

A photograph of an art studio. In the foreground, a metal cup holds several paintbrushes of various sizes and colors. In the background, a person wearing a blue and white striped shirt and a red apron is painting on a canvas. The person's hand is visible, holding a paintbrush and applying paint to the canvas. The background is slightly blurred, showing other art supplies and a studio environment.

Reston Community Center 2022 WINTER/SPRING PROGRAM GUIDE

WWW.RESTONCOMMUNITYCENTER.COM

Enriching Lives. Building Community.



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BEVERLY ANN COSHAM, CHAIR, RCC BOARD OF GOVERNORS

Slowly but surely, progress is occurring in our community’s efforts to enjoy leisure time more fully. The pandemic has proven to be a stubborn adversary as variants spread in the summer and fall months. Vaccines and testing remain the important keys to recovery and pushing COVID-19 from pandemic status to being endemic – a presence that can be managed with more typical public health strategies.

This steady progress depends so much on the cooperation of everyone in our community. Patrons will be asked to continue to do a health self-check before enjoying RCC offerings, and Fairfax County Government may require continued mask-wearing when indoors depending on the degree of community transmission. As always, RCC will post information on our website and on our front doors to alert people to these elements of their participation.

RCC staff, volunteers and contractors must all be vaccinated. Employees who have medical or religious exemptions must be tested on a weekly basis. The same is required of volunteers and contractors. These measures help keep everyone safer from the possibility of transmission of the virus, especially children and older adults. We are profoundly grateful for the cooperation we’ve had from patrons, as well as the measures taken by employees and volunteers to stay as healthy as we can.

From everyone at RCC, we extend deepest wishes for a holiday season filled with joy, peace and the pleasure of the company of family and friends. Let us all take time during the celebration season to reflect on the grief experienced by so many, the losses endured, and the resilience and courage it has required to reach this point. We give thanks for our special community and everyone in it, and we join you in recommitting ourselves to making Reston a better place for all of us in 2022 and beyond.

BOARD OF GOVERNORS

From left to right:
(TOP)
Paul Thomas, William Keefe,
William Penniman,
Dick Stillson, William Bouie

(BOTTOM)
Laurie Dodd, Vicky Wingert,
Beverly Ann Cosham,
Lisa Sechrest-Ehrhardt





LEILA GORDON, EXECUTIVE DIRECTOR, RCC

The pages ahead are filled with healthy, happy, thought-provoking and heart-engaging experiences for everyone to enjoy. New approaches to participation have been established that help RCC maintain our facilities in the cleanest possible state, as well as to work with capacities to promote good public health during the months many of us will be mostly indoors. The offerings ahead will provide more and more people with opportunities to reconnect; we are eager to see more and more of the people of Reston.

In considering all that occurred in the past year, we find ourselves both grateful and hopeful. We are grateful for the opportunity to continue serving Reston and hopeful that the worst of the pandemic is receding. All of us are even more passionately engaged with and dedicated to the principles of inclusion and equity upon which Reston was founded. RCC brings prominent voices in the struggle for racial and social justice to our community in the months ahead – we very much look forward to seeing you for those events.

Enjoy the holiday season, and we wish you peace in the new year.

A handwritten signature in black ink, appearing to read 'Leila Gordon', with a long horizontal line extending to the right.

Please Note: Photos in the Program Guide represent activities held before and during the COVID-19 pandemic.

RCC IS AN ACCREDITED PARKS AND RECREATION AGENCY!



In October 2020, RCC earned accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA), a mark of an agency's excellence in its leadership, management, operations, programs and services. We are thrilled to be recognized for this achievement and will continue to uphold these standards as we serve our patrons.

TIP: Beat the Rush!

Prior to the start of registration, be sure to log into myRCC with your username and password and check your household information via "My Account." All family members you wish to register must be listed, along with their date of birth.



myRCC Online

TO ENROLL 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.

RESERVATIONS:

(FORMERLY DROP-IN PROGRAMS)

Former drop-in programs now require a pass and an advance reservation through myRCC. Patrons can also cancel a reservation through myRCC. Learn how or visit our FAQ page for more information.

www.restoncommunitycenter.com/HowTo

www.restoncommunitycenter.com/PassFAQs

Online Enrollment (myRCC) Contact Information:

Phone:

703-476-4500, ext. 8

Fax:

703-476-2488

Email:

RCCcontact@fairfaxcounty.gov

All emails to RCCcontact@fairfaxcounty.gov will be answered within 48 hours. If your question is urgent, please call during business hours.

What if I do not have or know my username?

If any member of your household has registered for an RCC program in the last five years, you already have a username. To get your username, send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500 during business hours. All emails will be answered within 48 hours. If you have never participated in an RCC program, you need to set up an account by clicking Create an Account.

What if I have forgotten my password?

On the Member Login box, click on Forgot Your Password. You will be asked to enter your primary email address. The password reset link email is valid for 10 minutes. If you do not have an email address on file, or if our data fails to match your responses, you will need to contact our office.

I would like to add family members to my account. How do I do this?

If you have an account already established, please send an email to RCCcontact@fairfaxcounty.gov or call 703-476-4500, ext. 8 during business hours.

How can I see what courses my family members are currently enrolled in?

Once you have successfully signed in, click on My Account, then select Household Activity Calendar. All family member enrollments will be displayed for the selected months in a calendar format. Or you can click on My Account, then My History. A listing of all enrollments will be created for the selected date range.

How can I cancel a reservation or free enrollment?

Patrons can now cancel their reservations or enrollments in free options in myRCC. Find instructions at www.restoncommunitycenter.com/HowTo



ARTS & EVENTS

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CENTERSTAGE CINEMA

RCC Hunters Woods – the CenterStage • Free • 18 Years & Older

Be swept away to imagined and real worlds as you watch these great films in the comfort of the CenterStage. Due to COVID-19, food will not be served. Registration is required and some health protocols may be in place.

A Beautiful Day in the Neighborhood

Monday, January 3 • 10:00 a.m.

The movie is based on the true story of a real-life friendship between children's TV host Fred Rogers and journalist Lloyd Vogel. (Rated PG) 2019

Free, Registration Req. 262013-2W

Eat Drink Man Woman

Monday, February 7 • 10:00 a.m.

Eat Drink Man Woman follows the lives of the Zhu family, which navigate the complex challenges that come with interactions about love, life, tradition and family. Mandarin with English subtitles. (Unrated) 1994

Free, Registration Req. 262014-2W

Sing Street

Monday, March 7 • 10:00 a.m.

Sing Street is a feel-good musical set in 1985 about a Dublin teenager who forms a rock and roll band to win the heart of a girl. (Rated PG) 2016

Free, Registration Req. 262015-2W

Some Like It Hot

Monday, April 4 • 10:00 a.m.

After witnessing a Mafia murder, Joe (Tony Curtis) and his buddy Jerry (Jack Lemon), improvise a quick plan to escape from Chicago by joining an all-female jazz band. (Unrated) 1959

Free, Registration Req. 262016-2W

Moonstruck

Monday, May 2 • 10:00 a.m.

Loretta, a bookkeeper from Brooklyn, falls in love with the brother of the man she has agreed to marry and finds out she isn't the only one in the family keeping secrets. (Rated PG) 1987

Free, Registration Req. 262017-2W

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

Reston Dr. Martin Luther King Jr. **BIRTHDAY CELEBRATION**

Saturday, January 15

RESTON COMMUNITY ORCHESTRA

Annual Musical Tribute to Dr. Martin Luther King Jr.: Words and Music as Diverse as the World of Which He Dreamed

**4:00 p.m. • RCC Hunters Woods – Community Room
All Ages • Free**

Combining the traditions of African American culture and Western classical music, the concert pays tribute to Dr. King’s vision of a society free of prejudice and racial divisions, and his belief in the power of music to help create positive change. Featured performers will include students from Al Fatih Academy and song stylist Beverly Cosham, Bryan Jackson, and New World Order Horns presenting music by a variety of composers honoring Dr. King’s legacy. Free tickets will be available through the CenterStage Box Office two weeks prior to the performance.

Sunday, January 16

BARATUNDE THURSTON

Writer, Comedian, Activist

**2:00 p.m. • RCC Hunters Woods – the CenterStage
\$15 Reston/\$20 Non-Reston**

Baratunde Thurston holds space for hard and complex conversations with his blend of humor, wisdom and compassion. He is an Emmy-nominated TV host who has worked for *The Onion*, produced for *The Daily Show*, advised the Obama White House and written *The New York Times* bestseller *How To Be Black*. As the executive producer and host of *How to Citizen with Baratunde*, which Apple named one of its favorite podcasts of 2020, Baratunde also received the Social Impact Award at the 2021 iHeartRadio Podcast Awards. Baratunde is unique in his ability to integrate and synthesize themes of race, culture, politics and technology to explain where our nation is and where we can take it. It is recommended that children under 16 be accompanied by an adult.

Monday, January 17

KEYNOTE ADDRESS AND COMMUNITY LUNCH: HEATHER MCGHEE

11:00 a.m.

**The CenterStage and Community Room
\$5 Reston/\$20 Non-Reston**

A renowned expert on the American economy, Heather McGhee is one of the most brilliant and influential thinkers exploring inequality today. Both her viral TED talk and her instant *New York Times* bestseller *The Sum of Us* reveal the devastating true cost of racism – not just for people of color, but for everyone. Deeply stirring, intelligent and compassionate, McGhee’s talks offer us an actionable roadmap during one of the most critical – and most troubled – periods in history. Tickets sold through the CenterStage Box office.

ESPECIALLY FOR YOUTH

**10:30 a.m. – 1:30 p.m. • RCC Hunters Woods
(6 – 12 years old)**

Free • Registration Required: 704750-2A

You may register your school-age child (first to sixth grade) to participate in activities at RCC. Children must be registered in advance and no onsite registration will be available on the day of the event. Children will rotate through a series of activities, including an age-appropriate video and arts and crafts. All activities will be based on the history of Dr. King and the Civil Rights Movement. Lunch will be provided.



Reston Summer Camp Expo



Saturday, January 29

9:00 a.m. – 12:00 p.m.

Reston Community Center

2310 Colts Neck Road, Reston, VA

Free, Registration Req. • 880600-2A

This event is coordinated by local nonprofit organizations and Fairfax County government agencies in support of the Reston Opportunity Neighborhood program. It is hosted by Reston Community Center.

Don't miss your chance to learn about Reston-area summer camps and out-of-school activities – all in one place! Bring the whole family for a fun and informative morning that will feature snacks, music, games, prizes and camp resources:

- **Child Identification and Fingerprinting**
Protect your child with fingerprinting and ID tools provided by the Office of the Fairfax County Sheriff.
- **Door Prizes**
Win fantastic door prizes include many fun items and a free week of camp.
- **Activities for the Kids**
Enjoy the "camp experience" with hands-on games and crafts.
- **Scholarships**
Discover the range of fee waiver and camp scholarship opportunities.
- **Summer Employment**
Find out about summer camp employment and volunteer opportunities.
- **Learn More**
Get info on registration dates, camp requirements, locations and fees, while meeting directors and staff teams.



For more information, contact LaTanja Snelling, RCC Collaboration and Outreach Director, at 703-390-6158.



AARP Tax-Aide

**FREE • 18 YEARS AND OLDER
APPOINTMENT REQUIRED
RCC HUNTERS WOODS**

Tax consultations will be by appointment only:

February 1 – April 12

Tuesdays • 9:00 a.m. – 2:00 p.m.

Thursdays • 4:30 p.m. – 8:30 p.m.

Saturdays • 9:00 a.m. – 3:00 p.m.

Beginning February 1

PICK UP AN INTAKE PACKET AT RCC HUNTERS WOODS:

Intake packets will be available at the RCC Customer Service desk beginning February 1. Taxpayers must fill out the packet at home and have all tax documents together before calling or emailing to make an appointment.

SCHEDULE AN APPOINTMENT:

Email: reston.taxaide@gmail.com

Call: 571-293-2226 (leave a voicemail)

Emails and voicemails should contain a return email address and/or phone number, and desired dates for an appointment.

A Tax-Aide volunteer will respond to set up and confirm the appointment and answer questions.

AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. For years, RCC has offered community members this important program administered through the AARP Foundation with the cooperation of the Internal Revenue Service. All tax preparation is free and confidential. Please follow all of RCC's public health guidelines.



Diva Central is Reston Community Center's annual high school prom and middle school formal dress giveaway.

Dress Drive • February 14 – 28

We need the following this year:

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

Donations are tax-deductible and may be dropped off daily at RCC Hunters Woods or RCC Lake Anne from 9:00 a.m. – 9:00 p.m., Monday – Saturday; 9:00 a.m. – 8:00 p.m. on Sundays. All donations are appreciated; however, we ask that donations are in good condition, no more than five years old (circa 2017) 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 other communities.

Diva Central Event:

**Saturday, March 26
11:00 a.m. – 3:00 p.m.**

FREE • RCC Lake Anne • Registration Required • 8C1008-2A

Turn to page 77 for more information.



For more information, please contact LaTanja Snelling, Collaboration & Outreach Director, at 703-390-6158.



Spring

FLEA MARKET

Saturday, March 5

RCC HUNTERS WOODS • 9:00 A.M. – 12:00 P.M.

Register to shop:

8C0000-2A

The first day of spring is right around the corner, so this is the perfect time to get your spring cleaning underway. Searching for small appliances, books, jewelry, clothing, tools or toys? This is the place to be to support your neighbors – and our environment – by finding hidden gems to take home and enjoy rather than sending them to the nearest landfill.

Register to be a vendor:

SPRING FLEA MARKET – VENDOR REGISTRATION

(18 YEARS AND OLDER)

\$15 (R)/\$12 (R55+)/\$20 (NR) • 8C1000-2A

Do you have old toys and books cluttering your home? This is the perfect opportunity to clean out unwanted small household items and even earn a little money. The flea market is Saturday March 5, 9:00 a.m. – 12:00 p.m. Vendors may arrive as early as 7:00 a.m. to set up booths. Please note that at-home business products, edible items and live animals cannot be brought to (or sold) at the flea market. Requests for donations of any kind from any table vendor are strictly prohibited at this event.

For more information, please contact LaTanja Snelling, Collaboration & Outreach Director, at 703-390-6158.

MEET THE

Artists

Thursdays • 2:15 p.m. – 3:30 p.m.

Free • the CenterStage and Facebook Live • All Ages

Registration is required, and some public health protocols may be in place. These performances will be livestreamed on the Reston Community Center Facebook page.

March 31 Beverly Cosham

Celebrated Washington-area cabaret singer Beverly Cosham will perform favorite songs from the Great American Songbook and other compositions. Cosham has been the recipient of numerous awards for her musical as well as her dramatic performances. 271019-2W

April 7 Beau Soir Flute, Viola, and Harp

Known for their exciting performance style and diverse programming, this ensemble continues to attract a strong fan base through its acclaimed performances and unique audience interaction. 271020-2W

April 14 The Chamasyan Sisters

Violinists Monika and Armine, with pianist Marina, will bring rarely performed music for violins and piano, with commentaries and personal stories. The repertoire, mostly from the turn of the 20th century, will include selections from their native Armenia and beyond its borders. 271021-2W

April 21 Linda Monson and her Piano Studio

Dr. Linda Apple Monson brings her gifted students from George Mason University to present a diverse program of classical piano repertoire. 271022-2W

April 28 The Russkie Musikanti

The Russkie Musikanti is an ensemble of the Washington Balalaika Society, the largest Russian folk orchestra in the United States. Their program will include different styles of Russian and Eastern European vocal and instrumental music performed with a variety of Russian folk instruments. 271023-2W

May 5 Nathan Mo Piano

Following in the footsteps of his sister Evelyn, a CenterStage favorite, Nathan has won prizes in national and international piano competitions and has appeared at numerous venues, including Carnegie Hall. He will perform selections ranging from the classical period to the romantic and contemporary periods. 271024-2W



Schedule subject to change. Please check our website for up-to-date information. These programs are a joint venture between Osher Lifelong Learning Institute at George Mason University and Reston Community Center. The Osher Lifelong Learning Institute (OLLI) at George Mason University offers daytime courses, lectures, special events and other activities year-round. There are no exams, no credits, no college degree required or offered and no age threshold for joining. Learn more online at olli.gmu.edu.

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



Community Coffee

Saturdays,

TBD – May 28

9:00 a.m. – 11:00 a.m.

RCC Hunters Woods

Free • All Ages

Enjoy complimentary food and beverages with casual conversation. RCC will restart this popular program when public health conditions allow.



Founder's Day

Saturday, April 9

12:00 p.m. – 4:00 p.m.

Lake Anne Plaza

Free • Rain or Shine • All Ages

Celebrate the anniversary of Reston's founding with the Reston Historic Trust and Museum. The event is open to the whole community. Enjoy a public art walk, performances, Reston Museums exhibits and family activities.

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

GREEN

RESTON

Saturday, April 16

RCC HUNTERS WOODS • ALL AGES

10:00 a.m. – 12:00 p.m. • 8C8050-2A

Join us on the plaza in front of RCC Hunters Woods for a fun and eco-friendly family event to mark Earth Day. Green Reston is a place to explore and learn about sustainable living and eco-friendly alternatives for household items. Local organizations will be onsite to provide information about neighborhood resources, programs and services.

April 1 – 16

GREEN RESTON SCAVENGER HUNT

Families can also take part from home anytime from April 1 – 16. Explore nature and take pictures along the way. Use the hashtag #GreenReston in social media platforms (make sure your account is set to public viewing). Not on social media? Email pictures to LaTanja.Snelling@fairfaxcounty.gov. The family with the best picture will win a prize!

For more information, please contact [LaTanja Snelling](mailto:LaTanja.Snelling@fairfaxcounty.gov), Collaboration & Outreach Director, at 703-390-6158.



THEATRE IN THE PARK

Friday – Sunday • April 29 – May 1 • 7:00 p.m.

Reston Town Square Park • Free • All Ages

A MIDSUMMER NIGHT'S

Dream

by William Shakespeare



Reston's first-ever "Theatre in the Park" event offers one of the most beloved and hilarious comedies of all time. This Midsummer is reimagined by NextStop Theatre in a fun, new production designed specifically for the Reston Town Square Park. The entire family will enjoy this timeless tale of love, magic and mischief, presented with a fresh and contemporary spin.

Reimagined for 2022 by NextStop Theatre Company. Presented by Reston Community Center and Reston Town Center Association.

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



Spring Festival

Saturday, May 7

1:00 p.m. – 5:00 p.m.

Walker Nature Center

Free • Rain or Shine • All Ages

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

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



Reston Pride

Saturday, June 4

12:00 p.m. – 6:00 p.m.

Lake Anne Plaza

Free • Rain or Shine • All Ages

The fifth annual Reston Pride festival will feature a concert and performances from local musicians and artists supporting and celebrating the LGBTQ+ community in the greater Reston Area. Reston Pride is organized by members and friends of the Reston LGBTQ+ community with support from Reston Community Center, nonprofits and other local organizations. This year, the event will feature an appearance by The Kinsey Sicks.

For more information, please contact Reston Pride at restonpride@corefoundation.org.

MAY 20 – 22

10:00 a.m. – 5:00 p.m.

Reston Town Center • All Ages

NorthernVirginia
**FINEARTS
FESTIVAL**

**Presented by
Tephra Institute of Contemporary Art**

Mark your calendars for this marquee community event that is fun for the whole family! Join Tephra Institute of Contemporary Art (Tephra ICA) for the 31st Annual Northern Virginia Fine Arts Festival, which for one special weekend brings hundreds of artists producing high quality, hand-crafted, one-of-a-kind artwork to our neighborhood. The Northern Virginia Fine Arts Festival is presented in the dynamic setting of Reston Town Center and provides everyone the opportunity to make new friends and buy art from the exceptional visiting artists. Visitors will also enjoy innovative performances and engage in creative hands-on art projects. It also offers adults and teens the opportunity to join an amazing cadre of volunteers.

This event is produced as a fundraiser for Tephra ICA, formerly Greater Reston Arts Center (GRACE), a dynamic cultural institution with a 48-year history of providing excellence in contemporary visual art. Art sales directly benefit the participating artists. All other proceeds support Tephra ICA and its compelling, year-round exhibitions and educational programming, which are always free and open to the public. To learn about volunteering, sponsoring and other ways to get involved, please visit www.tephraica.org.

FREE parking is available in all the Reston Town Center garages for the Festival weekend (Friday – Sunday) courtesy of Boston Properties. Reston Community Center is a proud sponsor of the Northern Virginia Fine Arts Festival.



PROFESSIONAL TOURING ARTIST SERIES

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The Professional Touring Artist Series has been bringing Reston some of the greatest thought leaders of the day, and this year is no exception. But what exactly do I mean when I use the words “thought leader?”

To me, a thought leader is someone who has captured our collective attention and is helping us see or understand the world in a new way. We tend to think of them as writers of nonfiction. But in my view, a thought leader is anyone who is pushing the boundaries of what we think is beautiful, how we feel, what we choose to listen to and what we think is funny. Composer Igor Stravinsky was a thought leader. Broadway’s Lin-Manuel Miranda is a thought leader too.

Today’s thought leaders challenge our own thinking in new ways. Here are some of the ideas you will be engaging with at the CenterStage in the coming months:

“Inequality and climate change are the twin challenges of our time, and more democracy is the answer to both.”
– Heather McGhee

“This is a deeply spiritual issue ... Do we want to spend more time trying to care for our fellow man or do we want to just pursue more virtual reality? That’s the issue before us ... and it’s being played out in the world of the environment.”
– Ed Begley Jr.

“The reason I came to this country and decided to stay is because in the U.S., art is like a kaleidoscope. There are many colors of people contributing to its culture based on individual uniqueness, which is how a beautiful painting is created. We all can contribute to this beautiful painting and together create beautiful artwork and a beautiful world.”
– Nai-Ni Chen

“You can call me namastunde or surfatunde. Either works.”
– Baratunde Thurston

RCC is so proud to present a great collection of actors, dancers, writers and musicians – thought leaders all – at the CenterStage. They look forward to the stimulating conversations with Reston audiences that take place in the lobby and that make being here a great pleasure for them as well.



Paul Douglas Michnewicz
Arts & Events Director



Baratunde Thurston

WRITER, COMEDIAN, ACTIVIST

**Sunday,
January 16
2:00 p.m.**

Baratunde Thurston holds space for hard and complex conversations with his blend of humor, wisdom and compassion. He is an Emmy-nominated TV host who has worked for *The Onion*, produced for *The Daily Show*, advised the Obama White House, and written *The New York Times* bestseller *How To Be Black*. As the executive producer and host of *How to Citizen with Baratunde*, which Apple named one of its favorite podcasts of 2020, Baratunde also received the Social Impact Award at the 2021 iHeartRadio Podcast Awards. Baratunde is unique in his ability to integrate and synthesize themes of race, culture, politics, and technology to explain where our nation is and where we can take it.

Recommended that children under 16 be accompanied by an adult.

\$15 Reston/\$20 Non-Reston

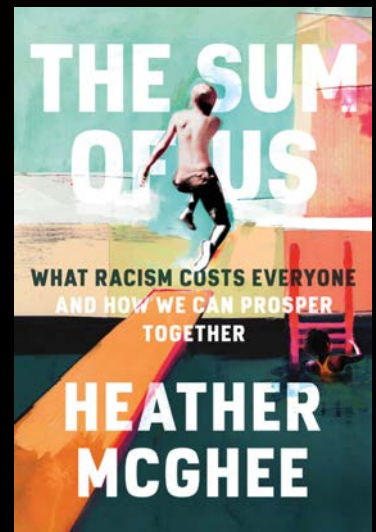


RESTON DR. MARTIN LUTHER KING JR. BIRTHDAY CELEBRATION
KEYNOTE ADDRESS AND COMMUNITY LUNCH

Heather McGhee

Monday, January 17 • 11:00 a.m.

A renowned expert on the American economy, Heather McGhee is one of the most brilliant and influential thinkers exploring inequality today. Both her viral TED talk and her instant *New York Times* bestseller *The Sum of Us* reveal the devastating true cost of racism – not just for people of color, but for everyone. Deeply stirring, intelligent and compassionate, McGhee’s talks offer us an actionable roadmap during one of the most critical – and most troubled – periods in history.



Recommended that children under 16 be accompanied by an adult.

\$5 Reston/\$20 Non-Reston



A Reading of *American Moor*

WITH KEITH HAMILTON COBB

**Saturday,
February 5
8:00 p.m.**

Keith Hamilton Cobb embarks on a poetic exploration that examines the experience and perspective of Black men in America through the metaphor of Shakespeare's character Othello, offering up a host of insights that are by turns introspective and indicting, difficult and deeply moving. *American Moor* has been seen across America, including during a successful run Off Broadway. This reading will be followed by a lively conversation regarding the issues raised by this remarkable story.

Recommended that children under 16 be accompanied by an adult.

"A witty, passionate, furious, and movingly intimate record of an African American actor's often unrequited love for Shakespeare."

— *The New York Review of Books*

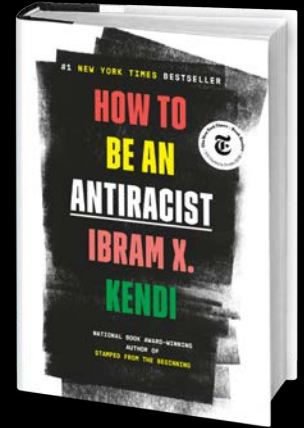
\$15 Reston/\$20 Non-Reston



Ibram X. Kendi

AUTHOR OF
HOW TO BE AN ANTIRACIST

**Wednesday,
February 9
8:00 p.m.**



Ibram X. Kendi is one of America’s foremost historians and leading antiracist voices. A sought-after public speaker, Kendi has delivered hundreds of addresses across the country and overseas.

He has shared his personal history and helped move the racial justice conversation away from arguments over personal responsibility for the past to the shared responsibility we each have to craft an equitable future. His book, *How to Be an Antiracist* was published in 2019 to great acclaim and debuted on *The New York Times* bestseller list.

Recommended that children under 16 be accompanied by an adult.

“Groundbreaking . . . (Kendi) punctures the myths of a post-racial America, examining what racism really is and what we should do about it.”

— TIME

\$15 Reston/\$20 Non-Reston

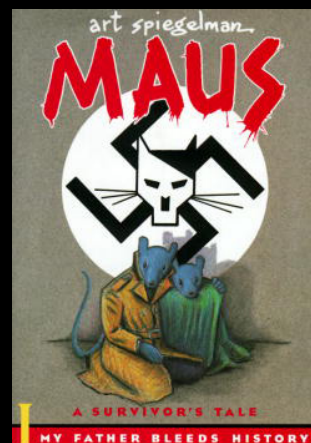


Art Spiegelman

WHAT THE %@&*! HAPPENED TO COMICS?

**Sunday,
February 27
3:00 p.m.**

Pulitzer Prize-winning artist/illustrator and author Art Spiegelman has almost single-handedly brought comic books out of the toy closet and onto the literature shelves. In 1992, he won the Pulitzer Prize for his masterful Holocaust narrative *Maus*, which portrayed Jews as mice and Nazis as cats. *Maus II* continued the remarkable story of his parents' survival of the Nazi regime and their lives later in America.



Contains depictions of violence and strong language in cartoon form. Children under 16 must be accompanied by an adult.

“Like all great stories, it tells us more about ourselves than we could ever suspect.”

– The Guardian

\$20 Reston/\$30 Non-Reston



Lúnasa

Sunday, March 20 • 3:00 p.m. & 7:00 p.m.

Named for an ancient Celtic harvest festival in honor of the Irish god Lugh, patron of the arts, Lúnasa is a gathering of some of the top musical talents in Ireland. Its members have helped form the backbone of some of the greatest Irish groups of the decade.

“The best Irish band on the planet”

– Irish Echo

\$25 Reston/\$35 Non-Reston



Anita Hollander

Spectacular Falls

A SLIPPERY SOLO MUSICAL

**Saturday,
March 26
8:00 p.m.**

Come share a humorous, edgy, moving, and somewhat slippery exploration of how we all fall, how the world can fall apart, and how we rise again, even if, ultimately, we're all "just a banana peel away." Written and performed by Anita Hollander, a United Solo Audience Award-winning artist who knows a lot about the subject, *Spectacular Falls* will tickle, inspire and move you.

This performance will be interpreted in American Sign Language by Rev. Rachel Hollander.

"Provocative, funny, moving, communicative and beautifully polished ... All this plus a charming presence that flavors everything she does."

— *The New York Times*

\$15 Reston/\$20 Non-Reston



MR. VAUDEVILLE AND
FRIENDS PRESENT

Mystery! at the Vaudeville House

**Saturday,
April 2
3:00 p.m.**

The game is afoot! Buddy Silver needs your help. All of Mr. Vaudeville's "friends" are the suspects when he discovers that somebody is trying to steal his act. Who's behind it? Whodunnit? And why would anybody want it? Bring the family and join an audience of unlikely sleuths for an afternoon of high crimes and high jinks to help Buddy solve the mystery ... before it's too late!

"It was fantastic. A fun, fun time!"

– Joan Rose, Reston Resident

\$5 Reston/\$10 Non-Reston



Class: The Carla Perlo Story

Wednesday, April 6 • 8:00 p.m.

Come share a documentary film about dancer and choreographer Carla Perlo and her influence on her students, the field of dance, the communities in which she worked and her advocacy for property ownership by artists over the course of her 48-year career. The five chapters of this film will be interspersed with live choreography based on and inspired by Carla's art and work.

\$15 Reston/\$20 Non-Reston



123 Andrés

**Saturday,
April 9
3:00 p.m.**

123 Andrés are Andrés and Christina, an award-winning duo with catchy songs and a high-energy show that gets kids and families singing and dancing in Spanish and English.

Andres and Christina will also make a special appearance earlier in the day at Lake Anne Plaza for the Founder's Day event.



“A rock star for little language learners.”

