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A Message from Beverly A. Cosham, Chair, Board of Governors

Welcome to the sights and sounds of summer! Reston Community Center bursts out of its two buildings every year with music, dancing, children enjoying a multitude of summer camps and the exuberant energy that comes with more sunshine and longer days. This summer, we have expanded our summer concert series to Reston Station. Enjoy musical fun as you disembark from the Wiehle-Reston East Metro or bring the whole family to enjoy The Summer Stage series. Come and enjoy the festivities near their fun pop-up shops. If you love the beauty of classical music or the swing of jazz, stroll over to Reston Town Park for Sundays in the Park with Shenandoah Conservatory. You can always have fun on Thursday evenings at the Take a Break Concert Series at Lake Anne Plaza or the Family Fun Entertainment Series on Saturday mornings at the Reston Town Square Park.

RCC has cookouts, camps, concerts and ceramics – indoors you can swim at the Terry L. Smith pool even if it’s raining outside. Please share our busiest and best season with the whole family and your RCC friends this summer.

Beverly A. Cosham

A Message from Leila Gordon, Executive Director

Yes, summer is nearly all play and no work for us. We do take a little time away from the hustle and bustle of playing games, learning new things, being creative and sharing good times with our community to put together our Annual Report. We would love to share it with you at our Annual Public Hearing for Programs and Budget on June 20, 2016 at 6:30 p.m. at RCC Hunters Woods. In addition to our Annual Report highlighting our community’s participation throughout 2015, we will also be launching the RCC Strategic Plan for 2016-2021. I hope you can come take a peek at the future with us!

Leila Gordon

Board of Governors

William G. Bouie
William Keefe
John Mendonça
Michelle Moyer
William Penniman
Lisa Sechrest-Ehrhardt
Vicky Wingert
Gerald Zavala
## Arts and Events

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Paws & Claws Pet Resource Expo

Sunday, April 24
12:00 p.m. – 3:00 p.m.
Free • All Ages • RCC Hunters Woods

In concert with the Mutts Gone Nuts performances at the CenterStage on the same day (see page 15), RCC offers the opportunity for families to visit our resource exhibition from 12:00 p.m. – 3:00 p.m. Information on pet care, training, nutrition, emergency situations, day care, and more will be available from local businesses. This Expo will take place inside RCC Hunters Woods. Pets, other than service animals, are not allowed inside the building. There will be a limited number of volunteers to look after pets, outside, during the event.

For more information, please contact Debbie Heron, Youth Program Director, at 703-390-6163.
The Northern Virginia Fine Arts Festival, produced by the Greater Reston Arts Center, is a top-rated, juried, outdoor street festival held annually at Reston Town Center. Now in its 25th year, the two-day event features more than 200 unique and talented artists from across the nation and attracts more than 30,000 patrons of all ages. Reston Community Center is thrilled to be a Signature Community Sponsor of this spectacular annual event. Based on the terrific response at last year’s Festival, Reston Community Center will again sponsor dance performances from four local dance ensembles, who will present original, site-specific choreography periodically throughout the weekend. The performances by Gin Dance, Classical Ballet Theater, Ravel, and GroundShare Arts will be inspired by A Bird in the Hand, Patrick Dougherty’s playful, woven sapling sculpture in Town Square Park, and Mary Ann Mears’ uplifting, canary-yellow aluminum sculpture, Reston Rondo, in Presidents’ Park. Visit the website for more details about this fantastic event!

Suggested donation for admission to the Festival is $5 per adult.
Pool Parties with Reston Association
4:00 p.m. – 7:00 p.m.
Free • All Ages

School’s Out for Summer
Saturday, June 25
Golf Course Island Pool
11301 Links Drive, Reston, VA

End of Summer Party
Friday, August 19
Dogwood Pool
2460 Green Range Road, Reston, VA

Join Reston Association and Reston Community Center for a last hurrah before school starts. The pool party will have food, entertainment, and fun for the whole family! Food served at 5:00 p.m.

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

Community Cookouts
5:00 p.m. – 7:00 p.m.
Free • All Ages

Friday, June 3
North Hills Pool
1325 North Village Road, Reston, VA

Tuesday, July 12
Ridge Heights Pool
11400 Ridge Heights Road, Reston, VA

Wednesday, August 3
Hunters Woods Pool
2501 Reston Parkway, Reston, VA

Reston Association and Reston Community Center invite everyone to take the night off from cooking and come to the pool for some food, entertainment, and good times. The Community Cookouts are a great way to spend a summer evening. Bring a towel and an appetite for food and fun.

For more information, please contact Kevin Danaher, Community Events Director, at 703-390-6166.
June 18 • Turley the Magician
Turley the Magician will delight the entire family with his inimitable talent! His interactive magic and humorous antics will enthrall you. He has performed at the White House and at other top venues around the world.

June 25 • Percussion Discussion
This show "snares" its audience with comic takes on the world of percussion. The interactive performance includes a sound effects version of a space fantasy, Beethoven’s *Fifth Symphony* on the kettle drums, a Latin-Afro audience ensemble, a marimba cartoon classic, and ends with *A History of Drumming and Music in America*.

July 2 • Nicolo the Jester
Nicolo brings laughter, amazement and wonder to children and families, with a blend of poetry, music, juggling, comedy, character acting and audience participation.

July 9 • Beale Street Puppets – Dig Those Dinosaurs
Elvis-Saurus and Ted Pterodactyl lead in the Fossil Follies with our Madcap Mesozoic Marionettes! Silly is the word for this show with colorful dinosaurs everywhere!

