64), \$18 Seniors (65 and older), and \$18 Students (18 and younger). Tickets are available online at www.restonplayers.org.

RCP is funded in part by the Arts Council of Fairfax County (which is supported by Fairfax County Government).



GroundShare Arts Alliance

www.groundsharearts.com

703-593-4384

GroundShare Arts, formally GroundWorks Dance Ensemble, provides dancers of all ages the opportunity to train and perform together in the classroom and onstage. The focus of this multi-generational modern dance company is on exploration of the artistic process while building community through collaboration between professional teaching artists and students. Every spring, GroundShare presents a full-length stage production of dance and theatre, complete with costumes, scenery and professional sound and lighting design.

Spring Concert

Friday, June 17, 7:30 p.m.

Saturday, June 18, 3:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: Pricing information available at the CenterStage Box Office by June 3.



Ravel Dance Studio

www.raveldance.com

703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity to perform original works of dance in a variety of dance genres so they may be better prepared to enter the professional world of dance or to gain acceptance into a university dance program. The Ravel Dance School educates young dancers through high school in classical ballet while offering additional opportunities to perform. Through an audition process, a dancer may be eligible to perform with the Ravel Dance Company.

Each year, Ravel Dance Studio presents one of the five classical ballets from its repertoire: *Cinderella*, *Swan Lake*, *The Sleeping Beauty*, *Coppélia*, or *Giselle*.

Coppélia and Jukebox

Friday, May 27, 7:30 p.m.

Saturday, May 28, 2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: Available only at Ravel Dance Studio and remaining tickets, if any, at the CenterStage Box Office on performance dates. \$20 (All Ages)

SingStrong International A Cappella Music Festival

www.SingStrong.org

888-893-4323

Founded in 2009, SingStrong is a weekend-long series of professional level concerts and classes devoted to the many styles of a cappella music. Styles range from barbershop to doo-wop, beat-box to overtone singing to live looping and beyond. Profits support music programs and the Cure Alzheimer's Fund. Past headliners include Pentatonix, NOTA, and Maxx Factor from NBC's *The Sing Off* as well

as international touring groups like the BOBS, Blue Jupiter, *X-Factor's* Fii, *American Idol's* Nate Tao and more.

Friday, April 1, 7:00 p.m.

"ACA-Idol" contest for collegiate and pro groups with telephone voting, live judges' comments and \$1,000 first prize.

Saturday, April 2, 7:00 p.m.

Pro Concert 1

Saturday, April 2, 9:30 p.m.

Pro Concert 2

Sunday, April 3, 2:00 p.m.

Pro Concert 3

South Lakes High School

Tickets start at \$15. Find out more info at www.SingStrong.org

Cultural Events



The Reston Historic Trust

www.restonmuseum.org

703-709-7700

The Reston Historic Trust is an established community

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

The Trust's history programs will take place on January 21, February 18 and March 17 at RCC Lake Anne's Jo Ann Rose Gallery from 7:00 p.m. – 9:00 p.m.

Admission is free and all are welcome. Contact the museum for more information.

Community Arts Organizations

Visual Arts



League of Reston Artists

www.leagueofrestonartists.org

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers, and supporters of the arts residing in Northern Virginia and the Washington DC Metropolitan area. LRA sponsors exhibits, programs and receptions for its 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 almost 50 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 to display and sell artwork produced by area artists. In the past year, LRA has provided members with more than 35 exhibition opportunities in the Reston area.

FEBRUARY

Inspired by Love
RCC Hunters Woods

APRIL

Annual Founders Day Exhibit

RCC Lake Anne – Jo Ann Rose Gallery
Reception: Sunday, April 3
2:00 p.m. – 4:00 p.m.

JUNE

Reston Photographic Society Exhibit
RCC Lake Anne – Jo Ann Rose Gallery
Reception: Sunday, June 5
2:00 p.m. – 4:00 p.m.

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 including exhibitions, education programs, and the Northern Virginia Fine Arts Festival. Education programs include GRACE Art (art history enrichment in schools) Summer Art Camp for children, *Explore More!* Learning Center for children, programs with RCC, and more.

Founded in 1974 by artists and art lovers as a source of cultural enrichment for the “new town” of Reston, the Greater Reston Arts Center grew from its early beginnings at Lake Anne to its current home at Reston Town Center. The year will be full of compelling visual arts exhibitions featuring the work of both established and emerging artists in the region, as well as nationally-known artists. Please visit the website for additional information.

Rebecca Kamen:
Continuum

December 1 – February 13

Artist Rebecca Kamen seeks truth through observation. The process of discovery is a catalyst for her work, which creates a dynamic continuum and visual dialogue between art and science. Informed by research into cosmology, science history, and philosophy, Kamen’s abstract sculptures and paintings connect common threads that flow across various scientific fields to capture and re-imagine what scientists see. This exhibition includes a new sculpture and sound installation, *Portal*, inspired by gravitational wave physics and black holes.

Youth Art Month: GRACE Art

February 25 – March 5

Opening Reception: Thursday, February 25
5:00 p.m. – 7:00 p.m.

Featuring artwork from area elementary schools participating in the GRACE Art Program.

Youth Art Month: Emerging Visions

March 15 – April 2

Opening Reception: Friday, March 18
5:00 p.m. – 7:00 p.m.

A curated exhibition of student artwork from South Lakes, Oakton and Herndon High Schools.

Shih Chieh Huang

April 21 – July 9

Opening Reception: Friday, April 22
6:00 p.m. – 9:00 p.m.

Using humble everyday materials, Mr. Huang creates magical, immersive environments, featuring sculptures that respond to the viewer’s presence with movement, sound and illumination.

The Greater Reston Arts Center is funded in part by the Arts Council of Fairfax County, supported by Fairfax County government. It is also partially supported by a grant from the Virginia Commission for the Arts and the National Endowment for the Arts.

Northern Virginia Fine Arts Festival

May 20 – May 22

Annual Juried Street Festival
produced by GRACE. Turn to page
17 for more information.



Community Arts Organizations



Initiative for Public Art – Reston (IPAR)

www.publicartreston.org

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

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

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

IPAR, in collaboration with Friends of Lake Anne, will present *Chalk on the Water*, the chalk festival at Lake Anne Plaza in June 2016.

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

The Initiative for Public Art – Reston programs are supported in part by the Arts Council of Fairfax County (which is supported by Fairfax County Government) and the National Endowment for the Arts.

Reston Art Gallery and Studios (RAGS)

www.restonartgallery.com
703-481-8156

The charming artists' collective in historic Lake Anne Plaza is a source of beauty and inspires creativity in all who visit it. This winter and spring enjoy these exhibits:

JANUARY

Winter Wonders

Photography, prints, paintings and artist-made jewelry by 12 RAGS artists.
Reception: Sunday, January 10
2:00 p.m. – 4:00 p.m.

FEBRUARY

Hearts and Flowers

Photography, prints, paintings and artist-made jewelry by 12 RAGS artists.
Reception: Sunday, February 14
2:00 p.m. – 4:00 p.m.

MARCH

Spring Fantasies

Photography, prints, paintings and artist-made jewelry by 12 RAGS artists.
Reception: Sunday, March 13
2:00 p.m. – 4:00 p.m.

APRIL

New Works

Colorful interpretations of the world by Joan Kelly.
Reception: Sunday April 10
2:00 p.m. – 4:00 p.m.

MAY

Two Views

Works by Gail Axtell-Erwin and Pat MacIntyre.
Reception: Sunday, May 8
2:00 p.m. – 4:00 p.m.

JUNE

Rough Around the Edges

Painting with paper by Ronnie Jolles.
Reception: Sunday, June 12
2:00 p.m. – 4:00 p.m.

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

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

Government Funders

Arts Council of Fairfax County:
www.artsfairfax.org



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



National Endowment for the Arts:
www.nea.gov



RCC Gallery Exhibits

Jo Ann Rose Gallery

JANUARY

17th Annual Gifts from the HeART Exhibit

Art sale to benefit Cornerstones

FEBRUARY

Landscapes and Portraits

Acrylic, Oil and Watercolor Paintings

by Wen Xing

Reception: Sunday, February 7

2:00 p.m. – 4:00 p.m.

MARCH

Youth Art Month Exhibit

Art from Reston's Elementary Schools

Reception: Sunday, March 13

2:00 p.m. – 4:00 p.m.

APRIL

HeART of Reston – Founders Day at Lake Anne Exhibit

League of Reston Artists (LRA)

Reception: Sunday, April 3

2:00 p.m. – 4:00 p.m.

MAY

RCC Teachers and Students Exhibit

Reception: Sunday, May 1

2:00 p.m. – 4:00 p.m.

JUNE

Reston Photographic Society Exhibit

League of Reston Artists (LRA)

Reception: Sunday, June 5

2:00 p.m. – 4:00 p.m.



RCC Lake Anne 3D Gallery

JANUARY – FEBRUARY

17th Annual Gifts from the HeART Exhibit

Annual art sale to benefit Cornerstones

MARCH – APRIL

Youth Art Month Exhibit

Art from Reston's Elementary Schools

MAY – AUGUST

RCC Teachers and Students Exhibit

RCC Hunters Woods

JANUARY

Reston Dr. Martin Luther King, Jr. Birthday Celebration Exhibit

Art from Reston's Elementary Schools

FEBRUARY

Inspired by Love

League of Reston Artists Exhibit

MARCH

Youth Art Month Exhibit

Art from Langston Hughes Middle School

APRIL

Young at Art Exhibit

55 Years and Older Artists

Reception: Friday, April 8

2:00 p.m. – 3:30 p.m.

MAY

Beauty of Nature Exhibit

Art by Students of the U.S. Arts Education Center – Chantilly

JUNE

Artistic Treasures of RCC Exhibit

Art by Staff and Families of RCC

Volunteer Opportunities

Three Ways to Volunteer

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

- **RCC Intergenerational Service Programs** – These RCC volunteer opportunities require registration through WebTrac – RCC’s internal registration system. Patrons interested in these programs should register as they would for any other RCC class or trip.
- **Volunteer Management System Opportunities** – Many of RCC’s volunteer programs that have traditionally registered through WebTrac will now register through Fairfax County’s new consolidated Volunteer Management System (VMS). Please see page 34 for more information on this new portal.
- **Partner Volunteer Events** – RCC is proud to partner with local organizations on many programs, including volunteer opportunities. Volunteer recruitment and management for these events are handled through these partner organizations. To register for these opportunities, please see the specific registration information provided in the description on page 36.

Contact the RCC Community Events Director at 703-390-6166 or Kevin.Danaher@fairfaxcounty.gov for more information.

RCC Intergenerational Service Programs

Family Outreach

(7 years and older)

Encourage your family members, friends and coworkers to support the community this winter season by preparing bagged meals for clients at Embry Rucker Community Shelter in Reston. Each session has limited space availability, so sign up early. Children under the age of 13 must be accompanied by an adult/guardian 18 years or older. All participants must register. This program is registered through RCC’s online registration system, WebTrac; see page 139 for more information.

RCC Hunters Woods

January 6

Wed 6:00 p.m. – 8:00 p.m.
820002-6E

January 13

Wed 6:00 p.m. – 8:00 p.m.
820002-6F

Community Service Club

(12 – 18 years old)

The Reston Community Center is looking to provide middle and high school students the opportunity to cultivate social responsibility and leadership skills while giving back to the community. This club will allow participants to meet their community/volunteer service hour requirement for school while helping to beautify the community. Please note that all projects will be performed on Saturdays. This program is registered through RCC’s online registration system, WebTrac; see page 139 for more information.

Community Service Club will meet:

Southgate Community Center

January 16

Activity: Reston Dr. Martin Luther King, Jr. Birthday Celebration
Sat 9:00 a.m. – 12:00 p.m.
808005-6E

RCC Hunters Woods

February 20

Activity: Outdoor Project
Sat 10:00 a.m. – 12:00 p.m.
808005-6F

Browns Chapel – Lake Anne March 19

Activity: Eggnormous Egg Hunt
Sat 8:00 a.m. – 12:00 p.m.
808005-6G

RCC Hunters Woods

April 24

Activity: Paws and Claws
Sat 11:00 a.m. – 4:00 p.m.
808005-6H

RCC Hunters Woods

May 21

Activity: Community Service Award Recognition
Sat 10:00 a.m. – 12:00 p.m.
808005-6I

Volunteer Opportunities

Volunteer Management System

Fairfax County has introduced a new consolidated, County-wide Volunteer Management System (VMS) in order to better accommodate an increased interest in volunteering. Persons wishing to volunteer for a VMS opportunity at Reston Community Center should follow the below steps:

1. Visit: volunteer.fairfaxcounty.gov
2. Click on the "Register to Volunteer Now" link and follow the directions to create your account. You will be asked to read several release forms and complete an electronic form. This one-time process will take 10-15 minutes. All information is secure and private.
3. Once you have created your account, you may do an "Organization Search" to find a list of all RCC volunteer opportunities. You may also use the Quick Search box and search for a specific opportunity by entering the name of that event (as it appears in this RCC Program Guide) into the "Title" field.
4. Once you locate an opportunity you are interested in, click on "View Details" to find out more information or sign up for an available slot.

The screenshot shows the homepage of the Fairfax County Volunteer Management System. At the top, there's a navigation bar with links: REGISTER, SEARCH, LOG IN, HELP / FAQs, and a status message 'You are not logged in.' Below this, the page is divided into several sections. On the left, there's a 'Search by Location' section with a map of Fairfax County districts (Dranesville, Hunter Mill, Providence, Sully, City of Fairfax, Braaddock, Mason, Springfield, Lee, Mount Vernon) and buttons for 'Organization Search' and 'Opportunity Calendar'. In the center, there's a 'Quick Search' section with input fields for 'Title' and 'Description', a search button, and instructions to enter keywords. Below that is a 'Detailed Search' section with two columns of checkboxes under the heading 'I want to serve...' (listing Animals, Children, Families, Homeless, Men, Older Adults, People With Disabilities, Teens, Veterans, Women) and 'My area of interest is...' (listing various service areas like Advocacy, Animal-Related, Arts, Crafts & Games, etc.). A 'Search' button is at the bottom right of the detailed search section.

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

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

Volunteer Opportunities

Volunteer Management System Opportunities

Adapted Aquatics Volunteer

(13 years and older)

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

RCC Hunters Woods

January 9 – June 11

Sat 11:00 a.m. – 12:00 p.m.
Registration required through VMS

Volunteer Swim Instructor Assistant

(16 years and older)

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

RCC Hunters Woods

January 9 – June 11

Mon-Sun Times Vary
Registration required through VMS

Volunteer Water Aerobics Instructor

(16 years and older)

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

RCC Hunters Woods

January 9 – June 11

Mon-Sun Times Vary
Registration required through VMS

Reston MLK Birthday Celebration: Community Lunch Volunteer

(14 years and older)

Volunteers will help serve the family-style lunch by setting the tables, serving beverages, delivering platters of food to the tables and tidying up at the end of the event.

RCC Hunters Woods

January 18

Mon 11:00 a.m. – 3:00 p.m.
Registration required through VMS

Reston MLK Birthday Celebration: Especially for Youth Volunteer

(14 years and older)

Volunteers will help with the Youth programs. Assist with art projects, keep the area tidy, and provide general help to RCC staff in the area.

RCC Hunters Woods

January 18

Mon 11:30 a.m. – 2:30 p.m.
Registration required through VMS

Eggnormous Egg Hunt Volunteers

(14 years and older)

Volunteers are needed to decorate and hide eggs and treats; provide crowd control, supervise the moon bounce, run carnival games, distribute candy to children, and for clean-up and breakdown.

11300 Baron Cameron Avenue

(across from Lake Anne Plaza)

March 19

(Rain date: March 26)

Sat 8:00 a.m. – 12:30 p.m.
Registration required through VMS

Diva Central Volunteers: Pre-Event

(21 Years and Older)

Volunteers will help sort dresses and accessories as well as loading and unloading of the truck.

RCC Lake Anne

April 22

Fri 6:00 p.m. – 10:00 p.m.
Registration required through VMS

Diva Central Volunteers: Event Day

(21 years and older)

Volunteers will set up and arrange dresses, shoes, and accessories as well as assist patrons with their selection process.

RCC Lake Anne

April 23

Sat 11:00 a.m. – 7:00 p.m.
Registration required through VMS

Volunteer Opportunities

Partner Volunteer Events

Reston MLK Birthday Celebration: Community Service Projects

Join friends and neighbors in honoring Dr. King's legacy by serving your community. As Dr. King said, "Everybody can be great... because anybody can serve." RCC is partnering with the Southgate Community Center, Reston Association, Cornerstones, and The Closet on community service projects. Indoor projects include making bag lunches for the Embry Rucker Community Shelter, sorting and organizing items from The Closet and several other projects at Southgate Community Center. There will also be several outdoor projects such as cleaning up the natural areas, pathways, and hardscape surrounding the area, weather permitting. Volunteer activities conclude around noon, at which point volunteers will gather to share a lunch that will be provided. Sorting donations is for ages 13 and up. Children 12 and younger are welcome to participate in the other projects, but they must be accompanied by an adult age 18 or older. **To volunteer, please contact Ha Brock, Reston Association Volunteer & Community Outreach Coordinator, at 703-435-7986 or habrock@reston.org. Please specify which project you are interested in volunteering for.**

Southgate Community Center
12125 Pinecrest Rd., Reston, VA
January 16

Sat 9:00 a.m. – 1:00 p.m.
Registration required through Reston Association; see details above.

Volunteer Drivers Needed!



A DOOR-TO-DOOR RIDE SERVICE FOR ADULTS 55+ WHO CANNOT DRIVE



Seeking caring community members to serve as Volunteer Drivers.

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

For rider information, please see page 112.

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

Save the Date: Sunday, April 24 • 12:30 p.m.

Volunteer Recognition Lunch

RCC Hunters Woods

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

Volunteer Opportunities



Dress Drive for Prom January 2 – March 26

RCC is collecting the following for Diva Central:
DRESSES • SHOES • JEWELRY
HANDBAGS • SHAWLS • ACCESSORIES

Donations are tax-deductible and may be dropped off Monday – Sunday, 9:00 a.m. to 9:00 p.m., at Reston Community Center Hunters Woods from January 2 to March 6.

All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop off. Dress donations will benefit students in Reston and surrounding areas.

For more information, please contact Kenny Burrowes, Teen and Family Program Director, at 703-390-6158 or Kenny.Burrowes@fairfaxcounty.gov

For more information on the Diva Central Prom Dress Giveaway Event, please see page 94.

Friends of Reston Community Center

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

Board Members:

Bea Malone

Dana Smith

Janice Coe

C. Vanessa Bolling

Yolanda Burt

B.J. Romero

M.T. Palmore

Aquatics

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Infant – 7 Years Old	45 – 53
6 – 12 Years Old	54 – 58
13 Years and Older	59 – 62

WINTER POOL SCHEDULE • NOVEMBER 9 – FEBRUARY 28

Spa closed the first Sunday of each month for cleaning.

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

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

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

SPRING POOL SCHEDULE • FEBRUARY 29 – JUNE 20

Spa closed the first Sunday of each month for cleaning.

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

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

Aquatics

General Information

POOL FEES

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

WATER AEROBICS FEES

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

Pool Fees and Passes

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

agencies that offer like programs. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Group Reservations

Groups larger than eight people seeking to use the pool must coordinate that use with the Aquatics Director at 703-390-6150 at least 14 days in advance to ensure adequate lifeguard coverage. RCC reserves the right to deny the use of the pool to any group that fails to inform the Aquatics Department in advance of its intent to use the pool.

Special Accommodations

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

Private Swim Lessons

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

30-min. session • \$35 (R)/\$70 (NR)

Family Splash

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

Friday, January 29

Friday, February 26

Friday, March 25

Friday, April 29

Friday, May 27

Aquatics

General Information

RCC Locker Room Etiquette

Locker rooms in the RCC Terry L. Smith Aquatics Center are used by hundreds of people throughout the day. To ensure the health and safety of patrons, RCC has established these rules regarding our locker rooms:

- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- No cell phones or other communications devices may be used in the locker rooms. Please use these in the lobby areas of RCC.
- Patrons share the space in the locker rooms; please keep in mind that many others are using them when placing items on surfaces, benches, or other areas.
- Personal belongings should not be left in any locker room area before or after use.
- We greatly appreciate everyone's efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair that shaving leaves behind. We appreciate your attention to hair that is loosened from shampooing as well.
- Children 6 years old and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.
- If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate your removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted.

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

RCC cleaning crews clean the locker rooms overnight and between 3:00 p.m. – 4:00 p.m., seven days a week.

Aquatics Holiday Hours:

Staff Teambuilder	December 16	Closed 12:30 p.m. – 4:30 p.m.
Christmas Eve	December 24	6:00 a.m. – 1:30 p.m.
Christmas Day	December 25	Closed
Day After Christmas	December 26	12:00 p.m. – 9:00 p.m.
New Year's Eve	December 31	6:00 a.m. – 1:30 p.m.
New Year's Day	January 1	12:00 p.m. – 4:30 p.m.
Martin Luther King, Jr. Day	January 18	6:00 a.m. – 9:00 p.m.
George Washington's Day	February 15	6:00 a.m. – 9:00 p.m.
Memorial Day	May 30	6:00 a.m. – 1:30 p.m.



DEAP

Drowning Education Awareness Program

Sponsored by
Reston Community Center and
Reston Association.

Reston Community Center and Reston Association are teaming up to improve our community's safety around its many pools. Drowning remains the second leading cause of injury-related death among children ages 1 to 14, according to the Centers for Disease Control. For every child who dies from drowning, four more receive medical treatment for submersion-related injuries. Together, RA and RCC will offer DEAP, a "land-based" Drowning Education Awareness Program. This program offers two opportunities targeted for different audiences and community civic groups to learn water safety skills:

Longfellow's WHALE Tales Water Safety Presentation

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

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

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

FREE

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

Water Safety Presentation

(18 years and older)

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

FREE

Please contact RCC's Aquatics Service Desk at 703-390-6150, or the RA Aquatics Office at 703-435-6530 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. Prerequisites: Students must be 15 years of age on or before the final scheduled class, and be able to demonstrate the following:

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

Free (R)/\$225 (NR)

Prerequisite Evaluation: March 12

Sat 9:00 a.m.-10:00 a.m.

March 21 – March 25

Mon-Fri 9:00 a.m. – 5:00 p.m.

621241-6B

OR

Prerequisite Evaluation: May 7

Sat 9:00 a.m.-10:00 a.m.

May 14 – May 22

Sat, Sun 9:00 a.m. – 5:00 p.m.

621241-6C

Water Safety Instructor

(16 years and older)

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

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

4, 8-hour sessions • \$100 (R)/\$200 (NR)

April 16 – April 24

Sat, Sun

9:00 a.m. – 5:00 p.m.

621244-6B

Pricing

RCC reviews its pricing for programs and services annually.

Increases in pricing reflect either increased costs or RCC's commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Lifeguards and Water Safety Instructors Wanted

LIFEGUARDS

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

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

WATER SAFETY INSTRUCTORS

Must be nationally certified.

Starting at \$20.45/hour.

Download an application from our website.

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



Aquatics

General Information



Reston Masters Swim Team (18 years and older)

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

college and either continued over the years or want to get back in the shape they were in "way back when." We also have swimmers who are not competitive but simply enjoy swimming in an organized program.

Our indoor season is in the Terry L. Smith Aquatics Center. Terry was a longtime member of our team as well as a longtime member of the RCC Board. Our current coach, Frank Koval, has brought the team to a level of expertise that has seen us compete and win nationally on a regular basis. In the past two years, RMST has come in 5th and 6th respectively in the national championships which bring out about 100 teams each year. We swim Tuesday, Thursday and Sunday evenings, and Saturday mornings. For exact times please check the calendar on our website.

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



Reston Swim Team Association (6 – 18 years old)

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

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

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



Reston Masters Swim Team

Aquatics

Infant – 7 Years Old

Learn-to-Swim: Infant – 7 Years Old

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

The swim lessons offered by the RCC Terry L. Smith Aquatics Center are among the most popular classes at RCC. To maximize the learning experience please read and consider the following points:

Placement

- Use the skills placement chart located in the front of each age cohort section.
- If you are still unsure of the correct class, please contact the Aquatics Service Desk at 703-390-6150 for advice.
- A one-on-one skills assessment test may be requested by contacting the Aquatics Service Desk. Skill assessment testing is scheduled based on the patron's availability and is recommended to be done well in advance of each season's registration start date.
- When enrolling siblings online, we recommend you have a printed copy of the various class days/times handy to help you synchronize the classes (either your mailed copy of the program guide or download the PDF file from our website for reference).

Duration of Enrollments

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

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites	Equivalent Level
WATER INTRO	6 – 18 months	No swimming skills required. Parent/caregiver must accompany child in the water.	N/A
AQUA TOTS	19 – 36 months	No swimming skills required. Parent/caregiver must accompany child in the water.	N/A
SKIPPER PLUS / SKIPPER I	3 years	No swimming skills required. Comfortable with an instructor. Able to follow simple directions.	N/A
SKIPPER II	3 years	Enter and exit water independently. Put face in water and blow at same time. Float on back and front with assistance. Glide on front and back two body lengths with assistance. Swim on front and back three body lengths with assistance.	N/A
ROOKIE I	4 – 5 years	No swimming skills required. Able to follow simple instructions.	N/A
ROOKIE II	4 – 5 years	Enter and exit water independently. Put face in water and blow at same time. Float on back and front with assistance. Glide on front and back two body lengths with assistance. Swim on front and back three body lengths with assistance.	N/A
RANGER	4 – 7 years	Step from side into chest deep water, move into a front float for five seconds, roll to back, float for five seconds, return to a standing position. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, swim using combined arm and leg actions on back for five body lengths.	Swim Level 3
MARLIN	4 – 7 years	Jump into deep water from the side, swim front for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.	Swim Level 4
WATER WONDER	4 – 7 years	Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.	Swim Level 5

Aquatics

Infant – 7 Years Old

Water Introduction

(6 months – 18 months)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:30 a.m. – 10:00 a.m.
620000-6A

March 5 – April 16

(No Class: March 26)

Sat 9:30 a.m. – 10:00 a.m.
620000-6B

April 30 – June 11

(No Class: May 28)

Sat 9:30 a.m. – 10:00 a.m.
620000-6C

January 10 – February 21

(No Class: February 14)

Sun 10:00 a.m. – 10:30 a.m.
620002-6A

March 6 – April 17

(No Class: March 27)

Sun 10:00 a.m. – 10:30 a.m.
620002-6B

May 1 – June 12

(No Class: May 29)

Sun 10:00 a.m. – 10:30 a.m.
620002-6C

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

January 4 – January 27

Mon, Wed 10:00 a.m. – 10:30 a.m.
620003-6A

February 8 – March 2

Mon, Wed 10:00 a.m. – 10:30 a.m.
620003-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 10:00 a.m. – 10:30 a.m.
620003-6C

April 25 – May 18

Mon, Wed 10:00 a.m. – 10:30 a.m.
620003-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 10:00 a.m. – 10:30 a.m.
620003-6E

January 5 – January 28

Tue, Thu 5:00 p.m. – 5:30 p.m.
620004-6A

February 9 – March 3

Tue, Thu 5:00 p.m. – 5:30 p.m.
620004-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 5:00 p.m. – 5:30 p.m.
620004-6C

April 26 – May 19

Tue, Thu 5:00 p.m. – 5:30 p.m.
620004-6D

May 24 – June 16

Tue, Thu 5:00 p.m. – 5:30 p.m.
620004-6E

Practice Makes Perfect

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

Health and Safety

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



Aquatics

Infant — 7 Years Old

Inclement Weather

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

Avoid Waitlists and Cancellations

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

Aqua Tots

(18 months — 36 months)

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

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

January 9 — February 20

(No Class: February 13)

Sat 10:00 a.m. — 10:30 a.m.
620007-6A

March 5 — April 16

(No Class: March 26)

Sat 10:00 a.m. — 10:30 a.m.
620007-6B

April 30 — June 11

(No Class: May 28)

Sat 9:30 a.m. — 10:00 a.m.
620007-6C

Sat 10:00 a.m. — 10:30 a.m.
620007-6D

January 10 — February 21

(No Class: February 14)

Sun 10:30 a.m. — 11:00 a.m.
620008-6A

March 6 — April 17

(No Class: March 27)

Sun 10:30 a.m. — 11:00 a.m.
620008-6B

May 1 — June 12

(No Class: May 29)

Sun 10:30 a.m. — 11:00 a.m.
620008-6C

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

January 4 — January 27

Mon, Wed 10:00 a.m. — 10:30 a.m.
620006-6A

February 8 — March 2

Mon, Wed 10:00 a.m. — 10:30 a.m.
620006-6B

March 14 — April 13

(No Class: March 21, March 23)

Mon, Wed 10:00 a.m. — 10:30 a.m.
620006-6C

April 25 — May 18

Mon, Wed 10:00 a.m. — 10:30 a.m.
620006-6D

May 23 — June 20

(No Class: May 30)

Mon, Wed 10:00 a.m. — 10:30 a.m.
620006-6E

January 5 — January 28

Tue, Thu 5:00 p.m. — 5:30 p.m.
620009-6A

February 9 — March 3

Tue, Thu 5:00 p.m. — 5:30 p.m.
620009-6B

March 15 — April 14

(No Class: March 22, March 24)

Tue, Thu 5:00 p.m. — 5:30 p.m.
620009-6C

April 26 — May 19

Tue, Thu 5:00 p.m. — 5:30 p.m.
620009-6D

May 24 — June 16

Tue, Thu 5:00 p.m. — 5:30 p.m.
620009-6E

Skipper Plus

(2 — 4 years old)

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

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

January 9 — February 20

(No Class: February 13)

Sat 10:30 a.m. — 11:00 a.m.
620017-6A

March 5 — April 16

(No Class: March 26)

Sat 10:30 a.m. — 11:00 a.m.
620017-6B

April 30 — June 11

(No Class: May 28)

Sat 10:30 a.m. — 11:00 a.m.
620017-6C

Weekday Swim Classes

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

Aquatics

Infant — 7 Years Old

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-mins. Parents do not accompany the student in the water.