– Billboard

\$5 Reston/\$10 Non-Reston



REDUCED SHAKESPEARE COMPANY

Hamlet's Big Adventure (a prequel)

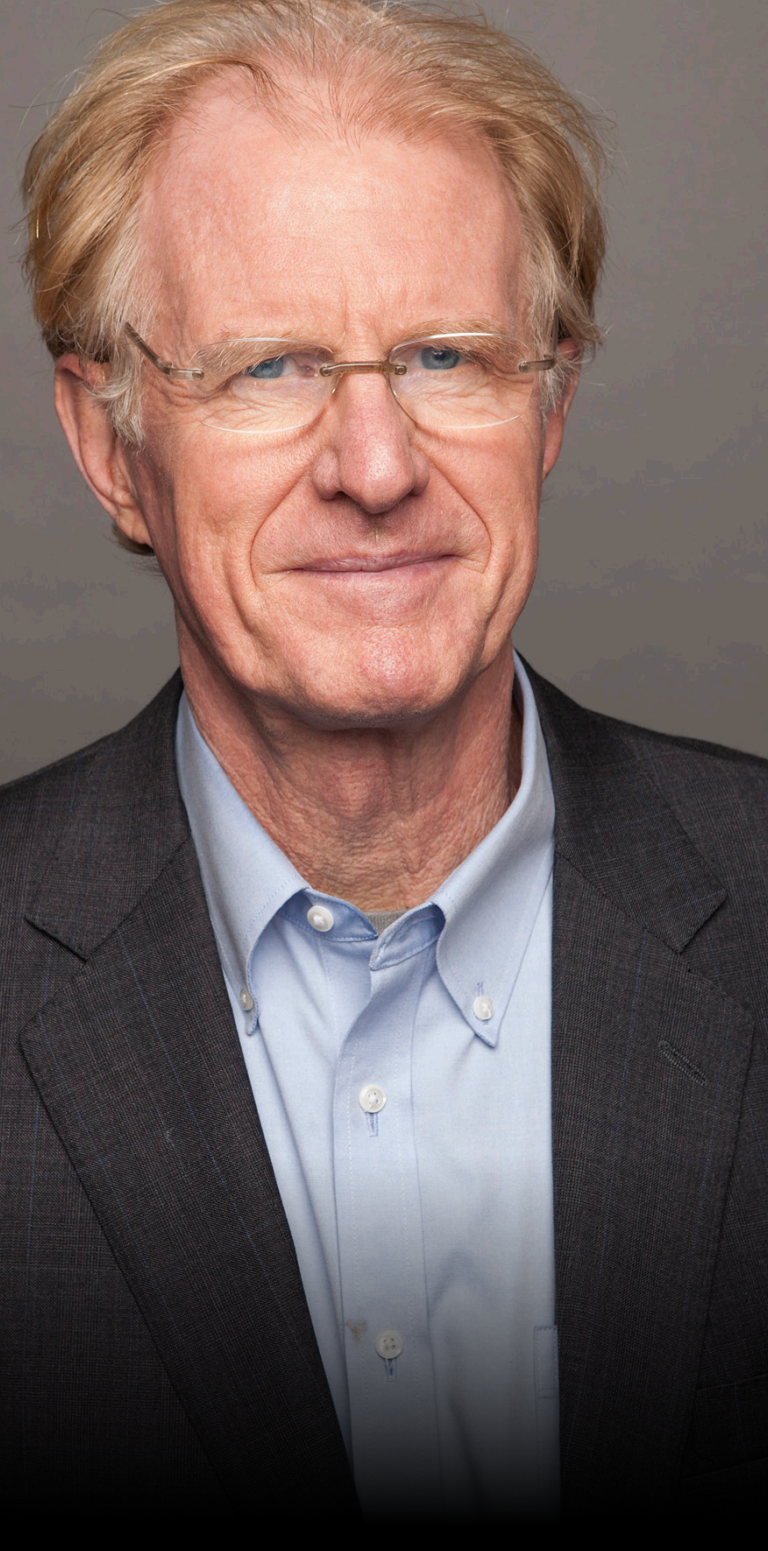
Written and Directed by Reed Martin and Austin Tichenor • A Washington, DC Premiere!

Sunday, April 24 • 3:00 p.m. & 7:00 p.m.

In this hilarious (and completely fictional) prequel to *Hamlet*, nothing is rotten in the state of Denmark. There's laughter and joy and music and more laughter as teenage Hamlet leaps into action to save his beloved nunnery from closing. Enlisting his good buds, Ophelia and the jester Yorick, Hamlet and friends put on a show – what could possibly go wrong? Along the way, Ophelia tries (and fails!) to pass her swim test, and Hamlet must avoid his practical joker father, the King, who has a tendency to leap out from behind house plants pretending to be a ghost. Is it Shakespeare meets the Muppet Babies? Might be or might not be.

Contains occasional bawdy language and mild innuendo.

\$25 Reston/\$35 Non-Reston



Living Simply So Others Might Simply Live

Ed Begley Jr.

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

As environmental issues become more pressing, there are two possible responses: forget them and hope that government and corporations will figure it out, or Ed Begley Jr.'s approach – take action and make a difference. In this program, he shares his inspiration and insight into one of the world's most important causes – environmental sustainability. All ticketholders will be given a packet of pollinator flower seeds.

PRE-SHOW TREAT: Ed Begley Jr. will join us for a special dedication of a new pollinator garden adjacent to the Hunters Woods parking lot at 5:00 p.m. The garden event is presented in partnership with Reston Association.

Recommended that children under 16 be accompanied by an adult.

\$15 Reston/\$20 Non-Reston



Nai-Ni Chen Dance and the Ahn Trio

A QUEST FOR FREEDOM

Wednesday, May 18 • 8:00 p.m.

Originally inspired by the Ahn Trio's adaptation of David Bowie's *Space Oddity* and their interpretation and performance of *Purple Rain* by Prince at Ellis Island, Nai-Ni Chen worked with the Trio to find their common vision, explore their common roots as Asian American immigrants and, as women artists, develop innovative work in America. Their collaboration is enhanced by the work of visual artist Jayathi Moorthy, who brings a contemporary, visual artist's perspective to the project.

"The Ahn Trio makes classical music relevant and appealing for today."

— *Capital Public Radio News*

\$20 Reston/\$30 Non-Reston



The Kinsey Sicks

Saturday, June 4 • 8:00 p.m.

For 25-plus years, America's Favorite Dragapella® Beautyshop Quartet has served up a feast of music and comedy to audiences at performing arts centers, music venues and comedy festivals throughout the United States and internationally. Their phenomenal performance record includes an Off-Broadway show, an extended run in Las Vegas, two feature films and three concert DVDs, 10 albums and appearances in more than 40 states, Canada, Mexico, Europe and Australia. The Kinsey Sicks' award-winning a cappella singing, sharp satire and over-the-top drag have earned them a diverse and devoted following.

The Kinsey Sicks will make a special appearance at the Reston Pride Festival at Lake Anne Plaza at 5:00 p.m.

For the evening performance, it's recommended that children under 16 be accompanied by an adult.

\$20 Reston/\$30 Non-Reston

CENTERSTAGE BOX OFFICE INFORMATION

Online: www.restoncommunitycenter.com

Available until one hour before a performance and requires payment of a processing fee.

By Mail: **Return a Ticket Order Form to RCC Box Office**

2310 Colts Neck Road, Reston, VA 20191

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

Saturday: 1:00 p.m. – 5:00 p.m., and two hours before any ticketed performance.

(Requires payment of a processing fee.)

Phone: **703-476-4500, Press '3' • TTY 711**

Please provide the following information when you call:

- Your name with the correct spelling as it appears on your Visa, MasterCard or Discover credit card;
- The best telephone number for us to return your call;
- The performance title, date and curtain time you wish to attend;
- The number of tickets you wish to order and whether they are Reston, Non-Reston;
- Your Visa, MasterCard or Discover credit card number, its expiration date and the security code (no American Express please);
- The billing address of your credit card including zip code;
- Your email address so that we may send a confirmation as well as your e-tickets to you.

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

BOX OFFICE POLICIES:

- No refunds or exchanges unless the show is canceled. Ticket processing fees for online purchases are not refunded.
- 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. E-tickets will be sent electronically to the primary patron at the time of the sale. E-tickets may be printed at home or shown on your mobile device to be scanned at the theatre door. Any issues regarding e-tickets can be addressed by calling the Box Office.
- No COVID-19 restrictions on the capacity of the CenterStage were in place at the time this was created. Should that change, patrons are required to abide by whatever health protocols are required.

Tickets for the 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.

DIRECTIONS:

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

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

Take Exit 12 to Reston Parkway

Left on Reston Parkway

Left on South Lakes Drive

Right on Colts Neck Road

Go 1/2 mile and turn left into Hunters Woods Village Center

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

Left on Baron Cameron Ave (Route 606)

Left on Reston Parkway

Left on South Lakes Drive

Right on Colts Neck Road

Go 1/2 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 1/2 mile and turn left into Hunters Woods Village Center

PERFORMING ARTS

Reston Community Orchestra

www.restoncommunityorchestra.org
571-449-7095

The Reston Community Orchestra has musically enhanced the cultural lives of our unique community since 1988. Everyone is invited to attend and enjoy diverse symphonic music and overall good times! This series of educational and enjoyable programs is presented in the friendly environment of the RCC Hunters Woods. Each concert is built around a specific theme.

Annual Musical Tribute to Dr. Martin Luther King Jr.: Words and Music as Diverse as the World of Which He Dreamed

Combining the traditions of African American culture and Western classical music, the concert pays tribute to Dr. King's vision of a society free of prejudice and racial divisions, and his belief in the power of music to help create positive change. Featured performers will include students from Al Fatih Academy and song stylist Beverly Cosham, Bryan Jackson and New World Order Horns, presenting music by a variety of composers, honoring Dr. King's legacy.

Saturday, January 15
4:00 p.m.
RCC Hunters Woods –
Community Room

Free tickets will be available through the CenterStage Box Office two weeks prior to performance.

Wait! Don't Tell Me!

A program designed to showcase talented youth and to test musical knowledge.

Featuring George Pekarsky, violin.

Sunday, March 13
4:00 p.m.
RCC Hunters Woods –
Community Room

Tickets will be sold through the CenterStage Box Office two weeks prior to performance.

Pride of the Nation

A symphonic celebration of America's great musical heritage.

Sunday, May 15
4:00 p.m.
RCC Hunters Woods –
Community Room

Tickets will be sold through the CenterStage Box Office two weeks prior to performance.

The Reston Community Orchestra is funded in part by ArtsFairfax and the Virginia Commission for the Arts.

Reston Community Players

www.restonplayers.org
703-435-2707

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

Bright Star

Music, Book & Story by Steve Martin
Music, Lyrics & Story by Edie Brickell

Directed by Rich Farella

Fridays, January 14, 21, 28
8:00 p.m.

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

Saturday, January 22
2:00 p.m.

Sunday, January 23
2:00 p.m.
RCC Hunters Woods – the CenterStage

Tickets: \$30 Adults (19 – 64), \$25 Seniors (65 and older), and \$25 Students (18 and younger). Tickets are available online at www.restonplayers.org.

A Delightful Quarantine

By Mark Dunn

Directed by Liz Mykietyn

Fridays, February 25, March 4, 11
8:00 p.m.

Saturdays, February 26, March 5, 12
8:00 p.m.

Sunday, March 6
2:00 p.m.
RCC Hunters Woods – the CenterStage

Tickets: \$30 Adults (19 – 64), \$25 Seniors (65 and older), and \$25 Students (18 and younger). Tickets are available online at www.restonplayers.org.

A Little Night Music

Music and Lyrics by Stephen Sondheim

Book by Hugh Wheeler

Directed by Michael Kharfen

Fridays, April 22, 29, May 6, 13
8:00 p.m.

Saturdays, April 23, 30, May 7, 14
8:00 p.m.

Sundays, May 1, 8
2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$30 Adults (19 – 64), \$25 Seniors (65 and older), and \$25 Students (18 and younger). Tickets are available online at www.restonplayers.org.

RCP is funded in part by ArtsFairfax.

PERFORMING ARTS TICKETS

Tickets for Community Arts Organization events held at RCC (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. Season subscription ticketing is handled differently by different organizations. Priority ordering information is provided with confirmation of the season subscription.

Reston Chorale

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

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

Music by Czech Composers

Journey with us on a musical tour of choral and organ works by Czech composers, including Antonin Dvorak's *Mass in D Major*, the opening chorus of Bedrich Smetana's *The Bartered Bride* plus a musical setting of Rainer Maria Rilke's poem, *Whom Will You Cry to, Heart?*, Czech folk songs and more.

Sunday, February 27

4:00 p.m.

Saint Luke Catholic Church

7001 Georgetown Pike, McLean, VA

Tickets on sale in January 2022. Visit www.restonchorale.org for more information.

Appalachian Spring

Delight in the beauty of Appalachia as we join bluegrass musicians and Reston artists to share the sights and sounds of the region.

Saturday, May 7

4:00 p.m. and 7:00 p.m.

**RCC Hunters Woods –
Community Room**

Tickets on sale in March 2022 through the CenterStage Box Office.

A Star-Spangled Salute

Bring a lawn chair and join The Reston Chorale and Brass of the Potomac for a free, patriotic concert honoring those who serve and remembering those who made the ultimate sacrifice. You can also show your support for our troops by sharing care package items for those deployed overseas.

Saturday, May 28 (Tentative)

Time TBA

Reston Town Center

Tickets on sale March 2022.

Visit www.restonchorale.org for more information.

Gardens of Note

Explore a selection of Reston's beautiful private gardens and enjoy musical entertainment provided by members and friends of The Reston Chorale. Presented in partnership with The Garden Club of Reston.

Saturday, June 4

10:00 a.m. – 4:00 p.m. (Garden Tours)

LOCATION TBA

Tickets on sale in March 2022. For ticket information, go to www.restonchorale.org.

The Reston Chorale is funded in part by the ArtsFairfax, the Virginia Commission for the Arts and the National Endowment for the Arts.

Fairfax-Loudoun Music Fellowship

www.FLMF.org

Fairfax-Loudoun Music Fellowship provides a noncompetitive, friendly and enriching environment for the exchange of ideas and the exploration of teaching practices through performance opportunities, workshops and community events. They offer membership to private music teachers, which includes student recitals at the CenterStage, Ashby Ponds Retirement Center, Holiday Serenades at Dulles Town Center Mall, and an annual Piano Ensemble Festival. A commissioned harpsichord circulates among teachers' studios and is used for workshops and recitals.

Spring Recitals

Sunday, May 22

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

RCC Hunters Woods – the CenterStage

Tickets on sale in March 2022 through the CenterStage Box Office.

Ravel Dance Company

www.raveldance.com

703-437-9664

Founded in 1990, the Ravel Dance Company was formed to give young dancers an opportunity to perform original works of dance in a variety of dance genres so they may be better prepared to enter the professional world of dance or to gain

acceptance to a university dance program. The Ravel Dance School educates young dancers through high school in classical ballet and pointe while offering additional opportunities to perform. Through an audition process, a dancer may be eligible to perform new and innovative works with the Ravel Dance Company. Each year, Ravel Dance Company presents one of the five classical ballets from its repertoire: *Cinderella*, *Swan Lake*, *The Sleeping Beauty*, *Coppelia*, or *Giselle*.

Cinderella and Heaven and Earth

Friday, May 27

7:30 p.m.

Saturday, May 28

2:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: \$25 all ages. Available at the CenterStage Box Office on May 3.

GroundShare Arts Alliance

www.groundsharearts.com

703-593-4384

GroundShare Arts Alliance provides dancers of all ages the opportunity to train and perform together. This multi-generational company explores the artistic process while building community and collaborating through dance. Every spring, GroundShare presents an original production of dance theatre developed from the work of our students and teaching artists. Where dance meets storytelling, GroundShare's spring concert explores timely themes and artistic investigations.

Spring Concert

Friday, June 10

7:30 p.m.

Saturday, June 11

3:00 p.m.

RCC Hunters Woods – the CenterStage

Tickets: Pricing information available at the CenterStage Box Office by June 1.

GOVERNMENT FUNDERS

ArtsFairfax:
www.artsfairfax.org

Virginia Commission for the Arts:
www.arts.virginia.gov

National Endowment for the Arts:
www.arts.gov



VISUAL ARTS

League of Reston Artists

www.leagueofrestonartists.org

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers and supporters of the arts. LRA has a dual mission: 1) to provide its members with opportunities to grow, learn and exhibit their creative accomplishments, and 2) to provide the local community with frequent opportunities to experience and appreciate a wide range of visual arts and to gain insight into the creative process. Quarterly meetings with guest speakers and artist demonstrations offer learning and inspiration for LRA members while raising awareness and appreciation of the arts. Non-member art lovers are always welcome. Numerous judged and juried shows in venues throughout the community give member artists and photographers challenging exhibition opportunities. Each year, new members join, and volunteers coordinate fresh opportunities to partner with local businesses and display and sell artwork produced by area artists. Art in Public Places (AIPP) also provides exhibit opportunities for LRA members. Located in approximately 15 commercial and public places, solo exhibits are on a three-month rotation basis. For a list of the AIPP locations and the details of current exhibits, please visit the LRA website.

JANUARY – FEBRUARY

Art in Public Places (AIPP)

Solo Shows – Quarterly Rotation Exhibit

FEBRUARY

Reflected Light

Painting and Photography Exhibit

RCC Hunters Woods

MARCH – MAY

Art in Public Places (AIPP)

Solo Shows – Quarterly Rotation Exhibit

LRA is a non-profit 501(c)(3) volunteer-run organization that sponsors the Reston Photographic Society and provides an annual scholarship to a promising high school senior who will continue his or her education in the visual arts. Minimal annual dues entitle active artists to participate in a variety of exhibition, learning, community and volunteer activities. LRA relies on its member volunteers and donations from the art-loving community to fulfill its mission.

CULTURAL ARTS

Reston Historic Trust and Museum

www.restonmuseum.org
703-709-7700

The Reston Historic Trust and Museum (RHT) was founded in 1996 as a community-based nonprofit organization that preserves the past, informs the present, and influences the future of Reston through its exhibits, public programs, and events including Founder's Day, the Reston Home Tour, and Lake Anne Cardboard Boat Regatta. RHT is located at Lake Anne Plaza, is free to visit, and offers exhibits and a gift shop.

Reston's Early Dedication to Diversity and Accessibility

Reston's innovative planning revolutionized how suburban planners thought about community building. At a time when much of Virginia was resisting desegregation, Reston was founded as an open community to all and as a place that would strive to allow easy access to work, nature, housing and amenities. The presentation will utilize artifacts from the museum's collection to explore these aspects of Reston's founding.

Wednesday, February 9

7:00 p.m.

RCC Lake Anne – Jo Anne Rose Gallery

Free, Registration Req. 702002-2A

Reston's Public Art: An Interactive Discussion

Whimsical and interactive art has been a staple of Reston's neighborhoods and public spaces since its founding in 1964. Reston's underpasses, which have served both a functional purpose and as a display for public art, will be used as a starting point to engage the community in a discussion of art as placemaking strategy. The program is created in partnership with Public Art Reston. Attendee participation in the discussion is encouraged.

Wednesday, March 9

7:00 p.m.

RCC Lake Anne – Jo Anne Rose Gallery

Free, Registration Req. 702003-2A

You Are Here: Mapping Reston's Past and Present

Maps tell us where to go, where we live, who we are, what existed before us and what is planned for the future. Chris Rooney, former Reston resident and local history aficionado, leads you on a visual adventure spanning Capt. John Smith's first charting of Chesapeake's tributaries in the Virginia colony to the updated Metro map for the Silver Line expansion to Dulles. Learn about George Washington's involvement in the surveying of the Northern Neck Proprietary for Lord Fairfax, troops marching here in the Civil War, the Victorian-era community of Wiehle and the rise of 20th century development.

Friday, May 27

7:00 p.m.

RCC Lake Anne – Jo Anne Rose Gallery

Free, Registration Req. 702004-2A



Public Art Reston

www.publicartreston.org

Public Art Reston's (PAR) mission is to be the catalyst for public art that inspires, engages and connects. Its vision is for public art to be recognized as essential to our thriving, diverse community. PAR commits to this work by nurturing and celebrating diverse participation, while providing opportunities to experience public art in all neighborhoods of Reston. It connects at the intersections of creativity, accessibility and belonging. Public art is a vehicle for building community and community building is vital to successful creative placemaking.

The organization has new executive leadership heading into its next chapter, alongside a dedicated Board of Directors and staff. PAR's goals are to continue working with community organizations to develop permanent and temporary public art projects on the pillars of community engagement, educational programs and artist elevation. PAR continues to work with developers to provide professional expertise throughout the public art process when they commission public artworks as part of a proffer commitment.

More than 43 permanent and temporary public artworks have been commissioned since Public Art Reston was founded in 2007, and since the adoption of the Public Art Master Plan for Reston in 2008. Reston's public art is always accessible both online and outdoors! Here is a variety of public art offerings that are accessible to all ages:

- Public Art Map of Reston and Public Art Bike Rides

- Six free, fun-filled Public Art Explorer packets to foster conversations and art-making at home or while "exploring" public art around town
- *Thoreau's Ensemble* at the Colts Neck Road Underpass
- *Emerge* at the Glade Drive Underpass
- South Lakes High School STEAM Team's project for the Lake Thoreau spillway
- Marco Rando's *Intent, The Wooden Horse* at Lake Anne Plaza
- DeWitt Godfrey's *Simon*

Visit the Public Art Reston website and sign up for their newsletter *Emerge* for bi-weekly updates!

Public Art Reston programs are supported in part by Reston Community Center, ArtsFairfax, the Virginia Commission for the Arts and the National Endowment for the Arts.

Reston Art Gallery and Studios (RAGS)

www.restonartgallery.com
703-481-8156

The charming artists' collective in historic Lake Anne Plaza is a source of beauty and inspires creativity in all who visit it. RAGS features unique artist-made jewelry, original prints, photography, watercolor, mixed media collage, and acrylic and oil paintings.

JANUARY/FEBRUARY

Winter Winds

Group show featuring RAGS artists.
Reception: Sunday, January 9
2:00 p.m. – 4:00 p.m.

MARCH

Annual Artist's Invitational

Invited guest artists present a multi-media exhibit with painting, collage, printmaking and pastel works.

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

APRIL

All 3D!

Sculpture show with only 3D works.

Reception: Sunday, April 10
2:00 p.m. – 4:00 p.m.

MAY

New Work

Mixed media paintings by Sandra Dovberg.

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

Appalachian Spring

Painters exhibit and concert performance.

RCC Hunters Woods

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

Tephra ICA

www.tephraica.org

Tephra Institute of Contemporary Art (formerly Greater Reston Arts Center) is committed to promoting innovative contemporary art and thinking. Leading with curiosity and care, we are a catalyst, generator, and advocate for visual and interdisciplinary arts. Tephra ICA's exhibitions and programs highlight contemporary artists whose practices are often globally influenced, culturally diverse and conceptually advanced. We provide education initiatives and public programs that encourage the development of critical thinking, creative expression, and support the interconnectivity of art and ideas. Admission to the Tephra ICA gallery is always FREE, as are most programs.

Tephra ICA gratefully acknowledges the generosity of its individual members and donors, state and county grantors, and corporate sponsors.

Tephra ICA is supported in part by ArtsFairfax, Reston Community Center, Virginia Commission for the Arts and the National Endowment for the Arts.

RCC GALLERY EXHIBITS

RCC Hunters Woods Exhibits

JANUARY

Reston Dr. Martin Luther King Jr. Birthday Celebration

Art from Reston's elementary schools celebrating Dr. King and his life's work.

FEBRUARY

Reflected Light

Painting and photography exhibit by the League of Reston Artists (LRA).

MARCH

Youth Art Month

Art from Langston Hughes Middle School and South Lakes High School.

APRIL

Young at Art

Art from artists 55 years and older.

**Reception: Thursday, April 7
12:30 p.m. – 2:00 p.m.**

MAY

Appalachian Spring

Painters exhibit and concert performance.

Sponsored by Reston Chorale and Reston Art Gallery and Studios (RAGS).

JUNE

Landscapes

Acrylic paintings by Mia Merin.

RCC Lake Anne Jo Ann Rose Gallery

JANUARY

Watercolor, Pen, Ink and Mixed Media Art

Exhibit by Angie Magruder.

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

FEBRUARY

Pandemic Memories: My Story

Photography by Reggie Forster.

**Reception: Sunday, February 6
2:00 p.m. – 4:00 p.m.**

MARCH

Youth Art Month

Art from Reston elementary schools.

**Reception: Sunday, March 6
2:00 p.m. – 4:00 p.m.**

APRIL

Founder's Day at Lake Anne

Painting exhibit by the League of Reston Artists (LRA).

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

MAY

The Joy of Creating

Annual RCC teacher and student art exhibit.

**Reception: Sunday, May 1
2:00 p.m. – 4:00 p.m.**

JUNE

Reston Photographic Society

Photography exhibit by the League of Reston Artists (LRA).

**Reception: Sunday, June 5
2:00 p.m. – 4:00 p.m.**

RCC Lake Anne 3D Gallery Exhibits

DECEMBER – FEBRUARY

Gifts from the HeART

Annual art sale to benefit Cornerstones.

MARCH – APRIL

Youth Art Month

Art from Reston elementary schools.

MAY

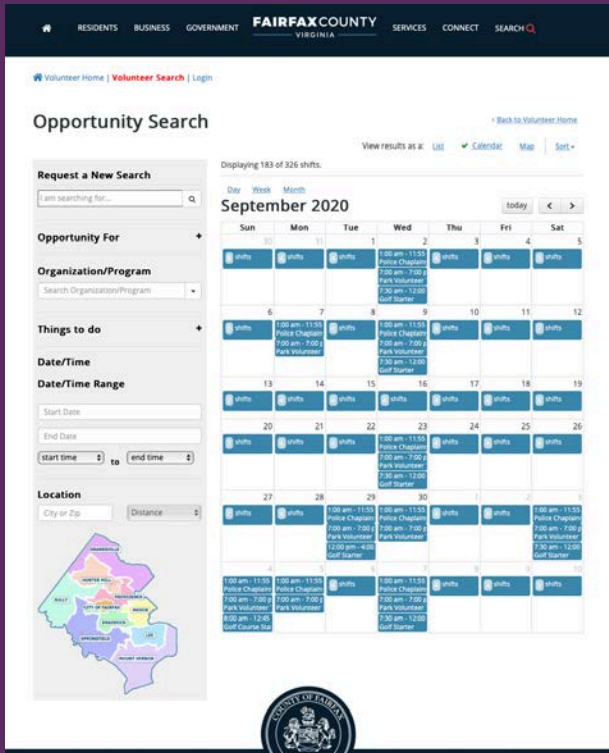
The Joy of Creating

Annual RCC teacher and student art exhibit.

Interested in Exhibiting?

For more information about exhibiting with Reston Community Center, please visit www.restoncommunitycenter.com or contact Gloria Morrow, Arts Education Assistant, at 703-390-6187.





VOLUNTEER MANAGEMENT SYSTEM

Fairfax County has a consolidated, County-wide Volunteer Management System (VMS). Persons wishing to volunteer for a VMS opportunity at Reston Community Center should follow the below steps:

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

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

All volunteers must be vaccinated and will be required to show proof of vaccination prior to volunteering per Fairfax County government requirements.

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

VOLUNTEER

VOLUNTEER RECOGNITION DINNER

**Sunday, March 20
5:00 p.m.
RCC Hunters Woods**

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.



VOLUNTEER MANAGEMENT SYSTEM

Adapted Aquatics Volunteers

(13 years and older)

Under the guidance of the Aquatics Program Director, volunteers work one-on-one with children and adults with disabilities. For more information, please contact the Aquatics Service Desk at 703-390-6150.

RCC Hunters Woods • Warm Water Pool
January 8 – February 12

February 26 – April 9

(Skip Date: April 2)

April 16 – May 21

Sat 10:45 a.m. – 12:00 p.m.

Registration Required through VMS

RCC Community Coffee

(14 years and older)

Help with set up, coffee making, serving patrons, keeping the area tidy and cleaning up at the end.

RCC Hunters Woods
TBD – May 28

Sat 7:30 a.m. – 11:30 a.m.

Registration Required through VMS

MLK Especially for Youth Volunteers

(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. Lunch is provided.

RCC Hunters Woods
January 17

Mon 10:00 a.m. – 2:00 p.m.

Registration Required through VMS

MLK Community Lunch Volunteers

(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. Lunch is provided.

RCC Hunters Woods
January 17

Mon 9:30 a.m. – 2:30 p.m.

Registration Required through VMS



Diva Central Volunteers: Pre-Event

(18 years and older)

Volunteers will help set up, sort and arrange dresses, accessories and shoes, as well as load and unload trucks.

RCC Lake Anne
March 25

Fri 5:00 p.m. – 9:00 p.m.

Registration Required through VMS

Diva Central Volunteers: Event Day

(18 years and older)

Volunteers will help set up and arrange dresses, shoes and accessories, as well as assist patrons with their selections, event check-in and help clean up after the event.

RCC Lake Anne
March 26

Sat 10:00 a.m. – 1:00 p.m.

Sat 1:00 p.m. – 4:00 p.m.

Registration Required through VMS

Eggnormous Egg Hunt Volunteers

(14 years and older)

Volunteers are needed to help decorate the venue, hide eggs and treats, provide crowd control, supervise moon bounces, distribute candy to children, and clean up and breakdown.

Sunrise Valley Elementary School
10824 Cross School Road

April 9 (Rain date: April 16)

Sat 8:00 a.m. – 12:30 p.m.

Registration Required through VMS

Give The Gift Of A Lift



Volunteer Drivers Needed

RCC Rides volunteer drivers enhance the quality of life of older Reston adults (55+) who can no longer drive.



RCC Rides is the perfect volunteer program for me because of the schedule flexibility. With RCC Rides, I can log in and choose to provide a ride that fits my schedule.

– Robin Parker, Volunteer Driver

**To become a volunteer, complete a volunteer driver application:
www.restoncommunitycenter.com/rccrides**

For more information, please contact the RCC Rides Coordinator at 703-390-6198 or RCCRides@fairfaxcounty.gov.



AQUATICS

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WINTER/SPRING POOL SCHEDULE • JANUARY 2 – MAY 31

	Lap Pool	Warm Water Pool
Monday-Thursday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 7:00 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*
Friday	7:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*	11:00 a.m. – 12:00 p.m.* 1:00 p.m. – 6:00 p.m.*
Saturday	9:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*
Sunday	10:00 a.m. – 12:00 p.m.* 1:00 p.m. – 5:00 p.m.*	1:00 p.m. – 5:00 p.m.*

*Swim lanes may be limited.

