

WINTER/SPRING

2014 Program Guide

Happy 50th Birthday, Reston!

ENRICHING LIVES



BUILDING COMMUNITY

Reston Community Center



Dear Reston Community Center Patron,



As of the printing deadline for this program guide, our IT team is working to load test our online registration system, WebTrac. The results of these tests will help us ensure

that our system will successfully accept registrations on a first-come, first-serve basis, beginning on December 1, 2013. We are confident that on Sunday, December 1, our system will be prepared to handle a high volume of online patrons looking to register during the priority registration period. Please be on the lookout for more communication in mid-November about the relaunch. We will make a registration tutorial available both online and at our Hunters Woods and Lake Anne locations. In addition, staff members are available to assist with registration questions.

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

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

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

Please keep the following important notes in mind:

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

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From Left to Right: Roger Lowen, Beverly Ann Cosham, Bill Keefe, Leila Gordon

Dear Friends,

Reston Community Center's Board of Governors and staff have been immersed in exploration of the potential for a new indoor recreation facility for Reston during the past year. We would like to bring you up to date on where our efforts are and where we are headed.

We launched this conversation with the community last February. Since then, through numerous public meetings, we have heard from people who expressed support of the need to have another indoor facility; people who are very concerned about the location for such a facility; and people who would like to know how it would be financed and whether or not contributions could be made to the cost of building a new facility by others. To better understand the many aspects of such a project, we obtained

studies from consultants to update market analysis, construction cost projections, cost recovery potential, and land values associated with a new facility.

The Board's Building Committee undertook exploration of the various sites proposed by the community and established that the sites with the greatest potential for continued exploration are Reston Town Center North, Baron Cameron Park and the current RCC site at Hunters Woods. In addition, the Board established at the outset of this effort its objective to maintain the current tax rate for small district 5. To achieve that, the Board has understood throughout this process that achieving a new facility will necessarily depend on partners – the Fairfax County Park Authority and others – to be able to realize the vision of a new facility that serves Reston primarily but that doesn't solely burden Reston taxpayers.

The information gleaned from studies and community input to date has supported the community's need for new indoor recreation opportunities. Further, the work of the Reston Master Plan Special Study Task Force and other community organizations has concluded that a new indoor recreation facility should be realized through new development on the horizon for Reston as a result of the Silver Line and attendant growth in the Dulles corridor that it will bring. This is an important aspect of being able to identify the private sector resources that can contribute to the costs of building a new facility.

We will continue to be deliberative and engaged with the community as we move this effort forward. The involvement of partners and the need to identify the right combination of site and funding will take us well into the early months of the coming year. As always, our meetings and our deliberations will take place in concert with our community and we look forward to your continued engagement with us.

As we anticipate this activity, we welcome our two new Board members, John Mendonça and Michelle Moyer, and the skills and talents they will bring to their service. We bid a fond and grateful farewell to our departing Board members, Bill Keefe and Roger Lowen. We count on their continued participation in this and other community endeavors to help us forge the path forward. The staff remains ready to continue providing the top-notch, high-quality programs, services and activities as always. Enjoy what they have planned for the winter and spring; the pages ahead in our Program Guide are brimming with fun for everyone in the New Year.

Finally, as the holiday season approaches, we join you in anticipating the gatherings of family and friends that are the best part of this time of year. We wish all who live, work and play in Reston the happiest and merriest of times together with peace and joy for all in 2014.

**Beverly Ann Cosham, Chair
Board of Governors**

**Leila Gordon
Executive Director**



RESTON DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION

January 18 - 20

Are We Keeping the Promise?

The 29th Annual Reston Dr. Martin Luther King, Jr. Birthday Celebration will feature a keynote address by artist-in-residence Sweet Honey In The Rock®.

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

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

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

- Fort Worth Star Telegram

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



Sweet Honey In The Rock® is part of Parents Time Out, register with 901197-4E or turn to page 22 for more information.

Sweet Honey In The Rock®



CALENDAR OF EVENTS

SATURDAY, JANUARY 18



Community Service Projects

9:00 a.m.

Southgate Community Center
12125 Pinecrest Road, Reston

Free, registration required through Reston Association

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 (formerly Reston Interfaith), 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 hours conclude around noon, at which point volunteers will gather to share a lunch that will be provided.

[See page 18 for more information on how to volunteer.](#)



Reston Community Orchestra

8th Annual Memorial Tribute to
Dr. Martin Luther King, Jr.

4:00 p.m.

RCC Hunters Woods

All Ages • Admission is free, donations are appreciated.

Hosted by Reston Community Center, Maestro Dingwall Fleary will lead the Reston Community Orchestra in the eighth annual musical salute to Dr. Martin Luther King, Jr. An integral part of Reston's weekend of celebration and remembrance, the concert will feature the works of African-American composers, as well as works inspired by the civil rights movement for which Dr. King gave his life. Joining the RCO is Best of Reston awardee, song stylist, and community leader, Beverly Cosham.

SUNDAY, JANUARY 19



Art by Reston Schools Reception

1:30 p.m.

RCC Hunters Woods

All Ages • Free

The creativity of Reston students will be celebrated at this reception. Come celebrate the young artists' contributions and visions. With themes centered on the history of Dr. King and the civil rights movement, the art will be on display from early January through the end of the month.



Commemorative March

3:00 p.m.

Lake Anne Plaza

All Ages • Free

Community members will assemble at 3:00 p.m. at Lake Anne Plaza. Rev. David North will teach a brief history of songs used in the civil rights movement and then lead everyone marching and singing songs to the Northern Virginia Hebrew Congregation. A shuttle bus will run between the two sites from 2:30 p.m. until after the *Voices of Inspiration* program concludes.



Voices of Inspiration

4:00 p.m.

Northern Virginia Hebrew
Congregation

1441 Wiehle Avenue, Reston

All Ages • Free

Voices of Inspiration is the 24th 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.



Sweet Honey In The Rock®

8:00 p.m.

RCC Hunters Woods

the CenterStage

\$25 Reston/\$50 Non-Reston

SOLD OUT

As part of the 2013/2014 Professional Touring Artist Series, Sweet Honey In The Rock® will perform in the CenterStage. Tickets required.

TURN TO PAGES 18-19 TO FIND MORE VOLUNTEER OPPORTUNITIES FOR THIS EVENT



CALENDAR OF EVENTS

RESTON DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION

MONDAY, JANUARY 20

Sweet Honey In The Rock® Sing-along

11:00 a.m.

RCC Hunters Woods • the CenterStage

All Ages • \$5 Reston/\$10 Non-Reston

Experience the transformative power of singing along with select members of Sweet Honey In The Rock®. No experience required.

Tickets sold through the CenterStage Box Office.

Community Lunch & Keynote Address

12:30 p.m.

RCC Hunters Woods

Community Room & the CenterStage

All Ages • \$5 Reston/\$10 Non-Reston

Join us for a family-style community lunch followed by a specially prepared musical Keynote Address featuring the songs of the civil rights movement.

Tickets sold through the CenterStage Box Office.

All performances will be sign language-interpreted.

Especially for Youth

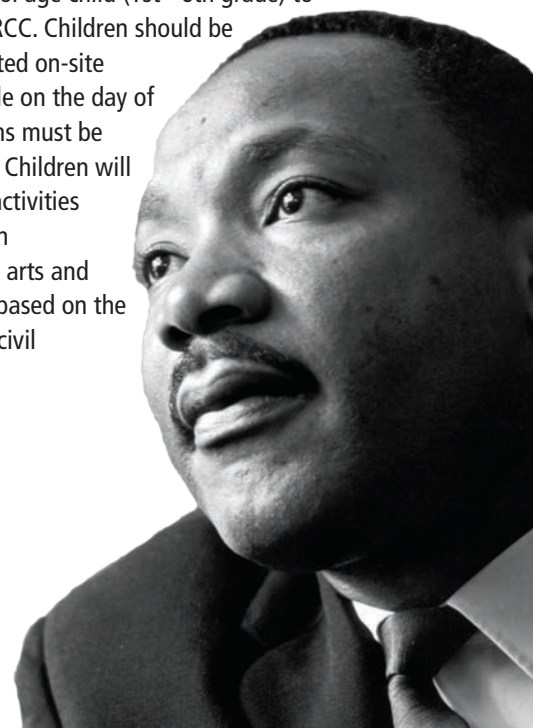
2:30 p.m. - 4:30 p.m.

RCC Hunters Woods

6 - 12 Years Old • Free

Registration Required • 704750-4A

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.



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

Join RCC on a Bus Tour FROM CIVIL WAR TO CIVIL RIGHTS (10 YEARS AND OLDER)

Continue your immersion in the civil rights movement and its meaning in the context of American history by bringing your family and joining your friends and neighbors on a comprehensive tour of Washington DC in RCC's Civil War to Civil Rights Tour. This 10-hour bus tour kicks off Black History Month on Saturday, February 1.

Registration Required • 500242-4A • Please see page 138 for more information.

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





Reston **Camp** Expo

SATURDAY, JANUARY 25

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

It's not too early to plan for summer.

Visit with local, non-profit providers of summer camps and learn about upcoming programs for summer 2014. The event will include door prizes, demos and hands-on activities to engage both children and parents.

Free • Drop-In

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



The **Capitol** Steps



31ST ANNUAL CAPITOL STEPS **Benefit Performance**

Sunday, February 16

7:00 p.m. • Doors Open at 6:00 p.m.

Hyatt Regency Reston • 1800 Presidents Street, Reston, VA

TICKETS REQUIRED FROM CORNERSTONES • AGES 18 AND OLDER

Capitol Steps - the popular Washington-based music and satire troupe - will perform to benefit Cornerstones (formerly Reston Interfaith). The evening will include fine wine, decadent desserts and a silent auction. Thanks to the overwhelming support of the community, last year's benefit raised more than \$145,000 to support the programs and services of Cornerstones.

For more information, please contact Cathy Hoskinson at 571-323-9566 or www.cornerstonesva.org.



RCC Community Coffee

Saturdays • January 4 - May 31

9:00 a.m. - 11:00 a.m. • RCC Hunters Woods • All Ages

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



RESTON STATION

METRO + METROPOLITAN

THE NEW URBAN CORE OF RESTON



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

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

www.RestonStation.com

/RestonStation

OPEN WITH METRO:

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TRANSIT CENTER

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



FOR MORE INFORMATION CALL 703-230-1291

COMSTOCK

www.ComstockPartnersLC.com



FOUNDERS DAY

Lake Anne Plaza

Saturday, April 5 12:00 p.m.

Join the Reston Historic Trust and Reston Museum in celebrating Reston's 50th and Robert E. Simon, Jr.'s 100th birthdays! Festivities begin at noon at Lake Anne Plaza. The celebration will include musical entertainment, remarks from elected officials, dedication of commemorative bricks, cutting of the birthday cake, and the 3rd annual Reston Scavenger Hunt.

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



THE RESTON 50TH ANNIVERSARY CELEBRATION

RCC Hunters Woods • Saturday, April 5 • 8:00 p.m.

Join family and friends as we celebrate the success of our exceptional community on the occasion of its 50th anniversary. Enjoy the special screening of *The Reston Story* (Working Title) and the winners of the My Community Video Contest. Following the documentary, a panel discussion featuring the film director and special guests will be held in the Community Room. The evening will conclude with champagne and dessert to top off fifty years of building the special place and people called "Reston" with a toast to Robert E. Simon and each other.

Tickets: \$50 Reston/\$100 Non-Reston

PURCHASE TICKETS AT THE CENTERSTAGE BOX OFFICE



With the contributions from many funders, we are almost to the finish line. Your personal contribution will enable us to complete filming and ready the documentary for the 2014 celebration. Please visit www.therestonfilm.com to make your donation today!

Checks should be made out to The Reston Historic Trust and sent to The Reston Museum, 1639 Washington Plaza, Reston, VA 20190.



COMSTOCK



RESTON TOWN CENTER ASSOCIATION



GREATER RESTON CHAMBER OF COMMERCE



Business Bank Community Fund • Karen and Jim Cleveland • Leila and Robert Gordon
Bonnie and Bob Haukness • Lynn and Phil Lilienthal • Joseph Ritchey • The Charles A. Veatch Family
Vicky and Vern Wingert • Susan and James Jones • Boofie and Joe O'Gorman

Visit WWW.THERESTONFILM.COM for more information.



CLASSIC CINEMA

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

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

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

Be swept back through the years as you watch timeless films in the comfort of the CenterStage.

MONDAY, JANUARY 13

The Asphalt Jungle

Locked away for seven years, criminal mastermind Doc conceives what he believes is the perfect heist. John Huston directs Sam Jaffe as Doc, Sterling Hayden as his unflappable gunsel, Louis Calhern as the shady lawyer Emmerich, and rising star Marilyn Monroe as the doxie in this renowned tale of dishonor among thieves. Welcome to the jungle, film-noir fans. (1950)

MONDAY, FEBRUARY 3

Bringing Up Baby

When scatterbrained heiress Katharine Hepburn meets mild-mannered museum curator Cary Grant, the results are riotous. Howard Hawks directs a giddy romp that's been hailed as the most glorious laughter-inducing movie ever. This screwball comedy was written specifically for Hepburn. (1938)

MONDAY, MARCH 3

All About Eve

Starring Bette Davis, Anne Baxter, George Sanders, and Celeste Holm, this film about backstage backstabbing won the Academy Award for Best Picture in 1950. From the moment she glimpses her idol on Broadway, Eve Harrington (Anne Baxter) strives relentlessly to upstage Margo Channing (Bette Davis). Cunningly stealing Margo's role, Eve then disrupts the lives of Margo's director boyfriend (Gary Merrill), and her other friends in this juicy, witty drama. (1950)

MONDAY, APRIL 7

How Green Was My Valley

Sixty-year-old Huw Morgan looks back on his life as a boy (Roddy McDowall) in a small Welsh mining town. His reminiscences reveal the disintegration of the closely-knit Morgans and his devoted parents (Donald Crisp, Sara Allgood) while capturing the sentiments and issues of their time. Maureen O'Hara and Walter Pidgeon co-star in this acclaimed screen classic, the story of one family's dreams, struggles and triumphs. This inspiring but heart-breaking movie, directed by John Ford, was the winner of five Academy Awards and was called "one of the finest" pictures ever made (*Variety*). (1941)

MONDAY, MAY 12

From Here to Eternity

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

TUESDAY NIGHT AT THE MOVIES

7:30 p.m. - 9:30 p.m. • Free • Drop-in • All Ages

RCC Hunters Woods - the CenterStage



TUESDAY, MARCH 25

Diller Scofidio + Renfro: Reimagining Lincoln Center and the High Line

This documentary looks at architecture and design team Diller Scofidio + Renfro through the lens of two important urban projects: the High Line and the Lincoln Center for the Performing Arts. With the almost simultaneous completion of these two large-scale projects in New York City, Diller Scofidio + Renfro galvanized the public's attention. Between 2004 and 2011, the firm converted the derelict High Line railroad tracks on the city's West Side (from Gansevoort to 30th streets) into a sophisticated 1.5-mile elevated urban park. Beginning in early 2003, DS+R redesigned Lincoln Center's Alice Tully Hall and the Juilliard School, building a free-standing, grass-covered pavilion that houses a destination restaurant (the Lincoln) and a public lawn, and inventively modifying the public spaces connecting the complex's existing buildings. Directed by Muffie Dunn and Tom Piper.

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

TUESDAY, APRIL 8

DIRT! The Movie

Directed and produced by Bill Benenson and Gene Rosow, *DIRT! The Movie* takes you inside the wonders of the soil. It tells the story of Earth's most valuable and under-appreciated source of fertility - from its miraculous beginning to its crippling degradation.

The opening scenes of the film dive into the wonderment of the soil. Made from the same elements as the stars, plants, animals, and us, "dirt is very much alive." Sadly though, modern industrial pursuits and the clamor for profit have consumed natural resources and disrupted our human connection to and respect for soil. The film, narrated by Jamie Lee Curtis, brings to life its environmental, economic, social and political impact. *DIRT!* shares the stories of experts from all over the world who study and are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil.

This movie is presented in collaboration with Sustainable Reston.

TUESDAY, MAY 6

Trash Dance

Choreographer Allison Orr finds beauty and grace in garbage trucks, and in the unseen men and women who pick up our trash. Filmmaker Andrew Garrison follows Orr as she rides along with Austin sanitation workers on their daily routes to observe and later convince them to perform a most unlikely spectacle. On an abandoned airport runway, two dozen trash collectors and their trucks deliver - for one night only - a stunningly beautiful and moving performance, in front of an audience of thousands. *Trash Dance* was the winner of the Audience Award at the Full Frame Documentary Film Festival 2012, of the Audience Award at the AFI/Discovery Channel Silverdocs Documentary Festival 2012, and received Special Jury Recognition at the SXSW Film Festival 2012.

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

TUESDAY, MAY 13

Earth: The Operators' Manual

(*ETOM* for short) is a rigorously researched, beautifully filmed and ultimately uplifting antidote to the widespread "doom and gloom" approach to climate change. The program opens with a thorough grounding in Earth's climate history and an overview of current dilemmas, but its main thrust is an upbeat assessment of our many viable sustainable energy options. To illustrate the evidence and the way forward, *ETOM* takes viewers on a High Definition trip around the globe. In New Zealand, the audience follows Richard Alley into a deep crevasse to understand how the advance and retreat of massive glaciers during Earth's Ice Ages are tied to changing levels of carbon dioxide. In Denver, Colorado, we peer over his shoulder at the National Ice Core Lab to see how records of temperature and atmospheric composition trapped inside chunks of ancient ice conclusively demonstrate that today's levels of CO2 are higher than at any time in the past 400,000 years. While alarming, there are also ways to address these impacts that are positively illustrated in the film.

This movie is presented in collaboration with Sustainable Reston.



Dress Drive for Prom

January 3 – February 7

RCC is collecting the following for Diva Central:

**DRESSES • SHOES • JEWELRY
HANDBAGS • SHAWLS • ACCESSORIES**

Please drop off items at RCC Hunters Woods



Donations are tax-deductible and may be dropped off Monday - Saturday, 9:00 a.m. to 5:00 p.m., at Reston Community Center Hunters Woods from January 3 to February 7.



All donations are appreciated, however, we ask that donations are in good condition, no older than five years old (circa 2009), 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, Director of Teen Programs, at 703-390-6158
or Kenny.Burrowes@fairfaxcounty.gov.

Diva Central Event

Saturday, March 8
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.



EGGNORMOUS EGG HUNT



Once again, Reston Association hosts RCC's Egnormous Egg Hunt at the lovely 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 APRIL 12

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, April 19
Rain date times are one hour earlier.

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



BEST OF RESTON AWARDS AND GALA

(Ages 18 and older)

Thursday, April 10

Hyatt Regency Reston
1800 Presidents Street, Reston, VA

Cornerstones (formerly Reston Interfaith) and the Greater Reston Chamber of Commerce present the 23rd 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.

For more information, please contact Cathy Hoskinson, at 571-323-9566 or at www.cornerstonesva.org

TICKETS AVAILABLE THROUGH CORNERSTONES.

MEET THE

Artists

Thursdays • 2:15 p.m. - 3:30 p.m.

Free • RCC Hunters Woods - the CenterStage • All Ages

MARCH 27

Beverly Cosham

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

APRIL 10

Michael Forest & Aime Sposato

Michael Forest (tenor) and Aime Sposato (soprano), both Professors of Voice at Shenandoah University, are in high demand for symphonic concerts, recitals, opera and oratorio performances.

APRIL 24

Linda Monson

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

APRIL 3

Julee An

Ms. An has performed worldwide in major cities in 30 states and toured extensively in Holland, Switzerland, Belgium and Germany. She is a recognized Steinway performer.

APRIL 17

Tallwood Trio

David Hirsch (drummer), Alan Wenberg (piano), and Eric Henderson (bass), perform Ellington, Gershwin, Porter and others. Nancy Riley, soprano, will add her lovely voice to the selections.

MAY 1

The Chamasyan Family

The gifted Chamasyan family presents an exciting afternoon of solo and chamber music. Performers include Monika and Armine (violin); Marina (piano); youths Peter (violin) and Arman (cello).

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.

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

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

FULL OF CHARACTER, *Full of Life*

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

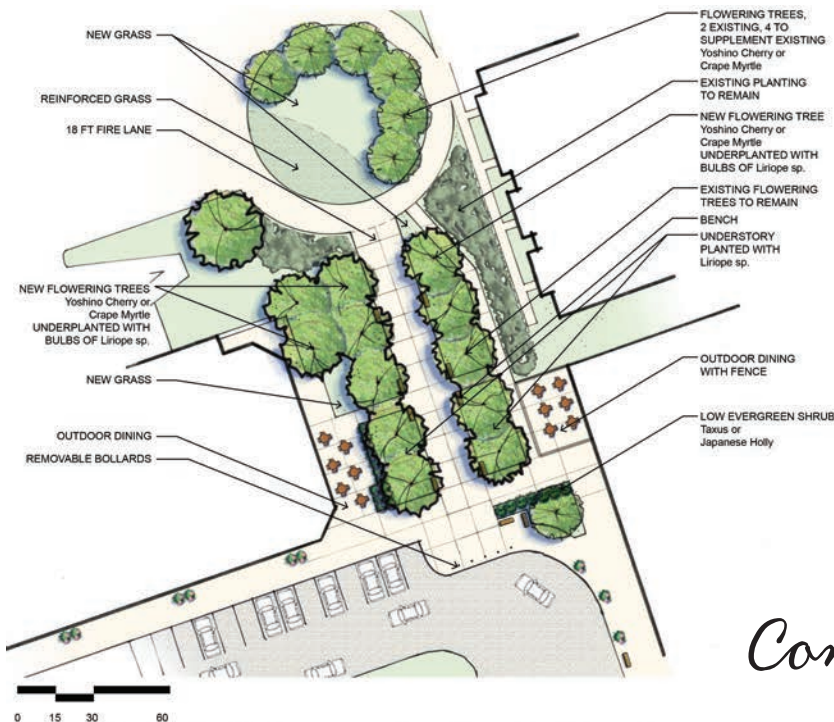
One that's designed to reflect community priorities.

The Future is Full of Character, Full of Life.



WALKABLE | DIVERSE | RELAXED | INTEGRATED | NATURAL | BEAUTIFUL

HUNTERS WOODS PLAZA IS IMPROVING!



Yoshino Cherry



Crape Myrtle



Azalea sp.



Anthony Waterer Spirea



Taxus



Japanese Holly



KEY PLAN

Come Enjoy the Results!

HUNTERS WOODS VILLAGE CENTER



FREE • RAIN OR SHINE

Spring Festival

Saturday, May 3

1:00 p.m. - 5:00 p.m.

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

LOCATION:

**Reston Association's
Walker Nature Center**

11450 Glade Drive, Reston, VA

MORE INFO:

www.reston.org



Northern Virginia
FineArts
FESTIVAL

May 16 - 18
Reston Town Center

Opening Night Party:
Friday, May 16
6:30 p.m. - 9:00 p.m.

Tickets required, available for purchase online.

www.northernvirginiafineartsfestival.org

Suggested donation for admission to Festival is \$10.

The Northern Virginia Fine Arts Festival, produced by the Greater Reston Arts Center, is a top-rated annual juried outdoor street festival held in the heart of Reston Town Center. The three-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 Platinum sponsor for the 23rd Annual Fine Arts Festival.



fine art + craft + performance + music



RESTON PRESENTS

Reston Presents is a lecture and presentation series that highlights the multifaceted talents of local residents. The presentations are sponsored by Reston Community Center and Reston Association. All presentations are free. For more information, to learn about future programs, or to volunteer to be a presenter, please contact the RCC 55+ Program Director at 703-390-6157 or the Reston Association Special Events Director at 703-435-6577.

18 years and older

Monday, February 10

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4C

Join Peggy O'Reilly, Certified Elder Law Attorney, as she describes the growing field of Elder Law, including areas such as housing, home care, long-term care, decision making, estate planning, Social Security, Medicare and Medicaid. Look at sample case studies to learn the options available to resolve a variety of issues. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

Monday, April 14

7:00 p.m. – 9:00 p.m. • RCC Lake Anne

Free • Registration Required • #505405-4D

Join Tall Oaks Assisted Living's chef, Robert McKeon, for this interactive and exciting cooking demonstration. Chef McKeon, a graduate of the Culinary Institute of America at Hyde Park, will showcase how to make healthy, affordable, fast meals for one or two. This class will focus on preparing and cooking stuffed meats, such as pork loin and chicken roulade. Expect an informative, entertaining evening.

SUNDAY AFTERNOON DANCES



Dancers of all skill levels are welcome to foxtrot, swing, cha cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today's more modern dance selections. Door prizes and light refreshments add to the fun; partners are not required.

SUNDAYS

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

January 12, February 9, March 9,
April 13, May 11

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

18 YEARS & OLDER

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

COUNTRY WESTERN DANCE



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

SUNDAYS

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

January 5, February 9, March 2,
April 6, and May 4

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

18 YEARS & OLDER

For more information, please contact Jonathan Navarro,
Adult Program Director, at 703-390-6159.



VOLUNTEER OPPORTUNITIES

Be a volunteer at Reston Community Center. Volunteers offer invaluable support to our programs, activities, and events. We encourage students who have community service requirements to look for meaningful ways to fulfill them by being a Reston Community Center volunteer. Free registration is required for RCC volunteer opportunities. You can register via Webtrac, or by obtaining a registration form online or from either RCC Customer Service Desk. Make a difference in your community by volunteering. For more information, please contact Kevin Danaher, Community Events Director, at 703-390-6166.

Reston Dr. Martin Luther King, Jr. Birthday Celebration Volunteer Opportunities

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 (formerly Reston Interfaith), 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 hours conclude around noon, at which

point volunteers will gather to share 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 Road, Reston, VA 20191

Free, registration required through Reston Association

Saturday, January 18

9:00 a.m. to 1:00 p.m.

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.

1, 4-hour session at RCC Hunters Woods

Free, registration required

January 20

727102-4A Mon 11:30 a.m. – 3:30 p.m.

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.

1, 3-hour session at RCC Hunters Woods

Free, registration required

January 20

727101-4A Mon 2:00 p.m. – 5:00 p.m.

FAMILY OUTREACH

(18 years and older)

Encourage your family members, friends and coworkers to support the community this winter season by preparing bagged meals for clients at the Embry Rucker Community Shelter in Reston. Each session has limited space availability, so sign up early. Children under the age of 12 must be accompanied by an adult/guardian 18 years or older. All participants must register.

Free, registration required

2, 2-hour sessions at RCC Hunters Woods

January 8

820002-4E Wed 6:00 p.m. – 8:00 p.m.

January 15

820002-4F Wed 6:00 p.m. – 8:00 p.m.

GOOD NEIGHBORS WOODWORKING GROUP

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.

RCC Hunters Woods

Free, Drop-in

Tuesdays, January 7 - May 27

9:00 a.m. – 3:00 p.m.

AARP TAX AIDE PROGRAM VOLUNTEER

Volunteers are needed to help with the AARP Tax Aide Program: signing in customers, keeping the area organized, and answering questions about the program. One volunteer is needed for each shift but there are many shifts available. To volunteer for specific dates, contact the Community Events Director at 703-390-6166.

RCC Hunters Woods

Free, contact Community Events Director for specific date(s)

February 1 - April 15

Tuesdays 8:30 a.m. – 12:00 p.m.

Thursdays 4:00 p.m. – 7:00 p.m.

Saturdays 8:30 a.m. – 2:00 p.m.

RESTON PRESENTS

Reston residents are being sought to volunteer to share their multifaceted talents as part of the continuing Reston Presents speaker's series. Authors, artists, historians, and people with an interesting story to share about their lives, work experience, hobbies, current events, and life experiences are encouraged to apply. Contact the RCC 55+ Program Director at 703-390-6157 or the Reston Association Special Events Director at 703-435-6577 to volunteer to be a presenter.

DIVA CENTRAL VOLUNTEERS PRE-EVENT

(21 years and older)

Volunteers will assist in the sorting of the dresses and accessories as well as assist in the loading and unloading of the truck.

RCC Lake Anne

Free, registration required

March 7

728100-4A Fri 11:00 a.m. – 7:00 p.m.

FRIENDS OF RESTON COMMUNITY CENTER

The 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

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

Free, registration required

March 8

728101-4A Sat 11:00 a.m. – 7:00 p.m.

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 cleanup and breakdown. Rain date: Saturday, April 19, same location but one hour earlier.

1, 4.5-hour session at Brown's Chapel Park

11300 Baron Cameron Avenue (across from Lake Anne Plaza)

Free, registration required

April 12 (Rain Date: April 19)

729400-4A Sat 8:00 a.m. – 12:30 p.m.

ADAPTED AQUATICS VOLUNTEER

(16 years and older)

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

RCC Hunters Woods

Free, registration required

January 11 - May 31

726100-4C Sat 11:00 a.m. – 12:00 p.m.

VOLUNTEER SWIM INSTRUCTOR ASSISTANT

(16 years and older)

Under the guidance of the Assistant Aquatics Director and RCC instructors, volunteers assist 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 Assistant Aquatics Director at 703-390-6150.

RCC Hunters Woods

Free, registration required

January 6 - May 31

726200-4B Mon - Sun Times Vary

VOLUNTEER WATER AEROBICS ASSISTANT

(16 years and older)

Under the guidance of the Assistant Aquatics Director and RCC instructors, volunteers assist 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 Assistant Aquatics Director at 703-390-6150.

RCC Hunters Woods

Free, registration required

January 6 - May 31

726300-4B Mon - Sun Times Vary

VERY SPECIAL ARTS FESTIVAL VOLUNTEER

(18 years and older)

Children from Reston schools and special education centers throughout Fairfax County will explore their creativity at the annual Very Special Arts Festival. Volunteers will guide activities and help the participants from special and regular education classes experience the satisfaction and pleasure found in performing and fine arts.

Free, registration required

2, 4-hour sessions at RCC Hunters Woods

May 15

724100-4A Thur 9:00 a.m. – 1:00 p.m.

May 16

724100-4B Fri 9:00 a.m. – 1:00 p.m.

Save the Date

Volunteer Recognition Dinner

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

Saturday, May 3

6:00 p.m.

RCC Hunters Woods



PROFESSIONAL TOURING ARTIST SERIES



EXTRA, EXTRA, READ ALL ABOUT IT!

I've come to realize that Reston Community Center is extraordinary in our relationship to patrons. In addition to our commitment to providing excellent programs and services, we enjoy providing "a little something extra" across all business lines. There's a charming word I love that describes a special - and often unexpected - little extra effort: *lagniappe*. It entered the English language from the Louisiana French adaptation of the Quechua word, brought to New Orleans by the Spanish creoles. It is derived from the South American Spanish phrase "la yapa," which refers to a free extra item, or a very inexpensive one. The term has been traced back to the Quechua word "yapay" ("to increase; to add").

For the months ahead in Arts and Events programs, we have several *lagniappes* to offer:

- In addition to the Sweet Honey In The Rock® concert, The Reston Dr. Martin Luther King Jr. Birthday Celebration includes the Keynote Address, the annual Commemorative March, community service projects, and much more.
- "Parents Time Out" programs, which provide children's activities and care during performances of Reduced Shakespeare Company, Sweet Honey In The Rock®, *Modern Moves* and Raul Midón.
- A storytelling boot camp with SpeakEasyDC.
- Free performances on select Thursday afternoons as part of the Osher Lifelong Learning Institute's Meet the Artists Series.
- Free films on select Monday mornings and Tuesday nights.
- Exhibiting artist receptions that are open to the public, allowing patrons to meet the people creating the art.
- Post-performance opportunities to visit with the artists in the Professional Touring Artist Series.

Everyone likes getting something extra; that's why I continue to plan these little (and big) bonuses for next season with my RCC colleagues. I hope we continue to surprise and delight you.

Paul Douglas Michnewicz,
Director of Arts and Events



Professional Touring Artist Series

SEASON AT-A-GLANCE

THEATRE

The Reduced Shakespeare Company presents:
*The Ultimate Christmas Show (abridged)**
 December 21, 8:00 p.m.

Mr. Vaudeville and Friends with Mark Brutsché
 April 6, 3:00 p.m.

SpeakeasyDC's *Born This Way: Stories About
 Queer Culture in America*
 June 8, 3:00 p.m.



Photos by Brian Mengini
 and James Holland

DANCE

Rennie Harris' RHAW
 March 9, 8:00 p.m.

Modern Moves
 May 28, 8:00 p.m.

MUSIC

New York Festival of Song: *Cubans in Paris,
 Cubans at Home*
 December 3, 8:00 p.m.

Sweet Honey In The Rock®*
 January 19, 8:00 p.m.

Lúnasa
 March 12, 8:00 p.m.

Trout Fishing In America
 April 27, 3:00 p.m.

Raul Midón
 May 31, 8:00 p.m.

* These performances are currently SOLD OUT, wait lists will form at the box office one hour prior to performance.



PARENTS TIME OUT

\$15 Reston/\$30 Non-Reston

(4-9 years old)

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

Reduced Shakespeare Company

Saturday, December 21 • 7:30 p.m. - 10:30 p.m.
 901197-4D

Sweet Honey In the Rock®

Sunday, January 19 • 7:30 p.m. - 10:30 p.m.
 901197-4E

Modern Moves

Wednesday, May 28 • 7:30 p.m. - 10:30 p.m.
 901197-4F

Raul Midón

Saturday, May 31 • 7:30 p.m. - 10:30 p.m.
 901197-4G





Tuesday, December 3 • 8:00 p.m.

\$20 Reston/\$40 Non-Reston

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

Cubans in Paris, Cubans at Home features Cuban music that took the world by storm in the 1920s and 30s and found a special welcome in Paris. This program straddles the concert hall, the night club, and the theatre world, with music by Montsalvatge, Lecuona, Prats, Roig, Grenet, and Caturla. It will also include excerpts from the operetta *Toi C'est Moi*, which was the hit of the 1934 season in the City of Light.

Featuring: Corinne Williams (soprano), Jeffrey Picón (tenor) and Ricardo Herrera (bass).

NEW YORK FESTIVAL OF SONG

Cubans in Paris, Cubans at Home

Photo by Dario Acosta



THE REDUCED SHAKESPEARE COMPANY *The Ultimate Christmas Show (abridged)*

Saturday, December 21 • 8:00 p.m.

\$25 Reston/\$50 Non-Reston

SOLD OUT Wait list will form at the box office one hour prior to performance.

LEARN! How Santa saved Christmas!

SING! The Ultimate Reduced Christmas Carol!

CELEBRATE! Hanukkah, Kwanzaa and Saturnalia!

CRINGE! At the origin of the term "Nutmacker!"

MEMORIZE! New lyrics to *The 12 Days of Christmas*, with iPads, not Lords a-Leaping!

GASP! At the shocking history of our best-loved Christmas traditions!

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



To register for Parents Time Out, register with #901197-4D Reduced Shakespeare

Photo by Meghan Moore



Sunday, January 19 • 8:00 p.m.

\$25 Reston/\$50 Non-Reston

SOLD OUT *Wait list will form at the box office one hour prior to performance.*

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

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



To register for Parents Time Out, register with #901197-4E Sweet Honey In The Rock®

Sweet Honey In The Rock®

For more information about the Reston Dr. Martin Luther King, Jr. Birthday Celebration, please see pages 4-6

Photo by Dwight Carter



Photo by Brian Mengini

Sunday, March 9 • 8:00 p.m.

\$15 Reston/\$30 Non-Reston

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

Rennie Harris' RHAW*

In Partnership with Dance Place

**Rennie Harris Awe-inspiring Work*

Wednesday, March 12 • 8:00 p.m.

\$20 Reston/\$40 Non-Reston

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



LÚNASA

Photo by Jim Kirby

MR. VAUDEVILLE AND FRIENDS!

with Mark Brutsché



Sunday, April 6 • 3:00 p.m.

\$5 Reston/\$10 Non-Reston

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

Photo by Christopher Robin



Photo by James Holland

Sunday, April 27 • 3:00 p.m.

\$15 Reston/\$30 Non-Reston

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

Trout Fishing in America

MODERN MOVES

In Partnership with Dance Place

Wednesday, May 28 • 8:00 p.m.

\$15 for Reston/\$30 for Non-Reston

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



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

Photo courtesy of Rebolgar Dance



RAUL MIDÓN



Photo by Blair Allen

Saturday, May 31 • 8:00 p.m.

\$20 Reston/\$40 Non-Reston

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

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



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

Sunday, June 8 • 3:00 p.m.

\$15 Reston/\$30 Non-Reston

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

Strong language and sexual content.

This performance is recommended for adults only.

Tell your own story at SpeakeasyDC's Storytelling Boot Camp

SpeakeasyDC presents a master class on autobiographical performance that will teach participants to turn personal stories into stage ready performance material. Registration includes a ticket for *Born This Way*. Limited to 10 students.
402596-4A • Turn to page 90 for more information.



SPEAKEASY DC

Born This Way: Stories About Queer Culture in America

Photo by Mary Hillebrand

CENTERSTAGE BOX OFFICE INFORMATION



Online:

www.restoncommunitycenter.com

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



By Mail:

**Return a Ticket Order Form (page 146) to
RCC Box Office, 2310 Colts Neck Road, Reston, VA 20191**



In Person:

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

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

Please provide the following information when you call:

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



Phone:



Fax:

Fax Ticket Order Form to 703-476-2488.