6, 20-min. sessions • \$65 (R)/\$130 (NR)

January 9 – February 20

(No Class: February 13)

Sat	9:00 a.m. – 9:20 a.m.
620010-6A	
Sat	9:20 a.m. – 9:40 a.m.
620010-6B	
Sat	9:40 a.m. – 10:00 a.m.
620010-6C	
Sat	10:00 a.m. – 10:20 a.m.
620010-6D	
Sat	10:20 a.m. – 10:40 a.m.
620010-6E	
Sat	10:40 a.m. – 11:00 a.m.
620010-6F	
Sat	11:00 a.m. – 11:20 a.m.
620010-6G	
Sat	11:20 a.m. – 11:40 a.m.
620010-6H	
Sat	11:40 a.m. – 12:00 p.m.
620010-6I	

March 5 – April 16

(No Class: March 26)

Sat	9:00 a.m. – 9:20 a.m.
620010-6J	
Sat	9:20 a.m. – 9:40 a.m.
620010-6K	
Sat	9:40 a.m. – 10:00 a.m.
620010-6L	
Sat	10:00 a.m. – 10:20 a.m.
620010-6M	
Sat	10:20 a.m. – 10:40 a.m.
620010-6N	
Sat	10:40 a.m. – 11:00 a.m.
620010-6O	

Sat 11:00 a.m. – 11:20 a.m.
620010-6P

Sat 11:20 a.m. – 11:40 a.m.
620010-6Q

Sat 11:40 a.m. – 12:00 p.m.
620010-6R

April 30 – June 11

(No Class: May 28)

Sat	9:00 a.m. – 9:20 a.m.
620010-6S	
Sat	9:20 a.m. – 9:40 a.m.
620010-6T	
Sat	9:40 a.m. – 10:00 a.m.
620010-6U	
Sat	10:00 a.m. – 10:20 a.m.
620010-6V	
Sat	10:20 a.m. – 10:40 a.m.
620010-6W	
Sat	10:40 a.m. – 11:00 a.m.
620010-6X	
Sat	11:00 a.m. – 11:20 a.m.
620010-6Y	
Sat	11:20 a.m. – 11:40 a.m.
620010-6Z	
Sat	11:40 a.m. – 12:00 p.m.
620011-6A	

January 10 – February 21

(No Class: February 14)

Sun	10:00 a.m. – 10:20 a.m.
620012-6A	
Sun	10:20 a.m. – 10:40 a.m.
620012-6B	
Sun	10:40 a.m. – 11:00 a.m.
620012-6C	

March 6 – April 17

(No Class: March 27)

Sun	10:00 a.m. – 10:20 a.m.
620012-6D	
Sun	10:20 a.m. – 10:40 a.m.
620012-6E	
Sun	10:40 a.m. – 11:00 a.m.
620012-6F	

May 1 – June 12

(No Class: May 29)

Sun	10:00 a.m. – 10:20 a.m.
620012-6G	
Sun	10:20 a.m. – 10:40 a.m.
620012-6H	
Sun	10:40 a.m. – 11:00 a.m.
620012-6I	

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

January 4 – January 27

Mon, Wed	9:00 a.m. – 9:20 a.m.
620013-6A	
Mon, Wed	9:20 a.m. – 9:40 a.m.
620013-6B	
Mon, Wed	9:40 a.m. – 10:00 a.m.
620013-6C	

February 8 – March 2

Mon, Wed	9:00 a.m. – 9:20 a.m.
620013-6D	
Mon, Wed	9:20 a.m. – 9:40 a.m.
620013-6E	
Mon, Wed	9:40 a.m. – 10:00 a.m.
620013-6F	

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed	9:00 a.m. – 9:20 a.m.
620013-6G	
Mon, Wed	9:20 a.m. – 9:40 a.m.
620013-6H	
Mon, Wed	9:40 a.m. – 10:00 a.m.
620013-6I	

April 25 – May 18

Mon, Wed	9:00 a.m. – 9:20 a.m.
620013-6J	
Mon, Wed	9:20 a.m. – 9:40 a.m.
620013-6K	
Mon, Wed	9:40 a.m. – 10:00 a.m.
620013-6L	

May 23 – June 20

(No Class: May 30)

Mon, Wed	9:00 a.m. – 9:20 a.m.
620013-6M	
Mon, Wed	9:20 a.m. – 9:40 a.m.
620013-6N	

Aquatics

Infant – 7 Years Old

Mon, Wed 9:40 a.m. – 10:00 a.m.
620013-60

January 5 – January 28

Tue, Thu 10:00 a.m. – 10:20 a.m.
620014-6A

Tue, Thu 10:20 a.m. – 10:40 a.m.
620014-6B

Tue, Thu 10:40 a.m. – 11:00 a.m.
620014-6C

February 9 – March 3

Tue, Thu 10:00 a.m. – 10:20 a.m.
620014-6D

Tue, Thu 10:20 a.m. – 10:40 a.m.
620014-6E

Tue, Thu 10:40 a.m. – 11:00 a.m.
620014-6F

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 10:00 a.m. – 10:20 a.m.
620014-6G

Tue, Thu 10:20 a.m. – 10:40 a.m.
620014-6H

Tue, Thu 10:40 a.m. – 11:00 a.m.
620014-6I

April 26 – May 19

Tue, Thu 10:00 a.m. – 10:20 a.m.
620014-6J

Tue, Thu 10:20 a.m. – 10:40 a.m.
620014-6K

Tue, Thu 10:40 a.m. – 11:00 a.m.
620014-6L

May 24 – June 16

Tue, Thu 10:00 a.m. – 10:20 a.m.
620014-6M

Tue, Thu 10:20 a.m. – 10:40 a.m.
620014-6N

Tue, Thu 10:40 a.m. – 11:00 a.m.
620014-6O



Skipper II

(3 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 11:30 a.m. – 12:00 p.m.
620020-6A

March 5 – April 16

(No Class: March 26)

Sat 11:30 a.m. – 12:00 p.m.
620020-6B

April 30 – June 11

(No Class: May 28)

Sat 11:30 a.m. – 12:00 p.m.
620020-6C

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

January 5 – January 28

Tue, Thu 1:00 p.m. – 1:30 p.m.
620023-6A

February 9 – March 3

Tue, Thu 1:00 p.m. – 1:30 p.m.
620023-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 1:00 p.m. – 1:30 p.m.
620023-6C

April 26 – May 19

Tue, Thu 1:00 p.m. – 1:30 p.m.
620023-6D

May 24 – June 16

Tue, Thu 1:00 p.m. – 1:30 p.m.
620023-6E

Inclement Weather

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

Aquatics

Infant — 7 Years Old

Rookie I

(4 – 5 years old)

Rookie I is an introductory level class for 4 to 5 year olds with little or no swimming experience. Students will be guided through the water adjustment period and introduced to floating, kicking, paddling, submerging, basic swimming, and water safety skills.

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

January 9 – February 20

(No Class: February 13)

Sat 9:00 a.m. – 9:30 a.m.
620030-6A

Sat 10:00 a.m. – 10:30 a.m.
620030-6B

March 5 – April 16

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
620030-6C

Sat 10:00 a.m. – 10:30 a.m.
620030-6D

Sat 11:00 a.m. – 11:30 a.m.
620030-6E

April 30 – June 11

(No Class: May 28)

Sat 9:00 a.m. – 9:30 a.m.
620030-6F

Sat 10:00 a.m. – 10:30 a.m.
620030-6G

Sat 11:00 a.m. – 11:30 a.m.
620030-6H

January 10 – February 21

(No Class: February 14)

Sun 10:00 a.m. – 10:30 a.m.
620032-6A

Sun 11:00 a.m. – 11:30 a.m.
620032-6B

March 6 – April 17

(No Class: March 27)

Sun 10:00 a.m. – 10:30 a.m.
620032-6C

Sun 11:00 a.m. – 11:30 a.m.
620032-6D

May 1 – June 12

(No Class: May 29)

Sun 10:00 a.m. – 10:30 a.m.
620032-6E

Sun 11:00 a.m. – 11:30 a.m.
620032-6F

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

January 4 – January 27

Mon, Wed 4:30 p.m. – 5:00 p.m.
620033-6A

February 8 – March 2

Mon, Wed 4:30 p.m. – 5:00 p.m.
620033-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 4:30 p.m. – 5:00 p.m.
620033-6C

April 25 – May 18

Mon, Wed 4:30 p.m. – 5:00 p.m.
620033-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 4:30 p.m. – 5:00 p.m.
620033-6E

January 5 – January 28

Tue, Thu 9:00 a.m. – 9:30 a.m.
620034-6A

Tue, Thu 1:30 p.m. – 2:00 p.m.
620034-6B

Tue, Thu 4:30 p.m. – 5:00 p.m.
620034-6C

February 9 – March 3

Tue, Thu 9:00 a.m. – 9:30 a.m.
620034-6D

Tue, Thu 1:30 p.m. – 2:00 p.m.
620034-6E

Tue, Thu 4:30 p.m. – 5:00 p.m.
620034-6F

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 9:00 a.m. – 9:30 a.m.
620034-6G

Tue, Thu 1:30 p.m. – 2:00 p.m.
620034-6H

Tue, Thu 4:30 p.m. – 5:00 p.m.
620034-6I

April 26 – May 19

Tue, Thu 9:00 a.m. – 9:30 a.m.
620034-6J

Tue, Thu 1:30 p.m. – 2:00 p.m.
620034-6K

Tue, Thu 4:30 p.m. – 5:00 p.m.
620034-6L

May 24 – June 16

Tue, Thu 9:00 a.m. – 9:30 a.m.
620034-6M

Tue, Thu 1:30 p.m. – 2:00 p.m.
620034-6N

Tue, Thu 4:30 p.m. – 5:00 p.m.
620034-6O

6, 30-min. sessions • \$55 (R)/\$83 (NR)

March 7 – April 18

(No Class: March 21)

Mon 5:00 p.m. – 5:30 p.m.
620035-6A

May 2 – June 13

(No Class: May 30)

Mon 5:00 p.m. – 5:30 p.m.
620035-6B

Inclement Weather

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

Private Swim Lessons

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 40.

Aquatics

Infant — 7 Years Old

Rookie II

(4 – 5 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:30 a.m. – 10:00 a.m.
620040-6A

Sat 10:30 a.m. – 11:00 a.m.
620040-6B

Sat 11:30 a.m. – 12:00 p.m.
620040-6C

March 5 – April 16

(No Class: March 26)

Sat 9:30 a.m. – 10:00 a.m.
620040-6D

Sat 10:30 a.m. – 11:00 a.m.
620040-6E

Sat 11:30 a.m. – 12:00 p.m.
620040-6F

April 30 – June 11

(No Class: May 28)

Sat 9:30 a.m. – 10:00 a.m.
620040-6G

Sat 10:30 a.m. – 11:00 a.m.
620040-6H

Sat 11:30 a.m. – 12:00 p.m.
620040-6I

January 10 – February 21

(No Class: February 14)

Sun 10:30 a.m. – 11:00 a.m.
620042-6A

Sun 11:30 a.m. – 12:00 p.m.
620042-6B

March 6 – April 17

(No Class: March 27)

Sun 10:30 a.m. – 11:00 a.m.
620042-6C

Sun 11:30 a.m. – 12:00 p.m.
620042-6D

May 1 – June 12

(No Class: May 29)

Sun 10:30 a.m. – 11:00 a.m.
620042-6E

Sun 11:30 a.m. – 12:00 p.m.
620042-6F

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

January 4 – January 27

Mon, Wed 4:30 p.m. – 5:00 p.m.
620043-6A

February 8 – March 2

Mon, Wed 4:30 p.m. – 5:00 p.m.
620043-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 4:30 p.m. – 5:00 p.m.
620043-6C

April 25 – May 18

Mon, Wed 4:30 p.m. – 5:00 p.m.
620043-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 4:30 p.m. – 5:00 p.m.
620043-6E

January 5 – January 28

Tue, Thu 9:30 a.m. – 10:00 a.m.
620044-6A

Tue, Thu 2:00 p.m. – 2:30 p.m.
620044-6B

Tue, Thu 5:00 p.m. – 5:30 p.m.
620044-6C

February 9 – March 3

Tue, Thu 9:30 a.m. – 10:00 a.m.
620044-6D

Tue, Thu 2:00 p.m. – 2:30 p.m.
620044-6E

Tue, Thu 5:00 p.m. – 5:30 p.m.
620044-6F

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 9:30 a.m. – 10:00 a.m.
620044-6G

Tue, Thu 2:00 p.m. – 2:30 p.m.

620044-6H

Tue, Thu 5:00 p.m. – 5:30 p.m.
620044-6I

April 26 – May 19

Tue, Thu 9:30 a.m. – 10:00 a.m.
620044-6J

Tue, Thu 2:00 p.m. – 2:30 p.m.
620044-6K

Tue, Thu 5:00 p.m. – 5:30 p.m.
620044-6L

May 24 – June 16

Tue, Thu 9:30 a.m. – 10:00 a.m.
620044-6M

Tue, Thu 2:00 p.m. – 2:30 p.m.
620044-6N

Tue, Thu 5:00 p.m. – 5:30 p.m.
620044-6O

6, 30-min. sessions • \$55 (R)/\$83 (NR)

March 7 – April 18

(No Class: March 21)

Mon 5:30 p.m. – 6:00 p.m.
620045-6A

May 2 – June 13

(No Class: May 30)

Mon 5:30 p.m. – 6:00 p.m.
620045-6B

March 9 – April 20

(No Class: March 23)

Wed 6:00 p.m. – 6:30 p.m.
620046-6A

May 4 – June 8

Wed 6:00 p.m. – 6:30 p.m.
620046-6B

Weekday Swim Classes

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

Aquatics

Infant – 7 Years Old

Inclement Weather

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

Private Swim Lessons

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 40.

Avoid Waitlists and Cancellations

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

Adapted Aquatics

Please see page 58 for information on our Adapted Aquatics class.

Ranger

(4 – 7 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:00 a.m. – 9:30 a.m.
620050-6A

Sat 10:00 a.m. – 10:30 a.m.
620050-6B

Sat 11:00 a.m. – 11:30 a.m.
620050-6C

March 5 – April 16

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
620050-6D

Sat 10:00 a.m. – 10:30 a.m.
620050-6E

Sat 11:00 a.m. – 11:30 a.m.
620050-6F

April 30 – June 11

(No Class: May 28)

Sat 9:00 a.m. – 9:30 a.m.
620050-6G

Sat 10:00 a.m. – 10:30 a.m.
620050-6H

Sat 11:00 a.m. – 11:30 a.m.
620050-6I

January 10 – February 21

(No Class: February 14)

Sun 11:00 a.m. – 11:30 a.m.
620052-6A

March 6 – April 17

(No Class: March 27)

Sun 11:00 a.m. – 11:30 a.m.
620052-6B

May 1 – June 12

(No Class: May 29)

Sun 11:00 a.m. – 11:30 a.m.
620052-6C

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

May 23 – June 20

(No Class: May 30)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620053-6A

January 5 – January 28

Tue, Thu 2:30 p.m. – 3:00 p.m.
620054-6A

Tue, Thu 5:30 p.m. – 6:00 p.m.
620054-6B

February 9 – March 3

Tue, Thu 2:30 p.m. – 3:00 p.m.
620054-6C

Tue, Thu 5:30 p.m. – 6:00 p.m.
620054-6D

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 2:30 p.m. – 3:00 p.m.
620054-6E

Tue, Thu 5:30 p.m. – 6:00 p.m.
620054-6F

April 26 – May 19

Tue, Thu 2:30 p.m. – 3:00 p.m.
620054-6G

Tue, Thu 5:30 p.m. – 6:00 p.m.
620054-6H

May 24 – June 16

Tue, Thu 2:30 p.m. – 3:00 p.m.
620054-6I

Tue, Thu 5:30 p.m. – 6:00 p.m.
620054-6J

6, 30-min. sessions • \$55 (R)/\$83 (NR)

March 7 – April 18

(No Class: March 21)

Mon 6:00 p.m. – 6:30 p.m.
620056-6A

May 2 – June 13

(No Class: May 30)

Mon 6:00 p.m. – 6:30 p.m.
620056-6B

March 9 – April 20

(No Class: March 23)

Wed 5:30 p.m. – 6:00 p.m.
620057-6A

May 4 – June 8

Wed 5:30 p.m. – 6:00 p.m.
620057-6B

Aquatics

Infant – 7 Years Old

Marlin

(4 – 7 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:30 a.m. – 10:00 a.m.
620060-6A

March 5 – April 16

(No Class: March 26)

Sat 9:30 a.m. – 10:00 a.m.
620060-6B

April 30 – June 11

(No Class: May 28)

Sat 9:30 a.m. – 10:00 a.m.
620060-6C

Sat 11:00 a.m. – 11:30 a.m.
620060-6D

January 10 – February 21

(No Class: February 14)

Sun 11:30 a.m. – 12:00 p.m.
620062-6A

March 6 – April 17

(No Class: March 27)

Sun 11:30 a.m. – 12:00 p.m.
620062-6B

May 1 – June 12

(No Class: May 29)

Sun 11:30 a.m. – 12:00 p.m.
620062-6C

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

January 4 – January 27

Mon, Wed 5:30 p.m. – 6:00 p.m.
620063-6A

February 8 – March 2

Mon, Wed 5:30 p.m. – 6:00 p.m.
620063-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620063-6C

April 25 – May 18

Mon, Wed 5:30 p.m. – 6:00 p.m.
620063-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620063-6E

Water Wonder

(4 – 7 years old)

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

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

March 5 – April 16

(No Class: March 26)

Sat 9:30 a.m. – 10:00 a.m.
620070-6A

April 30 – June 11

(No Class: May 28)

Sat 10:00 a.m. – 10:30 a.m.
620070-6B

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

January 4 – January 27

Mon, Wed 5:00 p.m. – 5:30 p.m.
620073-6A

February 8 – March 2

Mon, Wed 5:00 p.m. – 5:30 p.m.
620073-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620073-6C

April 25 – May 18

Mon, Wed 5:00 p.m. – 5:30 p.m.
620073-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620073-6E



Aquatics

6 – 12 Years Old

Learn-to-Swim: 6 – 12 Years Old

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

The swim lessons offered by the RCC Terry L. Smith Aquatics Center are among the most popular classes at RCC. To maximize the learning experience please read and consider the following points:

Placement

- Use the skills placement chart located in the front of each age cohort section.
- If you are still unsure of the correct class, please contact the Aquatics Service Desk at 703-390-6150 for advice.
- A one-on-one skills assessment test may be requested by contacting the Aquatics Service Desk. Skill assessment testing is scheduled based on the patron's availability and is recommended to be done well in advance of each season's registration start date.
- When enrolling siblings online, we recommend you have a printed copy of the various class days/times handy to help you synchronize the classes (either your mailed copy of the program guide or download the PDF file from our website for reference).

Duration of Enrollments

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

6 – 12 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
SWIM LEVEL 1/2	6 – 12 years	No swimming skills required.
SWIM LEVEL 3	6 – 12 years	Step from side into chest-deep water, move into a front float for five seconds, roll to back, float for five seconds then return to standing. Move into a back float for five seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for five body lengths.
SWIM LEVEL 4	6 – 12 years	Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
SWIM LEVEL 5	6 – 12 years	Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
SWIM LEVEL 6	6 – 12 years	Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and position and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.
STROKE-N-TURN	6 – 8 years	Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.
STROKE-N-TURN	9 – 12 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.
HOMESCHOOL STROKE-N-TURN	8 – 17 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.

Aquatics

6 – 12 Years Old

Youth Level 1-2

(6 – 12 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:30 a.m. – 10:00 a.m.
620110-6A

Sat 11:00 a.m. – 11:30 a.m.
620110-6B

March 5 – April 16

(No Class: March 26)

Sat 9:30 a.m. – 10:00 a.m.
620110-6C

Sat 11:00 a.m. – 11:30 a.m.
620110-6D

April 30 – June 11

(No Class: May 28)

Sat 9:30 a.m. – 10:00 a.m.
620110-6E

Sat 11:00 a.m. – 11:30 a.m.
620110-6F

January 10 – February 21

(No Class: February 14)

Sun 11:00 a.m. – 11:30 a.m.
620112-6A

March 6 – April 17

(No Class: March 27)

Sun 11:00 a.m. – 11:30 a.m.
620112-6B

May 1 – June 12

(No Class: May 29)

Sun 11:00 a.m. – 11:30 a.m.
620112-6C

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

January 5 – January 28

Tue, Thu 4:30 p.m. – 5:00 p.m.
620114-6A

February 9 – March 3

Tue, Thu 4:30 p.m. – 5:00 p.m.
620114-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 4:30 p.m. – 5:00 p.m.
620114-6C

April 26 – May 19

Tue, Thu 4:30 p.m. – 5:00 p.m.
620114-6D

May 24 – June 16

Tue, Thu 4:30 p.m. – 5:00 p.m.
620114-6E

6, 30-min. sessions • \$55 (R)/\$83 (NR)

March 9 – April 20

(No Class: March 23)

Wed 5:00 p.m. – 5:30 p.m.
620116-6A

May 4 – June 8

Wed 5:00 p.m. – 5:30 p.m.
620116-6B

Birthday Party Pool Packages



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

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

Aquatics

6 – 12 Years Old

Adapted Aquatics

Please see page 58 for information on our Adapted Aquatics class.

Practice Makes Perfect

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

Youth Level 3

(6 – 12 years old)

The Level 3 class builds on the skills in Level 1-2 through additional guided practice. Topics of instruction will include sitting and kneeling diving, underwater exploration, front and back glides, rotary breathing, front crawl, elementary backstroke, dolphin kick and various safety topics.

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

January 9 – February 20

(No Class: February 13)

Sat 9:00 a.m. – 9:30 a.m.
620120-6A

March 5 – April 16

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
620120-6B

April 30 – June 11

(No Class: May 28)

Sat 9:00 a.m. – 9:30 a.m.
620120-6C

Sat 10:30 a.m. – 11:00 a.m.
620120-6D

January 10 – February 21

(No Class: February 14)

Sun 10:00 a.m. – 10:30 a.m.
620122-6A

Sun 11:30 a.m. – 12:00 p.m.
620122-6B

March 6 – April 17

(No Class: March 27)

Sun 10:00 a.m. – 10:30 a.m.
620122-6C

Sun 11:30 a.m. – 12:00 p.m.
620122-6D

May 1 – June 12

(No Class: May 29)

Sun 10:00 a.m. – 10:30 a.m.
620122-6E

Sun 11:30 a.m. – 12:00 p.m.
620122-6F

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

January 5 – January 28

Tue, Thu 5:30 p.m. – 6:00 p.m.
620124-6A

February 9 – March 3

Tue, Thu 5:30 p.m. – 6:00 p.m.
620124-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 5:30 p.m. – 6:00 p.m.
620124-6C

April 26 – May 19

Tue, Thu 5:30 p.m. – 6:00 p.m.
620124-6D

May 24 – June 16

Tue, Thu 5:30 p.m. – 6:00 p.m.
620124-6E

January 6 – January 29

Wed, Fri 4:30 p.m. – 5:00 p.m.
620125-6A

February 10 – March 4

Wed, Fri 4:30 p.m. – 5:00 p.m.
620125-6B

March 16 – April 15

(No Class: March 23, March 25)

Wed, Fri 4:30 p.m. – 5:00 p.m.
620125-6C

April 27 – May 20

Wed, Fri 4:30 p.m. – 5:00 p.m.
620125-6D

May 25 – June 17

Wed, Fri 4:30 p.m. – 5:00 p.m.
620125-6E

6, 30-min. sessions • \$55 (R)/\$83 (NR)

March 9 – April 20

(No Class: March 23)

Wed 6:30 p.m. – 7:00 p.m.
620127-6A

May 4 – June 8

Wed 6:30 p.m. – 7:00 p.m.
620127-6B

Youth Level 4

(6 – 12 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 9:00 a.m. – 9:30 a.m.
620130-6A

Sat 10:00 a.m. – 10:30 a.m.
620130-6B

March 5 – April 16

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
620130-6C

Sat 10:00 a.m. – 10:30 a.m.
620130-6D

Aquatics

6 – 12 Years Old

April 30 – June 11

(No Class: May 28)

Sat 9:00 a.m. – 9:30 a.m.
620130-6E

Sat 10:00 a.m. – 10:30 a.m.
620130-6F

January 10 – February 21

(No Class: February 14)

Sun 10:30 a.m. – 11:00 a.m.
620132-6A

March 6 – April 17

(No Class: March 27)

Sun 10:30 a.m. – 11:00 a.m.
620132-6B

May 1 – June 12

(No Class: May 29)

Sun 10:30 a.m. – 11:00 a.m.
620132-6C

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

January 4 – January 27

Mon, Wed 6:00 p.m. – 6:30 p.m.
620133-6A

February 8 – March 2

Mon, Wed 6:00 p.m. – 6:30 p.m.
620133-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 6:00 p.m. – 6:30 p.m.
620133-6C

April 25 – May 18

Mon, Wed 6:00 p.m. – 6:30 p.m.
620133-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 6:00 p.m. – 6:30 p.m.
620133-6E

January 6 – January 29

Wed, Fri 5:00 p.m. – 5:30 p.m.
620135-6A

February 10 – March 4

Wed, Fri 5:00 p.m. – 5:30 p.m.
620135-6B

March 16 – April 15

(No Class: March 23, March 25)

Wed, Fri 5:00 p.m. – 5:30 p.m.
620135-6C

April 27 – May 20

Wed, Fri 5:00 p.m. – 5:30 p.m.
620135-6D

May 25 – June 17

Wed, Fri 5:00 p.m. – 5:30 p.m.
620135-6E

Youth Level 5

(6 – 12 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 10:30 a.m. – 11:15 a.m.
620140-6A

March 5 – April 16

(No Class: March 26)

Sat 10:30 a.m. – 11:15 a.m.
620140-6B

April 30 – June 11

(No Class: May 28)

Sat 10:30 a.m. – 11:15 a.m.
620140-6C

8, 45-min. sessions • \$70 (R)/\$105 (NR)

January 6 – January 29

Wed, Fri 5:30 p.m. – 6:15 p.m.
620145-6A

February 10 – March 4

Wed, Fri 5:30 p.m. – 6:15 p.m.
620145-6B

March 16 – April 15

(No Class: March 23, March 25)

Wed, Fri 5:30 p.m. – 6:15 p.m.
620145-6C

April 27 – May 20

Wed, Fri 5:30 p.m. – 6:15 p.m.
620145-6D

May 25 – June 17

Wed, Fri 5:30 p.m. – 6:15 p.m.
620145-6E

Youth Level 6

(6 – 12 years old)

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

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

January 9 – February 20

(No Class: February 13)

Sat 10:30 a.m. – 11:15 a.m.
620150-6A

March 5 – April 16

(No Class: March 26)

Sat 10:30 a.m. – 11:15 a.m.
620150-6B

April 30 – June 11

(No Class: May 28)

Sat 10:30 a.m. – 11:15 a.m.
620150-6C

Inclement Weather

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

Private Swim Lessons

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 40.

Aquatics

6 – 12 Years Old

Private Swim Lessons

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 40.

Weekday Swim Classes

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

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-min. sessions • \$70 (R)/\$105 (NR)

January 4 – January 27

Mon, Wed 5:00 p.m. – 5:45 p.m.
620170-6A

February 8 – March 2

Mon, Wed 5:00 p.m. – 5:45 p.m.
620170-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 5:00 p.m. – 5:45 p.m.
620170-6C

April 25 – May 18

Mon, Wed 5:00 p.m. – 5:45 p.m.
620170-6D

Youth Stroke-n-Turn

(9 – 12 years old)

This class is for swim team swimmers ages 9 through 12 who would like to improve stroke coordination and refinement.