Please note that the pool schedule is subject to change without notice. RCC schedules programming during open and lap swim times. Lap pool closed Monday through Friday starting in December from 4:00 p.m. – 5:00 p.m. to host the South Lakes High School Swim Team practices. The pools will be closed from 12:00 p.m. to 1:00 p.m. for a deep cleaning. Programming will receive priority for pool space.

RCC LOCKER ROOM ETIQUETTE

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

- Only water bottles may be carried into the locker rooms; no other food or drink is permitted.
- No cell phones or other communications devices may be used in the locker rooms. Please use these in the lobby areas of RCC.
- Patrons share the space in the locker rooms; please keep in mind that many others are using them when placing items on surfaces, benches or other areas.
- Personal belongings should not be left in any locker room area before or after use.

AQUATICS HOLIDAY HOURS: *

*Some restrictions to lap lane or warm water access may apply.

New Year's Eve: December 31 • 9:00 a.m. – 1:00 p.m.

New Year's Day: January 1 • 12:00 p.m. – 4:30 p.m.

Martin Luther King Jr. Day: January 17 • 6:00 a.m. – 9:00 p.m.

George Washington's Day: February 21 • 6:00 a.m. – 9:00 p.m.

Memorial Day: May 30 • 6:00 a.m. – 1:30 p.m.

- We greatly appreciate everyone's efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair or other debris that shaving leaves behind. We appreciate your attention to hair that is shed from shampooing as well.
- Children 6 years and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.

If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate you removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted.

RCC cleaning crews clean the locker rooms overnight, between 12:00 p.m. – 1:00 p.m. and between 3:00 p.m. – 4:00 p.m., seven days a week.

AQUATICS

RCC PASS OPTIONS

Aquatics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk.

Aquatics Daily Visit Pass

The Aquatics Daily pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The pass allows patrons the flexibility to purchase a minimum number of five visits to a maximum of 60 visits. Patrons can increase the number of visits online at myRCC. Passes are valid for two years from date of purchase.

Aquatics Monthly Pass

The Aquatics Monthly pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The pass allows patrons the flexibility to purchase and then renew their pass on a monthly basis as they wish. Patrons can renew online at myRCC. Monthly passes are valid from date of purchase and do not renew automatically.

Aquatics 12-Month Pass

The Aquatics 12-Month pass allows access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim and open swim hours of operation. The 12-Month passes are valid from date of purchase and do not renew automatically.

Aquatics Water Aerobics Pass

The Aquatics Water Aerobics pass allows access to any of the Aqua Barre, Aqua Blast, Aqua Mixer, Boot Camp and Tides in Motion class offerings. This pass does not provide access to the Terry L. Smith Aquatics Center's Lap Swim Pool and Warm Water Pool during lap swim or open swim hours of operation. Passes may be purchased for a minimum of five visits to a maximum of 60 visits. Water Aerobics passes expire two years from date of purchase. Patrons can increase the number of visits online at myRCC.

To make a reservation, buy or renew your pass, visit myRCC.

POOL FEES

	Reston Resident/ Employee	Non-Reston
Daily Visit Pass (Price Per Visit)		
Adult	\$4.50	\$9
Youth & Senior	\$2.75	\$5.50
Monthly Pool Pass		
Adult	\$45	\$90
Youth & Senior	\$25	\$50
Aquatics Annual Pass		
Adult	\$480	\$960
Youth & Senior	\$250	\$500

WATER AEROBICS FEES

	Reston Resident/ Employee	Non-Reston
Water Aerobics Pass (Price Per Visit)		
Adult	\$5	\$10
Youth & Senior	\$4	\$8

PRIVATE SWIM LESSONS

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

30-minute session • \$35 (R)/\$53 (NR)



SPECIAL ACCOMMODATIONS

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

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.

FREE

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

DEAP

Drowning Education Awareness Program

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

RCC/RA FREE PRESENTATIONS

RA and RCC offer two free land-based presentations targeted for different audiences and community civic groups. By working together, RCC and RA strive to provide our community access to healthy and safe fun in all of Reston's pools.

LONGFELLOW'S WHALE TALES

(5 – 12 years old)

This program is a one-hour interactive presentation with fun activities designed to make water safety practices easy to learn.

WATER SAFETY PRESENTATION

(18 years and older)

Enjoy a 90-minute presentation including a question and answer period focused on water safety training to keep families safe in, on and around the water.

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





RESTON MASTERS SWIM TEAM (RMST)

(18 years and older)

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

Our indoor season is in the Terry L. Smith Aquatics Center. Terry was a longtime member of our team as well as a longtime member of the

RCC Board. Our current coach, Frank Koval, has brought the team to a level of expertise that has seen us compete and win nationally on a regular basis. In the past two years, RMST has come in fifth and sixth respectively in the national championships, which bring out about 100 teams each year. We swim Tuesday, Thursday and Sunday evenings, and Saturday mornings. For exact times, please check the calendar on our website.

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



RESTON SWIM TEAM ASSOCIATION

(6 – 18 years old)

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

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

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





WATER SAFETY ACADEMY

Lifeguard Training Blended Learning

(15 years and older)

Blended learning combines online learning with in-person skills sessions, where participants will practice skills and demonstrate competency. Please plan to complete all eLearning modules, including the CPR/AED for Professional Savors and First Aid final eLearning exam. The eLearning portion of the course is approximately seven hours.

To enroll in the course, participants must be able to pass a prerequisite skills evaluation by doing the following: Swim 300 yards continuously, tread water for two minutes, complete a timed event within one minute, 40 seconds (swim 20 yards, retrieve a heavy object from the deepest part of the pool and swim 20 yards with the object, on back to return to the starting point).

Please begin the online session as soon as possible after registration to ensure the ability to complete all eLearning modules

prior to the first day of the course. To successfully complete the course, participants must complete the eLearning modules and provide the printed course completion certificate, attend the entire course, participate in all skill sessions/drills, activities and scenarios, and demonstrate competency in all required skills and scenarios.

Please contact the Operations Director at 703-390-6149 with any questions.

3, 9-hour sessions at RCC HW Pool
\$50 (R)/\$40 (R55+)/\$200 (NR)

April 4 – April 6

Mon-Wed
 621243-2A

9:00 a.m. – 6:00 p.m.
 Staff

The American Red Cross has some tips to ensure water safety of all ages.

Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely. The Red Cross says that while 80 percent of Americans say they can swim, less than half can do all five steps.

Employ layers of protection including barriers to prevent access to water, life jackets and close supervision of children to prevent drowning.

Know what to do in a water emergency – including how to help someone in trouble in the water safely, call for emergency help and CPR.

LAP SWIM

Reservations are required for lap swim at the Terry L. Smith Aquatics Center. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees and the first of the month for Non-Reston (for example, January reservations open December 25/January 1). Reservations are for a 50-minute time slot. There will be 10 minutes allotted after swimming to exit the pool and utilize the locker rooms.

A valid Aquatics Daily Visit pass, an Aquatics Monthly pass or an Aquatics Annual pass is required to complete the reservation. To reserve your spot, sign into myRCC and select the date and time you wish to swim. Lap swim reservations are free, but patrons are required to purchase an Aquatics Daily pass, an Aquatics Monthly or an Aquatics Annual pass and swipe the pass prior to each reservation. Aquatics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Aquatics Daily passes may be purchased for a minimum of five visits to a maximum of 60 visits and expire two years from date of purchase. Aquatics Monthly and Aquatics Annual passes are valid from date of purchase and do not renew automatically.

This is a reservation time slot for lap swimming in the Lap Pool at the Terry L. Smith Aquatics Center for 50 minutes.

Lap Pool – Lane 1 (8 years and older)

50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon-Fri 6C0901-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0901-2B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0901-2C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0901-2D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0901-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0901-2F	1:00 p.m. – 1:50 p.m.

Mon-Sun 6C0901-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0901-2H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0901-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0901-2J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0901-2K	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 2 (8 years and older)

50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon-Fri 6C0902-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0902-2B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0902-2C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0902-2D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0902-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0902-2F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0902-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0902-2H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0902-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0902-2J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0902-2K	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 3 (8 years and older)

50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon-Fri 6C0903-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0903-2B	8:00 a.m. – 8:50 a.m.
Mon-Sat 6C0903-2C	9:00 a.m. – 9:50 a.m.
Mon-Sun 6C0903-2D	10:00 a.m. – 10:50 a.m.
Mon-Sun 6C0903-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0903-2F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0903-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0903-2H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0903-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0903-2J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0903-2K	6:00 p.m. – 6:50 p.m.

Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs



Lap Pool – Lane 6

(8 years and older)

**50-min. sessions at RCC HW Pool
Pass, Reservations Req.**

January 1 – May 31

Mon-Fri 6C0906-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0906-2B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0906-2C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0906-2D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0906-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0906-2F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0906-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0906-2H	3:00 p.m. – 3:50 p.m.
Fri-Sun 6C0906-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0906-2J	5:00 p.m. – 5:50 p.m.

Lap Pool – Lane 4

(8 years and older)

**50-min. sessions at RCC HW Pool
Pass, Reservations Req.**

January 1 – May 31

Mon-Fri 6C0904-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0904-2B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0904-2C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0904-2D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0904-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0904-2F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0904-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0904-2H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0904-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0904-2J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0904-2K	6:00 p.m. – 6:50 p.m.

Lap Pool – Lane 5

(8 years and older)

**50-min. sessions at RCC HW Pool
Pass, Reservations Req.**

January 1 – May 31

Mon-Fri 6C0905-2A	7:00 a.m. – 7:50 a.m.
Mon-Fri 6C0905-2B	8:00 a.m. – 8:50 a.m.
Mon-Fri 6C0905-2C	9:00 a.m. – 9:50 a.m.
Mon-Fri 6C0905-2D	10:00 a.m. – 10:50 a.m.
Mon-Fri 6C0905-2E	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0905-2F	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0905-2G	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0905-2H	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0905-2I	4:00 p.m. – 4:50 p.m.
Mon-Fri 6C0905-2J	5:00 p.m. – 5:50 p.m.
Mon-Thu 6C0905-2K	6:00 p.m. – 6:50 p.m.

INCLEMENT WEATHER

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

RESERVATIONS

Reservations are required for Warm Water Swim at the Terry L. Smith Aquatics Center. Reservations for the following month open up on the 25th of the previous month for Reston residents and employees and the first of the month for Non-Reston (for example, January reservations open December 25/ January 1).

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

www.restoncommunitycenter.com/HowTo

INCLEMENT WEATHER

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

Warm Water – Zone 1

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and reservation information.

50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon, Wed, Fri 6C0951-2C	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0951-2D	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0951-2E	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0951-2F	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0951-2G	4:00 p.m. – 4:50 p.m.
Fri-Sat 6C0951-2H	5:00 p.m. – 5:50 p.m.

Warm Water – Zone 2

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and reservation information.

8, 50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon, Wed, Fri 6C0952-2C	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0952-2D	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0952-2E	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0952-2F	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0952-2G	4:00 p.m. – 4:50 p.m.
Fri-Sat 6C0952-2H	5:00 p.m. – 5:50 p.m.

Warm Water – Zone 3

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of four feet. See lap swim info box for pass and reservation information.

8, 50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon, Wed, Fri 6C0963-2C	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0963-2D	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0963-2E	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0963-2F	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0963-2G	4:00 p.m. – 4:50 p.m.
Fri-Sat 6C0963-2H	5:00 p.m. – 5:50 p.m.

Warm Water – Zone 4 – Deep

(8 years and older)

This is a reservation time slot for water walking in the Warm Water Pool at the Terry L. Smith Aquatic Center for 50 minutes. This zone has a depth of six feet. See lap swim info box for pass and reservation information.

8, 50-min. sessions at RCC HW Pool Pass, Reservations Req.

January 1 – May 31

Mon, Wed, Fri 6C0954-2C	11:00 a.m. – 11:50 a.m.
Mon-Sun 6C0954-2D	1:00 p.m. – 1:50 p.m.
Mon-Sun 6C0954-2E	2:00 p.m. – 2:50 p.m.
Mon-Sun 6C0954-2F	3:00 p.m. – 3:50 p.m.
Mon-Sun 6C0954-2G	4:00 p.m. – 4:50 p.m.
Fri 6C0954-2H	5:00 p.m. – 5:50 p.m.

UNDERWATER EGG HUNT

Saturday, April 9 • 12:30 p.m. – 3:00 p.m.

\$4 Reston/\$8 Non-Reston



Each participating child will receive a goody bag upon completion of the event.

The Easter Bunny is missing hundreds of eggs, and they have been found floating in the Reston Community Center pools. Come splash, swim and hunt with us. Some treats will float for little ones, others will sink for those seeking a little more adventure. A parent/adult is required to accompany each non-swimmer in the water and to participate in the activity. RCC will have a limited number of lifejackets available for optional use. Personal lifejackets approved by the United States Coast Guard may also be used.

ENROLL TODAY!

6 months – 3 years old

12:30 p.m. – 1:00 p.m. • 643200-2A

4 – 6 years old

1:30 p.m. – 2:00 p.m. • 643300-2A

7 – 9 years old

2:30 p.m. – 3:00 p.m. • 643400-2A

For more information, please contact Matthew McCall, Aquatics Director, at 703-390-6151.

LEARN-TO-SWIM: INFANT – 7 YEARS OLD

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

Swim Lesson Registration Information and Tips

The swim lessons offered at 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 review the various class days/times to help you synchronize the classes.

Duration of Enrollments

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

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
WATER INTRO	6 – 18 months	No swimming skills required. Parent/caregiver must accompany child in the water.
AQUA TOTS	18 – 36 months	No swimming skills required. Parent/caregiver must accompany child in the water.
POOL PALS & WATER FRIENDS	3 – 4 years	No swimming skills required. Parent/caregiver must accompany child in the water.
SKIPPER I	3 years	No swimming skills required. Comfortable with an instructor. Able to follow simple directions.
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.
ROOKIE I	4 – 5 years	No swimming skills required. Able to follow simple instructions.
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.
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. Ages 6 and 7 equivalent to Level 3.
MARLIN	4 – 7 years	Jump into deep water from the side, swim front for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Ages 6 and 7 equivalent to 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. Ages 6 and 7 equivalent to Level 5.

HEALTH & SAFETY

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

Water Introduction

(6 – 18 months)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:40 a.m. – 10:10 a.m.

620000-2A

Sat 10:50 a.m. – 11:20 a.m.

620000-2B

February 26 – April 9

(No Class: April 2)

Sat 9:40 a.m. – 10:10 a.m.

620000-2C

Sat 10:50 a.m. – 11:20 a.m.

620000-2D

April 16 – May 21

Sat 9:40 a.m. – 10:10 a.m.

620000-2E

Sat 10:50 a.m. – 11:20 a.m.

620000-2F

January 9 – February 13

Sun 10:00 a.m. – 10:30 a.m.

620002-2A

February 27 – April 10

(No Class: April 3)

Sun 10:00 a.m. – 10:30 a.m.

620002-2B

April 17 – May 22

Sun 10:00 a.m. – 10:30 a.m.

620002-2C



Aqua Tots

(18 months – 3 years)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:40 a.m. – 10:10 a.m.

620007-2A

Sat 10:50 a.m. – 11:20 a.m.

620007-2B

February 26 – April 9

(No Class: April 2)

Sat 9:40 a.m. – 10:10 a.m.

620007-2C

Sat 10:50 a.m. – 11:20 a.m.

620007-2D

April 16 – May 21

Sat 9:40 a.m. – 10:10 a.m.

620007-2E

Sat 10:50 a.m. – 11:20 a.m.

620007-2F

January 9 – February 13

Sun 10:00 a.m. – 10:30 a.m.

620008-2A

February 27 – April 10

(No Class: April 3)

Sun 10:00 a.m. – 10:30 a.m.

620008-2B

April 17 – May 22

Sun 10:00 a.m. – 10:30 a.m.

620008-2C

Pool Pals & Water Friends

(3 – 4 years old)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 8:30 a.m. – 9:00 a.m.

620080-2A

February 26 – April 9

(No Class: April 2)

Sat 8:30 a.m. – 9:00 a.m.

620080-2B

April 16 – May 21

Sat 8:30 a.m. – 9:00 a.m.

620080-2C

INCLEMENT WEATHER

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

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-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 8:30 a.m. – 8:50 a.m.
620010-2A

Sat 8:50 a.m. – 9:10 a.m.
620010-2B

Sat 9:10 a.m. – 9:30 a.m.
620010-2C

February 26 – April 9

(No Class: April 2)

Sat 8:30 a.m. – 8:50 a.m.
620010-2D

Sat 8:50 a.m. – 9:10 a.m.
620010-2E

Sat 9:10 a.m. – 9:30 a.m.
620010-2F

April 16 – May 21

Sat 8:30 a.m. – 8:50 a.m.
620010-2G

Sat 8:50 a.m. – 9:10 a.m.
620010-2

Sat 9:10 a.m. – 9:30 a.m.
620010-2I

January 9 – February 13

Sun 9:00 a.m. – 9:20 a.m.
620012-2A

Sun 9:20 a.m. – 9:40 a.m.
620012-2B

Sun 9:40 a.m. – 10:00 a.m.
620012-2C

Sun 10:00 a.m. – 10:20 a.m.
620012-2D

Sun 10:20 a.m. – 10:40 a.m.
620012-2E

Sun 10:40 a.m. – 11:00 a.m.
620012-2F

February 27 – April 10

(No Class: April 3)

Sun 9:00 a.m. – 9:20 a.m.
620012-2G

Sun 9:20 a.m. – 9:40 a.m.
620012-2H



Sun 9:40 a.m. – 10:00 a.m.
620012-2I

Sun 10:00 a.m. – 10:20 a.m.
620012-2J

Sun 10:20 a.m. – 10:40 a.m.
620012-2K

Sun 10:40 a.m. – 11:00 a.m.
620012-2L

April 17 – May 22

Sun 9:00 a.m. – 9:20 a.m.
620012-2M

Sun 9:20 a.m. – 9:40 a.m.
620012-2N

Sun 9:40 a.m. – 10:00 a.m.
620012-2O

Sun 10:00 a.m. – 10:20 a.m.
620012-2P

Sun 10:20 a.m. – 10:40 a.m.
620012-2Q

Sun 10:40 a.m. – 11:00 a.m.
620012-2R

Skipper II

(3 years old)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:40 a.m. – 10:10 a.m.
620020-2A

February 26 – April 9

(No Class: April 2)

Sat 9:40 a.m. – 10:10 a.m.
620020-2B

April 16 – May 21

Sat 9:40 a.m. – 10:10 a.m.
620020-2C

ADAPTED AQUATICS

View more information on our
Adapted Aquatics class on
page 61.

Rookie I

(4 – 5 years old)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:05 a.m. – 9:35 a.m.
620030-2A

Sat 10:15 a.m. – 10:45 a.m.
620030-2B

February 26 – April 9

(No Class: April 2)

Sat 9:05 a.m. – 9:35 a.m.
620030-2C

Sat 10:15 a.m. – 10:45 a.m.
620030-2D

April 16 – May 21

Sat 9:05 a.m. – 9:35 a.m.
620030-2E

Sat 10:15 a.m. – 10:45 a.m.
620030-2F

January 9 – February 13

Sun 9:30 a.m. – 10:00 a.m.
620032-2A

Sun 11:30 a.m. – 12:00 p.m.
620032-2B

February 27 – April 10

(No Class: April 3)

Sun 9:30 a.m. – 10:00 a.m.
620032-2C

Sun 11:30 a.m. – 12:00 p.m.
620032-2D

April 17 – May 22

Sun 9:30 a.m. – 10:00 a.m.
620032-2E

Sun 11:30 a.m. – 12:00 p.m.
620032-2F

**6, 30-min. sessions at Warm Water Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 6:00 p.m. – 6:30 p.m.
620036-2A

January 6 – February 10

Thu 5:00 p.m. – 5:30 p.m.
620036-2B

February 22 – March 29

Tue 6:00 p.m. – 6:30 p.m.
620036-2C



February 24 – March 31

Thu 5:00 p.m. – 5:30 p.m.
620036-2D

April 12 – May 17

Tue 6:00 p.m. – 6:30 p.m.
620036-2E

April 14 – May 19

Thu 5:00 p.m. – 5:30 p.m.
620036-2F

**8, 30-min. sessions at Warm Water Pool
\$75 (R)/\$110 (NR)**

January 3 – January 26

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-2A

January 31 – February 23

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-2B

February 28 – March 23

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-2D

May 2 – May 25

Mon, Wed 5:00 p.m. – 5:30 p.m.
620033-2E

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.

WEEKDAY SWIM CLASSES

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

Rookie II

(4 – 5 years old)

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

6, 30-min. sessions at Warm Water Pool \$65 (R)/\$130 (NR)

January 8 – February 12

Sat 8:30 a.m. – 9:00 a.m.
620040-2A

Sat 10:15 a.m. – 10:45 a.m.
620040-2B

February 26 – April 9

(No Class: April 2)

Sat 8:30 a.m. – 9:00 a.m.
620040-2C

Sat 10:15 a.m. – 10:45 a.m.
620040-2D

April 16 – May 21

Sat 8:30 a.m. – 9:00 a.m.
620040-2E

Sat 10:15 a.m. – 10:45 a.m.
620040-2F

January 9 – February 13

Sun 9:30 a.m. – 10:00 a.m.
620042-2A

Sun 11:00 a.m. – 11:30 a.m.
620042-2B

February 27 – April 10

(No Class: April 3)

Sun 9:30 a.m. – 10:00 a.m.
620042-2C

Sun 11:00 a.m. – 11:30 a.m.
620042-2D

April 17 – May 22

Sun 9:30 a.m. – 10:00 a.m.
620042-2E

Sun 11:00 a.m. – 11:30 a.m.
620042-2F

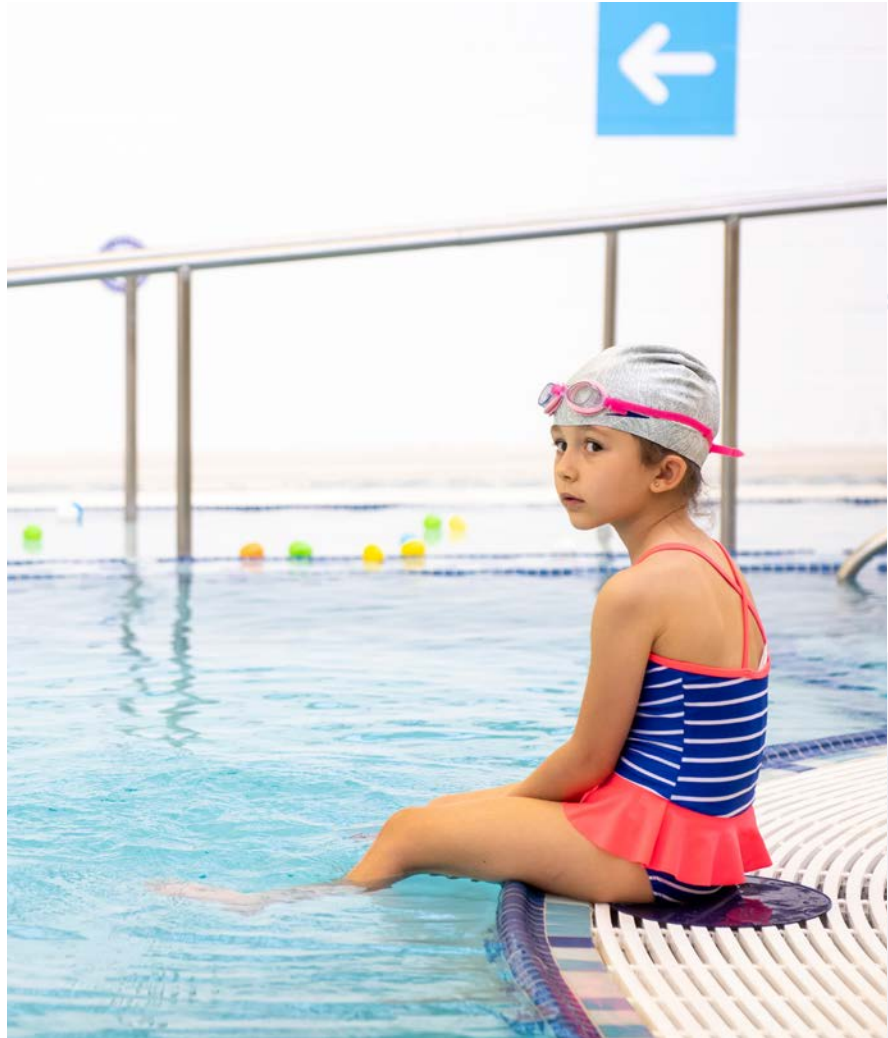
6, 30-min. sessions at Warm Water Pool \$60 (R)/\$90 (NR)

January 4 – February 8

Tue 5:00 p.m. – 5:30 p.m.
620046-2A

January 6 – February 10

Thu 5:30 p.m. – 6:00 p.m.
620046-2B



February 22 – March 29

Tue 5:00 p.m. – 5:30 p.m.
620046-2C

February 24 – March 31

Thu 5:30 p.m. – 6:00 p.m.
620046-2D

April 12 – May 17

Tue 5:00 p.m. – 5:30 p.m.
620046-2E

April 14 – May 19

Thu 5:30 p.m. – 6:00 p.m.
620046-2F

8, 30-min. sessions at Warm Water Pool \$75 (R)/\$110 (NR)

January 3 – January 26

Mon, Wed 5:30 p.m. – 6:00 p.m.
620043-2A

January 31 – February 23

Mon, Wed 5:30 p.m. – 6:00 p.m.
620043-2B

February 28 – March 23

Mon, Wed 5:30 p.m. – 6:00 p.m.
620043-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620043-2D

May 2 – May 25

Mon, Wed 5:30 p.m. – 6:00 p.m.
620043-2E

**REGISTER TODAY
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.

Ranger

(4 – 7 years old)

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

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:05 a.m. – 9:35 a.m.
620050-2A

Sat 10:50 a.m. – 11:20 a.m.
620050-2B

February 26 – April 9

(No Class: April 2)

Sat 9:05 a.m. – 9:35 a.m.
620050-2C

Sat 10:50 a.m. – 11:20 a.m.
620050-2D

April 16 – May 21

Sat 9:05 a.m. – 9:35 a.m.
620050-2E

Sat 10:50 a.m. – 11:20 a.m.
620050-2F

January 9 – February 13

Sun 10:30 a.m. – 11:00 a.m.
620052-2A

February 27 – April 10

(No Class: April 3)

Sun 10:30 a.m. – 11:00 a.m.
620052-2B

April 17 – May 22

Sun 10:30 a.m. – 11:00 a.m.
620052-2C

**6, 30-min. sessions at Warm Water Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 5:30 p.m. – 6:00 p.m.
620056-2A

February 22 – March 29

Tue 5:30 p.m. – 6:00 p.m.
620056-2B

April 12 – May 17

Tue 5:30 p.m. – 6:00 p.m.
620056-2C

Marlin

(4 – 7 years old)

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

**6, 30-min. sessions at Lap Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:05 a.m. – 9:35 a.m.
620060-2A

February 26 – April 9

(No Class: April 2)

Sat 9:05 a.m. – 9:35 a.m.
620060-2B

April 16 – May 21

Sat 9:05 a.m. – 9:35 a.m.
620060-2C

January 9 – February 13

Sun 11:00 a.m. – 11:30 a.m.
620062-2A

February 27 – April 10

(No Class: April 3)

Sun 11:00 a.m. – 11:30 a.m.
620062-2B

April 17 – May 22

Sun 11:00 a.m. – 11:30 a.m.
620062-2C

**6, 30-min. sessions at Lap Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 6:30 p.m. – 7:00 p.m.
620066-2A

February 22 – March 29

Tue 6:30 p.m. – 7:00 p.m.
620066-2B

April 12 – May 17

Tue 6:30 p.m. – 7:00 p.m.
620066-2C

Water Wonder

(4 – 7 years old)

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

**6, 30-min. sessions at Lap Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:40 a.m. – 10:10 a.m.
620070-2A

February 26 – April 9

(No Class: April 2)

Sat 9:40 a.m. – 10:10 a.m.
620070-2B

April 16 – May 21

Sat 9:40 a.m. – 10:10 a.m.
620070-2C

INCLEMENT WEATHER

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

LEARN-TO-SWIM: 6 – 12 YEARS OLD

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

Swim Lesson Registration Information and Tips

The swim lessons offered at 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 review the various class days/times to help you synchronize the classes.

Duration of Enrollments

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

6 – 12 YEARS OLD CLASS REQUIREMENTS

Class	Ages	Prerequisites
SWIM LEVEL 1	6 – 12 years	No swimming skills required.
SWIM LEVEL 2	6 – 12 years	Safely enter and exit the water from the side. Glide on front at least two body lengths, roll to a back float for five seconds, then recover to a vertical position with assistance.
SWIM LEVEL 3	6 – 12 years	Push off and swim using combined arm and leg actions on front for five body lengths. 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 one minute and swim elementary backstroke for 15 yards.
SWIM LEVEL 5	6 – 12 years	Perform a feet first entry into deep water, swim front crawl for 25 yards, change position and direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards.
SWIM LEVEL 6	6 – 12 years	Swim front crawl for 50 yards, the swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.
STROKE-N-TURN	6 – 8 years	Student must be able to continuously swim 25 yards and demonstrate the use of two different strokes.
STROKE-N-TURN	9 – 12 years	Student must be able to continuously swim 50 yards and demonstrate the use of two different strokes.

**REGISTER TODAY
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.

Level 1

(6 – 12 years old)

Level 1 is for beginners with little or no experience in the water. It will give students an introduction to fundamental swimming skills. Topics of instruction will include independently using stairs, steps and ladders, submerging with bobs, introduction to front and back floats, front and back glides, swimming on front and back using arms and legs, and various safety topics.