PLEASE NOTE:

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

THE CENTERSTAGE IS LOCATED INSIDE RCC HUNTERS WOODS. TO GET TO RCC HUNTERS WOODS:

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

Take Exit 12 to Reston Parkway
Left on Reston Parkway
Left on South Lakes Drive
Right on Colts Neck Road
Go 1/8 mile and turn left into Hunters Woods Village Center

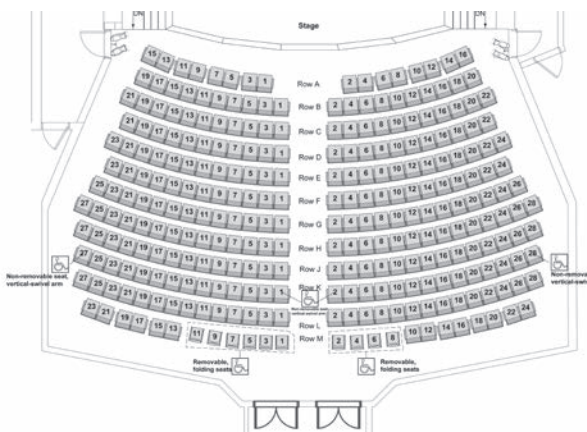
From Route 495 via Leesburg Pike (Route 7) going West:

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

From Centreville via Route 28

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

Tickets for the 2013/2014 Professional Touring Artist Series are sold at Reston (R) (Small District 5 residents or employees) or Non-Reston (NR) prices, regardless of age (no Senior or Youth tickets). Proof of residence or employment status may be requested. All seats are reserved unless otherwise indicated; payment is required at the time of reservation. Tickets are not mailed and can be picked up at RCC Hunters Woods during regular front desk hours, 9:00 a.m. – 9:00 p.m., once the order is processed.





COMMUNITY ORGANIZATIONS

PERFORMING ARTS

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



RESTON CHORALE

www.restonchorale.org

703-834-0079

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

and its founder in a stirring concert of new work and join the Chorale for its annual celebration of music we all share and love – the Pops Concert. Spring sings with this beloved community treasure.

The Reston Chorale is funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax. It is also partially supported by a grant from the Virginia Commission for the Arts.

Reston's 50th – A Celebration of the Vision and the Visionary

Join the Reston Chorale for the world premiere of *All Beautiful and Splendid Things* – a choral and orchestral work by composer Donald McCullough – commemorating Robert E. Simon, Jr.'s 100th birthday and the 50th anniversary of Reston.

Sunday, March 23 – 4:00 p.m.

South Lakes High School

Tickets: Ticket sales and ticket information are available online at www.restonchorale.org. The CenterStage Box Office is not selling this event.

Feelin' Groovy – Reston's Early Years

Join the Reston Chorale for their annual Pops Concert.

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

RCC Hunters Woods – Community Room

Tickets: \$25 Adults (18 and older), \$20 Seniors (62 and older), Youth 17 and younger FREE with paid admission. Available online at www.restonchorale.org and at the CenterStage Box Office two weeks prior to performances beginning Saturday, April 26th.



RESTON COMMUNITY PLAYERS

www.restonplayers.org
703-435-2707

The 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.

The Reston Community Players is funded in part by the Arts Council of Fairfax County, supported by the County of Fairfax.

Les Misérables

Music by Claude-Michel Schönberg • Lyrics by Alain Boublil and Jean-Marc Natel • Directed by Andrew JM Regiec

Thursdays, January 30, February 6, 8:00 p.m.

Fridays, January 17, 24, 31, February 7, 8:00 p.m.

Saturdays, January 18, 25, February 1, 8, 8:00 p.m.

Saturdays, February 1, 8, 2:00 p.m.

Sundays, January 26 (talk back), February 9, 2:00 p.m.

RCC Hunters Woods - the CenterStage

Recommended for ages 10 and over

Tickets: Prices range \$18-\$25, depending on performance date.

Available online at www.restonplayers.org and at the CenterStage Box Office.

Xanadu

Book by Douglas Carter Beane • Music & Lyrics by Jeff Lynne & John Farrar • Based on the Universal Pictures film with a screenplay by Richard Danus & Marc Rubel • Directed by Joshua Redford

Fridays, March 7, 14, 21, 28, 8:00 p.m.

Saturdays, March 8, 15, 22, 29, 8:00 p.m.

Sundays, March 16 (talk back), 23, 2:00 p.m.

RCC Hunters Woods - the CenterStage

Recommended for ages 13 and over

Tickets: \$23 Adults, \$20 Seniors (65 and over)/Students (18 and under). Available online at www.restonplayers.org and at the CenterStage Box Office.

Chapter Two

By Neil Simon • Directed by Adam Konowe

Fridays, April 25, May 2, 9, 8:00 p.m.

Saturdays, April 26, May 3, 10, 8:00 p.m.

Sunday, May 4 (talk back), 2:00 p.m.

RCC Hunters Woods - the CenterStage

Recommended for ages 18 and over

Tickets: \$20 Adults, \$17 Seniors (65 and over)/Students (18 and under). Available online at www.restonplayers.org and at the CenterStage Box Office.



RESTON COMMUNITY ORCHESTRA

www.restoncommunityorchestra.org
571-449-7095

Founded in 1988 as the Reston Chamber Orchestra, the RCO - now named to reflect its commitment to our community - is an all-volunteer ensemble celebrating music and Reston. With a wide-ranging repertoire, and ably led by Maestro Dingwall Fleary, the RCO depends entirely on voluntary contributions from its members and audience to be able to provide great music for our great community.

Tickets: FREE. Donations are appreciated.

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

8th Annual Memorial Tribute to Dr. Martin Luther King, Jr.

Join us for RCO's 8th annual musical salute to Dr. King, featuring the works of African-American composers and choral music associated with the civil rights movement he inspired. Joining us is Best of Reston awardee and song stylist, Beverly Cosham.

Saturday, January 18, 4:00 p.m.

RCC Hunters Woods – Community Room

Innovation – A Tribute to Robert E. Simon

A celebration of the 100th birthday of Reston's founder, Robert E. Simon, featuring music by Creston, Magnard and Bartok with renowned marimba player and RCO musician Rebecca Kite.

Sunday, March 16, 4:00 p.m.

RCC Hunters Woods – Community Room

Annual Concert for Youth

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

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

RCC Hunters Woods – Community Room



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.

Tickets: FREE

Spring Recitals

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

RCC Hunters Woods - the CenterStage



GROUNDWORKS DANCE ENSEMBLE

www.groundworksdance.com
703-593-4384

GroundWorks Dance Ensemble provides young dancers the opportunity to develop as moving artists. The focus of this intensive

modern dance training program is the artistic process, with the goal of building a solid foundation in the art of modern dance.

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

Tickets: Pricing information available at the CenterStage Box Office two weeks prior to performances.

GroundWorks Dance Ensemble Spring Concert

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

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

RCC Hunters Woods - the CenterStage



CLASSICAL BALLET THEATRE

www.cbtnva.org • 703-471-0750

Since 1991, the three-fold mission of the Classical Ballet Theatre (CBT) is to provide education, performance and outreach opportunities in the performing arts. CBT provides the highest caliber of training and coaching opportunities to prepare young dancers

for a career in the performing arts as well as to provide classes to dancers of all ages and levels in the community. CBT is known for its exceptional performance opportunities while offering high quality productions at affordable prices.

Tickets: \$22 Adults, \$18 Seniors (65 and over)/Students (12 and under). Available online at www.cbtnva.org and at the CenterStage Box Office.

An Evening of Contemporary Dance

Friday, February 21, 7:30 p.m.

RCC Hunters Woods - the CenterStage



RAVEL DANCE STUDIO

www.raveldance.com
703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity

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

The Ravel Dance Studio will be presenting one of the five classical ballets from its repertoire.

Tickets: Available only at Ravel Dance Studio and remaining tickets, if any, at the CenterStage Box Office on performance dates. \$18 All Ages.

Swan Lake and Girl with the Red Ribbon

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

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

RCC Hunters Woods - the CenterStage



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, beatbox to overtone singing to live looping and beyond. Profits go to charity to support the Alzheimer's Association and local music programs. 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.

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

Friday, February 21, 7:00 p.m. - "ACA-Idol" contest for collegiate and pro groups with telephone voting, live judges comments and \$1,000 first prize.

Saturday, February 22, 7:00 p.m. - Pro Concert 1

Saturday, February 22, 9:30 p.m. - Pro Concert 2

Sunday, February 23, 2:00 p.m. - Pro Concert 3

South Lakes High School



COMMUNITY ORGANIZATIONS

VISUAL ARTS

GRACE

Greater Reston Art Center

GREATER RESTON ARTS CENTER (GRACE)

www.restonarts.org

Greater Reston Arts Center is a Reston treasure that promotes involvement and excellence in contemporary visual arts. In pursuit of this mission, GRACE provides year-round programming 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.

During the 2013-2014 year, Greater Reston Arts Center will be celebrating its 40th anniversary. Founded in 1974 by artists and art lovers as a source of cultural enrichment for the new town of Reston, the Greater Reston Arts Center grew from its early beginnings at Lake Anne to its current home at Reston Town Center. The year will be full of compelling visual arts exhibitions and programs that celebrate the history and future of GRACE. Please visit their website for additional information.

Jungmin Park and Ajay Leister

November 18 – January 3

Stitch

January 16 – March 1

Youth Art Month

GRACE Art

March 7 – March 15

Emerging Visions

March 20 – April 5

Powerful Objects:

Renee Stout and Odinga Tyehimba

April 11 – July 5

GRACE Artist Member Exhibition

July 17 – August 30

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



INITIATIVE FOR PUBLIC ART – RESTON (IPAR)

www.publicartreston.org

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

Public art projects completed in 2013 include *Flux* by Valerie Theberge at Dogwood Pool and a sculpture by Mary Ann Mears at Hyatt Park in Reston Town Center, *Reston Rondo*. IPAR continues to work with Reston organizations to develop new public art projects in the community.

IPAR is presenting, in collaboration with Reston Community Center, a Public Art Film Series as part of the Tuesday Night at the Movies program (See page 11). Programs will take place in March and May. Visit www.publicartreston.org for more information about upcoming public art projects, community engagement activities, upcoming fundraising events, and to download a map showing the location of public art in Reston.

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



LEAGUE OF RESTON ARTISTS (LRA)

www.leagueofrestonartists.org

The League of Reston Artists sponsors exhibits, programs and receptions for members and the community. This nonprofit organization is open to all Washington DC metro art lovers and artists and has been a staple in the Reston community for nearly 45 years. LRA is unique because it provides opportunities for artists at every stage of their development, from emerging to professional. Each year new members join and volunteers coordinate

fresh opportunities to partner with local businesses and display artwork produced by area artists. LRA's special interest group, the Reston Photographic Society, offers a diverse network of photographers and opportunities.

The League of Reston Artists is partially supported by a grant from the Virginia Commission for the Arts and the National Endowment for the Arts.

JANUARY

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive

LRA Painters

Greater Reston Chamber of Commerce - 1763 Fountain Drive

Parkridge 4 Exhibit

10780 Parkridge Boulevard

FEBRUARY

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive

MARCH

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive

APRIL

Annual Founders Day Exhibit

RCC Lake Anne – Jo Ann Rose Gallery

Reception: Sunday, April 13, 2:00 p.m. – 4:00 p.m.

RPS Photographers

Greater Reston Chamber of Commerce - 1763 Fountain Drive

Parkridge 4 Exhibit

10780 Parkridge Boulevard

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive

MAY

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive

JUNE

RPS Photographers Exhibit

RCC Lake Anne – Jo Ann Rose Gallery

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

Solo Show

Reston Association Building - 12001 Sunrise Valley Drive



RESTON ART GALLERY AND STUDIOS (RAGS)

www.restonartgallery.com • 703-481-8156

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

JANUARY 3 – FEBRUARY 7

New Year/New Work

A 12-artist group show featuring handmade jewelry.

FEBRUARY 7 – MARCH 7

Red

A color-themed show of art in all shades and tints of red and various textures and media.

MARCH 7 – APRIL 4

Fresh Picked Spring Bouquets

Oils, acrylics, paper, prints and photography

APRIL 4 – MAY 2

Waterworks

Oil and water DO mix after all!

MAY 2 – JUNE 6

Two Views

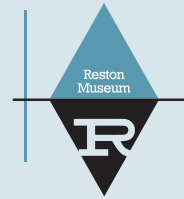
A two-person show with Gail Axtell and Pat Macintyre.

JUNE 6 – JULY 4

Summer Solstice

A 12 artist group show featuring handmade jewelry, original prints, paper paintings, water color, acrylics & oils.

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.



THE RESTON HISTORIC TRUST

www.restonmuseum.org
703-709-7700

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

Founders Day

APRIL 5 • 12:00 P.M. • LAKE ANNE PLAZA

Join us in celebrating Reston's 50th Anniversary and Robert E. Simon Jr.'s 100th Birthday!

GRANT PROGRAM FUNDERS



Arts Council of Fairfax County

www.artsfairfax.org



Virginia Commission for the Arts

www.arts.state.va.us



National Endowment for the Arts

www.nea.gov



GALLERY EXHIBITS

RCC LAKE ANNE, JO ANN ROSE GALLERY EXHIBITS

JANUARY

Wanderment 2

Photography by Trung Nguyen

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

FEBRUARY

Paintings and Prints

Ann Barbieri, Dana Scheurer, Connie Slack

Reception: Sunday, February 9, 2:00 p.m. – 4:00 p.m.

MARCH

Youth Art Month

Art from Reston's Elementary Schools

Reception: Sunday, March 16, 2:00 p.m. – 4:00 p.m.

APRIL

Founders Fine Art Membership Exhibit

League of Reston Artists (LRA)

Reception: Sunday, April 13, 2:00 p.m. – 4:00 p.m.

MAY

RCC Teachers and Students Exhibit

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

JUNE

Reston Photographic Society Exhibit

League of Reston Artists (LRA)

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

RCC HUNTERS WOODS EXHIBITS

JANUARY

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

Art from Reston Elementary Schools

Reception: January 19, 1:30 p.m.

FEBRUARY

Double Exposure – Darkroom Plus Digital

Photography Exhibit from Sandra Delzell and Friends

MARCH

Young at Art Exhibit

55 Years and Older Artists

Reception: Friday, March 14, 2:00 p.m. – 3:30 p.m.

APRIL

Reston's 50th Anniversary Exhibit

Presented by the Reston Museum

MAY

Artworks by Students of U.S. Arts Chantilly

JUNE

Artistic Treasures

Group Show – Staff and Friends of RCC





AQUATICS

POOL FEES & PASSES

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

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

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

GROUP RESERVATIONS

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

Fees will be reviewed annually.

WINTER POOL SCHEDULE • JANUARY 2 – FEBRUARY 21

Spa closed the first Sunday of each month for cleaning
 Pool closed Monday through Friday, 3:30 p.m. – 4:30 p.m.

	Open Swim/Spa Hours *(Swim Lanes may be limited)	Lap Swim/Spa Hours *(Swim Lanes may be limited)
Monday/Wednesday/Friday	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. 8:00 a.m. – 12:00 p.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 22 – JUNE 22

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	1:00 p.m. – 6:00 p.m. 7:00 p.m. – 9:00 p.m.	6:00 a.m. – 8:00 a.m. 8:00 a.m. – 12:00 p.m.* 12:00 p.m. – 1:00 p.m. 6:00 p.m. – 7:00 p.m.*
Tuesday/Thursday	8:00 a.m. – 11:00 a.m. 1:00 p.m. – 4:30 p.m.	6:00 a.m. – 8:00 a.m. 12:00 p.m. – 1:00 p.m. 4:30 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.

HOLIDAY HOURS

December 24	Christmas Eve	6:00 a.m. – 1:30 p.m.	January 1	New Year's Day	12:00 p.m. – 4:30 p.m.
December 25	Christmas Day	CLOSED	January 20	MLK Day	6:00 a.m. – 9:00 p.m.
December 31	New Year's Eve	6:00 a.m. – 1:30 p.m.	February 17	Presidents Day	6:00 a.m. – 9:00 p.m.
			May 26	Memorial Day	6:00 a.m. – 1:30 p.m.

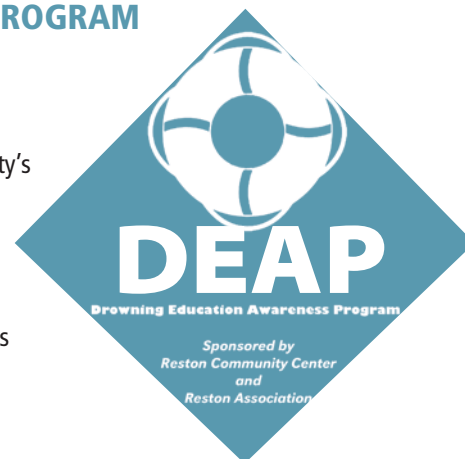


DEAP

DROWNING EDUCATION AWARENESS PROGRAM

RCC and RA working together for Water Safety

Sponsored by Reston Community Center and Reston Association



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

- Parent Orientation to Swim Lessons
- Water Safety Presentation
- Longfellow's WHALE Tales

By working together, RCC and RA strive to provide our community access to healthy and safe fun in all of Reston's pools. If you have questions, or would like more information, please contact either RCC at 703-476-4500 or RA at 703-435-6530.

RESTON MASTERS SWIM TEAM



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 as young as 18 and as old as 80.

RMST provides a venue for swimmers at all levels and for all reasons, with fitness swimmers, triathletes and very highly competitive swimmers. At this time, several members are national champions (including the 80-year-old). Swimmers swam in high school and/or college and either continued over the years or wanted to get back in the shape they were in "way back when." Reston Master Swim Team is also filled with swimmers who are not competitive but simply enjoy swimming in an organized program.

The indoor season is in the Terry L. Smith Aquatics Center. Terry was a longtime member of the team as well as a longtime member of the RCC Board and staff of instructors. The current coach, Frank Koval, has brought the team to a level of expertise that competes and wins nationally on a regular basis. In the past three years RMST has come in 5th and 6th respectively in the national championships which bring out about 100 teams each year.

Reston Masters Swim Team swims Tuesday, Thursday and Sunday evenings, and Saturday mornings. For exact times please check the Calendar on their 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.



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 must pass the Pre-Lifeguard Stroke Evaluation.

Lifeguarding course:

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.

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

Friday	March 7	6:00 p.m. – 7:00 p.m.
Sunday	March 9, 16, 23	10:00 a.m. – 4:00 p.m.
Monday	March 10, 17	4:00 p.m. – 9:00 p.m.
Wednesday	March 12, 19	4:00 p.m. – 9:00 p.m.

621241-4A

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

Friday	April 4	6:00 p.m. – 7:00 p.m.
Sunday	April 6, 13	10:00 a.m. – 4:00 p.m.
Monday	April 7, 14	4:00 p.m. – 9:00 p.m.
Wednesday	April 9, 16	4:00 p.m. – 9:00 p.m.
Saturday	April 12	10:00 a.m. – 4:00 p.m.

621241-4B

General Water Safety

(18 years and older)

This FREE 1-hour presentation (30-minute lecture and 30 minutes of Q&A) focuses on the importance of water safety training and provides general information on keeping family members safe in, on, and around the water. The presentation is designed for rotary clubs, PTAs, home school networks, church groups, and other civic organizations and can be scheduled at their facility. Please contact the Aquatics Director at 703-390-6150 to schedule a presentation.

Parent Orientation

(18 years and older)

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

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

Saturday, April 19 11:00 a.m. – 12:00 p.m.
621198-4A

Water Safety Instructor

(16 years and older)

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn to Swim, and Parent and Child Aquatics. Prerequisites: At least 16 years old and successful completion of the Water Safety Instructor Pre-Test (administered the first day of class). Must attend all sessions.

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

Saturday	February 8, 15	10:00 a.m. – 4:00 p.m.
Sunday	February 9, 16	10:00 a.m. – 4:00 p.m.
Monday	February 10, 17	5:00 p.m. – 9:00 p.m.
Wednesday	February 12, 19	5:00 p.m. – 9:00 p.m.

621244-4A

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

Saturday	May 31, June 7, 14	10:00 a.m. – 4:00 p.m.
Monday	June 2, 9	4:00 p.m. – 9:00 p.m.
Wednesday	June 4, 11	4:00 p.m. – 9:00 p.m.

621244-4B

Longfellow's WHALE Tales

(5-12 years old)

Longfellow's WHALE Tales is a FREE 1-hour interactive presentation that provides easy to follow information to help children learn safe behavior in, on, and around the water. Taught in a classroom environment, WHALE Tales makes water safety fun and easy to learn. Each lesson is reinforced with color posters, worksheets, activities, and a video that features Longfellow, the animated whale. This program is offered to Cub Scouts and Webelos, Daisy, Brownie, and Junior Girl Scouts, and day care centers. Teachers and scout leaders can contact the Aquatics Director at 703-390-6150 to schedule a class.

Learn to
SWIM
*Infant-
Kindergarten*

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

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

PLACEMENT

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

DURATION OF ENROLLMENTS

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

INFANT/KINDERGARTEN CLASS REQUIREMENTS

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

SPECIAL ACCOMMODATIONS

If you require a special accommodation, please do not hesitate to ask us. Where needs are unique, we will work with our patrons to accommodate them to the extent we are able and qualified. To request an alternative format and/or to inform us of your special need, please call us at 703-476-4500 • 800-828-1120 (TTY).

Water Introduction

(6 - 18 months)

This class helps young children (ages 6 months to 18 months) become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/adult is required to accompany each child in the water and participate in the classes.

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620000-4A Sat 9:00 a.m. – 9:30 a.m.

February 22 - March 29

620000-4B Sat 9:00 a.m. – 9:30 a.m.

April 19 - May 31 (No Class: May 24)

620000-4C Sat 9:00 a.m. – 9:30 a.m.

January 5 - February 9

620002-4A Sun 9:00 a.m. – 9:30 a.m.

February 23 - March 30

620002-4B Sun 9:00 a.m. – 9:30 a.m.

April 20 - June 1 (No Class: May 25)

620002-4C Sun 9:00 a.m. – 9:30 a.m.

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

January 7 - January 30

620004-4A Tue, Thu 10:00 a.m. – 10:30 a.m.

February 11 - March 6

620004-4B Tue, Thu 10:00 a.m. – 10:30 a.m.

March 18 - April 10

620004-4C Tue, Thu 10:00 a.m. – 10:30 a.m.

April 22 - May 15

620004-4D Tue, Thu 10:00 a.m. – 10:30 a.m.

May 20 - June 12

620004-4E Tue, Thu 10:00 a.m. – 10:30 a.m.

Aqua Tots

(19 - 36 months)

This class helps young children (ages 19 months to 36 months) become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A

parent/adult is required to accompany each child in the water and participate in the classes.

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620007-4A Sat 9:30 a.m. – 10:00 a.m.

February 22 - March 29

620007-4B Sat 9:30 a.m. – 10:00 a.m.

April 19 - May 31 (No Class: May 24)

620007-4C Sat 9:30 a.m. – 10:00 a.m.

January 5 - February 9

620008-4A Sun 9:30 a.m. – 10:00 a.m.

February 23 - March 30

620008-4B Sun 9:30 a.m. – 10:00 a.m.

April 20 - June 1 (No Class: May 25)

620008-4C Sun 9:30 a.m. – 10:00 a.m.

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

January 7 - January 30

620009-4A Tue, Thu 10:30 a.m. – 11:00 a.m.

February 11 - March 6

620009-4B Tue, Thu 10:30 a.m. – 11:00 a.m.

March 18 - April 10

620009-4C Tue, Thu 10:30 a.m. – 11:00 a.m.

April 22 - May 15

620009-4D Tue, Thu 10:30 a.m. – 11:00 a.m.

May 20 - June 12

620009-4E Tue, Thu 10:30 a.m. – 11:00 a.m.



PRIVATE SWIM LESSONS

The RCC Terry L. Smith Aquatics Center offers private swim lessons for children and adults; class curriculum is tailored to the individual student and

sessions are scheduled around the other uses of the pool, instructor availability and the participant's schedule. Lessons are taught by RCC certified instructors in 30-minute increments of time. Please contact the Aquatics Service desk for more information or to inquire about availability at 703-390-6150. Payment in full will be required prior to enrollment and the standard RCC Refund Policy will apply.

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



Skipper I

(3 years old)

Skipper I introduces students to floating, kicking, paddling, submerging, and water safety skills. The class develops basic swimming skills. An instructor works with two children at a time for 20-minutes. Parents do not accompany the student in the water.

6, 20-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620010-4A	Sat	9:00 a.m. – 9:20 a.m.
620010-4B	Sat	9:20 a.m. – 9:40 a.m.
620010-4C	Sat	9:40 a.m. – 10:00 a.m.
620010-4D	Sat	10:00 a.m. – 10:20 a.m.
620010-4E	Sat	10:20 a.m. – 10:40 a.m.
620010-4F	Sat	10:40 a.m. – 11:00 a.m.
620010-4G	Sat	11:00 a.m. – 11:20 a.m.
620010-4H	Sat	11:20 a.m. – 11:40 a.m.
620010-4I	Sat	11:40 a.m. – 12:00 p.m.

February 22 - March 29

620010-4J	Sat	9:00 a.m. – 9:20 a.m.
620010-4K	Sat	9:20 a.m. – 9:40 a.m.
620010-4L	Sat	9:40 a.m. – 10:00 a.m.
620010-4M	Sat	10:00 a.m. – 10:20 a.m.
620010-4N	Sat	10:20 a.m. – 10:40 a.m.
620010-4O	Sat	10:40 a.m. – 11:00 a.m.
620010-4P	Sat	11:00 a.m. – 11:20 a.m.
620010-4Q	Sat	11:20 a.m. – 11:40 a.m.
620010-4R	Sat	11:40 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

620010-4S	Sat	9:00 a.m. – 9:20 a.m.
620010-4T	Sat	9:20 a.m. – 9:40 a.m.
620010-4U	Sat	9:40 a.m. – 10:00 a.m.
620010-4V	Sat	10:00 a.m. – 10:20 a.m.
620010-4W	Sat	10:20 a.m. – 10:40 a.m.
620010-4X	Sat	10:40 a.m. – 11:00 a.m.
620010-4Y	Sat	11:00 a.m. – 11:20 a.m.
620010-4Z	Sat	11:20 a.m. – 11:40 a.m.
620011-4A	Sat	11:40 a.m. – 12:00 p.m.

January 5 - February 9

620012-4A	Sun	10:00 a.m. – 10:20 a.m.
620012-4B	Sun	10:20 a.m. – 10:40 a.m.
620012-4C	Sun	10:40 a.m. – 11:00 a.m.

February 23 - March 30

620012-4D	Sun	10:00 a.m. – 10:20 a.m.
620012-4E	Sun	10:20 a.m. – 10:40 a.m.
620012-4F	Sun	10:40 a.m. – 11:00 a.m.

April 20 - June 1 (No Class: May 25)

620012-4G	Sun	10:00 a.m. – 10:20 a.m.
620012-4H	Sun	10:20 a.m. – 10:40 a.m.
620012-4I	Sun	10:40 a.m. – 11:00 a.m.

January 6 - February 10

620013-4A	Mon	9:00 a.m. – 9:20 a.m.
620013-4B	Mon	9:20 a.m. – 9:40 a.m.
620013-4C	Mon	9:40 a.m. – 10:00 a.m.

March 3 - April 7

620013-4D	Mon	9:00 a.m. – 9:20 a.m.
620013-4E	Mon	9:20 a.m. – 9:40 a.m.
620013-4F	Mon	9:40 a.m. – 10:00 a.m.

April 21 - June 2 (No Class: May 26)

620013-4G	Mon	9:00 a.m. – 9:20 a.m.
620013-4H	Mon	9:20 a.m. – 9:40 a.m.
620013-4I	Mon	9:40 a.m. – 10:00 a.m.

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

January 7 - January 30

620014-4A	Tue, Thu	9:00 a.m. – 9:20 a.m.
620014-4B	Tue, Thu	9:20 a.m. – 9:40 a.m.
620014-4C	Tue, Thu	9:40 a.m. – 10:00 a.m.
620014-4D	Tue, Thu	1:30 p.m. – 1:50 p.m.
620014-4E	Tue, Thu	1:50 p.m. – 2:10 p.m.
620014-4F	Tue, Thu	2:10 p.m. – 2:30 p.m.

February 11 - March 6

620014-4G	Tue, Thu	9:00 a.m. – 9:20 a.m.
620014-4H	Tue, Thu	9:20 a.m. – 9:40 a.m.
620014-4I	Tue, Thu	9:40 a.m. – 10:00 a.m.
620014-4J	Tue, Thu	1:30 p.m. – 1:50 p.m.
620014-4K	Tue, Thu	1:50 p.m. – 2:10 p.m.
620014-4L	Tue, Thu	2:10 p.m. – 2:30 p.m.

March 18 - April 10

620014-4M	Tue, Thu	9:00 a.m. – 9:20 a.m.
620014-4N	Tue, Thu	9:20 a.m. – 9:40 a.m.
620014-4O	Tue, Thu	9:40 a.m. – 10:00 a.m.
620014-4P	Tue, Thu	1:30 p.m. – 1:50 p.m.
620014-4Q	Tue, Thu	1:50 p.m. – 2:10 p.m.
620014-4R	Tue, Thu	2:10 p.m. – 2:30 p.m.

April 22 - May 15

620014-4S	Tue, Thu	9:00 a.m. – 9:20 a.m.
620014-4T	Tue, Thu	9:20 a.m. – 9:40 a.m.
620014-4U	Tue, Thu	9:40 a.m. – 10:00 a.m.
620014-4V	Tue, Thu	1:30 p.m. – 1:50 p.m.
620014-4W	Tue, Thu	1:50 p.m. – 2:10 p.m.
620014-4X	Tue, Thu	2:10 p.m. – 2:30 p.m.

May 20 - June 12

620014-4Y	Tue, Thu	9:00 a.m. – 9:20 a.m.
620014-4Z	Tue, Thu	9:20 a.m. – 9:40 a.m.
620017-4A	Tue, Thu	9:40 a.m. – 10:00 a.m.
620017-4B	Tue, Thu	1:30 p.m. – 1:50 p.m.
620017-4C	Tue, Thu	1:50 p.m. – 2:10 p.m.
620017-4D	Tue, Thu	2:10 p.m. – 2:30 p.m.

6, 20-minute sessions • \$40 (R)/\$80 (NR)

January 8 - February 12

620015-4A	Wed	10:00 a.m. – 10:20 a.m.
620015-4B	Wed	10:20 a.m. – 10:40 a.m.
620015-4C	Wed	10:40 a.m. – 11:00 a.m.

February 26 - April 2

620015-4D	Wed	10:00 a.m. – 10:20 a.m.
620015-4E	Wed	10:20 a.m. – 10:40 a.m.
620015-4F	Wed	10:40 a.m. – 11:00 a.m.

April 23-May 28

620015-4G	Wed	10:00 a.m. – 10:20 a.m.
620015-4H	Wed	10:20 a.m. – 10:40 a.m.
620015-4I	Wed	10:40 a.m. – 11:00 a.m.

Rookie I

(4 - 5 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620030-4A	Sat	9:00 a.m. – 9:30 a.m.
620030-4B	Sat	10:30 a.m. – 11:00 a.m.
620030-4C	Sat	11:00 a.m. – 11:30 a.m.

February 22 - March 29

620030-4D	Sat	9:00 a.m. – 9:30 a.m.
620030-4E	Sat	10:30 a.m. – 11:00 a.m.
620030-4F	Sat	11:00 a.m. – 11:30 a.m.

April 19 - May 31 (No Class: May 24)

620030-4G	Sat	9:00 a.m. – 9:30 a.m.
620030-4H	Sat	10:30 a.m. – 11:00 a.m.
620030-4I	Sat	11:00 a.m. – 11:30 a.m.

January 5 - February 9

620032-4A	Sun	10:00 a.m. – 10:30 a.m.
620032-4B	Sun	11:00 a.m. – 11:30 a.m.

February 23 - March 30

620032-4C	Sun	10:00 a.m. – 10:30 a.m.
620032-4D	Sun	11:00 a.m. – 11:30 a.m.

April 20 - June 1 (No Class: May 25)

620032-4E	Sun	10:00 a.m. – 10:30 a.m.
620032-4F	Sun	11:00 a.m. – 11:30 a.m.

January 6 - February 10

620033-4A	Mon	10:00 a.m. – 10:30 a.m.
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March 3 - April 7

620033-4B	Mon	10:00 a.m. – 10:30 a.m.
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April 21 - June 2 (No Class: May 26)

620033-4C	Mon	10:00 a.m. – 10:30 a.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620034-4A	Tue, Thu	9:00 a.m. – 9:30 a.m.
620034-4B	Tue, Thu	1:00 p.m. – 1:30 p.m.
620034-4C	Tue, Thu	2:30 p.m. – 3:00 p.m.
620034-4D	Tue, Thu	4:30 p.m. – 5:00 p.m.

February 11 - March 6

620034-4E	Tue, Thu	9:00 a.m. – 9:30 a.m.
620034-4F	Tue, Thu	1:00 p.m. – 1:30 p.m.
620034-4G	Tue, Thu	2:30 p.m. – 3:00 p.m.
620034-4H	Tue, Thu	4:30 p.m. – 5:00 p.m.

March 18 - April 10

620034-4I	Tue, Thu	9:00 a.m. – 9:30 a.m.
620034-4J	Tue, Thu	1:00 p.m. – 1:30 p.m.
620034-4K	Tue, Thu	2:30 p.m. – 3:00 p.m.
620034-4L	Tue, Thu	4:30 p.m. – 5:00 p.m.

April 22 - May 15

620034-4M	Tue, Thu	9:00 a.m. – 9:30 a.m.
620034-4N	Tue, Thu	1:00 p.m. – 1:30 p.m.
620034-4O	Tue, Thu	2:30 p.m. – 3:00 p.m.
620034-4P	Tue, Thu	4:30 p.m. – 5:00 p.m.

May 20 - June 12

620034-4Q	Tue, Thu	9:00 a.m. – 9:30 a.m.
620034-4R	Tue, Thu	1:00 p.m. – 1:30 p.m.
620034-4S	Tue, Thu	2:30 p.m. – 3:00 p.m.
620034-4T	Tue, Thu	4:30 p.m. – 5:00 p.m.

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

March 19 - April 11

620035-4A	Wed, Fri	4:00 p.m. – 4:30 p.m.
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April 23 - May 16

620035-4B	Wed, Fri	4:00 p.m. – 4:30 p.m.
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May 21 - June 13

620035-4C	Wed, Fri	4:00 p.m. – 4:30 p.m.
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PRACTICE MAKES PERFECT

"Practice Makes Perfect" is a good motto for the RCC approach to our swimming lessons program. We encourage repeated enrollment in skill classes for

students so they fully master the swimming techniques needed for lifelong aquatic enjoyment and water safety.



FAMILY SPLASH

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

January 31, February 28, March 28, April 25, May 30
7:00 p.m. - 9:00 p.m.

Rookie II

(4 - 5 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620040-4A	Sat	9:30 a.m. – 10:00 a.m.
620040-4B	Sat	10:00 a.m. – 10:30 a.m.
620040-4C	Sat	11:30 a.m. – 12:00 p.m.

February 22 - March 29

620040-4D	Sat	9:30 a.m. – 10:00 a.m.
620040-4E	Sat	10:00 a.m. – 10:30 a.m.
620040-4F	Sat	11:30 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

620040-4G	Sat	9:30 a.m. – 10:00 a.m.
620040-4H	Sat	10:00 a.m. – 10:30 a.m.
620040-4I	Sat	11:30 a.m. – 12:00 p.m.

January 5 - February 9

620042-4A	Sun	10:30 a.m. – 11:00 a.m.
620042-4B	Sun	11:30 a.m. – 12:00 p.m.

February 23 - March 30

620042-4C	Sun	10:30 a.m. – 11:00 a.m.
620042-4D	Sun	11:30 a.m. – 12:00 p.m.

April 20 - June 1 (No Class: May 25)

620042-4E	Sun	10:30 a.m. – 11:00 a.m.
620042-4F	Sun	11:30 a.m. – 12:00 p.m.

January 6 - February 10

620043-4A	Mon	1:30 p.m. – 2:00 p.m.
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March 3 - April 7

620043-4B	Mon	1:30 p.m. – 2:00 p.m.
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April 21 - June 2 (No Class: May 26)

620043-4C	Mon	1:30 p.m. – 2:00 p.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620044-4A	Tue, Thu	9:30 a.m. – 10:00 a.m.
620044-4B	Tue, Thu	1:30 p.m. – 2:00 p.m.
620044-4C	Tue, Thu	5:00 p.m. – 5:30 p.m.

February 11 - March 6

620044-4D	Tue, Thu	9:30 a.m. – 10:00 a.m.
620044-4E	Tue, Thu	1:30 p.m. – 2:00 p.m.
620044-4F	Tue, Thu	5:00 p.m. – 5:30 p.m.

March 18 - April 10

620044-4G	Tue, Thu	9:30 a.m. – 10:00 a.m.
620044-4H	Tue, Thu	1:30 p.m. – 2:00 p.m.
620044-4I	Tue, Thu	5:00 p.m. – 5:30 p.m.

April 22 - May 15

620044-4J	Tue, Thu	9:30 a.m. – 10:00 a.m.
620044-4K	Tue, Thu	1:30 p.m. – 2:00 p.m.
620044-4L	Tue, Thu	5:00 p.m. – 5:30 p.m.

May 20 - June 12

620044-4M	Tue, Thu	9:30 a.m. – 10:00 a.m.
620044-4N	Tue, Thu	1:30 p.m. – 2:00 p.m.
620044-4O	Tue, Thu	5:00 p.m. – 5:30 p.m.

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 8 - February 12

620045-4A	Wed	9:30 a.m. – 10:00 a.m.
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February 26 - April 2

620045-4B	Wed	9:30 a.m. – 10:00 a.m.
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April 23 - May 28

620045-4C	Wed	9:30 a.m. – 10:00 a.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

March 19 - April 11

620045-4D	Wed, Fri	4:30 p.m. – 5:00 p.m.
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April 23 - May 16

620045-4E	Wed, Fri	4:30 p.m. – 5:00 p.m.
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May 21 - June 13

620045-4F	Wed, Fri	4:30 p.m. – 5:00 p.m.
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Ranger

(4 - 7 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620050-4A	Sat	9:30 a.m. – 10:00 a.m.
620050-4B	Sat	10:30 a.m. – 11:00 a.m.