July 16 • Rocknoceros
Coach Cotton, Williebob and Boogie Woogie Bernie are Rocknoceros, the Washington, DC area’s award winning band that makes very cool music for children of all ages. They write terrific songs that teach even the youngest music fans and most importantly, they are having fun!

July 23 • Magic by Geo
Trained in the Art of Astonishment, Magician Geoffrey “Geo” Weber offers an unparalleled magic act, featuring a deft repertoire of new, original, and innovative magic tricks.

July 30 • Mark Lohr
A fast-paced, side-splitting, family vaudeville show filled with audience participation and circus skills with a sprinkling of magic thrown in the mix. One continuous surprise after another just makes the time fly!

August 6 • Mr. Skip
Come move and groove with Mr. Skip! Wear your Hawaiian shirt and be ready for hot tunes for cool kids. Mr. Skip will get kids of all ages “dancing around as if they had ants in their pants.”
Hosted By:
Presented by Reston Community Center in cooperation with MSE Productions, Inc.

Take a Break
FREE CONCERT SERIES

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

June 16  Dance Night with Radio King Orchestra
BIG BAND SWING WITH DANCE DEMONSTRATIONS AND INSTRUCTION

June 23  Texas Chainsaw Horns
BLUES

June 30  Swing Sisters (Cathy Fink & Marcy Marxer)
ACOUSTIC SWING

July 7    Cheick Hamala Diabate
TRADITIONAL WEST AFRICAN MUSIC OF MALI MIXED
WITH MODERN GROOVES

July 14   Four Star Combo
VINTAGE ROCKABILLY HONKY TONK

July 21   Dance Night with Cedar Creek
COUNTRY LINE DANCE DEMONSTRATION AND INSTRUCTION

July 28   Fresh Air
MOTOWN AND 60S CLASSICS

August 4  Dance Night with Sin Miedo
SALSA WITH DANCE DEMONSTRATION AND INSTRUCTION

August 11 Uptown Vocal Jazz Quartet
VOCAL JAZZ

August 18 Dance Night with Ken & Brad Kolodner
OLD TIME SQUARE DANCE WITH DANCE CALLER

August 25 IONA
CELTIC

September 1 Chris Vadala Quartet
BEBOP JAZZ
(Part of the Lake Anne Jazz and Blues Festival, see page 12 for more details)

For more information, please contact Kevin Danaher, Community Events Director, at 703-390-6166.
Join RCC for live entertainment under the stars at Reston’s newest outdoor stage. Set to open for Summer 2016, the entertainment piazza will be the latest addition to the UrbanPop retail shops and eateries adjacent to Wiehle-Reston East Metro.

For more information, please contact Kevin Danaher, RCC’s Community Events Director, at 703-390-6166. For venue information, visit www.restonstation.com.
July 3: The Robert Larson Trio

Music of the Swing Era
Shenandoah Conservatory’s Associate Professor of Jazz Piano, Robert Larson, joins special guests for an evening of jazz standards from the Swing era.

July 10: Shenandoah Conservatory String Ensemble

An Evening of Chamber Music
Shenandoah Conservatory’s Associate Professor of Strings, Akemi Takayama (violin), and students from the conservatory perform an evening of string chamber music, including works by Arensky and Mendelssohn.

July 17: Akemi Takayama & Donovan Stokes

A Grand Duo
Shenandoah Conservatory’s Associate Professor of Strings, Akemi Takayama (violin), and Professor of Bass, Donovan Stokes (double bass), perform Bottesini’s *Grand Duo Concertante* for violin and double bass as well as selections from the Baroque era.

July 24: Shenandoah Conservatory Saxophone Quartet

Eclectic Mix
Take a musical journey through the history of the saxophone as Shenandoah Conservatory’s Professor of Saxophone, Timothy Roberts, and students from the conservatory perform an evening of saxophone repertoire, featuring an eclectic mix of music from the Baroque, Broadway, and Belle Epoque.

July 31: Shenandoah Conservatory Brass Quintet

In Concert
Shenandoah Conservatory’s Associate Professor of Trumpet, Chuck Seipp, and other brass faculty from the Conservatory perform an evening of selections spanning nearly 400 years from Handel, Debussy and Sousa to Leonard Bernstein and Fats Waller.
Back 2 School BASH

Saturday, August 13
11:00 a.m. – 2:00 p.m.
South Lakes High School
11400 South Lakes Dr., Reston, VA
Free • All Ages

Don’t miss this one-stop destination for your family; the Bash will be an afternoon filled with interactive activities and important information to help prepare school-age children (Grades K through 12) to go back to school. Learn about the fantastic resources, programs and services provided by community agencies and partnerships in your neighborhood. Co-sponsored by Fairfax County Public Schools, Cornerstones, Fairfax County Neighborhood & Community Services, Reston Community Center and YMCA Reston.

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

Lake Anne Jazz and Blues Festival

Saturday, September 3
1:00 p.m. – 8:00 p.m.
Lake Anne Plaza

Save the date for the 10th Annual Lake Anne Jazz and Blues Festival. Come and enjoy an afternoon and evening of Jazz on the Lake. As part of the festival, there will also be a showing of Lady Sings the Blues on August 28 at dusk and a performance by the Chris Vadala Quartet on Thursday, Sept 1 at 7:00 p.m. at Lake Anne Plaza.

Reston Community Center is a major sponsor of this annual event hosted by the Friends of Lake Anne and the Lake Anne Merchants.