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:40 a.m. – 10:10 a.m.
620310-2A

Sat 11:25 a.m. – 11:55 a.m.
620310-2B

February 26 – April 9

(No Class: April 2)

Sat 9:40 a.m. – 10:10 a.m.
620310-2C

Sat 11:25 a.m. – 11:55 a.m.
620310-2D

April 16 – May 21

Sat 9:40 a.m. – 10:10 a.m.
620310-2E

Sat 11:25 a.m. – 11:55 a.m.
620310-2F

January 9 – February 13

Sun 9:00 a.m. – 9:30 a.m.
620312-2A

Sun 10:30 a.m. – 11:00 a.m.
620312-2B

February 27 – April 10

(No Class: April 3)

Sun 9:00 a.m. – 9:30 a.m.
620312-2C

Sun 10:30 a.m. – 11:00 a.m.
620312-2D

April 17 – May 22

Sun 9:00 a.m. – 9:30 a.m.
620312-2E

Sun 10:30 a.m. – 11:00 a.m.
620312-2F

**6, 30-min. sessions at Warm Water Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 6:30 p.m. – 7:00 p.m.
620316-2A

January 6 – February 10

Thu 5:00 p.m. – 5:30 p.m.
620316-2B

February 22 – March 29

Tue 6:30 p.m. – 7:00 p.m.
620316-2C

February 24 – March 31

Thu 5:00 p.m. – 5:30 p.m.
620316-2D

April 12 – May 17

Tue 6:30 p.m. – 7:00 p.m.
620316-2E

April 14 – May 19

Thu 5:00 p.m. – 5:30 p.m.
620316-2F

**8, 30-min. sessions at Warm Water Pool
\$75 (R)/\$110 (NR)**

January 3 – January 26

Mon, Wed 5:00 p.m. – 5:30 p.m.
620313-2A

January 31 – February 23

Mon, Wed 5:00 p.m. – 5:30 p.m.
620313-2B

February 28 – March 23

Mon, Wed 5:00 p.m. – 5:30 p.m.
620313-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 5:00 p.m. – 5:30 p.m.
620313-2D

May 2 – May 25

Mon, Wed 5:00 p.m. – 5:30 p.m.
620313-2E

PRIVATE SWIM LESSONS

RCC offers Private Swim Lessons to students of all ages and skill levels. For more information see page 46.

INCLEMENT WEATHER

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



Adapted Aquatics

(4 years and older)

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

**6, 30-min. sessions • Warm Water Pool
\$65 (R)/\$52 (R55+)/\$130 (NR)**

January 8 – February 12

Sat 10:50 a.m. – 11:20 a.m.
620190-2A

Sat 11:25 a.m. – 11:55 a.m.
620190-2B

February 26 – April 9

(No Class: April 2)

Sat 10:50 a.m. – 11:20 a.m.
620190-2C

Sat 11:25 a.m. – 11:55 a.m.
620190-2D

April 16 – May 21

Sat 10:50 a.m. – 11:20 a.m.
620190-2E

Sat 11:25 a.m. – 11:55 a.m.
620190-2F

Level 2

(6 – 12 years old)

Level 2 is for children who have successfully completed Level 1 or have comparable skills. Level 2 will focus on safety skills and develop movement. Topics of instruction will include stepping and jumping into the water, front and back glides, floating for 15 seconds, treading water, and combined swim front for five strokes using arms, kicking, and breathing.

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 8:30 a.m. – 9:00 a.m.
620320-2A

Sat 10:15 a.m. – 10:45 a.m.
620320-2B

February 26 – April 9

(No Class: April 2)

Sat 8:30 a.m. – 9:00 a.m.
620320-2C

Sat 10:15 a.m. – 10:45 a.m.
620320-2D

April 16 – May 21

Sat 8:30 a.m. – 9:00 a.m.
620320-2E

Sat 10:15 a.m. – 10:45 a.m.
620320-2F

January 9 – February 13

Sun 10:00 a.m. – 10:30 a.m.
620322-2A

Sun 11:30 a.m. – 12:00 p.m.
620322-2B

February 27 – April 10

(No Class: April 3)

Sun 10:00 a.m. – 10:30 a.m.
620322-2C

Sun 11:30 a.m. – 12:00 p.m.
620322-2D

April 17 – May 22

Sun 10:00 a.m. – 10:30 a.m.
620322-2E

Sun 11:30 a.m. – 12:00 p.m.
620322-2F

**6, 30-min. sessions at Warm Water Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 5:00 p.m. – 5:30 p.m.
620326-2A

January 6 – February 10

Thu 5:30 p.m. – 6:00 p.m.
620326-2B

February 22 – March 29

Tue 5:00 p.m. – 5:30 p.m.
620326-2C

February 24 – March 31

Thu 5:30 p.m. – 6:00 p.m.
620326-2D

April 12 – May 17

Tue 5:00 p.m. – 5:30 p.m.
620326-2E

April 14 – May 19

Thu 5:30 p.m. – 6:00 p.m.
620326-2F

**8, 30-min. sessions at Warm Water Pool
\$75 (R)/\$110 (NR)**

January 3 – January 26
Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-2A

January 31 – February 23

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-2B

February 28 – March 23

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-2D

May 2 – May 25

Mon, Wed 5:30 p.m. – 6:00 p.m.
620323-2E

Level 3

(6 – 12 years old)

Level 3 is for children who have successfully completed Level 2 or have comparable skills. The Level 3 class builds on the skills in Level 2 through additional guided practice. Topics of instruction will include sitting and kneeling diving, front and back glides, front crawl for 15 yards, rotary breathing, introduction to elementary backstroke, and various safety topics.

**6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$130 (NR)**

January 8 – February 12

Sat 9:05 a.m. – 9:35 a.m.
620330-2A

Sat 11:25 a.m. – 11:55 a.m.
620330-2B

February 26 – April 9

(No Class: April 2)

Sat 9:05 a.m. – 9:35 a.m.
620330-2C

Sat 11:25 a.m. – 11:55 a.m.
620330-2D

April 16 – May 21

Sat 9:05 a.m. – 9:35 a.m.
620330-2E

Sat 11:25 a.m. – 11:55 a.m.
620330-2F

January 9 – February 13

Sun 11:00 a.m. – 11:30 a.m.
620332-2A

February 27 – April 10

(No Class: April 3)

Sun 11:00 a.m. – 11:30 a.m.
620332-2B

April 17 – May 22

Sun 11:00 a.m. – 11:30 a.m.
620332-2C

**6, 30-min. sessions at Warm Water Pool
\$60 (R)/\$90 (NR)**

January 4 – February 8

Tue 5:30 p.m. – 6:00 p.m.
620336-2A

February 22 – March 29

Tue 5:30 p.m. – 6:00 p.m.
620336-2B

April 12 – May 17

Tue 5:30 p.m. – 6:00 p.m.
620336-2C

**8, 30-min. sessions at Warm Water Pool
\$75 (R)/\$110 (NR)**

January 3 – January 26

Mon, Wed 6:00 p.m. – 6:30 p.m.
620333-2A

January 31 – February 23

Mon, Wed 6:00 p.m. – 6:30 p.m.
620333-2B

February 28 – March 23

Mon, Wed 6:00 p.m. – 6:30 p.m.
620333-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 6:00 p.m. – 6:30 p.m.
620333-2D

May 2 – May 25

Mon, Wed 6:00 p.m. – 6:30 p.m.
620333-2E

Level 4

(6 – 12 years old)

Level 4 is for children who have successfully completed Level 3 or have comparable skills. Level 4 develops confidence of the skills learned in Level 3. Topics of instruction will include entering and diving into deep water, swimming front crawl and elementary backstroke for 25 yards, swimming butterfly and breaststroke for 15 yards, back crawl for 15 yards, and treading water for 2 minutes.

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

January 8 – February 12

Sat 8:30 a.m. – 9:00 a.m.

620340-2A

Sat 9:40 a.m. – 10:10 a.m.

620340-2B

February 26 – April 9

(No Class: April 2)

Sat 8:30 a.m. – 9:00 a.m.

620340-2C

Sat 9:40 a.m. – 10:10 a.m.

620340-2D

April 16 – May 21

Sat 8:30 a.m. – 9:00 a.m.

620340-2E

Sat 9:40 a.m. – 10:10 a.m.

620340-2F

January 9 – February 13

Sun 11:30 a.m. – 12:00 p.m.

620342-2A

February 27 – April 10

(No Class: April 3)

Sun 11:30 a.m. – 12:00 p.m.

620342-2B

April 17 – May 22

Sun 11:30 a.m. – 12:00 p.m.

620342-2C

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

January 4 – February 8

Tue 6:00 p.m. – 6:30 p.m.

620346-2A

February 22 – March 29

Tue 6:00 p.m. – 6:30 p.m.

620346-2B

April 12 – May 17

Tue 6:00 p.m. – 6:30 p.m.

620346-2C

Level 5

(6 – 12 years old)

Level 5 is for children who have successfully completed Level 4 or have comparable skills. Level 5 refines the skills learned in Level 4. Topics of instruction will include swimming front crawl and elementary backstroke for 50 yards, swimming butterfly and breaststroke for 25 yards, back crawl for 25 yards, flip turns for front crawl and treading water for five minutes.

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

January 8 – February 12

Sat 10:15 a.m. – 11:00 a.m.

620350-2A

February 26 – April 9

(No Class: April 2)

Sat 10:15 a.m. – 11:00 a.m.

620350-2B

April 16 – May 21

Sat 10:15 a.m. – 11:00 a.m.

620350-2C

6, 45-min. sessions at Lap Pool
\$65 (R)/\$100 (NR)

January 6 – February 10

Thu 6:00 p.m. – 6:45 p.m.

620356-2A

February 24 – March 31

Thu 6:00 p.m. – 6:45 p.m.

620356-2B

April 14 – May 19

Thu 6:00 p.m. – 6:45 p.m.

620356-2C

Level 6

(6 – 12 years old)

This class is for children who have successfully completed Level 5 or have comparable skills. Level 6 refines the skills learned in Level 5 and utilizes swimming as a form of exercise. Topics of instruction will include swimming front crawl and elementary backstroke for 100 yards, swimming butterfly and breaststroke for 50 yards, back crawl for 50 yards, flip turns for both front crawl and back crawl, introduction to swim equipment (pull buoys and fins) and retrieving an object from eight feet deep.

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

January 8 – February 12

Sat 11:05 a.m. – 11:50 a.m.

620360-2A

February 26 – April 9

(No Class: April 2)

Sat 11:05 a.m. – 11:50 a.m.

620360-2B

April 16 – May 21

Sat 11:05 a.m. – 11:50 a.m.

620360-2C

Youth Stroke-n-Turn

(9 – 12 years old)

This class is for swim team swimmers ages 9 through 12 who would like to improve stroke coordination and refinement. Prerequisites: See Youth Class Requirements at the beginning of the Youth Section. Instruction will include: front and back crawl, breaststroke, butterfly, shallow dive, glide two body lengths and begin any front stroke.

8, 45-min. sessions at Lap Pool
\$85 (R)/\$130 (NR)

January 3 – January 26

Mon, Wed 6:00 p.m. – 6:45 p.m.

620183-2A

January 31 – February 23

Mon, Wed 6:00 p.m. – 6:45 p.m.

620183-2B

February 28 – March 23

Mon, Wed 6:00 p.m. – 6:45 p.m.

620183-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 6:00 p.m. – 6:45 p.m.

620183-2D

May 2 – May 25

Mon, Wed 6:00 p.m. – 6:45 p.m.

620183-2E

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.

13 YEARS AND OLDER

Adult Advanced Beginner

(13 years and older)

This class is for people who can swim one pool length (25 yards) 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.

6, 45-min. sessions at Lap Pool
\$75 (R)/\$60 (R55+)/\$150 (NR)

January 8 – February 12

Sat 10:50 a.m. – 11:35 a.m.
621220-2A

February 26 – April 9

(No Class: April 2)

Sat 10:50 a.m. – 11:35 a.m.
621220-2B

April 16 – May 21

Sat 10:50 a.m. – 11:35 a.m.
621220-2C

6, 45-min. sessions at Lap Pool
\$65 (R)/\$52 (R55+)/\$100 (NR)

January 6 – February 10

Thu 6:00 p.m. – 6:45 p.m.
621226-2A

February 24 – March 31

Thu 6:00 p.m. – 6:45 p.m.
621226-2B

April 14 – May 19

Thu 6:00 p.m. – 6:45 p.m.
621226-2C

WEEKDAY SWIM CLASSES

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



Adult Beginner

(13 years and older)

This class is for people 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.

6, 30-min. sessions at Warm Water Pool
\$65 (R)/\$52 (R55+)/\$130 (NR)

January 8 – February 12

Sat 10:15 a.m. – 10:45 a.m.
621210-2A

February 26 – April 9

(No Class: April 2)

Sat 10:15 a.m. – 10:45 a.m.
621210-2B

April 16 – May 21

Sat 10:15 a.m. – 10:45 a.m.
621210-2C

January 9 – February 13

Sun 9:00 a.m. – 9:30 a.m.
621212-2A

February 27 – April 10

(No Class: April 3)

Sun 9:00 a.m. – 9:30 a.m.
621212-2B

April 17 – May 22

Sun 9:00 a.m. – 9:30 a.m.
621212-2C

8, 30-min. sessions at Warm Water Pool
\$75 (R)/\$60 (R55+)/\$110 (NR)

January 3 – January 26

Mon, Wed 6:30 p.m. – 7:00 p.m.
621213-2A

January 31 – February 23

Mon, Wed 6:30 p.m. – 7:00 p.m.
621213-2B

February 28 – March 23

Mon, Wed 6:30 p.m. – 7:00 p.m.
621213-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 6:30 p.m. – 7:00 p.m.
621213-2D

May 2 – May 25

Mon, Wed 6:30 p.m. – 7:00 p.m.
621213-2E

AEROBICS

Advanced Arthritis, Fibromyalgia and Multiple Sclerosis

(18 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, aerobic portion and cool-down for an exercise period of 30 minutes. Patrons with various forms of arthritis, fibromyalgia and Multiple Sclerosis (MS) 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 that increase flexibility and mobility and reduce the pain of daily routines. Instructor approval is required. Participants should consult a physician before starting this program.

8, 50-min. sessions at Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

January 4 – January 27

Tue, Thu 10:30 a.m. – 11:15 a.m.
621276-2A

February 1 – February 24

Tue, Thu 10:30 a.m. – 11:15 a.m.
621276-2B

March 1 – March 24

Tue, Thu 10:30 a.m. – 11:15 a.m.
621276-2C

March 29 – April 28

(No Class: April 5, 7)

Tue, Thu 10:30 a.m. – 11:15 a.m.
621276-2D

May 3 – May 26

Tue, Thu 10:30 a.m. – 11:15 a.m.
621276-2E

Aqua Burn

(18 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.

8, 50-min. sessions at Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

January 3 – January 26

Mon, Wed 7:30 p.m. – 8:15 p.m.
621251-2A

January 31 – February 23

Mon, Wed 7:30 p.m. – 8:15 p.m.
621251-2B

February 28 – March 23

Mon, Wed 7:30 p.m. – 8:15 p.m.
621251-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 7:30 p.m. – 8:15 p.m.
621251-2D

May 2 – May 25

Mon, Wed 7:30 p.m. – 8:15 p.m.
621251-2E

Deep Water Mania

(18 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.

8, 50-min. sessions at Warm Water Pool
\$50 (R)/\$40 (R55+)/\$100 (NR)

January 3 – January 26

Mon, Wed 6:30 p.m. – 7:15 p.m.
621250-2A

January 31 – February 23

Mon, Wed 6:30 p.m. – 7:15 p.m.
621250-2B

February 28 – March 23

Mon, Wed 6:30 p.m. – 7:15 p.m.
621250-2C

March 28 – April 27

(No Class: April 4, 6)

Mon, Wed 6:30 p.m. – 7:15 p.m.
621250-2D

May 2 – May 25

Mon, Wed 6:30 p.m. – 7:15 p.m.
621250-2E



DAILY AEROBICS

Aqua Barre, Aqua Blast, Aqua Mixer, Boot Camp and Tides in Motion now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations are available the 25th of each month for the next month. Reservations for Aqua Barre, Aqua Blast, Aqua Boot Camp, Aqua Mixer and Tides in Motion are free, but patrons are required to purchase a Water Aerobics pass and swipe the pass prior to each reserved class. Water Aerobics passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits. Water Aerobics passes expire two years from date of purchase.

Aqua Barre

(18 years and older)

Bringing ballet-inspired movements to the water, this program is designed to strengthen arms, legs and especially core. Using a noodle as a ballet barre for stability, participants will learn isometric movements to tone muscles, as well as lever movements to lengthen, strengthen and improve range of motion. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with their physician before starting this program.

45-min. sessions at Warm Water Pool Pass, Reservation Req.

January 3 – May 30

Mon, Wed, Fri 7:30 a.m. – 8:15 a.m.
6C0110-2

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC:

www.restoncommunitycenter.com/HowTo

Aqua Blast

(18 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 in 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 their physician before starting this program.

45-min. sessions at Warm Water Pool Pass, Reservation Req.

January 9 – May 29

Sun 8:30 a.m. – 9:15 a.m.
6C0065-2

Sun 9:30 a.m. – 10:15 a.m.
6C0070-2

January 4 – May 31

Tue, Thu 8:30 a.m. – 9:15 a.m.
6C0060-2

Tue, Thu 9:30 a.m. – 10:15 a.m.
6C0075-2

Aqua Boot Camp

(18 years and older)

This deep-water, high-intensity workout uses core-strengthening, cardio and range-of-motion exercises to help reach fitness goals. Equipment will be provided. Participants must be comfortable in deep water. Participants should consult with their physician before starting this program.

45-min. sessions at Warm Water Pool Pass, Reservation Req.

January 3 – May 30

Mon, Wed, Fri 6:30 a.m. – 7:15 a.m.
6C0080-2

January 3 – May 30

Mon, Wed, Fri 9:30 a.m. – 10:15 a.m.
6C0100-2

Aqua Mixer

(18 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.

45-min. sessions at Warm Water Pool Pass, Reservation Req.

January 3 – May 30

Mon, Wed 5:30 p.m. – 6:15 p.m.
6C0040-2

Tides in Motion

(18 years and older)

This is the ultimate water aerobics program for all ages. Benefits include toning major muscle groups and 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.

45-min. sessions at Warm Water Pool Pass, Reservation Req.

January 3 – May 30

Mon, Wed, Fri 8:30 a.m. – 9:15 a.m.
6C0010-2



KIDS CORNER

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Eggnormous EGG HUNT



Rain Date: April 16

The egg hunt will begin at 10:30 a.m. sharp.

Come enjoy a community tradition at Sunrise Valley Elementary School, located at 10824 Cross School Road (corner of Cross School Road and Sunrise Valley Drive). Enjoy live entertainment and multiple moon bounces with a life-sized bunny. Photo opportunities will be plentiful, so remember to bring a camera and a favorite basket to carry goodies.

Please bring a picnic to enjoy while outdoors. Free; everyone must register.

Parents/caregivers must remain with their children throughout the event.

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

CAMPS

Spring Break Camp

(7 – 11 years old)

Campers will have the opportunity to relax and have fun with activities such as cooking, arts and crafts, geocaching, pottery, swimming and movies. Parents/guardians must submit all required camp forms, downloadable from the RCC website at www.restoncommunitycenter.com, no later than March 23. The deadline for camp registration is Friday, March 20.

**1, 7-hour session at RCC Hunters Woods
\$50 (R)/\$100 (NR)**

April 4

Mon 9:00 a.m. – 4:00 p.m.
901500-2A Staff

April 5

Tue 9:00 a.m. – 4:00 p.m.
901500-2B Staff

April 6

Wed 9:00 a.m. – 4:00 p.m.
901500-2C Staff

April 7

Thu 9:00 a.m. – 4:00 p.m.
901500-2D Staff

April 8

Fri 9:00 a.m. – 4:00 p.m.
901500-2E Staff

Zen Zone

(7 – 11 years old)

Zen Zone is an opportunity for campers to wind down and relax under RCC staff supervision after a day of exciting adventures and learning new skills.

**1, 90-min. session at RCC Hunters Woods
\$15 (R)/\$30 (NR)**

April 4

Mon 4:00 p.m. – 5:30 p.m.
904015-2N Staff

April 5

Tue 4:00 p.m. – 5:30 p.m.
904015-2O Staff

April 6

Wed 4:00 p.m. – 5:30 p.m.
904015-2P Staff

April 7

Thu 4:00 p.m. – 5:30 p.m.
904015-2Q Staff

April 8

Fri 4:00 p.m. – 5:30 p.m.
904015-2R Staff



COOKING

Chocolate Candy Making for Tweens and Teens

(10 – 17 years old)

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

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

March 5

Sat 1:00 p.m. – 4:00 p.m.
901352-2B Gollop-Pagani/Morgan

Chocolate Candy Making for Kids

(6 – 9 years old)

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

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

March 5

Sat 10:00 a.m. – 12:00 p.m.
901038-2B Gollop-Pagani/Morgan

Cupcake Wars

(7 – 12 years old)

Team up with other bakers to create the ultimate cupcake in this friendly and fun competition. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods
\$40 (R)/\$60 (NR)**

January 23

Sun 1:00 p.m. – 4:00 p.m.
903057-2A Wilson

Junior Gourmet – Taking it Up a Notch

(8 – 13 years old)

Junior Gourmets with well-developed cooking skills such as cutting, measuring, flouring pans and mixing will learn to prepare intermediate-level recipes to create a gourmet meal and dessert. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods
\$50 (R)/\$75 (NR)**

April 23

Sat 1:00 p.m. – 4:00 p.m.
903056-2A Wilson

KIDS CORNER

Programs designed with a focus on young participants (usually youth under 13) are presented together. Other programs with an intergenerational or teen focus are listed in the program type categories alphabetically in the Leisure & Learning pages.

KIDS CORNER

CRAFTS

Airbrush Art

(7 – 17 years old)

Create multicolor designs on T-shirts, canvas shoes and fabric purses or as temporary tattoos using airbrush techniques. Supplies are included in the class fee.

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

February 12

Sat 1:00 p.m. – 4:00 p.m.
903064-2A Morgan

Basic Hand Sewing and Mending

(8 – 13 years old)

While creating a simple sewing kit, participants will learn basic stitches used in mending and sewing, such as repairing a hem, sewing a seam and sewing on several types of buttons. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods
\$50 (R)/\$75 (NR)**

February 6

Sun 1:00 p.m. – 4:00 p.m.
903053-2A Wilson

Creating Toys and Treats for Pets

(7 – 17 years old)

Make toys, healthy treats and comfort pieces for animals. Items that aren't taken home will be donated to a local animal shelter. Supplies are included in the class fee.

**2, 2-hour sessions at RCC Hunters Woods
\$20 (R)/\$30 (NR)**

February 27 – March 6

Sun 1:00 p.m. – 3:00 p.m.
903061-2A Wilson

INCLEMENT WEATHER

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

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, and for use in the dishwasher (top rack only) and microwave. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered. Supplies are included in the class fee.

**1, 45-min. session at RCC Hunters Woods
\$15 (R)/\$23 (NR)**

June 2

Thu 10:00 a.m. – 10:45 a.m.
901164-2A Clay Cafe Studios

Thu 11:00 a.m. – 11:45 a.m.
901164-2C Clay Cafe Studios

Fun With Plastic Canvas

(6 – 12 years old)

Plastic canvas lends itself to so many varied projects. Participants will make a pencil holder or bookmark that can be used as a personalized gift or for themselves. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods
\$75 (R)/\$90 (NR)**

May 22

Sun 1:00 p.m. – 4:00 p.m.
903054-2A Wilson

Learn to Cross-Stitch

(8 – 13 years old)

Learn the useful art of cross-stitch. Participants will make a small design to decorate the top of a mason jar. Supplies are included in the class fee.

**1, 3-hour session at RCC Hunters Woods
\$80 (R)/\$120 (NR)**

March 12

Sat 1:00 p.m. – 4:00 p.m.
903055-2A Wilson

Making Woodland Critters

(7 – 12 years old)

Use twigs, pinecones and other natural objects to create woodland animals or other decorative items. Photos will be provided for inspiration. Supplies are included in the class fee.

**1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$75 (NR)**

January 22

Sat 1:00 p.m. – 3:00 p.m.
903068-2A Ali

Springtime Pottery

(2 – 5 years old)

Join us for a fun time creating springtime-themed pottery. After the piece is fired, it will be returned to RCC for pick up. The pottery is dishwasher and microwave safe. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. All participating children must be registered.

**1, 60-min. session at RCC Hunters Woods
\$15 (R)/\$23 (NR)**

April 5

Tue 10:00 a.m. – 11:00 a.m.
901366-2A Clay Cafe Studios

Valentine Pottery

(2 – 5 years old)

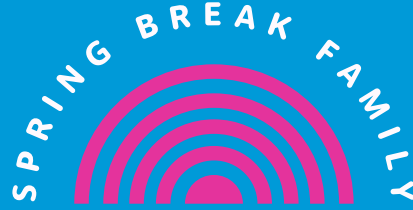
Participants will paint a sweet, heart-shaped dish for their favorite valentine. The dish is 6" x 5" and is perfect for treats, sweets, trinkets, change or just for fun. The dish is food and dishwasher safe. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. All participating children must be registered.

**1, 45-min. session at RCC Hunters Woods
\$15 (R)/\$23 (NR)**

January 27

Thu 9:30 a.m. – 10:15 a.m.
901149-2A Clay Cafe Studios

Thu 10:30 a.m. – 11:15 a.m.
901149-2B Clay Cafe Studios



Crafternoon

Free • Registration Required • All Ages
12:00 p.m. – 1:00 p.m.

As school is out for spring break, join RCC at noon for an hour of interactive crafting activities to offer families creative "together" time. This season's theme is "The Great Outdoors." Supplies will be provided. This program is free; registration is required.



Monday, April 4

Egg Carton Turtles

86C101-2A • Cedar Ridge Community Center, 1601 Becontree Lane, Reston

Tuesday, April 5

Water Bottle Firefly



86C101-2B • Island Walk Community Center, 1701 Torrey Pines Court, Reston



Wednesday, April 6

Hanging Butterfly Mobile

86C101-2C • Westglade Community Center, 2110 Westglade Court, Reston

Thursday, April 7

Fish in a Bag Slime



86C101-2D • Stonegate Village Community Center, 2244 B Stonewheel Drive, Reston

For more information, contact LaTanja Snelling, RCC Collaboration and Outreach Director, at 703-390-6158.



DANCE

Ballet Basics I

(3 – 6 years old)

Beginners will learn basic positions, terminology and barre technique.

8, 45-min. sessions at RCC Hunters Woods
\$125 (R)/\$175 (NR)

January 11 – March 1

Tue 4:00 p.m. – 4:45 p.m.
402402-2C Art in Motion

January 15 – March 5

Sat 10:00 a.m. – 10:45 a.m.
402402-2D Art in Motion

March 22 – May 17

(No Class: April 5)

Tue 4:00 p.m. – 4:45 p.m.
402402-2E Art in Motion

March 26 – May 21

(No Class: April 9)

Sat 10:00 a.m. – 10:45 a.m.
402402-2F Art in Motion

Hip-Hop

(3 – 6 years old)

Introduction to hip-hop movement with a focus on creativity, flexibility and fun. Instruction is provided to age-appropriate music.

8, 45-min. sessions at RCC Hunters Woods
\$125 (R)/\$175 (NR)

January 12 – March 2

Wed 4:00 p.m. – 4:45 p.m.
402672-2C Art in Motion

January 15 – March 5

Sat 9:00 a.m. – 9:45 a.m.
402672-2D Art in Motion

March 23 – May 18

(No Class: April 6)

Wed 4:00 p.m. – 4:45 p.m.
402672-2E Art in Motion

March 26 – May 21

(No Class: April 9)

Sat 9:00 a.m. – 9:45 a.m.
402672-2F Art in Motion

ENRICHMENT

Babysitting

(10 – 15 years old)

Earn some money babysitting by learning critical safety and injury prevention skills. Endorsed by the American Academy of Pediatrics, this class provides interactive

instruction and training in pediatric first aid and CPR, what to do in the case of choking, information on household safety and the fundamentals of child care. Students must attend the entire training workshop to obtain certificates. Please bring a doll and a bag lunch.

1, 6-hour session at RCC Hunters Woods
\$100 (R)/\$150 (NR)

March 12

Sat 9:30 a.m. – 3:30 p.m.
902300-2A Lowry

Becoming Me

(5 – 17 years old)

This six-week experience will center around core themes from Michelle Obama's book, *Becoming*. Adapted for young readers, participants will become familiar with knowing and telling their own story, maintaining mental health and wellness, as well as supporting one another on their own journey.

4, 60-min. sessions at RCC Hunters Woods
\$35 (R)/\$35 (NR)

January 11 – February 1

Tue 5:00 p.m. – 6:00 p.m.
901462-2A • 5 – 8 Years Old

January 19 – February 23

(No Class: February 2, 9)

Wed 7:00 p.m. – 8:00 p.m.
901462-2B • 8 – 11 Years Old

January 10 – February 7

(No Class: January 17)

Mon 7:00 p.m. – 8:00 p.m.
901462-2C • 12 – 17 Years Old

A Colorful Crowd

(2 – 5 years old)

Only three main colors make up all of the other colors. Children will have fun experimenting with the "magic" of color mixing and create something special and uniquely theirs with various types of art media. Children will learn school readiness skills, including learning colors, dexterity and following directions. Parent/caregiver must fully participate in the activities. Participating children must register.

1, 60-min. session at RCC Hunters Woods
\$10 (R)/\$15 (NR)

January 12

Wed 10:00 a.m. – 11:00 a.m.
901309-2B Gollop-Pagani

ENRICHMENT CONTINUED

Happy Birthday, Dr. Seuss

(2 – 5 years old)

Celebrate Dr. Seuss' birthday with a story and recipe from one of his books. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

1, 60-min. session at RCC Hunters Woods \$10 (R)/\$15 (NR)

March 2

Wed 10:00 a.m. – 11:00 a.m.
903050-2A Gollop-Pagani

Math Tutoring for Grades 3 and 4

(8 – 10 years old)

Tutoring on concepts such as multiplication and division, money, patterns, fractions, and more is available for students who want to improve their skills.