Prerequisites: See Youth Class Requirements at the beginning of the Youth Section.

Instruction will include: Front and back crawl, Breaststroke, Butterfly, Shallow dive, glide two body lengths and begin any front stroke.

8, 45-min. sessions • \$70 (R)/\$105 (NR)

January 4 – January 27

Mon, Wed 5:45 p.m. – 6:30 p.m.
620183-6A

February 8 – March 2

Mon, Wed 5:45 p.m. – 6:30 p.m.
620183-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 5:45 p.m. – 6:30 p.m.
620183-6C

April 25 – May 18

Mon, Wed 5:45 p.m. – 6:30 p.m.
620183-6D

Homeschool Stroke-n-Turn

(8 – 17 years old)

This class is for swim team swimmers ages 8 through 17 who would like to improve stroke coordination and refinement. Prerequisites: See class requirements at the beginning of the 6-12 Section. Instruction will include: front and back crawl, breaststroke, butterfly, shallow dive, glide two body lengths and begin any front stroke.

6, 45-min. sessions • \$65 (R)/\$97 (NR)

January 4 – February 29

(No Class: January 18, February 1, February 15)

Mon 11:00 a.m. – 11:45 a.m.
620193-6A

March 7 – April 18

(No Class: March 21)

Mon 11:00 a.m. – 11:45 a.m.
620193-6B

Adapted Aquatics

(4 years and older)

Adapted Aquatics is a swimming instruction program that is individually adapted for children and adults with physical or learning disabilities. The program is supervised by RCC trained instructors and volunteers. Family members may be requested to assist in the water if volunteers are not available. Questions regarding this program should be referred to the Aquatics Service Desk at 703-390-6150. Mainstreaming of swimmers is available upon request and consultation.

\$65 (R)/\$97 (NR)

January 9 – February 20

(No Class: February 13)

Sat 11:00 a.m. – 11:30 a.m.
620190-6A

Sat 11:30 a.m. – 12:00 p.m.
620190-6B

March 5 – April 16

(No Class: March 26)

Sat 11:00 a.m. – 11:30 a.m.
620190-6C

Sat 11:30 a.m. – 12:00 p.m.
620190-6D

April 30 – June 11

(No Class: May 28)

Sat 11:00 a.m. – 11:30 a.m.
620190-6E

Sat 11:30 a.m. – 12:00 p.m.
620190-6F

Volunteers are needed!

See page 35 for more information.

Adult Advanced Beginner

(13 years and older)

This class is for adults who can swim one pool length (25 meters) and want to improve front crawl, backstroke, and deep water skills. Intermediate swimmers will learn advanced strokes and some diving. Instruction will be given to correct poor swimming habits and modernize strokes to current techniques. Patrons 55 and older, 50 percent senior discount applies.

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

January 9 – February 20

(No Class: February 13)

Sat 11:15 a.m. – 12:00 p.m.
621220-6A

March 5 – April 16

(No Class: March 26)

Sat 11:15 a.m. – 12:00 p.m.
621220-6B

April 30 – June 11

(No Class: May 28)

Sat 11:15 a.m. – 12:00 p.m.
621220-6C

January 10 – February 21

(No Class: February 14)

Sun 11:45 a.m. – 12:30 p.m.
621222-6A

March 6 – April 17

(No Class: March 27)

Sun 11:45 a.m. – 12:30 p.m.
621222-6B

May 1 – June 12

(No Class: May 29)

Sun 11:45 a.m. – 12:30 p.m.
621222-6C

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

May 23 – June 20

(No Class: May 30)

Mon, Wed 6:00 p.m. – 6:30 p.m.
621223-6A

8, 45-min. sessions • \$70 (R)/\$105 (NR)

January 5 – January 28

Tue, Thu 6:00 p.m. – 6:45 p.m.
621224-6A

February 9 – March 3

Tue, Thu 6:00 p.m. – 6:45 p.m.
621224-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 6:00 p.m. – 6:45 p.m.
621224-6C

April 26 – May 19

Tue, Thu 6:00 p.m. – 6:45 p.m.
621224-6D

May 24 – June 16

Tue, Thu 6:00 p.m. – 6:45 p.m.
621224-6E

Adult Beginner

(13 years and older)

This class is for adults who have little or no swimming skills. Learn to swim a pool length and become comfortable in deep water. The course is self-paced and aimed at addressing the needs of each student. Patrons 55 and older, 50 percent senior discount applies.

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

January 9 – February 20

(No Class: February 13)

Sat 9:00 a.m. – 9:30 a.m.
621210-6A

March 5 – April 16

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
621210-6C

April 30 – June 11

(No Class: May 28)

Sat 9:00 a.m. – 9:30 a.m.
621210-6E

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

January 9 – February 20

(No Class: February 13)

Sat 11:15 a.m. – 12:00 p.m.
621210-6B

March 5 – April 16

(No Class: March 26)

Sat 11:15 a.m. – 12:00 p.m.
621210-6D

April 30 – June 11

(No Class: May 28)

Sat 11:15 a.m. – 12:00 p.m.
621210-6F

January 10 – February 21

(No Class: February 14)

Sun 11:00 a.m. – 11:45 a.m.
621212-6A

March 6 – April 17

(No Class: March 27)

Sun 11:00 a.m. – 11:45 a.m.
621212-6B

May 1 – June 12

(No Class: May 29)

Sun 11:00 a.m. – 11:45 a.m.
621212-6C

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

May 23 – June 20

(No Class: May 30)

Mon, Wed 5:30 p.m. – 6:00 p.m.
621213-6A

8, 45-min. sessions • \$70 (R)/\$105 (NR)

January 5 – January 28

Tue, Thu 11:00 a.m. – 11:45 a.m.
621214-6A

Tue, Thu 6:00 p.m. – 6:45 p.m.
621214-6B

February 9 – March 3

Tue, Thu 11:00 a.m. – 11:45 a.m.
621214-6C

Tue, Thu 6:00 p.m. – 6:45 p.m.
621214-6D

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 11:00 a.m. – 11:45 a.m.
621214-6E

Tue, Thu 6:00 p.m. – 6:45 p.m.
621214-6F

April 26 – May 19

Tue, Thu 11:00 a.m. – 11:45 a.m.
621214-6G

Tue, Thu 6:00 p.m. – 6:45 p.m.
621214-6H

May 24 – June 16

Tue, Thu 11:00 a.m. – 11:45 a.m.
621214-6I

Tue, Thu 6:00 p.m. – 6:45 p.m.
621214-6J

Aquatics

13 Years and Older

Adult Stroke-n-Turn

(13 years and older)

This class is for Adults who are looking for swim stroke refinement who can swim a minimum of 50 meters and demonstrate the use of 2 different strokes. Instruction will include: Front and back crawl, breaststroke, butterfly, shallow dive, glide 2 body lengths and begin any front stroke. Patrons 55 and older, 50 percent senior discount applies.

8, 45-min. sessions • \$70 (R)/\$105 (NR)

January 4 – January 27

Mon, Wed 6:30 p.m. – 7:15 p.m.
621233-6A

February 8 – March 2

Mon, Wed 6:30 p.m. – 7:15 p.m.
621233-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 6:30 p.m. – 7:15 p.m.
621233-6C

April 25 – May 18

Mon, Wed 6:30 p.m. – 7:15 p.m.
621233-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 6:30 p.m. – 7:15 p.m.
621233-6E

Registered Aerobics

Deep Water Mania

(13 years and older)

Run and bicycle in deep water to achieve a great cardiovascular workout. Equipment will be furnished to ensure an excellent cross training experience. Deep Water Mania will provide the benefits of a land based program, but without the pounding and stress on the joints, tendons, and ligaments. Participants should consult with a physician before starting this program. Patrons 55 and older, 50 percent senior discount applies.

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

January 4 – January 27

Mon, Wed 6:30 p.m. – 7:20 p.m.
621250-6A

February 8 – March 2

Mon, Wed 6:30 p.m. – 7:20 p.m.
621250-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 6:30 p.m. – 7:20 p.m.
621250-6C

April 25 – May 18

Mon, Wed 6:30 p.m. – 7:20 p.m.
621250-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 6:30 p.m. – 7:20 p.m.
621250-6E

Arthritis, Fibromyalgia, and Multiple Sclerosis

(13 years and older)

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

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

January 5 – January 28

Tue, Thu 11:00 a.m. – 11:50 a.m.
621266-6A

February 9 – March 3

Tue, Thu 11:00 a.m. – 11:50 a.m.
621266-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 11:00 a.m. – 11:50 a.m.
621266-6C

April 26 – May 19

Tue, Thu 11:00 a.m. – 11:50 a.m.
621266-6D

May 24 – June 16

Tue, Thu 11:00 a.m. – 11:50 a.m.
621266-6E

Inclement Weather

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

Private Swim Lessons

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 40.

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 percent senior discount applies.

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

January 5 – January 28

Tue, Thu 10:00 a.m. – 10:50 a.m.
621276-6A

February 9 – March 3

Tue, Thu 10:00 a.m. – 10:50 a.m.
621276-6B

March 15 – April 14

(No Class: March 22, March 24)

Tue, Thu 10:00 a.m. – 10:50 a.m.
621276-6C

April 26 – May 19

Tue, Thu 10:00 a.m. – 10:50 a.m.
621276-6D

May 24 – June 16

Tue, Thu 10:00 a.m. – 10:50 a.m.
621276-6E

Aqua Burn

(13 years and older)

This is a complete program providing routines for warm up, stretching, toning, and cardiovascular improvement. The cushioning effect of the water reduces stress on the joints, while its cooling effect serves to keep the body from overheating, even during strenuous exercises. Participants should consult with a physician before starting this program. Patrons 55 and older, 50 percent senior discount applies.

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

January 4 – January 27

Mon, Wed 7:30 p.m. – 8:20 p.m.
621251-6A

February 8 – March 2

Mon, Wed 7:30 p.m. – 8:20 p.m.
621251-6B

March 14 – April 13

(No Class: March 21, March 23)

Mon, Wed 7:30 p.m. – 8:20 p.m.
621251-6C

April 25 – May 18

Mon, Wed 7:30 p.m. – 8:20 p.m.
621251-6D

May 23 – June 20

(No Class: May 30)

Mon, Wed 7:30 p.m. – 8:20 p.m.
621251-6E

Aqua Zumba

(13 years and older)

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

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

January 8 – February 12

Fri 6:30 p.m. – 7:20 p.m.
621269-6A

February 26 – April 8

(No Class: March 25)

Fri 6:30 p.m. – 7:20 p.m.
621269-6B

April 22 – May 27

Fri 6:30 p.m. – 7:20 p.m.
621269-6C



Aquatics

13 Years and Older

Drop-in Aerobics

Tides In Motion

(13 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups, improving aerobic capacity, balance, and circulation. All exercises are conducted in shallow water using upbeat music for motivation. Equipment will be provided. Water shoes are highly recommended. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class. Patrons 55 and older, senior rate applies.

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

January 4 – June 17

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

Mon, Wed, Fri 8:00 a.m. – 8:50 a.m.

Mon, Wed, Fri 9:00 a.m. – 9:50 a.m.

Fit After Fifty Five

(55 years and older)

This is an adult program for the serious exerciser who wants a high-level aerobic workout. Set to a faster tempo than the senior exercise class, this program is not for the beginning exerciser. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment

of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class. Patrons 55 and older, senior rate applies.

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

January 4 – June 17

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

Mon, Wed, Fri 10:00 a.m. – 10:50 a.m.

Senior Water Exercise

(55 years and older)

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

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

January 4 – June 17

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

Mon, Wed, Fri 11:00 a.m. – 11:50 a.m.

Aqua Mixer

(13 years and older)

This deep water program will provide participants with a completely non-impact workout. The class is designed to enhance

cardiovascular fitness, flexibility, muscular endurance, and overall toning. Special attention will be given to strengthening lower back ligaments and muscles. Participants must be comfortable in deep water. Participants should consult with their physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 14 participants per class. Patrons 55 and older, senior rate applies.

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

January 4 – June 15

(No Class: March 21, March 23, May 30)

Mon, Wed 5:30 p.m. – 6:20 p.m.

Aqua Blast

(13 years and older)

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

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

January 5 – June 16

(No Class: March 22, March 24)

Tue, Thu 8:00 a.m. – 8:50 a.m.

Tue, Thu 9:00 a.m. – 9:50 a.m.

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

*Passes expire 2 years after purchase.

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Camps

IT'S NOT TOO EARLY TO PLAN FOR SUMMER!



Reston Camp Expo

SATURDAY, JANUARY 23, 2016

Reston Community Center • 9:00 a.m. – 1:00 p.m.

2310 Colts Neck Road, Reston VA



Visit the 3rd annual Reston Camp Expo and speak with local, non-profit camp providers to learn about upcoming programs for summer 2016. Parents, your children are strongly encouraged to visit the event with you! Attendees will receive valuable resource information, enjoy many fun activities, and be eligible to win fantastic door prizes.

FREE • DROP-IN • ALL AGES

Door Prizes • Find a Summer Camp Job • Learn About Camp Scholarships

This event has been coordinated by Serving Reston Youth, a community initiative comprised of local non-profit organizations and Fairfax County government agencies.

RCC Summer Camp Key Dates:

Camp Guides will be mailed to Reston households and available online by January 15.
Camp registration begins February 1 for Reston patrons and February 8 for Non-Reston.

Spring Break Camps

RCC offers fun and enriching Spring Break Camps to help keep your child happy and engaged during Fairfax County Public Schools' spring break. Please visit www.restoncommunitycenter.com to complete all required paperwork.

Forms must be submitted by March 15, 2016.

Geocaching

(8 – 12 years old)

Geocaching, an elaborate and fun-filled outdoor treasure hunt, is all the rage. With the use of a GPS system, campers will search for trinkets and small surprises at local, established geocaching sites. Most sites will be less than one mile from RCC. Geocaching is challenging, and there is no guarantee that campers will find something every day, but part of the fun is in the search. Campers will receive their own logbooks to keep track of their successes. Participants should bring a filled water bottle, wear comfortable clothing, sturdy shoes, and apply sunscreen prior to coming to camp.

3, 3-hour sessions at RCC Hunters Woods
\$85 (R)/\$170 (NR) • Morgan

March 22 – March 24

Tue – Thu 1:00 p.m. – 4:00 p.m.
901119-6C

Magic Is Fun

(6 – 8 years old)

Beginning wizards will learn numerous magic tricks and create magic-themed craft projects. Participants will enhance their imagination and confidence while learning magical effects.

3, 3-hour sessions at RCC Hunters Woods
\$60 (R)/\$90 (NR) • Mystery Academy

March 21 – March 23

Mon – Wed 9:00 a.m. – 12:00 p.m.
901504-6A

Secret Agent Lab

(6 – 11 years old)

Suspects, schematics, and sleuths are invited to connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing. Uncover the science involved in evidence-gathering and analysis and fingerprinting detection. Enhance recall and observation skills and learn how to use spy equipment.

4, 3-hour sessions at RCC Hunters Woods
\$115 (R)/\$230 (NR) • Mad Science

March 21 – March 24

Mon – Thu 1:00 p.m. – 4:00 p.m.
901216-6A

Spring into LARK

(7 – 11 years old)

Spring into LARK (Lake Anne Art Rave for Kids) and join us for this mini session of the popular summer program. This session will incorporate lessons in music, drawing, painting and sculpture. On the final day participants will present a small gallery exhibition to display their work.

5, 5-hour sessions at RCC Lake Anne
\$125 (R)/\$250 (NR) • Nagy

March 21-March 25

Mon – Fri 10:00 a.m. – 3:00 p.m.
402474 6A

Spring into Road Rulz

(12 – 18 years old)

When summer can't come soon enough, this RCC Spring Break Adventure Series is what students need. This four-day program will provide teens with a taste of what RCC's Road Rulz summer camp is like. Travel to a different destination each day and engage in unique and exciting activities. Itineraries are subject to change; a specific daily itinerary will be published prior to the start of camp.

Monday: Baltimore National Aquarium/
Maryland Science Center, MD
Tuesday: Madame Tussauds/Newseum, DC
Wednesday: Sandy Spring Adventure Park, MD
Thursday: Massanutten Waterpark, VA

8:00 a.m. Check-in at RCC Hunters Woods
5:00 p.m. Pick up at RCC Hunters Woods

4, 9-hour sessions
\$200 (R)/\$400 (NR) • Staff

March 21 – March 24

Mon – Thu 8:00 a.m. – 5:00 p.m.
868985-6A

Trendy Jewelry Making

(9 – 12 years old)

Campers will let their imaginations soar as they create bracelets, necklaces, earrings, keychains, and more that will be the envy of their friends. Learn how to use jewelers' tools and how to connect all the parts to make one-of-a-kind, cool jewelry pieces. Campers will learn how to correctly and safely use tools; how to make jump rings to connect the main components of the piece; how to make a clasp to hold a bracelet or necklace together; and how to make ear wires for earrings. By the end of the program, campers should be able to create several pieces of original, custom jewelry that is suitable for boys and girls.

3, 3-hour sessions at RCC Hunters Woods
\$60 (R)/\$90 (NR) • Staff

March 21-March 23

Mon – Wed 9:00 a.m.-12:00 p.m.
901508-6C

Woodshop Workshop

(9 – 13 years old)

Participants will work in a professional woodshop, where they will learn to make a unique project to take home using hammers, paint and power tools. Campers will be carefully supervised by the RCC Woodshop Supervisor.

1, 3-hour session at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Church

March 21

Mon 9:00 a.m. – 12:00 p.m.
901506-6A

March 24

Thu 9:00 a.m. – 12:00 p.m.
901506-6B

Computer

Android 101: Tips & Tricks (13 years and older)

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

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

April 21

Thu 7:00 p.m. – 9:30 p.m.
868686-6B

Code School

(7 – 10 years old)

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

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

April 21 – May 26

Thu 4:45 p.m. – 5:45 p.m.
901061-6A

Did You Know?

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

Computer Lego Designs in 3D

(7 – 9 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 3D characters, different surroundings, and various modes of transportation. Afterwards, students will be able to explore the concepts of 3D modeling and begin the process of animation. Basic computer skills, 3D modeling techniques, basic math, and problem-solving skills will be covered.

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

January 20 – February 24

Wed 4:45 p.m. – 5:45 p.m.
901184-6B

Designing Video Games

(9 – 11 years old)

As children become more familiar with computers and how they work, they become more interested in playing and designing video games. Participants will learn the steps and skills necessary to create video games, as well as the use of up-to-date computer skills through 3D game design. Ultimately, students will be able to design their own video game and personalize each game to their preference – from beginning to end. Math, problem-solving skills, and knowledge of this specific technology will be covered.

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

April 6 – May 11

Wed 4:45 p.m. – 5:45 p.m.
901185-6A

Intro to HTML

(13 years and older)

Ever wondered what goes on behind the scene of your web browser? Come learn the basics of Hyper Text Markup Language (HTML) to design and edit personal web pages. Students will be introduced to WordPress and

other CMS systems, and practice hands-on editing using HTML tags and style sheets.

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

January 21

Thu 7:00 p.m. – 9:30 p.m.
803378-6C

Intro to VBA & Java

(16 years and older)

Learn basic computer programming and coding structure with fun exercises and self-paced tutorials. Students will be introduced to Visual Basic and Java, two very popular and accessible programming languages. No prior programming experience required, but good keyboard and mouse skills are a plus.

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

January 28

Thu 7:00 p.m. – 9:30 p.m.
834698-6A

MS Access I

(13 years and older)

Introduction to relational database concepts with hands-on practice in creating database tables, forms and reports for personal and small business use.

**2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud**

May 17 – May 18

Tue, Wed 7:00 p.m. – 9:30 p.m.
802240-6B

MS Excel I

(13 years and older)

Learn how to create, edit, format and print spreadsheets. Learn basic use of templates, formulas, functions and charts to capture, calculate and display data.

**2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud**

February 16 – February 17

Tue, Wed 7:00 p.m. – 9:30 p.m.
803233-6C

MS Excel II

(13 years and older)

Learn advanced spreadsheet formatting, data validation and security, advanced formulas, printing tricks, and more with hands-on exercises and tutorials. Students encouraged to take Excel I prior to Excel II.

2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

February 23 – February 24

Tue, Wed 7:00 p.m. – 9:30 p.m.
803226-6C

MS PowerPoint I

(13 years and older)

Learn the basics of creating a powerful slide presentation. Students will use hands-on exercises to create, edit, print and display slides using text, charts, images, sound and video clips.

2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

March 15 – March 16

Tue, Wed 7:00 p.m. – 9:30 p.m.
803236-6C

MS PowerPoint II

(13 years and older)

Students will learn advanced text formatting, working with objects and AutoShapes, and more. Students will practice using the SlideMaster, creating custom templates, embedding charts and tables, and integrating PowerPoint with other MS Office applications.

1, 2.5-hour session at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

March 22 – March 23

Tue, Wed 7:00 p.m. – 9:30 p.m.
802249-6B

MS Publisher

(13 years and older)

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

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

March 18

Fri 7:00 p.m. – 9:30 p.m.
802251-6A

MS Word I

(13 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.

2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

January 19 – January 20

Tue, Wed 7:00 p.m. – 9:30 p.m.
803234-6B

MS Word II

(13 years and older)

Learn to use more advanced Word tools including section formatting, headers and footers, extensive bulleted lists, columns, tablets, text boxes, and mail merging.

Prerequisite: MS Word I.

2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

January 26 – January 27

Tue, Wed 7:00 p.m. – 9:30 p.m.
803224-6A

QuickBooks

(13 years and older)

Learn how to manage business finances with this popular small business accounting software. 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
\$55 (R)/\$83 (NR) • Robichaud

April 19 – April 20

Tue, Wed 7:00 p.m. – 9:30 p.m.
802250-6C

Quicken

(13 years and older)

Manage all your checkbook, credit/debit cards, and investments. Users will practice setting up accounts and budgets, categorizing and tracking spending, buying and selling assets, and more. Students will also learn how to easily create and customize reports, and use the Quicken tools to better reduce debt and plan for the future.

2, 2.5-hour sessions at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Robichaud

March 29 – March 30

Tue, Wed 7:00 p.m. – 9:30 p.m.
802239-6B

Raspberry Pi

(10 – 12 years old)

Developed to enhance STEAM academics, Raspberry Pi is a credit-card-sized computer specifically designed for learning about computing and electronics concepts. Participants will learn about computer mechanics while designing animations, building and playing an original game, and wiring their own circuits. All supplies are included in the class fee, including a Raspberry Pi computer, which students can take home at the conclusion of class.

6, 60-min. sessions at RCC Hunters Woods
\$100 (R)/\$150 (NR) • ONE7TECH

January 19 – February 23

Tue 5:00 p.m. – 6:00 p.m.
901222-6B

Cooking

Afterschool Cooking

(11 – 14 years old)

Reston Community Center teams up with Langston Hughes Middle School to help teach teens how to cook and prepare both simple and complex meals. Teens will enjoy learning how to make exciting food in this fun afterschool program. This program is also focused on teaching the proper safety requirements and skills for cooking. Interested Langston Hughes Middle School students must register to participate.

8, 90-min. sessions at Langston Hughes MS
Free, Registration Req. • Staff

January 20 – February 4

Mon, Wed, Thu 3:00 p.m. – 4:30 p.m.
846648-6B

Cake Decorating for Kids

(7 – 12 years old)

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

1, 2-hour session at RCC Hunters Woods
\$40 (R)/\$60 (NR) • Andreson

May 7

Sat 1:00 p.m. – 3:00 p.m.
902205-6B

Chocolate Candy Making for Kids

(5 – 7 years old)

Learn to make delicious chocolate candy using high quality ingredients and take home prepared chocolates, as well as recipes, tips and ideas for making more of these luscious confections at home. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating



children must be registered. Allergy warning: nuts will be used in one of the recipes.

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

February 6

Sat 10:00 a.m. – 12:00 p.m.
901038-6B

March 12

Sat 10:00 a.m. – 12:00 p.m.
901038-6C

Chocolate Candy Making for Tweens

(8 – 12 years old)

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

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

February 6

Sat 1:00 p.m. – 4:00 p.m.
901039-6B

March 12

Sat 1:00 p.m. – 4:00 p.m.
901039-6C

Freezer Cooking for Kids

(7 – 10 years old)

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

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

April 23

Sat 3:00 p.m. – 5:00 p.m.
902206-6B



Mother's Day Pottery

(2 – 5 years old)

Mom will love her own individual mug for her favorite coffee, tea, or hot chocolate. Children will create and paint pottery mugs to give to Mom on her special day. Pottery is dishwasher-safe, and the mugs will be fired and returned to RCC for pick up in time for Mother's Day. Parents/caregivers must fully participate in the activities. **Come in any time between 9:30 a.m. and 11:00 a.m. to work on pottery.** This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 2.25-hour session at RCC Hunters Woods
\$20 (R)/\$30 (NR) • Clay Café Studios**

April 19

Tue

9:30 a.m. – 11:45 a.m.

901150-6A

Origami Arts

(8-12 years old)

Origami is the ancient Japanese art of folding paper into exquisite, decorative shapes and figures. Design a lovely greeting or birthday card, or an invitation for someone special. Participants will learn the elaborate folding of colorful pieces of paper to create animals or flowers that will be incorporated into their pop-up cards. Once this skill is learned, it can last a lifetime. All supplies are included.

**1, 2-hour session at RCC Hunters Woods
\$20(R)/\$35 (NR) • Nelson**

February 27

Sat

10:00 a.m. – 12:00 p.m.

901240-6A

May 7

Sat

10:00 a.m. – 12:00 p.m.

901240-6B

Knitting

(16 years and older)

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

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

January 4 – February 22

Mon

6:30 p.m. – 8:00 p.m.

802418-6B

Knitting II

(16 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. A supply list will be provided prior to the first class; students are required to purchase their own supplies.

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

March 9 – April 27

Wed

6:30 p.m. – 8:00 p.m.

802261-6A

Crafts

Paint a Pet Portrait

(7 – 12 years old)

Children are invited to paint a portrait of their pet or any animal of their choosing to cherish for years to come. Please bring a photo of your pet, if you wish, and wear clothing that can get dirty. Aprons are strongly encouraged.

Parents may bring children anytime between 4:00 p.m. – 6:00 p.m. to work on their portrait. Parent/caregiver must fully participate in these activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 2.75-hour session at RCC Hunters Woods
\$25 (R)/\$38 (NR) • Clay Café Studios
January 19**

Tue 4:00 p.m. – 6:45 p.m.
901068-6A

Pysanky Eggs for Occasions

(8 – 12 years old)

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

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

March 19
Sat 1:00 p.m. – 5:00 p.m.
902217-6B

Sewing I

(16 years and older)

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

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

February 2 – March 22

Tue 6:30 p.m. – 8:30 p.m.
802318-6A

February 4 – March 24

Thu 6:30 p.m. – 8:30 p.m.
802318-6B

Sewing II

(16 years and older)

Learn to make advanced home projects such as window treatments, duvets and bedspreads. 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
\$75 (R)/\$113 (NR) • Minassian**

April 7 – May 26

Thu 6:30 p.m. – 8:30 p.m.
802319-6B

Avoid Waitlists and Cancellations

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

Pricing

RCC reviews its pricing for programs and services annually.

Increases in pricing reflect either increased costs or RCC’s commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

EGGNORMOUS EGG HUNT

FREE

AGES 1-8

Come enjoy a great community tradition at beautiful Brown's Chapel Park. Carnival games, entertainment, moon bounces, prizes, and a strolling magician will be featured along with our ever-popular egg hunt.

The egg hunt starts at 10:30 a.m. sharp.

DON'T FORGET TO BRING:

A BASKET TO CARRY YOUR EGGS



A CAMERA FOR ALL THE PHOTO OPS



A PICNIC TO ENJOY OUTDOORS



SATURDAY MARCH 19

10:00 a.m. - 11:30 a.m.

BROWN'S CHAPEL

11300 Baron Cameron Avenue, Reston, VA

Located across from Lake Anne Plaza

Rain Date: Saturday, March 26

IN-KIND SUPPORT PROVIDED BY RESTON ASSOCIATION

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

Dance

Ballet Basics I

(4 – 6 years old)

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

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

March 15 – May 10

(No Class: March 22)

Tue 4:15 p.m. – 5:15 p.m.
402402-6B

Ballet Combo

(4 – 6 years old)

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

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

March 16 – May 11

(No Class: March 23)

Wed 4:15 p.m. – 5:15 p.m.
402414-6B

Ballroom Dancing

(18 years and older)

Dances explored in this fun class include the Waltz, the Foxtrot, the Tango, and the Quickstep. No experience necessary. Partners welcome but not required.