February 22 - March 29

620050-4C	Sat	9:30 a.m. – 10:00 a.m.
620050-4D	Sat	10:30 a.m. – 11:00 a.m.

April 19 - May 31 (No Class: May 24)

620050-4E	Sat	9:30 a.m. – 10:00 a.m.
620050-4F	Sat	10:30 a.m. – 11:00 a.m.

January 5 - February 9

620052-4A	Sun	11:30 a.m. – 12:00 p.m.
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February 23 - March 30

620052-4B	Sun	11:30 a.m. – 12:00 p.m.
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April 20 - June 1 (No Class: May 25)

620052-4C	Sun	11:30 a.m. – 12:00 p.m.
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January 6 - February 10

620053-4A	Mon	2:00 p.m. – 2:30 p.m.
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March 3 - April 7

620053-4B	Mon	2:00 p.m. – 2:30 p.m.
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April 21 - June 2 (No Class: May 26)

620053-4C	Mon	2:00 p.m. – 2:30 p.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620054-4A	Tue, Thu	2:00 p.m. – 2:30 p.m.
620054-4B	Tue, Thu	5:30 p.m. – 6:00 p.m.

February 11 - March 6

620054-4C	Tue, Thu	2:00 p.m. – 2:30 p.m.
620054-4D	Tue, Thu	5:30 p.m. – 6:00 p.m.

March 18 - April 10

620054-4E	Tue, Thu	2:00 p.m. – 2:30 p.m.
620054-4F	Tue, Thu	5:30 p.m. – 6:00 p.m.

April 22 - May 15

620054-4G	Tue, Thu	2:00 p.m. – 2:30 p.m.
620054-4H	Tue, Thu	5:30 p.m. – 6:00 p.m.

May 20 - June 12

620054-4I	Tue, Thu	2:00 p.m. – 2:30 p.m.
620054-4J	Tue, Thu	5:30 p.m. – 6:00 p.m.

Marlin

(4 - 7 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620060-4A	Sat	10:00 a.m. – 10:30 a.m.
620060-4B	Sat	11:00 a.m. – 11:30 a.m.

February 22 - March 29

620060-4C	Sat	10:00 a.m. – 10:30 a.m.
620060-4D	Sat	11:00 a.m. – 11:30 a.m.

April 19 - May 31 (No Class: May 24)

620060-4E	Sat	10:00 a.m. – 10:30 a.m.
620060-4F	Sat	11:00 a.m. – 11:30 a.m.

January 5 - February 9

620062-4A	Sun	9:30 a.m. – 10:00 a.m.
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February 23 - March 30

620062-4B	Sun	9:30 a.m. – 10:00 a.m.
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April 20 - June 1 (No Class: May 25)

620062-4C	Sun	9:30 a.m. – 10:00 a.m.
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January 6 - February 10

620063-4A	Mon	2:30 p.m. – 3:00 p.m.
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March 3 - April 7

620063-4B	Mon	2:30 p.m. – 3:00 p.m.
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April 21 - June 2 (No Class: May 26)

620063-4C	Mon	2:30 p.m. – 3:00 p.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620064-4A	Tue, Thu	2:30 p.m. – 3:00 p.m.
620064-4B	Tue, Thu	6:30 p.m. – 7:00 p.m.

February 11 - March 6

620064-4C	Tue, Thu	2:30 p.m. – 3:00 p.m.
620064-4D	Tue, Thu	6:30 p.m. – 7:00 p.m.

March 18 - April 10

620064-4E	Tue, Thu	2:30 p.m. – 3:00 p.m.
620064-4F	Tue, Thu	6:30 p.m. – 7:00 p.m.

April 22 - May 15

620064-4G	Tue, Thu	2:30 p.m. – 3:00 p.m.
620064-4H	Tue, Thu	6:30 p.m. – 7:00 p.m.

May 20 - June 12

620064-4I	Tue, Thu	2:30 p.m. – 3:00 p.m.
620064-4J	Tue, Thu	6:30 p.m. – 7:00 p.m.

Water Wonder

(4 - 7 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620070-4A	Sat	10:00 a.m. – 10:30 a.m.
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February 22 - March 29

620070-4B	Sat	10:00 a.m. – 10:30 a.m.
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April 19 - May 31 (No Class: May 24)

620070-4C	Sat	10:00 a.m. – 10:30 a.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620074-4A	Tue, Thu	5:00 p.m. – 5:30 p.m.
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February 11 - March 6

620074-4B	Tue, Thu	5:00 p.m. – 5:30 p.m.
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March 18 - April 10

620074-4C	Tue, Thu	5:00 p.m. – 5:30 p.m.
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April 22 - May 15

620074-4D	Tue, Thu	5:00 p.m. – 5:30 p.m.
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May 20 - June 12

620074-4E	Tue, Thu	5:00 p.m. – 5:30 p.m.
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AVOID WAITLISTS/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.



Learn to

SWIM Youth

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

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

PLACEMENT

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

DURATION OF ENROLLMENTS

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

YOUTH CLASS REQUIREMENTS

CLASS	AGES	PREREQUISITES
Swim Level 1/2	6 - 12 years	No swimming skills required.
Swim Level 3	6 - 12 years	Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 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 back stroke for 15 yards.
Swim Level 5	6 - 12 years	Perform a feet-first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
Swim Level 6	6 - 12 years	Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and position and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.
Youth Stroke-N-Turn	6 - 8 years	Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.
Youth Stroke-N-Turn	9 - 12 years	Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.

Youth Level 1-2

(6 - 12 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4-February 8

620110-4A	Sat	9:00 a.m. – 9:30 a.m.
620110-4B	Sat	9:30 a.m. – 10:00 a.m.

February 22 - March 29

620110-4C	Sat	9:00 a.m. – 9:30 a.m.
620110-4D	Sat	9:30 a.m. – 10:00 a.m.

April 19 - May 31 (No Class: May 24)

620110-4E	Sat	9:00 a.m. – 9:30 a.m.
620110-4F	Sat	9:30 a.m. – 10:00 a.m.

January 5 - February 9

620112-4A	Sun	11:00 a.m. – 11:30 a.m.
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February 23 - March 30

620112-4B	Sun	11:00 a.m. – 11:30 a.m.
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April 20 - June 1 (No Class: May 25)

620112-4C	Sun	11:00 a.m. – 11:30 a.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620114-4A	Tue, Thu	6:00 p.m. – 6:30 p.m.
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February 11 - March 6

620114-4B	Tue, Thu	6:00 p.m. – 6:30 p.m.
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March 18 - April 10

620114-4C	Tue, Thu	6:00 p.m. – 6:30 p.m.
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April 22 - May 15

620114-4D	Tue, Thu	6:00 p.m. – 6:30 p.m.
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May 20 - June 12

620114-4E	Tue, Thu	6:00 p.m. – 6:30 p.m.
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March 19 - April 11

620115-4A	Wed, Fri	5:00 p.m. – 5:30 p.m.
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April 23 - May 16

620115-4B	Wed, Fri	5:00 p.m. – 5:30 p.m.
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May 21 - June 13

620115-4C	Wed, Fri	5:00 p.m. – 5:30 p.m.
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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-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620120-4A	Sat	10:30 a.m. – 11:00 a.m.
620120-4B	Sat	11:00 a.m. – 11:30 a.m.
620120-4C	Sat	11:30 a.m. – 12:00 p.m.

February 22 - March 29

620120-4D	Sat	10:30 a.m. – 11:00 a.m.
620120-4E	Sat	11:00 a.m. – 11:30 a.m.
620120-4F	Sat	11:30 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

620120-4G	Sat	10:30 a.m. – 11:00 a.m.
620120-4H	Sat	11:00 a.m. – 11:30 a.m.
620120-4I	Sat	11:30 a.m. – 12:00 p.m.

January 5 - February 9

620122-4A	Sun	9:00 a.m. – 9:30 a.m.
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February 23 - March 30

620122-4B	Sun	9:00 a.m. – 9:30 a.m.
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April 20 - June 1 (No Class: May 25)

620122-4C	Sun	9:00 a.m. – 9:30 a.m.
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January 6 - February 10

620123-4A	Mon	3:00 p.m. – 3:30 p.m.
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March 3 - April 7

620123-4B	Mon	3:00 p.m. – 3:30 p.m.
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April 21 - June 2 (No Class: May 26)

620123-4C	Mon	3:00 p.m. – 3:30 p.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620124-4A	Tue, Thu	5:30 p.m. – 6:00 p.m.
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February 11 - March 6

620124-4B	Tue, Thu	5:30 p.m. – 6:00 p.m.
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March 18 - April 10

620124-4C	Tue, Thu	5:30 p.m. – 6:00 p.m.
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April 22 - May 15

620124-4D	Tue, Thu	5:30 p.m. – 6:00 p.m.
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May 20 - June 12

620124-4E	Tue, Thu	5:30 p.m. – 6:00 p.m.
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March 19 - April 11

620125-4A	Wed, Fri	5:30 p.m. – 6:00 p.m.
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April 23 - May 16

620125-4B	Wed, Fri	5:30 p.m. – 6:00 p.m.
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May 21 - June 13

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

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

Youth Level 4

(6 - 12 years old)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620130-4A	Sat	9:00 a.m. – 9:30 a.m.
620130-4B	Sat	10:30 a.m. – 11:00 a.m.
620130-4C	Sat	11:30 a.m. – 12:00 p.m.

February 22 - March 29

620130-4D	Sat	9:00 a.m. – 9:30 a.m.
620130-4E	Sat	10:30 a.m. – 11:00 a.m.
620130-4F	Sat	11:30 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

620130-4G	Sat	9:00 a.m. – 9:30 a.m.
620130-4H	Sat	10:30 a.m. – 11:00 a.m.
620130-4I	Sat	11:30 a.m. – 12:00 p.m.

January 5 - February 9

620132-4A	Sun	9:00 a.m. – 9:30 a.m.
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February 23 - March 30

620132-4B	Sun	9:00 a.m. – 9:30 a.m.
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April 20 - June 1 (No Class: May 25)

620132-4C	Sun	9:00 a.m. – 9:30 a.m.
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8, 30-minute sessions • \$50 (R)/\$100 (NR)

January 7 - January 30

620134-4A	Tue, Thu	4:30 p.m. – 5:00 p.m.
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February 11 - March 6

620134-4B	Tue, Thu	4:30 p.m. – 5:00 p.m.
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March 18 - April 10

620134-4C	Tue, Thu	4:30 p.m. – 5:00 p.m.
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April 22 - May 15

620134-4D	Tue, Thu	4:30 p.m. – 5:00 p.m.
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May 20 - June 12

620134-4E	Tue, Thu	4:30 p.m. – 5:00 p.m.
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BIRTHDAY PARTY POOL PACKAGES

Treat your 7-12 year-old to a birthday party at the RCC! We offer two Birthday Party Pool Packages on Saturdays and Sundays that include a swim in

the pool followed by a private party in a room set up 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 Department at 703-390-6150.



PRIVATE SWIM LESSONS

The RCC Terry L. Smith Aquatics Center offers private swim lessons for children and adults; class curriculum is tailored to the individual student and

sessions are scheduled around the other uses of the pool, instructor availability and the participant's schedule. Lessons are taught by RCC certified instructors in 30-minute increments of time. Please contact the Aquatics Service desk for more information or to inquire about availability at 703-390-6150. Payment in full will be required prior to enrollment and the standard RCC Refund Policy will apply.

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

Youth Level 5

(6 - 12 years old)

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

6, 45-minute sessions • \$55 (R)/\$110 (NR)

January 4 - February 8

620140-4A	Sat	9:00 a.m. – 9:45 a.m.
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February 22 - March 29

620140-4B	Sat	9:00 a.m. – 9:45 a.m.
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April 19 - May 31 (No Class: May 24)

620140-4C	Sat	9:00 a.m. – 9:45 a.m.
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January 5 - February 9

620142-4A	Sun	9:30 a.m. – 10:15 a.m.
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February 23 - March 30

620142-4B	Sun	9:30 a.m. – 10:15 a.m.
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April 20 - June 1 (No Class: May 25)

620142-4C	Sun	9:30 a.m. – 10:15 a.m.
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8, 45-minute sessions • \$70 (R)/\$140 (NR)

January 7 - January 30

620144-4A	Tue, Thu	6:00 p.m. – 6:45 p.m.
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February 11 - March 6

620144-4B	Tue, Thu	6:00 p.m. – 6:45 p.m.
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March 18 - April 10

620144-4C	Tue, Thu	6:00 p.m. – 6:45 p.m.
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April 22 - May 15

620144-4D	Tue, Thu	6:00 p.m. – 6:45 p.m.
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May 20 - June 12

620144-4E	Tue, Thu	6:00 p.m. – 6:45 p.m.
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Youth Level 6

(6 - 12 years old)

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

6, 45-minute sessions • \$55 (R)/\$110 (NR)

January 4 - February 8

620150-4A Sat 9:45 a.m. – 10:30 a.m.

February 22 - March 29

620150-4B Sat 9:45 a.m. – 10:30 a.m.

April 19 - May 31 (No Class: May 24)

620150-4C Sat 9:45 a.m. – 10:30 a.m.

January 5 - February 9

620152-4A Sun 10:15 a.m. – 11:00 a.m.

February 23 - March 30

620152-4B Sun 10:15 a.m. – 11:00 a.m.

April 20-June 1 (No Class: May 25)

620152-4C Sun 10:15 a.m. – 11:00 a.m.

Youth Stroke-N-Turn

(6 - 8 years old)

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

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

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

January 6 - January 29

620170-4A Mon, Wed 5:15 p.m. – 6:00 p.m.

February 10 - March 5

620170-4B Mon, Wed 5:15 p.m. – 6:00 p.m.

March 17 - April 9

620170-4C Mon, Wed 5:15 p.m. – 6:00 p.m.

April 21 - May 14

620170-4D Mon, Wed 5:15 p.m. – 6:00 p.m.

May 19 - June 16 (No Class: May 26)

620170-4E Mon, Wed 5:15 p.m. – 6:00 p.m.

Youth Stroke-N-Turn

(9 - 12 years old)

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

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

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

January 6 - January 29

620183-4A Mon, Wed 6:00 p.m. – 6:45 p.m.

February 10 - March 5

620183-4B Mon, Wed 6:00 p.m. – 6:45 p.m.

March 17 - April 9

620183-4C Mon, Wed 6:00 p.m. – 6:45 p.m.

April 21 - May 14

620183-4D Mon, Wed 6:00 p.m. – 6:45 p.m.

May 19 - June 16 (No Class: May 26)

620183-4E Mon, Wed 6:00 p.m. – 6:45 p.m.

ADAPTED AQUATICS

(4 years and older)

Adapted Aquatics is a swimming instruction program that is individually adapted for children and adults with physical or learning disabilities. The program is supervised by Red Cross-trained instructors and RCC-trained volunteers. Family members may be requested to assist in the water if volunteers are not available. Questions regarding this program should be referred to the Assistant Aquatics Director at 703-390-6149. Mainstreaming of swimmers is available upon request and consultation. Volunteers are needed.



6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

620190-4A Sat 11:00 a.m. – 11:30 a.m.

620190-4B Sat 11:30 a.m. – 12:00 p.m.

February 22 - March 29

620190-4C Sat 11:00 a.m. – 11:30 a.m.

620190-4D Sat 11:30 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

620190-4E Sat 11:00 a.m. – 11:30 a.m.

620190-4F Sat 11:30 a.m. – 12:00 p.m.



Adults

Adult Beginner

(13 years and older)

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

6, 45-minute sessions • \$55 (R)/\$110 (NR)

January 4 - February 8

621210-4A Sat 10:30 a.m. – 11:15 a.m.

February 22 - March 29

621210-4B Sat 10:30 a.m. – 11:15 a.m.

April 19 - May 31 (No Class: May 24)

621210-4C Sat 10:30 a.m. – 11:15 a.m.

January 5 - February 9

621212-4A Sun 11:00 a.m. – 11:45 a.m.

February 23 - March 30

621212-4B Sun 11:00 a.m. – 11:45 a.m.

April 20 - June 1 (No Class: May 25)

621212-4C Sun 11:00 a.m. – 11:45 a.m.

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

January 7 - January 30

621214-4A Tue, Thu 11:00 a.m. – 11:45 a.m.

February 11 - March 6

621214-4B Tue, Thu 11:00 a.m. – 11:45 a.m.

March 18 - April 10

621214-4C Tue, Thu 11:00 a.m. – 11:45 a.m.

April 22 - May 15

621214-4D Tue, Thu 11:00 a.m. – 11:45 a.m.

May 20 - June 12

621214-4E Tue, Thu 11:00 a.m. – 11:45 a.m.

Adult Advanced Beginner

(13 years and older)

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

6, 45-minute sessions • \$55 (R)/\$110 (NR)

January 4 - February 8

621220-4A Sat 11:15 a.m. – 12:00 p.m.

February 22 - March 29

621220-4B Sat 11:15 a.m. – 12:00 p.m.

April 19 - May 31 (No Class: May 24)

621220-4C Sat 11:15 a.m. – 12:00 p.m.

Aqua Chicken

(13 years and older)

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

6, 30-minute sessions • \$40 (R)/\$80 (NR)

January 4 - February 8

621200-4A Sat 10:00 a.m. – 10:30 a.m.

February 22 - March 29

621200-4B Sat 10:00 a.m. – 10:30 a.m.

April 19 - May 31 (No Class: May 24)

621200-4C Sat 10:00 a.m. – 10:30 a.m.

AVOID WAITLISTS/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.

Water Aerobics

REGISTERED CLASSES

Deep Water Mania

(13 years and older)

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

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

January 6 - January 29

621250-4A Mon, Wed 6:30 p.m. – 7:20 p.m.

February 10 - March 5

621250-4B Mon, Wed 6:30 p.m. – 7:20 p.m.

March 17 - April 9

621250-4C Mon, Wed 6:30 p.m. – 7:20 p.m.

April 21 - May 14

621250-4D Mon, Wed 6:30 p.m. – 7:20 p.m.

May 19 - June 16 (No Class: May 26)

621250-4E Mon, Wed 6:30 p.m. – 7:20 p.m.



Aqua Burn

(13 years and older)

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

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

January 6 - January 29

621251-4A Mon, Wed 7:30 p.m. – 8:20 p.m.

February 10 - March 5

621251-4B Mon, Wed 7:30 p.m. – 8:20 p.m.

March 17 - April 9

621251-4C Mon, Wed 7:30 p.m. – 8:20 p.m.

April 21 - May 14

621251-4D Mon, Wed 7:30 p.m. – 8:20 p.m.

May 19 - June 16 (No Class: May 26)

621251-4E Mon, Wed 7:30 p.m. – 8:20 p.m.

Arthritis, Fibromyalgia, & Multiple Sclerosis

(13 years and older)

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

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

January 7 - January 30

621266-4A Tue, Thu 11:00 a.m. – 11:50 a.m.

February 11 - March 6

621266-4B Tue, Thu 11:00 a.m. – 11:50 a.m.

March 18 - April 10

621266-4C Tue, Thu 11:00 a.m. – 11:50 a.m.

April 22 - May 15

621266-4D Tue, Thu 11:00 a.m. – 11:50 a.m.

May 20 - June 12

621266-4E Tue, Thu 11:00 a.m. – 11:50 a.m.

Advanced Arthritis, Fibromyalgia & Multiple Sclerosis

(13 years and older)

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

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

January 7 - January 30

621276-4A Tue, Thu 10:00 a.m. – 10:50 a.m.

February 11 - March 6

621276-4B Tue, Thu 10:00 a.m. – 10:50 a.m.

March 18 - April 10

621276-4C Tue, Thu 10:00 a.m. – 10:50 a.m.

April 22 - May 15

621276-4D Tue, Thu 10:00 a.m. – 10:50 a.m.

May 20 - June 12

621276-4E Tue, Thu 10:00 a.m. – 10:50 a.m.



Water Aerobics

DROP-IN CLASSES

Tides In Motion

(13 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups, improving aerobic capacity, balance, and circulation. All exercises are conducted in shallow water using upbeat music for motivation. Equipment will be provided. Water shoes are highly recommended. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily gate fee for each class attended or use of the Water Aerobics 20-visit Pass. Limited to 25 participants per class. Patrons 55 and older, 50 percent senior discount applies.

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

January 6 - June 6 (No Class: January 20, February 17, April 14, April 16, April 18, May 26)

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

Fit after Fifty

(50 years and older)

This is an adult program for the serious exerciser who wants a high-level, aerobic workout. Set to a faster tempo than the senior exercise class, this program is not for the beginning exerciser. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily gate fee for each class attended or use of the Water Aerobics 20-visit Pass. Limited to 25 participants per class. Patrons 55 and older, 50 percent senior discount applies.

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

January 6 - June 6 (No Class: January 20, February 17, April 14, April 16, April 18, May 26)

Drop-in	Mon, Wed, Fri	10:00 a.m. – 10:50 a.m.
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Senior Water Exercise

(55 years and older)

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

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

January 6 - June 6 (No Class: January 20, February 17, April 14, April 16, April 18, May 26)

Drop-in 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 gate fee for each class attended or use of the Water Aerobics 20-visit Pass.

Limited to 14 participants per class. Patrons 55 and older, 50 percent senior discount applies.

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

January 6 - June 4 (No Class: May 26)

Drop-in Mon, Wed 5:30 p.m. – 6:20 p.m.

Aqua Blast

(13 years and older)

Start the day with more energy with this morning workout. Feel the resistance and buoyancy of the water to improve balance, coordination, strength, and aerobic capacity. The workout will be deep water and will include a cardio segment to improve cardio respiratory circulation, movements to increase strength and muscle capacity, plus flexibility exercises to increase range of motion. Participants will work at the pace suited for them while feeling invigorated. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily gate fee for each class attended or use of the Water Aerobics 20-visit Pass. Limited to 12 participants per class. Patrons 55 and older, 50 percent senior discount applies.

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

January 7 - June 12 (No Class: April 15, April 17)

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



LIFEGUARDS/ WATER SAFETY INSTRUCTORS WANTED

LIFEGUARDS

Must be First Aid, CPR & Lifeguard certified.

Hiring all shifts.

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

WATER SAFETY INSTRUCTORS

Must be nationally certified.

Starting at \$20/hour.

To apply download an application from our website.

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



CAMPS

RCC's Summer Camp Guide is coming in January!

Reston Community Center summer camp programs are published in a separate publication distributed in January.

Be on the lookout for the summer camp brochure in your mailbox, online and at Reston Community Center facilities.

SUMMER CAMP REGISTRATION:
February 1 - Reston • February 8 - Non-Reston

Young Actors Theatre • LARK • Road Rulz • Camp Good Times • Specialty Camps



IT'S NOT TOO EARLY TO PLAN FOR SUMMER!

Reston Camp Expo

January 25 at RCC Hunters Woods. Turn to page 7 for more information.

Winter Break Camps

7 - 11 YEARS OLD

Kids' Winter Break Fun Zone

(7 – 11 years old)

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

Thursday, January 2 – Newseum

Friday, January 3 – Bowling/Movies

Campers must bring a mid-morning and mid-afternoon snack, lunch and drinks every day. A welcome letter containing all pertinent information and the final itinerary will be mailed approximately one week prior to the start of Winter Break Fun Zone. Campers should wear comfortable clothing and shoes. Parents/guardians must download camp forms from www.restoncommunitycenter.com. **Forms must be submitted by December 19. Please note that the deadline for registration is December 18, no exceptions.**

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

January 2

901269-4B Thu 9:00 a.m. – 5:00 p.m.

January 3

901269-4C Fri 9:00 a.m. – 5:00 p.m.

Spring Break Camps

6 - 18 YEARS OLD

*New this year, campers will have the opportunity to sample some popular summer specialty camps during Spring Break. Those attending a morning and an afternoon session must pack a bag lunch, filled water bottle, and snacks. Campers will be supervised during the lunch break by camp staff. Parents/guardians must download camp forms from the RCC website at www.restoncommunitycenter.com. **Forms should be submitted by March 31. The final deadline for registration is Wednesday, April 9, complete with all required forms; no exceptions.** Zen Zone, an aftercare program, is available from 4:00 p.m. – 5:00 p.m. for programs at RCC Hunters Woods, and campers must register for that program separately by Wednesday, April 9.*

Chess

(8 – 12 years old)

Chess is considered aerobics for the brain. Beginner and advanced strategies will be taught, along with alternate solutions, how to build the foundation of play, and the development of logic skills.

3, 3-hour sessions at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Samet

April 15 – 17

901503-4A Tue – Thu 1:00 p.m. – 4:00 p.m.

Introduction to Needlecrafts

(8 – 13 years old)

Learn the basic skills of crochet, knitting, needlepoint, and cross-stitch. Campers will work on several projects using yarn and embroidery threads. All supplies are included but participants are welcome to bring their own preferred materials.

3, 3-hour sessions at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Guidry

April 15 – 17

901507-4A Tue – Thu 1:00 p.m. – 4:00 p.m.

Earth, Space and Beyond

(6 – 11 years old)

Campers will learn about the world around them through various experiments, while deciphering and transmitting different messages, and experimenting with color-changing paper. They will also learn about scents, experiment with natural dyes found in fruits and veggies and make their own helmet for their own crash test egg. Last but not least, campers will jump right into the science behind sports. They will test what their toes have to do with tennis, learn what their feet have to do with football, and see how much air their lungs can hold.

4, 3-hour sessions at RCC Hunters Woods

\$80 (R)/\$160 (NR) • Mad Science

April 14 – 17

901501-4A Mon – Thu 9:00 a.m. – 12:00 p.m.



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)/\$120 (NR) • Mystery Academy**

April 15 – 17

901504-4A Tue – Thu 1:00 p.m. – 4:00 p.m.

Spring Scene

(8 – 12 years old)

This camp will occur indoors and out, with hands-on projects, games, and supervised nature walks exploring all kinds of local natural life around RCC. Participants will get to know the springtime changes in the nearby woods, streams, meadows and gardens. Come prepared with layers of clothes and shoes that can get wet and dirty. Campers will bring home a nature craft or experiment each day.

**3, 3-hour sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Linberg**

April 14 – 16

901502-4A Mon – Wed 9:00 a.m. – 12:00 p.m.

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.

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

April 14

901506-4A Mon 1:00 p.m. – 4:00 p.m.

April 17

901506-4B Thu 1:00 p.m. – 4:00 p.m.

Zen Zone

(6 – 13 years old)

Zen Zone is an opportunity for campers to wind down and relax after a day of exciting adventures and learning new skills. It is designed for campers who attend an all-day camp program offered at RCC Hunters Woods consisting of two concurrent specialty camps from 9:00 a.m. – 12:00 p.m. and 1:00 p.m. – 4:00 p.m. **Registration required; deadline is April 9.** All participating campers will be supervised by RCC staff members. Campers must be picked up by 5:00 p.m., but caregivers are welcome to come anytime during the operating hours of Zen Zone to pick up their campers.

**4, 60-minute sessions at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Staff**

April 14 – 17

904015-4H Mon – Thu 4:00 p.m. – 5:00 p.m.

Spring into LARK (Lake Anne Art Rave for Kids)

(7 – 11 years old)

Spring into LARK and join us for this mini session of the popular summer program. The session will incorporate lessons in music, drawing, painting and sculpture. The final day participants will present a small gallery exhibition to display their work.

Parents/guardians must download camp forms from www.restoncommunitycenter.com.

Forms must be submitted by March 31.

**5, 5-hour sessions at RCC Lake Anne
\$100 (R)/\$200 (NR) • Nagy**

April 14 – 18

402474-4A Mon – Fri 10:00 a.m. – 3:00 p.m.

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 Road Rulz summer camp is like. Travel to a different destination each day and engage in unique and exciting activities. Parents/guardians must download camp forms from www.restoncommunitycenter.com.

Forms must be submitted by March 31. A specific daily itinerary will be published prior to the start of camp.

Monday – High Ropes Course, Savage Mill, MD

Tuesday – Scavenger Hunt in Washington, DC

Wednesday – Snowflex at Liberty Mountain, VA

Thursday – Great Wolf Lodge, Williamsburg, VA

8:00 a.m. – Check-in at RCC Hunters Woods

5:00 p.m. – Pick-up at RCC Hunters Woods

1, 9-hour session

\$55 (R)/\$110 (NR) • Staff

April 14

868985-4A Mon 8:00 a.m. – 5:00 p.m.

April 15

868985-4B Tue 8:00 a.m. – 5:00 p.m.

April 16

868985-4C Wed 8:00 a.m. – 5:00 p.m.

April 17

868985-4D Thu 8:00 a.m. – 5:00 p.m.



COMPUTER

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-minute sessions at RCC Hunters Woods
\$75 (R)/\$150 (NR) • Robichaud

January 22 – February 26

901184-4B Wed 4:45 p.m. – 5:45 p.m.

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. Math, problem-solving skills, and knowledge of this specific technology will be covered.

6, 60-minute sessions at RCC Hunters Woods
\$75 (R)/\$150 (NR) • Robichaud

April 2 – May 21 (No Class: April 16, April 30)

901185-4B Wed 4:30 p.m. – 5:30 p.m.

Internet Safety for the Family

(18 years and older)

Students will learn tips and tricks to keep themselves and their family safe while on the computer. Learn how to track what is being downloaded on computers and devices and what websites are being accessed on them. Other topics include: current internet acronyms, internet etiquette, and how to have an open discussion with children about internet safety.

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

April 19

103360-4A Sat 10:00 a.m. – 1:00 p.m.

Intro to HTML

(18 years and older)

Ever wondered what goes on behind the scenes of a web browser? Learn the basics of HyperText Markup Language (HTML) to design and edit personal web pages. Students will be introduced to the CMS system Wordpress, and will receive free editor software to create a project with HTML tags and cascading style sheets.

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

February 26

103378-4A Wed 7:00 p.m. – 9:30 p.m.

MS Access I

(18 years and older)

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

Prerequisite: Previous experience with Windows and either Word, Excel, Outlook, or PowerPoint.

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

May 13 – 14

102240-4C

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS Excel I

(18 years and older)

Learn to create, edit, format, and manipulate spreadsheets, workbooks, or small databases by using formulas and/or charts to track data, perform accounting functions, build address lists, or do long range planning.

Prerequisites: English language fluency, computer keyboard and mouse skills, and the ability to navigate Windows proficiently.

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

February 11 – 12

103233-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS Excel II

(18 years and older)

Learn to organize, enhance and customize multiple spreadsheets and files by using advanced formatting tools and database features.

Prerequisite: MS Excel I.

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

February 18 – 19

103226-4A

Tue, Wed

7:00 p.m. – 9:30 p.m.

AVOID WAITLISTS/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.



MS PowerPoint I

(18 years and older)

Learn both the basics and the "bells and whistles" of Microsoft PowerPoint to create a powerful slide presentation using tables, pictures, graphs, sound, and text.

Prerequisites: English language fluency, computer keyboard and mouse skills, and ability to navigate Windows proficiently. Beginning students are encouraged to take a Computer Literacy class or an equivalent class before enrolling in this course.

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

April 15 – 16

103236-4C

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS PowerPoint II

(18 years and older)

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

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

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

April 22 – 23

102249-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.

MS Word I

(18 years and older)

Learn to create and edit documents, use different fonts and formatting, cut and paste, set margins, and much more. Utilize these skills to create mailings, write memoirs complete with electronic pictures, or better organize personal files.

Prerequisites: English language fluency, computer keyboard and mouse skills, and ability to navigate Windows proficiently. Beginning students are encouraged to take a Computer Literacy class or an equivalent class before enrolling in this course.

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

January 15 – 16

103234-4B

Wed, Thu

7:00 p.m. – 9:30 p.m.

MS Word II

(18 years and older)

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

Prerequisite: MS Word I.

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

January 21 – 22

103224-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.



QuickBooks

(18 years and older)

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

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

March 25 – 26

102250-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.

Quicken

(18 years and older)

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

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

March 18 – 19

102239-4B

Tue, Wed

7:00 p.m. – 9:30 p.m.

Windows 7 Tips & Tricks

(18 years and older)

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

Prerequisite: prior experience with any version of Windows.

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

January 23

102253-4B

Thu

7:00 p.m. – 9:30 p.m.

DID YOU KNOW?

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



COOKING

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. Parent/guardian participation is not required. Please inform instructor prior to the start of class if there are any food allergies.

1, 2-hour session at RCC Hunters Woods

\$35 (R)/\$70 (NR) • Guidry

April 27

902205-4B

Sun

1:00 p.m. – 3:00 p.m.

Chocolate Candy Making for Adults

(18 years and older)

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

Allergy warning: nuts will be used in some recipes.

1, 4-hour session at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Nyman

March 23

102500-4B

Sun

12:00 p.m. – 4:00 p.m.

Chocolate Candy Making for Kids

(5 – 7 years old)

Learn the basics for making chocolates. In this class, parent and child will become acquainted with handling, melting, tempering, and molding skills. Participants will mold bite-sized chocolates, chocolate lollipops, chocolate dipped pretzels and rocky road. Each participant pair will take home chocolates that they have made, as well as recipes, tips and ideas for making more of these luscious confections at home. Parent/caregiver must fully participate in the activities.

This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

1, 2-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • Nyman

February 1

901038-4B

Sat

10:00 a.m. – 12:00 p.m.

April 5

901038-4C

Sat

10:00 a.m. – 12:00 p.m.

Chocolate Candy Making for Tweens

(8 – 11 years old)

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

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

February 1

901039-4B Sat 1:00 p.m. – 4:00 p.m.

April 5

901039-4C Sat 1:00 p.m. – 4:00 p.m.

Cooking Around the World

(18 years and older)

This three-session class will introduce students to unique cuisines ranging from Peru to India. Learn how to make delicious and healthy foods from faraway places with easy-to-find ingredients. This class will be taught by local cooks who have no formal training, yet can share secret family recipes and cultural traditions that have been passed on through generations. Each class will feature a three course meal from a specific country. Each participant will leave class with recipes, cooking techniques and cultural stories from four continents.

**3, 2-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Staff**

April 21 – May 5

103051-4A Mon 7:00 p.m. – 9:00 p.m.

Cooking Vegetarian

(18 years and older)

More and more people are adding vegetarian cooking to their lifestyle. Whether it is because of a health concern or a need for an alternative to their normal everyday diet, many people are discovering the benefits of vegetarian food. Learn how to make tasty recipes that will delight the palates of anyone whether a vegetarian or not.

**1, 3-hour session at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Jessimy**

February 15

103330-4A Sat 10:00 a.m. – 1:00 p.m.

Freezer Cooking

(18 years and older)

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

**1, 3-hour session at RCC Hunters Woods
\$110 (R)/\$220 (NR) • Guidry**

January 12

105068-4C Sun 10:00 a.m. – 1:00 p.m.

February 23

105068-4D Sun 10:00 a.m. – 1:00 p.m.

Freezer Cooking for Kids

(7 – 12 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 from the freezer and follow the last-minute steps for preparation. These activities are designed for independent student involvement and learning. Parent/guardian participation is not required. Please inform the instructor prior to the start of class if there are any food allergies.

**1, 2-hour session at RCC Hunters Woods
\$35 (R)/\$70 (NR) • Guidry**

April 26

902206-4B Sat 11:00 a.m. – 1:00 p.m.



Japanese Ramen Noodles

(18 years and older)

Traditionally, ramen is a mixture of Chinese noodles, Japanese fish or meat bones broth, and various flavored vegetables. Each region of Japan has its own variation of the dish depending on local ingredients. In the DC metropolitan area, several ramen noodle shops have opened recently and have become very popular among the “foodie” crowd. Ramen noodles have evolved into a fusion of different cultures and influences and are easily adjusted to the eater’s palate. Japanese ingredients such as miso, seaweed, and dry shaved bonito flakes are married with Chinese roasted pork, Korean kimchee and fish cakes, Singaporean curry, and Thai lemongrass. This class explores this wonderful dish and its abundance of ingredients.

1, 2-hour session at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Shintani

April 6
 103321-4A Sun 1:00 p.m. – 3:00 p.m.

Kids in the Kitchen

(3 – 6 years old)

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

6, 90-minute sessions at RCC Hunters Woods
\$85 (R)/\$170 (NR) • Nyman

February 4 – March 11
 901076-4B Tue 4:15 p.m. – 5:45 p.m.

April 8 – May 20 (No Class: April 15)
 901076-4C Tue 4:15 p.m. – 5:45 p.m.



Spanish Tapas

(18 years and older)

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

1, 3-hour session at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Ellars

March 8
 102522-4B Sat 10:00 a.m. – 1:00 p.m.

Teen Chefs

(12 – 18 years old)

Know a teen who lives on mac and cheese and takeout pizza? Then this cooking class is the solution. Teens will learn how to cook more than ramen noodles in this four-part cooking series. Parents will enjoy the benefits of a teen who can have dinner ready when they come home from a hard day’s work. Each class will focus on a four-course meal including an appetizer, main dish, side dish and dessert. Learn simple to complex meal preparation including making marinades, sauces, and plating and garnishing. Each participant will take home recipes, tips and ideas for making delicious meals at home. Participants will also be given a homework meal to make in between each class to keep their kitchen skills sharp.

Allergy Warning: nuts and shellfish will be used in this class.

1, 4-hour session at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Nyman

March 15
 875986-4A Sat 2:00 p.m. – 6:00 p.m.

April 12
 875986-4B Sat 2:00 p.m. – 6:00 p.m.

May 10
 875986-4C Sat 2:00 p.m. – 6:00 p.m.

Thai Cooking Basics

(18 years and older)

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

1, 3-hour session at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Jessimy

April 19
 102521-4B Sat 10:00 a.m. – 1:00 p.m.