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

February 8

Tue 4:30 p.m. – 6:00 p.m.
901463-2G Samet

February 15

Tue 4:30 p.m. – 6:00 p.m.
901463-2H Samet

February 22

Tue 4:30 p.m. – 6:00 p.m.
901463-2I Samet

March 1

Tue 4:30 p.m. – 6:00 p.m.
901463-2J Samet

March 8

Tue 4:30 p.m. – 6:00 p.m.
901463-2K Samet

March 15

Tue 4:30 p.m. – 6:00 p.m.
901463-2L Samet

Math Tutoring for Grades 5 and 6

(10 – 12 years old)

Tutoring on concepts such as prime and composite numbers, order of operations, ratio and unit rates, fractions and decimal number sense, and more is available for students who want to improve their skills.

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

February 9

Wed 4:30 p.m. – 6:00 p.m.
901464-2G Samet

February 16

Wed 4:30 p.m. – 6:00 p.m.
901464-2H Samet

February 23

Wed 4:30 p.m. – 6:00 p.m.
901464-2I Samet

March 2

Wed 4:30 p.m. – 6:00 p.m.
901464-2J Samet

March 9

Wed 4:30 p.m. – 6:00 p.m.
901464-2K Samet

March 16

Wed 4:30 p.m. – 6:00 p.m.
901464-2L Samet

Math Tutoring for Grades 7 and 8

(12 – 14 years old)

Tutoring on concepts such as number and number sense, computation and estimation, measurement and geometry, probability and statistics, patterns functions, and algebra is available for students who want to improve their skills.

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

February 10

Thu 4:30 p.m. – 6:00 p.m.
901465-2G Samet

February 17

Thu 4:30 p.m. – 6:00 p.m.
901465-2H Samet

February 24

Thu 4:30 p.m. – 6:00 p.m.
901465-2I Samet

March 3

Thu 4:30 p.m. – 6:00 p.m.
901465-2J Samet

March 10

Thu 4:30 p.m. – 6:00 p.m.
901465-2K Samet

March 17

Thu 4:30 p.m. – 6:00 p.m.
901465-2L Samet

Pi Day

(2 – 5 years old)

Pi, also known as the number 3.14 with its endless stream of integers, is celebrated every year with number games and fun mathematical facts. Learn counting and number recognition while preparing a tasty pie. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must register.

1, 60-min. session at RCC Hunters Woods \$10 (R)/\$15 (NR)

March 14

Mon 10:00 a.m. – 11:00 a.m.
903065-2A Gollop-Pagani

Sensing Science

(2 – 5 years old)

Children love learning about all five senses, and building sensory awareness opens a new realm of enrichment. Participants will be introduced to each of the five senses and then observe how they use them. Come ready to use eyes, ears, mouth, nose and hands to create fun-filled items. Children of all abilities are welcome and will learn school readiness skills, including language and social and cultural development, sharing and taking turns. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-min. session at RCC Hunters Woods \$10 (R)/\$15 (NR)

March 9

Wed 10:00 a.m. – 11:00 a.m.
901311-2B Gollop-Pagani

MUSIC

Music Friends

(Infant – 5 years old)

Come join friends for an exploration of music and the world around us through singing, movement and instrument play. Parent/caregiver must remain in the classroom. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne
\$60 (R)/\$120 (NR)

April 1 – May 27

(No Class: April 8)

Fri 9:45 a.m. – 10:30 a.m.
404220-2D Park

Fri 10:45 a.m. – 11:30 a.m.
404220-2E Park

Fri 11:45 a.m. – 12:30 p.m.
404220-2F Park

PERFORMING ARTS

Young Actors Theatre

(7 – 15 years old)

Students will be introduced to the skills and processes necessary to create a performance. Participants will perform in an original production on Saturday, March 12 and Sunday, June 5 at 3:00 p.m. at the CenterStage at RCC Hunters Woods. Preparing for the production will require additional technical rehearsals during the weeks of March 7-12 and May 30-June 4. 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
\$235 (R)/\$410 (NR)

January 7 – March 12

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:00 p.m.
402467-2B Brutsché

March 25 – June 5

(No Class: April 8, 9)

Fri 4:30 p.m. – 6:00 p.m.
Sat 9:00 a.m. – 12:00 p.m.
402467-2C Brutsché



SOCIAL

Big Fun for Little Ones

(1 – 5 years old)

Let kids work out their excess energy by playing on our indoor inflatables and with oversized toys. Parents must fully participate and supervise children during all activities. Participating children must have a reservation.

90-min. sessions at RCC Hunters Woods
Free • Reservations Req.*

January 5 – March 25

(No Class: January 12, February 2)

Wed, Fri 10:00 a.m. – 11:30 a.m.
901340-2 Staff

April 1 – May 27

Fri 10:00 a.m. – 11:30 a.m.
901340-2 Staff

Springtime Tea

(2 – 5 years old)

Celebrate the arrival of flowers, lush green leaves and warmer weather with our seasonal springtime tea, featuring crafts, refreshments and a story. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-min. session at RCC Hunters Woods
Free, Registration Req.

March 22

Tue 10:00 a.m. – 11:00 a.m.
901112-2A Gollop-Pagani

St. Patrick's Day Shenanigans

(2 – 5 years old)

Wear green and enjoy the luck of the Irish with music, stories and a craft to mark the day. Supplies are included in the class fee.

1, 60-min. session at RCC Hunters Woods
\$10 (R)/\$15 (NR)

March 17

Thu 10:00 a.m. – 11:00 a.m.
903051-2A Gollop-Pagani

*Reservations

Reservations open on the 25th of the month for the following month (e.g., December 25 for January reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

INCLEMENT WEATHER

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

SOCIAL CONTINUED

Tot Time

(Infant – 4 years old)

Kids love this play group and parents enjoy socializing with one another. Toys, games, books and music are provided. Parent/guardian must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Participating children must have a reservation.

**90-min. sessions at RCC Hunters Woods
Free, Reservation Req.***

January 10 – May 26

(No Class: January 17, 27, February 21,
March 17, April 4, 7)

Mon, Thu 9:30 a.m. – 11:00 a.m.
902989-2 Ali

*Reservations

Reservations open on the 25th of the month for the following month (e.g., December 25 for January reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

Learn How to Make a Reservation or Cancel a Reservation in myRCC:

[www.restoncommunitycenter.com/
HowTo](http://www.restoncommunitycenter.com/HowTo)

Have Questions About Reservation Programs?

[www.restoncommunitycenter.com/
PassFAQs](http://www.restoncommunitycenter.com/PassFAQs)

Winter Fun Day for Preschoolers

(2 – 5 years old)

Participants will have the opportunity to select a variety of skills and activities from several stations that will emphasize winter-themed activities. Kids can experience and create components that will include STEAM activities, as well as winter art and sensory elements to take home.

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

February 2

Wed 10:00 a.m. – 12:00 p.m.
903069-2A Gollop-Pagani

TRIPS & TOURS MEET UPS

Children's Science Center Lab

(3 years and older)

The Children's Science Center Lab encourages children to explore science, technology, engineering and mathematics (STEM) concepts through fun, engaging hands-on exhibits and activities. Please meet at Children's Science Center Lab, at 11948 Fair Oaks Mall in Fairfax, Virginia. For directions, call 703-648-3430. Parents/guardians must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Parents and children must register and pay.

**1, 2-hour session at Children's Science
Center Lab
\$10 (R)/\$8 (R55+)/\$15 (NR)**

May 12

Thu 10:00 a.m. – 12:00 p.m.
901430-2A Haneline

Frying Pan Farm Park

(2 – 5 years old)

Frying Pan Farm Park is the only working farm in Fairfax County and is representative of "the way things used to be" from the 1920s through the 1950s. Participants will see baby animals and take rides 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, 2709 West Ox Road, Herndon, VA 20171. 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, 60-min. session at Frying Pan Park
Free, Registration Req.**

May 19

Thu 10:00 a.m. – 11:00 a.m.
901451-2A Haneline

Maple Syrup Boil Down

(2 – 12 years old)

Join us at Colvin Run Mill for a demonstration of a maple syrup boil down. As the weather warms, maple sap rises and is tapped and boiled down to a sweet syrup. Enjoy the sweet, fresh maple syrup over freshly baked cornbread. Dress for the weather as this is an outdoor activity. Meet at the entrance to Colvin Run Mill, 10017 Colvin Run Road, Great Falls, VA. For directions, call 703-759-2771.

**1, 2-hour session at Colvin Run Mill
Free, Registration Req.**

February 13

Sun 12:00 p.m. – 2:00 p.m.
901393-2A Ali



TRIPS & TOURS MEET UPS CONTINUED

Tadpoles, Turtles, Garden Fairies

(2 – 5 years old)

Be a nature explorer and look for signs of spring by observing tadpoles and turtles making their homes in ponds. Watch for fairies hiding out in a Bonsai garden and walk across bridges and through woods to see spring colors bursting. Meet at the main entrance to Meadowlark Gardens, located at 9750 Meadowlark Gardens Court, Vienna, VA. For directions, call 703-255-3631.

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

April 19

Tue 10:00 a.m. – 11:00 a.m.
901261-2A Haneline

May 5

Thu 10:00 a.m. – 11:00 a.m.
901261-2B Haneline

Visit to Fairfax Railroad

(2 years and older)

Fairfax Station is rich in railroad, Civil War and local history. The Friends of Fairfax Station foster an appreciation for this through its programs, displays and special exhibits suitable for all ages. Meet at Fairfax Railroad, 11200 Fairfax Station Road, Fairfax Station, VA. For directions, call 703-425-9225. Participants will begin with a brief tour of the caboose and some of the exhibits. A hands-on craft featuring a railroad or historic theme is planned, as well as a scavenger hunt if time permits. Free, registration required.

**1, 3-hour session at Fairfax Station
Railroad Museum
Free, Registration Req.**

February 20

Sun 1:00 p.m. – 4:00 p.m.
901399-2A Ali

VISUAL ARTS

Art Attack

(7 – 11 years old)

Students will explore and unlock their imagination using various media such as pastels, watercolor, tempera, colored pencils and much more. Each class session will give participants the freedom to make choices and think about what is visually pleasing to them as an artist, resulting in fun, creative projects.

**8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$130 (NR)**

March 14 – May 9

(No Class: April 4)

Mon 4:45 p.m. – 5:45 p.m.
402697-2B Lambakis

WOODWORKING

Pinewood Derby Workshop

(7 – 14 years old)

The RCC Woodshop is available on specific dates and times from January to February to allow Cub Scouts to work on Pinewood Derby projects. 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 12. Parents are strongly encouraged to accompany their children to assist with project completion and Scout supervision. The Woodshop will not be available for Pinewood Derby projects outside of the scheduled times. Only one Den will be hosted in the Woodshop per scheduled session. Registration is required; no walk-ins.

**1, 2-hour session at RCC Hunters Woods
\$75 (R)/\$60 (R5+)/\$113 (NR)**

January 3

Mon 5:30 p.m. – 7:30 p.m.
901003-2I Ingram

January 7

Fri 5:30 p.m. – 7:30 p.m.
901003-2K Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2L Ingram

January 10

Mon 5:30 p.m. – 7:30 p.m.
901003-2M Ingram

Mon 7:30 p.m. – 9:30 p.m.
901003-2N Ingram

January 14

Fri 5:30 p.m. – 7:30 p.m.
901003-2O Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2P Ingram

January 21

Fri 5:30 p.m. – 7:30 p.m.
901003-2Q Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2R Ingram

January 24

Mon 5:30 p.m. – 6:30 p.m.
901003-2S Ingram

Mon 7:30 p.m. – 9:30 p.m.
901003-2T Ingram

January 28

Fri 5:30 p.m. – 7:30 p.m.
901003-2U Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2V Ingram

January 31

Mon 5:30 p.m. – 7:30 p.m.
901003-2W Ingram

Mon 7:30 p.m. – 9:30 p.m.
901003-2X Ingram

February 4

Fri 5:30 p.m. – 6:30 p.m.
901003-2Y Ingram

Fri 7:30 p.m. – 9:30 p.m.
901003-2Z Ingram



Find your prom or formal look!

**SATURDAY
March 26**

11:00 a.m. – 3:00 p.m.

RCC Lake Anne

1609-A Washington Plaza, Reston

FREE • 12 – 18 Years Old

REGISTRATION REQUIRED: 8C1008-2A

Don't Miss This FREE Chic Fashion Experience

- Dresses and Accessories
- Door Prizes and Raffles
- Refreshments and More

Limit two dresses, one set of accessories and pair of shoes per person.
Please remember, dresses and accessories are only available to middle and high school students.

Learn about our Diva Central Dress Drive on page 11.

For more information, contact LaTanja Snelling, RCC Collaboration and Outreach Director, at 703-390-6158.



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CRAFTS

Japanese Floral Arrangement

(18 years and older)

Learn how to put fresh, seasonal flowers into beautiful arrangements with Japanese touches. Ikebana is the Japanese art of flower arrangement focusing on harmony, color, use, rhythm and elegantly simple designs. This disciplined art form is steeped in the philosophy of developing a closeness with nature. Flowers will be provided; students need to bring a vase and small scissors or garden clippers.

1, 2-hour session at RCC Hunters Woods
\$55 (R)/\$44 (R55+)/\$83 (NR)

March 13

Sun 1:00 p.m. – 3:00 p.m.
500645-2C Shimizu

April 24

Sun 1:00 p.m. – 3:00 p.m.
500645-2D Shimizu

May 15

Sun 1:00 p.m. – 3:00 p.m.
500645-2E Shimizu

Origami Arts – Mother’s and Father’s Day Cards

(8 years and older)

This class is geared toward beginners, but more advanced students are welcome. Participants will learn easy skills of folding colorful pieces of paper to craft simple designs that will be incorporated into pop-up cards. Once these skills are learned, they can bring a lifetime of enjoyment. This program is fun for individuals or the whole family. Children under the age of 12 must be accompanied by an adult for the duration of the program. All participants must register and pay. All supplies are included in the class fee.

1, 2-hour session at RCC Hunters Woods
\$10 (R)/\$8 (R55+)/\$15 (NR)

April 30

Sat 1:00 p.m. – 3:00 p.m.
901372-2A Nelson

Origami Arts – Valentine’s Day

(8 years and older)

This class is geared toward beginners, but more advanced students are welcome. Participants will learn easy skills of folding colorful pieces of paper to craft simple designs that will be incorporated into pop-up cards. Once these skills are learned, they can bring a lifetime of enjoyment. This program is fun for individuals or the whole family. Children under the age of 12 must be accompanied by an adult for the duration of the program. All participants must register and pay. All supplies are included in the class fee.

1, 2-hour session at RCC Hunters Woods
\$10 (R)/\$8 (R55+)/\$15 (NR)

February 12

Sat 1:00 p.m. – 3:00 p.m.
901362-2A Nelson

Origami Gift Box

(18 years and older)

Learn and have fun making gift boxes using origami paper. The instructor will introduce basic folds, how to read diagrams, and how to make easy and beautiful gift boxes. Class fee includes supplies.

1, 2-hour session at RCC Hunters Woods
\$40 (R)/\$32 (R55+)/\$60 (NR)

January 23

Sun 1:00 p.m. – 3:00 p.m.
500598-2A Shimizu

February 6

Sun 1:00 p.m. – 3:00 p.m.
500598-2B Shimizu

Upcycle Recycle for Fashion

(13 years and older)

Recycle old clothes into fabulous fashion. Bring in older clothing to turn into fresh, new styles. Participants will learn how to hem, change sleeves, necklines and pockets, and even how to turn jeans into a skirt.

5, 2-hour sessions at RCC Hunters Woods
\$100 (R)/\$80 (R55+)/\$150 (NR)

April 7 – May 5

Thu 6:30 p.m. – 8:30 p.m.
903066-2A Minassian

CREATIVE CONNECTIONS

Reston Plant Swap

(18 years and older)

Bring a pest-free houseplant (or two), potted or bare root, to swap out with other community plant lovers. Learn tips and techniques for growing and share plant stories. Donated plant supplies are also welcome.

1, 2-hour session at Walker Nature Center
Free, Registration Req.

May 19

Thu 6:00 p.m. – 8:00 p.m.
862000-2A Staff

**REGISTER TODAY
DON'T DELAY!**

Signing up not only reserves your place, it assures other interested patrons that the class will go on as scheduled. We have noticed some patrons wait until just days before the event to register. For our programs to successfully run, we strive for minimum enrollment at least one week in advance or the event could be canceled due to low enrollment. Please don't delay – register now online, by mail, fax or in-person.

**INCLEMENT
WEATHER**

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

LEISURE & LEARNING



Sunday Afternoon Dances

(18 years and older)

Dancers of all skill levels convene the second Sunday of the month to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to modern dance selections. A mini lesson and door prizes add to the fun; partners are not required. Reservations for Sunday Afternoon Dances are free, but patrons are required to purchase a Dance pass and swipe the pass prior to each class. Dance passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC. For more information, please contact Cassie Lebron, Lifelong Learning Program Director, at 703-390-6157.

**2-hour sessions at RCC Hunters Woods
Pass: \$5 (R)/\$10 (NR) Per Session
Reservations Req.***

**January 9, February 13, March 6,
April 10, May 8**

Sun
509609-2

2:30 p.m. – 4:30 p.m.
Staff

DANCE

Line Dancing with Scotty – Beginner

(18 years and older)

Learn the classic country favorites, newest pop dances and many styles in between. Dances will be taught for advanced beginners. Please wear shoes that will slide on the wood floor and bring water to class.

**10, 90-min. sessions at RCC Hunters Woods
\$70 (R)/\$56 (R55+)/\$105 (NR)**

January 6 – March 10

Thu 5:00 p.m. – 6:00 p.m.
503532-2C Inman

March 24 – May 26

Thu 5:00 p.m. – 6:00 p.m.
503532-2D Inman

Line Dancing with Scotty – Intermediate

(18 years and older)

Learn the classic country favorites, newest pop dances and many styles in between. Dances will be taught for advanced beginners. Please wear shoes that will slide on the wood floor and bring water to class.

**10, 60-min. sessions at RCC Hunters Woods
\$70 (R)/\$56 (R55+)/\$105 (NR)**

January 6 – March 10

Thu 6:00 p.m. – 7:00 p.m.
503623-2A Inman

March 24 – May 26

Thu 6:00 p.m. – 7:00 p.m.
503623-2B Inman

***The Sunday Afternoon
Dances now require a
reservation and pass.**

Reservations are available the 25th of each month for the next month. To reserve, sign into myRCC and select the dates you wish to attend. Dance passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$5 (R)/\$10 (NR) per visit. Dance passes expire two years from date of purchase. Reservations for the Sunday Afternoon Dances are free, but patrons are required to purchase a Dance pass and swipe the Dance pass prior to each visit.

DISCUSSIONS

Bookends

(18 years and older)

Participants engage in lively discussions of a variety of books. Please purchase the book or check it out from the public library to participate in the discussions.

- January 27: *March* by Geraldine Brooks
- February 24: *Olive Again* by Elizabeth Strout
- March 24: *Amsterdam* by Ian McEwan
- April 28: *The Night Watchman* by Louise Erdrich
- May 26: *Say Nothing* by Patrick Keefe

90-min. sessions at RCC Hunters Woods Free, Registration Req.

January 27, February 24, March 24, April 28, May 26

Thu 12:30 p.m. – 2:00 p.m.
5C0075-2E Staff

Current Issues Discussion Group

(18 years and older)

Join this lively gathering and be prepared to debate politics and how government works or doesn't work on local, national and world levels. Newcomers are welcome and encouraged to attend.

2-hour sessions at RCC Hunters Woods Free, Registration Req.

January 6 – May 26

Thu 10:00 a.m. – 12:00 p.m.
5C0080-2A Staff



ENRICHMENT

Aging Gracefully

(18 years and older)

Learn to identify simple and gradual lifestyle strategies to meet personal physical and mental health goals for graceful aging.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

February 15

Tue 1:00 p.m. – 2:00 p.m.
516144-2A Massi

Bingocize

(18 years and older)

"Bingocize" is an evidence-based program that combines a bingo-like game with exercise, fall reduction and health education. Participants rest while numbers are called for the bingo game, then they complete strategically inserted exercises or health education questions.

20, 60-min. sessions at RCC Hunters Woods Free, Registration Req.

February 15 – April 21

Tue, Thu 10:00 a.m. – 11:00 a.m.
539747-2A Duke

Blacksmithing Workshop

(12 years and older)

Learn the history and uses of blacksmithing, as well as new skills in this demonstration. The instructor will show how to use a propane forge, anvil, blacksmithing hammers, a vice, brushes and tongs. Finishing with a beeswax covering will be shown as well. A list of protective clothing

and gear to be worn during class will be sent after registration.

1, 3-hour session at RCC Hunters Woods \$60 (R)/\$48 (R55+)/\$90 (NR)

May 22

Sun 1:00 p.m. – 4:00 p.m.
903063-2A Crane

Chronic Pain Self-Management

(18 years and older)

Chronic Pain Self-Management is an evidence-based program that offers strategies to deal with chronic pain. Topics include how to address poor sleep, fatigue and frustration, as well as nutrition-appropriate medication management. The classes are highly participatory.

6, 2-hour sessions at RCC Hunters Woods Free, Registration Req.

March 2 – April 6

Wed 1:30 p.m. – 3:30 p.m.
503719-2A Duke

Dementia Conversations: Doctor Visits, Driving, Legal and Financial

(18 years and older)

Learn tips for difficult conversations with family members to address some of the most common issues of aging, including going to the doctor for a diagnosis or medical treatment, when to stop driving, and making legal and financial plans for future care.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

April 6

Wed 11:30 a.m. – 12:30 p.m.
539750-2A Donnelly

Digital Photographs: Keeping, Naming, Sharing

(18 years and older)

Since the invention of the digital camera, we have become collectors of instant images. Heritage preservation specialist Terry Blanchette will show how to organize, access, share and safely keep those photos.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

January 25

Tue 1:00 p.m. – 2:00 p.m.
503605-2A Blanchette

ENRICHMENT CONTINUED

Dining Out for People with Cognitive Impairment

(18 years and older)

People with cognitive disabilities can benefit from occasional social outings, including dining out at a restaurant. Karen McPhail, the Founder of Aging Rainbows and Executive Director of Eldementals, will teach how to make the dining out experience an enjoyable one for people with cognitive disabilities.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

February 8

Tue 1:00 p.m. – 2:00 p.m.
539742-2A McPhail

Don't be Scammed

(18 years and older)

Learn about scams such as unlicensed contractors, romance and grandparent con artists, as well as tips on how to detect them and stay protected.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

May 24

Tue 11:00 a.m. – 12:00 p.m.
503509-2B Smarr

Effective Communication Strategies for Caregivers

(18 years and older)

Learn real-life strategies to navigate the difficulties of being a care partner for someone with neuro-cognitive difficulties. This class will be offered on Microsoft Teams; registered patrons will be sent the Teams link 24 hours prior to the class.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

January 19

Wed 5:00 p.m. – 6:00 p.m.
539749-2A Donnelly

Going Green: Creating an Air Plant Arrangement

(8 years and older)

With the use of shells and plants, participants will create a unique air plant arrangement without soil. Supplies are included in the class fee.

**1, 2-hour session at RCC Hunters Woods
\$40 (R)/\$32 (R55+)/\$60 (NR)**

May 14

Sat 1:00 p.m. – 3:00 p.m.
903067-2A Ali

Handheld Health: Wellness Apps

(18 years and older)

Learn how wellness apps make it easy to track all kinds of nutritional and health information.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

April 11

Mon 11:00 a.m. – 12:00 p.m.
516145-2A Massi

Last-Minute College Financing Strategies

(13 – 18 years old)

Marianne Ragins, a \$400,000 scholarship winner, will help students navigate the planning process and understand the deadlines for last-minute college financial aid opportunities. This class is on Zoom. Participants will be sent the Zoom link or they may observe the online presentation in the RCC Computer Lab.

**1, 2-hour session virtual/RCC Hunters Woods
Free, Registration Req.**

March 24

Thu 6:30 p.m. – 8:30 p.m.
903060-2A Ragins

Legal: Estate Planning Basics

(18 years and older)

This class will give participants a basic knowledge of estate plans. Topics include advantages and disadvantages of different planning techniques (including joint ownership), using beneficiary designations, gifting, traditional wills and revocable living trusts. This class is for educational purposes only; there will be no solicitation or

obligation of the attendees. This class will be virtual using the Microsoft Teams platform, all registered patrons will be sent the Teams link 24 hours prior to the class.

**1, 60-min. session – virtual via Teams
Free, Registration Req.**

January 11

Tue 2:00 p.m. – 3:00 p.m.
500809-2C Lambeth

Lock and Talk: Suicide Prevention

(18 years and older)

Lock and Talk is part of a comprehensive approach to suicide prevention in the Commonwealth of Virginia. It is implemented by the Wellness, Health Promotion and Prevention program for Fairfax County. Learn how to properly dispose of medications, as well as the correct way to lock up firearms. Participants will receive free drug deactivation/disposal kits and locking devices for medication and firearms.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

April 19

Tue 3:00 p.m. – 4:00 p.m.
539743-2A Richardson

Long-Term Planning for LGBTQ+ Older Adults

(18 years and older)

Everyone should have a plan in place to ensure that their expressed wishes are understood, documented and valued. Learn more about special considerations for LGBTQ+ people and how to begin the process in this informative session led by Karen McPhail, founder of Aging Rainbows and executive director of Eldementals.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

April 20

Wed 5:30 p.m. – 6:30 p.m.
516146-2A McPhail

ENRICHMENT CONTINUED

Managing Caregiver Stress and Anxiety

(18 years and older)

Caregiving can be stressful and overwhelming. Join Karen McPhail, founder of Aging Rainbows and executive director of Eldementals, to learn ways to manage the stress of being a caregiver for your loved one.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

May 11

Tue 1:00 p.m. – 2:00 p.m.
539741-2A McPhail

Meaningful Memoirs

(18 years and older)

Using family history notes, DNA findings or a relative's memoir, this course invites participants to explore their heritage and see how it fits in with their narrative. The sessions will focus on talking and sharing for individual purposes.

**10, 2.5-hour sessions at RCC Hunters Woods
\$120 (R)/\$96 (R55+)/\$180 (NR)**

March 21 – May 23

Mon 10:00 a.m. – 12:30 p.m.
539751-2A Mudd-Krijgelmans

Medicare 101

(18 years and older)

Medicare 101 is for individuals who will soon be eligible for Medicare. This session will address Medicare Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital services/doctors/labs/radiology), Part C (Medicare Advantage Plans) and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Under Administration for Community Living guidelines for conflict of interests, this presentation is not meant for health insurance brokers or agent education.

**1, 1.5-hour session at RCC Hunters Woods
Free, Registration Req.**

April 12

Tue 12:00 p.m. – 1:30 p.m.
500402-2D De Leon

May 24

Tue 12:00 p.m. – 1:30 p.m.
500402-2E De Leon

Memoir Writing Basics

(18 years and older)

Whether you are already writing your memoirs or in the process of crafting them, learn the fundamentals from an experienced instructor. Explore memoir writing in lively and supportive sessions and compose pieces to be read aloud and discussed at the next class. The option of printing and binding work is offered at the end of the session. To ensure that all students are heard, class size is limited to eight.

**10, 2.5-hour sessions at RCC Hunters Woods
\$120 (R)/\$96 (R55+)/\$180 (NR)**

January 10 – March 14

Mon 10:00 a.m. – 12:30 p.m.
505525-2A Mudd-Krijgelmans

Navigating the College Process

(13 – 18 years old)

Prospective college students will learn how to navigate the college search and application process. Marianne Ragins, a \$400,000 scholarship winner and bestselling author, will explain what collegebound students need to know and how the process works. his class is on Zoom. Participants will be sent the Zoom link or they may observe the online presentation in the RCC Computer Lab.

**1, 2-hour session virtual/RCC Hunters Woods
Free, Registration Req.**

May 24

Tue 6:30 p.m. – 8:30 p.m.
903059-2A Ragins

Preserving Family History

(18 years and older)

Most of us have family history items in our attics and basements. Attend this informative talk and discover some basic steps to preserve materials and ensure they will be there for future generations.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

April 12

Tue 1:00 p.m. – 2:00 p.m.
503608-2A Blanchette

QPR Suicide Prevention Presentation

(18 years and older)

QPR stands for Question, Persuade and Refer. These three simple-yet-powerful steps may save a life. Learn to recognize warning signs of suicide, ask tough questions and offer hope. This program is offered through Fairfax County's Community Services Board.

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

May 3

Tue 1:00 p.m. – 2:30 p.m.
539744-2A Richardson

Reston Regional Library Services

(18 years and older)

Learn about the services offered at Reston Regional Library and how to access them.

**1, 60-min. session at RCC Hunters Woods
Free, Registration Req.**

March 16

Wed 2:00 p.m. – 3:00 p.m.
514344-2A Chandan

Retirement Income Planning

(18 years and older)

This seminar is for people transitioning from the asset accumulation phase of life to the retirement income phase. Learn strategies and rules of thumb to follow when creating an income plan for retirement. The instructor is a financial advisor who has taught classes at several Fairfax County libraries. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

April 5

Tue 7:00 p.m. – 8:30 p.m.
500603-2B Wu



Ten Warning Signs of Alzheimer's

(18 years and older)

This program presented by the Alzheimer's Association provides an understanding of the differences between normal aging signs and symptoms that reveal a larger problem.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

May 18

Wed
539748-2A

1:00 p.m. – 2:00 p.m.
Donnelly

ENRICHMENT CONTINUED

Settling a Decedent's Estate

(18 years and older)

An instructor will guide participants through all the steps of settling an estate as quickly and painlessly as possible. This class is for educational purposes only; there will be no solicitation or obligation of the attendees.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

March 15

Tue 2:00 p.m. – 3:00 p.m.
503507-2C Lambeth

Six Steps to Prevent a Chronic Disease

(18 years and older)

Whether you're concerned about heart health, blood sugar, or just interested in maximizing health, this class will help participants identify simple and gradual lifestyle strategies to help meet personal health goals.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

January 18

Tue 2:00 p.m. – 3:00 p.m.
516143-2A Massi

Social Security: Proper Timing

(18 years and older)

This class will teach those nearing or in retirement their options for taking Social Security, including the right time and how to take it. The instructor will use participants' questions to guide class discussion. The instructor is a financial advisor who has taught classes at several Fairfax County libraries. This class is for educational purposes only; there will be no solicitation or obligations of the attendees.