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

January 25 – March 7

(No Class: February 15)

Mon 7:00 p.m. – 8:00 p.m.
306103-6B

April 4 – May 9

Mon 7:00 p.m. – 8:00 p.m.
306103-6C

Creative Dance

(3 – 4 years old)

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

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

March 19 – May 14

(No Class: March 26)

Sat 9:00 a.m. – 9:30 a.m.
402404-6B

Latin Ballroom Dancing

(18 years and older)

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

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

January 28 – March 3

Thu 7:00 p.m. – 8:00 p.m.
306203-6B

April 7 – May 12

Thu 7:00 p.m. – 8:00 p.m.
306203-6C

Pre Ballet

(3 – 4 years old)

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

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

March 15 – May 10

(No Class: March 22)

Tue 3:30 p.m. – 4:15 p.m.
402400-6C

March 19 – May 14

(No Class: March 26)

Sat 9:30 a.m. – 10:15 a.m.
402400-6D

Youth Dance Guidelines

Please Note:

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

Dress Requirements:

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

Class Observation Policy:

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

Storybook Ballet

(3 – 4 years old)

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

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

March 16 – May 11

(No Class: March 23)

Wed 3:30 p.m. – 4:15 p.m.
402413-6B

Digital Photo



Photo Editing

(16 years and older)

This two day course introduces students to digital photo editing with Adobe Photoshop Elements software. Learn to use various editing tools and practice photo touch-up techniques. Start to explore layering movable titles and shapes on top of photos. Learn to select parts of a photo to correct or to paste into another photo. Prerequisite: The student must be familiar with the concept of pixels and JPEG (compression) photo files.

2, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Lazear

March 8 – March 9

Tue, Wed

7:00 p.m. – 9:00 p.m.

803310-6A

Camera Features

(12 years and older)

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

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

January 13 – January 14

Wed, Thu

7:00 p.m. – 9:00 p.m.

802242-6B

Camera Features II

(12 years and older)

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

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

March 21 – March 28

Mon

7:00 p.m. – 9:00 p.m.

803312-6B

Did You Know?

55+ patrons: Register for these Digital Photography classes and receive a 20 percent discount.

Coming Soon

RCC will soon be providing online education courses, webinars and certificate programs. Stay tuned!

SPRING FLEA MARKET

SATURDAY, MARCH 12

Free • 9:00 a.m. – 1:00 p.m. • RCC Hunters Woods

The first day of spring is right around the corner so this is the perfect time to get your spring cleaning underway. We know another person's trash can very well be your treasure. Searching for small appliances, books, jewelry, clothing, tools or toys? This is the place to be to support your neighbors – and our environment – by finding hidden gems to take home and enjoy rather than dumping them in the nearest landfill.



Spring Flea Market

Vendor Registration

(14 years and older)

Have your children grown up yet their toys and books are still cluttering your home? Are you still holding onto that waffle iron wedding gift that has never made it out of the box? This is the perfect opportunity to clean out unwanted small household items from your home, make someone else happy with their newfound treasure, and even earn a little money! Choose a 6' or 8' table for display. The event begins at 9:00 a.m. – you may arrive as early as 7:00 a.m. to set up your booth. Please note that edible items and live animals cannot be brought to (or sold at) the flea market. After the event, you may choose to bring any unsold items home or RCC staff will collect and donate all unwanted items to a local charity.

6-FOOT TABLE SPACE

\$10 Reston/\$15 Non-Reston • 810000-6A

8-FOOT TABLE SPACE

\$15 Reston/\$20 Non-Reston • 810000-6B



Bridge I

(18 years and older)

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

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

February 1 – March 28

(No Class: February 15)

Mon 10:00 a.m. – 12:00 p.m.
102337-6C

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
\$65 (R)/\$98 (NR) • Golias

February 1 – March 28

(No Class: February 15)

Mon 12:30 p.m. – 2:30 p.m.
102409-6C

College Funding – Your Children's Future

(18 years and older)

This workshop will focus on steps to help fund a college education for your children or grandchildren. Topics discussed include: estimating the costs, evaluating different funding sources and college loan options, reviewing various college savings options, and strategies that can be used during the high school years for college preparation. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

February 22

Mon 6:00 p.m. – 8:00 p.m.
105602-6B

Dog Obedience: Basic Manners Made Easy

(18 years and older)

This class is appropriate for dogs over three months old with very little or no obedience training. Positive motivational training techniques will include the basic commands of sit, down, stay, come, and how to walk nicely on a leash. Learn about mouthing, jumping,

crate and potty training, and generally controlling poor behavior. 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 six-foot leash are required. Gentle leaders and body harnesses are fine.

7, 45-min. sessions at RCC Hunters Woods
\$90 (R)/\$135 (NR)

Rudy's Friends Dog Training

April 6 – May 18

Wed 6:00 p.m. – 6:45 p.m.
105092-6A

April 7 – May 19

Thu 12:00 p.m. – 12:45 p.m.
105092-6B

Financial Management – 6 Steps to Financial Success

(18 years and older)

Discuss the steps and strategies that help lead to financial success. Topics discussed will include: protecting assets and investments, investing wisely, managing taxes, saving for retirement, and leaving a legacy. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

May 2

Mon 6:00 p.m. – 8:00 p.m.
105601-6A

Mental Health First Aid

Did you know that the Fairfax County/Falls Church Community Services Board offers training to people interested in being able to respond appropriately to mental health related emergencies?

"Mental Health First Aid" is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Whether you are a first responder, teacher, student, faith community leader, human resources professional, parent, employer, coworker, or caring community member, this certification course has information everyone can use. The course is offered in English, Spanish and Youth versions.

Courses are open to the public and cost \$25; the fee is waived for County employees. Register online: www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm or find out more by calling Erika Gilliam: 703-383-8430, TTY 711 or via email to Erika.Gilliam@fairfaxcounty.gov.

Finding Your Best Fit College

(15 – 18 years old)

Walk through the college search process and create a list of all your needs and wants. This workshop will debunk the mythology that brand is more important than fit and give some insight into application segmentation along with how to evaluate different programs and majors.

1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$23(NR) • Princeton Review

February 6

Sat 3:00 p.m. – 5:00 p.m.
875496-6A

Heart Start CPR-AED

(16 years and older)

Participants will learn how to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, and basic first aid. Successful participants will receive a two-year adult CPR with AED certification and a two-year first aid certification through the American Heart Association.

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

February 20

Sat 10:00 a.m. – 2:00 p.m.
302313-6B

April 16

Sat 10:00 a.m. – 2:00 p.m.
302313-6C

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. All supplies are provided.

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

January 20 – February 24

Wed 5:00 p.m. – 6:00 p.m.
903006-6B

April 6 – May 11

Wed 5:00 p.m. – 6:00 p.m.
903006-6C

Investment 101

(18 years and older)

Financial guru Kim Seo, CFP, MBA, will be back to RCC to discuss the steps and strategies that will lead you to investment success.

This class will teach you the things you need to know before you invest. The *Investment Fundamentals – 5 Myths and Truths of Investing*, workbook will be provided to all attendees. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

March 15

Tue 6:00 p.m. – 8:00 p.m.
156051-6A

Japanese Calligraphy

(18 years and older)

This class is a beginner introduction to Shuji, the art of Japanese Calligraphy. This practice is closely related to the clear state of mind practiced in a Japanese tea ceremony. Participants will learn the calligraphy principles rooted in the Zen way of life with a concentration on brush stroke techniques displayed in black and white balance.

1, 2-hour session at RCC Hunters Woods
\$35 (R)/\$53 (NR) • Shintani

March 20

Sun 1:00 p.m. – 3:00 p.m.
105147-6B

Lego Engineering – The Fundamentals

(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. 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.

6, 90-min. sessions at RCC Hunters Woods
\$135 (R)/\$203 (NR) • Play Well Teknologies
January 21 – February 25

Thu 4:45 p.m. – 6:15 p.m.
901187-6A

Lego Pre-Engineering

(5 – 6 years old)

Students will design a town, city or star base with houses, buildings, pyramids, bridges, and tunnels. Participants will also learn how to build, race, crash, and repair cars, trucks, trains, and buses. This program will help to develop critical thinking skills and expose children to some of the concepts and vocabulary of engineering, architecture and physics.

6, 90-min. sessions at RCC Hunters Woods
\$135 (R)/\$203 (NR) • Play Well Teknologies
March 31 – May 5

Thu 4:45 p.m. – 6:15 p.m.
901182-6B

Making the Most of Social Security

(18 years and older)

Social Security is a very important part of an individual's retirement. Social Security benefits have been around since 1935, and have become increasingly complex through time. Most people are missing out because they don't understand the fine print. In this workshop you will learn the

ins and outs of Social Security. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

January 12

Tue 6:00 p.m. – 8:00 p.m.
142963-6B

Managing the High School Transition

(13 years and older)

Designed for 9th grade families, this presentation focuses on educating newcomers about what to expect as high school students, how to manage the high school course load and maximizing the high school experience. All participants must register.

1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Princeton Review
March 12

Sat 3:00 p.m. – 5:00 p.m.
875495-6A

Overcoming Test Anxiety

(14 – 18 years old)

This workshop draws from various disciplines and techniques to help students understand their anxiety triggers and manage the stress associated with test taking. Students will practice breathing techniques, use visualization/meditation strategies, and other approaches to help them navigate testing successfully.

1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$23 (NR) • Princeton Review
March 19

Sat 3:00 p.m. – 5:00 p.m.
875497-6A

Planned Charitable Giving

(18 years and older)

This workshop is for those interested in supporting non-profits and charities by making large gift contributions. A planned

gift is any major gift, made in a person's lifetime or at death as part of a donor's overall financial and/or estate planning. Whether a donor uses cash, appreciated securities/stock, real estate, artwork, personal property, life insurance, a retirement plan, etc., the benefits of funding a planned gift can make this type of charitable giving very attractive to both donor and charity. This program is for informational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods
Free, Registration Req. • Mackey
March 30

Wed 6:00 p.m. – 8:00 p.m.
153957-6A

Avoid Waitlists and Cancellations

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

Coming Soon

RCC will soon be providing online education courses, webinars and certificate programs. Stay tuned!

Enrichment

Retirement Planning for Women and Small Business Owners

(18 years and older)

In this highly informative workshop, attendees will learn retirement strategies they can start using today to take control of their retirement future. Topics discussed will include: three keys to funding a comfortable retirement and types of retirement plans for small business owners. All attendees will receive the workbook *Taking Control – Financial Strategies for Women*. This workshop is presented by Kim Seo, CFP, MBA, a financial advisor dedicated to community education. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

February 2

Tue 6:00 p.m. – 8:00 p.m.
157062-6B

April 7

Thu 6:00 p.m. – 8:00 p.m.
157062-6C

SAT vs. ACT

(14 – 18 years old)

Students have a choice whether to take the SAT or the ACT. This session will show the differences between the two exams, reveal some of the factors that go into determining which one is better for an individual, and also walks through some sample problems from each while teaching students various Princeton Review techniques.

1, 2-hour session at RCC Hunters Woods \$15 (R)/\$23 (NR) • Princeton Review

April 16

Sat 3:00 p.m. – 5:00 p.m.
875498-6A

SAT Workshop

(14 – 18 years old)

Learn score raising SAT strategies in a dynamic, interactive setting. 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 (1:00 p.m. – 5:00 p.m.)

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

\$105 (R)/\$350 (NR) • Princeton Review

January 24 – February 18

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

Test A Sunday, January 24
1:00 p.m. – 5:00 p.m.

Class 1 Tuesday, January 26
6:00 p.m. – 9:00 p.m.

Class 2 Thursday, January 28
6:00 p.m. – 9:00 p.m.

Test B Sunday, January 31
1:00 p.m. – 5:00 p.m.

Class 3 Tuesday, February 2
6:00 p.m. – 9:00 p.m.

Class 4 Thursday, February 4
6:00 p.m. – 9:00 p.m.

Test C Sunday, February 7
1:00 p.m. – 5:00 p.m.

Class 5 Tuesday, February 9
6:00 p.m. – 9:00 p.m.

Class 6 Thursday, February 11
6:00 p.m. – 9:00 p.m.

Test D Sunday, February 14
1:00 p.m. – 5:00 p.m.

Class 7 Tuesday, February 16
6:00 p.m. – 9:00 p.m.

Class 8 Thursday, February 18
6:00 p.m. – 9:00 p.m.

Women in Transition

(18 years and older)

You may be facing divorce, loss of a spouse, marriage, career changes or retirement and need knowledge and practical guidance from experienced professionals. This class will address how to identify the challenges of life changes and concrete steps for taking action to make these transitions. You will also learn about important financial issues before and after divorce and, financial changes that occur after divorce, marriage or the death of a spouse including life insurance, investment planning and retirement. Joan Coullahan, financial divorce expert, and Joan Jackson, life/divorce coach will teach the class with guest speakers from legal and financial fields. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

3, 3-hour sessions at RCC Hunters Woods Free. • Coullahan & Jackson

January 26 – February 9

Tue 1:00 p.m. – 4:00 p.m.
147852-6B

Writers Group

(18 years and older)

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

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

January 25, February 8 & 22

March 7 & 21, April 4 & 18, May 2

Mon 7:00 p.m. – 9:00 p.m.
105116-6C

Attention Fitness Students

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

Ayurveda: Holistic Indian Lifestyle

(18 years and older)

Ayurveda is known as “the science or knowledge of life” and is the traditional medical system of India which dates back an estimated 10,000 years. This lecture will help students learn how to get a more holistic view of the body, mind, and soul in order to achieve a balanced life. By the end of the class participants will have a much better understanding for how minor adjustments to their daily routine or diet can have profound results on their health. Ranjana Chawla is an Ayurvedic Health Practitioner intern from the California College of Ayurveda and a Yoga instructor with a Master’s degree in Indian history.

1, 60-min. session at RCC Lake Anne
Free, Registration Req. • Chawla
March 12

Sat 11:00 a.m. – 12:00 p.m.
305963-6B

Barre Workout

(15 years and older)

Tone and define your arms, core, legs and glutes for a result that will feel great. This challenging, low-impact class utilizes light hand weights and the use of a ballet barre or chair.

8, 60-min. sessions at RCC Lake Anne
\$48 (R)/\$72 (NR) • Staff

March 8 – April 26

Tue 7:00 p.m. – 8:00 p.m.
306102-6B

Basic Bicycle Maintenance

(18 years and older)

This hands-on, one day workshop will teach students how to prepare their bicycles for the spring. Topics include basic preventative maintenance, cleaning and lubing gears, changing bicycle tires, and discerning when you may need a mechanic for more advanced repairs. Students should bring their own bicycle. Supply fee of \$10 to be collected upon admission to the classroom. Fee covers clean/lube and lifters (each student will take home a set of lifters).

1, 90-min. session at RCC Lake Anne
\$10 fee payable upon arrival to class.
Registration Req. • Westenhoff

April 3

Sun 1:00 p.m. – 2:30 p.m.
321852-6A

Body Sculpting

(16 years and older)

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

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

January 16 – March 5

Sat 10:45 a.m. – 11:45 a.m.
302315-6F

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

January 25 – March 14

Mon 6:30 p.m. – 7:30 p.m.
302315-6G

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

April 2 – May 14

(No Class: April 23)

Sat 10:45 a.m. – 11:45 a.m.
302315-6H

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

April 4 – May 9

Mon 6:30 p.m. – 7:30 p.m.
302315-6I



Fitness & Wellness

Boot Camp

(15 years and older)

Boot camp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. All equipment is provided and includes resistance tubes, bands, jump ropes, steel weights, weighted medicine balls, body bars and balance boards.

6, 45-min. sessions at RCC Lake Anne

\$42 (R)/\$63 (NR) • Wood

January 23 – February 27

Sat 9:00 a.m. – 9:45 a.m.
306028-6B

Evening Hatha Yoga I

(18 years and older)

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

8, 60-min. sessions at RCC Lake Anne

\$45 (R)/\$90 (NR) • Hill

January 11 – March 7

(No Class: January 18)

Mon 5:00 p.m. – 6:00 p.m.
302485-6D

March 28 – May 16

Mon 5:00 p.m. – 6:00 p.m.
302485-6E

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. Exercise alone or with children ages 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.

6, 60-min. sessions at RCC Lake Anne

\$42 (R)/\$63 (NR) • Nyman

January 12 – February 16

Tue 10:15 a.m. – 11:15 a.m.
302394-6B

Fitness and Tumbling for Kids

(3 – 5 years old)

This program is designed to work on motor skills, flexibility, strength, and hand-eye coordination in a fun, playful manner. 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-min. sessions at RCC Lake Anne

\$42 (R)/\$63 (NR) • Nyman

January 12 – February 16

Tue 11:30 a.m. – 12:15 p.m.
301061-6B

FunFit

(1 – 2 years old)

This fun filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child's self-confidence, motor skills, coordination and reinforces cognitive learning. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • FunFit Staff

January 9 – February 27

Sat 10:00 a.m. – 10:45 a.m.
306040-6B

March 12 – May 14

(No Class: March 26, April 23)

Sat 10:00 a.m. – 10:45 a.m.
306040-6C

FunFit

(1 – 4 years old)

This class is designed for children ages 1 through 4 in order to allow siblings to participate in the same class. This fun-filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child's self-confidence, motor skills, coordination and reinforces cognitive learning. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne

\$65 (R)/\$130 (NR) • FunFit Staff

January 9 – February 27

Sat 10:45 a.m. – 11:30 a.m.
306042-6B

March 12 – May 14

(No Class: March 26, April 23)

Sat 10:45 a.m. – 11:30 a.m.
306042-6C

Demo Class

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

Gentle Yoga – Stretch, Strengthen and Relax

(15 years and older)

Gently build strength and alleviate chronic joint and muscle tension while reducing mental and physical stress. Floor poses will be used to warm-up and stretch tension prone areas. Strength building poses are practiced both on the floor and standing. Adaptations will be offered throughout each class, making this class suitable for all ages and body types. The class will end with yin yoga poses to relax stuck connective tissue in the joints.

4, 90-min. sessions at RCC Lake Anne
\$30 (R)/\$45 (NR) • Green

March 5 – April 2

(No Class: March 26)

Sat 10:00 a.m. – 11:30 a.m.
303443-6A

4, 90-min. sessions at RCC Lake Anne
\$30 (R)/ \$45 (NR) • Green

April 30 – May 21

Sat 10:00 a.m. – 11:30 a.m.
303443-6B

Hatha Yoga Flow

(15 years and older)

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

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

January 19 – March 8

Tue 7:30 p.m. – 8:30 p.m.
306992-6C

April 5 – May 24

Tue 7:30 p.m. – 8:30 p.m.
306992-6D

Hatha Yoga I

(18 years and older)

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

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

January 17 – March 6

Sun 9:00 a.m. – 10:00 a.m.
305051-6D

April 3 – May 22

Sun 9:00 a.m. – 10:00 a.m.
305051-6E

Historical European Swordsmanship

(9 years and older)

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

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

March 3 – April 7

Thu 7:00 p.m. – 8:00 p.m.
302421-6B

Homeschool Boot Camp

(6 – 11 years old)

Children will increase strength, endurance, coordination and balance while having fun and staying active.

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

February 4 – March 10

Thu 1:15 p.m. – 2:00 p.m.
306101-6B

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

April 5 – May 10

Tue 1:15 p.m. – 2:00 p.m.
306101-6C

Kundalini Yoga and Meditation

(18 years and older)

Kundalini yoga uses asanas (postures), movement, breath, and meditation to relax and heal your mind and body, giving you a greater awareness of mind, body, and spirit. By stimulating the nervous and immune systems, this type of yoga improves strength and flexibility and may provide relief from problems such as back pain, stress and insomnia. Kundalini yoga brings a greater feeling of well-being and happiness and is a great way to recharge and heal the body quickly. Please bring a light blanket for cover during deep relaxation.

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

January 11 – March 7

(No Class: January 18)

Mon 12:15 p.m. – 1:45 p.m.
302101-6C

March 28 – May 16

Mon 12:15 p.m. – 1:45 p.m.
302101-6D

Fitness & Wellness

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.

6, 75-min. sessions at RCC Lake Anne
\$48 (R)/\$72 (NR) • Gurunater

February 2 – March 8

Tue 5:30 p.m. – 6:45 p.m.
302115-6C

April 5 – May 10

Tue 5:30 p.m. – 6:45 p.m.
302115-6D

Meditative Yoga

(18 years and older)

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

6, 90-min. sessions at RCC Lake Anne
\$52 (R)/\$78 (NR) • Gurunater

February 2 – March 8

Tue 7:00 p.m. – 8:30 p.m.
302215-6C

April 5 – May 10

Tue 7:00 p.m. – 8:30 p.m.
302215-6D

Mindful Meditation

(18 years and older)

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

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

April 4 – May 9

Mon 9:30 a.m. – 10:30 a.m.
306555-6A

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 and abdominal muscles. Babies should be 6 weeks old – 6 months old (or NOT actively crawling) to participate with mom.

6, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Burgess

January 25 – March 7

(No Class: February 15)

Mon 10:00 a.m. – 11:00 a.m.
300024-6B

April 4 – May 9

Mon 10:45 a.m. – 11:45 a.m.
300024-6C

Nia

(15 years and older)

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

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

January 24 – February 28

Sun 9:30 a.m. – 10:30 a.m.
306002-6B

April 3 – May 8

Sun 9:30 a.m. – 10:30 a.m.
306002-6C

Outdoor/Indoor Fitness

(16 years and older)

Go on an exciting and heart-pumping journey around Lake Anne building muscular strength while increasing cardiovascular health and stamina. This class offers a great opportunity for participants to work together towards improved health and well-being in a small class setting with lots of individualized attention. Class will be held indoors in the event of inclement weather.

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

April 4 – April 27

Mon, Wed 6:30 p.m. – 7:30 p.m.
306017-6C

May 9 – June 6

(No Class: May 30)

Mon, Wed 6:30 p.m. – 7:30 p.m.
306017-6D

Partner Yoga Workshop

(15 years and older)

Learn partner-assisted stretches, enabling a deeper stretch and strengthening connections with others. Partner Yoga invites openness, patience, communication, and balance into your yoga practice and relationships. Bring a friend, a loved one, a sibling, or a neighbor. Partner welcome but not required.

1, 90-min. session at RCC Lake Anne
\$10 (R)/\$15 (NR) • Mannes

February 13

Sat
 306300-6A

1:00 p.m. – 2:30 p.m.

Pilates Mat

(15 years and older)

Pilates is a system of exercises designed to develop the body's core, mobilize and stabilize the spine, and build flexibility and strength. It focuses on the deep muscles of the abdomen, back and hips using control, concentration and flow to improve posture and back health. Most exercises will be performed on the mat and may include stability balls, magic circles, and light hand weights. Students should bring a tightly woven blanket to each class.

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

January 19 – February 23

Tue 6:15 p.m. – 7:15 p.m.
 306030-6D

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

April 7 – May 12

Thu 6:15 p.m. – 7:15 p.m.
 306030-6E

Prenatal Yoga

(18 years and older)

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

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

January 21 – March 10

Thu 7:30 p.m. – 8:30 p.m.
 302100-6C

April 7 – May 26

Thu 7:30 p.m. – 8:30 p.m.
 302100-6D



PILATES WORKSHOPS

Pilates Mat Workshop

Saturday, May 7 • 3:00 p.m. – 4:00 p.m.

Pilates Mat Workshop will be an introduction to Pilates which strengthens and tones all of the body's core muscles. Strong core muscles support the spine and reduce back pain and are an integral component of every day balance. No Pilates experience is necessary, and this workshop is appropriate for students of all ability levels.

1, 60-min. session at RCC Lake Anne
15 years and older • \$8 (R)/\$12 (NR) • 300550-6A

Pilates Mat Technique Workshop

Saturday, May 7 • 1:00 p.m. – 2:30 p.m.

Build upon the fundamental exercises of Pilates exercises with this workshop and fine tune each move. Prior Pilates experience is required.

1, 90-min. session at RCC Lake Anne
15 years and older • \$10 (R)/\$15 (NR) • 300551-6A

Fitness & Wellness

Self Defense for Women

(18 years and older)

This one-day workshop for women teaches physical defense techniques and awareness skills. Students will learn practical, everyday habits to help minimize threats and maximize safety. This class offers essential knowledge of crime recognition, avoidance, and preparedness. People living with disabilities and those who require assistive devices or use wheelchairs are welcome. Each student is encouraged to interact to their level of comfort. They may participate slowly and carefully in small groups, or observe at their own pace and discretion. Bruce Jones is a master teacher and a veteran with more than 30 years of police work.

1, 4-hour session at RCC Lake Anne
Free, Registration Req. • Jones

January 30

Sat 1:00 p.m. – 5:00 p.m.
301963-6A

May 7

Sat 1:00 p.m. – 5:00 p.m.
301963-6B

Stay Fit While You Sit

(16 years and older)

Recent research has shown that people who sit more often throughout the day are more likely to lose muscle tone, experience back pain, weight gain and suffer from increased stress. This lecture addresses the five domains of fitness: posture, strength, flexibility, endurance, and balance, and tips on how each of these areas can be improved. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 60-min. session at RCC Lake Anne
Free, Registration Req.
PIVOT Physical Therapy

February 20

Sat 1:00 p.m. – 2:00 p.m.
300278-6A

May 14

Sat 1:00 p.m. – 2:00 p.m.
300278-6B

Step & Sculpt

(15 years and older)

This class utilizes the step in easy-to-follow and 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.

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

January 20 – March 9

Wed 7:00 p.m. – 8:00 p.m.
306006-6C

April 6 – May 25

Wed 7:00 p.m. – 8:00 p.m.
306006-6D

Tae Kwon Do I

(6 years and older)

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

8, 60-min. sessions at RCC Hunters Woods
\$44 (R)/\$66 (NR) • Butts

January 9 – March 5

(No Class: January 23)

Sat 9:00 a.m. – 10:00 a.m.
302348-6B

April 2 – May 21

Sat 9:00 a.m. – 10:00 a.m.
302348-6C

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.

8, 60-min. sessions at RCC Hunters Woods
\$44 (R)/\$66 (NR) • Butts

January 9 – March 5

(No Class: January 23)

Sat 10:00 a.m. – 11:00 a.m.
303000-6B

April 2 – May 21

Sat 10:00 a.m. – 11:00 a.m.
303000-6C

Yoga at Noon

(18 years and older)

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

8, 90-min. sessions at RCC Lake Anne
\$56 (R)/\$84 (NR) • Katz

January 20 – March 9

Wed 12:00 p.m. – 1:30 p.m.
305098-6C

6, 90-min. sessions at RCC Lake Anne
\$42 (R)/\$63 (NR) • Katz

April 6 – May 11

Wed 12:00 p.m. – 1:30 p.m.
305098-6D



Zen Budo Karate: Little Ninjas

(4 – 6 years old)

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

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

January 21 – February 25

Thu 4:30 p.m. – 5:30 p.m.
321789-6B

March 31 – May 5

Thu 4:30 p.m. – 5:30 p.m.
321789-6C

Yoga for Children

(3 – 5 years old)

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

6, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Burgess

January 13 – February 17

Wed 10:00 a.m. – 11:00 a.m.
301400-6B

April 6 – May 11

Wed 10:00 a.m. – 11:00 a.m.
301400-6C

Yoga for Youth

(6 – 9 years old)

This yoga class appeals to children ages 6 through 9 (Kindergarten through Third grade) 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.

6, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$60 (NR) • Burgess

January 11 – February 29

(No Class: January 18, February 15)

Mon 4:30 p.m. – 5:30 p.m.
301401-6B

April 4 – May 9

Mon 4:30 p.m. – 5:30 p.m.
301401-6C

Zen Budo Karate: Youth

(7 – 12 years old)

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

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

January 21 – February 25

Thu 5:30 p.m. – 6:30 p.m.
306104-6B

March 31 – May 5

Thu 5:30 p.m. – 6:30 p.m.
306104-6C

Fitness & Wellness

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.

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

January 7 – February 11

Thu 6:45 p.m. – 7:45 p.m.
302327-6F

March 3 – April 14

(No Class: March 24)

Thu 6:45 p.m. – 7:45 p.m.
302327-6H

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

January 11 – March 7

(No Class: January 18)

Mon 7:00 p.m. – 8:00 p.m.
302327-6G

April 4 – May 23

Mon 7:00 p.m. – 8:00 p.m.
302327-6I

Zumba Toning

(16 years and older)

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Students will use lightweight, maraca-like toning sticks or light weight dumbbells, to enhance rhythm and tone target areas that include arms, abs and thighs.

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

January 16 – March 5

Sat 9:30 a.m. – 10:30 a.m.
302227-6C

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

January 11 – March 7

(No Class: January 18)

Mon 6:00 p.m. – 7:00 p.m.
302227-6D

April 4 – May 23

Mon 6:00 p.m. – 7:00 p.m.
302227-6F

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

April 2 – May 14

(No Class: April 23)

Sat 9:30 a.m. – 10:30 a.m.
302227-6E

Zumba Kids

(7 – 11 years old)

Zumba Kids is designed for slightly older children, ages 7 to 11. The classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents will love this program because of the effect it has on kids – increased focus and self-confidence, improved metabolism and enhanced coordination.