For more information, please contact Lake Anne Plaza at 703-471-6374.
RCC Preference Poll
September 9 – September 30

Serve Your Community
Become a Candidate for the RCC Board of Governors

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

Statement of Candidacy Forms available August 1 at RCC Hunters Woods and RCC Lake Anne, or online at www.restoncommunitycenter.com.

MARK YOUR CALENDARS
Candidate Filing: August 1 – August 15 (until 5:00 p.m.)
Photo/Orientation: August 15
Forum: September 15 • 6:30 p.m.
Voting: September 9 – September 30 (until 5:00 p.m.)

Reston Multicultural Festival
Saturday, September 24
11:00 a.m. – 6:00 p.m.
Lake Anne Plaza
Free • Rain or Shine • All Ages

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

For more information, please contact Kevin Danaher, Community Events Director, at 703-390-6166.
One of the very pleasant things about working at Reston Community Center is that I have the opportunity to collaborate with so many dynamic co-workers in order to create programming that better serves the people of Reston.

On April 24, we will collaborate with the Leisure and Learning Department when we present the hysterical Mutts Gone Nuts. Between the 11:00 a.m. and the 3:00 p.m. performances, the Leisure and Learning Department will present the Paws & Claws Pet Resource Expo. In addition to that, we will be thanking our great RCC volunteers at our Annual Volunteer Luncheon.

In celebration of Older Americans Month, Roz Chast will participate in the May 11 Creative Aging Fair by signing copies of her very funny book, Can’t We Talk About Something More Pleasant? Books will be on sale at a reduced price at the CenterStage Box Office on the day of the event.

I am grateful to have such imaginative and willing collaborators; together we can devise even more terrific programming.

Paul Douglas Michnewicz
Arts & Events Director
Mutts Gone Nuts
A comedy dog act

Sunday, April 24, 11:00 a.m. & 3:00 p.m.
$5 Reston/$10 Non-Reston

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

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

And while you are here, don’t miss the Paws and Claws Pet Resource Expo in the RCC Hunters Woods Community Room from 12:00 p.m. to 3:00 p.m. See page 5 for more information.

They’ll have you at “woof.”

Nejla Yasemin Yatkin
What Dreams May Come
In partnership with Dance Place

Wednesday, May 4, 8:00 p.m.
$15 Reston/$20 Non-Reston

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

“Ms. Yatkin is a magician, telling tales and creating worlds with understated images.”
– The New York Times
Roz Chast

*Can’t We Talk About Something More Pleasant?*

**Wednesday, May 11, 8:00 p.m.**
**$15 Reston/$20 Non-Reston**

Roz Chast’s cartoons depict neuroses, hilarity, angst and domesticity and more than 1,000 of them have been printed in *The New Yorker* since 1978. Her newest book for adults is *Can’t We Talk about Something More Pleasant?* – a book that uses her characteristic wit to chronicle her relationship with her aging parents as they shift from independence to dependence. Roz Chast will be signing her books for our Creative Aging Fair from 3:30 p.m. to 5:00 p.m. as well as after the performance. Turn to page 72 for more information.

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

– *The New York Times*

The Reduced Shakespeare Company

*The Complete History of Comedy (abridged)*

**Friday, May 20, 8:00 p.m.**
**Saturday, May 21, 8:00 p.m.**
**$25 Reston/$50 Non-Reston**

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

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

*As one would expect in an examination of the History of Comedy, the show contains occasional strong language and sexual innuendo.*
Professional Touring Artist Series Tickets

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

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

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

Phone:  703-476-4500, Press ‘3’ • TTY 711
Please provide the following information when you call:
• Performance title, day, date and curtain time
• Ticket quantity/type (Reston/Non-Resident, adult/senior, etc.)
• Name as it appears on your Visa or MasterCard, credit card number and expiration date
• RCC cannot accept American Express or Discover for phone, fax, or walk-in orders.
• Zip code that matches the billing address for your credit card
• Home, work, and/or mobile telephone numbers where you can reliably be reached
• Seating location preferences (i.e. front, center, or back of the theatre)

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

Box Office Policies:

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

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

From Route 495 via Dulles Toll Road (Route 267):
Take Exit 12 to Reston Parkway
Left on Reston Parkway
Left on South Lakes Drive
Right on Colts Neck Road
Go 1/2 mile and turn left into Hunters Woods Village Center

From Route 495 via Leesburg Pike (Route 7) going West:
Left on Baron Cameron Ave (Route 606)
Left on Reston Parkway
Left on South Lakes Drive
Right on Colts Neck Road
Go 1/8 mile and turn left into Hunters Woods Village Center

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

Directions:

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

Classical Ballet Theatre
www.cbtnva.org
703-471-0750
Experience the joy and creativity inherent in the art of dance! Join us for an evening of beautiful contemporary and classical dance presented by the very best emerging artists in Northern Virginia.

An Evening with Classical Ballet Theatre
Saturday, May 14, 7:30 p.m.
RCC Hunters Woods – the CenterStage
Tickets: $22 Adults, $18 Seniors (65 and over), $18 Students (12 and under).

Conservatory Ballet
www.conservatoryballet.com
703-860-4560
Founded in 1972, the Conservatory Ballet has become a premiere dance academy in the area. Led by Hungarian-American director Julia Cziller Redick, the Conservatory’s students learn to embody the three Es – Excellence, Experience and Earnestness. Training is based upon the Vaganova Method. Visit their website for information about their many opportunities to learn to dance.

Spring Gala
Friday, June 17, 7:00 p.m.
Saturday, June 18, 6:00 p.m.