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

March 22

Tue 7:00 p.m. – 8:30 p.m.
500602-2B Wu

Technology Help for E-books and Audio Books

(18 years and older)

A representative from the Reston Regional Library will show how to use the library's e-books and audio books program. Participants will learn how to check out e-books and audio books and use the new app the library has created for quick and easy access to these resources.

1, 60-min. session at RCC Hunters Woods Free, Registration Req.

February 23

Wed 1:00 p.m. – 2:00 p.m.
514343-2A Chandan

REGISTER TODAY DON'T DELAY!

Signing up not only reserves your place, it assures other interested patrons that the class will go on as scheduled. We have noticed some patrons wait until just days before the event to register. For our programs to successfully run, we strive for minimum enrollment at least one week in advance or the event could be canceled due to low enrollment. Please don't delay – register now online, by mail, fax or in-person.

INCLEMENT WEATHER

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

FITNESS STUDENTS

Yoga patrons are required to bring a mat to class.

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

FITNESS – YOGA

Chair Yoga for Healthy Aging

(18 years and older)

This class will explore yoga poses and breathing practices, both seated and standing, using a chair for support. Chair yoga is accessible for all and has many therapeutic benefits including improved strength, balance, and flexibility, increased circulation, and developing new patterns to help participants better deal with stress and pain.

8, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

January 19 – March 9

Wed 9:00 a.m. – 10:00 a.m.
305606-2B Unger

March 23 – May 11

Wed 9:00 a.m. – 10:00 a.m.
305606-2C Unger

Gentle Yoga

(18 years and older)

This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor. Patrons are required to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 10:15 a.m. – 11:15 a.m.
304995-2B Sypula

March 28 – May 16

Mon 10:15 a.m. – 11:15 a.m.
304995-2C Sypula

Gut Feeling Yoga

(18 years and older)

There is increasing evidence that yoga coupled with a mindful breathing practice can reduce the psychological and physical symptoms of Irritable Bowel Syndrome (IBS). IBS is a common, chronic condition that is associated with abdominal pain, bloating and changes in bowel patterns. Students will learn yoga postures and breathing techniques to help calm those “gut feelings” by targeting the mind-body connection. This class is led by yoga instructor and nurse practitioner Christina Unger. Patrons are required to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

January 19 – March 9

Wed 5:00 p.m. – 6:00 p.m.
302300-2B Unger

March 23 – May 11

Wed 5:00 p.m. – 6:00 p.m.
302300-2C Unger

Hatha Yoga I

(18 years and older)

The intention of this class is to create balance in the physical, mental and energetic bodies. Students will explore foundational postures (asanas), breathing (pranayama) and mindfulness practices. The class is open to all levels. Patrons are required to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

January 20 – March 10

Thu 9:00 a.m. – 10:00 a.m.
315001-2B Unger

March 24 – May 12

Thu 9:00 a.m. – 10:00 a.m.
315001-2C Unger

Hatha Yoga II

(18 years and older)

This class is a progression from Hatha Yoga I and will continue to explore creating balance in the physical, mental, and energetic bodies. In addition to foundational postures, this class will introduce some more challenging postures and sequences and focus on linking breath with movement to build strength, balance, awareness, and joy. Students should have prior knowledge or experience in Hatha Yoga. Patrons are required to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

January 19 – March 9

Wed 6:15 p.m. – 7:15 p.m.
315002-2B Unger

March 23 – May 11

Wed 6:15 p.m. – 7:15 p.m.
315002-2C Unger

Mindful Yoga with Sound Healing

(18 years and older)

This class will feature mindful (focused on body sensations in the present moment) yoga movements and the use of singing bowls that stimulate body energy centers. The soothing music from singing bowls is often associated with deep relaxation and is beneficial in enhancing spiritual practice. Students will learn yoga movements and corresponding breathing patterns designed to improve focus and concentration. The second half of the class utilizes the bowls and contains mindfulness meditation and final relaxation. Patrons are required to bring their own mat to class.

8, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

January 11 – March 1

Tue 6:00 p.m. – 7:00 p.m.
314760-2B Sypula

March 22 – May 10

Tue 6:00 p.m. – 7:00 p.m.
314760-2C Sypula

FITNESS – YOGA CONTINUED

Tao Yin Yoga

(18 years and older)

Tao Yin combines the powerful practice of yoga with the effortless flow of Qi Gong and is a series of dynamic breath-centered movements designed to energize and revitalize. This Tao Yin practice is a combination of floor work and gentle standing movements intended to emphasize building core and leg strength, balance and flexibility. Patrons are required to bring their own mat to class.

8, 75-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 22 – March 12

Sat 10:30 a.m. – 11:45 a.m.
304888-2D Okerson

March 26 – May 21

(No Class: April 16)

Sat 10:30 a.m. – 11:45 a.m.
304888-2E Okerson

Viniyoga

(18 years and older)

Viniyoga is a slow-moving practice designed to increase strength, stability, balance and vitality. Participants will move gently into and out of basic yoga postures while utilizing breathing patterns used to calm the nervous system and increase alertness. This practice helps to increase flexibility and range of motion through the use of static and dynamic stretching and by repeating and holding postures. Patrons are required to bring their own mat to class.

8, 75-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 11 – March 1

Tue 11:00 a.m. – 12:15 p.m.
304996-2E Okerson

January 13 – March 3

Thu 11:00 a.m. – 12:15 p.m.
304996-2G Okerson

March 22 – May 10

Tue 11:00 a.m. – 12:15 p.m.
304996-2F Okerson

March 24 – May 12

Thu 11:00 a.m. – 12:15 p.m.
304996-2H Okerson

Yoga Strength and Power

(18 years and older)

This class combines Strength and Power Training with Yoga to develop stamina, power, and grace. Strength Training uses the resistance of your own body weight, hand weights, or stretchy bands to build muscle and bone. Power Training uses strength and speed to increase agility and improve balance. Yoga integrates breathing and moving to increase mobility and stability. Participants work at their own level and progress at their own rate through a sequence of exercises for all major muscle groups. Modifications, alternatives, and pacing suggestions are offered by the instructor to help participants develop their own personal practice. Patrons are required to bring their own mat to class.

8, 75-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 11 – March 1

Tue 9:30 a.m. – 10:45 a.m.
304889-2A Okerson

January 13 – March 3

Thu 9:30 a.m. – 10:45 a.m.
304889-2B Okerson

March 22 – May 10

Tue 9:30 a.m. – 10:45 a.m.
304889-2C Okerson

March 24 – May 12

Thu 9:30 a.m. – 10:45 a.m.
304889-2D Okerson

FITNESS – CARDIO & STRENGTH

Fitness Fusion

(18 years and older)

Tone and firm the entire body while improving cardiovascular health, strength and flexibility. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor. Patrons are required to bring their own mat to class.

8, 50-min. sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$135 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 10:30 a.m. – 11:20 a.m.
300014-2E Miles

January 12 – March 2

Wed 10:30 a.m. – 11:20 a.m.
300014-2F Miles

March 21 – May 16

(No Class: April 4)

Mon 10:30 a.m. – 11:20 a.m.
300014-2G Miles

March 23– May 18

(No Class: April 6)

Wed 10:30 a.m. – 11:20 a.m.
300014-2H Miles



FITNESS – CARDIO & STRENGTH CONTINUED

Mind-Body Fitness

(18 years and older)

This team-taught program, led by two personal trainers, provides customized and individual attention to increase body strength, cardiovascular endurance and flexibility while incorporating various exercises and portable equipment. All skill levels welcome. Patrons are required to bring their own mat to class.

16, 60-min. sessions at RCC Lake Anne
\$160 (R)/\$128 (R55+)/\$240 (NR)

January 11 – March 3

Tue, Thu 11:30 a.m. – 12:30 p.m.
 305840-2C Williams

March 22 – May 19

(No Class: April 5, 7)

Tue, Thu 11:30 a.m. – 12:30 p.m.
 305840-2D Williams

Total Body Strength

(18 years and older)

This is a total body workout designed to help increase strength, balance, stability and muscular endurance. Weights will be provided. All skill levels welcome. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$98 (NR)

January 29 – March 12

(No Class: February 19)

Sat 9:00 a.m. – 10:00 a.m.
 302316-2A Staff

Sat 10:15 a.m. – 11:15 a.m.
 302316-2B Staff

April 16 – May 21

Sat 9:00 a.m. – 10:00 a.m.
 302316-2C Staff

Sat 10:15 a.m. – 11:15 a.m.
 302316-2D Staff

FITNESS STUDENTS

Patrons are required to bring a mat to class if class content requires it.



Zumba Family

(5 years and older)

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

6, 45-min. sessions at RCC Lake Anne
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 13 – May 18

Wed 5:00 p.m. – 5:45 p.m.
 306108-2A Avilov

Zumba Fitness

(18 years and older)

Zumba combines high-energy and motivating music with unique moves and combinations that allow the participants to dance away their worries in a party-like atmosphere. Enjoy this fusion of Latin and international music and dance that creates a dynamic and effective fitness regimen.

8, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 6:30 p.m. – 7:30 p.m.
 302327-2B Ledesma

March 28 – May 16

Mon 6:30 p.m. – 7:30 p.m.
 302327-2C Ledesma

Zumba Toning

(18 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 lightweight dumbbells to enhance rhythm and tone target areas that include arms, abs and thighs. New participants must attend first class of session, which includes orientation on posture, alignment and form.

8, 55-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 5:30 p.m. – 6:25 p.m.
 302227-2B Ledesma

March 28 – May 16

Mon 5:30 p.m. – 6:25 p.m.
 302227-2C Ledesma

INCLEMENT WEATHER

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

LEISURE & LEARNING

FITNESS – MOVEMENT & WELLNESS

Active Aging

(18 years and older)

This low-impact class is designed to increase cardiovascular health, muscle strength and balance. Focused attention on injury prevention and functional body mechanics. All skill levels welcome. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$68 (NR)

January 10 – February 28

(No Class: January 17, February 21)

Mon 9:00 a.m. – 10:00 a.m.
300136-2A Beville

April 4 – May 9

Mon 9:00 a.m. – 10:00 a.m.
300136-2B Beville

Aging with Power and Grace

(18 years and older)

This fun class will explore a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living. Class can be performed standing or seated in a chair while focusing on functional exercises designed to improve flexibility, strength, balance and coordination. Participants should wear supportive footwear to class.

8, 60-min. sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$135 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 11:30 a.m. – 12:30 p.m.
300147-2E Williams

January 12 – March 2

Wed 11:30 a.m. – 12:30 p.m.
300147-2F Miles

March 21 – May 16

(No Class: April 4)

Mon 11:30 a.m. – 12:30 p.m.
300147-2G Williams

March 23– May 18

(No Class: April 6)

Wed 11:30 a.m. – 12:30 p.m.
300147-2H Miles

Balance and Mobility Workshop

(18 years and older)

Stay strong for a lifetime with this new class from RCC instructors Christina Unger and Anya Avilov. The workshop combines yoga and Essentrics to improve balance, strength and flexibility. Learn movements, breathing techniques and relaxation to promote balance, increase range of motion in joints and develop awareness to reduce the likelihood of injuries from falls. It is never too early or too late to learn new things and create space in your body and mind!

1, 2-hour session at RCC Lake Anne
\$25 (R)/\$20 (R55+)/\$38 (NR)

March 6

Sun 1:00 p.m. – 3:00 p.m.
302400-2C Unger/Avilov

Beginning Tai Chi

(18 years and older)

This class emphasizes physical discipline and structure of Tai Chi movements and provides the development of basic skills and techniques that lead toward an integration of the mind, body and spirit.

8, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

January 14 – March 4

Fri 9:30 a.m. – 10:30 a.m.
302305-2B Durham

March 25 – May 13

Fri 9:30 a.m. – 10:30 a.m.
302305-2C Durham

Bike Prep for the Spring

(18 years and older)

Join veteran cyclist Kelley Westenhoff for a conversation about how to prep a bicycle for spring riding. Participants will learn how to ensure their bike is ready to ride, how to dress for variable spring weather and types of local surfaces/trails to ride.

1, 60-min. session at RCC Lake Anne
\$5 (R)/\$4 (R55+)/\$8 (NR)

February 26

Sat 1:30 p.m. – 2:30 p.m.
306211-2A Westenhoff

Bike Prep for the Winter

(18 years and older)

Join veteran cyclist Kelley Westenhoff for a conversation about how to include bicycling in winter activities. Participants will learn how to dress for winter cycling, how to gauge weather, bike prep and cleaning, and what kinds of tires to use. Recommendations about places to ride will also be explored.

1, 60-min. session at RCC Lake Anne
\$5 (R)/\$4 (R55+)/\$8 (NR)

January 9

Sun 1:30 p.m. – 2:30 p.m.
306210-2A Westenhoff

Essentrics

(18 years and older)

This class is designed to help students develop their fitness through a dynamic and fluid strengthening and stretching routine. Some of the benefits of this class include increased flexibility, improved range of motion/mobility, pain relief, injury prevention, stress release, posture improvement and increased energy. Patrons should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat to class.

9, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

January 11 – March 8

Tue 10:15 a.m. – 11:15 a.m.
305033-2D Avilov

January 13 – March 10

Thu 10:15 a.m. – 11:15 a.m.
305033-2E Avilov

January 14 – March 11

Fri 10:45 a.m. – 11:45 a.m.
305033-2F Avilov

March 22 – May 17

Tue 10:15 a.m. – 11:15 a.m.
305033-2G Avilov

March 24 – May 19

Thu 10:15 a.m. – 11:15 a.m.
305033-2H Avilov

March 25 – May 20

Fri 10:45 a.m. – 11:45 a.m.
305033-2I Avilov



LEARN TO BIKE



Learn to Bike – Youth

Sunday, April 10 • 1:00 p.m. – 3:00 p.m.

1886 Metro Center Drive, Reston (Upper Deck)

6 – 12 Years Old • 306208-2D

\$30 Reston • \$45 Non-Reston

Sunday, May 15 • 1:00 p.m. – 3:00 p.m.

1886 Metro Center Drive, Reston (Upper Deck)

6 – 12 Years Old • 306208-2E

\$30 Reston • \$45 Non-Reston

Learn to Bike

Sunday, April 3 • 1:00 p.m. – 4:00 p.m.

The Bike Lane, 11150 Sunset Hills Road, Reston

13 Years and Older • 306205-2B

\$65 Reston • \$52 Reston 55+ • \$98 Non-Reston



- **SMALL CLASS SIZE**
- **CERTIFIED INSTRUCTOR**
- **BIKES & HELMETS PROVIDED**

This class is for individuals who have never learned to ride a bike before or need to relearn the basics. Certified instructors use a technique that is intuitive and will take students through a progressive curriculum that has a very high success rate. Topics addressed include balance skills, basic steering and braking skills. Registration fee includes the rental of a bike and a Consumer Product Safety Commission (CPSC)-approved helmet. If the student would like to bring their own helmet, it must be CPSC approved. Students are asked to wear comfortable, weather-appropriate outerwear, and bring water and a snack. Students will be contacted two weeks in advance of the class to ensure that the proper size bicycle is provided.

For more information, please contact the Fitness and Wellness Director at 703-390-6159.

FITNESS – MOVEMENT & WELLNESS CONTINUED

Essentrics: Aging Backwards

(18 years and older)

This revolutionary approach to healthy aging is designed to restore movement in joints, increase muscle flexibility, relieve pain, and stimulate cells to increase energy, vibrancy and to fortify the immune system. This slow-paced, full-body workout was created by Miranda Esmonde-White, author of *The New York Times* bestseller *Aging Backwards*. Patrons should be able to transfer to the floor to use an exercise mat during class. Patrons are required to bring their own mat to class.

9, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

January 12 – March 9

Wed 10:45 a.m. – 11:45 a.m.
305034-2A Avilov

March 23 – May 18

Wed 10:45 a.m. – 11:45 a.m.
305034-2B Avilov

Gut Feeling Seminar

(18 years and older)

Anyone who has experienced “butterflies in their stomach” or a “gut feeling” recognizes that the gut and brain communicate with each other. Yoga is a holistic practice that has positive effects on the relationship between the gut and the brain. This workshop explores the positive effects that yoga, breathing, and meditation can have on the digestive system. Learn how stress plays a role in digestive health and how to change personal responses to physical and psychological stressors. In addition to discussion, participants will learn some yoga postures and breathing practices geared towards a balanced, healthy, happy gut and brain.

1, 3-hour session at RCC Lake Anne
\$25 (R)/\$20 (R55+)/\$38 (NR)

January 29

Sat 1:00 p.m. – 4:00 p.m.
305555-2B Unger



Healthy for Life

(18 years and older)

This comprehensive fitness class begins with a warmup and balance exercises followed by low impact aerobics and resistance training (some on the floor) using weights and ending with stretching. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$68 (NR)

January 21 – February 25

Fri 10:45 a.m. – 11:45 a.m.
300135-2B Beville

April 8 – May 13

Fri 10:45 a.m. – 11:45 a.m.
300135-2C Beville

Healthy Joints Workshop

(18 years and older)

Joint health and mobility refer to the movement around a joint. Having full range of motion and flexibility without pain and stiffness indicates healthy joints. However, many people have a limited range of motion, as the result of an injury, inactivity or lack of stretching. This causes joint pain that can make everyday tasks difficult. Learn stretches and exercises to help keep joints healthy and flexible, and to relieve pain. This workshop is led by Sasha Avilov, Doctor of Physical Therapy.

1, 75-min. session at RCC Lake Anne
Free, Registration Req.

February 27

Sun 11:00 a.m. – 12:15 p.m.
302402-2A Avilov

Joint-Friendly Fitness

(18 years and older)

This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear supportive footwear. Patrons are required to bring their own mat to class.

9, 60-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

January 12 – March 9

Wed 12:00 p.m. – 1:00 p.m.
300129-2B Fletcher

March 16 – May 18

(No Class: April 6)

Wed 12:00 p.m. – 1:00 p.m.
300129-2C Fletcher

FITNESS STUDENTS

Patrons are required to bring a mat to class if class content requires it.

FITNESS – MOVEMENT & WELLNESS CONTINUED

Pilates Mat

(18 years and older)

Pilates is a system of exercises designed to develop the body's core, mobilize and stabilize the spine, and build flexibility and strength. Most exercises will be performed on the mat and may include stability balls, magic circles and light hand weights. Patrons are required to bring their own mat to class.

6, 60-min. sessions at RCC Lake Anne
\$45 (R)/\$36 (R55+)/\$68 (NR)

January 24 – March 7

(No Class: February 21)

Mon 12:30 p.m. – 1:30 p.m.
 306030-2D Staff

March 28 – May 9

(No Class: April 4)

Mon 12:30 p.m. – 1:30 p.m.
 306030-2F Staff

8, 60-min. sessions at RCC Lake Anne
\$60 (R)/\$48 (R55+)/\$90 (NR)

January 13 – March 3

Thu 5:30 p.m. – 6:30 p.m.
 306030-2C Staff

March 24 – May 19

(No Class: April 7)

Thu 5:30 p.m. – 6:30 p.m.
 306030-2E Staff

Stress Relief Workshop

(18 years and older)

Stress affects the body's emotions and behaviors and causes real chemical and physical changes, including tightness of muscles, headaches, digestive disturbances, anxiety and sleep issues. Long-term stress can contribute to many disorders. Participants will learn to recognize the effects of stress and explore multiple techniques on how to self-regulate and relax the body and mind. These include Essentrics, yoga, breathing, meditation and relaxation. These tools will help participants create balance, space, joy, and optimal health and wellness.

1, 2-hour session at RCC Lake Anne
\$25 (R)/\$20 (R55+)/\$38 (NR)

January 30

Sun 1:00 p.m. – 3:00 p.m.
 302401-2A Unger/Avilov



Tai Chi for Health and Balance

(18 years and older)

Explore simple tai chi movements that strengthen the legs, improve balance and promote relaxation. Class will include sitting meditations and breathing exercises to link the breath to the body. Suitable for all levels of fitness. Beginners are welcome.

8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

February 1 – March 22

Tue 9:15 a.m. – 10:15 a.m.
 306020-2C Smyers

April 12 – May 31

Tue 9:15 a.m. – 10:15 a.m.
 306020-2D Smyers

Tai Chi Yang Style – Intermediate Advanced

(18 years and older)

Continue integrating and refining the Yang Style Short Form with an emphasis on unified movement and developing root. Prior participation in Intermediate or Advanced classes or instructor permission required.

8, 60-min. sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$113 (NR)

February 1 – March 22

Tue 10:30 a.m. – 11:30 a.m.
 306016-2C Smyers

April 12 – May 31

Tue 10:30 a.m. – 11:30 a.m.
 306016-2D Smyers

FITNESS STUDENTS

Patrons are required to bring a mat to class if class content requires it.

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

RESTON PATRONS 55 YEARS AND OLDER

If you live or work in Reston, you pay a discounted rate on eligible classes. Please use the (R55+) price when making payment. If registering online, the adult price is displayed with the class description. The 55+ discounted price will be displayed on the checkout system.

FITNESS – DAILY PASS

Boot Camp, Cardio and Strength Intervals, Walking Group, Zumba Gold and Zumba Gold Toning now require reservations. To make a reservation, sign into myRCC and select the dates and times you wish to attend. Reservations open on the 25th of the month for the following month (for example, December 25 for January reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons. Reservations for daily fitness programming are free, but patrons are required to purchase a Fitness pass and swipe the pass prior to each class. Fitness passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of five visits to a maximum of 60 visits at the fee of \$2.75 (R)/\$5.50 (NR) per class. Fitness passes expire two years from the date of purchase. No 55+ discount applies. Patrons who need to cancel can now do so in myRCC.

Please note: If the class content requires it, participants should bring their own mat to class.

Patrons who need to cancel a reservation can now do that in myRCC. This will help RCC fill the vacated spot with someone on a waitlist more easily.

Learn How to Purchase a Pass, Make a Reservation or Cancel a Reservation in myRCC: :

www.restoncommunitycenter.com/HowTo

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs



Cardio and Strength Intervals

(18 years and older)

Join us for an energizing workout that consists of intervals of cardiovascular and strength training movements. This class is designed to help improve metabolism and increase endurance and power. Weights will be provided.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

January 5 – May 18

Wed 10:30 a.m. – 11:30 a.m.
3C0095-2 Fletcher

Walking Group

(18 years and older)

This group is designed to activate your day by engaging in a 60-minute walk on Reston's paths and at nearby parks and gardens. Refresh your day in the fresh air with a light stroll. Group will meet in different parts of Reston or slightly beyond Reston, such as Meadowlark Botanical Gardens in Vienna, to explore various locations. Program may be canceled in inclement weather.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

January 5 – May 18

Wed 12:15 p.m. – 1:15 p.m.
3C0085-2 Avilov

Zumba Gold

(18 years and older)

Zumba Gold is for active adults looking for a modified class that recreates the original Zumba moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination using zesty Latin rhythms in a party-like atmosphere.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

January 5 – May 20

Wed, Fri 9:30 a.m. – 10:30 a.m.
3C0070-2 Avilov

Zumba Gold Toning

(18 years and older)

The Zumba Gold Toning program utilizes the strength training techniques of Zumba Toning at a lower intensity, creating an easy-to-follow dance fitness program for active adults. The instructor will guide participants through a traditional Zumba Gold cardio dance party with enhanced movements incorporating light weights for added resistance and muscle conditioning.

60-min. sessions at RCC Lake Anne Pass, Reservation Req.

January 4 – May 17

Tue 9:00 a.m. – 10:00 a.m.
3C0080-2 Avilov

LANGUAGE

French for Beginners I (18 year and older)

This class is for anyone who has ever had an interest in learning the beautiful French language. Students will learn basic communication skills, vocabulary and expressions for greeting someone in French, for making a purchase and ordering at a restaurant. No prior knowledge or experience in French is necessary.

8, 90-min. sessions at RCC Hunters Woods
\$55 (R)/\$44 (R55+)/\$83 (NR)

January 13 – March 3

Thu 2:00 p.m. – 3:30 p.m.
505135-2B Elder

April 7 – May 26

Thu 2:00 p.m. – 3:30 p.m.
505135-2C Elder

French for Beginners II (18 years and older)

This class is for students who have taken French for Beginners I. Students who have some knowledge of French at the beginner level are also welcome. We will review and reinforce proper pronunciation and useful expressions taught in Level I to give students a stronger grasp of the language. We will also continue our focus on the spoken word and on French culture.

8, 90-min. sessions at RCC Hunters Woods
\$55 (R)/\$44 (R55+)/\$83 (NR)

January 13 – March 3

Thu 12:00 p.m. – 1:30 p.m.
505138-2B Elder

April 7 – May 26

Thu 12:00 p.m. – 1:30 p.m.
505138-2C Elder

Japanese Culture Club (18 years and older)

Participants should have some conversational knowledge of the Japanese language. New participants are always welcome and encouraged to attend. The club will meet on the third Saturday of the month.

2-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 15, February 19, March 19

April 16, May 21

Sat 3:00 p.m. – 5:00 p.m.
5C0070-2F Staff

OLLI

In January and February, OLLI is offering virtual classes using the online platform Zoom. Patrons will be sent a Zoom link after registration. Anyone who needs a special accommodation and would like to view the class from RCC Hunters Woods should contact Cassie Lebron at 703-390-6157 one week prior to the class. The March – May classes will be in person at RCC Lake Anne.

Blues, Classical & Jazz (18 years and older)

Explore popular American music genres in this two-part class. On January 26, learn about the origins of the blues and its impact on other popular music. On February 2, explore jazz and classical. Join Walter Todenhoft, a former member of the U.S. Army's Old Guard Fife and Drum Corps and the U.S. Army Band, for an enlightening look at these music styles.

2, 85-min. sessions – virtual
\$20 (R)/\$16 (R55+)/\$30 (NR)

January 26 – February 2

Wed 9:40 a.m. – 11:05 a.m.
599100-2A OLLI

Conversations with a Nurse (18 years and older)

Registered nurse Dana Rizzo will offer insight into four important health topics.

- January 26: COPD, Respiratory and Pulmonary Diseases
- February 2: Improving Sleep for Seniors
- February 9: Social Engagement and its Benefits
- February 16: Better Balance to Improve Stability and Prevent Falls

Dana Rizzo has worked in acute-care hospital settings, acute rehabilitation and senior living communities. She is currently the Area Manager of Business Development for Waltonwood Senior Living in Ashburn.

4, 85-min. sessions – virtual
\$40 (R)/\$32 (R55+)/\$60 (NR)

January 26 – February 16

Wed 2:15 p.m. – 3:40 p.m.
599103-2A OLLI

England, England: Kingsley Amis' *Lucky Jim* and Martin Amis' *The Rachel Papers* (18 years and older)

Kingsley's *Lucky Jim* (1954) and Martin's *The Rachel Papers* (1973) are both debut novels of astonishing power that announced the arrival of a major English novelist. Each book won the Somerset Maugham Award for Fiction and seemed to speak for an entire generation.

In this class, we will read both, focusing on the portrait that father and son paint of their respective generations. The discussion will look at England in its postwar years, an era of political, economic and cultural upheaval, and offer historical context to explain the forces and events that each man was contending with in his work. Kay Menchel, who grew up in Yorkshire, England, is a lawyer who also holds a master's in English literature from George Mason University.

8, 85-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

March 30 – May 18

Wed 2:15 p.m. – 3:40 p.m.
599108-2A OLLI

From Anasazi to Pueblo: The Great Archaeological Mystery (18 years and older)

Learn about the geography and architecture of the Four Corners area of New Mexico and Colorado, including structures and inhabitants dating back to the 12th century. The Anasazi people are the ancestors of the current Pueblo tribes, and their various structures remain a mystery. The course will take a virtual trip through this area and examine the different types of stone ruins as it reviews the archeological work and speculation about the diaspora south to the Pueblo areas today. Richard Stillson has a PhD in economics from Stanford University and a PhD in history from Johns Hopkins University. He is the author of *Spreading the News: A History of Information in the California Gold Rush*.

4, 85-min. sessions – virtual
\$40 (R)/\$32 (R55+)/\$60 (NR)

January 26 – February 16

Wed 11:50 a.m. – 1:15 p.m.
599102-2A OLLI

OLLI CONTINUED

Grand Questions of the Bible

(18 years and older)

Many believers look to the Bible as God's instruction manual for answers to the grand questions of life. But there are major disagreements regarding how the answers to these questions should be understood. In this course, we will examine some of these grand questions, the answers Biblical writers provide, and why those who embrace the Bible often have radical differences regarding its meaning. The questions we will explore are lifted directly from the Bible text and present some of the most vexing mysteries of faith. Steven C. Goldman serves as chair of OLLI's Religious Studies Program Planning Group. He has taught numerous courses on alternative understandings of Biblical doctrine.

8, 85-min. sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

March 30 – May 18

Wed 11:50 a.m. – 1:15 p.m.
599107-2A OLLI

Sherlock Holmes: Books and Beyond

(18 years and older)

The game is afoot! Since being introduced to the world in 1887, Sherlock Holmes has populated countless short stories and novels and is the most portrayed character in film and television. Join Dan Sherman to look at Sherlockian scholarship that treats the fictional detective as a real person. This course will first describe the writings of Sir Arthur Conan Doyle and some of the adventures of Holmes and Watson written by others. It will detail the long history of the pair on stage, film and television. The multimedia class will look at portrayals of Holmes and Watson, including the recent *Sherlock* series set in modern London.

2, 85-min. sessions – virtual
\$20 (R)/\$16 (R55+)/\$30 (NR)

February 9 – February 16

Wed 9:40 a.m. – 11:05 a.m.
599104-2A OLLI

The History of the Lincoln Memorial

(18 years and older)

Join National Park Service rangers to observe the 100th anniversary of the Lincoln Memorial. Four classes will explore the construction and social importance of the Lincoln Memorial in Washington, DC.