CRAFTS

3D Mosaic Art

(18 years and older)

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

4, 3-hour sessions at RCC Hunters Woods

\$110 (R)/\$220 (NR) • Damron

March 12 – April 2

102252-4B Wed 10:00 a.m. – 1:00 p.m.

Creating Resin Jewelry

(18 years and older)

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

will be provided for the workshop. This class is open to all levels. **All supplies included in class fee.**

1, 3-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Ryan

March 8

103381-4A Sat 10:00 a.m. – 1:00 p.m.

Father's Day Pottery

(2 – 5 years old)

Create a personalized mug to celebrate Dad for Father's Day. Mugs will be decorated and painted during class, and will be available for pick up at RCC shortly thereafter. This pottery is safe for hot and cold drinks, but use in the microwave or dishwasher is not recommended. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 45-minute session at RCC Hunters Woods

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

May 29

901164-4A Thu 9:30 a.m. – 10:15 a.m.

May 29

901164-4B Thu 10:15 a.m. – 11:00 a.m.

May 29

901164-4C Thu 11:00 a.m. – 11:45 a.m.

Fused Glass

(18 years and older)

This one-day class will be used to explore fused glass techniques. Depending on individual interests, the students will work on cabochons or small panels (no slumping). This is a fascinating area in stained glass craft and is great for making gifts. **All supplies included in class fee.**

1, 3-hour session at RCC Hunters Woods

\$80 (R)/\$160 (NR) • Staff

May 14

105163-4B Wed 10:00 a.m. – 1:00 p.m.

Glass Cutting Tools Workshop

(18 years and older)

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

1, 3-hour session at RCC Hunters Woods

\$35 (R)/\$70 (NR) • Damron

February 19

102257-4B Wed 6:30 p.m. – 9:30 p.m.

April 9

102257-4C Wed 10:00 a.m. – 1:00 p.m.

Industrial Chic 4 Teens

(12 – 17 years old)

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

1, 3-hour session at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Van Trees

March 8

807780-4A Sat 6:00 p.m. – 9:00 p.m.

Industrial Chic Jewelry

(18 years and older)

Students will learn to make fun, fashionable jewelry out of ordinary items found in a hardware store. Students will have the opportunity to make several projects such as earrings, bracelets,

necklaces, belts, key chains, etc. Personal creativity will be encouraged to make one-of-a-kind pieces. Project samples will be provided to aid in the creative process. Topics covered will include: project concepts; the design process; availability of design elements and tools; the safe use of basic tools; and assembly and completion of projects. **All supplies included in class fee.**

4, 2-hour sessions at RCC Hunters Woods

\$85 (R)/\$170 (NR) • Van Trees

January 11 – February 1

102570-4C Sat 12:00 p.m. – 2:00 p.m.

February 15 – March 8

102570-4D Sat 12:00 p.m. – 2:00 p.m.

Jewelry - Wire Earrings

(18 years and older)

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

1, 4-hour session at RCC Hunters Woods

\$45 (R)/\$90 (NR) • Ryan

April 10

105069-4A Thu 10:00 a.m. – 2:00 p.m.

Knitting

(18 years and older)

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

8, 90-minute sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Van Trees

January 6 – March 10 (No Class: January 20, February 17)

102418-4B Mon 6:30 p.m. – 8:00 p.m.

Knitting II

(18 years and older)

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

8, 90-minute sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Van Trees

March 12 – April 30

102261-4C Wed 6:30 p.m. – 8:00 p.m.

Mosaic Art

(18 years and older)

Students will design and create a fine art mosaic piece using a variety of materials such as glass, ceramic, stone, shell, metal and polymer. Students are encouraged to incorporate their personal items such as beads, china chips, jewelry and glass pieces into their work. After planning the design and selecting all materials, students will prepare the substrate and apply tesserae and other materials in an assemblage fashion using the direct method. Students will use glass and tile nippers as needed, will grout their project, and will then apply hanging hardware. Handouts explaining a glossary of terms, as well as a resource list will be distributed. All skill levels are welcome. **All supplies included in class fee.**

**4, 3-hour sessions at RCC Hunters Woods
\$145 (R)/\$290 (NR) • Damron**

February 12 – March 5

104040-4C Wed 10:00 a.m. – 1:00 p.m.

Mosaics with Child and Parent

(8 – 12 years old)

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

**4, 2-hour sessions at RCC Hunters Woods
\$75 (R)/\$150 (NR) • Nyman**

March 15 – April 12 (No Class: April 5)

101131-4A Sat 10:00 a.m. – 12:00 p.m.

Mosaics Indoor Installation

(18 years and older)

Students will learn the basics for creating a custom mosaic piece that can be installed inside the home as part of a kitchen backsplash or tile bathroom accent. Materials for wet and dry environments will be discussed as well as indirect and double-direct methods. Supplies and materials are included in the class fee but students are encouraged to bring in personal items that they wish to incorporate into their project.

**4, 3-hour sessions at RCC Hunters Woods
\$145 (R)/\$290 (NR) • Damron**

April 16 – May 7

103370-4A Wed 10:00 a.m. – 1:00 p.m.

Mother's Day Pottery

(2 – 5 years old)

Mom will love her own individual bowl for her favorite ice cream or cereal. Children will create and paint pottery bowls to give to Mom on her special day. Pottery is dishwasher-safe, and the bowls will be fired and returned to RCC for pick up in time for Mother's Day. Parents/caregivers must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. All participating children must register.

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

April 24

901150-4A Thu 9:30 a.m. – 10:15 a.m.

April 24

901150-4B Thu 10:15 a.m. – 11:00 a.m.

April 24

901150-4C Thu 11:00 a.m. – 11:45 a.m.

Sewing I

(16 years and older)

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

**8, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Minassian**

February 13 – April 3

102318-4B Thu 6:30 p.m. – 8:30 p.m.



Wire Caged Pendant and Earrings

(18 years and older)

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

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

March 17

103373-4A

Mon

10:00 a.m. – 1:00 p.m.

Wire Spiral-Wrapped Beaded Pendant

(18 years and older)

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

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

February 8

103372-4A

Sat

10:00 a.m. – 1:00 p.m.

Wire-Wrapped Bead Link Bracelet

(18 years and older)

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

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

January 14

103371-4A

Tue

10:00 a.m. – 1:00 p.m.

May 10

103371-4B

Sat

10:00 a.m. – 1:00 p.m.



OPEN STAINED GLASS LAB

(18 years and older)

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

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

January 5 – May 18

Drop-in 1st & 3rd Sun

1:30 p.m.- 5:30 p.m.



DIGITAL PHOTOGRAPHY

DigiCam - Features I

(18 years and older)

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

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

Students must bring a digital camera, camera manual, spare batteries or AC adapter to each class.

2, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Lazear

January 6 – 7

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

April 8 – 9

102242-4C Tue, Wed 7:00 p.m. – 9:00 p.m.

DigiCam - Features II

(18 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:

- Using optical and digital zoom
- Taking sharp close ups photos of flowers, jewelry and other small items
- Adjusting for tricky lighting conditions
- Stabilizing the camera (with and without a tripod)
- Avoiding over and under exposed pictures
- Setting exposure to match the lighting
- Taking bracketed exposures.
- Taking panoramic pictures and stitching them together

Students must bring a digital camera, camera manual, spare batteries or AC adapter to each class.

2, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Lazear

March 11 – 12

103312-4A Tue, Wed 7:00 p.m. – 9:00 p.m.

May 7 – 8

103312-4B Wed, Thu 7:00 p.m. – 9:00 p.m.

DigiCam II - Taking Better Pictures

(18 years and older)

Want to learn how to take better pictures with a digital camera? This beginning course will offer tips to improve basic picture taking skills. These include using flash, steadying the camera, and taking those hard-to-get-shots of kids and pets. In addition, it will look at different aspects of photo composition, to move pictures beyond mere snapshots. Topics will include the rule of thirds, balancing objects, use of lines and empty space, and considering 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 digital camera, camera manual, and spare batteries or AC adapter to each class. Prerequisite: At least one DigiCam I Features Class.

3, 2-hour sessions at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Lazear

January 14 – 28

103331-4A Tue 7:00 p.m. – 9:00 p.m.

DigiCam II - Taking Black/White Pictures

(18 years and older)

Black and white pictures have long been considered only artwork, but they are another way to take personal pictures. Black and white focuses on shapes, lighting, and composition, without the distraction of colors. This class explores taking black and white pictures, including the difference between original black and white versus removing color later. Students will take pictures to be anonymously reviewed in class.

Students must bring a camera, camera manual, spare batteries or an AC adapter to each class. Prerequisite: At least one DigiCam I Features class and a camera with a black and white capability (please check the manual).

2, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Lazear

February 25 – March 4

103332-4A Tue 7:00 p.m. – 9:00 p.m.

DigiCam II - Using Manual Modes

(18 years and older)

All cameras have a fully automatic mode for taking pictures. Many digital cameras also have several manual modes, such as "S" (Shutter priority) and "A" (Aperture), and "M" (Manual). This class explores those manual modes. Students will learn to control exposure, depth of field, and sharpness of their photos. Other topics include lens operation and the relationship between open shutter and open aperture. Students will take pictures to be anonymously reviewed in class.

Students must bring a camera, camera manual, spare batteries or an AC adapter to each class. Prerequisite: At least one

DigiCam I Features class and a camera with "S", "A", and "M" modes.

2, 2-hour sessions at RCC Hunters Woods

\$55 (R)/\$110 (NR) • Lazear

April 28 – May 5

103333-4A Mon 7:00 p.m. – 9:00 p.m.

DigiPhoto 4 Teens

(11 – 18 years old)

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

3, 2-hour sessions at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Rosenmund

March 15 – 29

802803-4B Sat 5:30 p.m. – 7:30 p.m.

Digital Photography

(10 – 13 years old)

Explore the visual world of photography with hands-on practice. Learn to edit and retouch with the software tools available to everyone in the digital age. On Sundays, participants will meet at various local spots, where they will enjoy photographing in a variety of styles different subjects. Field trips and studio sessions will open new visual doors for young photographers. On Monday evenings, class will be held at RCC Hunters Woods to practice post-capture processing and editing. Cameras will be available for use by the students for the duration of the program. If students choose to bring their own cameras, please bring the camera manual as well. An itinerary will be sent to parents/guardians detailing the Sunday meeting places approximately one week prior to the start of the program.

5, 3-hour Sun Sessions at RCC Hunters Woods

5, 2-hour Mon Sessions at RCC Hunters Woods

\$150 (R)/\$300 (NR) • Rosenmund

March 16 – April 21 (No Class: April 13, April 14)

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

DID YOU KNOW?

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



ENRICHMENT

Babysitting 101

(13 – 16 years old)

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

**1, 5.5-hour session at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Health Educators & Training**

April 7
801112-4A Mon 9:30 a.m. – 3:00 p.m.

Backyard Astronomy

(10 years and older)

Learn the basics of how our universe is organized and discover the wonder and fun of amateur astronomy. Learn about the different equipment available for backyard viewing, including various telescope designs and accessories, and the local astronomy resources. The course includes a sky tour of the visible constellations and major objects highlighting the solar system. Students will

be given hands-on experience with wide field binoculars and a Meade ETX90 telescope. A free software CD titled "Sky Chart III" is included. Cabots Point Park is located near the intersection of South Lakes Drive and Cabots Point Lane. Please visit www.reston.org for more detailed location information.

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

April 19
102248-4E Sat 8:30 p.m. – 10:30 p.m.

May 17
102248-4F Sat 8:30 p.m. – 10:30 p.m.

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
\$60 (R)/\$120 (NR) • Golias**

February 3 – March 31 (No Class: February 17)
102337-4C Mon 10:00 a.m. – 12:00 p.m.

February 6 – March 27
102337-4D Thu 7:00 p.m. – 9:00 p.m.

Bridge II

(18 years and older)

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

8, 2-hour sessions at RCC Hunters Woods

\$60 (R)/\$120 (NR) • Golias

February 3 – March 31 (No Class: February 17)

102409-4B Mon 12:30 p.m. – 2:30 p.m.

Change Your Space

(18 years and older)

This quick, one-hour presentation will showcase how to make simple changes to existing furniture and decor to improve the look, feel, and functionality of a home. There will be a slide show of 'before and after' redesign pictures, and plenty of time for questions afterwards. Anne Smyers is the owner of House to Home One Day Decorating, an interior design service specializing in using the existing artwork, accessories and furniture in a home to bring balance, organization and new energy to living spaces. This program is for educational purposes only; there will be no obligation or solicitation of the attendees.

1, 60-minute session at RCC Hunters Woods

\$10 (R)/\$20 (NR) • Smyers

January 23

103379-4A Thu 7:30 p.m. – 8:30 p.m.

Community Service Club

(12 – 18 years old)

The RCC Community Service Club provides 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 requirement for school. The Club will meet at the Reston Teen Center – 12196 Sunset Hills Rd. Please note that projects will be performed on Saturdays. Middle and High School students only. For more information, contact the RCC Teen Director at 703-390-6158 or Kenny.Burrowes@fairfaxcounty.gov.

Community Service Club will meet:

January 18

Volunteering during Dr. Martin Luther King Jr. Celebration

February 15

Designing re-usable bags for senior citizens

March 15

Making bagged lunches for the Embry Rucker Community Shelter

April 19

Beautifying Reston

May 17

Creating Flags for Armed Forces Day

5, 60-minute sessions at Reston Teen Center

Free, Registration Req. • Staff

January 18 – May 17

808005-4A Sat 4:30 p.m. – 5:30 p.m.

Creating a Fulfilling Life

(18 years and older)

Evaluating whether or not life and career choices are satisfying should prompt the question, "am I fulfilled?" Students will define self-fulfillment and begin the comprehensive activities which help to provide a clearer understanding of who they are in six key areas. This workshop is activity-based with emphasis on group sharing, conversation and coaching to uncover "the real you."

1, 3-hour session at RCC Hunters Woods

\$80 (R)/\$160 (NR) • Masciarelli

March 24

103367-4A Mon 6:00 p.m. – 9:00 p.m.

Creative Writing I

(16 years and older)

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

8, 2.5-hour sessions at RCC Hunters Woods

\$75 (R)/\$150 (NR) • Staff

January 6 – March 10 (No Class: January 20, February 17)

105670-4B Mon 7:00 p.m. – 9:30 p.m.

March 31 – May 19

105670-4C Mon 7:00 p.m. – 9:30 p.m.





eBook Self-Publishing for Fun and Profit

(18 years and older)

Interested in self-publishing but not sure where to start? This course describes the background of eBooks and the various publishing formats that allow for viewing on reader tablets such as Amazon Kindle, Nook, Apple iPad, Sony Reader and others. When ready to publish, selecting the appropriate format is essential to ensure broader promotion and appeal. The course curriculum also covers manuscript preparation, document formatting, file conversion software, previewing and proofing. Then, learn how to launch, market, and manage online sales. The instructor has authored and published several Irish genealogy and travel photography eBooks in major online bookstores. Prerequisite skills: PC or MAC experience, internet browser familiarity, online navigation experience and Microsoft Word.

1, 2-hour session at RCC Hunters Woods

\$20 (R)/\$40 (NR) • Healy

January 18

104139-4C Sat 10:30 a.m. – 12:30 p.m.

April 26

104139-4D Sat 10:30 a.m. – 12:30 p.m.

Engineering Fun With Legos

(7 – 11 years old)

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

8, 90-minute sessions at RCC Hunters Woods

\$125 (R)/\$250 (NR) • Play Well Teknologies

March 27 – May 22 (No Class: April 17)

901183-4B Thu 4:15 p.m. – 5:45 p.m.

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 the 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.

1, 2-hour session at RCC Hunters Woods

Free, Registration Req. • Staff

January 8

820002-4E Wed 6:00 p.m. – 8:00 p.m.

January 15

820002-4F Wed 6:00 p.m. – 8:00 p.m.

Fundamentals for 2013 Income Tax

(18 years and older)

This lecture explores the basics of filing Federal and Virginia Individual Income Tax Returns for 2013. Topics covered include: understanding “Who is Required” to file income tax returns; tools to use to file; review of the basics of preparing individual tax returns; outline income, deductions, credits used to compute taxable income; where to file the tax returns and where to go for help.

1, 60-minute session at RCC Hunters Woods

\$5 (R)/\$10 (NR) • Nason

January 15

103389-4A Wed 7:00 p.m. – 8:00 p.m.

Getting Fiscally Fit

(18 years and older)

With soaring gas and energy prices, tightening household budgets, sliding stocks and rising foreclosures, many people are concerned about their financial futures. In this highly informative workshop, attendees will learn simple strategies they can start using today to take charge of their finances and achieve peace of mind. Additional topics covered in this workshop include how to: overcome the roadblocks to financial success; create and maintain a financial blueprint; cultivate daily habits to positively influence your financial fitness; develop your own action steps to financial freedom; identify cash flow traps; put dollars back into your monthly cash flow through proper tax-planning. The last portion of the presentation will be reserved for Question and Answer. This workshop is for educational purposes only; there will be no solicitations or obligations of the attendees.

1, 90-minute session at RCC Hunters Woods

\$10 (R)/\$20 (NR) • Eisen

February 26

103337-4A Wed 7:00 p.m. – 8:30 p.m.

Getting into College

(13 – 18 years old)

Think it is too early to start planning for college? Think again. Now is the perfect time to begin preparing for the admissions process. This seminar will help students outline a plan to accomplish certain milestones and get well ahead of the game.

1, 2-hour session at RCC Hunters Woods

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

April 5

802727-4A Sat 2:00 p.m. – 4:00 p.m.

Imagination and Science

(5 – 8 years old)

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

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

January 21 – February 25

903006-4B Tue 4:30 p.m. – 5:30 p.m.

April 1 – May 13 (No Class: April 15)

903006-4C Tue 4:30 p.m. – 5:30 p.m.

Irish Genealogy Workshop

(18 years and older)

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

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

January 11

105112-4C Sat 10:30 a.m. – 12:30 p.m.

May 10

105112-4D Sat 10:30 a.m. – 12:30 p.m.

Junior Aerospace Engineering

(4 – 6 years old)

Students will be introduced to the profession of aerospace engineering and the basic concepts of engineering as related to the science of aircraft and spacecraft. Through open yet focused exploration, students will design and construct their own rockets, parachutes, and hot air balloons. **All supplies are included in class fee.**

6, 60-minute sessions at RCC Hunters Woods
\$100 (R)/\$200 (NR) • Engineering For Kids

April 8 – May 20 (No Class: April 15)

901180-4A Tue 4:30 p.m. – 5:30 p.m.

Junior Civil Engineering

(4 – 6 years old)

This program will introduce students to the concepts of engineering, particularly through open yet focused exploration, design, and construction of bridges. "Beyond Trains," "Scraping the Sky," and "Elephants on a Bridge" will be featured topics. **All supplies are included in class fee.**

6, 60-minute sessions at RCC Hunters Woods
\$100 (R)/\$200 (NR) • Engineering For Kids

February 6 – March 13

901178-4A Thu 4:30 p.m. – 5:30 p.m.

K9 Detection Work

(18 years and older)

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

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

April 9 – May 21

105192-4B Wed 7:00 p.m. – 7:45 p.m.

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.



K9 Dog Obedience I

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

April 9 – May 21
 105090-4B Wed 6:00 p.m. – 6:45 p.m.

Learn to Play Chess

(8 – 12 years old)

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

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

February 4 – March 11

901035-4B Tue 4:30 p.m. – 6:00 p.m.

April 1 – May 20 (No Class: April 15, May 13)

901035-4C Tue 4:30 p.m. – 6:00 p.m.

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, expose children to concepts and vocabulary of engineering, architecture, and physics.

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

February 13 – April 3
 901182-4B Thu 4:30 p.m. – 6:00 p.m.

Line Dancing I

(18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Chen

January 9 – February 27
 104450-4B Thu 6:00 p.m. – 7:00 p.m.

April 3 – May 29 (No Class: May 15)
 104450-4C Thu 6:00 p.m. – 7:00 p.m.

Line Dancing II

(18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Chen

January 9 – February 27
 104451-4B Thu 7:00 p.m. – 8:00 p.m.

April 3 – May 29 (No Class: May 15)
 104451-4C Thu 7:00 p.m. – 8:00 p.m.

Passport to Retirement

(30 years and older)

This workshop is for those preparing for one of the biggest transitions of their lives – retirement. Most have the goal of accumulating enough wealth to ensure that retirement is financially comfortable. Participants will be provided with

information that could determine if their “passport to retirement” will be First Class or Coach. Whether it is ten days, ten months, or ten years away, there are a number of key issues that will be addressed before that move can be made. This class involves a thorough review of the retirement planning process and the obstacles that can keep one from reaching their goals. Additional topics include: accumulating assets for retirement while still employed; assessing personal investment portfolio; measuring risk in a portfolio; developing asset allocation strategies; taking advantage of dollar cost averaging; and how to create an action plan for success. The last portion of the presentation will be reserved for Question and Answer. This workshop is for educational purposes only; there will be no obligations or solicitations of the attendees.

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

April 23
103338-4A Wed 7:00 p.m. – 8:00 p.m.

SAT Workshop

(14 – 18 years old)

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

Test and Class Dates for SAT Workshop are listed below:

- Test A – Sunday, January 26 (1:00 p.m. – 5:00 p.m.)
- Class 1 – Tuesday, January 28 (6:00 p.m. – 9:00 p.m.)
- Class 2 – Thursday, January 30 (6:00 p.m. – 9:00 p.m.)
- Test B – Sunday, February 2 (1:00 p.m. – 5:00 p.m.)
- Class 3 – Tuesday, February 4 (6:00 p.m. – 9:00 p.m.)
- Class 4 – Thursday, February 6 (6:00 p.m. – 9:00 p.m.)
- Test C – Sunday, February 9 (1:00 p.m. – 5:00 p.m.)
- Class 5 – Tuesday, February 11 (6:00 p.m. – 9:00 p.m.)
- Class 6 – Thursday, February 13 (6:00 p.m. – 9:00 p.m.)
- Test D – Sunday, February 16 (1:00 p.m. – 5:00 p.m.)
- Class 7 – Tuesday, February 18 (6:00 p.m. – 9:00 p.m.)
- Class 8 – Thursday, February 20 (6:00 p.m. – 9:00 p.m.)

**4, 4-hour Sun sessions at RCC Hunters Woods
8, 3-hour Tue/Thur sessions at RCC Hunters Woods
\$275 (R)/\$550 (NR) • The Princeton Review**

January 26 – February 20
802860-4B Sun 1:00 p.m. – 5:00 p.m.
 Tue, Thu 6:00 p.m. – 9:00 p.m.

ServSafe Manager’s Certification

(18 years and older)

This ServSafe course provides food safety training, exams and educational materials to Food Service Managers and is recognized by health departments in all states and jurisdictions. It is ideal for those who work in the food service industry or those who want to learn how to cook food safely at home. Students will learn about sanitation challenges, the flow of food through food service operations, clean and sanitary facilities and equipment, accident prevention, and crisis management. Students will leave this class fully informed on the Food and Drug Administration’s food code. The class is organized into six hours of classroom instruction and two hours to complete the certification exam. The fee includes instruction, training materials, and the examination. Please bring a sharpened #2 pencil. The instructor is a graduate of the Culinary Institute of America and has been working in the hospitality industry for the past 30 years as a professional chef.

**1, 8-hour session at RCC Hunters Woods
\$250 (R)/\$500 (NR) • McKeon**

February 15
103390-4A Sat 9:00 a.m. – 5:00 p.m.

May 3
103390-4B Sat 9:00 a.m. – 5:00 p.m.



Taking Inspired Action

(18 years and older)

This interactive workshop will explore core values and interests. Each student will identify one to two goals and explore the impediments that deter them from committing to and achieving those goals. The steps which inspire action will be discussed along with a plan that will include a review of interests, barriers, goal setting, and, ultimately, accomplishment. This workshop will include group sharing and supportive coaching.

1, 2-hour session at RCC Hunters Woods

\$70 (R)/\$140 (NR) • Masciarelli

May 5

103368-4A Mon 6:00 p.m. – 8:00 p.m.

Writers Group

(18 years and older)

The RCC Writers Group welcomes fiction writers of all levels interested in enhancing their writing style and techniques. The group provides a friendly, facilitated, non-threatening environment where writers will receive and give peer critiques, explore creative techniques, and share ideas. Writers will also exchange information on marketing, getting published, and online resources. Participants should come to the first session with an original short story or other written document to discuss. **The group will meet every other Monday. The class dates: January 27, February 10 and 24, March 10 and 24, April 7 and 21, and May 5.**

8, 2-hour sessions at RCC Hunters Woods

\$40 (R)/\$80 (NR) • Kelly

January 27 – May 5

105116-4B Mon 7:00 p.m. – 9:00 p.m.

Writing the College Essay

(14 – 18 years old)

What is the scariest part of the college application? For most, it is that big white space where the essay is supposed to go. In this seminar, we will put students in the admissions officer's seat as they embark on writing their college application essays. Participants will leave with an outline for their own essay.

1, 2-hour session at RCC Hunters Woods

\$30 (R)/\$60 (NR) • The Princeton Review

April 26

859475-4A Sat 3:00 p.m. – 5:00 p.m.

Young Math Geniuses

(6 – 7 years old)

This hands-on program enables students to build, investigate, discuss, and explore geometry concepts, vocabulary, and structures in a 2D and 3D world. The projects teach math concepts in an experiential way, laying the foundation for higher mathematical learning. Since students live in a 3D world, it is logical for

them to connect with geometry on a 3D level. Even some of the 2D concepts are best understood when they are held and manipulated. Students build models using math manipulative and learning concepts ranging from geometric shapes to fractions in a fun way. **All supplies are included in class fee.**

8, 60-minute sessions at RCC Hunters Woods

\$200 (R)/\$400 (NR) • Scienzminds

February 3 – March 31 (No Class: February 17)

901199-4B Mon 3:30 p.m. – 4:30 p.m.

Young Math Masters

(5 – 7 years old)

This fun hands-on program enables students to build projects using math manipulatives to explore, exercise, and develop mathematical skills and concepts as well as literacy skills. The projects engage the students and increase learning while showing them ways to compare and operate in quantities, such as pattern blocks, tiles, and cubes. Students will learn patterns, relations and functions, and how to sort, classify, and order objects by size, number, and other properties. They will also become familiar with how to represent data using concrete objects, pictures and spatial relationships. **All supplies are included in class fee.**

8, 60-minute sessions at RCC Hunters Woods

\$200 (R)/\$400 (NR) • Scienzminds

February 3 – March 31 (No Class: February 17)

901198-4B Mon 5:00 p.m. – 6:00 p.m.

ADULTS 40 YEARS AND OLDER CHECK OUT THIS NEW CLASS:

ROADMAP FOR THE REST OF YOUR LIFE

This three-day course is taught by Bart Astor, author of the bestselling book, *AARP Roadmap for the Rest of Your Life*. Astor will lead discussions on goal-setting, lifestyle decision-making based on a Level of Activity scale, leisure time pursuits, ways to make retirement money last, health and health insurance, and creating a legacy.

\$20 (R)/\$40 (NR)

March 12 – 26

500252-4A Wed 6:00 p.m. – 7:00 p.m.



FITNESS & WELLNESS

20/20/20

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne
\$90(R)/\$180 (NR) • Fletcher

January 27 – March 17

306004-4E Mon 6:30 p.m. – 7:30 p.m.

4, 60-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR)

April 21 – May 12

306004-4F Mon 6:30 p.m. – 7:30 p.m.

Belly Dancing I

(16 years and older)

Belly dance is an ancient art form with a rich cultural heritage. This class makes the intricacies and joys of belly dancing accessible to the beginner. Enjoy the grace, poise, and sensuality of this art form while you learn the classic hip movements, vibrations, isolations, and fluid arm and hand movements of the dance. Relieve stress and increase

flexibility. Students should be prepared to make or purchase a veil (3 yards long) for this class. Please wear comfortable clothing and shoes suitable for dancing and movement.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Richardson

January 15 – March 5

302124-4C Wed 6:30 p.m. – 7:30 p.m.

April 2 – May 21

302124-4D Wed 6:30 p.m. – 7:30 p.m.

Belly Dancing II and III

(16 years and older)

This class is designed for graduates of Belly Dancing I. It will allow participants to learn more advanced belly dance movements, rhythms, patterns, and combinations. Always bring veils and zills to class. Prior belly dance experience required. Please wear comfortable clothing and shoes suitable for dancing and movement.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Richardson

January 15 – March 5

306005-4C Wed 7:30 p.m. – 8:30 p.m.

April 2 – May 21

306005-4D Wed 7:30 p.m. – 8:30 p.m.

Body Sculpting

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne

\$55 (R)/\$110 (NR) • Straley

January 6 – March 3 (No Class: January 20)

302315-4E Mon 6:00 p.m. – 7:00 p.m.

March 24 – May 19 (No Class: April 14)

302315-4F Mon 6:00 p.m. – 7:00 p.m.

Boot Camp for Women

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne

\$85 (R)/\$170 (NR) • Nyman

January 9 – March 6 (No Class: February 6)

303006-4C Thu 6:00 p.m. – 7:00 p.m.

March 20 – May 15 (No Class: April 17)

303006-4D Thu 6:00 p.m. – 7:00 p.m.

Defend Yourself

(16 years and older)

This practical women's self-defense class program will teach women how to react in an emergency situation. Each class will deal not only with the mental aspect of an attack, but also provide women with effective physical methods of stopping an attacker. This class will be held at the United States Karate Center located at 11425 Isaac Newton Square, Reston, VA 20190.

4, 60-minute sessions at United States Karate Center

\$80 (R)/\$160 (NR) • Thomas

February 1 – 22

306994-4C Sat 12:00 p.m. – 1:00 p.m.

March 8 – 29

306994-4D Sat 12:00 p.m. – 1:00 p.m.

April 26 – May 17

306994-4E Sat 12:00 p.m. – 1:00 p.m.

Energy Yoga

(18 years and older)

This class is a series of gentle self-help exercises developed for stimulating the body's energy. It incorporates movement, stretching and relaxation for a total mind and body workout. Done with regularity, these routines add tone, strength and flexibility while giving the body the space to relax and unwind. Exercises are taught and modified to fit each student's capability. The ability to perform the routines increases with practice. Energy Yoga is a great way to manage the stresses of life and a great complement to intensive workouts. This class is appropriate for all skill levels.

10, 60-minute sessions at RCC Lake Anne

\$70 (R)/\$140 (NR) • Katz

January 8 – March 12

305563-4B Wed 11:00 a.m. – 12:00 p.m.

8, 60-minute sessions at RCC Lake Anne

\$56 (R)/\$112 (NR)

April 2 – May 21

305563-4C Wed 11:00 a.m. – 12:00 p.m.

Evening Hatha Yoga I

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne

\$50 (R)/\$100 (NR) • Hill

January 14 – March 4

302485-4D Tue 6:00 p.m. – 7:00 p.m.

March 25 – May 20 (No Class: April 15)

302485-4E Tue 6:00 p.m. – 7:00 p.m.

Express Core Workout

(18 years and older)

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

8, 45-minute sessions at RCC Lake Anne

\$35 (R)/\$70 (NR) • Straley

January 6 – March 3 (No Class: January 20)

302371-4B Mon 7:15 p.m. – 8:00 p.m.

March 24 – May 19 (No Class: April 14)

302371-4C Mon 7:15 p.m. – 8:00 p.m.

Fit Moms Class

(18 years and older)

This class is NOT just a stroll through the park. It combines cardio conditioning including aerobics, strength training, core, yoga, kick boxing, dance, and more. Led by an Aerobics and Fitness Association of America certified Fairfax-Fit Moms® instructor, this class is for any mom who wants to get back into shape and/or achieve fitness goals. Exercise alone or with children 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. The instructor will demonstrate different variations for every fitness level. Please bring water and dress appropriately for the outdoors. Some portions of this class are led outdoors, weather permitting.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Nyman

January 7 – 30

302394-4G	Tue, Thu	9:00 a.m. – 10:00 a.m.
302394-4H	Tue, Thu	10:15 a.m. – 11:15 a.m.

February 11 – March 6

302394-4I	Tue, Thu	9:00 a.m. – 10:00 a.m.
302394-4J	Tue, Thu	10:15 a.m. – 11:15 a.m.

March 18 – April 10

302394-4K	Tue, Thu	9:00 a.m. – 10:00 a.m.
302394-4L	Tue, Thu	10:15 a.m. – 11:15 a.m.



Fitness and Tumbling for Kids

(3 – 5 years old)

This program is designed to work on motor skills, flexibility, strength, and good hand-eye coordination by participating in relays, balance games, tumbling, jumping, and obstacle courses. Music and creative movement added to exercise make it playful and fun. Parent/caregiver must remain in the classroom. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 45-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Nyman

January 9 – March 6 (No Class: February 6)

301061-4C	Thu	11:30 a.m. – 12:15 p.m.
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March 20 – May 15 (No Class: April 17)

301061-4D	Thu	11:30 a.m. – 12:15 p.m.
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FunFit

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. Perfect for all children. 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 – 2 years old)

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • FunFit Staff

January 25 – March 22 (No Class: March 8)

306040-4A	Sat	9:30 a.m. – 10:15 a.m.
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April 5 – May 31 (No Class: April 12)

306040-4B	Sat	9:30 a.m. – 10:15 a.m.
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(2 – 3 years old)

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • FunFit Staff

January 25 – March 22 (No Class: March 8)

306041-4A	Sat	10:30 a.m. – 11:15 a.m.
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April 5 – May 31 (No Class: April 12)

306041-4B	Sat	10:30 a.m. – 11:15 a.m.
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(1 – 4 years old)

8, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • FunFit Staff

January 25 – March 22 (No Class: March 8)

306042-4A	Sat	11:30 a.m. – 12:15 p.m.
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April 5 – May 31 (No Class: April 12)

306042-4B	Sat	11:30 a.m. – 12:15 p.m.
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Hatha Yoga Flow

(16 years and older)

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

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Soares

January 14-March 4

306992-4A Tue 7:30 p.m. – 8:30 p.m.

March 25-May 20 (No Class: April 15)

306992-4B Tue 7:30 p.m. – 8:30 p.m.

Hatha Yoga I

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Hill

January 12 – March 2

305051-4C Sun 9:00 a.m. – 10:00 a.m.

March 23 – May 18 (No Class: April 20)

305051-4D Sun 9:00 a.m. – 10:00 a.m.

Heart Start CPR – AED

(16 years and older)

Participants will learn how to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, and basic first aid. Successful participants will receive a two-year, adult CPR with AED certification and a two-year first aid certification through the American Heart Association.

1, 3.5-hour session at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Heart Start

January 11

302313-4I Sat 10:00 a.m. – 1:30 p.m.

March 8

302313-4J Sat 10:00 a.m. – 1:30 p.m.

April 26

302313-4K Sat 10:00 a.m. – 1:30 p.m.

May 17

302313-4L Sat 10:00 a.m. – 1:30 p.m.

Historical European Swordsmanship

(9 years and older)

Historical European Swordsmanship is a popular new martial arts discipline, one that brings a historical perspective to physical training and self-defense. Virginia Academy of Fencing (VAF) will teach the history of swordsmanship and the basics of footwork and body mechanics using safe sword simulators (bamboo shinai). Students are introduced to the basic guards and strikes of fencing with two-handed swords and rapier simulators. Minimum age for enrollment is nine years; class is designed for all ages and skill levels so teenage and adult participation is encouraged. Students should wear loose comfortable clothing, no shorts, jeans, or pants with protruding pockets. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Virginia Academy of Fencing

January 9 – February 13

302421-4B Thu 8:00 p.m. – 9:00 p.m.

Kundalini Yoga

(18 years and older)

Kundalini yoga is a physical, mental and spiritual discipline. It is not facilitated like a traditional yoga movement course but rather incorporates some yogic techniques with breathing exercises, asana practices, meditation, and devotions.

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Simran

January 9 – February 27

302384-4D Thu 7:00 p.m. – 8:30 p.m.

April 3 – May 29 (No Class: April 17)

302384-4E Thu 7:00 p.m. – 8:30 p.m.

January 6 – March 3 (No Class: January 20)

302384-4F Mon 9:00 a.m. – 10:30 a.m.

March 24 – May 12

302384-4G Mon 9:00 a.m. – 10:30 a.m.

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Hill

January 17 – March 7

302384-4H Fri 12:00 p.m. – 1:30 p.m.

Kundalini Yoga and Meditation

(18 years and older)

Kundalini yoga uses asanas (postures), movement, breath, and meditation to relax and heal your mind and body, giving you a greater awareness of mind, body, and spirit. By stimulating the nervous and immune systems, this type of yoga improves strength and flexibility and may provide relief from problems such as back pain, stress and insomnia. Kundalini yoga brings a greater feeling of well-being and happiness and is a great way to recharge and heal the body quickly. Please bring a light blanket for cover during deep relaxation.

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Hill

January 6 – March 3 (No Class: January 20)
 302101-4C Mon 12:00 p.m. – 1:30 p.m.
March 24 – May 12
 302101-4D Mon 12:00 p.m. – 1:30 p.m.

Martial Arts for Children

(3 – 5 years old)
 Students will learn the basics of martial arts, including self-defense, balance, discipline, focus, respect, and group interaction. Each class will offer exercises to help build a child’s self-esteem and physical conditioning. Instruction is provided by certified black belt instructors under the supervision of Master Adam Sterner, a Hall of Fame inductee. Participants are required to wear a traditional, white martial arts/karate uniform to each class. They may opt to purchase a uniform directly from the instructor. Optional belt testing will be available at the instructor’s discretion. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 30-minute sessions at RCC Lake Anne
\$30 (R)/\$60 (NR) • Sterner’s Tae Kwon Do Academy

January 25 – March 1
 301133-4C Sat 3:00 p.m. – 3:30 p.m.
April 12 – May 17
 301133-4F Sat 3:00 p.m. – 3:30 p.m.