6, 45-min. sessions at tRCC Lake Anne
\$30 (R)/\$45 (NR) • Avilov

March 2 – April 13

(No Class: March 23)

Wed 4:30 – 5:15pm.
306008-6B

Zumba Kids Jr.

(4 – 6 years old)

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

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

April 20 – May 25

Wed 4:00 p.m. – 4:45 p.m.
306007-6B



Organic Gardening

(16 years and older)

Organic gardening incorporates landscape design and the environment to improve and maximize the health of soil and plants without the use of synthetic, commercial pesticides and fertilizers. Learn about this method of sustainable gardening, and bring your questions. This program is jointly produced by Reston Community Center and Reston Association.

Registrations required by March 3, 2016.

Registration is required and a \$5/\$7 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA.

**1, 60-min. session at Walker Nature Center
\$5/\$7 payable upon entry to WNC
Registration Req. • Staff**

March 10

Thu
803019-6A

7:00 p.m. – 8:00 p.m.



Avoid Waitlists and Cancellations

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

Did You Know?

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

Voluntary Simplicity

(16 years and older)

Join this five-session discussion course to identify positive adjustments that can be made in daily living as a response to today's complex dilemmas. Learn to embrace, partially or totally, the tenets of frugal consumption, ecological awareness and personal growth. Explore the distractions that prevent us from caring for the earth, and acknowledge the connection between our lifestyle choices and the condition of the planet. Participants receive a book of readings that form the basis of each discussion. This program is jointly produced by Reston Community Center and Reston Association. **Registration is required by January 11, 2016** and a \$32/\$42 fee (Member/Non-Member), is payable upon pick up of your course materials at the Walker

Nature Center, 11450 Glade Drive, Reston, VA. You will be contacted when the materials are ready for pick up, approximately one week before the first session.

Discussion Course Goals:

- To understand the meaning of voluntary simplicity.
- To explore the material and psychological distractions that prevent us from caring for the earth.
- To acknowledge the connection between our lifestyle choices and the condition of the earth.

**5, 90-min. sessions at Walker Nature Center
\$32/\$42 payable upon entry to WNC
Registration Req. • Strange**

January 25 – February 22

Mon
803033-6A

7:00 p.m. – 8:30 p.m.

Language Learning

Arabic for Beginners I

(18 years and older)

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

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

January 6 – February 24

Wed 6:30 p.m. – 8:30 p.m.
105603-6B

March 9 – April 27

Wed 6:30 p.m. – 8:30 p.m.
105603-6C

Did You Know?

55+ patrons: Register for these classes and receive a 20 percent discount.

Coming Soon

RCC will soon be providing online education courses, webinars and certificate programs. Stay tuned!

Conversational French

(18 years and older)

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

21, 3-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff

January 6 – May 25

Wed 6:00 p.m. – 9:00 p.m.
Drop-in

French for Beginners I

(18 years and older)

This class is for anyone who has ever had an interest in learning the beautiful French language but may have felt intimidated or just didn't have the time to commit. In this class, students will learn basic communication skills they can use when traveling in Paris, Montreal, the lovely island of Martinique, or anywhere that French is the dominant language. Students will learn useful vocabulary and expressions for greeting someone in French, for making a purchase, and eating out at a restaurant. No prior knowledge or experience in French is necessary.

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

January 21 – March 10

Thu 2:30 p.m. – 4:00 p.m.
105135-6C

April 7 – May 26

Thu 2:30 p.m. – 4:00 p.m.
105135-6D

French for Beginners II

(18 years and older)

This class is designed for students who have taken French for Beginners I. Students who have some knowledge of French at the beginners' level are also welcome. We will review and reinforce proper pronunciation and useful expressions learned in level one to give students a stronger grasp of the language. We will also continue our focus on the spoken word and on French culture. We will put special emphasis on subjects like the weather, the seasons and telling time among others.

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

January 21 – March 10

Thu 4:30 p.m. – 6:00 p.m.
105138-6C

April 7 – May 26

Thu 4:30 p.m. – 6:00 p.m.
105138-6D

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. This group will meet on the third Friday of the month.

5, 90-min. sessions at RCC Hunters Woods
Free, Drop-in • Gallas

January 16, February 20, March 19, April 16, May 21

Sat 1:00 p.m. – 2:30 p.m.
Drop-in

Language Learning

Spanish for Beginners I

(18 years and older)

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

8, 2-hour sessions at RCC Hunters Woods

\$70 (R)/\$105 (NR) • Lenigan

January 5 – February 23

Tue 7:00 p.m. – 9:00 p.m.
102357-6C

March 29 – May 17

Tue 7:00 p.m. – 9:00 p.m.
102357-6D

Spanish for Travelers

(18 years and older)

Students will learn introductions, greetings and how to communicate basic needs as a traveler, such as asking for directions to a place of interest. Students will also learn vocabulary and expressions related to restaurants, shops and hotels and more. This class will inspire students to start planning their next trip to Latin America, the Caribbean or Spain.

4, 60-min. sessions at RCC Hunters Woods

\$15 (R)/\$23 (NR) • Gregory

March 22 – April 12

Tue 7:00 p.m. – 8:00 p.m.
123741-6A

French Movie Series:

Ne Le Dit Personne (Tell No One)

(18 years and older)

This class explores the murder mystery French movie, *Ne Le Dit a Personne (Tell No One)*. In the first class students will learn French terms relating to crime and justice and watch the first half of this suspenseful and riveting movie. The second class will watch the conclusion of the movie and have a film discussion using new vocabulary learned. Open to all levels of French speakers. Film will include English subtitles.

2, 90-min. sessions at RCC Hunters Woods

\$5 (R)/\$8 (NR) • Gregory

March 8 – March 15

Tue 7:00 p.m. – 8:30 p.m.
123987-6A

The Intouchables

(18 years and older)

This class will explore the award-winning French film, *The Intouchables*. This movie is about a man who becomes paralyzed after a sports accident and hires an ex-con as his caretaker. In the first class students will learn French vocabulary on sports and medicine and watch the first half of this moving film. The second class will watch the conclusion of the film and have a discussion using new vocabulary learned. Open to all levels of French speakers. Film will include English subtitles.

2, 90-min. sessions at RCC Hunters Woods

\$5 (R)/\$8 (NR) • Gregory

April 4 – April 11

Mon 7:00 p.m. – 8:30 p.m.
123654-6A

Les Visiteurs

(18 years and older)

Students will travel back in time and learn French terms about medieval France. This classic comedy tells the story of a noble man from 1193 who travels 800 years into the future to save his true love. In the first class students will learn French vocabulary and watch the first half of this film. The second class will watch the conclusion of the film and have a discussion using new vocabulary learned. Open to all levels of French speakers. Film will include English subtitles.

2, 90-min. sessions at RCC Hunters Woods

\$5 (R)/\$8 (NR) • Gregory

May 2 – May 9

Mon 7:00 p.m. – 8:30 p.m.
123963-6A

Music

Music Friends

(Infant – 5 years old)

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

8, 45-min. sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Staff

January 7 – February 25

Thu 9:45 a.m. – 10:30 a.m.
404220-6G

January 7 – February 25

Thu 10:45 a.m. – 11:30 a.m.
404220-6H

January 8 – February 26

Fri 9:45 a.m. – 10:30 a.m.
404220-6I

January 8 – February 26

Fri 10:45 a.m. – 11:30 a.m.
404220-6J

March 17 – May 12

(No Class: March 24)

Thu 9:45 a.m. – 10:30 a.m.
404220-6K

March 17 – May 12

(No Class: March 24)

Thu 10:45 a.m. – 11:30 a.m.
404220-6L

March 18 – May 13

(No Class: March 25)

Fri 9:45 a.m. – 10:30 a.m.
404220-6M

March 18 – May 13

(No Class: March 25)

Fri 10:45 a.m. – 11:30 a.m.
404220-6N

Voice I

(18 years and older)

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

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

January 9 – February 27

Sat 9:30 a.m. – 10:30 a.m.
402479-6B

April 16 – June 11

(No Class: May 7)

Sat 9:30 a.m. – 10:30 a.m.
402479-6C

Voice II

(18 years and older)

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

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

January 9 – February 27

Sat 10:30 a.m. – 11:30 a.m.
402482-6B

April 16 – June 11

(No Class: May 7)

Sat 10:30 a.m. – 11:30 a.m.
402482-6C

Voice III

(18 years and older)

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

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

January 9 – February 27

Sat 11:30 a.m. – 12:30 p.m.
402471-6B

April 16 – June 11

(No Class: May 7)

Sat 11:30 a.m. – 12:30 p.m.
402471-6C

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



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

Turn to page 128 to
learn more.

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.

10, 90-min. sessions at RCC Hunters Woods
\$95 (R)/\$140 (NR) • Michnewicz

March 8 – May 17

(No Class: March 22)

Tue 7:00 p.m. – 8:30 p.m.
402472-6B

RSC Comedy Boot Camp

(16 years and older)

Do you want to learn to be funnier? Then the RSC Comedy Boot Camp is the place for you. With an emphasis on improvisation and physical comedy, the workshop reflects the Reduced Shakespeare Company's ethos: fast, fun and physical comedy. It's sure to provide an exciting hour and a half of hands-on experience with the original "bad boys of abridgment." Check out page 25 to see more information on Reduced Shakespeare Company's CenterStage performance.

1, 90-min. session at RCC Hunters Woods
\$25 (R)/\$50 (NR) • Reduced Shakespeare Company

May 21

Sat 3:00 p.m. – 4:30 p.m.
402609-6A



Stories Come to Life: Dinosaur Adventure

(3 – 5 years old)

It's dino time! We're traveling back in time as students immerse themselves in a full session of dinosaur adventures. Walk back through history as a paleontologist on a dig to collect prehistoric fossils, use your imagination to build the exhibition at the museum, and learn how scientists discovered just how fast a T. Rex could run or what a Brachiosaurus ate for lunch.

6, 60-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Art On The Horizon

January 9 – February 13

Sat 10:45 a.m. – 11:45 a.m.
402650-6A

Stories Come to Life: Under the Sea

(3 – 5 years old)

Dive right in – the water is fine! This class will explore everything about the ocean, from the deep-sea dwellers to the colorful coral reefs. Children will go on an imaginative journey to meet marine wildlife, set sail on the waves, and discover an ancient shipwreck while learning about natural habitats.

6, 60-min. sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Art On The Horizon

April 2 – May 7

Sat 10:45 a.m. – 11:45 a.m.
402651-6A

Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. A maximum of 40 participants will be accepted and then split into two groups. Each group of students will perform in an original production on March 19 or March 20, June 11 or June 12 at 3:00 p.m. in the CenterStage at Reston Community Center Hunters Woods. Preparing for the production will require additional technical rehearsals during the weeks of March 14-18 and June 6-10. The class meets on Friday from 4:30 p.m. – 6:00 p.m. and Saturday from 9:00 a.m. – 12:00 p.m. Students are reminded that class attendance is critical to their success, so please plan schedules accordingly.

20 sessions at RCC Hunters Woods
\$200 (R)/\$400 (NR) • Brutsché/Kalbaugh

January 15 – March 19

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

April 8 – June 11

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

COUNTRY WESTERN DANCE

Ages 18 & Older • RCC Hunters Woods

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

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

\$5 Reston/\$10 Non-Reston

**January 3
January 24
March 6
April 3
May 1
June 5**

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

Afterschool – Game Day (12 – 16 years old)

Join Reston Community Center and Langston Hughes Middle School as we play board games and video games on the Nintendo Wii and Xbox systems. **Game Day will be held in the Library of Langston Hughes Middle School. Interested Langston Hughes Middle School students must register to participate.**

**8, 60-min. sessions at Langston Hughes MS
Free, Registration Req. • Staff**

January 20 – February 4

**Mon, Wed, Thu 3:30 p.m. – 4:30 p.m.
876452-6B**

Bigger Bits (3 – 4 years old)

This class is intended as a transition from our Little Bits program. Three- and four-year-olds will enjoy a plethora of parent/child experiences in arts and crafts, language, movement, music, and lots of fun. Parent/guardian must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**6, 60-min. sessions at RCC Hunters Woods
\$50 (R)/\$75 (NR) • Gollop-Pagani**

January 27 – March 2

**Wed 10:30 a.m. – 11:30 a.m.
902350-6B**

March 30 – May 4

**Wed 10:30 a.m. – 11:30 a.m.
902350-6C**

Drop-in Chess Club

(5 years and older)

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

**21, 3-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 7 – May 26

Thu 6:30 p.m. – 9:30 p.m.
Drop-in

Little Bits

(2 years old)

Enjoy precious moments in this class designed for children accompanied by a parent/guardian. 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-min. sessions at RCC Hunters Woods
\$50 (R)/\$75 (NR) • Gollop-Pagani**

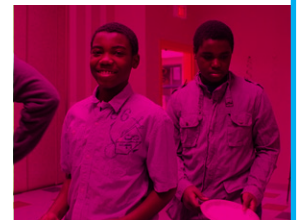
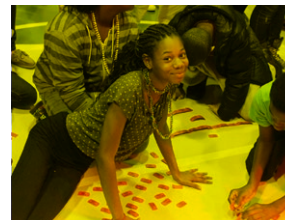
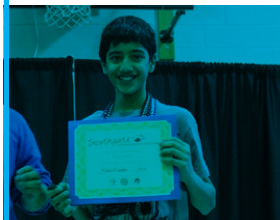
January 26 – March 8

(No Class: March 1)

Tue 10:30 a.m. – 11:30 a.m.
902349-6B

March 29 – May 3

Tue 10:30 a.m. – 11:30 a.m.
902349-6C



TEEN FEST

Finish Strong

(12 – 14 years old)

Join Reston Community Center and Langston Hughes Middle School for a fun-filled night of games, activities and music. Refreshments will be provided. This year's event will be held at Langston Hughes Middle School located at 11401 Ridge Heights Rd, Reston, VA. Langston Hughes Middle School students only.

DATE/TIME: Thursday, May 5 • 6:00 p.m. – 9:00 p.m.

LOCATION: Langston Hughes Middle School

COST: FREE • Drop-In

For more information, please contact Kenny Burrowes, RCC Teen & Family Director, at 703-390-6158 or Kenny.Burrowes@fairfaxcounty.gov.

Social

Springtime Tea

(2 – 6 years old)

Celebrate the arrival of flowers, lush green leaves, and warmer weather with our seasonal springtime tea. Crafts, cookie decorating and a story will be featured. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

March 15

Tue 10:00 a.m. – 11:00 a.m.
901112-6A

Tot Time

(Infant – 4 years old)

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

35, 90-min. sessions at RCC Hunters Woods
Free, Drop-in • Ali

January 12 – May 19

(No Class: March 22, March 24, April 19)

Tue, Thu 9:30 a.m. – 11:00 a.m.
Drop-in



Diva Central Event

Saturday, April 23 • 12:00 p.m. – 6:00 p.m.

RCC Lake Anne: 1609-A Washington Plaza

Drop-in • No Registration Necessary

Diva Central is Reston Community Center's annual prom dress giveaway. This incredible one-day event is open to any current high school student who is in need of a prom dress, shoes, jewelry and other accessories. Everything is absolutely **FREE**. Limit one dress per person.

For information on donating a dress to this year's dress drive, see page 37.

Reston Association's Open House

For New and Not So New Members

Thursday, March 17 • 6:30 – 8:30 p.m.

Reston Association • 12001 Sunrise Valley Drive

Free • All Ages • Drop-in

- Come learn more about Reston Association (RA) and the many services, amenities and programs it provides for you
- Learn about the history of Reston and what's on the horizon
- Meet with your RA Covenants Advisor and learn about the services they provide property owners
- Talk with RA Parks and Recreation staff about programs, events and facilities
- Learn how to navigate RA's new website (www.reston.org) so you can access important association and community resources
- Explore how you can get involved in Reston, serve on the RA Board or one of our many committees and give back to the community
- Light refreshments will be available and door prizes will be awarded.

Trips & Tours

General Information

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 page 142.

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

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

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

ADA Accommodations: Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

Camp-In At Maryland Science Center

(8 – 10 years old)

Camp-In is a one-night overnight activity with exciting, interactive science education, and includes IMAX and Planetarium shows, three hands-on science workshops, time to explore many of the museum's interactive exhibits, and limited time to shop in the store. Camp-In also includes an evening snack, a light breakfast, and a participation patch. Check-In begins at 4:45 p.m. and the program ends after the IMAX showing in the morning. Campers will be supervised at all times by chaperones over the age of 21. Please bring a boxed or bagged meal to enjoy on the bus on the way to the Maryland Science Center.

4:45 p.m.	Depart RCC Hunters Woods
10:00 a.m.	Estimated Return to Reston

1, overnight trip
\$65 (R)/\$130 (NR) • Morgan
March 11 – March 12

Fri, Sat	4:45 p.m. – 10:00 a.m.
901279-6A	

Hike the Shenandoah

(9 years and older)

Join RCC as we take a trip to the beautiful and serene Shenandoah Mountains. The Shenandoah National Park is one of the most popular places to go hiking. This moderate trail hike can be fun for adults and is appropriate for most ages. The picturesque scenery allows for beautiful sightseeing. Make sure to bring the camera and a packed lunch for this fun-filled day of hiking. Take in the sights and sounds while enjoying the serene views and landscapes. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register. Trip fee includes transportation and hike leader/trip coordinator.

8:00 a.m.	Depart RCC Hunters Woods
4:30 p.m.	Estimated Return to Reston

1, 8.5-hour trip
\$30 (R)/\$45 (NR) • Staff
April 16

Sat	8:00 a.m. – 4:30 p.m.
835538-6A	

RCC Travel Club



ARE YOU INTERESTED IN EXPLORING THE UNITED STATES, CANADA, AND OVERSEAS?

Check out the RCC Travel Club website. Information is updated regularly to announce new trip destinations, travel dates, and requirements.

www.restoncommunitycenter.com/travel-club

Trips & Tours



Hike the White Oak Canyon

(9 years and older)

Grab your family and friends and experience one of the best waterfall hikes in the Shenandoah National Park. White Oak Canyon is a 5-mile loop and can be steep in certain areas, but is appropriate for younger children. The well-maintained trails, picturesque waterfalls, and serene scenery allow for beautiful sightseeing. Make sure to bring the camera, a bathing suit under your clothes, and a lunch. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register. Trip fee includes transportation and hike leader/trip coordinator.

8:00 a.m. Depart RCC Hunters Woods
4:30 p.m. Estimated Return to Reston

1, 8.5-hour trip
\$30 (R)/\$45 (NR) • Staff
May 28
Sat 8:00 a.m. – 4:30 p.m.
876458-6A

Philadelphia Flower Show

(18 years and older)

Come celebrate the 100th anniversary of National Parks with the Philadelphia Flower Show. Don't miss this opportunity to explore the world's largest, oldest indoor flower show. RCC has been bringing groups to this event for years to view the stunning garden displays presented by some of the country's preeminent artisans and designers. Trip fee includes transportation, flower show admission, and trip coordinator. Meals are not included.

7:00 a.m. Depart RCC Hunters Woods
7:00 p.m. Estimated Return to Reston

1, 12-hour trip
\$60 (R)/\$90 (NR) • Staff
March 9
Wed 7:00 a.m. – 7:00 p.m.
805026-6A

Virginia Renaissance Faire

(6 years and older)

Experience what life was like during the Renaissance period and enjoy lively entertainment, indulge in delicious food, and explore the market place featuring hundreds of artisans with beautiful handcrafted wares. The whole village is abuzz with preparations: merchants have arrived to set up their goods, the kitchens are busy preparing turkey legs and other savory fare, and traveling players have arrived, ready to amuse Her Majesty, Queen of Staffordshire (and you). The trip is appropriate for families of all ages. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register. Trip fee includes transportation, admission, and trip coordinator. Meals are not included.

9:00 a.m. Depart RCC Hunters Woods
6:00 p.m. Estimated return to Reston

1, 9-hour trip
\$35 (R)/\$53 (NR) • Staff

May 7
Sat 9:00 a.m. – 6:00 p.m.
864256-6A

Avoid Waitlists and Cancellations

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

Trips & Tours: Meetups

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

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

All Around the Farm

(3 – 5 years old)

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

1, 90-min. session at Loudoun Heritage Farm \$5 (R)/\$10 (NR) • Haneline

April 5

Tue 10:00 a.m. – 11:30 a.m.
901134-6A

Frying Pan Farm Park

(2 – 4 years old)

Frying Pan Farm Park is the only working farm in Fairfax County, and is representative of a farm with “the way things used to be” from the 1920s through the 1950s, making it a true jewel of the community. Participants will see baby animals and take a ride in a wagon and carousel. Please meet in front of the entrance to the gazebo at Kidwell Farm (go to the top

end of the parking lot. The gazebo is just inside the gate (near the three small riding tractors for kids) which is in **Frying Pan Farm Park, located at 2709 West Ox Road, Herndon, VA.** For directions, call 703-437-9101.

1, 60-min. session at Frying Pan Park Free, Registration Req. • Haneline

May 17

Tue 10:00 a.m. – 11:00 a.m.
901451-6A

Let’s Bowl!

(2 – 4 years old)

Spend some energy after the “winter doldrums” and go bowling. Meet at **Bowl America, located at 46940 Woodson Drive Sterling, VA** for a fun-filled morning. Gutter guards and ramps will be available for smaller bowlers. For directions, please call 703-430-1350.

1, 60-min. session at Bowl America \$10 (R)/\$20 (NR) • Haneline

February 23

Tue 10:00 a.m. – 11:00 a.m.
901024-6A

Spring Nature Discovery Series

(3 – 5 years old)

Introduce your child to the joys of nature with engaging programs led by naturalists at the **Walker Nature Center, located at 11450 Glade Drive, Reston, VA.** For directions, call 703-476-9689. Each program in the series will include fun and educational activities such as short, exploratory hikes, simple nature crafts, and entertaining stories based around a the freshness and new growth associated with spring. This series is jointly produced by Reston Community Center and Reston Association.

3, 60-min. sessions at Walker Nature Center \$21 (R)/\$42 (NR) • Haneline

March 31, April 21, May 19

Thu 1:30 p.m. – 2:30 p.m.
902220-6A

Tadpoles, Turtles, Garden Fairies

(2 – 5 years old)

Be a nature explorer and look for signs of spring by observing tadpoles and turtles making their homes in ponds. Watch for fairies hiding out in a Bonsai garden, walk across bridges and through woods with ferns, spring flowers such as azaleas, and an array of spring colors bursting at every turn. Meet at the **main entrance to Meadowlark Botanical Gardens, located at 9750 Meadowlark Gardens Court, Vienna, VA.** For directions, call 703-255-3631.

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

April 26

Tue 10:00 a.m. – 11:00 a.m.
901261-6A

Winter Nature Discovery Series

(3 – 5 years old)

Introduce your child to the joys of nature with engaging programs led by naturalists at the **Walker Nature Center, located at 11450 Glade Drive Reston, VA.** For directions, call 703-476-9689. Each program in the series will include fun and educational activities such as short, exploratory hikes, simple nature crafts, and entertaining stories based on the starkness and cold of the winter season. This series is jointly produced by Reston Community Center and Reston Association.

3, 60-min. sessions at Walker Nature Center \$21 (R)/\$42 (NR) • Haneline

January 21, February 11, March 17

Thu 1:30 p.m. – 2:30 p.m.
902219-6A

Visual Arts

Abstract Painting

(18 years and older)

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

8, 3-hour sessions at RCC Lake Anne

\$80 (R)/\$120 (NR) • Lopes

January 5 – February 23

Tue 7:00 p.m. – 10:00 p.m.

402458-6B

April 5 – May 24

Tue 7:00 p.m. – 10:00 p.m.

402458-6C

Artist Critique Group

(18 years and older)

Are you looking for professional and peer feedback on your artwork? Greater Reston Arts Center invites artists who wish to participate in a group discussion and critique to bring 1-2 recent artworks to the gallery. The critique will be run by a guest artist or curator and the GRACE Education Director. GRACE will provide light refreshments and beverages. All participants must be willing to discuss their artwork and the artwork of others. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103 Reston, VA

1, 2.5-hour session at GRACE

\$10 (R)/\$12 (NR) • GRACE

January 14

Thu 7:00 p.m. – 9:30 p.m.

402645-6A

April 28

Thu 7:00 p.m. – 9:30 p.m.

402645-6B

Beginning and Intermediate Watercolor

(18 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne

\$85 (R)/\$170 (NR) • Lashley

January 6 – February 24

Wed 10:00 a.m. – 12:30 p.m.

402532-6B

April 6 – May 25

Wed 10:00 a.m. – 12:30 p.m.

402532-6C

Chinese Brush Painting

(18 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne

\$85 (R)/\$170 (NR) • Griffith Tso

January 7 – February 25

Thu 10:00 a.m. – 12:30 p.m.

402512-6B

April 7 – May 26

Thu 10:00 a.m. – 12:30 p.m.

402512-6C

Collage – Just Paper Mostly

(16 years and older)

Create artistic expression using primarily paper, occasionally incorporating other two-dimensional materials. In some projects we may employ folding techniques to transform flat paper into three-dimensional components. The collage projects require simple, inexpensive and easily obtained materials. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$85 (R)/\$128 (NR) • Ross

April 4 – May 23

Mon 1:30 p.m. – 4:00 p.m.

402642-6A

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.

8, 3-hour sessions at RCC Lake Anne

\$85 (R)/\$170 (NR) • Danenberger

April 6 – May 25

Wed 1:30 p.m. – 4:30 p.m.

402455-6A

Creative Capers

(6 – 9 years old)

Creativity sizzles with this fascinating and fun immersion into the world of art by exploring different visual art forms such as clay, drawing, and much more.

8, 60-min. sessions at RCC Lake Anne

\$65 (R)/\$100 (NR) • Nagy

January 4 – March 7

(No Class: January 18, February 15)

Mon 5:00 p.m. – 6:00 p.m.

402430-6B

April 4 – May 23

Mon 5:00 p.m. – 6:00 p.m.

402430-6C

Creative R.U.T. (Reclaim Unique Trust)

(16 years and older)

Participants will look at creativity in a broader sense, and define what it means to be creative in their own lives. Through an intuitive approach, learn to connect with what inspires you, and then translate that into color, texture, and images. The class is a combination of intuitive art, journaling, meditation and finding creative ways to break through roadblocks in order to renew trust in our own creative power. Participants will create an art journal to document their journey. Supply list will be provided prior to first class.

6, 2.5-hour sessions at RCC Lake Anne
\$75 (R)/\$150 (NR) • Mullarkey

February 22 – April 4

(No Class: March 21)

Mon 10:00 a.m. – 12:30 p.m.
402641-6A

Drawing 101

(18 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil and charcoal, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

8, 2-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Zahid

April 5 – May 24

Tue 10:00 a.m. - 12:00 p.m.
402614-6A

Drawing Animals in Charcoal

(16 years and older)

Learn the fundamentals of shading, perspective and atmosphere in charcoal and charcoal pencil while drawing animals from photographs. This session will concentrate on

farm animals. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

April 4 – May 23

Mon 7:00 p.m. – 10:00 p.m.
402612-6A

Drawing Cats and Dogs in Pastel

(16 years and older)

Learn the fundamentals of drawing cats and dogs with soft pastel. This class will be geared toward beginners but all levels of experience are welcome. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

April 7 – May 26

Thu 7:00 p.m. – 10:00 p.m.
402643-6A

Open Stained Glass Lab

(18 years and older)

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

4-hour session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Damron

January 17 – May 15

Drop-in 1st & 3rd Sun
1:30 p.m. – 5:30 p.m.



Fused Glass

(18 years and older)

This class will cover the basics of glass fusing. Full use of manual and machine glass cutting and shaping tools will be made available. Glass, adhesives and bails are included for several projects. Students who own their own molds may create slumped pieces. All work will be fired offsite after the last class and will be available to be picked up at a later date. All supplies included in class fee.