4, 85-min. sessions at RCC Lake Anne
\$40 (R)/\$32 (R55+)/\$60 (NR)

April 26 – May 17

Tue 2:15 p.m. – 3:40 p.m.
599105-2A OLLI

The Supreme Court Current Cases

(18 years and older)

This is a discussion class addressing cases the U.S. Supreme Court will hear, or has heard, during its 2021–2022 term. We will use instructor-provided material consisting of the background of the cases, lower court decisions and edited briefs filed with the Supreme Court, including audio of oral arguments for selected cases. Our discussion of each case will look at both sides of every argument, the likely position of each justice, and the social and political context of the case. OLLI member Ben Gold has a bachelor's degree in political science from Stanford University and earned a master's degree in computer science as a naval officer. He has served as a docent at the Supreme Court for the past 16 years.

7, 85-min. sessions at RCC Lake Anne
\$70 (R)/\$56 (R55+)/\$105 (NR)

March 30 – May 11

Wed 2:15 p.m. – 3:40 p.m.
500326-2A OLLI

This Thing of Darkness I Do Acknowledge Mine: How Anger Rules *The Tempest*

(18 years and older)

Join GMU professor Joyce Johnson for an examination of this classic by William Shakespeare. The deposed Duke of Milan, betrayed by his own brother, has survived by building a magical refuge – an island full of hidden glades, peopled by elusive voices, cared for by magical ministers. Yet Shakespeare's title suggests another possibility: his island was created by Prospero's seething resentment at his unjust fate.

1, 85-min. session at RCC Lake Anne
\$10 (R)/\$8 (R55+)/\$15 (NR)

May 18

Wed 9:40 a.m. – 11:05 a.m.
599106-2A OLLI

INCLEMENT WEATHER

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

RESTON PATRONS 55 YEARS AND OLDER

If you live or work in Reston, you pay a discounted rate on eligible classes. Please use the (R55+) price when making payment. If registering online, the adult price is displayed with the class description. The 55+ discounted price will be displayed on the checkout system.

PERFORMING ARTS

ArtStream: Improvisation and Storytelling

(18 years and older)

Improvisation is a great way to practice listening and teamwork while having fun with new friends. Learning through performing arts builds confidence by allowing participants to make their own choices. Inclusive participation also fosters social connections and allows participants to practice communication skills like eye contact, listening and self-awareness. ArtStream has more than 10 years of experience creating programs for participants of all abilities.

8, 90-min. sessions at RCC Hunters Woods
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 11 – March 1

Tue 7:00 p.m. – 8:30 p.m.
402684-2B ArtStream

March 29 – May 17

Tue 7:00 p.m. – 8:30 p.m.
402684-2C ArtStream

INCLEMENT WEATHER

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

**REGISTER TODAY
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.

SOCIAL

American Mah Jongg

(18 years and older)

American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This drop-in program is for players of all levels, from beginners to skilled.

2.5-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 5 – May 25

Wed 1:15 p.m. – 3:45 p.m.
509605-2C Staff

January 6 – May 26

Thu 9:30 a.m. – 12:00 p.m.
509605-2D Staff

Bridge Mondays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Monday. Bring lunch for a mid-day break.

4-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 3 – May 23

(No Class: January 17)
Mon 10:00 a.m. – 2:00 p.m.
509603-2B Staff

Bridge Tuesdays

(18 years and older)

Intermediate and advanced players are invited to join this enthusiastic group every Tuesday. Bring lunch for a mid-day break.

3-hour sessions at RCC Lake Anne
Free, Registration Req.

January 11 – May 31

Tue 10:00 a.m. – 1:00 p.m.
505551-2B Staff

Chalk the Block

(All Ages)

Bring your camera (or smartphone) and join us on the plaza at RCC Hunters Woods for the photo opportunity of the year! We will have hand-drawn and large-scale sidewalk chalk murals that are perfect for creative photographs and moments for the whole family.

1, 3-hour session at RCC Hunters Woods
Free, Registration Req.

May 22

Sun 11:00 a.m. – 2:00 p.m.
862022-2A

Chess Club

(13 years and older)

Join RCC's Chess Club to meet new partners and build skills. Participants of any age and skill level are welcome. Children under the age of 13 must be accompanied and supervised by an adult guardian (age 18 or older) for the duration of the program.

3-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 6 – May 26

Thu 6:30 p.m. – 9:30 p.m.
901354-2 Staff

Crafternoon Pop-Up

(All Ages)

Join RCC at noon for an hour of different crafting activities to offer families creative "together" time. Supplies will be provided. This program is free; registration is required.

1, 60-min. session at TBD
Free, Registration Req.

April 1

Fri 12:00 p.m. – 1:00 p.m.
86C102-2A

Reston Plays Games

(18 years and older)

Tabletop gaming brings people together with cards, dice and meeples in hand to achieve goals both simple and complex. Bring your board, card and dice game collections and share the fun of playing with and making new friends. Games range in style including cooperative, worker placement, deck-building, strategy and more. Gamemasters for role-playing games may contact Bill Parker, (William.parker@fairfaxcounty.gov) for information regarding open gaming times for new or established groups.

5-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 5 – May 25

Wed 5:00 p.m. – 10:00 p.m.
503594-2B Staff



Registration ends
January 10, 2022



Enriching Lives.
Building Community.®

Winter 2022 Esports Leagues

Reston Community Center has partnered with GGLeagues to bring video game leagues to our community.

Choose to play in Rocket League, FIFA, Madden, Fortnite, NBA2K, and Super Smash Bros leagues.

Each league will run for six weeks. Registration closes on January 10, 2022.

Divisions available:

YOUTH 8-12

TEEN 13-18

ADULT 18+



Begins Week of January 24, 2022



\$40
per player



6 weeks of competition:
5 week season
1 week playoff



Prizes for top team
include in-game currency,
and GGLeagues champion
shirt & medal.

▶ **SIGN UP HERE:** <https://app.ggleagues.com/organization/reston-community-center>

For more information, please contact Karen Brutsché, Leisure & Learning Director,
at karen.brutsche@fairfaxcounty.gov or 703-390-6162.



MADDEN NFL 21
MVP EDITION

MONDAYS
PS4 & XBOX

FORTNITE

TUESDAYS (Solos)
FRIDAYS (Duos)

**ROCKET
LEAGUE**

WEDNESDAYS
(1v1 & 3v3)

**SUPER
SMASH BROS™**

THURSDAYS
Nintendo Switch

TECHNOLOGY

Automate Your Home with Google Home

(18 years and older)

Learn how to smart automate your home with Google's Home app and their various audio, video and Home security products. Google's Nest services and third-party connectivity will be covered.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

May 9

Mon 10:00 a.m. – 12:00 p.m.
505337-2B Livingston

Better Camera Apps

(18 years and older)

Did you know there are other cameras to add to cell phones? These apps can give you better control while taking photos. Learn how to use these tools to take even better pictures of family and friends. Please bring a mobile phone and charging cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 3

Thu 10:00 a.m. – 12:30 p.m.
500738-2B Leir

Computer Maintenance and Housekeeping

(18 years and older)

Learn how to keep computers running smoothly by using system tools, utility programs, firewalls and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files and keep computers updated automatically. Students may bring their own laptops.

1, 3.5-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

May 20

Fri 1:00 p.m. – 4:30 p.m.
505001-2B Livingston



Cut the Cable: Switch to Streaming TV

(18 years and older)

Learn about the various streaming TV options and whether switching to streaming will save money. Please bring a cable bill to class to compare current charges to available options.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 10

Thu 10:30 a.m. – 12:30 p.m.
504173-2B O'Connell

Exploring Mobile Apps

(18 years and older)

From maps to photos to games, the phone and tablet offer a wide range of apps. Students will learn how to select, download, navigate and manage apps from the Apple App Store on their mobile devices. Android apps will be briefly discussed.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 17

Thu 10:30 a.m. – 12:30 p.m.
500563-2B O'Connell

Exploring Social Media

(18 years and older)

Facebook, Twitter, LinkedIn, Snapchat, blogs and more. Social media platforms are changing the way we engage with each other and comment on issues. This class will demonstrate and discuss the most popular sites, how they work and privacy precautions.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 8

Fri 10:30 a.m. – 12:30 p.m.
500562-2B O'Connell

Google: Much More Than Search

(18 years and older)

Learn to use more Google features, such as Gmail and search tips, Google Photos, Google Docs, translations, and much more. Learn how to create a personalized/shared calendar, make free phone calls, use the Cloud to print from anywhere and download books, as well as music and apps from the Google Play store.

1, 3-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 21

Mon 1:30 p.m. – 4:30 p.m.
500491-2B Livingston

iPhone Camera

(18 years and older)

Learn how to use all the camera options that come with an iPhone camera. Discover how to take the best pictures of family and friends.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

January 13

Thu 10:00 a.m. – 12:30 p.m.
500395-2B Leir

iPhone Camera Editing

(18 years and older)

Learn how to edit photos using Snapseed. This free app can bring photos to life. Download the app before class. Please bring a mobile phone and charging cord to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

February 10

Thu 10:00 a.m. – 12:30 p.m.
500496-2B Leir

TECHNOLOGY CONTINUED

iPhone Storage

(18 years and older)

Learn how to organize photos on your phone or in the Cloud. Discover iCloud and how it works and how to remove photos from a phone. Participants should bring a mobile phone and charging cords to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

January 27

Thu 10:00 a.m. – 12:30 p.m.
500736-2B Leir

iPhone/iPad Movie Editing

(18 years and older)

iMovie is a fun and powerful tool for creating short videos on an iPhone or iPad. Students will learn how to make a movie with music and voiceovers. Come to class with iMovie downloaded to your iPhone or iPad.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 7

Thu 10:00 a.m. – 12:30 p.m.
503536-2B Leir

Online Payment Systems

(18 years and older)

Securely manage retail and online purchases in this interactive course. Learn how PayPal, Venmo, Bitcoin and Apple Pay can streamline shopping.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 28

Thu 10:00 a.m. – 12:30 p.m.
500812-2A Livingston

Photo Slideshow

(18 years and older)

Learn how to make a slideshow complete with photos, transitions and music. This type of presentation is useful for reunions, parties and other special occasions.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 24

Thu 10:00 a.m. – 12:30 p.m.
500737-2B Leir

Photoshop Elements 1

(18 years and older)

Learn how to enhance photos by using Photoshop Elements. Please bring a mobile phone or digital camera and charging cords to class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

April 21

Thu 10:00 a.m. – 12:30 p.m.
500740-2A Leir

Photoshop Elements 2

(18 years and older)

Take Photoshop skills to the next level by learning how to use layers and masks in Photoshop Elements. It is recommended that participants take Photoshop Elements 1 before taking this class.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

May 5

Thu 10:00 a.m. – 12:30 p.m.
500741-2A Leir

Photoshop Elements 3

(18 years and older)

Learn how to use Photoshop to further enhance photos. Participants should bring photos on a mobile phone, tablet or laptop to get assistance making changes, additions and corrections to images.

1, 2.5-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

May 19

Thu 10:00 a.m. – 12:30 p.m.
500742-2A Leir

Prepare iPhones and iPads for Travel

(18 years and older)

Planning a trip this year? Turn a smartphone or tablet into a travel companion that will save time and aggravation and bring entertainment on the go. Learn tips on finding Wi-Fi, saving battery life, storing maps, using trip planners and finding the best travel apps. Bring your device to class fully charged.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

May 12

Thu 2:00 p.m. – 4:00 p.m.
500487-2A O'Connell

Protect Your Privacy and Identity Online

(18 years and older)

The convenience of the digital world requires giving personal information that may leave us exposed to hackers and scammers. Learn the ways that privacy can be protected across technology platforms such as Google, email, Windows 10, iPad and when using email or social media platforms like Facebook. Participants will assess online activity, examine privacy settings and teach about the tools that restrict access to information.

1, 2-hour session at RCC Hunters Woods
\$20 (R)/\$16 (R55+)/\$30 (NR)

March 31

Thu 10:30 a.m. – 12:30 p.m.
500697-2B O'Connell

Windows 10 for New Users

(18 years and older)

From the Start Menu to the user interface, Windows 10 is different. Anyone new to Windows 10 will discover the powerful new tools and easy ways to customize the screen. Learn to manage tiles and task menu along with the critical importance of using System Tools for privacy and personalization.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

April 19

Tue 10:30 a.m. – 12:30 p.m.
503611-2B O'Connell

Windows 10: Working with Files

(18 years and older)

Learn how to organize files and photos with the tools in Windows 10. Learn how to create folders, search for files, move, copy, delete files, and transfer photos from a phone and tablet. Learn various ways to back up files. Participants should bring a laptop to class if they have one.

1, 2-hour session at RCC Hunters Woods
\$50 (R)/\$40 (R55+)/\$75 (NR)

April 26

Tue 10:30 a.m. – 12:30 p.m.
503613-2B O'Connell



eLEARNING

→ @RCC

EXPAND YOUR EXPERTISE AND ADVANCE YOUR CAREER

Certificate Programs in:

- Business
- Business Communication
- Digital Marketing
- Human Resources
- Leadership
- Management
- New Media Marketing
- Social Media for Business
- Training and Education

Individual Courses in:

- Business
- Career Skills
- Parenting
- Health
- Human Resources
- Leadership
- LEED Green Workplace
- Management
- New Media Marketing
- Professional Development
- Social Media for Business
- Training and Education
- Web Design

For more information, please contact LaTanja Snelling, RCC Collaboration & Outreach Director, at 703-390-6158.

Visit the eLearning page to find the class schedule that works best for you.

www.restoncommunitycenter.com/eLearning

Because this is a partnered program, no RCC fee waivers can be used.

TRIPS & TOURS

Dumbarton House Guided Tour and Lunch

(18 years and older)

Travel with us to Dumbarton House. Enjoy a guided tour and catered lunch at this historic Washington, DC, home. Joseph Nourse, the first Registrar of the U.S. Treasury, and his wife Maria, made their home here in the 19th century, and the house contains historical collections that serve as early preservation of the history of our nation. Trip fee includes transportation, guided tour, catered lunch and trip chaperone.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

3:30 p.m. Estimated return to Reston

1, 6-hour trip

\$85 (R)/\$68 (R55+)/\$128 (NR)

February 2

Wed 9:30 a.m. – 3:30 p.m.
514347-2A Staff

Change Agent at Arena Stage

(18 years and older)

The Cuban Missile Crisis, the Civil Rights Movement and the Cold War were just some of the most influential periods in U.S. history, with eerie resonance with current social and racial movements. Tony Award-nominated playwright and director Craig Lucas' provocative play imagines dramatic scenes between figures from history both celebrated and unsung. These insider voices were responsible for influencing major decisions that are still unfolding and radically impacting our country. Trip fee includes transportation, admission, and trip coordinator. To help prevent the spread of COVID-19 variants, this venue requires proof of vaccination. Patrons will be required to show ID and proof they are fully vaccinated prior to entry; those who fail to do so will be denied access. RCC has no authority to make exceptions to this requirement.

10:00 a.m. Depart RCC Lake Anne

10:30 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated return to Reston

1, 7-hour trip

\$125 (R)/\$100 (R55+)/\$188 (NR)

February 15

Tue 10:00 a.m. – 5:00 p.m.
514345-2A Staff

Riverdance at The Kennedy Center

(18 years and older)

Enjoy this powerful and stirring reinvention of Irish and international dance. Trip fee includes transportation, admission and trip coordinator. To help prevent the spread of COVID-19 variants, this venue requires proof of vaccination. Patrons will be required to show ID and proof they are fully vaccinated prior to entry; those who fail to do will be denied access. RCC has no authority to make exceptions to this requirement.

11:30 a.m. Depart RCC Lake Anne

12:00 p.m. Depart RCC Hunters Woods

5:30 p.m. Estimated return to Reston

1, 6-hour trip

\$135 (R)/\$108 (R55+)/\$202 (NR)

March 24

Thu 11:30 a.m. – 5:30 p.m.
514349-2A Staff

Historical Tour and Wine Tasting at Bull Run

(21 years and older)

Immerse yourself in the beautifully landscaped vistas, tour the many historical structures and listen to the unique stories of the American Civil War that took place on these grounds. We will enjoy a boxed lunch and then take a tour that will include wine tasting. Afterward, there will be time to walk around and shop before departure. Trip fee includes admission, transportation, boxed lunch and trip coordinators.

10:00 a.m. Depart RCC Lake Anne

10:30 p.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

1, 6-hour trip

\$105 (R)/\$84 (R55+)/\$157 (NR)

March 18

Thu 10:00 a.m. – 4:00 p.m.
503622-2A Staff

GENERAL INFORMATION

Unless otherwise stated, luxury charter buses equipped with a lavatory 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 here](#).

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

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

ADA Accommodations:

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

TRIPS & TOURS CONTINUED

Afternoon Tea and Tour at Rosemont Manor

(18 years and older)

Visit historic Rosemont Manor in Berryville, VA, for afternoon tea and a tour. Start with a talk by the owner on the history of Rosemont, then enjoy a three-course tea in the main dining room and sunroom. Tea will feature tea sandwiches, a scone, desserts and tea pairings. After the tea, patrons are welcome to tour the remainder of the manor. Trip fee includes transportation, afternoon tea, admission and trip coordinator.

10:30 a.m. Depart RCC Lake Anne

11:00 a.m. Depart RCC Hunters Woods

5:00 p.m. Estimated return to Reston

1, 6.5-hour trip

\$110 (R)/\$88 (R55+)/\$165 (NR)

April 14

Thu 10:30 a.m. – 5:00 p.m.
514346-2A Staff

Tea and Chocolate Pairings

(14 years and older)

Sample various teas and the chocolates that best accompany them. This is a lovely way to get together over a cup of tea and enjoy sweet treats. Anyone under the age of 18 must be accompanied by a parent or guardian. For directions call 703-759-2771.

1, 3-hour session at Colvin Run Mill

10017 Colvin Run Road, Great Falls, VA

\$40 (R)/\$32 (R55+)/\$60 (NR)

April 24

Sun 1:00 p.m. – 4:00 p.m.
903062-2A Ali

**REGISTER TODAY
DON'T DELAY!**

Help us avoid program cancellations by registering at least one week before the start date.



Museum of the Shenandoah Valley

(18 years and older)

Spend the day exploring the Museum of the Shenandoah Valley and the adjoining Glen Burnie Historic House and Gardens. The museum complex, located in Winchester, VA, tells the story of the art, history and culture of the Shenandoah region. The museum displays decorative arts made in the valley since the mid-1700s, collections of paintings and furniture, and the fascinating Miniatures Gallery. A docent will lead the tour of Glen Burnie, with its collection of antiques and paintings. The house is surrounded by six acres of spectacular gardens. A boxed lunch will be provided to enjoy at the picnic area of the museum. Trip fee includes admission, lunch, transportation and trip coordinator.

9:00 a.m. Depart RCC Lake Anne

9:30 a.m. Depart RCC Hunters Woods

4:30 p.m. Estimated return to Reston

1, 7.5-hour trip

\$95 (R)/\$76 (R55+)/\$142 (NR)

May 11

Wed 9:00 a.m. – 4:30 p.m.
514350-2A Staff

Alpacas Up Close

(11 – 14 years old)

Come with us to visit Mary's Alpaca Farm in The Plains, VA, and take candid photos of the animals. Afterward, photographers will proceed to RCC's computer lab to upload and edit their photos. Please bring a digital camera or a smartphone with a camera. Bus transportation will be provided from RCC Hunters Woods.

1, 7-hour trip

\$50 (R)/\$75 (NR)

May 21

Sat 9:00 a.m. – 4:00 p.m.
903058-2A Simmons

Hillwood Estate Museum

(18 years and older)

Hillwood Estate, located in Northwest Washington, DC, is a true reflection of Marjorie Merriweather Post's keen sense of architecture, fine art and horticultural design. Hillwood boasts an immense decorative arts collection and stunning cultivated gardens. Enjoy a relaxing day exploring the vast art collection, a buffet lunch and walking through the maze of horticultural wonders. Trip fee includes transportation, self-guided tours, lunch and trip coordinator.

9:30 a.m. Depart RCC Lake Anne

10:00 a.m. Depart RCC Hunters Woods

4:00 p.m. Estimated return to Reston

1, 6.5-hour trip

\$95 (R)/\$76 (R55+)/\$142(NR)

May 25

Wed 9:30 a.m. – 4:00 p.m.
500125-2A Staff

LEISURE & LEARNING

VISUAL ARTS

Acrylic Painting Beginners

(18 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
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 14 – March 4

Fri 10:00 a.m. – 1:00 p.m.
455011-2B Lopes

March 25 – May 20

(No Class: April 8)

Fri 10:00 a.m. – 1:00 p.m.
455011-2C Lopes

Acrylic Painting with Collage

(18 years and older)

This class will explore the use of collage elements with acrylic painting techniques. This class will be geared toward beginners, but all skill levels are welcome. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 13 – March 3

Thu 7:00 p.m. – 10:00 p.m.
402619-2A Lopes

Altering Forms

(18 years and older)

Tired of making round, symmetrical objects on the potter's wheel? Sometimes round and symmetrical can be boring. This workshop focuses on altering forms created on the wheel. Shapes that will be altered include bowls, closed forms and cylinders to make pieces that are both sculptural and functional. Demonstrations and hands-on action on the wheel are involved. Clay is included in the workshop fee.

1, 3.5-hour session at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$150 (NR)

February 19

Sat 9:00 a.m. – 12:30 p.m.
402739-2A Mendoza

Art Lab

(18 years and older)

Artists of all skill levels are invited to explore their creativity under the supervision of art instructor Arnold Lopes. This open studio class is the perfect time to complete projects that are left over from previous classes or work on personal projects.

8, 3-hour sessions at RCC Lake Anne
\$80 (R)/\$64 (R55+)/\$120 (NR)

January 14 – March 4

Fri 2:00 p.m. – 5:00 p.m.
404213-2C Lopes

March 23 – May 18

(No Class: April 6)

Wed 7:00 p.m. – 10:00 p.m.
404213-2B Lopes

March 25 – May 20

(No Class: April 8)

Fri 2:00 p.m. – 5:00 p.m.
404213-2D Lopes

Art School and Career Panel Series

(14 – 18 years old)

Wondering how to navigate the application process to a college art program? Want to know how to make your college art portfolio stand out from the rest? A panel of professionals will answer your questions about the art school application process and give you tips, information and feedback on preparing your portfolio to strengthen your application to art school and help you take your art studies to the next level. After the discussion, the panelist will be available to provide important feedback on your portfolio. Panel members will include art educators from George Mason University, Northern Virginia Community College and Fairfax County Public Schools. Tephra ICA is located at 12001 Market Street, Suite 103, Reston, VA. Reston Town Center garage parking is free on Saturdays.

1, 2-hour session at 12001 Market Street
Free, Registration Req.

January 22

Sat 5:00 p.m. – 7:00 p.m.
402521-2C Tephra ICA

Chinese Brush Painting

(18 years and older)

This session of Chinese Brush Painting is geared toward intermediate and advanced students and will enforce fundamental brushstroke skills.

6, 2.5-hour sessions at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$150 (NR)

January 20 – March 3

(No Class: February 10)

Thu 10:00 a.m. – 12:30 p.m.
402512-2B Griffith Tso

April 14 – May 26

(No Class: April 21)

Thu 10:00 a.m. – 12:30 p.m.
402512-2C Griffith Tso

Crayon Batik Sampler

(18 years and older)

By using crayons like never before, this non-traditional batik method offers brilliant colors and a direct and spontaneous approach. Create a two-dimensional image by painting with melted crayons on unbleached muslin. A supply list will be provided prior to the first class.

1, 6-hour session at RCC Lake Anne
\$65 (R)/\$52 (R55+)/\$100 (NR)

April 9

Sat 10:00 a.m. – 4:00 p.m.
402455-2A Daniels

Creative Hands Pottery

(18 years and older)

Participants will explore hand building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 11 – March 1

Tue 10:00 a.m. – 12:30 p.m.
402665-2B Page

March 22 – May 17

(No Class: April 5)

Tue 10:00 a.m. – 12:30 p.m.
402665-2C Page

VISUAL ARTS CONTINUED

Drawing 101

(18 years and older)

This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil, students will learn to use line, value, gesture and perspective. Supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

March 24 – May 19

(No Class: April 7)

Thu 7:00 p.m. – 10:00 p.m.
402614-2A Lopes

Drawing Flowers in Pastels

(18 years and older)

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

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 11 – March 1

Tue 4:00 p.m. – 6:00 p.m.
402687-2A Lopes

Exotic Animals in Pastel

(18 years and older)

This is an introduction to the fundamentals of using soft pastels while drawing exotic animals. This class is geared toward beginners, but all skill levels are welcome. A supply list will be provided prior to start of class.

8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 7:00 p.m. – 10:00 p.m.
402679-2A Lopes



Handmade Spring Egg Workshop

(All Ages)

Celebrate the arrival of spring by making custom wooden eggs. Learn to dip, dot and doodle plain, wooden eggs to create totally unique decorations. Please note: A caregiver will need to assist children with the decoration of eggs, and children must be accompanied by a participating adult. Adults may participate on their own and do not need to be accompanied by a child. It will be fun for everyone! Registration required. Tephra ICA, 12001 Market Street, Suite 103, Reston. Reston Town Center parking is free on Saturdays.

1, 90-min. session at 12001 Market Street
\$5 (R)/\$4 (R55+)/\$10 (NR)

April 9

Sat 1:00 p.m. – 2:30 p.m.
402731-2A Tephra ICA

Handmade Valentine Card Workshop

(All Ages)

Using punches, origami and stamping techniques, you will create one-of-a-kind valentines for someone special! Sign up the whole family for this workshop led by Tephra ICA staff to make some fun creative cards. Children will need to be accompanied by an adult and adults will need to assist children with their creations. Adults may attend on

their own. It will be fun for everyone. Tephra ICA is located at 12001 Market Street, Suite 103, Reston. Reston Town Center parking is free on Saturdays.

1, 90-min. session at 12001 Market Street
\$5 (R)/\$4 (R55+)/\$10 (NR)

February 5

Sat 2:00 p.m. – 3:30 p.m.
402648-2A Tephra ICA

Making Pottery With or Without the Wheel

(18 years and older)

This class is for students with beginning through advanced hand building and/or wheel throwing skills. The class will emphasize design, construction of functional and non-functional forms, and surface decoration. In addition, glazing and firing will be discussed and demonstrated. Students will be free to explore either hand building or wheel, or to combine elements of both. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramic studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 12 – March 2

Wed 7:00 p.m. – 9:30 p.m.
402616-2B Patton

March 23 – May 18

(No Class: April 6)

Wed 7:00 p.m. – 9:30 p.m.
402616-2C Patton

ARTIST DIALOGUES AT TEPHRA ICA

FREE • 13 YEARS AND OLDER



Join Tephra ICA (formerly Greater Reston Arts Center) to hear a creative professional respond to the work on view in the gallery. The short presentation will be followed by open conversation. Please check the Tephra ICA website for scheduled dates. Events are free and open to the public.

Creative Responses

Select Thursdays • 7:00 p.m. – 8:00 p.m.

Creative professionals will respond to the work on view in the gallery.
The short presentation will be followed by an open conversation.

In Conversation

Select Saturdays • 4:00 p.m. – 5:00 p.m.

Hear from the current exhibiting artist in their own words about their work, life and inspiration
in a short presentation followed by an open Q&A.

Insights

Select Saturdays • 3:00 p.m. – 5:00 p.m.

Listen to curators and directors of major art institutions discuss the work on view in the gallery and
reflect on the relationship to Reston and American culture writ large.

Tephra ICA is located at 12001 Market Street, Suite 103, Reston, VA.

Reston Town Center garage parking is free on weekends and weekdays after 5:00 p.m.

For schedule please visit: www.tephraica.org

VISUAL ARTS CONTINUED

Modern Painting Styles in Acrylic

(18 years and older)

This class will focus on the painting styles of Henri Matisse (Fauvism) and Giorgio de Chirico (Surrealists). Instructor Arnold Lopes will use the pillars of modern painting to expand students' skills in use of acrylics. This class will be geared toward beginners, but all skill levels are welcome. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne

\$90 (R)/\$72 (R55+)/\$155 (NR)

March 22 – May 17

(No Class: April 5)

Tue 7:00 p.m. – 10:00 p.m.
402694-2B Lopes

Monoprinting Without a Press

(18 years and older)

This is an opportunity to experiment with printmaking in an instructor-led, supportive environment. Experiment with relief printing, simple collagraphs, gelli plates, collage printing, line printing, stencil making and more. Using these processes, participants can create one-of-a-kind art works, in addition to custom-patterned paper and fabric for use in collage, art books, mixed media and assemblage. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$90 (R)/\$72 (R55+)/\$155 (NR)

March 21 – May 16

(No Class: April 4)

Mon 10:00 a.m. – 12:30 p.m.
402737-2A Fitzurka

Painting with Alcohol Inks on Tile Workshop

(18 years and older)

Unleash imagination and creativity by learning to paint with alcohol inks on tile. This medium allows participants to create gorgeous, luminescent pieces of art that can be displayed or used as coasters. All supplies are included in the class fee.

1, 2-hour session at RCC Lake Anne

\$45 (R)/\$36 (R55+)/\$75 (NR)

January 22

Sat 1:00 p.m. – 3:00 p.m.
402728-2F Clark

February 19

Sat 1:00 p.m. – 3:00 p.m.
402728-2G Clark

March 19

Sat 1:00 p.m. – 3:00 p.m.
402728-2H Clark

April 23

Sat 1:00 p.m. – 3:00 p.m.
402728-2I Clark

May 21

Sat 1:00 p.m. – 3:00 p.m.
402728-2J Clark

Portraits in Charcoal

(18 years and older)

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

8, 3-hour sessions at RCC Lake Anne

\$90 (R)/\$72 (R55+)/\$155 (NR)

March 21 – May 16

(No Class: April 4)

Mon 7:00 p.m. – 10:00 p.m.
402411-2B Lopes

Portraits in Oil Pastel

(18 years and older)

Develop and improve individual style using oil pastels to create portraits, while exploring portraiture from the Renaissance, Expressionist and Cubist eras. Supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne

\$90 (R)/\$72 (R55+)/\$155 (NR)

January 12 – March 2

Wed 7:00 p.m. – 10:00 p.m.
402426-2A Lopes

Remixed Media Project: Silk Scarves

(18 years and older)

Participants will create personalized pieces of original, wearable art by painting, stenciling, stamping and doodling onto blank habotai silk scarves. All supplies are included in the class fee.