12, 30-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Sterner’s Tae Kwon Do Academy

February 4 – March 13
 301133-4D Tue, Thu 2:15 p.m. – 2:45 p.m.
April 8 – May 22 (No Class: April 15, April 17)
 301133-4E Tue, Thu 2:15 p.m. – 2:45 p.m.

Martial Arts for Youth

(6 – 11 years old)
 Students will be taught the basics of martial arts, including self-defense, balance, discipline, focus, respect and group interaction. Each class will offer exercises to help build self-esteem and physical conditioning. Instruction is provided by certified instructors under the supervision of Master Adam Sterner, Hall of Fame inductee. Participants are required to wear a traditional, white martial arts/karate uniform to each class. They may opt to purchase a uniform directly from the instructor. Optional belt testing will be available at the instructor’s discretion. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Sterner’s Tae Kwon Do Academy

January 25 – March 1
 301134-4C Sat 3:45 p.m. – 4:30 p.m.

February 3 – March 10
 301134-4D Mon 4:45 p.m. – 5:30 p.m.

April 14 – May 19
 301134-4E Mon 4:45 p.m. – 5:30 p.m.

Masala Bhangra

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

6, 60-minute sessions at RCC Lake Anne
\$45 (R)/\$90 (NR) • Richardson

February 4 – March 11
 306000-4D Tue 6:15 p.m. – 7:15 p.m.
April 1 – May 13 (No Class: April 15)
 306000-4E Tue 6:15 p.m. – 7:15 p.m.

Meditation for Relaxation

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

8, 75-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Gurunater

January 21 – March 11
 302115-4B Tue 5:30 p.m. – 6:45 p.m.
April 8 – May 27
 302115-4C Tue 5:30 p.m. – 6:45 p.m.

Meditative Yoga

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

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Gurunater

January 21 – March 11
 302215-4C Tue 7:00 p.m. – 8:30 p.m.
April 8 – May 27
 302215-4D Tue 7:00 p.m. – 8:30 p.m.

Mommy and Baby Yoga

(18 years and older)

This class is a great way for mom and baby to bond while mom is getting back in shape. The instructor will address basic postpartum needs such as building core strength and stability while restoring core alignment and strengthening pelvic floor and abdominal muscles. Baby yoga and baby massage will also be practiced during class. These techniques may help babies sleep better, get relief from colic, and improve digestion. Babies should be six weeks old – six months (or NOT actively crawling) to participate with mom.

8, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Shamrell

January 11 – March 1

300024-4D Sat 10:45 a.m. – 11:45 a.m.

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

April 26-May 17

300024-4E Sat 10:45 a.m. – 11:45 a.m.

Nia

(16 years and older)

Nia is an exhilarating movement and lifestyle practice that combines martial arts and healing arts, and has changed 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.

8, 60-minute sessions at RCC Lake Anne
\$65 (R)/\$130 (NR) • Shiotsuki

January 15 – March 5

306002-4E Wed 6:15 p.m. – 7:15 p.m.

March 26 – May 21 (No Class: April 16)

306002-4F Wed 6:15 p.m. – 7:15 p.m.

Olympic Sport Fencing

(9 years and older)

Learn the fundamentals of this Olympic sport, including footwork, handwork and strategy formulation, using safety tipped swords, protective jackets, and masks. No previous training is required. Minimum age for enrollment is nine years; class is designed for all ages and skill levels so teenage and adult participation is encouraged. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Virginia Academy of Fencing

January 9 – February 13

302389-4B Thu 7:00 p.m. – 8:00 p.m.

Prenatal Yoga

(18 years and older)

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

8, 60-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Soares

January 16 – March 6

302100-4B Thu 7:30 p.m. – 8:30 p.m.

March 27 – May 22 (No Class: April 17)

302100-4C Thu 7:30 p.m. – 8:30 p.m.

Self Defense

(13 years and older)

Nothing is more frightening than the prospect of being attacked. This no-nonsense, self-defense program for men and women is a safe and effective method of self-protection that really works. Students will learn how to disable an attacker, several variations of release getaway techniques including basic kicks and punches, as well as basic stances and proper falling and landing skills. The classes also include body conditioning exercises to improve strength and agility. Taught by RCC's popular Tae Kwon Do instructors, this program is not to be missed. **Class will be held at RCC Lake Anne on January 18 and January 25.**

10, 60-minute sessions at RCC Hunters Woods
\$60 (R)/\$120 (NR) • Butts

January 4-March 8

300039-4A Sat 11:00 a.m. – 12:00 p.m.

9, 60-minute sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Butts

March 29 – May 24

300039-4B Sat 11:00 a.m. – 12:00 p.m.



SharQui Bellydance Workout

(16 years and older)

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

6, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Richardson

February 4 – March 11

306027-4A Tue 7:30 p.m. – 8:30 p.m.

April 1 – May 6

306027-4B Tue 7:30 p.m. – 8:30 p.m.

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-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Schultz

January 15 – March 5

306006-4D Wed 7:30 p.m. – 8:30 p.m.

March 26 – May 21 (No Class: April 16)

306006-4E Wed 7:30 p.m. – 8:30 p.m.

Tae Kwon Do I

(6 years and older)

Tae Kwon Do is a traditional Korean system of unarmed combat and self-defense, emphasizing the use of the feet and hands as weapons. More than just a sport and fighting skill, it instills a positive life philosophy through strict physical and mental discipline. Commitment to this regimented conditioning program brings about greater strength, speed, balance, flexibility, and stamina. Participation from all ages and skill levels is encouraged. **Class will be held at RCC Lake Anne on January 18 and January 25.**

10, 60-minute sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Butts

January 4 – March 8

302348-4B Sat 9:00 a.m. – 10:00 a.m.

9, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Butts

March 29 – May 24

302348-4C Sat 9:00 a.m. – 10:00 a.m.

Tae Kwon Do II

(6 years and older)

Expanding on the techniques and skills of Tae Kwon Do I, this intermediate class is for students with prior experience. The instructor reserves the option to move students between sections based on skill level. Students focus on traditional forms (Hyungs), sparing, breaking, and preparing themselves for tournament competitions. Participation from all ages and skill levels is encouraged. **Class will be held at RCC Lake Anne on January 18 and January 25.**

10, 60-minute sessions at RCC Hunters Woods
\$55 (R)/\$110 (NR) • Butts

January 4 – March 8

303000-4B Sat 10:00 a.m. – 11:00 a.m.

9, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Butts

March 29 – May 24

303000-4C Sat 10:00 a.m. – 11:00 a.m.

Yoga and Meditation in the Morning

(18 years and older)

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

8, 90-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Khalsa

January 8 – February 26

302440-4C Wed 9:30 a.m. – 11:00 a.m.

March 19 – May 7

302440-4D Wed 9:30 a.m. – 11:00 a.m.

March 14 – May 2

302440-4E Fri 9:30 a.m. – 11:00 a.m.

Yoga at Noon

(18 years and older)

Body awareness is the key to maintaining a healthy body while leading an active life. Increase flexibility and strength while learning basic yoga postures from several yoga styles. The combination is designed to improve awareness while enhancing balance, flexibility, and the ability to flow with the breath in the postures. The class also explores yoga beyond the postures. The class uses Anusara-style alignment principles and philosophy for the Hatha yoga postures and is appropriate for all levels.

10, 90-minute sessions at RCC Lake Anne
\$70 (R)/\$140 (NR) • Katz

January 8 – March 12

305098-4B Wed 12:15 p.m. – 1:45 p.m.

8, 90-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Katz

April 2 – May 21

305098-4C Wed 12:15 p.m. – 1:45 p.m.



Yoga for Children

Children derive enormous benefits from yoga, including flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness improve. Curriculum will include games, stretching, singing, and learning how to breathe properly. Participants may wish to bring a beach towel or yoga mat with them. Parent/caregiver is not required to remain during class. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered. Please register for the appropriate age range.

(3 – 5 years old)

6, 45-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Shamrell

February 6 – March 13

301400-4D Thu 3:45 p.m. – 4:30 p.m.

April 10 – May 22 (No Class: April 17)

301400-4E Thu 3:45 p.m. – 4:30 p.m.

(6 – 11 years old)

6, 45-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Shamrell

February 6-March 13

301401-4C Thu 4:45 p.m. – 5:30 p.m.

April 10-May 22 (No Class: April 17)

301401-4D Thu 4:45 p.m. – 5:30 p.m.

Zumba Fitness

(16 years and older)

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

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Ledesma

January 6 – March 3 (No Class: January 20)

302327-4E Mon 7:00 p.m. – 8:00 p.m.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Burns

January 17 – March 7

302327-4G Fri 7:00 p.m. – 8:00 p.m.

March 28 – May 16

302327-4H Fri 7:00 p.m. – 8:00 p.m.

6, 60-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Ledesma

April 21 – June 2 (No Class: May 26)

302327-4F Mon 7:00 p.m. – 8:00 p.m.

Zumba Toning

(16 years and older)

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Students will use lightweight, maraca-like toning sticks or light weight dumbbells, to enhance rhythm and tone target areas that include arms, abs and thighs.

8, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Ledesma

January 6 – March 3 (No Class: January 20)

302227-4C Mon 6:00 p.m. – 7:00 p.m.

6, 60-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Ledesma

April 21 – June 2 (No Class: May 26)

302227-4D Mon 6:00 p.m. – 7:00 p.m.

Zumba Kids Jr.

(4 – 6 years)

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

6, 45-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Wood

January 14 – February 18

306007-4B Tue 4:00 p.m. – 4:45 p.m.

April 22 – May 27

306007-4C Tue 4:00 p.m. – 4:45 p.m.

Zumba Kids

(7 – 11 years)

This Zumba Kids class is designed for slightly older children, ages seven through 11. The classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip hop, reggaeton, cumbia and more. Parents will love this program because of the effects it has on kids, increasing focus and self-confidence, boosting metabolism and enhancing coordination.

6, 45-minute sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Wood

January 14 – February 18

306008-4B Tue 5:00 p.m. – 5:45 p.m.

April 22 – May 27

306008-4C Tue 5:00 p.m. – 5:45 p.m.



GREEN LIVING SERIES

Choices for Sustainable Living

(16 years and older)

In this seven-session facilitated discussion course, explore the meaning of sustainable living and the ties between lifestyle choices and their impact on Earth. Learn steps that can be taken to move toward ecologically sustainable lifestyles and how to encourage organizations and communities to follow. Participants will receive a book of readings that form the basis of each discussion; the cost of the book is included in the program fee. All will be notified when the books arrive and asked to pay the fee upon pick-up – approximately two weeks before the first session. This program is jointly produced by RCC, RA and Sustainable Reston. Registration is required through RCC and the \$30/\$40 (RA Member/Non-Member) fee is payable when picking up the reading materials at the Walker Nature Center. This program will be held at the Walker Nature Center, located at 11450 Glade Drive, Reston, VA 20191.

7, 2-hour sessions at Walker Nature Center
\$30 (RA)/\$40 (Non-RA) payable at Nature Center
Registration Req. • Blust

January 27 – March 10

103034-4A Mon 7:00 p.m. – 9:00 p.m.

Fermentation Workshop

(16 years and older)

In this hands-on class, participants will have the opportunity to can fruits and other high-acid foods using a water bath canner, a process also known as boiled water canning. Food preservation saves money, allows more control over dietary and nutrition intake, and provides a great sense of self-satisfaction. Participants will learn how to use the

equipment, and they will be given guidelines to follow and recipes to use and enjoy at home. This program is jointly produced by RCC, RA and Sustainable Reston.

1, 2-hour session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Registration Req. • Strong

January 23

100216-4A Thu 7:00 p.m. – 9:00 p.m.

Home Food Preservation Intro

(16 years and older)

This introductory class to home food preservation covers canning, fermentation, drying/dehydration, and freezing. Participants will learn about the science behind food preservation and different canning methods. Other topics will include: safety precautions, preservation methods (fermentation, drying, freezing), food and recipe selection, kitchen setup, jar and equipment preparation (sterilization of jars, lid prep, assembly line set up), and much more. The class is a lecture that will include a demonstration of the correct procedure for filling jars with food to be canned. There will be ample time following the presentation to ask questions. This program is jointly produced by RCC, RA, and Sustainable Reston. Registration is required, and a \$7/\$9 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA 20191.

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

January 9

100211-4A Thu 7:00 p.m. – 8:30 p.m.

Organic Gardening

(18 years and older)

This lecture discusses the principles of organic gardening. Organic gardening is the mainstay of sustainable living and uses landscape design and the environment to improve and maximize the health and the development of plants and soil without the use of commercial pesticides and fertilizers. This program is jointly produced by RCC, RA and Sustainable Reston. Advanced registration is required and a \$7/\$9 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Education Center, located at 11450 Glade Drive, Reston, VA 20191.

**1, 60-minute session at Walker Nature Center
\$7 (RA)/\$9 (Non-RA) payable at Nature Center
Registration Req. • Staff**

April 27

103019-4A Sun 7:00 p.m. – 8:00 p.m.

Pressure Canning Demonstration

(16 years and older)

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

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

February 6

100212-4A Thu 7:00 p.m. – 9:00 p.m.



Water Bath Canning Workshop

(16 years and older)

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

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

February 13

100215-4A Thu 7:00 p.m. – 9:00 p.m.

Worm Composting

(16 years and older)

Ever thought about composting but just don't have the space? A worm composting bin could be the solution. Worm composting is a type of vermiculture that is a natural method of recycling food waste. It's so simple and odor free that it can be done virtually anywhere: home kitchens, schools or offices. Come see an established bin and make one to take home. Learn how to turn your kitchen scraps into rich organic soil and "compost tea." Participants are encouraged to bring a drill with a 3/16" bit. This program is jointly produced by RCC, RA, and Sustainable Reston. Registration is required by April 24 and a \$35/\$40 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA 20191.

**1, 90-minute session at Walker Nature Center
\$35 (RA)/\$40 (Non-RA) payable at Nature Center
Registration Req. • Morgan**

April 27

103025-4B Sun 2:00 p.m. – 3:30 p.m.

DID YOU KNOW?

*55+ Patrons receive a
20 percent discount on Adult Classes.*



LANGUAGE LEARNING

Conversational French

(18 years and older)

Sharpen your conversational French skills and meet new friends who share your deep appreciation for the language. New participants are always welcome and encouraged to attend. Participants are required to sign in at each meeting.

2-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

January 8 – May 28

Drop-in Wed 6:00 p.m. – 8:00 p.m.

French for Beginners I

(18 years and older)

This class is for anyone who has ever had an interest in learning the beautiful French language but may have felt intimidated or just didn't have the time to commit. In this class, students will learn basic communication skills they can use when traveling in Paris, Montreal or the lovely island of Martinique. Students will learn useful vocabulary and expressions for greeting someone in French, making a purchase and eating out at a restaurant. No prior knowledge or experience in French is necessary.

8, 90-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Elder

January 23 – March 13

105135-4B Thu 2:30 p.m. – 4:00 p.m.

April 3 – May 29 (No Class: May 15)

105135-4C Thu 2:30 p.m. – 4:00 p.m.

French for Beginners II

(18 years and older)

This class is designed for students who have taken French level I. Students who have some knowledge of French at the beginners' level are also welcome. Students will review and reinforce proper pronunciation and useful expressions that were learned in Level I to encourage a stronger grasp of the language. The instructor will continue to focus on the spoken word and on French culture. This class will put special emphasis on subjects like the weather, the seasons and telling time, among others.

8, 90-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Elder

January 23 – March 13

105138-4B Thu 4:30 p.m. – 6:00 p.m.

April 3 – May 29 (No Class: May 15)

105138-4C Thu 4:30 p.m. – 6:00 p.m.

French for Tots

(1 – 3 years old)

From birth, the brain is hard-wired to acquire language naturally. In this early development period, learning a second language is as natural as learning to walk. At this level, children are able to build a second language system while learning English, with no translation necessary. Native speakers of French will help children learn by gradually integrating meaning via purposeful exposure, practice and play. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

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

January 10 – February 14

901255-4B Fri 10:00 a.m. – 11:00 a.m.

March 7 – April 11

901255-4C Fri 10:00 a.m. – 11:00 a.m.

Japanese Conversation and Culture Club

(18 years and older)

This club allows participants to brush up on their Japanese conversation skills and to socialize in Japanese. The club will make traditional Japanese crafts and foods. All instruction will be in Japanese. Participants are required to sign in at each meeting.

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

January 31, February 28, March 28, April 25, May 30

Drop-in Fri 5:00 p.m. – 6:30 p.m.

Mandarin Chinese

(18 years and older)

In this beginner Mandarin Chinese language course, students will learn practical travel vocabulary and gain a foundation for basic conversational skills. Other topics explored in the class include Chinese characters and writing, and traditional Chinese history and culture.

8, 60-minute sessions at RCC Hunters Woods
\$75 (R)/\$150 (NR) • Ko

March 11 – April 29

103380-4A Tue 2:00 p.m. – 3:00 p.m.

Mandarin Chinese for Tots

(1 – 3 years old)

From birth, the brain is hard-wired to acquire language naturally. In this early development period, learning a second language is as natural as learning to walk. At this level, children are able to build a second language system while learning English, with no translation necessary. Native speakers of Mandarin will help children learn by gradually integrating meaning via purposeful

exposure, practice and play. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

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

January 6 – March 3 (No Class: January 20, February 3, February 17)

901254-4B Mon 10:00 a.m. – 11:00 a.m.

March 24 – May 5 (No Class: April 14)

901254-4C Mon 10:00 a.m. – 11:00 a.m.

Spanish I

(18 years and older)

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

8, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Lenigan

January 7 – February 25

102357-4B Tue 7:15 p.m. – 9:15 p.m.

March 25 – May 13

102357-4C Tue 7:15 p.m. – 9:15 p.m.

Spanish II

(18 years and older)

Students will further their Spanish learning and exposure to the cultures and countries that form the Hispanic world. This class is designed for those who have some knowledge of the Spanish language, regardless of whether it was learned in high school, college or beyond. Start by reviewing basic vocabulary, communicative structures and verb conjugations; then learn new ones through motivating and practical topics and activities. The instructor will provide worksheets and reading materials (authentic newspapers, song lyrics, maps, brochures, supermarket circulars, etc.). These will be used as starting points to further practice communicating and for better understanding of the language structures.

8, 2-hour sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Lenigan

January 9 – February 27

104007-4B Thu 7:15 p.m. – 9:15 p.m.

March 27 – May 22 (No Class: May 15)

104007-4C Thu 7:15 p.m. – 9:15 p.m.



MUSIC/PERFORMING ARTS

Music

Music Friends

(Infant – 5 years old)

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

8, 45-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Zucker

January 9 – February 27

404220-4G	Thu	9:45 a.m. – 10:30 a.m.
404220-4H	Thu	10:45 a.m. – 11:30 a.m.
404220-4I	Thu	11:45 a.m. – 12:30 p.m.

January 10 – February 28

404220-4J	Fri	9:45 a.m. – 10:30 a.m.
404220-4K	Fri	10:45 a.m. – 11:30 a.m.
404220-4L	Fri	11:45 a.m. – 12:30 p.m.

March 27 – May 29 (No Class: April 17, May 15)

404220-4M	Thu	9:45 a.m. – 10:30 a.m.
404220-4N	Thu	10:45 a.m. – 11:30 a.m.
404220-4O	Thu	11:45 a.m. – 12:30 p.m.

March 28 – May 30 (No Class: April 18, May 16)

404220-4P	Fri	9:45 a.m. – 10:30 a.m.
404220-4Q	Fri	10:45 a.m. – 11:30 a.m.
404220-4R	Fri	11:45 a.m. – 12:30 p.m.

Voice I

(18 years and older)

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

8, 60-minute sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Zaboji

January 4 – March 1 (No Class: February 1)

402479-4B	Sat	9:30 a.m. – 10:30 a.m.
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April 12 – June 14 (No Class: April 19, May 24)

402479-4C	Sat	9:30 a.m. – 10:30 a.m.
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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-minute sessions at RCC Hunters Woods
\$65 (R)/\$130 (NR) • Zaboji

January 4 – March 1 (No Class: February 1)

402482-4B	Sat	10:30 a.m. – 11:30 a.m.
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April 12 – June 14 (No Class: April 19, May 24)

402482-4C	Sat	10:30 a.m. – 11:30 a.m.
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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-minute sessions at RCC Hunters Woods

\$65 (R)/\$130 (NR) • Zaboji

January 4 – March 1 (No Class: February 1)

402471-4B Sat 11:30 a.m. – 12:30 p.m.

April 12 – June 14 (No Class: April 19, May 24)

402471-4C Sat 11:30 a.m. – 12:30 p.m.

Performing Arts

Acting for Adults

(18 years and older)

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

8, 90-minute sessions at RCC Hunters Woods

\$65 (R)/\$130 (NR) • Michnewicz

March 4 – April 29 (No Class: April 15)

402472-4B Tue 7:00 p.m. – 8:30 p.m.



SpeakeasyDC Storytelling Bootcamp

(18 years and older)

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

America in the CenterStage on Sunday, June 8 at 3:00 p.m. Please note the performance includes adult material.

1, 6-hour session at RCC Hunters Woods

\$75 (R)/\$150 (NR) • SpeakEasyDC

June 1

402596-4A Sun 1:00 p.m. – 7:00 p.m.

Young Actors Theatre

(7 – 15 years old)

This program is designed to introduce students to the skills and processes necessary to create a performance. Students will perform in an original production on March 15 and June 7 in the CenterStage at Reston Community Center Hunters Woods. Preparing for the production will require additional technical rehearsals during the week of March 10 – 14 and June 2 – 6, 2014. 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

\$165 (R)/\$330 (NR) • Brutsché

January 10 – March 15

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

March 28 – June 7 (No Class: April 18, April 19)

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



Dance

DANCE CLASS INTRODUCTION

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

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

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

Ballet Basics I

(4 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

8, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Fischer

January 7 – February 25

402402-4B Tue 4:45 p.m. – 5:45 p.m.

March 25 – May 20 (No Class: April 15)

402402-4C Tue 4:45 p.m. – 5:45 p.m.

Ballet Combo

(4 – 6 years old)

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

8, 60-minute sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Fischer

January 8 – February 26

402414-4C Wed 4:15 p.m. – 5:15 p.m.

January 11 – March 1

402414-4D Sat 11:00 a.m. – 12:00 p.m.

March 26 – May 21 (No Class: April 16)

402414-4E Wed 4:15 p.m. – 5:15 p.m.

March 29 – May 24 (No Class: April 19)

402414-4F Sat 11:00 a.m. – 12:00 p.m.

Creative Dance

(3 – 4 years old)

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

8, 30-minute sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Fischer

January 7 – February 25

402404-4C Tue 3:30 p.m. – 4:00 p.m.

January 11 – March 1

402404-4D Sat 9:45 a.m. – 10:15 p.m.

March 25 – May 20 (No Class: April 15)

402404-4E Tue 3:30 p.m. – 4:00 p.m.

March 29 – May 24 (No Class: April 19)

402404-4F Sat 9:45 a.m. – 10:15 a.m.

Pre Ballet

(3 – 4 years old)

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

8, 45-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Fischer

January 7 – February 25

402400-4D Tue 4:00 p.m. – 4:45 p.m.

January 11 – March 1

402400-4E Sat 9:00 a.m. – 9:45 a.m.

January 11 – March 1

402400-4F Sat 10:15 a.m. – 11:00 a.m.

March 25 – May 20 (No Class: April 15)

402400-4G Tue 4:00 p.m. – 4:45 p.m.

March 29 – May 24 (No Class: April 19)

402400-4H Sat 9:00 a.m. – 9:45 a.m.

March 29 – May 24 (No Class: April 19)

402400-4I Sat 10:15 a.m. – 11:00 a.m.

Storybook Ballet

(3 – 4 years old)

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

8, 45-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Fischer

January 8 – February 26

402413-4B Wed 3:30 p.m. – 4:15 p.m.

March 26 – May 21 (No Class: April 16)

402413-4C Wed 3:30 p.m. – 4:15 p.m.



SOCIAL PROGRAMS

Bugs, Butterflies and Birds

(2 – 4 years old)

RCC staff will lend young explorers large magnifying glasses that will better enable them to fully appreciate all of the wonders of fascinating bugs, butterflies and birds. Meet at the main front entrance of Meadowlark Gardens, located at 9750 Meadowlark Gardens Court, Vienna, VA (on Beulah Road, between Route 7 and Route 123). For directions, call 703-255-3631. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Free; participating children must be registered.

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

April 8		
901077-4A	Tue	10:00 a.m. – 11:00 a.m.
April 29		
901077-4B	Tue	10:00 a.m. – 11:00 a.m.
May 8		
901077-4C	Thu	10:00 a.m. – 11:00 a.m.

Country Western Dance

(18 years and older)

Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided.

No square or contra dancing, please. Ticket admission purchased at the door. Please note due to Super Bowl Sunday, the February dance will be held on February 9.

January 5, February 9, March 2, April 6, May 4

5, 3-hour session at RCC Hunters Woods
\$5 (R)/\$10 (NR) Payable at the Door • Staff

January 5 – May 4

Drop-in Sun 6:30 p.m. – 9:30 p.m.

Creative Zone

(3 – 4 years old)

This creative and stimulating program will provide hands-on activities with a specific theme each week for participants. Planned activities may include: sing-a-long stories; bubble activities; science; sports; and the concept of numbering. In order to ensure a successful program, it is essential that all parents/caregivers fully participate in all of the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

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

January 17 – February 21

901013-4B Fri 10:00 a.m. – 11:30 a.m.

March 21 – May 2 (No Class: April 18)

901013-4C Fri 10:00 a.m. – 11:30 a.m.



Diva Central

(14 – 18 years old)

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. This year's event will be held at RCC Lake Anne located at 1609-A Washington Plaza, Reston, VA 20190.

1, 6-hour session at RCC Lake Anne

Free, Drop-in • Staff

March 8

Drop-in	Sat	12:00 p.m. – 6:00 p.m.
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Drop-in Chess Club

(5 years and older)

Join RCC's chess club to meet new partners and build skills. Participants of any age and skill level are welcomed. Players may drop in anytime during our weekly meetings. Children under the age of 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.

3-hour sessions at RCC Hunters Woods

Free, Drop-in • Staff

January 2 – May 29 (No Class: May 15)

Drop-in	Thu	6:30 p.m. – 9:30 p.m.
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Firehouse Visit

(3 – 5 years old)

New this season, children will take a tour and participate in activities at Firehouse Station #39. Please meet at 1117 Reston Avenue, Herndon, VA (at the intersection of Reston Avenue and Route 7). In addition to being amazed by the fire trucks and their functions, children will also learn about fire prevention and what to do in the event of a fire. Firehouse Station # 39 also has special equipment, commonly known as "the jaws of life," used to rescue individuals in car accidents. For directions, call 703-433-1418.

Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Free; participating children must be registered.

1, 30-minute session at Fire Station #39

Free, Registration Req. • Haneline

February 13

902074-4A	Thu	1:00 p.m. – 1:30 p.m.
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February 20

902074-4B	Thu	1:00 p.m. – 1:30 p.m.
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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 "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 on a carousel. Please meet in front of the entrance to the gazebo at Kidwell Farm which is in Frying Pan Farm Park, located at 2709 West Ox Road, in Herndon, VA For directions, call 703-437-9101. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

1, 90-minute session at Frying Pan Park

Free, Registration Req. • Haneline

May 13

901451-4A	Tue	10:00 a.m. – 11:30 a.m.
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Game Day

(13 – 18 years old)

Join us on Saturdays as we play board games and video games on the Nintendo Wii and Xbox systems. Refreshments provided. Middle and High School Students only. Game Day will be held at Southgate Community Center, located at 12125 Pinecrest Road, Reston, VA 20191. For directions, call 703-860-0676.

6, 2-hour sessions at Southgate Community Center

Free, Drop-in • Staff

February 8 & 22; March 15 & 29; April 12 & 26

Drop-in	Sat	1:00 p.m. – 3:00 p.m.
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Grandmother's Kitchen

(3 – 5 years old)

Walk into grandmother's kitchen and experience the center of a farm family's life in 1909. Authentic artifacts are mixed with hands-on activities in a re-creation of a farm kitchen before electricity and running water. Children will participate in baking biscuits. Please meet at Loudoun Heritage Farm Museum at 21668 Heritage Farm Drive, Sterling, VA. For directions, call 571-258-3800. Parents/caregivers must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

**1, 90-minute session at Loudoun Heritage Farm Museum
\$5 (R)/\$10 (NR) • Haneline**

March 25

901127-4A Tue 10:00 a.m. – 11:30 a.m.

I–C–E Snow Everywhere

(2 – 5 years old)

Participants will meet at Skate Quest to participate in "Snow and Story Hour" on the ice. Children can explore a winter wonderland, including a mountain of real snow to play in with no need for ice skates. They will slip and slide on the ice, make snowballs, build towers, and glide their way through tunnels. Afterwards, everyone will warm up with hot cocoa and a cookie and then get ready for story time. Skate Quest is located at 1800 Michael Faraday Court, Reston, VA. For directions, call 703-709-1010. Please wear a bicycle helmet and dress warmly (coats and mittens). Parent/caregiver must accompany their registered children on the ice and 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, 45-minute session at Skate Quest
\$10 (R)/\$20 (NR) • Haneline**

January 28

902081-4A Tue 10:00 a.m. – 10:45 a.m.

February 4

902081-4B Tue 10:00 a.m. – 10:45 a.m.



Kids' Night Out I

(3 – 5 years old)

Parents can treat themselves to an evening of fun or relaxation while their children participate in supervised activities, such as arts and crafts, movies, games, dancing, and sports. In addition, cheese pizza will be served for dinner, as well as snacks and drinks to enjoy afterwards. Children are encouraged to dress for play. Please note that participants must be toilet trained. Registration deadline is one week prior to the event. Cost is per session.

**1, 3.5-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Ali**

January 10

902930-4E Fri 6:30 p.m. – 10:00 p.m.

February 7

902930-4F Fri 6:30 p.m. – 10:00 p.m.

March 7

902930-4G Fri 6:30 p.m. – 10:00 p.m.

April 11

902930-4H Fri 6:30 p.m. – 10:00 p.m.

May 2

902930-4I Fri 6:30 p.m. – 10:00 p.m.

Kids' Night Out II

(6 – 9 years old)

This program is designed for older children to play games, enjoy arts and crafts, dance, play sports, and watch movies while parents relish their own free time. All activities will be supervised during the evening, and children will be provided with cheese pizza for dinner, as well as snacks and drinks to enjoy afterwards. Please wear comfortable clothing. Registration deadline is one week prior to the event. Cost is per session.

**1, 3.5-hour session at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Ali**

January 17

902935-4E Fri 6:30 p.m. – 10:00 p.m.

February 21

902935-4F Fri 6:30 p.m. – 10:00 p.m.

March 14

902935-4G Fri 6:30 p.m. – 10:00 p.m.

April 4

902935-4H Fri 6:30 p.m. – 10:00 p.m.

May 16

902935-4I Fri 6:30 p.m. – 10:00 p.m.

Let's Bowl!

(2 – 5 years old)

Expend some energy after the "winter doldrums" and go bowling. Meet at Bowl America, 46940 Woodson Drive in Sterling, VA for a fun-filled morning. Gutter guards and ramps will be available for smaller bowlers. For directions, call 703-430-1350. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Bowl America
\$10 (R)/\$20 (NR) • Haneline

March 11

901024-4A Tue 10:00 a.m. – 11:00 a.m.



Little Bits

(2 years old)

Enjoy precious moments in this class for two year olds, accompanied by a parent. This program encourages bonding through enriching activities. Activities include development of motor skills (marching, dancing, parachute games), arts and crafts, and music with parent and child interaction. In order to ensure a successful program, it is essential that parents/caregivers fully participate in all of the activities. This program is not appropriate for children younger or older than the advertised age. Participating children must be registered.

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

January 21 – February 25

902349-4C Tue 10:30 a.m. – 11:30 a.m.

January 22 – February 26

902349-4D Wed 10:30 a.m. – 11:30 a.m.

March 25 – May 6 (No Class: April 15)

902349-4E Tue 10:30 a.m. – 11:30 a.m.

March 26 – May 7 (No Class: April 16)

902349-4F Wed 10:30 a.m. – 11:30 a.m.

Parents Time Out

(4 – 9 years old)

This program is designed for parents who would like to enjoy a nice date night to attend a great performance at RCC's CenterStage. Children will be happily engaged with games, videos, and simple crafts while under the supervision of RCC staff in a separate room. They should wear comfortable clothing and shoes, suitable for play. Registration deadline is one week prior to the event. Space is limited. Cost is only for childcare and includes snacks and drinks for participating children. Please purchase performance tickets by visiting the CenterStage box office via phone, online or in person. For detailed descriptions of the CenterStage performances, please go to page 22-27.



1, 3-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Ali



Reduced Shakespeare Company*

Saturday, December 21
 7:30 p.m. - 10:30 p.m.
 901197-4D



Sweet Honey In the Rock®*

Sunday, January 19
 7:30 p.m. - 10:30 p.m.
 901197-4E



Modern Moves

Wednesday, May 28
 7:30 p.m. - 10:30 p.m.
 901197-4F



Raul Midón

Saturday, May 31
 7:30 p.m. - 10:30 p.m.
 901197-4G

*Performance tickets for these two shows are sold out.

RCC SINGLES MINGLE

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

Singles Mingle Book Club

(30 years and older)

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

Free, Drop-in • Staff

January 26, February 23, March 30, April 27 and May 25
 Drop-in Sun 4:00 p.m. – 5:30 p.m.

Springtime Tea

(2 – 5 years old)

Now that winter has finally come to an end, participants will celebrate the arrival of flowers, lush green leaves, and warmer weather with a 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-minute session at RCC Hunters Woods
\$5 (R)/\$10 (NR) • Haneline

March 20
 901112-4A Thu 10:00 a.m. – 11:00 a.m.

Teen Fest

(13 – 18 years old)

Join Reston Community Center, Southgate Community Center, Reston Association, and the Reston Teen Center for a fun-filled night of games, activities and music. Refreshments will be provided. For a chance to receive bonus raffle tickets bring in canned foods to be donated. This year's event will be held at the Southgate Community Center located at 12125 Pinecrest Road, Reston. Middle School and High School teens only. For more information, please contact the RCC Teen Program Director at 703-476-4500 or Kenny.Burrowes@fairfaxcounty.gov.

1, 3-hour session at Southgate Community Center
Free, Drop-in • Staff

January 11
 Drop-in Sat 6:00 p.m. – 9:00 p.m.

Tot Time

(Infant – 4 years old)

Tot Time is an unstructured, drop-in play group that encourages parents to socialize with one another while their children become acquainted. Toys, games, books, and music are provided.

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

January 14 – May 22 (No Class: January 23, January 30, April 15, April 17, April 24, May 15)
 Drop-in Tue, Thu 9:30 a.m. – 11:00 a.m.

Winter Birds

(3 – 5 years old)

While many birds fly south for the winter, some stay and face the cold weather. Learn how birds like owls, chickadees, and woodpeckers stay warm. We will read *Owl Moon* and make a feathery craft. If the weather is pleasant, participants may hike the trails in search of winter birds. Meet at the Walker Nature Center, located at 11450 Glade Drive in Reston. For directions, call 703-476-9689. Bring warm clothes and winter footwear. 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.

1, 60-minute session at Walker Nature Center
\$5 (R)/\$10 (NR) • Haneline

January 14
 903008-4A Tue 10:00 a.m. – 11:00 a.m.

January 14
 903008-4B Tue 1:30 p.m. – 2:30 p.m.

Wonderful Winter

(2 – 3 years old)

Brrrr. As the outdoor temperatures plummet, warm up inside the Walker Nature Center and learn all about winter. Make icicles, do ice experiments, and sing winter songs. If the weather cooperates, participants may hike the trails in search of the many signs of winter. Meet at the Walker Nature Center, located at 11450 Glade Drive in Reston. For directions, call 703-476-9689. Bring warm clothes and winter footwear. 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.

1, 60-minute session at Walker Nature Center
\$5 (R)/\$10 (NR) • Haneline

January 7
 903007-4A Tue 9:30 a.m. – 10:30 a.m.



TRIPS & TOURS

General Information for Adult & Family Trips and Tours: *Unless otherwise stated, luxury charter buses equipped with a bathroom will be used for all trips. A rest stop will be made for trips with travel times of three hours or longer.*

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

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

Departure and Arrival: *We ask that participants arrive and check in 30 minutes before the stated departure times. Unless otherwise noted, departures occur from Reston Community Center at Hunters Woods.*

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

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

Capitals Game

(6 years and older)

Come cheer the Capitals to victory as they battle the Boston Bruins. A limited number of tickets are available so register early. This trip is perfect for friends and families to enjoy. Participants must bring money for food and any souvenirs they may want to purchase. Trip fee includes admission, transportation, and trip coordinators.

Participants under the age of 13 must be accompanied by a parent/guardian over the age of 21.

All participants, including parent/guardian, must register.

11:00 a.m.

Check-in at RCC Hunters Woods

4:00 p.m.

Estimated return to Reston

1, 5-hour session at RCC Hunters Woods

\$65 (R)/\$130 (NR) • Staff

March 29

802809-4A

Sat

11:00 a.m. – 4:00 p.m.

Historic Loudoun Food and Wine Tour

(21 years and older)

In the late 1700s, farmland became more expensive in the area around the Potomac. Early settlers started moving west to Loudoun County at that time. Since then, Loudoun has kept to its farming roots, and restaurants in the area enjoy the ability to get local produce and, of course, local wines. As this tour travels through Loudoun, patrons will enjoy the scenery while learning about and tasting wines and enjoying food at several local eateries. A knowledgeable tour guide will lead the group around the area while teaching them about the area's history, culture, foods and fine wines. Trip fee includes tour, tastings, transportation and trip coordinators.