4, 3-hour sessions at RCC Hunters Woods
\$185 (R)/\$370 (NR) • Damron

March 30 – April 20

Wed 6:30 p.m. – 9:30 p.m.
405163-6C

May 4 – May 25

Wed 10:00 a.m. – 1:00 p.m.
405163-6D

Visual Arts

GRACE Art Family Day

(All ages)

Greater Reston Arts Center opens its doors and blocks off St. Francis Street to celebrate Youth Art Month for a free day of family art making and exploration in the gallery. The gallery will feature student artwork from the GRACE Art Program, which is delivered to over 17,000 students in local schools by parent volunteers. GRACE Art is a cultural literacy program that places art in a larger social context to encourage art appreciation and multidisciplinary connections. **The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.**

1, 3-hour session at GRACE
Free, Registration Required • GRACE
March 5

Sat 12:00 p.m. – 3:00 p.m.
402646-6A

GRACE Art in the Home School

(5 – 11 years old)

Homeschool students now have the opportunity to participate in GRACE Art, the signature education program of Greater Reston Arts Center typically offered in schools. GRACE staff will deliver an interactive art history lesson through a PowerPoint presentation followed by an engaging hands-on art project designed to reinforce the lesson. The artist or topic for the lesson is listed with the date. All sessions are held at the **Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.**

1, 60-min. session at GRACE
\$30 (R)/\$45 (NR) • GRACE
February 11: Faith Ringgold

Thu 10:00 a.m. – 11:00 a.m.
402598-6E

March 17: Alexander Caulder

Thu 10:00 a.m. – 11:00 a.m.
402598-6F

April 21: Georgia O'Keefe

Thu 10:00 a.m. – 11:00 a.m.
402598-6G

Handmade Valentine Card Workshop

(All ages)

Using punches, origami, and stamping techniques, you will create one-of-a-kind Valentine for someone special! Sign up the whole family for this workshop led by GRACE staff to make some fun, creative cards. Please note: Parents will need to assist children with the creation of cards, and children must be accompanied by a participating adult. Adults may come on their own and do not need to be accompanied by a child. It will be fun for everyone. **The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.**

1, 1.5-hour session at GRACE
\$5 (R)/\$10 (NR) • GRACE
February 13

Sat 9:30 a.m. – 11:00 a.m.
402648-6A

Inflatable Sculpture Workshop

(12 years and older)

Inspired by Greater Reston Arts Center's exhibition of magical sculptural environments by artist Shih Chieh Huang, workshop participants will explore Huang's exhibition with a GRACE staff member and then have the opportunity to create their own inflatable sculpture using everyday materials. **The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.**

1, 90-min. session at GRACE
\$35 (R)/\$45 (NR) • GRACE
April 30

Sat 9:30 a.m. – 11:00 a.m.
402649-6A

Little Hands Preschool Art

(3 – 5 years old)

This program introduces young children to art using a combination of age-appropriate interactive discussion and looking techniques with art exhibitions, games, books and visuals. The children will explore new artwork, materials and learn new skills each week. Projects focus on enhancing fine and gross motor skills as well as reinforcing positive classroom behavior. Children will explore a variety of media and will become familiar with the basic elements of art. All sessions held at **The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.**

4, 60-min. sessions at GRACE
\$80 (R)/\$120 (NR) • GRACE
January 12 – February 2

Tue 10:00 a.m. – 11:00 a.m.
402629-6C

March 1 – March 29

(No Class: March 8)

Tue 10:00 a.m. – 11:00 a.m.
402629-6D

Making Pottery Without the Wheel

(16 years and older)

Learn fundamental and advanced hand building techniques to make functional and decorative ceramics for the kitchen and garden. Learn how to create and manipulate textures, use underglazes and glazes to add depth, and develop a personal style. This class is for beginning to advanced students. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Alexander

January 13 – March 2

Wed 7:00 p.m. – 9:30 p.m.
402616-6C

April 6 – May 25

Wed 7:00 p.m. – 9:30 p.m.
402616-6D



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, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

January 4 – March 7

(No Class: January 18, February 15)

Mon 7:00 p.m. – 10:00 p.m.
402411-6B

Remixed Media Project: Silk Scarves

(16 years and older)

Participants will create personalized pieces of original, wearable art by painting, stenciling, stamping, and doodling onto blank cotton and silk scarves. All supplies are included in the class fee.

4, 2-hour sessions at RCC Lake Anne
\$120 (R)/\$210 (NR) • Mullarkey

April 25 – May 16

Mon 10:00 a.m. – 12:00 p.m.
402620-6B

Mosaic Art

(18 years and older)

Mosaics are one of the original art forms and pieces can be made to last for centuries. Choose between several exciting projects, levels from beginner through expert, or bring in your own unique project (with instructor approval). Tools, supplies and materials included in class fee to complete one beginner or intermediate level project.

4, 3-hour sessions at RCC Hunters Woods
\$180 (R)/\$360 (NR) • Damron

February 3 – February 24

Wed 10:00 a.m. – 1:00 p.m.
404040-6D

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
\$80 (R)/\$120 (NR) • Danenberger

January 6 – February 24

Wed 1:30 p.m. – 4:30 p.m.
402483-6C

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Coulter-Bleher

April 6 – May 25

Wed 7:00 p.m. – 10:00 p.m.
402483-6D

Did You Know?

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

Visual Arts

Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes and three 1-hour visits to the open studio. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Zoller

January 4 – March 7

(No Class: January 18, February 15)

Mon 10:00 a.m. – 12:30 p.m.
402500-6E

January 5 – February 23

Tue 7:00 p.m. – 9:30 p.m.
402500-6F

April 4 – May 23

Mon 10:00 a.m. – 12:30 p.m.
402500-6G

April 5 – May 24

Tue 7:00 p.m. – 9:30 p.m.
402500-6H

Spring Landscapes

(16 years and older)

Join Arnold Lopes in celebrating spring. Learn to paint all the wonders of the season. This class is designed for beginners but all skill levels are welcome. A supply list will be provided prior to first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

April 8 – May 27

Fri 7:00 p.m. – 10:00 p.m.
402644-6A

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. It is recommended to have a basic knowledge of mosaics before beginning this class. All supplies included in class fee.

4, 3-hour sessions at RCC Hunters Woods
\$180 (R)/\$270 (NR) • Damron

May 4 – May 25

Wed 6:30 p.m. – 9:30 p.m.
402255-6A

TGIF: Free Fridays

(All Ages)

Thank GRACE, it's Friday! Greater Reston Arts Center opens its doors for an evening of family art making, dramatic storytelling and exploration in the gallery that promises to excite the senses while strengthening art literacy and appreciation skills. This program is developed in partnership with Greater Reston Arts Center, who will lead creative arts workshops for each event. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103, Reston, VA.

1, 2-hour session at GRACE
Free, Registration Req. • GRACE

January 8

Fri 5:00 p.m. – 7:00 p.m.
402549-6D

February 5

Fri 5:00 p.m. – 7:00 p.m.
402549-6E

April 1

Fri 5:00 p.m. – 7:00 p.m.
402549-6F

May 6

Fri 5:00 p.m. – 7:00 p.m.
402549-6G

Watercolor Studio

(16 years and older)

Whether you are a beginner or a more experienced painter, join instructor Arnold Lopes for this watercolor studio and explore your own creativity by working on individual projects and contributing to group discussions. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

January 7 – February 25

Thu 7:00 p.m. – 10:00 p.m.
402441-6C

Wheel I

(16 years and older)

Learn how to work with clay and master wedging, centering, and throwing bowls "off the hump." Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Zoller

January 7 – February 25

Thu 10:00 a.m. – 12:30 p.m.
402462-6E

April 7 – May 26

Thu 10:00 a.m. – 12:30 p.m.
402462-6G

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Saltzman

January 7 – February 25

Thu 7:00 p.m. – 9:30 p.m.
402462-6F

April 7 – May 26

Thu 7:00 p.m. – 9:30 p.m.
402462-6H

Wheel II

(16 years and older)

Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Alexander

January 4 – March 7

(No Class: January 18, February 15)

Mon 7:00 p.m. – 9:30 p.m.
404210-6E

January 15 – March 4

Fri 10:00 a.m. – 12:30 p.m.
404210-6F

April 4 – May 23

Mon 7:00 p.m. – 9:30 p.m.
404210-6G

April 8 – May 27

Fri 10:00 a.m. – 12:30 p.m.
404210-6H

Wheel III

(16 years and older)

Prerequisites include being able to wedge, center, and throw an eight-inch (approximately) bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits.

8, 2.5-hour sessions at RCC Lake Anne
\$125 (R)/\$183 (NR) • Cordyack

January 5 – February 23

Tue 10:00 a.m. – 12:30 p.m.
402463-6E

January 5 – February 23

Tue 7:00 p.m. – 9:30 p.m.
402463-6F

April 5 – May 24

Tue 10:00 a.m. – 12:30 p.m.
402463-6G

April 5 – May 24

Tue 7:00 p.m. – 9:30 p.m.
402463-6H



Open Ceramics Studio

(16 years and older)

The public is invited to use RCC's Ceramic Studio. Reservations are not required. Ceramics Studio hours are Wednesday 10:00 a.m.-2:00 p.m. and Saturday 1:00 p.m.-5:00 p.m. The RCC Ceramics Studio will be closed on January 2, 6, 9 and 13 and will reopen on January 16. In addition the Studio will be closed on March 23, 26 and May 28. Please check the Ceramics Studio calendar for additional studio times or closures.

Drop-in • RCC Lake Anne • Staff
\$15 (R)/\$30 (NR) Drop-in
\$36 (R)/\$72 (NR) 12-Visit Pass

January 16 – May 25

(No Class: March 23, March 26, May 28)

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

Each pass visit is one hour. The fee includes firing and glazes.
Clay cost is \$15 – \$20 for 25 pounds.

Winter Landscapes

(16 years and older)

Join Arnold Lopes in celebrating winter. Learn to paint all the icy, snowy wonders of the season. This class is designed for beginners but all skill levels are welcome. Supply list will be provided prior to first class.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Lopes

January 8 – February 26

Fri 7:00 p.m. – 10:00 p.m.
402611-6A

Woodworking

Level I Beginner:

Easy project with basic skill development.

Level II Intermediate:

More challenging project that develops advanced skills. Student should have completed at least two Beginner-level classes.

Level III Advanced:

Difficult project; will challenge the Level II Intermediate student.

Basic Router Skills

(18 years and older)

In this class, learn how to use a hand-held and table-mounted router safely and effectively.

Topics that will be covered include:

- Purchasing your first router
- Router bit selection
- Rabbets and Dados
- Edge treatments and moldings
- Mortise and Dovetail jigs
- Pattern routing

All supplies and materials are included in the class fee. Students must provide their own safety equipment which includes eye, noise, and dust protection for the course.

Level I Beginner.

4, 3-hour sessions at RCC Hunters Woods
\$110 (R)/\$165 (NR) • Harrington

March 31 – April 21

Thu 6:30 p.m. – 9:30 p.m.
105562-6B

Build a Cutting Board

(18 years and older)

Build a cutting board to your design and wood choices. This class will guide you to completing your cutting board and show you how to use the proper tools to safely complete your project. You can then make additional boards for family and friends in the future. Students are required to purchase their own wood and materials for their project. Since storage is unavailable students must remove their project following each class. Students must also provide their own safety equipment which include eye, noise and dust protection for the course. Please contact the instructor at Calvin.Church@fairfaxcounty.gov in advance to discuss your proposed cutting Board.

Level I Beginner.

4, 3-hour sessions at RCC Hunters Woods
\$65 (R)/\$98 (NR) • Church

May 5 – May 26

Thu 6:30 p.m. – 9:30 p.m.
159753-6A

Build a Three-Legged Stool

(18 years and older)

Through building a three-legged stool in this introductory course, students will have a project they can be proud of. You will learn the safe and proper use of hand and machine tools. Safety is a primary concern and is covered in detail for each tool. Students can apply the skills learned in this course to build additional stools for friends and/or family members. All supplies and materials are included in the class fee. Students must provide their own safety equipment, which includes eye, noise and dust protection for the course. Level I Beginner.

3, 3-hour session at RCC Hunters Woods
\$90 (R)/\$135 (NR) • Ingram

May 5 – May 19

Thu 9:30 a.m. – 12:30 p.m.
159963-6A

Introduction to Band Saw Box Making

(18 years and older)

Learn the skills necessary to make unique band saw boxes especially suitable for gifts and provide an excellent use for small, attractive chunks of wood. Most wooden boxes are basically square or turned. With a band saw, a box can become any shape your imagination desires. Knob handles, and drawer flocking can add to a high quality box for jewelry or knick-knacks. They're pretty easy to make, provided you do the work in the right sequence. We lay out the whole process, step by step. The course will cover the elements of box design, selection of woods, stock preparation, layout and sawing. In the process of making your wooden boxes, you will develop basic woodworking skills and learn appropriate tool use to make precise cuts and assemble your box while developing a strict sense of safety in the woodshop. These projects will develop a foundation that will allow you to continue to increase your woodworking skills and complete more complex wooden boxes in the future. All supplies and materials are included in the class fee. Students must provide their own safety equipment which include eye, noise and dust protection for the course. Level I Beginner.

4, 3-hour sessions at RCC Hunters Woods
\$95 (R)/\$143 (NR) • Ingram

January 7 – January 28

Thu 6:30 p.m. – 9:30 p.m.
105963-6B

Introduction to Box Making

(18 years and older)

Learn the skills necessary to make unique wooden boxes that are especially suitable for gifts. The course will cover the elements of good box design, including function and proportion, selection of wood, stock preparation, layout and marking and cutting for assembly. In the process of making the wooden boxes, students will develop basic woodworking skills and learn appropriate tool use to make precise cuts while developing a strict sense of safety in the woodshop. Two types of boxes will be completed during the course and will graduate in complexity from a simple lift-lid box to a lap cornered box. These projects will develop a foundation that will allow students to continue to improve woodworking skills and complete more complex wooden boxes in the future. Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods
\$110 (R)/\$165 (NR) • Church

April 4 – April 25

Mon 6:30 p.m. – 9:30 p.m.
103325-6B

Parent and Child Woodshop – Peg Shelf

(8 years and older)

Parent and child can spend an evening in the woodshop learning about basic woodworking skills while building a project together. In this class students will use a local hardwood to build a shelf with pegs that can be used for books, athletic equipment or clothes. Students will learn shop safety and how to use tools including the band saw, drill press, glue, hammer and nails. Students will take home their completed project. One parent must accompany each child while fully participating in the activities. This program is not appropriate for children younger than the



Open Woodshop

(16 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a jointer, a planer, and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk.

Drop-in • RCC Hunters Woods • Staff

\$8 (R)/\$16 (NR) Tue

\$8 (R)/\$16 (NR) Fri

\$13 (R)/\$26 (NR) Sat

January 2 – May 31

Tue 6:00 p.m. – 10:00 p.m.

Fri 10:00 a.m. – 2:00 p.m.

Sat 9:00 a.m. – 5:00 p.m.

advertised age range. Participating children must be registered. All supplies and materials are included in the class fee. Level I Beginner.

1, 3-hour session at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Church

March 28

Mon 6:30 p.m. – 9:30 p.m.
104161-6B

Parent and Child Woodshop – Step Stool

(8 years and older)

Parent and child can spend an evening in the woodshop learning about basic woodworking skills while building a project together. In this class students will use a local hardwood to build a step stool/chair that can be used for stepping or sitting. Students will learn shop safety and how to use tools including the band saw, drill press, sander, hammer and nails. Students will take home their completed

project. One parent must accompany each child while fully participating in the activities. This program is not appropriate for children younger than the advertised age range. Participating children must be registered. All supplies and materials are included in the class fee. Level I Beginner.

1, 3-hour session at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Church

May 2

Mon 6:30 p.m. – 9:30 p.m.
104162-6B

Woodworking



Parent and Child Woodshop – Tote (8 years and older)

Parent and child can spend an evening in the woodshop learning about basic woodworking skills while building a project together. In this class students will use a local hardwood to build a tote that can be used for tools, crafts or silverware. Students will learn shop safety and how to use tools including the band saw, drill press, sander, hammer and nails. Students will take home their completed project. One parent must accompany each child while fully participating in the activities. This program is not appropriate for children younger than the advertised age range. Participating children must be registered. All supplies and materials are included in the class fee. Level I Beginner.

1, 3-hour session at RCC Hunters Woods
\$55 (R)/\$83 (NR) • Church

April 28

Thu 6:30 p.m. – 9:30 p.m.
104160-6B

Pinewood Derby Workshop (7 – 14 years old)

The RCC Woodshop is available on specific dates to allow Cub Scouts to work on Pinewood Derby projects from December through February. Each Den may register

for up to two sessions. A Den must register under the Den Leader's name and pay the flat fee upon registration for a minimum of six participants and a maximum of twelve. Parents are strongly encouraged to accompany their children to assist with project completion and Scout supervision. The Woodshop will not be available for Pinewood Derby projects outside of the scheduled times. Only one Den will be hosted in the Woodshop per scheduled session. Registration is required; no walk-ins.

1, 2-hour session at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Church

January 4

Mon 5:30 p.m. – 7:30 p.m.
101003-6J

Mon 7:30 p.m. – 9:30 p.m.
101003-6K

January 8

Fri 6:00 p.m. – 8:00 p.m.
101003-6L

January 11

Mon 5:30 p.m. – 7:30 p.m.
101003-6M

Mon 7:30 p.m. – 9:30 p.m.
101003-6N

January 15

Fri 6:00 p.m. – 8:00 p.m.
101003-6O

January 22

Fri 6:00 p.m. – 8:00 p.m.
101003-6P

January 25

Mon 5:30 p.m. – 7:30 p.m.
101003-6Q

Mon 7:30 p.m. – 9:30 p.m.
101003-6R

January 29

Fri 6:00 p.m. – 8:00 p.m.
101003-6S

February 1

Mon 5:30 p.m. – 7:30 p.m.
101003-6T

Mon 7:30 p.m. – 9:30 p.m.
101003-6U

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 limited in size and 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 safety equipment which include eye, noise and dust protection for the course. Please contact the instructor at Calvin.Church@fairfaxcounty.gov in advance to discuss your proposed project. Level I Beginner.

8, 3-hour sessions at RCC Hunters Woods
\$105 (R)/\$158 (NR) • Church

January 11 – March 14

(No Class: January 18 and February 15)
Mon 9:30 a.m. – 12:30 p.m.
102379-6B

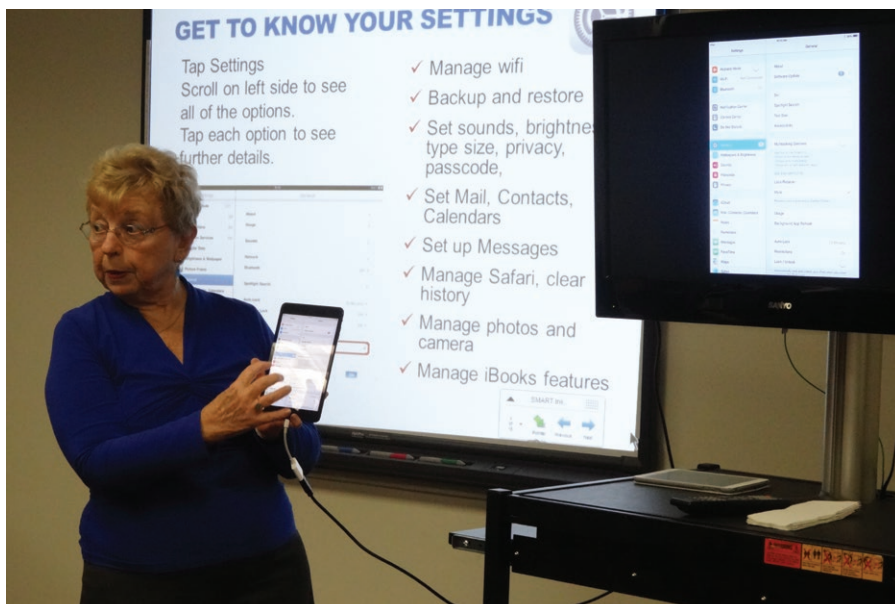
February 4 – March 24

Thu 6:30 p.m. – 9:30 p.m.
102379-6C

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55+ Computer



Basic Computer Skills (55 years and older)

This class is for beginning computer users. After an introduction to the main components of a computer, students will have hands-on practice using the mouse for navigation, using the Windows operating system, managing icons to move around the computer, and learning the basics of filing. Students will learn these skills in order to organize files on their home computers.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • O'Connell

March 2 – March 4

Wed, Thu, Fri 10:00 a.m. – 12:30 p.m.
505501-6B

Buying a Tablet Computer (55 years and older)

Discover the capabilities and limits of tablet technology. This class will discuss how tablets and iPads are different from a personal computer, the components of pricing and overview of the marketplace, and what the most

common uses for older adults are. Students will leave with a checklist to help with tablet purchasing decisions.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • O'Connell

February 24

Wed 1:30 p.m. – 4:00 p.m.
500213-6C

Computer Maintenance and Housekeeping (55 years and older)

Learn how to keep computers running smoothly by using system tools, utility programs, firewalls, and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files, and keep computers updated automatically. Prerequisite: Basic Computer Skills.

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Livingston

April 8 – April 15

Fri 1:30 p.m. – 4:00 p.m.
505001-6B

iPad Basics for Chinese Speakers

(55 years and older)

This class is intended for Chinese speakers prior to taking the iPad – Beginners class. Learn important terminology, the basics of set up, connecting to WiFi, and using the Apple store for apps. A Chinese translator will be assisting with the class. Bring a fully charged iPad to class.

1, 2-hour sessions at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Staff

February 11

Wed 10:00 a.m. – 12:00 p.m.
500420-6B

iPad – Beginner (55 years and older)

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

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$70 (NR) • O'Connell

February 24 – February 25

Wed, Thu 10:00 a.m. – 12:30 p.m.
500225-6B

April 27 – April 28

Wed, Thu 10:00 a.m. – 12:30 p.m.
500225-6C

iPad – Intermediate

(55 years and older)

This class is for those who are comfortable with the basic features of their iPad. Learn how to: navigate with icons, use contacts, calendar and maps, search the iPad and the Internet, back up and store files on the Cloud, view movies and TV programs, synchronize files with iTunes, and email and organize photos. Please bring your iPad to class fully charged.

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$70 (NR) • O'Connell

April 5 – April 6

Tue, Wed 10:00 a.m. – 12:30 p.m.
500377-6B

May 17 – May 18

Tue, Wed 10:00 a.m. – 12:30 p.m.
500377-6C

Searching the Internet

(55 years and older)

This overview of the Internet will introduce students to the tools located on the web browser, including cookies, popups, spyware, and search history. Learn tips for safeguarding privacy and Internet security. Practice conducting searches, printing and filing web pages, and organizing favorites. Email topics include sending and organizing email and downloading attachments. Prerequisite: Basic Computer Skills or MS Word I

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • O'Connell

April 19 – April 21

Tue, Wed, Thu 10:00 a.m. – 12:30 p.m.
500224-6B

MS Word I

(55 years and older)

This class is an introduction to word processing using Microsoft Word. Students will create and print letters by learning how to select, copy, move and format text. Pre-typed exercises allow students to focus on learning the program, rather than typing, although familiarity with the keyboard is desirable.

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Livingston

January 14 – January 15

Thu, Fri 1:30 p.m. – 4:00 p.m.
505502-6A

Selling on eBay

(55 years and older)

Have lots of great "stuff" in the garage or basement collecting dust? In this two-day beginner 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 online auction experience. Please have an item in mind to sell and a functional email address to use in class. It is helpful to have a Paypal account established prior to class.

2, 2.5-hour sessions at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Livingston

February 11 – February 12

Thu, Fri 1:30 p.m. – 4:00 p.m.
505500-6A

Technology Today

(55 years and older)

Feeling a bit left behind with today's technological advances? Want 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"

The class format features one hour of formal education and then one hour of questions and technology assistance. Students are encouraged to bring personal equipment, such as a cell phone, camera, GPS, or iPod to class.

8, 2-hour sessions at RCC Hunters Woods
\$72 (R)/\$144 (NR) • Livingston

April 4 – April 27

Mon, Wed 1:30 p.m. – 3:30 p.m.
500130-6B

55+ Crafts

Avoid Waitlists and Cancellations

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

Pricing

RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC's commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.



Fair Isle Knitting

(55 years and older)

XOX, Borders, Waves and Peaks, Norwegian Stars and Allover. These may sound like the names of rock bands, but in fact they are the patterns found in Fair Isle knitting. These beautiful designs are used to make colorful knitwear that has impressed connoisseurs for centuries. Workshop participants explore traditional patterns, the history of Fair Isle knitting, and chart reading, with the majority of the workshop focusing on the Fair Isle technique. Prerequisite: Students should be able to cast on, knit, purl, and bind off.

2, 4-hour session at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Richards

April 6 – April 7

Wed, Thu 12:30 p.m. – 4:30 p.m.
500441-6A

Knitting Circle

(55 years and older)

Come join this RCC instructor-led knitting circle. Share ideas and expertise while chatting with new and old friends, and bring a new or existing project. Beginners, as well as advanced knitters, are encouraged to attend.

16, 90-min. sessions at RCC Hunters Woods
\$32 (R)/\$48 (NR) • Staff

January 4 – March 2

(No Class: January 18, February 15)

Mon, Wed 10:00 a.m. – 11:30 a.m.
500204-6C

March 28 – May 18

Mon, Wed 10:00 a.m. – 11:30 a.m.
500204-6D

55+ Digital Photo

55+ Digital Photo

Beginning Level

Archiving Photos
(No Prerequisite)

Camera Features I
(No Prerequisite)

Camera Features II
(No Prerequisite)

Intermediate Level

Intermediate Photo Editing
(Prerequisite: Intro to Digital Photography)

Taking Better Pictures
(Prerequisite: Either Camera Features class)

55+ Patrons

Register for any Digital Photography class on page 73 and receive a 20 percent discount.

Archiving Photos

(55 years and older)

Digital photo files are very fragile and can quickly become lost. In this beginning class, students will learn how to safely preserve their digital photo files. (Remember, with digital photography there's no shoebox of

negatives in the closet.) Positives and negatives of both online and offline storage will be discussed.

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

January 11

Mon 10:00 a.m. – 12:00 p.m.
500773-6A

Camera Features I

(55 years and older)

Get more out of your digital camera by exploring some of its many features such as flash settings, self-timer, bursts, videos, and more. With individual attention from the instructor, students will learn new skills in this hands-on workshop. Please bring a digital camera, camera manual, and spare batteries or AC adapter.

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

January 25 – January 26

Mon, Tue 10:00 a.m. – 12:00 p.m.
503856-6B

Camera Features II

(55 years and older)

Wonder what all those buttons and menus are on your digital camera? The instructor gives the students personal attention in this hands-on class exploring features, such as zoom, macro, bracketed exposure, panorama, and more. Please bring a digital camera, camera manual, and spare batteries or AC adapter.

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

March 23 – March 24

Wed, Thu 10:00 a.m. – 12:00 p.m.
505749-6B

Intermediate Photo Editing

(55 years and older)

This two-day course begins an in-depth look at digital photo editing with Adobe Photoshop Elements software. Students will learn to use various editing tools, filters, and techniques. Students will also start to explore aspects of layers and learn to select parts of a photo to correct or to paste into another photo.

Prerequisite: Intro to Digital Photography

2, 2-hour sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Lazear

March 9 – March 10

Wed, Thu 10:00 a.m. – 12:00 p.m.
503311-6A

Take Better Pictures

(55 years and older)

This intermediate-level course will offer tips to improve basic picture-taking skills. These include using flash, steadying the camera, and taking hard-to-get shots of kids and pets. In addition, the class will explore different aspects of photo composition to move your pictures beyond mere snapshots. Topics will include: the rule of thirds, balancing objects, use of lines and empty space, and backgrounds. Students have homework assignments that require taking pictures outside of class. These will be reviewed and critiqued at the next session. Students must bring a camera, camera manual, spare batteries or an AC adapter to each class. Prerequisite: at least one Camera Features class.

3, 2-hour sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Lazear

May 9 – May 23

Mon 10:00 a.m. – 12:00 p.m.
500243-6A

55+ Discussion

Bookends

(55 years and older)

Bookends will meet on the fourth Thursday to engage in a lively discussion of a variety of books – fiction, non-fiction, memoirs, history, and both classic and current titles. Bring a bag lunch; hot tea, coffee, and cookies are provided. Books are on reserve at the Reston Regional Library; please ask for the Bookends selection at the Checkout Desk.

- January 28: *Daughters of Mars*, by Thomas Keneally
- February 25: *Last Friends*, by Jane Garden
- March 24: *Diamonds for the Dead*, by Alan Orloff
- April 28: *Double-cross: D-Day Spies*, by Ben Macintyre
- May 26: *Watergate: A Novel*, by Thomas Mallon

**5, 90-min. sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 28, February 25, March 24, April 28, May 26

Thu 12:30 p.m. – 2:00 p.m.
Drop-in

Current Issues Discussion Group

(55 years and older)

Interested in politics, how government works, world affairs or local events? Join this lively gathering and be prepared to debate and solve world and local problems. Newcomers are welcomed and encouraged to attend.

**21, 90-min. sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 7 – May 26

Thu 10:30 a.m. – 12:00 p.m.
Drop-in

NEED A RIDE?



NV Rides is a FREE door-to-door transportation to adults ages 55 years and older who are no longer comfortable driving.

1. Complete and submit the Rider Application and the Demographic Survey before requesting a ride.
2. Request a ride at least one week in advance by calling 703-390-6198.

NV Rides Reston provides rides for activities held at Reston Community Center and for essential needs such as medical or dental appointments, shopping, personal care and banking. Rides are not available for non-essential needs such as getting to and from the airport.

**Download Rider Applications:
www.restoncommunitycenter.com/nvr**



If you need forms mailed to you or would like additional information about the program, please contact Ali Clements, NV Rides – Reston Coordinator, at 703-390-6198 or Ali.Clements@fairfaxcounty.gov.