Spring Gala Toddler Matinees (50 min.)
Saturday, June 18, 11:00 a.m. & 2:30 p.m.
RCC Hunters Woods – the CenterStage
Tickets for Spring Gala: $25 Adults and $20 Youth (12 and under).
Tickets for Toddler Matinee: $22 Adults and $17 Youth (12 and under). Available at the CenterStage Box Office two weeks prior to performance (Starting on Friday, June 3).

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

Spring Recitals
Sunday, May 22,
1:30 p.m. and 3:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: Free

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.

Our Town
By Thornton Wilder, Directed by Alana Sharp
Fridays, April 22, 29, May 6, 8:00 p.m.
Saturdays, April 23, 30, May 7, 8:00 p.m.
Sunday, May 1, 2:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: $21 Adults (19 – 64), $18 Seniors (65 and older), and $18 Students (18 and younger). Tickets are available online at www.restonplayers.org.

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

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

Reston Community Orchestra
www.restoncommunityorchestra.org
571-449-7095
The Reston Community Orchestra, under the baton of Dingwall Fleary — its conductor of more than 20 years — has musically enhanced the cultural lives of our unique community since 1988. Everyone is invited to attend and enjoy a year of diverse symphonic music and overall good times! This series of educational and enjoyable programs are presented in the friendly environment of the Reston Community Center at Hunters Woods (unless otherwise indicated). Each concert is built around a specific theme.
The Reston Chorale

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

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

At the Hop: Those Fabulous Fifties!
Bop to the beat of the fabulous 1950s as The Reston Chorale steps back in time to the days of sock hops, soda fountains and rock and roll. (Poodle skirts and greased-back hair optional.)
Saturday, May 7, 4:30 p.m. and 7:30 p.m.
RCC Hunters Woods – Community Room
Tickets: $25 Adults (18-61), $20 Seniors (62 and older), and Free for Youth (17 and younger) with a ticketed adult. Tickets are available online at www.restonchorale.org and at the CenterStage Box Office on Saturday, April 23 (two weeks prior to performances).

A Star-Spangled Sing-Along
Join members of The Reston Chorale and brass ensemble for a free, patriotic sing-along honoring those who serve and remembering those who made the ultimate sacrifice. You can also show your support for our troops by sharing care package items for those deployed overseas. Activities for children; refreshments available.
Saturday, May 28, 2:00 p.m.
Reston Town Center Pavilion
Tickets: Free; donations for troops’ care packages welcome.

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

Ravel Dance Studio

www.raveldance.com
703-437-9664

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

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

Coppélia and Jukebox
Friday, May 27, 7:30 p.m.
Saturday, May 28, 2:00 p.m.
RCC Hunters Woods – the CenterStage
Tickets: Available only at Ravel Dance Studio and remaining tickets, if any, at the CenterStage Box Office on performance dates. $20 All Ages.

Cultural Arts

The Reston Historic Trust
www.restonmuseum.org
703-709-7700

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

Performing Arts Tickets

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

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

Greater Reston Arts Center (GRACE)

www.restonarts.org

Greater Reston Arts Center is a Reston treasure that promotes involvement and excellence in contemporary visual arts. In pursuit of this mission, GRACE provides year-round programming including exhibitions, education programs, and the Northern Virginia Fine Arts Festival. Education programs include GRACE Art (art history enrichment), Summer Art Camp for children, Explore More! Learning Center for children, programs with RCC, and more.

Founded in 1974 by artists and art lovers as a source of cultural enrichment for the “new town” of Reston, the Greater Reston Arts Center grew from its early beginnings at Lake Anne to its current home at Reston Town Center. GRACE presents six to eight exhibitions annually, featuring work by noteworthy established and emerging artists. Please visit the website for additional information.

Julia Mandle & Gayle Wells Mandle:
Game II
April 21 – June 18

Game II uses the motif of chairs as a vehicle to examine society’s eternal power struggle. Inspired by events in the Middle East and the United States, this series explores political and economic inequality through a variety of media including photography, painting, sculpture, installation, and embroidery.

Mary B. Howard Artist Member Exhibition
June 30 – August 27

A biennial juried exhibition highlighting the talents of our artist members.

Initiative for Public Art – Reston (IPAR)

www.publicartreston.org

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

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

IPAR, in collaboration with Greater Reston Arts Center (GRACE), is presenting the temporary art installation, A Bird in the Hand by internationally known sculptor Patrick Dougherty. The sculptural installation is located in Reston Town Square Park. Each Saturday from June 18 to August 6, IPAR and GRACE will offer a program at A Bird in the Hand to learn more about the sculpture and the artist. The program will be from 10:30 a.m. to 12:00 p.m.

Chalk on the Water, a chalk art festival, will be held at Lake Anne Plaza on June 11 and 12.

Visit www.publicartreston.org for updated information about current and future public art projects and educational programs. Like us at www.facebook.com/PublicArtReston

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

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

www.leagueofrestonartists.org

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers, and supporters of the arts residing in Northern Virginia and the Washington, DC Metropolitan area. LRA sponsors exhibits, programs and receptions for its members and the community. This non-profit organization is open to all Washington DC Metro art lovers and artists and has been a staple in the Reston community for almost 50 years. LRA is unique because it provides opportunities for artists at every stage of their development, from emerging to professional. Each year new members join and volunteers coordinate fresh opportunities to partner with local businesses and display and sell artwork produced by area artists.