10:00 a.m. Check in at RCC Hunters Woods

5:00 p.m. Estimated return to Reston

1, 7-hour session

\$100 (R)/\$200 (NR) • Staff

April 27

103335-4A

Sun

10:00 a.m. – 5:00 p.m.

Monuments Bike Tour

(8 years and older)

During this cycling tour, participants will see many of the monuments and memorials located on the National Mall and Potomac Tidal Basin, such as the Washington Monument, Vietnam Memorial, Jefferson Memorial, and more. Participants will have the opportunity to get off of the bike to walk and explore the sites more closely. Please dress in comfortable clothing, wear appropriate (closed toe) footwear, and bring a water bottle and bagged lunch. Trip fee includes transportation, guided tour, and bike/helmet rental. Children under the age of 13 must be accompanied by a parent/guardian over the age of 21. All participants, including parent/guardian must register.

8:00 a.m. Check in at RCC Hunters Woods

2:00 p.m. Estimated return to Reston

1, 6-hour session

\$50 (R)/\$100 (NR) • Bike the Sites

May 17

815698-4A

Sat

8:00 a.m. – 2:00 p.m.



New York City Trip

(13 – 18 years old)

Journey with RCC for an unforgettable two-day, one-night trip to the city that never sleeps. Enjoy tours of NYC, see the Off-Broadway show *STOMP*, and fit in lots of sightseeing and shopping. Hotel accommodations will be quad occupancy (four teens per room. Rooms are equipped with two queen-size beds.) Teens will not be permitted to leave their room after the established curfew time. Males and females will be in separate rooms. The group will stay together during the guided tour and smaller groups will be organized for shopping. Seating is limited so sign up early. Trip fee includes transportation, lodging accommodations, RCC trip chaperones, a city tour, and one matinee show. Middle and High School students only.

May 3 – 5:30 a.m.

Check in at RCC Hunters Woods

May 4 – 10:00 p.m.

Estimated return to Reston

1, 2-day trip

\$190 (R)/\$380 (NR) • Staff

May 3 – 4

801012-4A

Sat, Sun

5:30 a.m. – 10:00 p.m.

Paintball

(13 – 18 years old)

Head out with Reston Community Center for a full day of fun and action. Participants must bring a packed lunch. Trip fee includes transportation, all paintball rental equipment and paint pellets, and trip coordinators.

11:00 a.m.

Check in at RCC Hunters Woods

5:00 p.m.

Estimated return to Reston

1, 6-hour session

\$45 (R)/\$90 (NR) • Staff

May 17

833115-4B

Sat

11:00 a.m. – 5:00 p.m.

Philadelphia Flower Show

(18 years and older)

Experience art and horticulture as the 2014 Philadelphia Flower Show, *ARTiculture*, celebrates everyone from Michelangelo to Monet, Picasso to Pollack, and da Vinci to Dali. The show includes live entertainment, free gardening demos and so much more.

Exhibitors are invited to enter based on their ability to conceive and create breathtaking displays for the nation's premier flower show. RCC groups have attended year after year and have never been disappointed by the stunning garden displays presented by the Philadelphia Flower Show exhibitors. Trip fee includes transportation, flower show admission and trip coordinator.

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

7:00 p.m. Estimated return to Reston

1, 12-hour session

\$60 (R)/\$120 (NR) • Staff

March 5

105026-4A

Wed

7:00 a.m. – 7:00 p.m.

Winterthur Museum, Garden and Library Tour

(18 years and older)

Winterthur is the former country estate of Henry Francis duPont (1880 - 1969) located in Winterthur, DE. It displays decorative arts with a collection of 85,000 objects made in America between 1640 and 1860. The 175-room home remains much as it was when the duPont family lived there. Winterthur is also home to a wonderful naturalistic garden and a research library within its 1,000 acres. Participants will have a group tour and a garden tour. The spring feature includes a *Downton Abbey* exhibit. Trip fee includes admission, tours, café voucher and bus transportation.

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

7:00 p.m. Estimated return to Reston

1, 12-hour session

\$60 (R)/\$120 (NR) • Staff

May 17

103328-4A

Sat

7:00 a.m. – 7:00 p.m.



Ski Club

(9 years and older)

This club is fun for the whole family and ideal for ski and snowboard enthusiasts who want to travel to and experience different ski resorts. This two-part series includes destinations to Whitetail Ski Resort and Ski Roundtop Resort. Meals are not included so participants must bring money or packed meals for lunch and dinner. Register early in order to meet trip deadlines and minimum participant enrollment. Trip fee includes transportation, lift tickets, ski/snowboard rental, and one ski/snowboard lesson at each resort. Participants under the age of 13 must be accompanied by a parent/guardian over the age of 21. All participants, including parent/guardian, must register.

Ski dates/locations:

Saturday, February 15 – Ski Roundtop Resort

Saturday, March 1 – Whitetail Ski Resort

6:30 a.m. Check in at RCC Hunters Woods

10:00 p.m. Estimated return to Reston

2, 15.5-hour sessions

\$250 (R)/\$500 (NR) • Staff

February 15 – March 1

808023-4A

Sat

6:30 a.m. – 10:00 p.m.



Travel Club: Montreal and Quebec • May 19 - 23

(18 years and older)

This guided deluxe motor coach tour takes us to our northern neighbors in beautiful Canada. With its close proximity to the US border, Montreal has been influenced by American culture, however, it is the largest French-speaking city in the world outside of Paris. Beyond Montreal, we will journey to Quebec City, the only walled city in North America. With its cobblestone streets, outdoor cafés, and Continental-style cuisine, Quebec City is Canada's most European feeling city.



Monday • May 19: After an early morning departure for Montreal, rest stops and lunch breaks will be taken along the way, before the late afternoon arrival at the Delta Centre Ville Hotel. The hotel is centrally located on University Street in the heart of downtown, adjacent to Old Montreal. Dinner will be at the Vieux Port Restaurant.

Tuesday • May 20: A guided tour highlights the dynamics of Montreal. Place Ville-Marie (where Montreal's underground city began), Notre Dame Cathedral in Old Montreal, Olympic stadium, Mount Royal, and St. Joseph's Shrine comprise the day's tourist sights. Return to the hotel for an afternoon respite and to lunch and shop at leisure. Later that day, depart for North America's most European city, the walled city of Quebec. After arrival to the Hotel Palace Royal, home for the next two nights, enjoy a group dinner. After dinner, take a short walk to the famous Chateau Frontenac overlooking the St. Lawrence River.

Wednesday • May 21: An outstanding day of scenic beauty is planned. Tour Sainte-Anne de Beauré and Quebec City and view the Plains of Abraham, the Citadelle, and the narrowest street in North America. Arrive at Montmorency Falls (one and a half times higher than Niagara Falls). Named after Sainte-Anne – the patron saint of Quebec – the Basilica of Sainte-Anne de Beauré is a renowned destination of many Christian pilgrimages. Visit Marie's Bread Oven, one of the oldest buildings in the city, which dates back to 1652. Everyone gets to enjoy a slice of the oven-fresh bread with maple butter. At the Woodcarvers Museum, hear an introduction to Quebec legends. The included lunch is a sugaring-off meal at L'En Tailleur Sugar Shack.

Thursday • May 22: Depart Quebec for Quechee, Vermont, with lunch (on your own) along the way. Arrive in time to enjoy the quaint village of Woodstock, a classic Vermont town. Check in at the hotel before a wonderful dinner.

Friday • May 23: After check-out, the group will visit the Quechee Gorge before traveling home. Rest stops will be made along the way before arriving at Reston in the early evening.

Costs and terms are listed as Per Person: Two per room \$1,095. One per room \$1,355. Three per room \$1,035.

Deposit: \$200. Deposit now will guarantee your space

Payment: Balance or full payment is due Friday, April 4.

Cancellation: Trip Cancellation Protection is recommended.

Insurance: Trip Cancellation Interruption Insurance is available and highly recommended. Price is determined by age and trip cost. The pre-existing conditions clause is waived for passengers who purchase insurance within fourteen days of the initial deposit. Trip Cancellation is NOT REFUNDABLE. Application sent with deposit acknowledgment.

Special Note: A U.S. Passport, valid to November 20, 2014, is required for this trip. Please include a copy of the passport along with the application.

Travel Club excursions are designated and coordinated by Leisure Destinations on behalf of Reston Community Center through a competitive bid process. Please complete an RCC registration form in order to receive a FREE information packet that will include a detailed itinerary and all pertinent registration and travel document. When ready to sign up for the trip, participants may contact Andy Vivien with Leisure Destinations, 703-815-8747 or leisdest@mac.com, to provide payment and required travel documents.

Register to receive a FREE information packet: #103377-4A



VISUAL ARTS

Abstract Painting

(18 years and older)

Learn the basics of abstract painting from a 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

\$60 (R)/\$120 (NR) • Lopes

January 7 – February 25

402458-4B Tue 7:00 p.m. – 10:00 p.m.

Acrylic Painting

(18 years and older)

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

8, 3-hour sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • Lopes

March 27 – May 22 (No Class: April 17)

402421-4A Thu 7:00 p.m. – 10:00 p.m.

Adventures in Mixed Media

(18 years and older)

This mixed media studio is an unstructured, free-form offering that allows participants to create collages, assemblages, abstract paintings, or other mixed media work. It is a non-instructional class,

open to all skill levels with instructor support and expertise available as needed. This is a great opportunity to collaborate with other mixed media artists by trading ideas and trying new ones.

4, 3-hour sessions at RCC Lake Anne

\$40 (R)/\$80 (NR) • Ross

January 18 – February 8

402582-4A Sat 10:00 a.m. – 1:00 p.m.

March 1 – 22

402582-4B Sat 10:00 a.m. – 1:00 p.m.

April 26 – May 17

402582-4C Sat 10:00 a.m. – 1:00 p.m.

art.smart.kids Art Explorers

(3 – 5 year olds)

Developed for preschool and kindergarten children, this process-oriented art class includes a brief history of an artist, movement, or artistic medium that is explored through story time, creative play, or other visual aids. Each week Art Explorers create their own masterpieces, inspired by the artists they learn about. Key art elements and principles such as texture, color, balance, pattern and movement are explored through a variety of media.

8, 60-minute sessions at RCC Lake Anne

\$60 (R)/\$120 (NR) • art.smart.kids

January 7 – February 25

402540-4C Tue 10:00 a.m. – 11:00 a.m.

March 25 – May 20 (No Class: April 15)

402540-4E Tue 10:00 a.m. – 11:00 a.m.

Beginning and Intermediate Watercolor

(18 years and older)

This beginning/intermediate class will focus on expressive watercolors with energy. Loosen up and learn to love spontaneous watercolor techniques, achieve sparkling, clear colors and learn to paint wet-in-wet and yield wonderful results. Instructor will demonstrate techniques and coach students individually. A supply list will be provided prior to first class.

8, 2.5-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lashley

January 8 – February 26

402532-4B Wed 10:00 a.m. – 12:30 p.m.

Beginning Oil Pastels

(18 years and older)

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

8, 2-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lopes

March 25 – May 20 (No Class: April 15)

402425-4A Tue 7:00 p.m. – 9:00 p.m.

Chinese Brush Painting

(18 years and older)

Artists as well as potters will learn the art of Chinese brush painting from Tracie Griffith-Tso, an award-winning artist who has practiced this ancient art form since the age of twelve. Students of all skill levels will be taught the fundamental brushstrokes and will learn to use traditional materials to experience the art of the Far East. Fundamentals learned can be used in paintings and ceramic decorations.

8, 2.5-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Griffith-Tso

January 9 – February 27

402512-4B Thu 10:00 a.m. – 12:30 p.m.

March 27 – May 22 (No Class: April 17)

402512-4C Thu 10:00 a.m. – 12:30 p.m.

Collage

(18 years and older)

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

8, 3-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lopes

March 28 – May 23 (No Class: April 18)

402409-4A Fri 7:00 p.m. – 10:00 p.m.

Collaging with Encaustic

(18 years and older)

The foundation of encaustic is melted wax. Participants in this class will use melted wax and other mixed media components to create a layered collage with unusual depth and dimension. Wax will serve as a painting medium and adhesive, allowing the student to develop many layers of materials and textures not easily achieved with conventional adhesives. Components can be easily removed, added or repositioned by merely melting the wax. This process can be easily incorporated with many techniques to produce new and exciting combinations.

4, 3-hour sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Ross

March 10 – 31

402602-4A Mon 10:00 a.m. – 1:00 p.m.

Creative Capers

(6 – 9 years old)

Creativity sizzles with this fascinating and fun immersion into the world of art by exploring different visual art forms such as clay, drawing, and much more.

8, 60-minute sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Nagy

January 6 – March 10 (No Class: January 20, February 17)

402430-4B Mon 4:30 p.m. – 5:30 p.m.

March 24 – May 19 (No Class: April 14)

402430-4C Mon 4:30 p.m. – 5:30 p.m.



GRACE Art for Adults

(18 years and older)

Adults now have the chance to participate in GRACE Art, the signature education program of Greater Reston Arts Center typically offered in schools. GRACE staff will deliver an interactive art history lesson through a PowerPoint presentation followed by an engaging hands-on art project designed to reinforce the lesson. The artist or topic for the lesson is listed with the date.

January 6 - Vincent van Gogh; February 3 - Alexander Calder;
March 3 - Henri Matisse; April 7 - Public Art; May 5 - Mary Cassatt

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

January 6

402597-4C Mon 10:00 a.m. – 11:30 a.m.

February 3

402597-4D Mon 10:00 a.m. – 11:30 a.m.

March 3

402597-4E Mon 10:00 a.m. – 11:30 a.m.

April 7

402597-4F Mon 10:00 a.m. – 11:30 a.m.

May 5

402597-4G Mon 10:00 a.m. – 11:30 a.m.

GRACE Art in the Homeschool

(5 – 11 years old)

Homeschool students now have the opportunity to participate in GRACE Art, the signature education program of Greater Reston Arts Center typically offered in schools. GRACE staff will deliver an interactive art history lesson through a PowerPoint presentation followed by an engaging hands-on art project designed to reinforce the lesson. The artist or topic for the lesson is listed with the date. All sessions are held at Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston, VA 20190.

January 16 - Cave Paintings, February 6 - William Johnson
March 13 - Henri Matisse, April 3 - Public Art, May 1 - Pablo Picasso

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

January 16

402598-4D Thu 10:00 a.m. – 11:00 a.m.

February 6

402598-4E Thu 10:00 a.m. – 11:00 a.m.

March 13

402598-4F Thu 10:00 a.m. – 11:00 a.m.

April 3

402598-4G Thu 10:00 a.m. – 11:00 a.m.

May 1

402598-4H Thu 10:00 a.m. – 11:00 a.m.



Hand Building

(16 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne \$100 (R)/\$200 (NR) • Sport-Stewart

January 8 – February 26

402464-4C Wed 7:00 p.m. – 9:30 p.m.

March 26 – May 21 (No Class: April 16)

402464-4D Wed 7:00 p.m. – 9:30 p.m.

Introduction to Color

(18 years and older)

This introduction to the basic skills of color theory and color mixing class will allow the participant to make a color wheel, mix your own blacks, browns, and greens, as well as create a small abstract painting. A supply list will be provided prior to the first class.

3, 2-hour sessions at RCC Lake Anne \$30 (R)/\$60 (NR) • Danenberger

February 4 – 18

402603-4A Tue 1:00 p.m. – 3:00 p.m.

Introduction to Drawing

(18 years and older)

This introduction to the basic skills of drawing will include contour drawing, shading, cross hatching, and cross contour drawing, while focusing on subjects such as geometric shapes, natural plants, still life objects, animals and faces. Materials used will be soft pencils, charcoal pencils, Conte Crayons, and water soluble crayons or pencils. A supply list will be provided prior to the start of the class.

3, 2-hour sessions at RCC Lake Anne
\$30 (R)/\$60 (NR) • Danenberger

January 7-21

402444-4A Tue 1:00 p.m. – 3:00 p.m.

Making Gelli Mono-Prints

(18 years and older)

Ever heard of gelli prints? Now is the opportunity to try this fun, easy and inexpensive process for making beautiful and unique mono-prints. In this class, you will make your own gelli printing surface (plate) from simple supplies. This process will enable you to create one-of-a-kind art works, in addition custom patterned paper and fabric for use in collage, mixed media and assemblage work.

4, 3-hour sessions at RCC Lake Anne
\$50 (R)/\$100 (NR) • Ross

April 21 – May 12

402601-4A Mon 10:00 a.m. – 1:00 p.m.

Monday Super Studio

(7 – 12 years old)

These hands-on art workshops are influenced by exhibitions in the Greater Reston Arts Center gallery. In each session, children will cultivate their creativity and curiosity and will create art using a variety of materials. All sessions are held at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston, VA 20190.

4, 60-minute sessions at Greater Reston Arts Center
\$50 (R)/\$100 (NR) • Greater Reston Arts Center

January 27 – February 24 (No Class: February 17)

402535-4C Mon 3:30 p.m. – 4:30 p.m.

March 10 – 31

402535-4D Mon 3:30 p.m. – 4:30 p.m.

Painting with Oil and Acrylic

(16 years and older)

Explore the creative potential of using oil or acrylic paint. This class is designed for all skill levels in a studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Coulter Blehert

January 8 – February 26

402483-4D Wed 7:00 p.m. – 10:00 p.m.

March 26 – May 21 (No Class: April 16)

402483-4E Wed 7:00 p.m. – 10:00 p.m.

Portraits in Charcoal

(16 years and older)

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

8, 2-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lopes

January 10 – February 28

402411-4C Fri 7:00 p.m. – 9:00 p.m.

Pre-College Art Portfolio Development and Critique Session

(14 – 18 years old)

Wonder how to make your college art portfolio stand out from the rest? Come to Greater Reston Arts Center located at 12001 Market Street, Suite 103, Reston, VA 20190, where a panel of professionals will answer your questions about the art school application process and give you tips, information, and feedback on preparing your portfolio to strengthen your application to art school and help you take your art studies to the next level. After the panel discussion, professors, artists, curators and professionals who review student portfolios will be available to provide important feedback on your portfolio.

1, 2-hour session at Greater Reston Arts Center
Free, Registration Req. • Greater Reston Arts Center

March 27

402521-4A Thu 7:00 p.m. – 9:00 p.m.

Remixed Media: Urban Fusion 101

(18 years and older)

Toss inhibitions aside and enter an artistic playground where things aren't always what they seem. Listen to your intuition, and bust through creative road blocks as you turn overlooked everyday objects into art tools that add rich, textured layers to your canvas, paper or fabric. Learn spraying, stenciling and lettering techniques of graffiti fusion to create original collage paintings with an inspirational urban vibe.

6, 2-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Mullarky

January 10 – February 14

402604-4A Fri 10:00 a.m. – 12:00 p.m.

Sculpture I

(18 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne
\$100 (R)/\$200 (NR) • Zoller

January 6 – March 10 (No Class: January 20, February 17)
 402500-4E Mon 10:00 a.m. – 12:30 p.m.

January 7 – February 25
 402500-4F Tue 7:00 p.m. – 9:30 p.m.

March 24 – May 19 (No Class: April 14)
 402500-4G Mon 10:00 a.m. – 12:30 p.m.

March 25 – May 20 (No Class: April 15)
 402500-4H Tue 7:00 p.m. – 9:30 p.m.

TGIF: Free Fridays

(All Ages)

Thank GRACE, it's Friday! Greater Reston Arts Center opens its doors for an evening of family art making, dramatic storytelling and exploration in the gallery that promises to excite the senses while strengthening art literacy and looking skills. This program is developed in partnership with Greater Reston Arts Center, who will lead creative arts workshops for each event. The Greater Reston Arts Center is located at 12001 Market Street, Suite 103 Reston, VA 20190.

1, 2-hour session at Greater Reston Arts Center
Free, Registration Req. • Greater Reston Arts Center

January 3
 402549-4D Fri 5:00 p.m. – 7:00 p.m.

February 7
 402549-4E Fri 5:00 p.m. – 7:00 p.m.

March 7
 402549-4F Fri 5:00 p.m. – 7:00 p.m.

April 4
 402549-4G Fri 5:00 p.m. – 7:00 p.m.

May 2
 402549-4H Fri 5:00 p.m. – 7:00 p.m.

Watercolor Atelier

(18 years and older)

Designed for the intermediate/advanced student, this course is a chance to work on your own projects with an instructor's guidance. Demonstrations on color theory, layered washes, advanced painting techniques, and composition will enhance your class experience.

8, 2.5-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lashley

March 26 – May 21 (No Class: April 16)
 402600-4A Wed 10:00 a.m. – 12:30 p.m.

Watercolor Studio

(18 years and older)

Whether you are a beginner or a more experienced painter, join instructor Arnold Lopes for this watercolor studio and explore your own creativity by working on individual projects and contributing to group discussions.

8, 3-hour sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Lopes

January 9 – February 27
 402441-4B Thu 7:00 p.m. – 10:00 p.m.



Wheel I

(16 years and older)

Learn how to work with clay and master simple pinch forms, wedging, centering, and throwing bowls "off the hump." Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and three two-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
\$100 (R)/\$200 (NR) • Zoller

January 9 – February 27

402462-4E Thu 10:00 a.m. – 12:30 p.m.

March 27 – May 22 (No Class: April 17)

402462-4G Thu 10:00 a.m. – 12:30 p.m.

8, 2.5-hour sessions at RCC Lake Anne
\$100 (R)/\$200 (NR) • Saltzman

January 9 – February 27

402462-4F Thu 7:00 p.m. – 9:30 p.m.

March 27 – May 22 (No Class: April 17)

402462-4H Thu 7:00 p.m. – 9:30 p.m.

Wheel II

(16 years and older)

This course will cover review and refinement of basic throwing skills. Students must know how to center. In this course, students will move from the beginning to the intermediate level. Class fee includes 25 lbs. of clay, firing and glazes, and three two-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
\$100 (R)/\$200 (NR) • Alexander

January 6 – March 10 (No Class: January 20, February 17)

404210-4E Mon 7:00 p.m. – 9:30 p.m.

January 10 – February 28

404210-4F Fri 10:00 a.m. – 12:30 p.m.

March 24 – May 19 (No Class: April 14)

404210-4G Mon 7:00 p.m. – 9:30 p.m.

March 28 – May 23 (No Class: April 18)

404210-4H Fri 10:00 a.m. – 12:30 p.m.



Wheel III

(16 years and older)

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

8, 2.5-hour sessions at RCC Lake Anne
\$100 (R)/\$200 (NR) • Cordyack

January 7 – February 25

402463-4E Tue 10:00 a.m. – 12:30 p.m.

January 7 – February 25

402463-4F Tue 7:00 p.m. – 9:30 p.m.

March 25 – May 20 (No Class: April 15)

402463-4G Tue 10:00 a.m. – 12:30 p.m.

March 25 – May 20 (No Class: April 15)

402463-4H Tue 7:00 p.m. – 9:30 p.m.

OPEN CERAMICS STUDIO

(16 years and older)

The public is invited to use RCC's Ceramic Studio. Reservations are not required. The RCC Ceramics Studio will be closed December 11, December 25 – January 8 (re-opening January 11), April 14– April 19, and May 24. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. Please check the Ceramics Studio calendar for additional studio times or closures. Each pass visit is one hour. The fee includes firing and glazes.

Clay cost is \$15 – \$20 for 25 pounds.

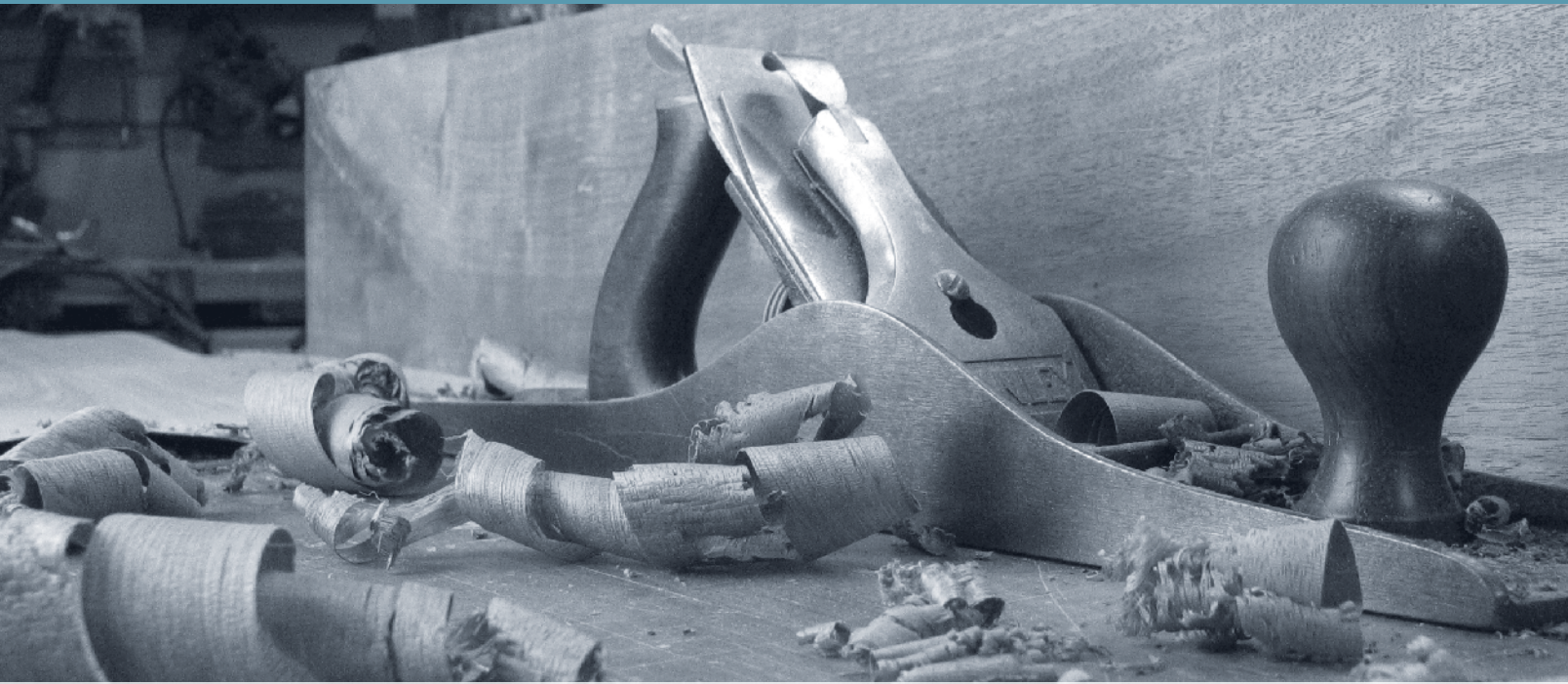
\$15 (R)/\$30 (NR) Drop-In

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

January 1 – May 31

Drop-in Wed 10:00 a.m. – 2:00 p.m.

Drop-in Sat 1:00 p.m. – 5:00 p.m.



WOODWORKING

Basic Hand Tools

(18 years and older)

Through building a few simple projects in this introductory course, students will learn the proper use of hand tools to become a better woodworker while reducing noise and dust. Safety is a primary concern and is covered in detail for each tool. Students can apply the skills learned in this course to build a project of their choosing during the “Open Shop” hours. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

5, 3-hour sessions at RCC Hunters Woods
\$90 (R)/\$180 (NR) • Ingram

February 21 – March 21

102381-4B

Fri

6:30 p.m. – 9:30 p.m.

Basic Machine Tools

(18 years and older)

Through building a simple project in this introductory course, students learn the proper use of many of the more common power tools available in the RCC woodshop. Safety is a primary concern and is covered in detail for each tool. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

5, 3-hour sessions at RCC Hunters Woods
\$110 (R)/\$220 (NR) • Church

January 6 – February 10 (No Class: January 20)

105561-4B

Mon

9:30 a.m. – 12:30 p.m.

English Arts and Crafts Desk

(18 years and older)

Nancy Hiller was inspired in her design by Lebus, an early English Arts & Crafts manufacturer. The English design elements set them apart from the American Arts & Craft movement of Stickley, Hubbard, Greene, and others. If seeking a different take on the Arts & Crafts design, then the Lebus square flared feet, curved front aprons, and exaggerated overhangs, may be the answer. All materials and supplies are included in the fee. Students must provide their own personal safety equipment for the course.

10, 3-hour sessions at RCC Hunters Woods
\$255 (R)/\$510 (NR) • Church

January 2 – March 6

103887-4A

Thu

6:30 p.m. – 9:30 p.m.

DID YOU KNOW?

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

Individual Guided Project

(18 years and older)

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

8, 3-hour sessions at RCC Hunters Woods
\$130 (R)/\$260 (NR) • Church

February 27 – April 17

102379-4C Thu 9:30 a.m. – 12:30 p.m.

March 27 – May 15

102379-4D Thu 6:30 p.m. – 9:30 p.m.

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. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

5, 3-hour sessions at RCC Hunters Woods
\$100 (R)/\$200 (NR) • Church

February 24 – March 24

103325-4A Mon 9:30 a.m. – 12:30 p.m.

Jewelry Chest

(18 years and older)

Learn the skills necessary to make a wooden jewelry chest. The course will cover the elements of good box design, including function and proportion, selection of wood, stock preparation, layout and marking, cutting to size, and assembly. In the process of making the wooden chest, students will further develop woodworking skills and learn appropriate tool use to make precise cuts, and develop a strict sense of safety in the wood shop. This

project will develop a foundation that will improve skills and allow for more complex projects in the future. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

5, 3-hour sessions at RCC Hunters Woods
\$140 (R)/\$280 (NR) • Church

February 24 – March 24

103382-4A Mon 6:30 p.m. – 9:30 p.m.

Jewelry Chest with Inlay and Veneering

(18 years and older)

Learn to make a truly unique wooden jewelry chest by incorporating stringing and banding inlay and veneering on the top. This more in-depth course will cover the elements of good box design, including function and proportion, selection of wood, stock preparation, layout and marking, cutting to size, and assembly. In the process of making the wooden chest, students will further develop woodworking skills and learn appropriate tool use to make precise cuts, and develop a strict sense of safety in the woodshop. This project will develop a foundation that will improve skills and allow for more complex projects in the future. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

8, 3-hour sessions at RCC Hunters Woods
\$230 (R)/\$460 (NR) • Harrington

January 2 – February 20

103388-4A Thu 9:30 a.m. – 12:30 p.m.

Joinery

(18 years and older)

Learn how to make the most commonly used joints in woodworking using both hand and machine tool techniques. The course will cover the rabbet, dado, lap, mortise and tenon and dovetail joints. Layout, wood orientation and wood movement considerations, along with the appropriate techniques, will be covered with ample opportunity to practice each joint. A project will be built by each student, incorporating these joinery techniques. All supplies and materials are included in class fee. Students must provide their own personal safety equipment for the course.

10, 3-hour sessions at RCC Hunters Woods
\$180 (R)/\$360 (NR) • Ingram

April 4 – June 6

105511-4B Fri 6:30 p.m. – 9:30 p.m.

Picture Frame Making

(18 years and older)

Even beginning woodworkers can get professional results following a few easy to learn techniques and using simple jigs. Students will learn how to build and use the specialized jigs needed to make a frame. Students will create and assemble the frames from

ready-made and shop-made moldings, and mount the artwork and hanging hardware. Each student will have the option of building three standard-sized frames or three custom frames sized for their own artwork (32x32 inches or less). Students will provide their own mats, glass and backer board. Information on purchasing these supplies will be provided at the first session. Please note: mat cutting and glass prep will not be covered in this class. Students must provide their own personal safety equipment for the course.

5, 3-hour sessions at RCC Hunters Woods
\$90 (R)/\$180 (NR) • Harrington

May 1 – May 29

103386-4A Thu 9:30 a.m. – 12:30 p.m.

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. Reservation is required; no walk-ins.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Church

January 3

101003-4A Fri 6:00 p.m. – 8:00 p.m.

January 6

101003-4B Mon 6:00 p.m. – 8:00 p.m.

January 8

101003-4C Wed 5:30 p.m. – 7:30 p.m.

January 8

101003-4D Wed 7:30 p.m. – 9:30 p.m.

January 10

101003-4E Fri 6:00 p.m. – 8:00 p.m.

January 13

101003-4F Mon 5:30 p.m. – 7:30 p.m.

January 13

101003-4G Mon 7:30 p.m. – 9:30 p.m.

January 15

101003-4H Wed 5:30 p.m. – 7:30 p.m.

January 15

101003-4I Wed 7:30 p.m. – 9:30 p.m.

January 17

101003-4J Fri 6:00 p.m. – 8:00 p.m.

January 22

101003-4K Wed 6:00 p.m. – 8:00 p.m.

January 24

101003-4L Fri 6:00 p.m. – 8:00 p.m.

January 27

101003-4M Mon 6:00 p.m. – 8:00 p.m.

January 29

101003-4N Wed 6:00 p.m. – 8:00 p.m.

February 3

101003-4O Mon 6:00 p.m. – 8:00 p.m.

February 5

101003-4P Wed 6:00 p.m. – 8:00 p.m.

February 7

101003-4Q Fri 6:00 p.m. – 8:00 p.m.

February 10

101003-4R Mon 6:00 p.m. – 8:00 p.m.

February 12

101003-4S Wed 6:00 p.m. – 8:00 p.m.

Woodworking with Sketch-Up

(18 years and older)

Trimble Sketch-Up is fast becoming a favorite tool among woodworkers for visualizing and designing their projects. This class will begin with the installation, setup and overview of basic Sketch-Up concepts and techniques. From there, we will take Sketch-Up to the woodshop to show how to apply these skills to our woodworking projects. Students must have basic computer skills, a laptop computer (PC or Mac) and a 3-button mouse.

5, 3-hour sessions at RCC Hunters Woods
\$70 (R)/\$140 (NR) • Harrington

March 13 – April 10

104130-4C Thu 6:30 p.m. – 9:30 p.m.

OPEN WOODSHOP

(18 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a jointer, a planer, and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk. Students must provide their own personal safety equipment for the course.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) Tue

\$10 (R)/\$20 (NR) Fri

\$12 (R)/\$24 (NR) Sat

January 7 – May 20

Drop-in Tue 6:00 p.m. – 10:00 p.m.

January 10 – May 23

Drop-in Fri 9:00 a.m. – 3:00 p.m.

January 11 – May 24

Drop-in Sat 9:00 a.m. – 5:00 p.m.



55+ COMPUTER

The 55+ computer classes at RCC are designed to work in sequence, building on skills learned at lower levels leading up to the highest level. For best results, students are encouraged to take the necessary prerequisites first. Focus workshops generally do not require prerequisites and are quick, one day tutorials to assist students in maintaining their skill levels.

Beginning Level (No Prerequisites)

*Working in Windows
MS Word I*

Intermediate Level (Prerequisite: Basic Computer Skills, Working in Windows or MS Word I)

*Computer Maintenance and Housekeeping
Searching the Internet
MS Word II Prerequisite*

Advanced (Prerequisite: MS Word II)

MS Excel I

Basic Computer Skills

(55 years and older)

This class is for inexperienced and new computer users. After an introduction to the main components of a computer, students will have hands-on practice using the mouse for navigation. Learn how to work in the Windows operating system and practice using icons to move around

the computer. The class also teaches the basics of filing so that students may organize files on their home computer.

3, 2.5-hour sessions at RCC Hunters Woods \$45 (R)/\$90 (NR) • O'Connell

February 12 – 14

505501-4A Wed - Fri 10:00 a.m. – 12:30 p.m.

April 22 – 24

505501-4B Tue - Thu 10:00 a.m. – 12:30 p.m.

Computer Maintenance and Housekeeping (55 years and older)

Students will learn how to keep their 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 or Working in Windows

2, 2.5-hour sessions at RCC Hunters Woods \$30 (R)/\$60 (NR) • Livingston

January 9 – 10

505001-4A Thu, Fri 10:00 a.m. – 12:30 p.m.

April 3- 4

505001-4B Thu, Fri 10:00 a.m. – 12:30 p.m.

Do More Online

(55 years and older)

In this interactive class, learn how to store medical records and how to seek health information; learn the pros and cons of shopping on Amazon.com; how to research family history; and how to communicate with distant relatives and friends via Skype and Apple's FaceTime. In addition, get acquainted with online banking, Google, YouTube and eBooks.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Livingston

February 21

500220-4C Fri 10:00 a.m. – 12:30 p.m.

How to Buy a Personal Computer

(55 years and older)

Thinking about buying a new PC or Mac? Participants will learn whether it's better to upgrade an existing computer, buy a new or refurbished computer, or whether an Apple Mac would be a better choice than a personal computer (PC). Discover which features are important, which operating system to select, the resources a tech savvy buyer uses, the best place to shop for a computer (at a local store or on the web), and whether warranties are necessary.

1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Livingston

April 25

500221-4C Fri 1:00 p.m. – 3:00 p.m.

Savvy Online Shopping

(55 years and older)

Shopping online can be easy and safe if shoppers follow a few guidelines. Topics include:

- Benefits of shopping online
- Searching for and comparing products
- Safe and secure purchasing and payment

Students will practice searching for and comparing products, filling out forms, and identifying security features. Students should already have experience searching the internet.

1, 2.5-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • O'Connell

March 12

500207-4C Wed 10:00 a.m. – 12:30 p.m.

May 14

500207-4D Wed 10:00 a.m. – 12:30 p.m.

Searching the Internet

(55 years and older)

Want to do more on the internet than just email?

This overview of the Internet will introduce students to the tools on the web browser, including cookies, popups, spyware, and search history. Learn the tips for safeguarding privacy and internet security. Practice conducting searches, printing and filing web pages, and organizing favorites. Email topics include sending and organizing email and downloading attachments.