55+ Community Resource Directory

Older adults in Reston have many options for their enrichment and support. The organizations listed provide services to area seniors. Please refer to this for your one-stop information needs.

Reston Community Center (RCC)

RCC Hunters Woods, 2310 Colts Neck Road, Reston, VA
RCC Lake Anne, 1609-A Washington Plaza, Reston, VA
703-476-4500 • RCCContact@fairfaxcounty.gov
www.restoncommunitycenter.com

The creator of the *Peanuts* comic strip once said, "Life is like a ten-speed bike. Most of us have gears we never use." At RCC, you can get all your gears moving and exercise your full potential by participating in an exciting array of activities to enrich your leisure lifestyle: develop and refine a skill, explore your creative side, and discover new places. The variety is amazing and there is something for everyone here.

Reston Association (RA)

12001 Sunrise Valley Drive, Reston, VA
703-435-6530 • www.reston.org

Discover exciting trips, tours and events for senior adults with the Reston Association. The 55+ Advisory Committee meets the second Tuesday of the month and advises the RA Board on how to enhance the general welfare and well-being of RA's 55+ community through the promotion and support of Association programs and leisure services.

Cornerstones, Inc.

11150 Sunset Hills Road, Suite 210, Reston, VA
571-323-9555 • www.cornerstonesva.org

Cornerstones is a nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.

Dulles Chapter of the AARP

Meets at Herndon Senior Center
www.aarpdulles.org

The chapter operates as a civic club serving the Northern Virginia community through education and volunteerism.

Fairfax County Services for Older Adults

703-324-7948, TTY 711

www.fairfaxcounty.gov/dfs/olderadultservices/

This County agency coordinates a variety of programs and services including Seniors on the Go, Fairfax Area Commission on Aging and Fastran. Call the Aging, Disability and Caregiver Resources Line above Monday through Friday, 8:00 a.m. – 4:30 p.m.

Herndon-Reston FISH, Inc.

703-391-0105 • FISH@HerndonRestonFISH.org
www.herndonrestonfish.org

FISH, Inc. (Friendly, Instant, Sympathetic Help) is a volunteer, non-sectarian, nonprofit organization dedicated to helping people with rent, furniture, utilities, medical items (including prescriptions) and other short-term emergency needs. Call the Assistance Line above Monday through Friday, 10:00 a.m. – 4:00 p.m.

Herndon Senior Center

873 Grace Street, Herndon, VA

703-464-6200 • www.herndonseniorcenter.org

This community-based senior center provides the 55+ community with a continuum of services in a supportive environment. Services are designed to be prevention- and intervention-oriented to meet the social, physical, emotional, and intellectual needs of the older adult.

Osher Lifelong Learning Institute (OLLI)

703-503-3384 • olli@gmu.edu • www.olli.gmu.edu

OLLI at George Mason University offers intellectual and cultural experiences in a welcoming atmosphere to Northern Virginia residents in their retirement years. Enjoy access to unlimited courses with no homework, no exams, no required college degree and no age threshold.

Reston for a Lifetime

703-672-1116 • aginginreston@gmail.com

www.restonforalifetime.com

Reston for a Lifetime partners with local organizations to implement creative ideas to make our community an even better place to live, work and play.

Reston Useful Services Exchange (USE)

703-873-7578 • RestonUSETimeBank@gmail.com

www.restonuse.org

Reston USE is a neighbor-to-neighbor intergenerational time bank "exchange" system with membership open to people who live or work in Reston or Herndon. USE connects people with various needs and others who can meet those needs on a volunteer basis.

Shepherd's Center of Oakton-Vienna

541 Marshall Road, SW, Vienna, VA

703-281-0538 • office@scov.org • www.scov.org

The Shepherd's Center is a volunteer-based organization dedicated to promoting and supporting purposeful, independent living for mature adults.

55+ Enrichment



5 Critical Things to Know Before Retirement

(55 years and older)

Worried about retirement? Learn the five critical decisions that need to be made and how to navigate this phase of life. This class will address pension options, 401K decisions, healthcare alternatives, and (most importantly) how to plan in advance so you are prepared and ready to enjoy retirement. The content is ideal for anyone within 5-10 years of retirement. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Brandts

April 28

Thu 7:00 p.m. – 9:00 p.m.
500440-6A

AARP Smart Driver

(50 years and older)

This two-day workshop, conducted by an AARP instructor, teaches defensive driving to adults ages 50 and older. Upon successful completion of this course, participants may be entitled to a discount on their car insurance. A check payable to AARP for \$15 (AARP members) or \$20 (non-members) is due to the instructor on the first day of class. AARP members must present their membership card to the instructor. Participants should bring a lunch for a midday break or enjoy one of the restaurants in the shopping center.

2, 5-hour sessions at RCC Hunters Woods
\$15/\$20 Payable to AARP, Registration
Req. • Young

March 15 – March 17

Tue, Thu 10:00 a.m. – 3:00 p.m.
505537-6B

May 24 – May 26

Tue, Thu 10:00 a.m. – 3:00 p.m.
505537-6C

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 through a decision-making process using star quality ratings and five important considerations.

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

February 23

Tue 2:00 p.m. – 3:00 p.m.
500311-6A

Decrease Telecom Costs

(55 years and older)

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

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Livingston

March 4

Fri 1:30 p.m. – 4:00 p.m.
500315-6B

Coming Soon

RCC will soon be providing online education courses, webinars and certificate programs. Stay tuned!

AGE IN PLACE

Series

(55 years and older)



AGE IN PLACE – UNIVERSAL DESIGN

Wednesday, February 3 • 1:30 p.m. – 3:00 p.m.

\$5 (R)/\$10 (NR) • 500466-6A • RCC Hunters Woods

This class is an introduction to universal design and the concept of aging in place. Examples of universal design and lighting in each area of the home will be shown in a slide show. Innovative technologies which are useful for aging in place will also be discussed.

AGE IN PLACE – OR NOT?

Fridays, March 18 – April 8 • 10:00 a.m. – 11:30 a.m.

\$20 (R)/\$40 (NR) • 500447-6A • RCC Hunters Woods

Maybe aging in place is not the right decision for you. This 4-week class will explore whether or not it's time to move, the emotional aspects of a move, what to do and not do to prepare for a home sale, and the sales process itself. This will be a panel-taught class and is for educational purposes only; there will be no solicitation or obligations of attendees.

AGE IN PLACE – HOME FIT WORKSHOP

Friday, March 25 • 1:00 p.m. – 2:30 p.m.

\$5 (R)/\$10 (NR) • 500228-6A • RCC Hunters Woods

The AARP Home Fit Workshop provides information on how to decide which types of home modifications are needed to age in place and to maintain daily activities while staying comfortable, independent, and injury-free. Workshop participants will receive comprehensive advice, tips, and checklists for putting their home in top condition for comfort, safety and long-term livability.

AGE IN PLACE – HIRING A HOME HEALTH CARE PROVIDER

Wednesday, May 25 • 2:00 p.m. – 3:30 p.m.

Free, Registration Req. • 500454-6A • RCC Hunters Woods

If your goal is to stay in your cherished home after you no longer have the ability to drive or you can't find the energy to cook and clean, then it might be time to consider hiring a home health care provider. A Fairfax County staff member from the Fairfax Area Agency on Aging will discuss hiring tips and resources available in the county.

55+ Enrichment

Five Wishes

(55 years and older)

This class will explore the *Five Wishes* document. The *Five Wishes* document is designed to help you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms, because it speaks to all of a person's needs: medical, personal, emotional and spiritual. *Five Wishes* also helps structure discussions with family members and physicians.

1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Williams

January 29

Fri 1:30 p.m. – 3:30 p.m.
500448-6A

Free Stuff and Services in Fairfax County

(55 years and older)

Fairfax County has many services for seniors that are underutilized. Pat Williams, a senior advocate, will inform participants of the services which are available to seniors in Fairfax County, who to call, and which services are free.

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

February 26

Fri 2:00 p.m. – 3:30 p.m.
500271-6A

Getting the Most Out of Social Security During Retirement

(55 years and older)

Need to know how to maximize Social Security benefits during retirement? Learn about the three benefits that most people haven't heard about, good

strategies for married couples, and the five most common mistakes people make about Social Security.

1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Brandts

March 10

Thu 7:00 p.m. – 9:00 p.m.
500232-6A

Identity Theft Protection

(55 years and older)

Each year the number of seniors who are subject to identity theft increases. From Social Security numbers, credit cards, mail and phone fraud to online accounts and ATM skimming, thieves are after information. Learn to safeguard your identity, from paper records to electronic accounts. Participants will receive a checklist to use to review protection of critical information.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • O'Connell

February 25

Thu 1:30 p.m. – 4:00 p.m.
500366-6B

Learn to Play Mah Jongg

(55 years and older)

Learn to play the ancient Chinese game of Mah Jongg in a traditional setting (up to four players per game). This fun and challenging activity stimulates the mind. Materials are included in the registration fee.

4, 2.5-hour sessions at RCC Hunters Woods
\$42 (R)/\$84 (NR) • Coshland

January 6 – January 14

Wed, Thu 1:00 p.m. – 3:30 p.m.
505540-6C

May 9 – May 17

Mon, Tue 9:00 a.m. – 11:30 a.m.
505540-6D

Life Reimagined: A Check Up

(55 years and older)

"What's Next?" Life Reimagined empowers you to plan your next move. Reimagine life's possibilities; envision, evaluate, and make your vision a reality. This class is a workshop led by an AARP instructor.

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

January 13

Wed 10:30 a.m. – 12:30 p.m.
500445-6A

Medicare 101

(55 years and older)

Training is for individuals who will soon be eligible for Medicare and who want to learn about their options. The session will provide an overview of the many components of Medicare: Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital/doctors/labs/radiology), Part C (Medicare Advantage Plans), and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Mari De Leon, Program Coordinator, and Bill Vaughn of the Virginia Insurance Counseling and Assistance Program will guide participants through the complex system of filing for Medicare.

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

March 14

Mon 2:00 p.m. – 4:00 p.m.
500402-6B

Medicare and Medigap Explained

(55 years and older)

Participants will learn about Medicare Parts A, B, C (also known as Medicare Advantage) and Part D, including important enrollment rules, what each part covers, and the costs. Medicare doesn't cover all bills, and Medigap (supplemental insurance) only covers some gaps. Long Term Care Insurance, another effective supplement to Medicare, will also be discussed.

1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Fricker

April 20

Wed 9:30 a.m. – 11:30 a.m.
500156-6A

Medicare Fraud Series

(55 years and older)

It is estimated that Medicare loses approximately \$60 billion a year to fraud, errors, and abuse. The Medicare Fraud Series will teach Medicare beneficiaries, their families and caregivers to prevent, detect and report healthcare fraud. This three part series will discuss the basics of Medicare fraud, durable medical equipment fraud, and medical identity theft. Note: This class is not intended to help with Medicare enrollment or determine which Medicare plan is best for you.

3, 60-min. sessions at RCC Hunters Woods
Free, Registration Req. • Finkelstein

January 7 – January 21

Thur 10:00 a.m. – 11:00 a.m.
500465-6A

(55 years and older)

Senior Health, Wellness & Safety SUMMIT



Friday, April 22

1:00 p.m. – 4:00 p.m.
RCC Hunters Woods
FREE • Drop-in

Join us for this educational and interactive event designed to provide basic safety information, blood pressure screening, and health and safety topics important to older adults in the Reston community. There will be a variety of vendors and exhibitors to educate you on many aspects of health, wellness, fitness and lifestyle improvements. This event is co-sponsored by Reston Community Center, Reston Association, Tall Oaks Assisted Living, Reston Hospital Center, and Fairfax County.



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

55+ Enrichment



Memoir Writing I

(55 years and older)

The basic tenets of writing memoirs are the focus of this course. Participants will explore useful writing topics during lively and supportive sessions, and between classes students will compose articles to read aloud and receive comments from classmates during the next session. Writers see the tangible results of their efforts in a printed and bound copy of their work provided at the end of the session. To ensure that all students are heard, class size is limited to eight.

8, 2.5-hour sessions at RCC Hunters Woods
\$72 (R)/\$144 (NR) • Mudd-Krijgelmans

January 11 – March 14

(No Class: January 18, February 15)

Mon 10:00 a.m. – 12:30 p.m.
505525-6A

April 4 – May 23

Mon 10:00 a.m. – 12:30 p.m.
505525-6B

Memoir Writing II

(55 years and older)

Building on the foundation of Memoir Writing I, this course delves further into key topics, such as form, style, and voice. To mold and frame the catalog of memories into one engaging tale, writers are advised to follow a story structure. It is the support of the group and its encouraging energy that will keep everyone motivated and on task. Those in the class may be working on their first draft, while others are on their final version. The different levels and viewpoints discussed provide tremendous support for each participant. To ensure that all students are heard, class size is limited to eight. Prerequisite: Memoir Writing I or instructor permission.

8, 2.5-hour sessions at RCC Hunters Woods
\$72 (R)/\$144 (NR) • Mudd-Krijgelmans

January 13 – March 16

(No Class: January 20, February 17)

Wed 10:00 a.m. – 12:30 p.m.
504991-6A

April 6 – May 25

Wed 10:00 a.m. – 12:30 p.m.
504991-6B

Mindfulness for Caregivers

(55 years and older)

Discover how the practice of mindfulness and meditation can ease stress and enrich the caregiving experience. This class is taught by Nancy Brutsché, RN, MSN, CS-P, Clinical Nurse Specialist and psychotherapist with over 15 years of experience in mindfulness and meditation practice. Please bring a brown bag lunch to this workshop.

1, 4-hour session at RCC Hunters Woods
\$20 (R)/ \$40 (NR) • Brutsché

March 26

Saturday 11:00 a.m. – 3:00 p.m.
500464-6A

Navigate the Local Transit System

(55 years and older)

Join us for an innovative transportation experience to become familiar with the regional transit systems. The bus, called MATT (Mobile Accessible Travel Training), is used to educate older adults. Through a hands-on learning experience, participants will be taught "travel training" tips, such as reading the bus schedules and route maps, paying fares, loading SmarTrip cards, and signaling the driver to stop. The bus will stop at the Silver Line Metrorail station to allow passengers to experience these points.

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

March 8

Tue 1:30 p.m. – 4:30 p.m.
500400-6D

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

May 12

Thu 1:30 p.m. – 4:30 p.m.
500400-6E

Protect Yourself from Fraud

(55 years and older)

Con artists don't care how hard you worked for your money, and they steal billions of dollars from innocent citizens every year. This class is led by a trained AARP instructor and will discuss fraud and identity theft with an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been victimized.

1, 60-min. session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • AARP

March 9

Wed 1:00 p.m. – 2:00 p.m.
500431-6B

Ready & Resilient: Prepare for Emergencies

(55 years and older)

This class will provide an overview of the threats that face residents of Fairfax County and the best strategies to prepare for emergencies. The topics covered will include: making a plan, having a kit, staying informed, and getting involved.

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

March 11

Fri 10:00 a.m. – 11:30 a.m.
500446-6A

Say the Right Thing During Stressful Times

(55 years and older)

Ever wonder how to say the right thing during emotional situations? Pat Williams, a senior advocate and businesswoman, has years of experience helping families and individuals. Participants will learn how to communicate with one another during highly stressful and emotional times and will learn the best coping strategies. The class is for educational purposes only; there will be no solicitation of the attendees.

1, 90-min. session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Williams

April 14

Thu 2:00 p.m. – 3:30 p.m.
500336-6A

Understanding Estate Planning Documents

(55 years and older)

Estate Planning documents are important during life, not just after death. Wills, Powers of Attorney, and Advance Medical Directives play different roles. While some of these legal tools determine where the "stuff" goes, they also guide medical care and can determine medical intervention in the event of incapacity. It is important to distinguish among the documents, to learn how they are implemented, and to define what the obligations are for the Executor, Trustee or Financial and Healthcare Power of Attorney. Participants will also learn what can happen if there is no estate plan. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

1, 2-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Fricker

April 13

Wed 9:30 a.m. – 11:30 a.m.
500240-6A



Reston Presents

(18 years and older)

Reston Presents is a bi-monthly lecture and presentation series that highlights the multifaceted talents of Reston residents. Topics include anything from cooking demonstrations to stories from war veterans and book signings with local authors. Reston Presents is sponsored by Reston Association and Reston Community Center. All presentations are free. For more information, please contact the RCC 55+ Program Director at 703-390-6157 or the Reston Association Specials Events Director at 703-435-6577.



Say The Right Thing

Everyone's Guide To Great Words To Use
In Challenging Situations



Reston Presents – *Say the Right Thing*

Monday, February 8 • 7:00 p.m. – 9:00 p.m.

Restonian Pat Williams is featured, along with her book, *Say the Right Thing*. This instructive session teaches how to say the right thing in any of 40 challenging situations. What do you say at a party where you don't know anyone, when you are visiting someone in the hospital, or you are talking with a friend who is grieving? Pat's book is a guide for college graduates, shy people, and adults who want to demonstrate kindness and support of others. There will be a book signing following the lecture.

1, 2-hour session at RCC Lake Anne • Free, Registration Req. • 500438-6A



Reston Presents – *Cooking Techniques*

Monday, April 11 • 7:00 p.m. – 9:00 p.m.

Join Chef Robert McKeon in a fun and informative lecture and demonstration of various cooking techniques. From food safety to how to cook for two, Chef Robert makes learning easy with his humorous and entertaining demonstrations. Chef Robert is a graduate of the Culinary Institute of America at Hyde Park and head chef at Tall Oaks Assisted Living Center in Reston. This program is for education purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Lake Anne • Free, Registration Req. • 500376-6A

Drop-in Fitness Students:

Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the Drop-in Seniorize pass series. Participants must purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR), bring the pass to every class, and swipe it at the Customer Service Desk prior to the start of each class. All Seniorize land aerobics passes expire two years from the date of purchase. To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC Fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

55+ Patrons:

Register for any Fitness class on pages 79-86 and receive a 20 percent discount.

Fitness & Wellness Drop-in Classes

Hi/Lo & Strength

(55 years and older)

This comprehensive class includes a warm up and stretching session with 30 minutes of aerobics and 30 minutes of weight and resistance training. Bands and weights will be provided when necessary. Please purchase a 20-visit renewable pass for \$48 (R)/\$96(NR) and swipe it at the Customer Service Desk before class begins.

60-min. sessions at RCC Lake Anne
\$48 (R)/\$96 (NR) • Dantonio

January 4 – May 25

(No Class: January 18)

Mon, Wed 10:00 a.m. – 11:00 a.m.
Pass

60-min. sessions at RCC Lake Anne
\$48 (R)/\$96 (NR) • Rook

January 8 – May 27

(No Class: March 25)

Fri 10:45 a.m. – 11:45 a.m.
Pass

Strength Training for Seniors

(55 years and older)

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

purchase a 20-visit renewable pass for \$48 (R)/\$96(NR) and swipe it at the Customer Service desk before each class begins.

60-min. sessions at RCC Lake Anne
\$48 (R)/\$96 (NR) • Dantonio

January 5 – May 26

Tue, Thu 9:00 a.m. – 10:00 a.m.
Pass

Zumba Gold

(55 years and older)

This course is specially designed for the active older adult by modifying the Zumba format, moves, and pacing to better suit the needs of the participant. Zumba is known for: the zesty Latin music such as salsa, merengue, cumbia and reggaeton; the exhilarating easy to follow movements; and the invigorating, party-like atmosphere. Please purchase a 20-visit renewable pass for \$48 (R)/\$96 (NR) and swipe it at the Customer Service desk before class begins.

45-min. sessions at RCC Lake Anne
\$48 (R)/\$96 (NR) • Wiley

January 6 – May 25

(No Class: March 23)

Wed 9:00 a.m. – 9:45 a.m.
Pass

January 8 – May 27

(No Class: March 25)

Fri 9:30 a.m. – 10:30 a.m.
Pass

55+ Fitness

Fitness & Wellness Registered Classes

Fitness Fusion

(55 years and older)

Tone and firm the entire body while improving cardiovascular, strength and flexibility. Participants will utilize a mixture of equipment to keep the body guessing what comes next. This class will excite participants and keep them out of a fitness rut. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor.

12, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$98 (NR) • Beville

March 1– April 14

(No Class: March 22; March 24)

Tue, Thu 12:00 p.m. – 1:00 p.m.
300014-6D

April 19 – May 26

Tue, Thu 12:00 p.m. – 1:00 p.m.
300014-6E

Attention Fitness Students

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



Gentle Yoga

(55 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor. Please bring a blanket, pillow, or beach towel to class.

8, 60-min. sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Green

January 5 – January 28

Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-6G

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

January 11 – March 7

(No Class: January 18)

Mon, Wed 9:45 a.m. – 10:45 a.m.
304995-6H

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Green

March 1 – April 21

Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-6I

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

March 28 – May 18

Mon, Wed 9:45 a.m. – 10:45 a.m.
304995-6J

8, 60-min. sessions at RCC Lake Anne
\$40 (R)/ \$80 (NR) • Green

May 3 – May 26

Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-6K

Gentle Yoga II

(55 years and older)

This class is a continuation of Gentle Yoga, designed for senior adults. Participants will be introduced to new poses and poses will be held longer to facilitate increased strength, flexibility or balance. Participants must have completed at least one session of Gentle Yoga or have instructor's permission to register. Please bring a blanket or large towel to class.

8, 75-min. sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Green

January 5 – January 28

Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-6G

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

January 11 – March 7

(No Class: January 18)
Mon, Wed 11:00 a.m. – 12:00 p.m.
398523-6H

16, 75-min. sessions at RCC Lake Anne
\$90 (R)/\$180 (NR) • Green

March 1 – April 21

Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-6I

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

March 28 – May 18

Mon, Wed 11:00 a.m. – 12:00 p.m.
398523-6J

8, 75-min. sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Green

May 3 – May 26

Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-6K

Joint-Friendly Fitness

(55 years and older)

This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear appropriate footwear.

14, 60-min. sessions at RCC Lake Anne
\$78 (R)/\$118 (NR) • Fletcher

January 25 – March 14

(No Class: February 15)
Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-6D

April 4 – May 18

Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-6E

Outdoor Fitness with Jody

(55 years and older)

A fun and challenging outdoor class that will include walking around Lake Anne while incorporating cardio, stretching, strengthening, and toning movements. Led by instructor Jody Rook, this class is sure to get your heart pumping while you enjoying the great outdoors. Participants must be comfortable going up and down stairs and using a mat for floor exercises. Please wear appropriate athletic shoes and bring water.

6, 60-min. sessions at RCC Lake Anne
\$32 (R)/\$48 (NR) • Rook

March 1 – April 12

(No Class: March 22)
Tue 10:00 a.m. – 11:00 a.m.
305029-6A

April 26 – May 31

Tue 10:00 a.m. – 11:00 a.m.
305029-6B

Avoid Waitlists and Cancellations

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

Pricing

RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC's commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.

Pilates for Osteoporosis Workshop

(55 years and older)

Learn how to safely exercise using the Pilates method for osteoporosis. Protect your spine and build strong abdominal muscles at the same time. No Pilates experience is necessary.

1, 60-min. session at RCC Lake Anne
\$8 (R)/\$12 (NR) • Dertke

May 21

Sat 3:00 p.m.- 4:00 p.m.
300552-6A

Self Defense for Seniors

(55 years and older)

This one-day workshop for senior adults teaches physical defense techniques and awareness skills ranging from baby boomers to elders. This class will teach practical, everyday habits that will help to minimize threats and maximize safety against violence. Everyone has the right to safety and security, and this class offers essential knowledge for crime recognition, avoidance, and preparedness. People living with disabilities and those who require assistive devices or use wheelchairs are welcome. Each participant is encouraged to interact to their level of comfort and may elect to participate slowly and carefully in small groups of three, or to observe at their own pace and discretion. Bruce Jones is a master teacher and veteran of over 30 year in police work at all levels.

1, 2-hour session at RCC Lake Anne
Free, Registration Req. • Jones

February 16

Tue 1:00 p.m. – 3:00 p.m.
321741-6A

March 16

Wed 1:00 p.m. – 3:00 p.m.
321741-6B



Slow Flow Hatha Yoga

(55 years and older)

Slow Flow Hatha Yoga introduces fluidity in movement and breathing. Class begins with centering and warm-ups, then moves to a soft vinyasa (flowing sequence-movement with breath). The session ends with a period of cooling through stretching and deep relaxation (savasana). Modifications and props are available to assist with flexibility. Slow Flow Hatha Yoga is appropriate for those who have some yoga experience and are developing an understanding of breath, body awareness and control.

12, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Hagaman

January 12 – February 18

Tue, Thu 1:15 p.m. – 2:15 p.m.
300169-6C

April 5 – May 12

Tue, Thu 1:15 p.m. – 2:15 p.m.
300169-6D

Strength & Conditioning

(55 years and older)

The exercises performed in class will increase strength of the entire body improve posture and balance, by challenging the major muscle groups.

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

January 20 – March 9

Wed 6:30 p.m. – 7:30 p.m.
300145-6D

April 6 – May 25

Wed 6:30 p.m. – 7:30 p.m.
300145-6E

Tai Chi Chuan – Eight Ways

(55 years and older)

Learn eight simple movements derived from the Tai Chi Yang Style Short Form by Master Cheng Man Ching. Each movement is a separate and complete unit that can be practiced by itself or independently, and conveys all the benefits of Tai Chi. Emphasis is on balance, relaxation and ease of movement.

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Smyers

January 26 – March 17

Tue, Thu 10:15 a.m. – 11:15 a.m.
306025-6B

Tai Chi Yang Style Short Form

(55 years and older)

The beginning level of Cheng Man Ching's Short Form is taught with special attention to principles learned in the Eight Ways of Tai Chi Chuan class. An emphasis on relaxation and enjoyment enhance the process of learning for improved health and well-being. Prior experience in the Eight Ways of Tai Chi Chuan class is beneficial, but not required, before registering for this class.

20, 60-min. sessions at RCC Lake Anne
\$100 (R)/\$150 (NR) • Smyers

March 29 – June 2

Tue, Thu 10:15 a.m. – 11:15 a.m.
 306010-6C

Tai Chi Yang Style Short Form – Continuing

(55 years and older)

This ongoing class of Cheng Man Ching's Short Form is taught with special attention to basic principles of movement such as straightness, balance, strength of the legs, and moving from the center. Instructor approval is required for the Continuing level class.

16, 60-min. sessions at RCC Lake Anne
\$80 (R)/\$120 (NR) • Smyers

January 26 – March 17

Tue, Thu 11:30 a.m. – 12:30 p.m.
 306011-6C

20, 60-min. sessions at RCC Lake Anne
\$100 (R)/\$150 (NR) • Smyers

March 29 – June 2

Tue, Thu 11:30 a.m. – 12:30 p.m.
 306011-6D



Stay Up-to-Date for the 2016
Virginia Senior Games

May 18 – May 21, 2016

Newport News, VA



The Virginia Senior Games is open to anyone 50 years of age or older. Through a variety of athletic and social events, participants have the opportunity to display their athletic ability and share common ties and interests with other seniors throughout the Commonwealth. The emphasis is more on fellowship than competition.

If you live or work in Reston and would like to participate, RCC will fund half of your registration fee. For more information, please contact Karen Brutsché, RCC 55+ Program Director, at 703-390-6157 or Karen.Brutsche@fairfaxcounty.gov.

POINTS TO NOTE INCLUDE:

- Registrants must be 50 years old by December 31, 2016.
- Look for registration availability at the end of 2015.
- 2016 is a qualifying year for the 2017 National Senior Games.
- For more information visit www.vrps.com
- For specific questions, email VSG@vrps.com

**"You Don't Stop Playing Because You Grow Old,
 You Grow Old Because You Stop Playing"**

55+ Language



Conversational English

(55 years and older)

This class is geared for senior students who are proficient in English but who would benefit from practicing conversational skills with other students in a friendly and supportive setting.

**8, 60-min. sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 5 – February 23

Tue 1:00 p.m. – 2:00 p.m.
500399-6B

March 15 – May 3

Tue 1:00 p.m. – 2:00 p.m.
500399-6C

ESL I

(55 years and older)

This class will help non-English speaking students learn English in a friendly, supportive environment.

**8, 60-min. sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 7 – February 25

Thu 12:00 p.m. – 1:00 p.m.
505533-6B

March 17 – May 5

Thu 12:00 p.m. – 1:00 p.m.
505533-6C

ESL II

(55 years and older)

This class is designed for students who have already participated in a beginning level ESL class or who have rudimentary English skills.

**8, 60-min. sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 7 – February 25

Thu 1:00 p.m. – 2:00 p.m.
505565-6B

March 17 – May 5

Thu 1:00 p.m. – 2:00 p.m.
505565-6C

ESL III

(55 years and older)

This class is for senior students who are more fluent in English but who would benefit from advanced grammatical studies and more attention to advanced conversational skills.