MAY
Solo Exhibit: Liz Morton
Prudential PenFed Realty
1886 Metro Center Drive

The Object of Art is to Give Life a Shape
LRA Painters Juried Exhibit
ArtSpace Herndon
750 Center Street, Herndon, VA
Reception: Saturday, May 7
7:00 p.m. – 9:00 p.m.

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

JULY
Solo Exhibit: Loretta Scott
Prudential PenFed Realty
1886 Metro Center Drive, Reston, VA

Paint and Beyond
LRA Painters Exhibit
U.S. Geological Survey
12201 Sunrise Valley Drive, Reston, VA

AUGUST
Solo Exhibit (TBD)
Prudential PenFed Realty
1886 Metro Center Drive, Reston, VA

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

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

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

JUNE
Rough Around the Edges
Painting with paper by Ronnie Jolles.
Reception: Sunday, June 12
2:00 p.m. – 4:00 p.m.

JULY
Summer Heat
Prints, paintings, mixed media and artist-made jewelry by 10 RAGS artists.
Reception: Sunday, July 10
2:00 p.m. – 4:00 p.m.

AUGUST
New Works by Lassie Corbett
Reception: Sunday, August 14
2:00 p.m. – 4:00 p.m.

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

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

RCC Lake Anne
Jo Ann Rose Gallery

MAY
RCC Teachers and Students Exhibit
Reception: Sunday, May 1
2:00 p.m. — 4:00 p.m.

JUNE
Reston Photographic Society Exhibit
League of Reston Artists (LRA)
Reception: Sunday, June 5
2:00 p.m. — 4:00 p.m.

JULY
La Lumiere Dubois
Michael Dubois Photography Exhibit
Reception: Sunday, July 10
2:00 p.m. — 4:00 p.m.

AUGUST
Ink, Oil, Acrylic, Watercolor, and Alabaster Paintings
By Ted Ramsey
Reception: Sunday, August 7
2:00 p.m. — 4:00 p.m.

RCC Lake Anne
3D Gallery

MAY — AUGUST
RCC Teachers and Students Exhibit
Art from the gifted hands of our instructional team and their talented students.
Reception: Sunday, May 1
2:00 p.m. — 4:00 p.m.

RCC Hunters Woods

MAY
Beauty of Nature Exhibit
Art by Students of the U.S. Arts Education Center – Chantilly

JUNE
Artistic Treasures of RCC Exhibit
Art by Staff and Families of RCC

JULY — AUGUST
Summer of Arts — Resilience
Oil, Watercolor, Acrylic, Charcoal Paintings;
Tapestries and Jewelry
By Pathway Homes Residents
Three Ways to Volunteer

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

- **RCC Intergenerational Service Programs** – These RCC volunteer opportunities require registration through WebTrac – RCC’s internal registration system. Patrons interested in these programs should register as they would for any other RCC class or trip.

- **Volunteer Management System Opportunities** – Many of RCC’s volunteer programs that have traditionally registered through WebTrac will now register through Fairfax County’s new consolidated Volunteer Management System (VMS).

- **Partner Volunteer Events** – RCC is proud to partner with local organizations on many programs, including volunteer opportunities. Volunteer recruitment and management for these events are handled through these partner organizations.

Volunteer Management System

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

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

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

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

Community Service Club (12 – 18 years old)
Reston Community Center is looking to provide middle and high school students the opportunity to cultivate social responsibility and leadership skills while giving back to the community. This club will allow participants to meet their community/volunteer service hour requirement for school while helping to beautify the community. Please note that all projects will be performed on Saturdays. This program is registered through RCC’s online registration system, WebTrac; see page 88 for more information.

Community Service Club will meet:

RCC Hunters Woods April 24
Activity: Paws and Claws
Sat 11:00 a.m. – 4:00 p.m.
808005-6H

RCC Hunters Woods May 21
Activity: Community Service Award Recognition
Sat 10:00 a.m. – 12:00 p.m.
808005-6I

Partner Volunteer Events
None offered during the summer; volunteers will be needed for the September 24 Reston Multicultural Festival. Please check the RCC Fall Program Guide for a full list of Partner Volunteer Events.

Volunteer Management System

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

RCC Hunters Woods July 9 – Aug 20
Sat 11:00 a.m. – 12:00 p.m.
Registration required through VMS

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

RCC Hunters Woods June 27 – Aug 21
Mon – Sun Times Vary
Registration required through VMS

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

RCC Hunters Woods June 27 – Aug 21
Mon – Sun Times Vary
Registration required through VMS

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

Board Members:
Bea Malone
Dana Smith
Janice Coe
C. Vanessa Bolling
Yolanda Burt
B.J. Romero
M.T. Palmore
Volunteer Drivers Needed!

Seeking caring community members to serve as Volunteer Drivers.


2. After your driving and criminal background checks are complete, you will be contacted to schedule an individual intake interview or a group orientation.

3. Use the web-based system to choose the appointments that best suit your personal schedule – no minimum number of rides required. You will also receive a mileage report for your annual tax filings.

For rider information, please see page 71.

For more information, contact Ali Clements, RCC Rides Coordinator, at 703-390-6198 or Ali.Clements@fairfaxcounty.gov.
Aquatics

General Information  27 – 29
Infant – 7 Years Old  30 – 34
6 – 12 Years Old  35 – 37
13 Years and Older  38 – 40
Aquatics General Information

SUMMER POOL SCHEDULE • JUNE 20 – AUGUST 26

Spa closed the first Sunday of each month for cleaning.

The Terry L. Smith Aquatics Center will be closed for Annual Maintenance August 27 – September 16. It will re-open September 17.