3, 2.5-hour sessions at RCC Hunters Woods
\$45 (R)/\$90 (NR) • O'Connell

March 5 – 7

500224-4C Wed-Fri 10:00 a.m. – 12:30 p.m.

May 6 – 8

500224-4D Tue-Thu 10:00 a.m. – 12:30 p.m.

MS Word I

(55 years and older)

This class is an introduction to word processing using Microsoft Word. Students will 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. **Prerequisite: Basic Computer Skills, Working in Windows, or equivalent computer experience.**

2, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston

January 23 – 24

505502-4B Thu, Fri 1:00 p.m. – 3:30 p.m.

MS Word II

(55 years and older)

This class continues exploring the many features of Microsoft Word. Students will learn more page formatting concepts and how to use tables, which is one of MS Word's most versatile functions. Students will also learn how to create and customize lists using bullets and numbers, as well as how to use text boxes and insert pictures. **Prerequisite: MS Word I**

2, 2.5-hour sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Livingston

February 6 – 7

505503-4B Thu, Fri 10:00 a.m. – 12:30 p.m.

Selling on eBay

(55 years and older)

Have lots of great “stuff” in the garage or basement collecting dust? In this two-day course, students will learn how to use eBay effectively to list items for sale, tend the auction, and finalize the sale with PayPal. Discover all the tips and tricks to maximize the online auction experience. Please have an item in mind to sell when coming to class.

2, 2.5-hour sessions at RCC Hunters Woods**\$30 (R)/\$60 (NR) • Livingston****February 10 – 17**

505500-4B Mon 1:00 p.m. – 3:30 p.m.

April 7- 9

505500-4C Mon, Wed 1:00 a.m. – 3:30 p.m.

Tablet or Laptop Computer?

(55 years and older)

Apple’s iPad and other tablets are everywhere – in coffee shops, libraries and even at the beach. Is the tablet another expensive electronic toy or is it a useful device? In one session, discover the capabilities and limits of tablet technology. This class will discuss how tablets and iPads are different from a personal computer, how they compare with other technologies, and the most common uses for older adults. Students will leave with a checklist to help with buying decisions.

1, 2.5-hour session at RCC Hunters Woods**\$15 (R)/\$30 (NR) • O’Connell****March 13**

500213-4C Thu 10:00 a.m. – 12:30 p.m.

May 22

500213-4D Thu 10:00 a.m. – 12:30 p.m.

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,” and much more

The class format features a one-hour formal education presentation and then one hour for questions and technology assistance. Students are encouraged to bring personal equipment such as a cell phone, camera, GPS, iPod, etc., to class. A detailed syllabus will be provided prior to the first class.

8, 2-hour sessions at RCC Hunters Woods**\$65 (R)/\$130 (NR) • Livingston****February 24 – March 19**

500130-4B Mon, Wed 1:00 p.m. – 3:00 p.m.

Using the iPad

(55 years and older)

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

2, 2.5-hour sessions at RCC Hunters Woods**\$30 (R)/\$60 (NR) • O’Connell****January 15 – 16**

500225-4C Wed, Thu 10:00 a.m. – 12:30 p.m.

April 9 – 10

500225-4D Wed, Thu 10:00 a.m. – 12:30 p.m.





55+ COOKING

Breakfast on the Run

(55 years and older)

Chef Bonita Woods will lead participants on a succulent culinary adventure: part health science and part kitchen fun with plenty of yummy samples. While Chef Bonita dishes out cooking tips and healthy samples, explore the relationship between food and wellness. Breakfast is the most important meal of the day, but often skipped when faced with a busy schedule. This class will help ease the morning grumps by showing how easy it is to fit in a morning meal. Students will make almond muffins, both sweet and savory breakfast burritos, along with learning a few "quick and easy" breakfast tricks.

**1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Woods**

January 29

500260-4A Wed 10:00 a.m. – 12:00 p.m.

Healthful Pasta Salad

(55 years and older)

Chef Bonita is back with a deliciously entertaining cooking class. This time explore the realm of pasta, compare several types of noodle – wheat, corn, quinoa and brown rice. Participants will make Pasta Pesto Primavera and Healthful

Pasta Carbonara. These simple and easy to make recipes are proof that this casual staple is the foundation of classic cuisine.

**1, 2-hour session at RCC Hunters Woods
\$15 (R)/\$30 (NR) • Woods**

February 19

500261-4A Wed 10:00 a.m. – 12:00 p.m.

Kitchen Knife Skills

(55 years and older)

Explore the basics of using and taking care of the most important kitchen equipment - knives. In this hands-on class, participants will learn the fundamentals of knife skills using a chef knife, paring knife and a slicer. Chef Robert McKeon of Tall Oaks Assisted Living and graduate of the Culinary Institute of America will show students how to slice and dice the proper way – just like the pros.

**1, 90-minute session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • McKeon**

January 14

500270-4A Tue 10:30 a.m. – 12:00 p.m.



55+ CRAFTS

Knitting I

(55 years and older)

This class is designed to teach those new to knitting and also to refresh the skills of those with experience. Beginners will learn the basics of knitting, including how to cast on, knit, purl, bind off, and join pieces together. Students will make several projects during the course and will learn the art of selecting appropriate yarns and patterns, how to increase or decrease stitches, and how to correct mistakes. Students are required to purchase their own supplies. A supply list will be provided prior to the first class.

**16, 90-minute sessions at RCC Hunters Woods
\$38 (R)/\$76 (NR) • Van Trees**

**January 13 – March 12 (No Class: January 20,
February 17)**

500021-4B Mon, Wed 10:00 a.m. – 11:30 a.m.

March 24 – May 14

500021-4C Mon, Wed 10:00 a.m. – 11:30 a.m.

Knitting II

(55 years and older)

Students will learn a variety of intermediate and advanced knitting techniques such as knitting with multiple colors (Mosaic, Intarsia, Fair Isle), duplicate knitting, and more.

**Prerequisites: Knitting I or mastery of knit, purl, cast on,
and bind off. Bring a personal project to the first class.**

**16, 90-minute sessions at RCC Hunters Woods
\$38 (R)/\$76 (NR) • Van Trees**

**January 13 – March 12 (No Class: January 20,
February 17)**

500046-4B Mon, Wed 12:00 p.m. – 1:30 p.m.

March 24 – May 14

500046-4C Mon, Wed 12:00 p.m. – 1:30 p.m.

AVOID WAITLISTS/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+ DIGITAL PHOTOGRAPHY

Level/Class	Prerequisite
BEGINNING LEVEL	
DigiPhoto I - Intro	MS Word II, Basic Computer Skills or Working in Windows
DigiPhoto I - Organize	MS Word II, Basic Computer Skills or Working in Windows
DigiCam Features I	None
DigiCam Features II	None
INTERMEDIATE LEVEL	
DigiPhoto II - Edit	DigiPhoto I - Intro
DigiCam II - Taking Better Pictures	Any DigiCam Features Class
DigiCam II - Taking Black and White Pictures	Any DigiCam Features Class
ADVANCED LEVEL	
DigiPhoto III - Color	DigiPhoto II - Edit
DigiPhoto III - Tools	DigiPhoto II - Edit
DigiPhoto III - Layers	DigiPhoto II - Edit
DigiPhoto III - Updates	DigiPhoto II - Edit

DigiCam Features I

(55 years and older)

Students will learn to get more out of their digital cameras by exploring some of their many features. Students will learn the following skills in this hands-on workshop:

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

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

2, 2-hour sessions at RCC Hunters Woods

\$36 (R)/\$72 (NR) • Lazear

January 6 – 7

503856-4A Mon, Tue 10:00 a.m. – 12:00 p.m.

April 16 – 17

503856-4B Wed, Thu 10:00 a.m. – 12:00 p.m.

DigiCam Features II

(55 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:

- Using optical and digital zoom
- Taking sharp close-up photos of flowers, jewelry and other small items
- Adjusting for tricky lighting conditions
- Stabilizing the camera (with and without a tripod)
- Avoiding over- and under-exposed pictures
- Setting exposure to match the lighting
- Taking bracketed exposures
- Taking panoramic pictures and stitching them together

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

2, 2-hour sessions at RCC Hunters Woods**\$36 (R)/\$72 (NR) • Lazear****April 29 – 30**

505749-4B Tue, Wed 10:00 a.m. – 12:00 p.m.

DigiCam II - Taking 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, and spare batteries or AC adapter. **Prerequisite: DigiCam Features I or II**

3, 2-hour sessions at RCC Hunters Woods**\$48 (R)/\$96 (NR) • Lazear****January 14, January 23, January 28**

500243-4A Tue, Thu 10:00 a.m. – 12:00 p.m.

55+ PATRONS:

Register for any Adult Digital Photography class listed on pages 68-69 and receive a 20 percent discount.

DigiCam II - Taking Black & White Pictures

(55 years and older)

Black and white pictures have long been considered artwork, but they can also be another way to take personal pictures. Black and white photography focuses on shapes, lighting, and composition, without the distraction of bright colors. This class explores taking black and white pictures, including the difference between original black and white versus removing color later. Students will take pictures to be anonymously reviewed in class. Students must bring a camera, camera manual, and spare batteries or AC adapter. **Prerequisite: DigiCam Features I or II and a camera with a black and white capability (please check the manual).**

2, 2-hour sessions at RCC Hunters Woods**\$36 (R)/\$72 (NR) • Lazear****March 10 – 17**

500255-4A Mon 10:00 a.m. – 12:00 p.m.

Navigating Photo Sharing Websites

(55 years and older)

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

1, 2-hour session at RCC Hunters Woods**\$20 (R)/\$40 (NR) • Lazear****February 24**

500300-4B Mon 10:00 a.m. – 12:00 p.m.

Photo Collage

(55 years and older)

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

1, 2-hour session at RCC Hunters Woods**\$20 (R)/\$40 (NR) • Lazear****January 27**

500229-4B Mon 10:00 a.m. – 12:00 p.m.



55+ DISCUSSION & ENRICHMENT

Discussion

55+ Discounts

(55 years and older)

Discounts are another reason to smile about being over 55. This class will be led as an open forum to learn how to recognize a good discount and share it with neighbors. Each participant will leave with a list of senior discounts that can be used with local and national merchants.

**1, 60-minute session at RCC Hunters Woods
Free, Registration Req. • Brutsché**

March 20

500192-4A Thu 2:00 p.m. – 3:00 p.m.

Bookends

(55 years and older)

Bookends meets on the fourth Thursday of each month to engage in a lively discussion of a variety of books selected each season by Bookends participants - fiction, non-fiction, memoirs, history, 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 23: *Unbroken*, Laura Hillenbrand
- February 27: *Warmth of Other Suns*, Isabel Wilkerson
- March 27: *Trapeze*, Simon Mawer
- April 24: *Round House*, Louise Erdich
- May 22: *Canada*, Richard Ford

**5, 90-minute sessions at RCC Hunters Woods
Free, Drop-in. • Staff**

January 23 – May 22

Drop-in Thu 12:30 p.m. – 2:00 p.m.

Current Issues Discussion Group

(55 years and older)

Interested in politics, in how government works, in world affairs or local events? Join this lively gathering and be prepared to debate and solve world and local problems. Newcomers are welcomed and encouraged to attend. Please note that the May 15 session will be held at RCC Lake Anne.

**22, 90-minute sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 2 – May 29

Drop-in Thu 10:30 a.m. – 12:00 p.m.

Reston For A Lifetime

(18 years and older)

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

**4, 2-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 8, February 12, March 12, April 9

Drop-in Wed 2:00 p.m. – 4:00 p.m.

*Enrichment***AARP Smart Driver**

(50 years and older)

This two-day workshop, conducted by an AARP instructor, teaches defensive driving to adults ages 50 and older. Upon successful completion of this course, participants may be entitled to a discount on their car insurance. A check payable to AARP for \$15 (AARP members) or \$20 (non-members) is due to the instructor on the first day of class. AARP members must present their membership card to the instructor. Participants should bring a lunch for a midday break or enjoy one of the restaurants in the shopping center.

**2, 5-hour sessions at RCC Lake Anne
\$15 / \$20 Checks payable to AARP • Young**

March 11 – 13

505537-4B Tue, Thu 10:00 a.m. – 3:00 p.m.

2, 5-hour sessions at RCC Hunters Woods

May 6 – 8

505537-4C Tue, Thu 10:00 a.m. – 3:00 p.m.

AARP Tax-Aide

(18 years and older)

AARP's Tax-Aide program was created nearly forty 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. All tax preparation is free and confidential.

RCC Hunters Woods**Free, Drop-in****February 1 – April 15**

Drop in Tue 9:00 a.m. – 2:00 p.m.

Drop in Thu 4:30 p.m. – 8:30 p.m.

Drop in Sat 9:00 a.m. – 3:00 p.m.

Brain Games II

(55 years and older)

This class is designed for those who have taken Brain Games for Better Memory and wish to continue to improve memory and stimulate the brain. Participants will build new techniques to think faster, focus better, and improve retention. Previous participation in Brain Games for Better Memory is not a prerequisite for this class.

**8, 60-minute sessions at RCC Hunters Woods
\$40 (R)/\$80 (NR) • Fletcher**

February 4 – March 25

500241-4A Tue 11:00 a.m. – 12:00 p.m.

Building Strong and Intimate Relationships

(55 years and older)

Intimate relationships play a central role in the quality of life. Humans have a universal need to belong and to love, which is satisfied with close relationships. Intimate relationships can be formed with people to whom we are attracted, close friends with whom we share emotional support, or people with whom we share personal history. It's been said that we need eight to ten close personal relationships to thrive. Linda Kunkel, RN, MS, will lead a discussion on how to keep intimacy in relationships during the later stages of life. Some content may be explicit.

**1, 2.5-hour session at RCC Hunters Woods
Free, Registration Req. • Kunkel, RN, MS**

March 18

500258-4A Tue 1:00 p.m. – 3:30 p.m.

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 what services are available to seniors in Fairfax County, who to call, and which services are free.

1, 90-minute session at RCC Hunters Woods Free, Registration Req. • Williams

March 21

500271-4A Fri 2:00 p.m. – 3:30 p.m.

How to Ride the Bus

(55 years and older)

In November 2004, Supervisor Hudgins and the Fairfax County Department of Transportation (FCDOT) introduced a unique Fairfax Connector bus that has been renovated and designed for training senior citizens to travel safely and independently on regional transit systems. The bus, called MATT (Mobile Accessible Travel Training), is used to educate seniors through a hands-on learning experience. Neighborhood and Community Services (NCS) staff will coordinate a transit experience centered on moving around the major transit locations in the North County corridor. The travelers-in-training will identify a bus stop near Reston Community Center, learn to read bus schedules and route maps, learn how to pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station where they will learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards, read the system map, and board the trains to travel by rail. Participants will meet in the RCC Hunters Woods lobby at 1:00 p.m.

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

April 2

500109-4B Wed 1:00 p.m. – 4:00 p.m.

Know the Ten Warning Signs of Alzheimer's Disease

(55 years and older)

Memory loss that disrupts everyday life is not a typical part of aging. It may be a sign of Alzheimer's disease, a fatal brain disease that gets worse over time and causes changes in memory, thinking, and reasoning behavior. Knowing the ten warning signs of Alzheimer's disease is vital to being diagnosed early and receiving the best help and care possible.

1, 90-minute session at RCC Hunters Woods Free, Registration Req. • Staff

February 21

500306-4B Fri 1:30 p.m. – 3:00 p.m.

Legal and Financial Considerations for Alzheimer's Disease

(55 years and older)

Legal and financial planning are critical as soon as there is a diagnosis of Alzheimer's disease. This workshop is presented by the Alzheimer's Association and will discuss the legal and financial issues to consider and how to put plans in place. While the information in this program is not a substitute for professional legal or financial advice, it is an overview of important issues to consider and viable options to explore.

1, 90-minute session at RCC Hunters Woods Free, Registration Req. • Staff

March 21

500257-4A Fri 1:30 p.m. – 3:00 p.m.

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 \$26 (R)/\$52 (NR) • Coshland

January 7 – 15

505540-4B Tue, Wed 1:00 p.m. – 3:30 p.m.

March 12 – 20

505540-4C Wed, Thu 1:00 p.m. – 3:30 p.m.

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; from important enrollment rules to 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 Free, Registration Req. • Fricker

April 1

500156-4A Tue 9:30 a.m. – 11:30 a.m.

Memor Writing I

(55 years and older)

The basic tenets of writing memoirs are the focus of this course as participants will explore useful writing topics during lively and supportive sessions. Between classes, students will compose articles to read aloud and receive comments from classmates during the next session. Writers see the tangible result of their efforts in a printed and bound copy of their work that is provided at the end of the session. To ensure that all students are heard, class size is limited to eight. Please note that this is a 10-week class.

**10, 2.5-hour sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Mudd-Krijgelmans**

February 24 – April 28

505525-4B Mon 10:00 a.m. – 12:30 p.m.

Memor Writing II

(55 years and older)

Built on the foundation of Memor 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 keep everyone motivated and on task. Those in the class may be working on their first draft while others are on their final version. The differing levels and viewpoints provide tremendous support. Memor Writing I is a prerequisite. To ensure that all students are heard, class size is limited to eight. Please note that this is a 10-week class.

**10, 2.5-hour sessions at RCC Hunters Woods
\$50 (R)/\$100 (NR) • Mudd-Krijgelmans**

February 26 – April 30

504991-4B Wed 10:00 a.m. – 12:30 p.m.

Nutrition for Seniors

(55 years and older)

Good nutrition is necessary for every life stage, but it's never more important than in the years after 55. "Garbage in, garbage out" is computer slang meaning that if you input incorrect data, the output will be incorrect. If our minds and bodies are fed with too many chemically processed and junk foods, our systems can weaken; our minds will slow and our body's immune system won't properly fight disease. Learn basic dietary recommendations for healthy eating that don't require foregoing all favorite foods. This class will be taught by Lena Wang from the Virginia Hospital Center.

**1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Wang**

May 13

500254-4A Tue 1:00 p.m. – 2:30 p.m.

Power of Positive Aging

(55 years and older)

May is Older Americans Month and what better way to kick off the month than by discovering that it's never too late to try something new. Explore the benefits of having a positive and optimistic attitude while sometimes facing the challenges that can come with aging such as relocation, coping with loss, and health issues.

**1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Belanich**

May 1

500253-4A Thu 1:00 p.m. – 2:30 p.m.

Retirement Income: Make Your Money Last

(55 years and older)

After spending a lifetime accumulating money for retirement, making decisions about how to generate a steady income stream could have lasting repercussions. Join an educational workshop focusing on strategies designed to help participants:

- Make the most of retirement income streams
- Tap into retirement funds at the right time
- Invest for stability, income, and growth potential
- Utilize financial vehicles that can last a lifetime
- Protect income and assets from the unexpected
- Prepare for a more comfortable and rewarding retirement lifestyle

Materials include a full-color, 20-page workbook on retirement income strategies. This contains essential information, exercises, and questions that can lead to sound financial decisions. Sponsored by the Northern Virginia Chapter of The Foundation for Personal Financial Education, this program is for educational purposes only; there will be no solicitation or obligations of attendees.

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

March 26

500259-4A Wed 1:00 p.m. – 2:00 p.m.

Roadmap for the Rest of Your Life

(40 years and older)

"Second adulthood, second adolescence" - those are some of the words used to describe the time in life after retirement as careers wind down and after children have left home. Now there's more time for leisure and the pursuit of dreams set aside during the busy adulthood working years. This three-day course is taught by Bart Astor, author of the bestselling book, *AARP Roadmap for the Rest of Your Life*. Astor will lead discussions on goal-setting, lifestyle decision-making based on a Level of Activity scale, leisure time pursuits, ways to make retirement money last, health and health insurance, and creating a legacy.

3, 60-minute sessions at RCC Hunters Woods
\$20 (R)/\$40 (NR) • Astor

March 12 – 26

500252-4A Wed 6:00 p.m. – 7:00 p.m.

Service Above Self - Ready to Give Back?

(55 years and older)

At this time in life many people want to give back to the community but don't always know how to start. Pat Williams is back to share ideas about the many ways individuals can give of their time and life-learned talents. Pat has spent many years advocating for seniors in volunteer capacities: on the Board of Directors at Alzheimer's Family Day Center, as Chairman of the Services for Seniors Committee of the Fairfax Long Term Care Coordinating Council, on the Reston Association Senior Advisory Committee, as a graduate of Leadership Fairfax (LFI) and its Lifetime Leaders Program (LLP), and on the Executive Board of the Dulles Regional Chamber of Commerce. Come and be inspired by someone who has made a difference in the lives of Fairfax County seniors.

1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Williams

May 22

500272-4A Thu 2:00 p.m. – 3:30 p.m.

The Basics: Memory Loss, Dementia, and Alzheimer's

(55 years and older)

Is memory loss due to aging, dementia or Alzheimer's disease? It's time to learn the facts. This program provides information on detection, causes and risk factors, stages of Alzheimer's disease, treatment, and more.

Understanding can reduce the fear surrounding this progressive disease.

1, 90-minute session at RCC Hunters Woods
Free, Registration Req. • Staff

January 31

500307-4B Fri 1:30 p.m. – 3:00 p.m.

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 between the documents and how they are implemented, and 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
Free, Registration Req. • Fricker

April 8

500240-4A Tue 9:30 a.m. – 11:30 a.m.





55+ FITNESS AND WELLNESS

Drop-in Fitness Classes

Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the drop-in Seniorize pass series. Participants must purchase a 20-visit renewable pass for \$40(R)/\$80 (NR) and 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.

Hi/Lo & Strength (55 years and older)

This comprehensive class includes a warm up and stretching session with 30-minutes of aerobics and 30-minutes of weight and resistance training. Bands and weights will be provided when necessary. Please purchase a 20 visit renewable pass for \$40 (R)/\$80 (NR) and swipe it at the Customer Service Desk before class begins.

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

January 6 – May 21 (No Class: January 20)

Drop-in Mon, Wed 10:00 a.m. – 11:00 a.m.

Renewable Pass • Rook

January 10 – May 23

Drop-in Fri 10:45 a.m. – 11:45 a.m.

Strength Training for Seniors

(55 years and older)

This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball during the hour long class. The last ten to fifteen minutes is spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats. Please purchase a 20-visit renewable pass for \$40 (R)/\$80 (NR) and swipe it at the Customer Service Desk before class begins.

60-minute sessions at RCC Lake Anne

Renewable Pass • Dantonio

January 7 – May 22

Drop-in Tue, Thu 9:00 a.m. – 10:00 a.m.

Zumba Gold

(55 years and older)

This course is specially designed for the active older adult by modifying the Zumba format, moves, and pacing to better suit the needs of the participant. What remains the same is all the fun elements that Zumba is known for: the zesty Latin music such as salsa, merengue, cumbia and reggaeton; the exhilarating easy to follow movements; and the invigorating, party-like atmosphere. Zumba Gold is the perfect fit for those seeking camaraderie, excitement and fitness as a regular part the week. Please purchase a 20-visit renewable pass for \$40 (R)/\$80 (NR) and swipe it at the Customer Service Desk before class begins.

**60-minute sessions at RCC Lake Anne
Renewable Pass • Wiley**

January 10 – May 23

Drop-in Fri 9:30 a.m. – 10:30 a.m.

Registered Fitness Classes

Fitness Fusion

(55 years and older)

Tone and firm the entire body while improving cardiovascular, strength and flexibility. This total body conditioning program combines fusion fitness, yoga, Pilates and Tai Chi to provide an efficient and enjoyable workout. Participants will utilize a mixture of equipment to keep the body guessing what comes next. This class will excite participants and keep them out of a fitness rut. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor.

**12, 60-minute sessions at RCC Lake Anne
\$60 (R)/\$120 (NR) • Nickson**

January 21 – February 27

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

March 18 – April 24

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

Fitness on the Go

(55 years and older)

Time crunched and need to squeeze in a work out? These ultra-efficient, 30-minute classes will fit into the busiest schedule. Each session targets specific muscle groups such as lower body conditioning, energy boot with low impact cardio, power stretching for flexibility and balance and upper body conditioning. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor.

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

January 23 – February 13

300020-4E Thu 11:30 a.m. – 12:00 p.m.

March 20 – April 10

300020-4F Thu 11:30 a.m. – 12:00 p.m.

May 1 – 22

300020-4G Thu 11:30 a.m. – 12:00 p.m.



Gentle Yoga

(55 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way. Participants should bring a blanket, pillow, or beach towel.

16, 60-minute sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

January 6 – March 3 (No Class: January 20)

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

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

January 14 – February 6

304995-4H Tue, Thu 10:15 a.m. – 11:15 a.m.

16, 60-minute sessions at RCC Lake Anne
\$80 (R)/\$160 (NR) • Hill

March 17 – May 7

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

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

February 18 – March 13

304995-4J Tue, Thu 10:15 a.m. – 11:15 a.m.

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

March 25 – April 17

304995-4K Tue, Thu 10:15 a.m. – 11:15 a.m.

AVOID WAITLISTS/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.

Joint Friendly Fitness

(55 years and older)

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

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

January 13 – February 10 (No Class: January 20)

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

February 24 – March 19

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

April 7 – May 7 (No Class: April 14, April 16)

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

Love to Dance

(55 years and older)

Get the heart pumping and muscles moving in this fun and energetic dance class that uses music from 1940s to present. Partners not required; each class consists of self-contained choreography.

4, 60-minute sessions at RCC Lake Anne
\$35 (R)/\$70 (NR) • Nickson

January 7 – 16

306029-4A Tue, Thu 12:15 p.m. – 1:15 p.m.

May 6 – 27

306029-4B Tue 12:15 p.m. – 1:15 p.m.





Slow Flow Hatha Yoga

(55 years and older)

Slow Flow Hatha Yoga introduces fluidity in movement and breathing. Class begins with centering and warm-ups, then moves to a soft vinyasa (flowing sequence-movement with breath). Slow Flow Hatha Yoga includes abdominal strengthening and a stronger standing sequence. The session ends with a period of cooling through stretching and deep relaxation (savasana). Modifications and props are available to assist with flexibility. Slow Flow Hatha Yoga is appropriate for those who have some yoga experience and are developing an understanding of breath, body awareness and control.

12, 45-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Hagaman

January 21 – February 27

300169-4C Tue, Thu 1:15 p.m. – 2:00 p.m.

April 22 – May 29

300169-4D Tue, Thu 1:15 p.m. – 2:00 p.m.

Strength & Conditioning

(55 years and older)

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

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

January 8 – February 26

300145-4C Wed 6:30 p.m. – 7:30 p.m.

March 19 – May 7

300145-4D Wed 6:30 p.m. – 7:30 p.m.

Tai Chi Yang Style Short Form - Continuing

(55 years and older)

A continuation of the beginning level 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. Each class comprises of demonstrations, clear explanations of the movements, and ample practice time. An emphasis on relaxation and enjoyment enhance the process of learning for improved health and well being. **Please Note: This class is a continuing class and prior participation in a Tai Chi Yang Style Short Form class is required.**

12, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Smyers

January 28 – March 6

306011-4A Tue, Thu 10:15 a.m. – 11:15 a.m.

April 8 – May 15

306011-4B Tue, Thu 10:15 a.m. – 11:15 a.m.

The Eight Ways of Tai Chi Chuan

(55 years and older)

Learn eight simple movements derived from the Tai Chi Yang Style Short Form by Master Cheng ManCh'ing. Each movement is a complete movement unit that can be practiced separately, and conveys all the benefits of Tai Chi. Emphasis is on balance, relaxation and ease of movement.

12, 60-minute sessions at RCC Lake Anne
\$55 (R)/\$110 (NR) • Smyers

January 28 – March 6

306025-4A Tue, Thu 9:00 a.m. – 10:00 a.m.

April 8-May 15

306025-4B Tue, Thu 9:00 a.m. – 10:00 a.m.



55+ GARDENING

Container Gardening

(55 years and older)

Has downsizing left little space for a garden? This lecture by Fairfax County *Golden Gazette* columnist, Joe Belsan, is for the older adult who enjoys beautiful blooms but does not have a large outdoor space in which to grow flowers, plants, and herbs. Participants will learn what size containers to use, what types of plants work well in containers, the best source for purchasing stock, where to locate the containers, how to make compost, maintenance requirements, and proper moisture control.

**1, 90-minute session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Belsan**

April 18

505800-4A Fri

1:00 p.m. – 2:30 p.m.

Grow Organic

(55 years and older)

Discover the world of organic gardening and get great tips from avid gardener and contributing garden columnist for the Fairfax County *Golden Gazette*, Joe Belsan. The lecture will explore the basics of composting, including what it consists of, the benefits, and how to get started. Find out about the types of gardens such as ground, raised bed, and container. Learn how to plan your garden, how to time seed germination, and which plants to incorporate for optimal companion planting. Become a harvest-to-table gardener.

**1, 90-minute session at RCC Hunters Woods
\$10 (R)/\$20 (NR) • Belsan**

April 25

500256-4A Fri

1:00 p.m. – 2:30 p.m.

55+ Patrons:

Be sure to check out RCC's many educational programs on the environment and sustainable practices listed in the Green Living section on pages 85-86.



55+ LANGUAGE LEARNING

ESL I

(55 years and older)

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

**8, 60-minute sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 9 – February 27

505533-4B Thu 1:00 p.m. – 2:00 p.m.

March 20 – May 8

505533-4C Thu 1:00 p.m. – 2:00 p.m.

ESL II

(55 years and older)

This class is designed for students who have already participated in a beginning level ESL class or have rudimentary English skills. A comprehensive lesson plan and handouts will be provided to students.

**8, 60-minute sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 9 – February 27

505565-4B Thu 2:00 p.m. – 3:00 p.m.

March 20 – May 8

505565-4C Thu 2:00 p.m. – 3:00 p.m.

ESL III

(55 years and older)

This class is for senior students who are more fluent in English but would benefit from advanced grammatical studies and more attention to advanced conversational skills. Students will receive a comprehensive lesson plan and will focus on fine-tuning their speaking skills.

**8, 60-minute sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 7 – February 25

505534-4B Tue 1:00 p.m. – 2:00 p.m.

March 18 – May 6

505534-4C Tue 1:00 p.m. – 2:00 p.m.

ESL IV

(55 years and older)

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

**8, 60-minute sessions at RCC Hunters Woods
Free, Registration Req. • Vogel**

January 7 – February 25

505535-4B Tue 2:00 p.m. – 3:00 p.m.

March 18 – May 6

505535-4C Tue 2:00 p.m. – 3:00 p.m.

تیناٹ ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

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تارشن ۛلع لوصحلاو ۛلماش ۛیسارد ۛطخلالخ نم ۛساردلاب
ۛلمالکتتم

- RCC Hunters Woods
• Vogel لیجستلا بولطم، یناجم
ریاربف 27 – ریانی 9
ءاسم 2:00 – ءاسم 1:00
ویام 8 – سرام 20
5055334-B س یمخلا
505533-4C س یمخلا ءاسم 2:00 – ءاسم 1:00

تیناٹ ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛیناٹلا ۛرودلا
(رتکأا ۛاماع 55)

لعفلاب نیكراشمالانیسرادلایبیردتلا ۛرودلامذہدادعإ مت
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RCC Hunters Woods
• Vogel لیجستلا بولطم، یناجم

- ریاربف 27 – ریانی 9
ءاسم 3:00 – ءاسم 2:00
ویام 8 – سرام 20
5055654-B س یمخلا
505565-4C س یمخلا ءاسم 3:00 – ءاسم 2:00

تیناٹ ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛشالٹلا ۛرودلا
(رتکأا ۛاماع 55)

نیذلارابکالانیسرادلایبیردتلا ۛرودلامذہصیصخت مت
أضیا مهل ینستییو، ۛقالطب ۛیزیلجنالال ۛغللالنوئدحتی
ۛشادحمالتارامللقصو ۛمدقتملا ۛیوحنلالتاساردلانم ۛدافتسال
لوصحلاب ۛرودلامذہیف نیسرادلایظحیسو. ۛمدقتم ۛروصب
تارامللقص ۛلع زیکرتلا لکلذکو ۛلماش ۛیسارد ۛطخ ۛلع
شدحتلا

- RCC Hunters Woods
• Vogel لیجستلا بولطم، یناجم
ریاربف 25 – ریانی 7
ءاسم 2:00 – ءاسم 1:00
ویام 6 – سرام 18
5055344-B ائالٹلا
505534-4C ائالٹلا ءاسم 2:00 – ءاسم 1:00

تیناٹ ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛعبارلا ۛرودلا
(رتکأا ۛاماع 55)

رابکلالانیسرادلالتدحم ۛروصب ۛیبیردتلا ۛرودلامذہفدمتست
أضیا مهل ینستییو ۛقالطب ۛیزیلجنالال ۛغللالنوئدحتی نیذلا
ۛقلعتملا ۛیفاضالالتابیردتلاواتاهیچوتلنم ۛدافتسال
مستت ۛئییبیف مهءارظن عم لعافتلاللخ نم ۛشادحمالتاراملاب
عودملاو ۛفلالاب

- RCC Hunters Woods
• Vogel لیجستلا بولطم، یناجم
ریاربف 25 – ریانی 7
ءاسم 3:00 – ءاسم 2:00
ویام 6 – سرام 18
5055354-B ائالٹلا
505535-4C ائالٹلا ءاسم 3:00 – ءاسم 2:00

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

- نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

- نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

- نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

- نیموئو ۛغلک ۛیزیلجنالال ۛغللالمیلعتل ۛلوالا ۛرودلا
(رتکأا ۛاماع 55)

ESL I (от 55 лет и старше)

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

8 60-минутных занятий в RCC Hunter Woods

Бесплатно, необходима регистрация • Vogel

9 января – 27 февраля

505533-4B Четверг 13:00 – 14:00

20 марта – 8 мая

505533-4C Четверг 13:00 – 14:00

ESL II (от 55 лет и старше)

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

8 60-минутных занятий в RCC Hunter Woods

Бесплатно, необходима регистрация • Vogel

9 января – 27 февраля

505565-4B Четверг 14:00 – 15:00

20 марта – 8 мая

505565-4C Четверг 14:00 – 15:00

ESL III (от 55 лет и старше)

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

8 60-минутных занятий в RCC Hunter Woods

Бесплатно, необходима регистрация • Vogel

7 января – 25 февраля

505534-4B Вторник 13:00 – 14:00

18 марта – 6 мая

505534-4C Вторник 13:00 – 14:00

ESL IV (от 55 лет и старше)

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

8 60-минутных занятий в RCC Hunter Woods

Бесплатно, необходима регистрация • Vogel

7 января – 25 февраля

505535-4B Вторник 14:00 – 15:00

18 марта – 6 мая

505535-4C Вторник 14:00 – 15:00

ESL I (55 años y mayores)

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

8 sesiones de 60 minutos en RCC Hunters Woods

Gratis, se requiere inscripción • Vogel

9 de enero – 27 de febrero

505533-4B Jueves 1:00 p.m. – 2:00 p.m.

20 de marzo – 8 de mayo

505533-4C Jueves 1:00 p.m. – 2:00 p.m.

ESL II (55 años y mayores)

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

8 sesiones de 60 minutos en RCC Hunters Woods

Gratis, se requiere inscripción • Vogel

9 de enero – 27 de febrero

505565-4B Jueves 2:00 p.m. – 3:00 p.m.

20 de marzo – 8 de mayo

505565-4C Jueves 2:00 p.m. – 3:00 p.m.

ESL III (55 años y mayores)

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

8 sesiones de 60 minutos en RCC Hunters Woods

Gratis, se requiere inscripción • Vogel

7 de enero – 25 de febrero

505534-4B Martes 1:00 p.m. – 2:00 p.m.

18 de marzo – 6 de mayo

505534-4C Martes 1:00 p.m. – 2:00 p.m.

ESL IV (55 años y mayores)

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

8 sesiones de 60 minutos en RCC Hunters Woods

Gratis, se requiere inscripción • Vogel

7 de enero – 25 de febrero

505535-4B Martes 2:00 p.m. – 3:00 p.m.

18 de marzo – 6 de mayo

505535-4C Martes 2:00 p.m. – 3:00 p.m.



55+ OLLI PROGRAMS

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 www.olliatgmu.org.

The Winter/Spring RCC/OLLI collaborative classes include:

Cheating the Clock

Fête Galante

Social Issues, Religion and the Supreme Court

The World on Fire: The Seven Years War

Trivia For Fun

Cheating the Clock: How to Look and Feel Younger

(55 years and older)

In this four part series presented by OLLI, participants will learn lifestyle altering trends to improve one's health and wellbeing. This series is for educational purposes only; there will be no solicitation or obligations of the attendees.

January 22: Cheating the Clock: How to Look and Feel Younger. Scientific studies indicate that simple, gradual changes in lifestyle can produce big dividends in vitality, mental acuity, and health over a lifetime. Margaret Webb Pressler, award-winning consumer and health sciences reporter for *The Washington Post* for nearly 20 years, is the author of *Cheat the Clock*.

January 29: Technology, Our Ally for Achieving Balance of Independence, Safety and Optimal Wellness.

Technological resources provide greater security, communications, and optimal wellness at all stages of life. Examples include: robots, security systems, personal communications systems, NASA-researched infrared energy saunas and other devices. Priscilla Chism, MBA, develops successful community health projects in her Health Solutions consulting practice.

February 5: Exercise and Simple Strength Training can Reduce Fall Risk and Feelings of Depression. Learn tips from three experts. Skip Habblitz, 72-year-old certified fitness instructor at Ferraiolo Fitness (Lansdowne Town Center), is a national speaker on this subject. His life shows how being socially active and building core strength with simple weight training can help people overcome grief. Denise Lankes became a certified fitness instructor after the age of 50. Her rediscovery of training has added zest to her life. Jane Nash, Leisure World's Fitness Director, is certified as a personal trainer and a Health Fitness specialist. She develops programs to optimize seniors' vitality.