**8, 60-min. sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 5 – February 23

Tue 12:00 p.m. – 1:00 p.m.
505534-6B

March 15 – May 3

Tue 12:00 p.m. – 1:00 p.m.
505534-6C

Aging Well in Reston

(55 years and older)

Join us for this lecture series, and discover why to stay in or move to Reston as you enjoy your retirement years. Some of the topics will include resources for remaining in your own home, opportunities for intergenerational community involvement, and the village living concept.

8, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Kornreich, Canner

March 23 – May 11

Wed 2:15 p.m. – 3:40 p.m.
500452-6A

Become a Fairfax County Citizen Ambassador

(55 years and older)

It is the residents of any community who truly exemplify the passion and love of where they live and work. Visit Fairfax is developing a workforce of people who love this area and want to share it with others. Students will become Fairfax County Ambassadors. The course teaches ambassadors about many of the attractions located in the county and how to use Visit Fairfax resources. At the end of the training, participants will receive an ambassador pin to identify them as a member of this elite group. New ambassadors are eligible to attend free tours of the County given twice a year. Visit Fairfax is the official tourism organization for Fairfax County, charged with destination marketing and tourism promotion, and is led by many of the county's top hospitality leaders.

1, 85-min. sessions at RCC Lake Anne
\$8(R) / \$16(NR) • Porter

January 20

Wed 2:15 p.m. – 3:40 p.m.
500477-6A

Behind-the-Scenes with Theatre VIPs

(55 years and older)

Attention all theatre lovers! Get the inside scoop on the local community theatre (not RCC's CenterStage) scene straight from the VIPs who make it all happen. Meet the people who decide which plays to stage, and how to stage, produce and finance them. This is a fabulous opportunity to ask artistic directors, actors, etc., all of those questions you've always wanted to ask.

8, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Reck, Scheeler

March 23 – May 11

Wed 9:40 a.m. – 11:05 a.m.
500444-6A

Prepare to Care: A Planning Guide for Families

(55 years and older)

Caring for a family member or friend is one of the most important roles played by aging baby boomers and increasingly by members of Generation X. Most people are at a loss about what to do when reality stares them in the face. This course will provide a practical guide to help you care for a family member or good friend. You will find information, resources, and checklists to help you get organized and find the support that you need. Steps include how to start the family conversation, forming the caregiving team, making a plan, finding support, and, very importantly, caring for yourself.

4, 85-min. sessions at RCC Lake Anne
\$20 (R)/\$40 (NR) • Downs, Killeen

January 20 – February 10

Wed 9:40 a.m. – 11:05 a.m.
500467-6A

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 hosts collaborative programs at RCC Lake Anne. Non-OLLI members can register through RCC and participate at a reduced cost.

If you would like to learn more about OLLI or are interested in becoming a full-time member, visit olligmu.augusoft.net.

Rangers Choice – A Different Topic Every Week

(55 years and older)

Mysteries will be revealed as the National Park Service Rangers explore new topics at each session. Learn obscure local connections to people, places, or events which few visitors rarely, if ever, associate with either the Washington, DC area or with the typical guided ranger talks.

8, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Berger, Fenlon

March 22 – May 10

Tue 2:15 p.m. – 3:40 p.m.
500443-6A

Encore Chorale of Reston

(55 years and older)



January 12 – April 26

(No Class: March 22)

Tuesdays • 2:00 p.m. – 3:30 p.m.

Love to sing? Under the direction of Reston Chorale conductor David Lang, join fellow singers in a chorale setting. Learn proper breathing and vocal technique as you are guided through weekly rehearsals of a challenging repertoire of four-part singing. There is no audition required. Participation will result in performances with other area Encore Chorales. Singers may be seated for rehearsals and performances.



\$160 Reston/\$320 Non-Reston

15, 90-minute sessions at RCC Hunters Woods

Registration #402615-6B

For more information, please contact Cheri Danaher, Arts Education Director, at 703-390-6175, or visit encorecreativity.org.

American Mah Jongg

(55 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This drop-in program is for experienced players. New players: see page 116 for the class, Learn to Play Mah Jongg.

2.5-hour sessions at RCC Hunters Woods
Free • Staff

January 7 – May 26

Thu 9:30 a.m. – 12:00 p.m.

Drop-in

Bridge Mondays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Monday. Participants should bring lunch for a midday break.

4-hour sessions at RCC Hunters Woods
Free • Staff

January 4 – May 30

(No Class: January 18)

Mon 10:00 a.m. – 2:00 p.m.

Drop-in

Bridge Tuesdays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Tuesday. Bring a lunch for an enjoyable midday break.

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

January 5 – May 31

(No Class: March 1)

Tue 11:00 a.m. – 1:00 p.m.

Drop-in

CREATIVE AGING FAIR

(55 years and older)



Wednesday, May 11

2:00 p.m. – 5:00 p.m.

Free, Registration Req. • 500450-6A • RCC Hunters Woods

What does creative aging mean to you? Is it exploring arts and crafts, finding a new and different purpose in life, creating a legacy, or discovering new make-up techniques or fashion tips to feel your confident best? Join us for this exciting Older Americans Month event, and discover what Reston has available to help you age creatively and gracefully.

There will also be an opportunity to meet widely-acclaimed author and illustrator Roz Chast and to purchase her book, *Can't We Talk About Something More Pleasant?*, a memoir showcasing her signature wit in addressing the topic of her aging parents. Ms. Chast will be available from 3:30 p.m. – 5:00 p.m. for book signing before her evening performance at RCC's CenterStage. (See page 24).

Co-sponsored by Reston Community Center, Reston Association, Tall Oaks Assisted Living, and Reston Hospital Center.

Classic Cinema

18 years and older • 10:00 a.m. – 12:00 p.m. • Free • the CenterStage – RCC Hunters Woods

Be swept back through the years as you watch timeless films in the comfort of the CenterStage. Movies are shown from 10:00 a.m. to 12:00 p.m. and include a free continental breakfast beginning at 9:30 a.m.

Monday, January 11

The Straight Story

Based on a true story, this inspiring film celebrates the human spirit. Alvin Straight, a no-nonsense and self-reliant man whose eyesight is failing embarks on a dangerous and emotional journey to make amends with his ailing and estranged brother. Richard Farnsworth and Sissy Spacek co-star; David Lynch directs. (2000)

Monday, February 1

The Pink Panther

When a star soccer coach is murdered and his priceless Pink Panther diamond is stolen, France is in an uproar. Inspector Jacques Clouseau is on the case but is without a clue, careening from one comedic misadventure to the next. Steve Martin, Jean Reno, Beyoncé Knowles and Kevin Kline star; Shawn Levy directs. (2006)

Monday, March 7

The Illusionist

This film conjures up an exhilarating blend of suspense, romance and mind-bending twists. The acclaimed illusionist Eisenheim captures the imaginations of all of Vienna, as well as of the Crown Prince Leopold. Suddenly the city's chief inspector finds himself investigating a shocking crime. Paul Giamatti, Edward Norton, Rufus Sewell, and Jessica Biel star; Neil Burger directs. (2006)

Monday, April 4

North by Northwest

An advertising executive is mistaken for a government agent by a gang of spies and is pursued across parts of the US (including across Mt. Rushmore). One of Hitchcock's best-loved classics, this film is a mistaken-identity caper with a man on the run in a mystifying game of cat-and-mouse. Cary Grant, Eva Marie Saint star; Alfred Hitchcock directs. (1959)

Monday, May 2

My Big Fat Greek Wedding

Toula is 30. And unmarried. All of her cousins did the right thing and married Greek boys, so everyone worries about what will become of Toula. One day she sees the perfect guy and realizes that the only way to get noticed is to get away from her family, get a college degree, and get rid of her glasses. Nia Vardalos and John Corbett co-star; Joel Zwick directs. (2002)



MARDI GRAS SOCIAL

(55 years and older)



Thursday, February 4

1:30 p.m. – 3:00 p.m.

Free, Registration Req. • 500439-6A • RCC Hunters Woods

Let the good times roll. Join RCC and RA for a celebration with good times, friends and fun. Plan your calendar, socialize and enjoy light refreshments while learning about upcoming 55+ trips, classes, and events. Optional: wear Mardi Gras-themed attire to enter Best Dressed contests.

This event is co-sponsored by Reston Community Center and Reston Association.

Memory Café

(55 years and older)

Share stories and socialize with others who are living with dementia. This program is for those with early stage dementia and their caregivers. Meet in a safe, friendly environment to explore music, discuss life stories and challenges, and share refreshments. Each meeting will have a different topic, project, or activity, and a light lunch will be provided. Registration is required for all family members. Memory Café will meet the third Tuesday of the month.

5, 3-hour sessions at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Staff

January 19, February 16, March 15, April 19, May 17

Tue 12:30 p.m. – 3:30 p.m.
500442-6A

ST. PATRICK'S DAY SOCIAL

(55 years and older)



Wednesday, March 16

12:00 p.m. – 2:30 p.m.

\$5 (R)/\$10 (NR) • 500365-6A • RCC Hunters Woods

It's never too early to celebrate the luck o' the Irish. Spend the afternoon with friends while enjoying a light traditional Irish lunch and beautiful clogging with the Boyle School of Irish Dance. Learn about upcoming 55+ trips, classes, and events.

This event is co-sponsored by Reston Community Center and Reston Association.

Open Pinochle

(55 years and older)

Participate in an open pinochle game. This is a great time to socialize with new friends and to learn how to play the game. Beginners are welcomed.

2.5-hour sessions at RCC Hunters Woods
Free • Staff

January 6 – May 25

Wed 10:30 a.m. – 1:00 p.m.
Drop-in

***The Age of Love,* a Movie**

(55 years and older)

The Age of Love follows the comic and poignant adventures of 30 senior adults who attend a first-of-its-kind speed dating event for 70- to 90-year-olds, and discover how the search for love changes – or doesn't change – from first love to the far reaches of life. Over one summer, we intimately follow ten speed daters – recently widowed, long-divorced, or never-married – as each prepares for the big day, endures a rush of encounters, then anxiously receives their results. Fearlessly candid about themselves and what they're seeking, these WWII babies are forced to take stock of life-worn bodies and still-hopeful hearts. Then, as they head out on dates, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss and new beginnings change – or don't change – from first love to the far reaches of life. *The Age of Love* is a story of the universality of love and desire, regardless of age.

Dessert reception and moderated discussion will follow the film.

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

February 12

Fri 1:30 p.m. – 4:00 p.m.
500463-6A

Sunday Afternoon Dances

(18 years and older)



**January 10, February 14, March 13
April 10, May 8**

2:30 p.m. – 4:30 p.m.

Dancers of all skill levels are welcome to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Three mini-lessons, door prizes and light refreshments add to the fun; partners are not required. Cost is per session and payable at the door.

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

**5, 2-hour sessions at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Staff**

General Information:

- Unless otherwise stated, charter buses will depart from RCC Lake Anne and RCC Hunters Woods and participants should arrive 30 minutes prior to the stated bus departure time.
- Cancellations: Please see our cancellation/refund policy on page 142.
- Emergency Forms: Prior to the trip, participants will receive an itinerary and an emergency form. Please complete the form and bring it on the day of the trip. Please bring photo identification the day of the trip.
- ADA Accommodations: Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.



Goddard Space Flight Center

(55 years and older)

NASA's visitor center in Greenbelt, MD demonstrates Goddard's innovative and exciting work in Earth Science, Astrophysics, Heliophysics, Planetary Science, Engineering, Communication, and Technology Development. Travelling by bus, we will see the James Webb Telescope Clean Room and the testing and integration facility. After the 90-minute tour, we will go back to the visitor center to see the amazing room-sized "Science on a Sphere." There will

be time after the tour to visit the gift shop. Please note: this trip requires lots of walking, standing, and the use of stairs. If you require assistance or an elevator, contact Karen Brutsché three weeks prior to the trip date. Trip fee includes transportation and lunch.

9:30 a.m. Depart RCC Lake Anne
10:00 a.m. Depart RCC Hunters Woods
5:30 p.m. Estimated return to Reston

1, 8-hour trip
\$40 (R)/\$80 (NR) • Staff

January 26

Tue
500456-6A

9:30 a.m. – 5:30 p.m.

55+ Trips & Tours

Franklin Institute – Vatican Splendors

(55 years and older)

Experience 2,000 years of Vatican history at The Franklin Institute in Philadelphia, PA. See more than 200 works of art and historically significant objects which together form a great mosaic of the history of the Church and its impact on art, history, and culture. From the sights and sounds of the grand Basilica to a touchable cast of Saint John Paul II's hand, embark on a journey through the ages of artistic expression and religious iconography. This exhibit includes many artifacts,

as well as renaissance and baroque period pieces, which have never before left Vatican City. An impressive focus in the exhibition is on the Basilica for which Michelangelo and Bernini were key contributors. Trip fee includes transportation, admission and a lunch voucher.

7:30 a.m. Depart RCC Lake Anne
8:00 a.m. Depart RCC Hunters Woods
6:00 p.m. Estimated return to Reston

1, 10.5-hour trip
\$58 (R)/\$116 (NR) • Staff

February 10

Wed

500455-6A

7:30 a.m. – 6:00 p.m.

City of Conversation – Arena Stage

(55 years and older)

Politics and family make for polarizing bedfellows in this juicy new play and recent Off-Broadway triumph. Georgetown hostess Hester Ferris runs in an elite circle, opening her home for political foes to lay down arms and raise a glass. When her son's formidable wife comes on the scene, the parlor pleasantries of DC's past descend into entrenched posturing and an ultimatum that could implode the family. Follow the Ferris clan from the end of Carter's presidency through the Reagan era and into Obama's game-changing inauguration in this "smart, literate, and funny" (*New York Times*) inside look at the theater of politics and the politics of conversation. Trip fee includes transportation and admission.

9:30 a.m. Depart RCC Lake Anne
10:00 a.m. Depart RCC Hunters Woods
4:30 p.m. Estimated return to Reston

1, 7-hour trip
\$58 (R)/\$116 (NR) • Staff

February 24

Wed

500457-6A

9:30 a.m. – 4:30 p.m.



Lincoln's Cottage

(55 years and older)

President Lincoln developed the Emancipation Proclamation while living in a Gothic Revival Cottage at the Soldiers' Home in Washington, DC. Lincoln's time at the Cottage served as bookends for Civil War — he first visited the grounds three days after his inauguration and last rode out to the site the day before his assassination. While living at the Cottage for 13 months from June – November of 1862 – 1864, Lincoln regularly commuted to the White House. The Cottage, open to the public since 2008, is run by the National Trust for Historic Preservation through an agreement with the Armed Forces Retirement Home. Trip fee includes transportation, admission, and lunch.

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 trip

\$45 (R)/\$90 (NR) • Staff

March 3

Thu

8:00 a.m. – 4:00 p.m.

500458-6A



Belair Mansion & Stable Museum

(55 years and older)

Belair Mansion, listed on the National Register of Historic Places, offers a look at Bowie, MD's earliest history. Built circa 1745 for Provincial Governor Samuel Ogle and his wife, Anne Tasker Ogle, the mansion later became one of the homes of William Woodward, noted American horseman of the 20th century. Enlarged by Woodward in 1914, the Mansion today reflects its 250-year use as a residence. Trip fee includes transportation, admission, and lunch.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

6:00 p.m. Estimated return to Reston

1, 8-hour trip

\$45 (R)/\$90 (NR) • Staff

March 22

Tue

10:00 a.m. – 6:00 p.m.

500460-6A

Pamplin Historical Park, Petersburg, VA

(55 years and older)

Discover what life was like for the common soldier during the Civil war at one of "Virginia's Best Places to Visit" (according to the Travel Channel). Pamplin Historical Park is a 422-acre Civil War campus which offers four high-tech world-class museums, three antebellum homes, costumed living history, and a tour of the Breakthrough Battlefield of April 2, 1865. This four-hour tour will include lots of walking on mostly paved paths, and the tour of the battlefield is on gravel pathways. Trip fee includes transportation, guided tours, hot buffet lunch, and all admissions.

7:00 a.m. Depart RCC Lake Anne

7:30 a.m. Depart RCC Hunters Woods

6:00 p.m. Estimated return to Reston

1, 11-hour trip

\$60 (R)/\$120 (NR) • Staff

April 5

Tue

7:00 a.m. – 6:00 p.m.

500360-6A

Avoid Waitlists and Cancellations

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

55+ Trips & Tours



Edgar Allen Poe Museum, Richmond

(55 years and older)

Our visit to Richmond begins at Lulu's Restaurant for brunch. Then it's on to the Edgar Allan Poe Museum which is a complex of four buildings that surround the Old Stone House. The guided tour will include "The Raven Room" which contains materials that bring his well-known poems and tales to life. In the "Enchanted Garden" the bust of Poe overlooks a green oasis amid the bustle of downtown. Trip fee includes transportation, brunch, and admission.

7:30 a.m. Depart RCC Lake Anne
8:00 a.m. Depart RCC Hunters Woods
5:30 p.m. Estimated return to Reston

1, 10-hour trip
\$50 (R)/\$100 (NR) • Staff

April 15

Fri 7:30 a.m. – 5:30 p.m.
500461-6A

Ladew Gardens

(55 years and older)

The Garden Club of America described Ladew's gardens as "the most outstanding topiary garden in America." Located in the rolling countryside north of Baltimore, the gardens reflect the vibrant personality of self-taught gardener Harvey S. Ladew (1887-1976). As a colorful member of high society, world traveler and foxhunting enthusiast, Ladew transformed 22 acres of his large estate in rural Maryland into a creation for all to enjoy. Trip fee includes transportation, guided tour of the house and gardens, and lunch.

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 trip
\$48 (R)/\$96 (NR) • Staff

April 26

Tue 8:00 a.m. – 4:00 p.m.
500459-6A

Mount Vernon Estate & Gardens

(55 years and older)

George Washington wrote: "No estate in United America is more pleasantly situated than this..." Participants will spend the day touring our nation's most popular historic estate. After the orientation film, house tour, and lunch at the Mount Vernon Inn, there will be time to explore the outbuildings, gardens, and grounds, as well as the new Reynolds Museum and Education Center. Trip fee includes transportation, admission, and lunch. Please note, this trip requires a tremendous amount of walking, and there are several steep grades and gravel paths that may be challenging for those with limited mobility.

9:30 a.m. Depart RCC Lake Anne
10:00 a.m. Depart RCC Hunters Woods
5:00 p.m. Estimated return to Reston

1, 7.5-hour trip
\$50 (R)/\$100 (NR) • Staff

May 13

Fri 9:30 a.m. – 5:00 p.m.
500012-6A

55+ Visual Arts

55+ Ceramics

(55 years and older)

Participants will explore hand-building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and three 1-hour visits to the Open Ceramics Studio. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Joder

January 5 – February 23

Tue 10:00 a.m. – 12:30 p.m.
452509-6C

April 5 – May 24

Tue 10:00 a.m. – 12:30 p.m.
452509-6D

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.

4, 3-hour sessions at RCC Lake Anne
\$25 (R)/\$50 (NR) • Coulter-Blehert

March 4 – April 1

(No class March 25)

Fri 10:00 a.m. – 1:00 p.m.
455011-6C

8, 3-hour sessions at RCC Lake Anne
\$45(R)/\$90(NR) • Coulter-Blehert

April 8 – May 27

Fri 10:00 a.m. – 1:00 p.m.
455011-6D

Intermediate Watercolor Painting

(55 years and older)

This class is for artists who have previous watercolor experience. Learn techniques to achieve a variety of textures and atmospheric effects, construct a strong painting composition using simple tools, simplify a complex scene into basic shapes and choose the best colors for your subject. A supply list will be provided prior to first class.

8, 2-hour sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Zahid

January 5 – February 23

Tue 1:30 p.m. – 3:30 p.m.
455012-6B

April 5 – May 24

Tue 1:30 p.m. – 3:30 p.m.
455012-6C

Watercolor for Beginners

(55 years and older)

Begin your adventure with watercolor painting in eight fun classes. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Zahid

January 7 – February 25

Thu 1:30 p.m. – 3:30 p.m.
455526-6B

April 7 – May 26

Thu 1:30 p.m. – 3:30 p.m.
455526-6C

Woodworking

Good Neighbors Woodworking Group

(55 years and older)

The Good Neighbors Woodworking Group meets each Tuesday in the RCC Woodshop to design, construct, and decorate wooden toys. The toys are then donated to non-profit organizations in the Reston area. Experience in woodworking and painting techniques is a plus. However, training will be provided for beginners. Participants must be registered RCC volunteers and will be provided with the appropriate volunteer form to complete during the first session attended.

5-hour sessions at RCC Hunters Woods
Free, Drop-in • Church

January 5 – May 31

Drop-in

Tue 9:00 a.m. – 2:00 p.m.

55+ Woodworking Patrons:

Don't miss out on the many wonderful woodcraft classes and open lab sessions that RCC offers, listed in the Woodworking section on pages 104-106.

Staff

Administration

Leila Gordon	Executive Director
Thomas Ward	Deputy Director
Renata Wojcicki	Finance Director
BeBe Nguyen	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Service Manager
Mia Arguinizoni	Personnel Specialist
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Cristin Bratt	Public Information Officer
Vincent Brown	Customer Service
Sumi Gallas	Asst. Customer Service Manager
Linda Greco	Customer Service
Samantha Korkowski	Graphic Artist
Greg Minassian	Customer Service
Grazyna Siebor	Accounting Specialist
Barbara Wilmer	Executive Assistant
Ling Zhao	Customer Service

Aquatics

Joe Leary	Aquatics Director
Ivan Cole	Customer Service
Levi Lainhart	Aquatics Program Manager
Melissa Murray	Customer Service
Scott Sorenson	Aquatics Operations Manager

Arts & Events

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

Leisure & Learning

Eileen Boone	Leisure & Learning Director
Joe Brown	Teen and Family Program Assistant
Karen Brutsché	55+ Program Director
Kenny Burrowes	Teen and Family Program Director
Ali Clements	Adult Program Assistant/NV Rides Coordinator
Teresa Fletcher	Fitness Program Assistant
Kim Gollop-Pagani	Youth Program Assistant
Debbie Heron	Youth Program Director
Jonathan Navarro	Adult and Fitness Program Director
Susan Zaboji	55+ Program Assistant

Facility Rentals & Operations

Brian Gannon	Facility Booking Manager
Mohammed Alhadi	Facility Team
Santos Campos	Facility Team
Patricia Farrell	Facility Supervisor
Gilberto Guardado	Facility Team
Adam Newland	Facility Rentals Assistant
Trung Nguyen	Facility Team – Lake Anne
Fred Russo	Building Engineer
William Sanchez	Facility Team
John Scurto	Facility Team – Hunters Woods
Edgar Siles	Facility Team
Ken Wade	Facility Team

Thank You

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance, and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

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

How To Register

Online Registration

www.restoncommunitycenter.com

Online registration opens at
9:00 a.m. on December 1.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to complete the online household profile to receive a household username and initial password. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to RCCContact@fairfaxcounty.gov or to a customer service representative at 703-476-4500, Mon-Sat, 9:00 a.m. – 9:00 p.m. or Sundays, 9:00 a.m. – 8:00 p.m.

In-Person/Mail/Fax Registration

- All forms are available online at www.restoncommunitycenter.com.
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191.
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

Please note that no matter when you drop off your registration, it will not be processed until December 1. Faxed or mailed forms will

be included in the batches of forms received prior to 9:00 a.m. on December 1 if they are received by November 30.

Our Customer Service team will be inputting registrations in the RecTrac/WebTrac system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

Registration Policies

Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Regular class fees are listed as Reston/Non-Reston; aquatics daily visits and pass fees are listed as Reston, Fairfax County resident and non-Fairfax County resident.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is on the RCC website.

Priority Reston Registration

Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

Non-Reston Registration

Non-Reston registration begins at the end of the one-week priority-Reston registration period.

Payment

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

Confirmation

Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

Liability Waiver on RCC Registration Forms

The Liability Waiver is on all RCC registration forms and Drop-In sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

Code of Conduct

For your protection and comfort, Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling and shouting.
- Physical contact with another person in any angry or threatening way.
- Displaying an object or weapon that can be considered harmful or threatening.
- Any demonstration of sexual activity or sexual contact with another person.
- Behavior deemed lewd or lascivious.
- Harassment or intimidation with words, gestures, body language or other menacing behavior.
- Behavior which intends or results in theft or destruction of property.
- Leaving a child under 8 years of age unattended. A child is considered unattended if they are without adult supervision and wandering around the building.
- Intrusion upon an event to which one is not an invited or registered participant.
- Being under the influence of alcohol or drugs.

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to

Information

respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. No refunds will be given.

Code of Conduct for Camp Participants

Camp participants and parents are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online at www.restoncommunitycenter.com.

Fees

- Patrons 55 years and older may receive a discount on class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to 55+ programs or trips, adult and family trips, or drop-in activities.
- Patrons under age 55 can register for 55+ programs or trips if space is available after priority Reston registration – program fees will be doubled.
- Passes will expire two years from date of purchase, with the exception of 12-month pool passes.
- Daily visit swim passes may be issued for any facility closure or interruption.

Fee Waiver Program

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online at www.restoncommunitycenter.com.

Class Cancellation

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

Refunds

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of 12-month pool passes.

Patron Health and Safety

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.

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

Funding

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees at greatly subsidized rates.

Board of Governors

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

ADA Accommodations

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

Reston Community Center Aquatics Registration Form

- Select up to three choices per session and up to four different sessions per form.
- If a class section, and all choices are full, your name will be placed on a waiting list for your first choice for that session.

- Patrons are encouraged to register for as many sessions as desired. Patrons should enroll at the same level for all sessions.
- Please note: Absences and personal scheduling conflicts are not reimbursable.

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

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

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

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

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

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

CREDIT CARD INFORMATION	FORM OF PAYMENT
CARD HOLDER'S NAME #: _____ CHARGE: <input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA EXP. DATE: _____ ACCOUNT #: _____ SIGNATURE: _____ <small>Registration/Pass Refunds: Written request required. If received 14 days or more in advance: 20% processing fee for classes, work-shops; 50% for trips. Less than 14 days requires replacement registration to be approved (less applicable processing fee). Pass refunds pro-rated minus 20% processing fee. No refunds for fees under \$10. More info on reverse.</small>	<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

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Winter/Spring Registration Notes:

Jot down the registration information you need to register online; save time and boost your chances of successful enrollment by using WebTrac!

Locations and Hours of Operation

LOCATIONS

RCC Hunters Woods

2310 Colts Neck Rd, Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the 290-seat CenterStage theatre, Woodshop, Stained Glass Workshop, and meeting rooms.

RCC Lake Anne

1609-A Washington Plaza, Reston, VA 20190

Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, Fitness Studios, and 3D Gallery.

Directions: Please use only the directions on the RCC website; directions provided by online sites or GPS systems may be inaccurate.

PHONE NUMBERS

703-476-4500, TTY 711 • 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's Booking Manager for information.

Open Stained Glass

(18 years and older)

Stained glass and stained glass mosaic enthusiasts are encouraged to participate in RCC's monthly Open Stained Glass Lab. For winter/spring dates turn to page 99.

Drop-in • RCC Hunters Woods • Damron
\$10 (R)/\$20 (NR)

1st & 3rd Sun 1:30 p.m. – 5:30 p.m.

Open Woodshop

(16 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. For winter/spring dates turn to page 105.

Drop-in • RCC Hunters Woods • Staff
\$8 (R)/\$16 (NR) Tue
\$8 (R)/\$16 (NR) Fri
\$13 (R)/\$26 (NR) Sat

Tue 6:00 p.m. – 10:00 p.m.

Fri 10:00 a.m. – 2:00 p.m.

Sat 9:00 a.m. – 5:00 p.m.

Open Ceramics Studio

(16 years and older)

The public is invited to use RCC's Ceramic Studio. Please check the Ceramics Studio calendar for additional studio times or closures. Each pass visit is one hour. Clay cost is \$15 – \$20 for 25 pounds. For winter/spring dates turn to page 103.

Drop-in • RCC Lake Anne • Staff
\$15 (R)/\$30 (NR) Drop-in
\$36 (R)/\$72 (NR) 12-Visit Pass

Wed 10:00 a.m. – 2:00 p.m.

Sat 1:00 p.m. – 5:00 p.m.

Holiday Hours

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
Staff Teambuilder	December 16	Closed 1:00 – 4:00 p.m.	Closed 12:30 – 4:30 p.m.
Christmas Eve	December 24	9:00 a.m. – 2:00 p.m.	CLOSED
Christmas Day	December 25	CLOSED	CLOSED
Day After Christmas	December 26	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED
Martin Luther King, Jr. Day	January 18	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
George Washington's Birthday	February 15	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
Memorial Day	May 30	9:00 a.m. – 2:00 p.m.	CLOSED



2310 Colts Neck Road
Reston, Virginia 20191

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RESTON DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION

JANUARY 16 – 18, 2016

Featuring Anna Deavere Smith



Turn to Page 7 – 8 for more information.