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

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

RCC Locker Room Etiquette

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

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

- We greatly appreciate everyone’s efforts to keep the locker room areas as clean and tidy as possible. The showers and sinks should be used quickly; we request that people refrain from shaving as it creates plumbing challenges. If you must shave, please clean up any hair that shaving leaves behind. We appreciate your attention to hair that is loosened from shampooing as well.
- Children 6 years old and older must use the locker room appropriate to their gender. Please keep that in mind when bringing children to the pool.
- If you have arrived at RCC with mud or other debris on your shoes, we greatly appreciate your removing your shoes before walking in the locker rooms as those floors are wet and patrons in them are barefooted.

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

Aquatics Holiday Hours:

<table>
<thead>
<tr>
<th></th>
<th>May 30</th>
<th>6:00 a.m. – 1:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memorial Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Independence Day</td>
<td>July 4</td>
<td>6:00 a.m. – 1:30 p.m.</td>
</tr>
<tr>
<td>Labor Day</td>
<td>September 5</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Registration Begins: May 1 Reston • May 8 Non-Reston
Reston Community Center and Reston Association are teaming 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.

Together, RA and RCC will offer DEAP, a “land-based” Drowning Education Awareness Program. This program offers two opportunities targeted for different audiences and community civic groups to learn water safety skills: Longfellow’s WHALE Tales and Water Safety Presentation.

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

**Longfellow’s WHALE Tales**

*(5 – 12 years old)*

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

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

**Water Safety Presentation**

*(18 years and older)*

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

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

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

Special Accommodations

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

Private Swim Lessons

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

30-min. session • $35 (R)/$70 (NR)
Learn-to-Swim:
Infant – 7 Years Old

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

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

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

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

INFANT – 7 YEARS OLD CLASS REQUIREMENTS

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Prerequisites</th>
<th>Equivalent Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER INTRO</td>
<td>6 – 18 months</td>
<td>No swimming skills required. Parent/caregiver must accompany child in the water.</td>
<td>N/A</td>
</tr>
<tr>
<td>AQUA TOTS</td>
<td>19 – 36 months</td>
<td>No swimming skills required. Parent/caregiver must accompany child in the water.</td>
<td>N/A</td>
</tr>
<tr>
<td>POOL PALS &amp; WATER FRIENDS/SKIPPER I</td>
<td>3 years</td>
<td>No swimming skills required. Comfortable with an instructor. Able to follow simple directions.</td>
<td>N/A</td>
</tr>
<tr>
<td>SKIPPER II</td>
<td>3 years</td>
<td>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.</td>
<td>N/A</td>
</tr>
<tr>
<td>ROOKIE I</td>
<td>4 – 5 years</td>
<td>No swimming skills required. Able to follow simple instructions.</td>
<td>N/A</td>
</tr>
<tr>
<td>ROOKIE II</td>
<td>4 – 5 years</td>
<td>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.</td>
<td>N/A</td>
</tr>
<tr>
<td>RANGER</td>
<td>4 – 7 years</td>
<td>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.</td>
<td>Swim Level 3</td>
</tr>
<tr>
<td>MARLIN</td>
<td>4 – 7 years</td>
<td>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.</td>
<td>Swim Level 4</td>
</tr>
<tr>
<td>WATER WONDER</td>
<td>4 – 7 years</td>
<td>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.</td>
<td>Swim Level 5</td>
</tr>
</tbody>
</table>
**Aquatics**

**Infant – 7 Years Old**

**Water Introduction**  
(6 months – 2 years old)  
This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/adult is required to accompany each child in the water and participate in the classes.

**7, 30-minute sessions • $75 (R)/$150 (NR)**  
July 9 – August 20  
Sat 9:30 a.m. – 10:00 a.m.  
640000-7A

July 10 – August 21  
Sun 10:00 a.m. – 10:30 a.m.  
640002-7A

**8, 30-minute sessions • $65 (R)/$97 (NR)**  
June 28 – July 21  
Tue, Thu 5:30 p.m. – 6:00 p.m.  
640004-7A

July 26 – August 18  
Tue, Thu 5:30 p.m. – 6:00 p.m.  
640004-7B

**Aqua Tots**  
(18 months– 3 years old)  
This class helps young children become comfortable in and around the water so they are ready to learn to swim. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/adult is required to accompany each child in the water and participate in the classes.

**7, 30-minute sessions • $75 (R)/$150 (NR)**  
July 9 – August 20  
Sat 10:00 a.m. – 10:30 a.m.  
640007-7A

July 10 – August 21  
Sun 10:30 a.m. – 11:00 a.m.  
640008-7A

**8, 30-minute sessions • $65 (R)/$97 (NR)**  
June 28 – July 21  
Tue, Thu 5:30 p.m. – 6:00 p.m.  
640009-7A

July 26 – August 18  
Tue, Thu 5:30 p.m. – 6:00 p.m.  
640009-7B

**Pool Pals & Water Friends**  
(2 years – 4 years)  
This class is designed for children and their parent(s) or other favorite adult. Pool Pals & Water Friends introduces students to floating, kicking, paddling, submerging, and water safety skills. Adults will gain information and techniques to help orient their children to the water and to supervise water activities in a safe manner. A parent/adult is required to accompany each child in the water and participate in the class.