February 12: Grabbing Joy Every Day: Mind and Body Wellness. Emerging scientific research is suggesting that memory training techniques, methods to enhance brain fitness, and ways to promote healthy aging through dance and movement promote healthier and happier lifestyles for seniors. Learn about some of these techniques from Diane Lasichak, a highly credentialed geriatric care manager.

**4, 85-minute sessions at RCC Lake Anne
\$24 (R)/\$48 (NR), Registration Req. • Staff**

January 22 – February 12

500248-4A Wed 9:40 a.m. – 11:05 a.m.

Fête Galante

(55 years and older)

Fête Galante: The French term refers to the aristocratic parties of the early 18th century which proliferated after the grand but overly constraining reign of Louis XIV came to its conclusion. These elegant and intimate escapes from the formal grandeur of the French court were first immortalized in the paintings of the Rococo school, notably in the works of Antoine Watteau and Jean-Honoré Fragonard. In the late 19th and early 20th century France, the idea of these parties again proved a source of inspiration not only for Debussy but also for the poet Paul Verlaine. In a lecture-recital format, this course will elucidate and give context to this recurring thematic reference through exploration of some of Debussy's and Verlaine's most important works.

**May 7: Debussy: Suite Bergamasque and Masque
Verlaine: Les Fêtes Galantes part I**

**May 14: Debussy: Petite Suite and L'Isle Joyeuse
Verlaine: Les Fêtes Galantes part II**

Carlos Fagundo is an Instructor of French at Sweet Briar College and an accomplished pianist. His interest in Debussy began in earnest in 2012 during the 150th anniversary of the composer's birth and he eagerly anticipates more focus on Debussy as the 100th anniversary year (2018) of the composer's death approaches.

**2, 85-minute sessions at RCC Lake Anne
\$12 (R)/\$24 (NR) • Fagundo**

May 7-14

500266-4A Wed 9:40 a.m. – 11:05 a.m.



Social Issues, Religion and the Supreme Court

(55 years and older)

The Supreme Court's decision last year, invalidating portions of the federal Defense of Marriage Act, leaves open several issues. For example, are state laws that refuse to recognize same-sex marriage also invalid? Must states that continue to oppose same-sex marriages recognize them if they have been validly performed in another state? Further controversy is developing around new state laws that seek to limit abortions, and in some cases to test the scope of protections afforded by *Roe v. Wade*. Also unresolved is whether people have a constitutional right to resist compliance with laws that offend their religious beliefs. This course will review the background, the current state of the law, and the developing controversies in these areas with particular attention to cases that may reach the Supreme Court in the near future. *Bob Zener, an OLLI member, spent 18 years with the Department of Justice, where he briefed and argued more than 100 cases in the federal courts of appeals. He wrote several briefs for the Supreme Court that involved constitutional issues.*

6, 85-minute sessions at RCC Lake Anne
\$36 (R)/ \$72 (NR), Registration Req. • Zener

March 26 – April 30

500250-4A Wed 9:40 a.m. – 11:05 a.m.

The World on Fire: The Seven Years War

(55 years and older)

English author Horace Walpole ascribed the spark that "set the world on fire" in 1754 to "the volley fired by a young Virginian in the backwoods" of North America. That young Virginian, George Washington, endures as just one element that connects this region with those backwoods. The resulting French & Indian War, while of primary importance in comprehending what led to our nation's birth, remains just one stage in a larger conflict. The Seven Years War (1756 - 1763) touched nearly every corner of the globe, prompting 20th century historian Winston Churchill to characterize it as the First World War. Help commemorate the 250th anniversary of this seminal event and discover how actions in our area provoked the worldwide clash of empires that decided the fate of North America. National Park Rangers have participated with OLLI in over 75 thematic courses, special events and trips

since 2001. *Coordinators: Michael T. Kelly, Brad Berger, Emmett Fenlon*

8, 85-minute sessions at RCC Lake Anne
\$48 (R)/\$96 (NR), Registration Req. • Kelly

March 26 – May 14

500251-4A Wed 2:15 p.m. – 3:40 p.m.

Trivia for Fun

(55 years and older)

First there were pub trivia contests in England, and then there were trivia nights in the States. Now it's OLLI's turn. Join fellow trivia lovers for fun and games as we form teams of two to six players to compete in answering challenging questions. These questions could be as obscure as: What plains state claims to be the birthplace of Cliff Notes and the Reuben sandwich? Or as hard as: What H-Bomb pioneer told *Esquire* in 2001 that "radiation has been overblown in the media"? All participants have to bring to class is a good attitude, a willingness to have fun and a pencil with a good eraser. All levels of knowledge are welcome. Bruce Mercer, an OLLI member, enjoys learning new things, especially those tidbits of information that spark a quest for new knowledge. He has used some of these nuggets to create trivia questions that are sure to stump and inform attendees.

4, 85-minute sessions at RCC Lake Anne
\$24 (R)/\$48 (NR) Registration Req. • Mercer

January 22 – February 12

500249-4A Wed 2:15 p.m. – 3:40 p.m.





55+ SOCIAL PROGRAMS

American Mah Jongg

(55 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This drop-in program is for experienced players. If you are a beginning player and want to learn to play Mah Jongg, please register for the Mah Jongg class. Information for the Mah Jongg class is on page 119 of this program guide.

**20, 2.5-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 2 – May 29 (No Class: May 15, May 22)
Drop-in Thu 9:30 a.m. – 12:00 p.m.

Bridge-Mondays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Monday. Participants should bring their lunch for a midday break. **Bridge will not be held on January 20 due to MLK Day events. Bridge will end at noon on May 26 due to the Memorial Day early closing.**

**20, 4-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff**

January 6 – May 26 (No Class: January 20; Class ends at 12:00 p.m. on May 26)
Drop-in Mon 10:00 a.m. – 2:00 p.m.

Bridge-Tuesdays

(55 years and older)

Intermediate and advanced level players are invited to join this enthusiastic group every Tuesday. Bring a lunch for an enjoyable midday break.

**21, 2-hour sessions at RCC Lake Anne
Free, Drop-in • Staff**

January 7 – May 27
Drop-in Tue 11:00 a.m. – 1:00 p.m.

AVOID WAITLISTS/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.

Chinese New Year Celebration

(55 years and older)

Come and celebrate the Year of the Horse. Participants will enjoy a fashion show of traditional Chinese attire, a light lunch, Chinese riddles, and prizes. Traditionally, the festivities surrounding Chinese New Year were known as the Nian festival, which may be understood as "festival of the year." It is observed as a public holiday in a number of countries where sizable Chinese populations reside.

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

February 7

500239-4A Fri 1:00 p.m. – 4:00 p.m.

Line Dancing

(55 years and older)

Keep on dancing to wellness. Learn how to dance the two-step, waltz, cha-cha, jitterbug, swing, shuffle (like a polka), and specialty steps. Please wear shoes that slide on the floor.

8, 90-minute sessions at RCC Hunters Woods
\$30 (R)/\$60 (NR) • Chen

January 8 – February 26

505711-4B Wed 2:00 p.m. – 3:30 p.m.

April 2 – May 28 (No Class: May 14)

505711-4C Wed 2:00 p.m. – 3:30 p.m.



CLASSIC CINEMA

(18 years and older)



RCC Hunter Woods the CenterStage

9:30 a.m.

FREE, DROP-IN

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.

January 13

The Asphalt Jungle

February 3

Bringing Up Baby

March 3

All About Eve

April 7

How Green Was My Valley

May 12

From Here To Eternity

For more information on our Classic Cinema Series, please see page 10.



55+ TRIPS & TOURS

Participants should arrive for check in at least 30 minutes prior to the stated bus boarding times. The trip coordinator will request photo identification. Sharing or exchanging tickets is not permitted. All cancellations must adhere to the RCC refund policy. RCC staff will attempt to secure replacements for canceled seats. Many of our trips require extensive walking or standing, and participant safety is very important to us. Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the 55+ Program Director, Karen Brutsché, as soon as possible but not less than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500 or 800-828-1120 (TTY).

55+ TRIPS & TOURS		PAGE #
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From Civil War to Civil Rights	February 1	Pg. 138
Folger Shakespeare Library	February 2	Pg. 140
Alvin Ailey Dance	February 8	Pg. 137
Mandy Patinkin & Patti LuPone at the Kennedy Center	February 22	Pg. 139
National Building Museum and Anderson House	March 19	Pg. 140
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NYC Ballet's <i>Jewels</i>	April 5	Pg. 139
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Gettysburg: Colonial, Civil and Cold Wars	April 16	Pg. 139
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Fallingwater	May 29	Pg. 138

A Century of Change: 1863-1963

(55 years and older)

In 2013, the country commemorated two events that changed the course of the nation – the 1863 Emancipation Proclamation and the 1963 March on Washington. Standing as milestone moments in the grand sweep of American history, these achievements were the culmination of decades of struggles by individuals – both famous and unknown – who believed in the American promise that this nation was dedicated to the proposition that “all men are created equal.” Separated by 100 years, they are linked together in a larger story of freedom and the American experience. To commemorate these two pivotal achievements, the Smithsonian National Museum of American History – in collaboration with the National Museum of African American History and Culture – presents an exhibition that explores the historical context of these two crucial events, their accomplishments and limitations, and their impact on the generations that followed. Trip fee includes transportation. Lunch will not be provided; however, there are two cafés located in the museum.

9:00 a.m. Depart Lake Anne

9:30 a.m. Depart Hunters Woods

4:00 p.m. Estimated return to Reston

1, 7-hour session

\$20 (R)/\$40 (NR) • Staff

January 22

500314-4A Wed 9:00 a.m. – 4:00 p.m.

A Day with George

(55 years and older)

Experience Historic Fredericksburg, VA. The day will include a visit to the Mary Washington House, the Hugh Mercer Apothecary Shop, the Rising Sun Tavern, and lunch at Colonial Tavern. George Washington purchased the Mary Washington House for his mother in 1772 for \$275, and she lived there until her death. The house is located near the college named for her, the University of Mary Washington. In the mid-18th century, the Hugh Mercer Apothecary was founded by Mercer who met Colonel George Washington during the French and Indian War. He later moved to Fredericksburg on Washington’s advice to practice medicine and operate an apothecary there. The Rising Sun Tavern was built in 1760 by Charles Washington (George’s younger brother), and became a popular stop for many, including John Marshall, Thomas Jefferson, George Mason, and John Paul Jones during the

Revolutionary War. It was also the site of Washington’s “great reception” after the Battle of Yorktown. Lunch will be at the Colonial Tavern, “Home to the Irish Brigade.” Trip fee includes transportation, admissions, and lunch.

7:00 a.m. Depart Lake Anne

7:30 a.m. Depart Hunters Woods

6:30 p.m. Estimated return to Reston

1, 11.5-hour session

\$60 (R)/\$120 (NR) • Staff

April 11

500199-4A Fri 7:00 a.m. – 6:30 p.m.

Alvin Ailey Dance

(55 years and older)

One of the world’s favorite dance companies – Alvin Ailey American Dance Theater – grew from a fabled performance in March 1958 at the 92nd Street YMCA in New York City. Discover what tens of millions of fans already know – the show isn’t just visual, it is felt. Artistic Director Robert Battle pushes boundaries by presenting new works from leading choreographers in addition to Company favorites. The Ailey dancers will perform their signature mixed repertory programs including *Revelations*, an enduring classic, at the Kennedy Center. Trip fee includes transportation and admission. Please note that there is only a Hunters Woods pick-up and drop-off.

12:00 p.m. Depart Hunters Woods

4:30 p.m. Estimated return to Reston

1, 4.5-hour session

\$81 (R)/\$162 (NR) • Staff

February 8

500236-4A Sat 12:00 p.m. – 4:30 p.m.



Annapolis in April**(55 years and older)**

Tour the Maryland State House, enjoy a driving tour through the streets of the Annapolis Historic District, and stroll through the United States Naval Academy (USNA). The Maryland State House is the oldest state capitol still in continuous legislative use and the only state house to have served as the nation's capital. The bus tour of Historic Annapolis will allow views of prominent Annapolis historic homes, St. John's College, and the WWII memorial that overlooks the scenic Severn River. The USNA tour will include the Chapel and Crypt of John Paul Jones, Bancroft Hall, and a walk past many monuments. The guide will tell stories concerning current and historic details of education, service, and leadership requirements of Navy officers. There will be time for sightseeing and lunch on your own. On the way home, there will be a stop at the famous Amish Market. Trip fee includes transportation and admissions. Lunch is not included. There will be considerable walking on this trip.

7:30 a.m. Depart Lake Anne**8:00 a.m. Depart Hunters Woods****6:30 p.m. Estimated return to Reston****1, 11-hour session****\$48 (R)/\$96 (NR) • Staff****April 3**

500245-4A

Thu

7:30 a.m. – 6:30 p.m.

**Fallingwater****(55 years and older)**

Enjoy a springtime bus excursion to Fallingwater, one of the greatest architectural triumphs of the 20th century and creation of 70-year-old architect Frank Lloyd Wright. Fallingwater was the home of the Kaufmann family of Pittsburgh (owners of the family's upscale department store). Edgar, Sr. had a love of art and architecture which drew him to commission Lloyd Wright to build the family a unique mountain retreat. The retreat was later entrusted by Edgar, Jr., along with several hundred acres of land, to the Western Pennsylvania Conservancy in memory of his parents. Lloyd Wright promoted organic design, which Fallingwater best exemplified. The home, with cantilevered floors, mission style features, and ingenious layouts, was completed in 1937 at a total cost of US \$155,000 and is situated partly over a waterfall on Bear Run in the Laurel Highlands of the Allegheny Mountains. Hallways are narrow, so large or bulky items will have to be kept on the bus or be put into lockers. Photography is not permitted inside the house. Lunch will be on the grounds upon arrival, and there is a 1/4 mile walk from the Visitors Center to the house. Expect considerable walking. Trip fee includes transportation, admission, and lunch. Bring a bag dinner for the ride home. Please note that there is only a Hunters Woods pick-up and drop-off.

8:00 a.m. Depart Hunters Woods**8:00 p.m. Estimated return to Reston****1, 12-hour session****\$80 (R)/\$160 (NR) • Staff****May 29**

500304-4B

Thu

8:00 a.m. – 8:00 p.m.

From Civil War to Civil Rights**(10 years and older)**

"Get on the bus..." for a comprehensive tour of Washington DC's historical Civil War and civil rights sites commemorating the 150th anniversary of the Civil War. Tour through the historic U Street area (once known as "The Black Broadway"), travel through Anacostia (Washington's first suburb) and also visit Washington's newest monument on the National Mall, the Martin Luther King Jr. Memorial. Tour also includes: African American Civil War Museum and the Frederick Douglass Cedar Hill Home. Saints Paradise Cafeteria will provide a soul food buffet. Trip fee includes transportation, admissions, tour and lunch.

8:30 a.m. Depart Lake Anne
 9:00 a.m. Depart Hunters Woods
 6:30 p.m. Estimated return to Reston

1, 10-hour session
\$35 (R)/\$70 (NR) • Staff

February 1

500242-4A Sat 8:30 a.m. – 6:30 p.m.

Gettysburg: Colonial, Civil, and Cold Wars

(55 years and older)

The turning point of the Civil War – the Battle of Gettysburg – was fought July 1 - 3, 1863 in and around the town of Gettysburg, PA. The first stop is the Battle of Gettysburg Cyclorama and Museum with its 377-foot circumference by 42-foot high oil painting by French artist Paul Philippoteaux who spent months on the battlefield. Lunch is at the Historic Dobbin House Tavern where years before the Civil War, Reverend Alexander Dobbin built a house to begin a new life in America. The bus tour of the Gettysburg Battlefield follows lunch, and then will travel the short distance to the Eisenhower home and farm. This farm served as the President's weekend retreat and a meeting place for world leaders. With its peaceful setting and view of South Mountain, it was a much-needed respite from Washington and a backdrop for efforts to reduce Cold War tensions. Trip fee includes transportation, admissions, tour and lunch.

7:00 a.m. Depart Lake Anne
 8:00 a.m. Depart Hunters Woods
 8:00 p.m. Estimated return to Reston

1, 13-hour session
\$70 (R)/\$140 (NR) • Staff

April 16

500246-4A Wed 7:00 a.m. – 8:00 p.m.

Glen Echo and Clara Barton's Home

(55 years and older)

Glen Echo, MD. is famous for Glen Echo Park. In 1891 the park was a National Chautauqua Assembly to teach the sciences, arts, languages and literature. By 1911, it had been transformed into DC's premier amusement park, but it closed in 1968. Since 1971, the National Park Service has owned and operated the site – with the help of the Glen Echo Park Partnership – and offers year-round cultural and recreational activities. The art deco style is reflected in many of the park's buildings and design elements, including the Spanish Ballroom with its 7,500

square foot dance floor, and the 1921 Dentzel Carousel. Next door to the park is the Clara Barton National Historic Site. Clara Barton, founder of the American Red Cross, dedicated her life and energies to helping others in times of need – both at home and abroad, in peacetime and during military emergencies. Glen Echo was her home for the last fifteen years of her life. A boxed lunch will be enjoyed at the picnic facilities. Trip fee includes transportation, admissions, and boxed lunch.

9:30 a.m. Depart Lake Anne
 10:00 a.m. Depart Hunters Woods
 4:00 p.m. Estimated return to Reston

1, 6.5-hour session
\$35 (R)/\$70 (NR) • Staff

May 15

500247-4A Thu 9:30 a.m. – 4:00 p.m.

New York City Ballet's *Jewels* at the Kennedy Center

(55 years and older)

The New York City Ballet dances Balanchine's 1967 *Jewels* – a masterpiece in three acts – which showcases the range of styles that Balanchine commanded. *Emeralds* recalls the 19th-century dances of the French Romantics with music from Gabriel Faure's *Pelleas et Melisande* and *Shylock*. *Rubies* sends its dancers racing across the Kennedy Center stage like lightning to Igor Stravinsky's jazz-inflected *Capriccio for Piano and Orchestra* and *Diamonds*, performed to Tchaikovsky's majestic *Symphony No. 3*, venerates the regality of Balanchine's classical Russian heritage. Trip fee includes transportation and admission. Please note that there will only be a Hunters Woods pick-up and drop-off.

12:00 p.m. Depart Hunters Woods
 4:30 p.m. Estimated return to Reston

1, 4.5-hour session
\$66 (R)/\$132 (NR) • Staff

April 5

500238-4A Sat 12:00 p.m. – 4:30 p.m.

Mandy Patinkin & Patti LuPone at the Kennedy Center

(55 years and older)

Two legendary Broadway stars come together for a once-in-a-lifetime theatrical event. *An Evening with Patti LuPone and Mandy Patinkin* reunites these Tony Award-winning virtuosos for the first time since *Evita*. Much more than a concert, this is a unique musical love story told entirely through a masterful selection of the greatest songs ever written for the stage. Funny, passionate, intimate, and utterly unforgettable, this is an evening no fan of musical theater – or fan of these two acclaimed performers – can afford to miss. Trip fee includes transportation and admission. Please note that there is only a Hunters Woods pick-up and drop-off.

12:00 p.m. Depart Hunters Woods

4:30 p.m. Estimated return to Reston

1, 4.5-hour session

\$82 (R)/\$164 (NR) • Staff

February 22

500237-4A Sat 12:00 p.m. – 4:30 p.m.

National Building Museum and Anderson House

(55 years and older)

The day begins with a tour of the extraordinary National Building Museum. Designed in 1887, this former Pension Building with its Great Hall and 75-foot Corinthian columns has been the site of inaugural balls ever since. The exhibits highlight the history of architecture and building design. The afternoon will include a visit to the Anderson House. Experience the history and splendor of Gilded Age Washington at the winter home of Larz Anderson, an American diplomat, and his wife, Isabel, an author and benefactress. Trip fee includes transportation and admission. Lunch is not included; please bring a bag lunch, dine in the museum's café, or enjoy one of the local eateries.

9:00 a.m. Depart Lake Anne

9:30 a.m. Depart Hunters Woods

5:00 p.m. Estimated return to Reston

1, 8-hour session

\$25 (R)/\$50 (NR) • Staff

March 19

500267-4A Wed 9:00 a.m. – 5:00 p.m.

Richard III & Folger Shakespeare Library Tour

(55 years and older)

Step into the Elizabethan era by visiting the Folger Shakespeare Library, located on Capitol Hill in Washington, DC, and home to the world's largest and finest collection of Shakespearean materials. The Library also holds major collections of rare Renaissance books, manuscripts and works of art. The Folger opened in 1932 as a gift to the American nation from Henry Clay Folger and his wife Emily Jordan Folger. The tour of the exhibition hall, Elizabethan Theatre, and Founders' Room will be followed by a theatre-in-the-round rehearsal of *Richard III*. Please note that the theatre seats are in the balcony and are inaccessible by wheelchair. There are no elevators. Trip fee includes transportation and admission. Lunch is not included; bring a bag lunch to enjoy on the bus. Please note that there is only a Hunters Woods pick-up and drop-off.

11:00 a.m. Depart Hunters Woods

6:00 p.m. Estimated return to Reston

1, 7-hour session

\$60 (R)/\$120 (NR) • Staff

February 2

500244-4A Sun 11:00 a.m. – 6:00 p.m.





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 pounds of clay, glazes, firing and three, 2-hour visits to the Open Ceramics Studio.

8, 2.5-hour sessions at RCC Lake Anne

\$45 (R)/\$90 (NR) • Joder

January 7 – February 25

452509-4C Tue 10:00 a.m. – 12:30 p.m.

March 25 – May 20 (No Class: April 15)

452509-4D Tue 10:00 a.m. – 12:30 p.m.

AVOID WAITLISTS/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.

Acrylic Painting for Beginners

(55 years and older)

Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne

\$40 (R)/\$80 (NR) • Coulter Blehert

March 21 – May 16 (No Class: April 18)

455011-4D Fri 10:00 a.m. – 1:00 p.m.

Intermediate Watercolor Painting

(55 years and older)

This class is for artists who have previous watercolor experience. Learn techniques to achieve a variety of textures and atmospheric effects, construct a strong painting composition using simple tools, simplify a complex scene into basic shapes and how to choose the best colors for your subject.

8, 2-hour sessions at RCC Lake Anne

\$40 (R)/\$80 (NR) • Zahid

January 10 – February 28

455012-4A Fri 1:30 p.m. – 3:30 p.m.

Watercolor for Beginners

(55 years and older)

Begin your adventure with watercolor painting in eight fun classes. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$40 (R)/\$80 (NR) • Zahid

January 9 – February 27

455526-4C Thu 1:30 p.m. – 3:30 p.m.

March 27 – May 22 (No Class: April 17)

455526-4D Thu 1:30 p.m. – 3:30 p.m.

Young at Art Exhibition

(55 years and older)

Celebrate the seasoned artistry and talents of adults ages 55 and older at RCC's annual *Young at Art* exhibit. Showcasing an impressive array of art, the exhibit is a reflection of the wealth of creativity flourishing in our community. There will be an award certificate for "Best in Show" and "Honor Awards" in each category. A reception with light refreshments will be held in the Community Room to honor all participants. Entry forms will be available beginning January 15 at RCC Hunters Woods and RCC Lake Anne Information desks as well as on the RCC's website. For further information, please contact Gloria Morrow, Exhibit Coordinator, at 703 390-6187 or Gloria.Morrow@fairfaxcounty.gov.

RCC Hunters Woods

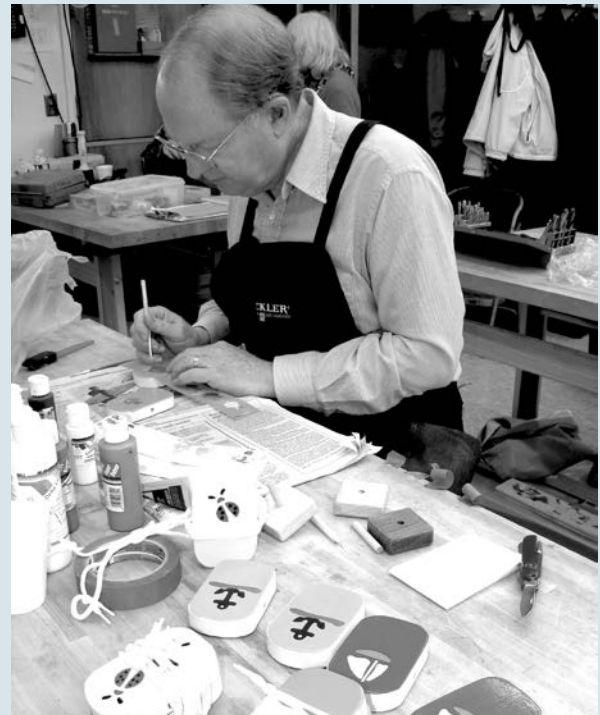
March 3 – 31

Reception: RCC Hunters Woods Community Room

Friday, March 14, 2:00 p.m. – 3:30 p.m.



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 during the first attending session.

21, 6-hour sessions at RCC Hunters Woods
Free, Drop In • Church

January 7 – May 27

Drop-In Tue 9:00 a.m. – 3:00 p.m.

Don't miss out on the many wonderful woodcraft classes and open lab sessions that RCC offers, listed in the Woodworking section on pages 107-109.

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

Mission

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

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

Governance

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

Funding

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of the Reston Community Center for district residents and employees at greatly subsidized rates.

Code of Conduct

For your protection and comfort, the Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others.

Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- **Angry or vulgar language including swearing, name calling and shouting.**
- **Physical contact with another person in any angry or threatening way.**
- **Displaying an object or weapon that can be considered harmful or threatening.**
- **Any demonstration of sexual activity or sexual contact with another person.**
- **Behavior deemed lewd or lascivious.**
- **Harassment or intimidation with words, gestures, body language or other menacing behavior.**
- **Behavior which intends or results in theft or destruction of property.**
- **Leaving a child under eight (8) years of age unattended. A child is considered unattended if they are without adult supervision and wandering around the building.**
- **Intrusion upon an event to which one is not an invited or registered participant.**
- **Being under the influence of alcohol or drugs.**

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. **No refunds will be given.**

Fee Waiver Program

Reston Community Center provides fee waivers to help eligible residents and employees of Small District 5 participate in RCC programs. This program provides financial assistance to low-income families receiving public assistance or meeting our income requirements. Completed forms are confidential and will be kept on file for one year. If your household is eligible, a fee waiver account for each family member will be created, and may be used for any combination of RCC programs, classes or trips during the 12-month period of May 1, 2012-April 30, 2013.

ADA Accommodations

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event.

Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice.

To request a reasonable accommodation, please call 703-476-4500 or 800-828-1120 (TTY).





RCC Board of Governors



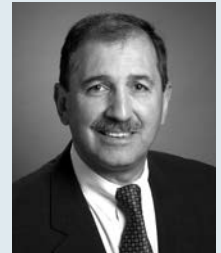
Beverly A. Cosham



William G. Bouie



Lisa Sechrest-Ehrhardt



John Mendonça



Michelle Moyer



William Penniman



Cathy Vivona



Vicky Wingert



Gerald Zavala

RCC STAFF

ADMINISTRATION

Leila Gordon	Executive Director
Thomas Ward	Deputy Director
Renata Wojcicki	Finance Director
BeBe Nguyen	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Service Manager
Mia Arguinzoni	Personnel Specialist
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Cristin Bratt	Public Information Officer
Vincent Brown	Customer Service
Tim Elcesser	Financial Specialist
Sumi Gallas	Asst. Customer Service Mgr.
Linda Greco	Customer Service
Greg Minassian	Customer Service
Samantha Pallo	Graphic Artist
Evelyn Rosa	Customer Service
Grazyna Siebor	Accounting Specialist
Ling Zhao	Customer Service

AQUATICS

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

ARTS & EVENTS

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

LEISURE & LEARNING

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

MAINTENANCE & FACILITIES

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

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance, and many other roles.

These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

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

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

Tickets for the 2013-2014 Professional Touring Artist Series are sold at Reston (R) (Small District 5 residents or employees) or Non-Reston (NR) prices, regardless of age (no Senior or Youth tickets). Proof of residence or employment status may be requested. All seats are reserved unless otherwise indicated; payment is required at the time of reservation. Tickets are not mailed and can be picked up at RCC Hunters Woods during regular front desk hours, 9:00 a.m.-9:00 p.m. once the order is processed.

CENTERSTAGE BOX OFFICE INFORMATION



Online:

www.restoncommunitycenter.com

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



By Mail:

Return a Ticket Order Form to

RCC Box Office, 2310 Colts Neck Road, Reston, VA 20191



In Person:

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

Saturday: 1:00 p.m. – 5:00 p.m.

Two hours prior to curtain time

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

Please provide the following information when you call:

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



Phone:

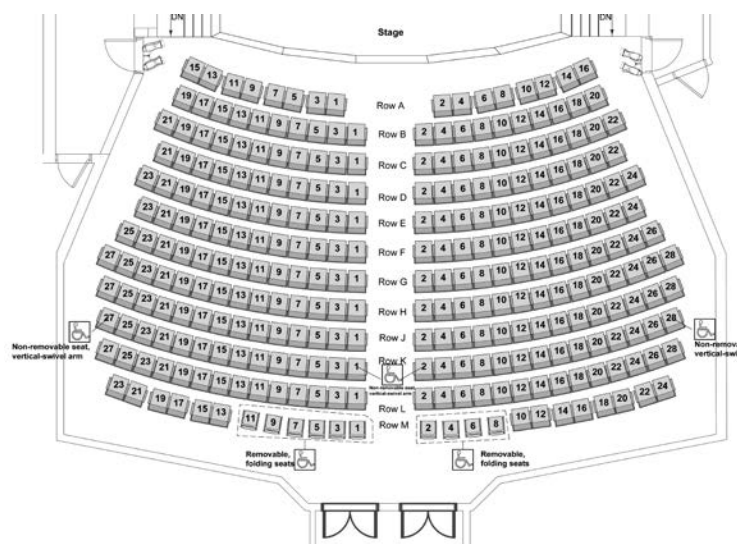


Fax:

Fax Ticket Order Form to 703-476-2488.

PLEASE NOTE:

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



Community Arts Organizations Ticket Order Form

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

RESTON CHORALE

Online ticket sales at www.restonchorale.org

Pops Concert

Adults - \$25

Seniors (62+) \$20

Youth (17 and under) Free with paid admission

Please note, RCC Box Office is not selling tickets to the March 23 event at South Lakes High School.

RAVEL DANCE STUDIO

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

All Ages - \$18

RESTON COMMUNITY PLAYERS

Online ticket sales at www.restonplayers.org

Les Misérables

Prices range \$18-\$25, depending on performance date

Xanadu

Adults - \$23

Seniors (65+)/Students (-18) - \$20

Chapter Two

Adults - \$20

Seniors (65+)/Students (-18) - \$17

GROUNDWORKS DANCE ENSEMBLE

Spring Concert

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

CLASSICAL BALLET THEATRE

Online ticket sales at www.cbntva.org

An Evening of Contemporary Dance

Adults - \$22

Seniors (65+)/Students (-12) - \$18

CENTERSTAGE BOX OFFICE INFORMATION



Online:

www.restoncommunitycenter.com

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



By Mail:

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



In Person:

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

Saturday: 1:00 p.m. – 5:00 p.m.

Two hours prior to curtain time



Phone:

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

Please provide the following information when you call:

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



Fax:

Fax Ticket Order Form to 703-476-2488.

Notes:

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

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

RESTON COMMUNITY CENTER

Class/Trip/Camp/Volunteer/Pass Registration Information

REGISTRATION SCHEDULE

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

SMALL DISTRICT 5

- Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates.
- Residency status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is located on our website.

PRIORITY RESTON REGISTRATION

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

NON-RESTON REGISTRATION

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

PROGRAM FEES, PASSES

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

REGISTRATION FORM

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

PAYMENT

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

CONFIRMATION

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

CLASS CANCELLATION

- If the minimum enrollment has not been met 7 days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.

REFUND/CANCELLATION POLICY

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

INCLEMENT WEATHER POLICY

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

PATRON HEALTH AND SAFETY

Patrons showing signs of a communicable disease or illness including vomiting, diarrhea, or a temperature of over 100 degrees should remain at home.

ADA ACCOMMODATIONS

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

PATRON SATISFACTION

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

4 EASY WAYS TO REGISTER:

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



Reston Community Center Aquatics Registration Form

REGISTRATION SCHEDULE

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

SMALL DISTRICT 5

- Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates.
- Residency status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is located on our website.

PRIORITY RESTON REGISTRATION

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

NON-RESTON REGISTRATION

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

PROGRAM FEES

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

REGISTRATION FORM

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

PAYMENT

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

CONFIRMATION

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

CLASS CANCELLATION

- If the minimum enrollment has not been met 7 days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.

PATRON SATISFACTION

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

REFUND/CANCELLATION POLICY

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

DAILY FEES, PASSES

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

INCLEMENT WEATHER POLICY

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

PATRON HEALTH AND SAFETY

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

ADA ACCOMMODATIONS

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

4 EASY WAYS TO REGISTER:

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



RESTON COMMUNITY CENTER

Fee Waiver Application (Valid May 1, 2013 - April 30, 2014)

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

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

Instructions to Client/Patron

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

Enrollment Fees

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

Eligibility

TO QUALIFY FOR A FEE WAIVER, APPLICANTS MUST MEET ONE OF THE FOLLOWING CRITERIA:

- Furnish documentation of receipt of public assistance (e.g. food stamps, welfare, free school lunch)
- Furnish documentation (e.g. 2012 income tax return) that income/family composition does not exceed the following levels:
 - \$20,665/family of one
 - \$27,991/family of two
 - \$35,317/family of three
 - \$42,643/family of four
 - \$49,969/family of five
 - \$57,295/family of six

For each additional person, add \$7,326 to determine maximum annual income for eligibility.

Family Members Applying for Fee Waiver:

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

ADULT SIGNATURE: _____ DATE: _____

RESTON COMMUNITY CENTER 55+ Carpool Form

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

ABOUT THE CARPOOL INITIATIVE

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

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

- Driver
 Passenger

CARPOOL DISCLAIMER

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

SIGNATURE: _____ **DATE:** _____



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

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

703-476-4500 • 800-828-1120 (TTY) • 703-476-2488 (FAX)



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art.smart.kids Art Explorers	101	Firehouse Visit	93
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Locations & Hours of Operation

LOCATIONS

RCC Hunters Woods

2310 Colts Neck Rd, Reston, VA 20191
Includes the Terry L. Smith Aquatics Center, the 290-seat CenterStage theatre, Woodshop, Stained Glass Workshop, and meeting rooms.

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

RCC Lake Anne

1609-A Washington Plaza, Reston, VA 20190
Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, fitness studios and 3D Gallery.

Directions: Please use only the directions on the RCC web site; directions provided by online sites or GPS systems may be inaccurate.

HOURS OF OPERATION

Monday - Saturday 9:00 a.m. - 9:00 p.m.*
Sunday 9:00 a.m. - 8:00 p.m.*

*Rental hours may vary. Contact RCC Booking Manager for information.

HOLIDAY HOURS

December 24	Christmas Eve	9:00 a.m. – 2:00 p.m.
December 25	Christmas Day	CLOSED
December 31	New Year's Eve	9:00 a.m. – 2:00 p.m.
January 1	New Year's Day	12:00 p.m. – 5:00 p.m.
January 20	MLK Day	9:00 a.m. – 9:00 p.m.
February 17	Presidents Day	9:00 a.m. – 9:00 p.m.
May 26	Memorial Day	9:00 a.m. – 2:00 p.m.

Open Labs & Studios

OPEN CERAMICS STUDIO

(16 years and older)

The RCC Open Studio sessions are designed for individuals to work independently in a creative and safe environment. Previous experience and basic skills are necessary since there is no instruction provided during the open studio sessions. The RCC Ceramics Studio will be closed December 11, December 25 - January 8 (re-opening January 11), April 14 -19, and May 24. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. Please check the Ceramics Studio calendar for additional studio times or closures. The fee includes firing and glazes. **Clay cost is \$15 – \$20 for 25 pounds.**

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

\$36 (R)/\$72 (NR) 12-Visit Pass (Each visit equals one hour.)

January 1 – May 31

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

OPEN STAINED GLASS LAB

(18 years and older)

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

4-hour sessions at RCC Hunters Woods

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

January 5 – May 18

Drop-in	1st & 3rd Sun	1:30 p.m. – 5:30 p.m.
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OPEN WOODSHOP

(18 years and older)

Members of the public are invited to use RCC's Woodshop during weekly open shop hours. 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. Students must provide their own personal safety equipment for the course.

RCC Hunters Woods • Staff

\$7 (R)/\$14 (NR) Tue

\$10 (R)/\$20 (NR) Fri

\$12 (R)/\$24 (NR) Sat

January 7 – May 20

Drop-in	Tue	6:00 p.m. – 10:00 p.m.
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January 10 – May 23

Drop-in	Fri	9:00 a.m. – 3:00 p.m.
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January 11 – May 24

Drop-in	Sat	9:00 a.m. – 5:00 p.m.
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2310 Colts Neck Road
Reston, Virginia 20191

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
HERNDON, VA
PERMIT NO. 58
ZIP CODE 20170

FSC Logo Here



The Reston 50th Anniversary Celebration

RCC Hunters Woods • Saturday, April 5 • 8:00 p.m.

Join family and friends as we celebrate the success of our exceptional community on the occasion of its 50th anniversary. Enjoy the special screening of *The Reston Story* (*Working Title*) and the winners of the My Community Video Contest. Following the documentary, a panel discussion featuring the film director and special guests will be held in the Community Room. The evening will conclude with champagne and dessert to top off fifty years of building the special place and people called "Reston" with a toast to Robert E. Simon and each other.

Tickets: \$50 Reston/\$100 Non-Reston
PURCHASE TICKETS AT THE CENTERSTAGE BOX OFFICE



A Film About Reston, Virginia: The First 50 Years
By Storycatcher Productions