6, 2.5-hour sessions at RCC Lake Anne

\$145 (R)/\$116 (R55+)/\$200 (NR)

January 11 – February 15

Tue 10:00 a.m. – 12:30 p.m.
402620-2A Mullarkey

Sculpture I

(18 years and older)

Designed for beginner through advanced students interested in learning or honing skills in three-dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramics studio visit. Supplies will be discussed during the first class.

8, 2.5-hour sessions at RCC Lake Anne

\$145 (R)/\$116 (R55+)/\$200 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 10:00 a.m. – 12:30 p.m.
402500-2C Zoller

January 11 – March 1

Tue 7:00 p.m. – 9:30 p.m.
402500-2D Zoller

March 21 – May 16

(No Class: April 4)

Mon 10:00 a.m. – 12:30 p.m.
402500-2E Zoller

March 22 – May 17

(No Class: April 5)

Tue 7:00 p.m. – 9:30 p.m.
402500-2F Zoller

INCLEMENT WEATHER

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

VISUAL ARTS CONTINUED

Slab Sculptures

(18 years and older)

This workshop focuses on creating slabbed sculptural forms that can either be turned into vases or non-functional visual objects. Technical subjects will be covered such as connecting joints, structural integrity and visual balance. Students are encouraged to bring in drawings/sketches that they wish to create. Clay is included in the workshop fee.

1, 3.5-hour session at RCC Lake Anne
\$75 (R)/\$60 (R55+)/\$150 (NR)

April 23

Sat 9:00 a.m. – 12:30 p.m.
402740-2A Mendoza

Spring Landscapes

(18 years and older)

Join instructor Arnold Lopes in themed artwork exploration. Learn to paint all the wonders of the season. This class is designed for beginners, but all skill levels are welcome. A supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

March 25 – May 20

(No Class: April 8)

Fri 7:00 p.m. – 10:00 p.m.
402644-2B Lopes

Tephra ICA Art Family Day

(All Ages)

Tephra Institute of Contemporary Arts (Tephra ICA), formerly Greater Reston Arts Center, opens its doors for an afternoon of family art-making and exploration of the current gallery exhibition. Come see all that Tephra ICA has to offer and have a fun and free outing with the family. Tephra ICA is located at 12001 Market Street, Suite 103, Reston. Reston Town Center garage parking is free on Saturdays.

1, 3-hour session at 12001 Market Street
Free, Registration Req.

March 26

Sat 12:00 p.m. – 3:00 p.m.
402646-2D Tephra ICA



Wednesday Watercolor

(18 years and older)

This watercolor class is for intermediate and beginning painters who want to build and improve their painting skills. Lectures, demonstrations, and class painting time are used to explore fun subjects such as landscapes, buildings, and simple figures, while focusing on the fundamental building blocks of watercolor painting. A supply list will be provided prior to the first class.

8, 2-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 12 – March 9

(No Class: February 23)

Wed 10:00 a.m. – 12:00 p.m.
402735-2B Ellor

March 23 – May 11

Wed 10:00 a.m. – 12:00 p.m.
402735-2C Ellor

Wheel Exploration

(18 years and older)

Whether experienced or just starting out, participants can practice and refine skills with guidance from an instructor. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramics studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 11 – March 1

Tue 10:00 a.m. – 12:30 p.m.
402639-2C Patton

Tue 7:00 p.m. – 9:30 p.m.
402639-2D Patton

March 22 – May 17

(No Class: April 5)

Tue 10:00 a.m. – 12:30 p.m.
402639-2E Patton

Tue 7:00 p.m. – 9:30 p.m.
402639-2F Patton

VISUAL ARTS CONTINUED

Wheel I

(18 years and older)

Learn how to work with clay and master wedging, centering and throwing to make bowls, cylinders and small plates. Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramics studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 13 – March 3

Thu 10:00 a.m. – 12:30 p.m.
402462-2C Zoller

Thu 7:00 p.m. – 9:30 p.m.
402462-2D Saltzman

March 24 – May 19

(No Class: April 7)

Thu 10:00 a.m. – 12:30 p.m.
402462-2E Zoller

Thu 7:00 p.m. – 9:30 p.m.
402462-2F Saltzman

Wheel II

(18 years and older)

Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and one open ceramics studio visit. A supply list will be provided prior to the first class.

8, 2.5-hour sessions at RCC Lake Anne
\$145 (R)/\$116 (R55+)/\$200 (NR)

January 10 – March 14

(No Class: January 17, February 21)

Mon 7:00 p.m. – 9:30 p.m.
404210-2C Alexander

January 14 – March 4

Fri 10:00 a.m. – 12:30 p.m.
404210-2D Anderson

March 21 – May 16

(No Class: April 4)

Mon 7:00 p.m. – 9:30 p.m.
404210-2E Alexander

March 25 – May 20

(No Class: April 8)

Fri 10:00 a.m. – 12:30 p.m.
404210-2F Anderson

Winter Landscapes

(18 years and older)

Join instructor Arnold Lopes in themed artwork exploration. Learn to paint all the icy, snowy wonders of the season. This class is designed for beginners, but all skill levels are welcome. Supply list will be provided prior to the first class.

8, 3-hour sessions at RCC Lake Anne
\$90 (R)/\$72 (R55+)/\$155 (NR)

January 14 – March 4

Fri 7:00 p.m. – 10:00 p.m.
402611-2A Lopes

WOODWORKING

Good Neighbors Woodworking Group

(18 years and older)

The Good Neighbors Woodworking Group designs, constructs and decorates wooden toys that are then donated to children in Reston. Experience is a plus, but training will be provided for beginners. First-time participants must complete a woodshop volunteer form. The Good Neighbors Woodworking Group now requires registration through myRCC.

5-hour sessions at RCC Hunters Woods
Free, Registration Req.

January 4 – May 31

Tue 9:30 a.m. – 2:30 p.m.
5C0085-2C Staff

Introduction to Bandsaw Box Making

Learn the skills necessary to make unique band saw boxes especially suitable for gifts and provide an excellent use for small, attractive chunks of wood. Most wooden boxes are square or turned. With a band saw, a box can become any shape your imagination desires. Knob handles and drawer flocking can add to a high-quality box for jewelry or knickknacks. The course will cover the elements of box design, selection of woods, stock preparation, layout and sawing. In the process of making wooden boxes, participants will develop basic woodworking skills and learn appropriate tool use to make precise cuts, assemble boxes and develop a strict sense of safety in the woodshop. All supplies and materials are included in the class fee. Students must provide their own safety equipment (eye, noise and dust protection). Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods
\$95 (R)/\$76 (R55+)/\$143 (NR)

March 10 – 31

Thu 6:30 p.m. – 9:30 p.m.
505963-2A Ingram

April 14 – May 5

Thu 6:30 p.m. – 9:30 p.m.
505963-2B Ingram

Tool Sharpening

This is a lecture and demonstration of various techniques of tool sharpening. Additional discussion points include the importance of sharp tools, how sharpening tools saves time and money, different methods of sharpening, and the pros and cons of each method

1, 2-hour session at RCC Hunters Woods
\$10 (R)/\$8 (R55+)/\$15 (NR)

May 16

Mon 7:00 p.m. – 9:00 p.m.
500787-2A Ingram

CERAMICS STUDENTS:

Open Ceramics Studio passes expire at the end of each session. Fall class passes expire December 31. Winter/Spring class passes expire May 31, and Summer class passes expire August 31.

OPEN STUDIOS

Open Ceramics Studio

(18 years and older)

The public is invited to use RCC's Ceramics Studio. The Open Ceramics Studio now requires reservations following purchase of a pass. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC, purchase or use a pass and select the dates and studio in which you wish to participate. Reservations for the Open Ceramics Studio are free, but patrons are required to purchase a Ceramics Studio pass and swipe the pass prior to each registered visit. Passes may also be renewed online through myRCC. Ceramics Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 40 visits at the fee of \$15 (R)/\$30 (NR) per visit. Ceramics Studio passes expire two years from date of purchase. The pass fee includes firing and glazes. Clay cost is \$15 – \$20 for 25 lbs.

4-hour sessions at RCC Lake Anne Pass, Reservation Req.*

January 12 – March 30

April 13 – May 25

Wed	10:00 a.m. – 2:00 p.m.
4C0020-2	Ceramics Studio
4C0025-2	3D Studio

January 15 – April 2

April 16 – May 28

Sat	1:00 p.m. – 5:00 p.m.
4C0030-2	Ceramics Studio
4C0035-2	3D Studio

Open Glass Studio

(18 years and older)

The public is invited to use RCC's Open Glass Studio. Open Glass Studio is facilitated by an experienced glass artist. Tools are provided; however, participants must work independently on projects and bring their own materials. The Open Glass Studio now requires reservations. Reservations are available on the 25th of each month for the next month. To reserve, sign into myRCC and select the dates you wish to attend. Reservations for the Open Glass Studio are free, but patrons are required to purchase a Glass Studio pass and swipe the pass prior to each registered visit. Glass Studio passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (NR) per visit. Glass Studio passes expire two years from date of purchase.

4-hour sessions at RCC Hunters Woods Pass, Reservation Req.*

January 16

February 6, 20

March 6, 20

April 3, 17

May 1, 15

Sun	1:00 p.m. – 5:00 p.m.
4C0010-2	Damron

Open Woodshop

(18 years and older)

The public is 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 joiner, a planer and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. The Open Woodshop now requires reservations. Reservations are available the 25th of each month for the next month. To reserve, sign into myRCC and select the dates and times you wish to attend. Reservations for the Open Woodshop are free, but patrons are required to purchase a Woodshop pass and swipe the Woodshop pass prior to each visit. Woodshop passes can be purchased and renewed online through myRCC or at an RCC Customer Service Desk. Passes may be purchased for a minimum of one visit to a maximum of 10 visits at the fee of \$10 (R)/\$20 (NR) per visit. Woodshop passes expire two years from date of purchase. Each visit includes a maximum of 3.5 hours. Please note: Woodworking projects may not be left in the RCC Shop; no storage is available. Thank you for your cooperation.

3.5-hour sessions at RCC Hunters Woods Pass, Reservation Req.*

January 4 – May 31

Tue	6:00 p.m. – 9:30 p.m.
5C0010-2	Staff

January 8 – May 28

Sat	9:00 a.m. – 12:30 p.m.
5C0030-2	Staff

Sat	1:00 p.m. – 4:30 p.m.
5C0050-2	Staff

*Reservations

All participants are required to have a pass to access Ceramics, 3D, Glass Studios and Woodshop environments. Reservations open on the 25th of the month for the following month (e.g., December 25 for January reservations) for Reston patrons. Reservations open on the first of the month for Non-Reston patrons.

Have Questions About Reservation Programs?

www.restoncommunitycenter.com/PassFAQs

Learn How to Purchase a Pass and Make a Reservation:

www.restoncommunitycenter.com/HowTo



Administration

Leila Gordon	Executive Director
Renata Wojcicki	Finance Director
BeBe Nguyen	Director of Communications
Harunor Rashid	Network Administrator
Pam Leary	Customer Relations Director
Fred Russo	Building Engineer
Warren Bailey	Customer Service
Jan Bradshaw	Customer Service
Vincent Brown	Customer Service
Nicholas Burt	Billing and Reconciliation Specialist
Whitney Chambers	Web Graphic Artist
Suzanne Connell	Personnel Specialist
Sumi Gallas	Customer Relations Assistant Director
Karen Goff	Public Information Officer
Linda Greco	Customer Service
Samantha Korkowski	Graphic Artist
Greg Minassian	Customer Service
James Rockett	Financial Specialist
Grazyna Siebor	Procurement Specialist
Ling Zhao	Customer Service

Aquatics

Matthew McCall	Aquatics Director
Melissa Murray	Customer Service
Roshanak Raeisi Fard	Aquatics Operations Director
Scott Sorenson	Aquatics Program Director

Arts & Events

Paul Douglas Michnewicz	Arts and Events Director
Anthony J. Adams	Technical Director
Mark Anduss	Assistant Technical Director
Giovonny Bland	Community Outreach Assistant
Cheri Danaher	Arts Education Director
Kevin Danaher	Community Events Director
Gloria Morrow	Arts Education Assistant
Rhia Ovington	Box Office Assistant
William D. Parker	Box Office Manager
Camille Petrillo	Assistant Technical Director

Leisure & Learning

Karen Brutsché	Leisure and Learning Director
Anya Avilov	Fitness and Wellness Program Assistant
Ali Clements	Lifelong Learning Program Assistant
Kim Gollop-Pagani	Youth/Teen Program Assistant
Debbie Heron	Youth/Teen Program Director
LaTanja Snelling	Collaboration and Outreach Director
Cassie Lebron	Lifelong Learning Program Director
Jeff Morgan	Youth/Teen Program Assistant
Jonathan Navarro	Fitness and Wellness Program Director
Staff	RCC Rides Coordinator

Facility Rentals & Operations

Brian Gannon	Facility Services Director
Mohammed Alhadi	Facility Team
Vicente Aleman	Facility Team
Guillermo Huaman	Facility Team
Daniel Perez	Facility Team
Will Sanchez	Facility Operations Manager
Ken Wade	Facility Team

THANK YOU

We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance and many other roles. These outstanding individuals are too numerous to list here. We can't do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

COMMUNITY PARTNERS

Thank you to our Community Partners:

- Al Fatih Academy
- ArtsFairfax
- Christ the Servant Lutheran Church
- Comstock – Reston Station
- Cornerstones
- Dance Place of Washington, DC
- Dulles Chapter of AARP
- Fairfax Area Agency on Aging
- Fairfax County Community Services Board
- Fairfax County Neighborhood and Community Services
- Fairfax County Office for Children
- Fairfax County Park Authority
- Fairfax County Public Schools
- Friends of Lake Anne
- Greater Reston Arts Center
- Greater Reston Chamber of Commerce
- Hunters Woods at Trails Edge
- Jewish Community Center of Northern Virginia
- Lake Anne Plaza
- League of Reston Artists
- Martin Luther King Jr. Christian Church
- Northern Virginia Hebrew Congregation
- NV Rides and Program Partners
- Office of Hunter Mill District Supervisor Walter L. Alcorn
- Osher Lifelong Learning Institute at George Mason University
- Public Art Reston
- Reston Association
- Reston Citizens Association/Reston Accessibility Committee
- Reston Masters Swim Team
- Reston for a Lifetime
- Reston Historic Trust
- Reston Hospital Center
- Reston Swim Team Association
- Reston Town Center Association
- Southgate Community Center
- Specially Adapted Resource Clubs
- Tall Oaks Assisted Living
- US Citizenship and Immigration Services
- Virginia Cooperative Extension
- Washington West Film Festival
- Washington Woodworking Guild
- YMCA Fairfax County Reston

HOW TO REGISTER

Online Registration

Online registration opens at 9:00 a.m. on December 1.

- You must establish an account to log in and register.
- To register online, patrons will need a household username and password.
- New users will need to create an account through myRCC to receive a household username and initial password.
- To access myRCC, go to www.restoncommunitycenter.com, click on myRCC. Under Quick Links, click Create an Account. User information will be emailed within 48 hours.
- Any questions about online registration may be directed to RCCcontact@fairfaxcounty.gov or to a customer service representative at 703-476-4500:
Mon – Fri: 9:00 a.m. – 9:00 p.m.
Saturday: 9:00 a.m. – 6:00 p.m.
Sunday: 10:00 a.m. – 6:00 p.m.

In-Person/Mail/Fax Registration

- All forms are available online at www.restoncommunitycenter.com.
- Register in person at RCC Hunters Woods or RCC Lake Anne.
- Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191.
- Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
- For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

REGISTRATION FORMS

Please note that no matter when you drop off your registration, it will not be processed until December 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on December 1 if they are received by November 30.

Our Customer Service team will be inputting registrations in the myRCC system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.

REGISTRATION POLICIES

Small District 5

Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Regular class fees are listed as Reston/Non-Reston; aquatics daily visits and pass fees are listed as Reston, Fairfax County resident and non-Fairfax County resident.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County's Tax Administration site. A map of Small District 5 is on the RCC website.

Priority Reston Registration

Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

Non-Reston Registration

Non-Reston registration begins at the end of the one-week priority-Reston registration period.

Payment

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

REGISTRATION POLICIES CONTINUED

Confirmation

Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

Liability Waiver on RCC Registration Forms

The Liability Waiver is on all RCC registration forms and Drop-in sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

CODE OF CONDUCT

For your protection and comfort, Reston Community Center offers this Code of Conduct to show our commitment to providing a safe and welcoming environment for all of our patrons and staff. To ensure the safety and comfort of all, we ask individuals to act appropriately, behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or actions that can hurt or frighten another person or that falls below generally accepted standards of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling and shouting.
- Physical contact with another person in any angry or threatening way.
- Displaying an object or weapon that can be considered harmful or threatening.
- Any demonstration of sexual activity or sexual contact with another person.
- Behavior deemed lewd or lascivious.
- Harassment or intimidation with words, gestures, body language or other menacing behavior.
- Behavior which intends or results in theft or destruction of property.
- Leaving a child under 8 years of age unattended. A child is considered unattended if they are without adult supervision and wandering around the building.

- Intrusion upon an event to which one is not an invited or registered participant.
- Being under the influence of alcohol or drugs.

Patrons are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are expected to respond to any reported violation of our Code of Conduct. Dismissal from a program or facility may result from any violation of the Code of Conduct. No refunds will be given.

Code of Conduct for Camp Participants

Camp participants and parents are required to affirm that both have read and agree to abide by all elements of RCC's General Code of Conduct and the Camper Code of Conduct by completing the Camp Program Guidelines and Requirements Form: Code of Conduct. A sample form can be found in the Policy and User Manual Appendix. All forms are available online.

FEES

- Reston patrons 55 years and older may receive a discount on eligible class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to drop-in activities.
- Passes will expire two years from date of purchase, with the exception of monthly pool passes.
- Single visit swim passes may be issued for any facility closure or interruption.

FEE WAIVER PROGRAM

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online.

CLASS CANCELLATION

- If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.
- Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).

REFUNDS

- Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20 percent processing fee (50 percent for trips).
- Refund requests received less than 14 days before the starts of a class or camp will be granted (less a 20 percent processing fee) only if another registration is received in its place (less a 50 percent processing fee for trips).
- Refunds for a pass will be prorated to the purchase date and then subjected to a 20 percent processing fee.
- No refunds are given for any class, camp, pass or trip with a fee of \$10 or less.
- Daily fees/passes are non-refundable.
- Refunds will be issued to the original credit card, or by check from Fairfax County if the original payment was cash or check. Refund checks will be issued by Fairfax County in 4-6 weeks.
- Refund requests received on or after the class, camp or trip begins will not be honored.
- All passes expire two years from date of purchase, with the exception of monthly pool passes.

BOARD OF GOVERNORS

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

RCC's Board of Governors invites the general public to its Board meetings; anyone is welcome to attend and share input. Dates subject to change. Additional committee meetings are scheduled as needed. Please visit www.restoncommunitycenter.com for a current list of Board meetings.

Annual Strategic Planning Session

Monday January 7 – 8

Monthly Meeting

Monday February 7, 8:00 p.m.

Monthly Meeting

Monday March 7, 8:00 p.m.

Monthly Meeting

Monday April 4, 8:00 p.m.

Monthly Meeting

Monday May 2, 8:00 p.m.

Monthly Meeting

Monday June 6, 8:00 p.m.

Finance Committee meetings, when scheduled, occur on the third Monday of a month. Check RCC's website for the most current meeting information.

Questions, comments, concerns and suggestions for RCC's Board of Governors may be directed to RCCcontact@fairfaxcounty.gov. All inquiries are answered within 48 business hours.

FUNDING

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is \$0.047 per \$100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees so they may enjoy programs and services at greatly subsidized rates.

PATRON HEALTH AND SAFETY

- Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
- Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
- Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
- Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

ADA ACCOMMODATIONS

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

PRICING

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

AARP	10	Bridge Tuesdays	95
A Colorful Crowd	72	Cardio and Strength Intervals	92
Acrylic Painting Beginners	102	Certificate Programs in:	99
Acrylic Painting with Collage	102	Chair Yoga for Healthy Aging	85
Active Aging	88	Chalk the Block	95
Adapted Aquatics	61	<i>Change Agent</i> at Arena Stage	100
Adapted Aquatics Volunteers	42	Chess Club	95
Adult Advanced Beginner	64	Children's Science Center Lab	75
Adult Beginner	64	Chinese Brush Painting	102
Advanced Arthritis	65	Chocolate Candy Making for Kids	69
Afternoon Tea and Tour at Rosemont Manor	101	Chocolate Candy Making for Tweens and Teens	69
Aging Gracefully	81	Chronic Pain Self-Management	81
Aging with Power and Grace	88	Community Coffee	14
Airbrush Art	70	Computer Maintenance and Housekeeping	97
Alpacas Up Close	101	Conversations with a Nurse	93
Altering Forms	102	Crafternoon Pop-Up	95
American Mah Jongg	95	Crayon Batik Sampler	102
and Advance Your Career	99	Creating Toys and Treats for Pets	70
Aqua Barre	66	Creative Hands Pottery	102
Aqua Blast	66	Cupcake Wars	69
Aqua Boot Camp	66	Current Issues Discussion Group	81
Aqua Burn	65	Cut the Cable: Switch to Streaming TV	97
Aqua Mixer	66	Deep Water Mania	65
Aqua Tots	55	Dementia Conversations:	81
Art Attack	76	Digital Photographs: Keeping, Naming, Sharing	81
Art Lab	102	Dining Out for People with Cognitive Impairment	82
Art School and Career Panel Series	102	Diva Central Volunteers: Event Day	42
ArtStream: Improvisation and Storytelling	95	Diva Central Volunteers: Pre-Event	42
Automate Your Home with Google Home	97	Don't be Scammed	82
Babysitting	72	Drawing 101	103
Balance and Mobility Workshop	88	Drawing Flowers in Pastels	103
Ballet Basics I	72	Dumbarton House Guided Tour and Lunch	100
Basic Hand Sewing and Mending	70	Effective Communication Strategies for Caregivers	82
Becoming Me	72	Eggnormous Egg Hunt Volunteers	42
Beginning Tai Chi	88	England, England: Kingsley Amis'	93
Better Camera Apps	97	Essentrics	88
Big Fun for Little Ones	74	Essentrics: Aging Backwards	90
Bike Prep for the Spring	88	Exotic Animals in Pastel	103
Bike Prep for the Winter	88	Expand Your Expertise	99
Bingocize	81	Exploring Mobile Apps	97
Blacksmithing Workshop	81	Exploring Social Media	97
Blues, Classical & Jazz	93	Father's Day Pottery	70
Bookends	81	Fitness Fusion	86
Bridge Mondays	95	FITNESS – YOGA Continued	86

Founder's Day	14	Line Dancing with Scotty – Intermediate	80
French for Beginners I	93	Lock and Talk: Suicide Prevention	82
French for Beginners II	93	Long-Term Planning for LGBTQ+ Older Adults	82
From Anasazi to Pueblo	93	Making Pottery With or Without the Wheel	103
Frying Pan Farm Park	75	Making Woodland Critters	70
Fun With Plastic Canvas	70	Managing Caregiver Stress and Anxiety	83
Gentle Yoga	85	Maple Syrup Boil Down	75
Going Green: Creating an Air Plant Arrangement	82	Marlin	59
Good Neighbors Woodworking Group	107	Math Tutoring for Grades 3 and 4	73
Google: Much More Than Search	97	Math Tutoring for Grades 5 and 6	73
Grand Questions of the Bible	94	Math Tutoring for Grades 7 and 8	73
Gut Feeling Seminar	90	Meaningful Memoirs	83
Gut Feeling Yoga	85	Medicare 101	83
Handheld Health: Wellness Apps	82	Meet ups Continued	76
Handmade Spring Egg Workshop	103	Memoir Writing Basics	83
Handmade Valentine Card Workshop	103	Mind-Body Fitness	87
Happy Birthday, Dr. Seuss	73	Mindful Yoga with Sound Healing	85
Hatha Yoga I	85	MLK Community Lunch Volunteers	42
Hatha Yoga II	85	MLK Especially for Youth Volunteers	42
Healthy for Life	90	Modern Painting Styles in Acrylic	105
Healthy Joints Workshop	90	Monoprinting Without a Press	105
Hillwood Estate Museum	101	Museum of the Shenandoah Valley	101
Hip-Hop	72	Music Friends	74
Historical Tour and Wine Tasting at Bull Run	100	Navigating the College Process	83
Individual Courses in:	99	OLLI Continued	94
Introduction to Bandsaw Box Making	107	Online Payment Systems	98
iPhone Camera	97	Open Ceramics Studio	108
iPhone Camera Editing	97	Open Woodshop	108
iPhone/iPad Movie Editing	98	Origami Arts – Mother's and Father's Day Cards	79
iPhone Storage	98	Origami Arts – Valentine's Day	79
Japanese Culture Club	93	Origami Gift Box	79
Japanese Floral Arrangement	79	Painting with Alcohol Inks on Tile Workshop	105
Joint-Friendly Fitness	90	Photoshop Elements 1-3	98
Junior Gourmet – Taking it Up a Notch	69	Photo Slideshow	98
Lap Pool – Lane 1-3	50	Pi Day	73
Lap Pool – Lane 4-6	51	Pilates Mat	91
Last-Minute College Financing Strategies	82	Pinewood Derby Workshop	76
Learn to Cross-Stitch	70	Pool Pals & Water Friends	55
Legal: Estate Planning Basics	82	Portraits in Charcoal	105
Level 1	61	Portraits in Oil Pastel	105
Level 2-3	62	Prepare iPhones and iPads for Travel	98
Level 4-6	63	Preserving Family History	83
Lifeguard Training Blended Learning	49	Protect Your Privacy and Identity Online	98
Line Dancing with Scotty – Beginner	80	QPR Suicide Prevention Presentation	83

Ranger	59	TRIPS & TOURS	76
RCC Community Coffee	42	TRIPS & TOURS Continued	101
Registration Required through VMS	42	Upcycle Recycle for Fashion	79
Remixed Media Project: Silk Scarves	105	Valentine Pottery	70
Reston Plant Swap	79	Viniyoga	86
Reston Pride	17	Visit to Fairfax Railroad	76
Reston Regional Library Services	83	Walking Group	92
Retirement Income Planning	83	Warm Water – Zone 1-4	52
<i>Riverdance</i> at The Kennedy Center	100	Water Introduction	55
Rookie I	57	Water Wonder	59
Rookie II	58	Wednesday Watercolor	106
Sculpture I	105	Wheel Exploration	106
Sensing Science	73	Wheel I	107
Settling a Decedent's Estate	84	Wheel II	107
Sherlock Holmes: Books and Beyond	94	Windows 10 for New Users	98
Six Steps to Prevent a Chronic Disease	84	Windows 10: Working with Files	98
Skipper I	56	Winter Fun Day for Preschoolers	75
Skipper II	56	Winter Landscapes	107
Slab Sculptures	106	Yoga Strength and Power	86
Social Security: Proper Timing	84	Young Actors Theatre	74
Spring Break Camp	69	Youth Stroke-n-Turn	63
Spring Festival	17	Zen Zone	69
Spring Landscapes	106	Zumba Family	87
Springtime Pottery	70	Zumba Fitness	87
Springtime Tea	74	Zumba Gold	92
St. Patrick's Day Shenanigans	74	Zumba Gold Toning	92
Stress Relief Workshop	91	Zumba Toning	87
Sunday Afternoon Dances	80		
Tadpoles, Turtles, Garden Fairies	76		
Tai Chi for Health and Balance	91		
Tai Chi Yang Style – Intermediate Advanced	91		
Tao Yin Yoga	86		
Tax-Aide	10		
Tea and Chocolate Pairings	101		
Technology Help for E-books and Audio Books	84		
Ten Warning Signs of Alzheimer's	84		
Tephra ICA Art Family Day	106		
The History of the Lincoln Memorial	94		
The Supreme Court Current Cases	94		
This Thing of Darkness I Do Acknowledge Mine:	94		
Tides in Motion	66		
Tool Sharpening	107		
Total Body Strength	87		
Tot Time	75		

LOCATIONS AND HOURS OF OPERATION

LOCATIONS

RCC Hunters Woods – 2310 Colts Neck Rd, Reston, VA 20191

Includes the Terry L. Smith Aquatics Center, the CenterStage theatre, Woodshop, Glass Studio, and meeting rooms.

RCC Lake Anne – 1609-A Washington Plaza, Reston, VA 20190

Includes the Jo Ann Rose Gallery, Ceramics Studio, Art Studio, Fitness Studios and 3D Gallery.

Directions: Please use only the directions on the RCC website; directions provided by online sites or GPS systems may be inaccurate.

PHONE NUMBERS

703-476-4500 • 703-476-8617 (Fax) • 711 (TTY)

HOURS OF OPERATION

Monday – Saturday 9:00 a.m. – 9:00 p.m.*

Sunday 9:00 a.m. – 8:00 p.m.*

*Rental hours may vary. Contact the RCC Facility Services Department.



**Enriching Lives.
Building Community.®**



WINTER/SPRING HOLIDAY HOURS

Holiday	Date	Hunters Woods Hours	Lake Anne Hours
New Year's Eve	December 31	9:00 a.m. – 2:00 p.m.	CLOSED
New Year's Day	January 1	12:00 p.m. – 5:00 p.m.	CLOSED
Martin Luther King Jr. Day	January 17	9:00 a.m. – 9:00 p.m.	9:00 a.m. – 9:00 p.m.
George Washington's Day	February 21	9:00 a.m. – 9:00 p.m.	CLOSED
Memorial Day	May 30	9:00 a.m. – 2:00 p.m.	CLOSED



The Hunters Woods Neighborhood Coalition works collaboratively to sustain a safe and welcoming neighborhood for people to live, work, worship, and enjoy visiting.

LIKE US ON FACEBOOK:

[facebook.com/HuntersWoodsNeighborhoodCoalition](https://www.facebook.com/HuntersWoodsNeighborhoodCoalition)



www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.