**7, 30-minute sessions • $75 (R)/$150 (NR)**  
July 9 – August 20  
Sat 10:30 a.m. – 11:00 a.m.  
640999-7A

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

**Private Swim Lessons**  
RCC offers Private Swim Lessons to students of all ages and skill levels. For more information, see page 29.
Skipper I
(3 years old)
Skipper I introduces students to floating, kicking, paddling, submerging, and water safety skills. The class develops basic swimming skills. An instructor works with two children at a time for 20-minutes. Parents do not accompany the student in the water.

8, 20-minute sessions • $65 (R)/$97 (NR)
June 28 – July 21
Tue, Thu
640014-7A
9:00 a.m. – 9:20 a.m.
Tue, Thu
640014-7B
9:20 a.m. – 9:40 a.m.
Tue, Thu
640014-7C
9:40 a.m. – 10:00 a.m.
Tue, Thu
640014-7D
5:00 p.m. – 5:20 p.m.
Tue, Thu
640014-7E
5:20 p.m. – 5:40 p.m.
Tue, Thu
640014-7F
5:40 p.m. – 6:00 p.m.

July 26 – August 18
Tue, Thu
640014-7G
9:00 a.m. – 9:20 a.m.
Tue, Thu
640014-7H
9:20 a.m. – 9:40 a.m.
Tue, Thu
640014-7I
9:40 a.m. – 10:00 a.m.
Tue, Thu
640014-7J
5:00 p.m. – 5:20 p.m.
Tue, Thu
640014-7K
5:20 p.m. – 5:40 p.m.
Tue, Thu
640014-7L
5:40 p.m. – 6:00 p.m.

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.

8, 30-minute sessions • $65 (R)/$97 (NR)
July 25 – August 17
Mon, Wed
5:00 p.m. – 5:30 p.m.
640033-7B

July 11 – July 21
Mon – Thu
9:30 a.m. – 10:00 a.m.
640036-7C

August 8 – August 18
Mon – Thu
10:30 a.m. – 11:00 a.m.
640036-7C

June 28 – July 21
Tue, Thu
10:00 a.m. – 10:30 a.m.
640034-7A

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.

7, 30-minute sessions • $75 (R)/$150 (NR)
July 9 – August 20
Sat
9:00 a.m. – 9:30 a.m.
640030-7A

July 10 – August 21
Sun
9:00 a.m. – 9:30 a.m.
640032-7B

July 26 – August 18
Mon, Wed
5:00 p.m. – 5:30 p.m.
640033-7A

June 28 – July 21
Tue, Thu
10:00 a.m. – 10:30 a.m.
640036-7C

Adapted Aquatics
Please see page 32 for information on our Adapted Aquatics class.
**Aquatics**  
**Infant – 7 Years Old**

**June 28 – July 21**  
Tue, Thu 5:30 p.m. – 6:00 p.m.  
640034-7B

**July 26 – August 18**  
Tue, Thu 10:00 a.m. – 10:30 a.m.  
640034-7C

Tue, Thu 5:30 p.m. – 6:00 p.m.  
640034-7D

**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.

**July 9 – August 20**  
Sat 9:00 a.m. – 9:30 a.m.  
640040-7A

Sat 9:30 a.m. – 10:00 a.m.  
640040-7B

Sat 10:30 a.m. – 11:00 a.m.  
640040-7C

Sat 11:30 a.m. – 12:00 p.m.  
640040-7D

**July 10 – August 21**  
Sun 9:30 a.m. – 10:00 a.m.  
640042-7A

Sun 11:00 a.m. – 11:30 a.m.  
640042-7B

**7, 30-minute sessions • $75 (R) /$150 (NR)**

**July 25 – August 17**  
Mon, Wed 4:30 p.m. – 5:00 p.m.  
640043-7B

**July 25 – August 4**  
Mon – Thu 10:00 a.m. – 10:30 a.m.  
640046-7B

**August 8 – August 18**  
Mon – Thu 10:00 a.m. – 10:30 a.m.  
640046-7C

**June 28 – July 21**  
Tue, Thu 10:30 a.m. – 11:00 a.m.  
640044-7A

Tue, Thu 5:00 p.m. – 5:30 p.m.  
640044-7B

Tue, Thu 6:00 p.m. – 6:30 p.m.  
640044-7C

**July 26 – August 18**  
Tue, Thu 10:30 a.m. – 11:00 a.m.  
640044-7D

Tue, Thu 5:00 p.m. – 6:00 p.m.  
640044-7E

**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.

**July 9 – August 20**  
Sat 9:00 a.m. – 9:30 a.m.  
640050-7A

Sat 10:00 a.m. – 10:30 a.m.  
640050-7B

Sat 11:00 a.m. – 11:30 a.m.  
640050-7C

**July 25 – August 17**  
Mon, Wed 4:30 p.m. – 5:00 p.m.  
640053-7A

**July 25 – August 4**  
Mon – Thu 9:30 a.m. – 10:00 a.m.  
640056-7B

**August 8 – August 18**  
Mon – Thu 9:30 a.m. – 10:00 a.m.  
640056-7C

**June 28 – July 21**  
Tue, Thu 6:00 p.m. – 6:30 p.m.  
640054-7A

**July 26 – August 18**  
Tue, Thu 6:00 p.m. – 6:30 p.m.  
640054-7B

**7, 30-minute sessions • $60 (R) /$90 (NR)**

**July 27 – July 20**  
(No Class: July 4)

Mon, Wed 5:30 p.m. – 6:00 p.m.  
640053-7A

**June 27 – July 7**  
(No Class: July 4)

Mon – Thu 10:30 a.m. – 11:00 a.m.  
640056-7A

**8, 30-minute sessions • $65 (R) /$97 (NR)**

**July 25 – August 17**  
Mon, Wed 4:30 p.m. – 5:00 p.m.  
640043-7B

**July 25 – August 4**  
Mon – Thu 10:00 a.m. – 10:30 a.m.  
640046-7B

**August 8 – August 18**  
Mon – Thu 10:00 a.m. – 10:30 a.m.  
640046-7C

**June 28 – July 21**  
Tue, Thu 6:00 p.m. – 6:30 p.m.  
640044-7D

**July 26 – August 18**  
Tue, Thu 5:00 p.m. – 6:00 p.m.  
640044-7E

**Weekday Swim Classes**

Please note that enrolling in weekday classes is a more cost-effective approach to your swimming lesson needs.
Aquatics
Infant – 7 Years Old

Marlin
(4 – 7 years old)
Marlins develop confidence in the skills learned and improve other aquatic skills. Topics of instruction will include surface dives, turns, standing dives, front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke and various safety topics.

7, 30-minute sessions • $75 (R)/$150 (NR)
July 9 – August 20
Sat 9:30 a.m. – 10:00 a.m.
640060-7A

July 10 – August 21
Sun 11:00 a.m. – 11:30 a.m.
640062-7A

7, 30-minute sessions • $60 (R)/$90 (NR)
June 27 – July 20
(No Class: July 4)
Mon, Wed 5:30 p.m. – 6:00 p.m.
640063-7A

8, 30-minute sessions • $65 (R)/$97 (NR)
July 25 – August 17
Mon, Wed 5:30 p.m. – 6:00 p.m.
640063-7B

Water Wonder
(5 – 7 years old)
Water Wonders provides further coordination and refinement of strokes. Topics of instruction will include treading with alternate kicks, flip turns, increasing endurance and improving technique in front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke and various safety topics.

7, 30-minute sessions • $60 (R)/$90 (NR)
June 27 – July 20
(No Class: July 4)
Mon, Wed 5:00 p.m. – 5:30 p.m.
640073-7A

8, 30-minute sessions • $65 (R)/$97 (NR)
July 25 – August 17
Mon, Wed 5:00 p.m. – 5:30 p.m.
640073-7B

Lifeguards and Water Safety Instructors Wanted

LIFEGUARDS
Must be First Aid, CPR & Lifeguard certified. Hiring all shifts. $11-$15/hour, depending on experience.

WATER SAFETY INSTRUCTORS
Must be nationally certified. Starting at $20.45/hour.

Download an application from our website.

For more information, please contact the Aquatics Service Desk at 703-390-6150.
Learn-to-Swim: 6 – 12 Years Old

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

SWIM LESSON REGISTRATION INFORMATION AND TIPS

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

Placement

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

Duration of Enrollments

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

6 – 12 YEARS OLD CLASS REQUIREMENTS

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Prerequisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIM LEVEL 1/2</td>
<td>6 – 12 years</td>
<td>No swimming skills required.</td>
</tr>
<tr>
<td>SWIM LEVEL 3</td>
<td>6 – 12 years</td>
<td>Step from side into chest-deep water, move into a front float for five seconds, roll to back, float for five seconds then return to standing. Move into a back float for five seconds, roll to front then recover to standing. Push off and swim using combined arm and leg actions on front for five body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for five body lengths.</td>
</tr>
<tr>
<td>SWIM LEVEL 4</td>
<td>6 – 12 years</td>
<td>Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.</td>
</tr>
<tr>
<td>SWIM LEVEL 5</td>
<td>6 – 12 years</td>
<td>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.</td>
</tr>
<tr>
<td>SWIM LEVEL 6</td>
<td>6 – 12 years</td>
<td>Perform a shallow dive into deep water, swim front crawl for 50 yards, change direction and position and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim back crawl for 25 yards.</td>
</tr>
<tr>
<td>STROKE-N-TURN</td>
<td>6 – 8 years</td>
<td>Student must be able to continuously swim 25 meters and demonstrate the use of two different strokes.</td>
</tr>
<tr>
<td>STROKE-N-TURN</td>
<td>9 – 12 years</td>
<td>Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.</td>
</tr>
<tr>
<td>HOMESCHOOL STROKE-N-TURN</td>
<td>8 – 17 years</td>
<td>Student must be able to continuously swim 50 meters and demonstrate the use of two different strokes.</td>
</tr>
</tbody>
</table>
Youth Level 1-2
(6 – 12 years old)
Level 1-2 gives students success with fundamental skills. Topics of instruction will include entering and exiting the water, submerging, front and back floats, front and back glides, swimming on front and back using arms and legs, and various safety topics.

7, 30-minute sessions • Free (R)/$150 (NR)
July 9 – August 20
Sat 9:30 a.m. – 10:00 a.m.
640110-7A
Sat 10:30 a.m. – 11:00 a.m.
640110-7B
Sat 11:30 a.m. – 12:00 p.m.
640110-7C
July 10 – August 21
Sun 9:00 a.m. – 9:30 a.m.
640112-7A
July 10 – August 21
Sun 11:30 a.m. – 12:00 p.m.
640112-7B

Youth Level 3
(6 – 12 years old)
The Level 3 class builds on the skills in Level 1-2 through additional guided practice. Topics of instruction will include sitting and kneeling diving, underwater exploration, front and back glides, rotary breathing, front crawl, elementary backstroke, dolphin kick and various safety topics.

7, 30-minute sessions • $75 (R)/$150 (NR)
July 9 – August 20
Sat 9:00 a.m. – 9:30 a.m.
640120-7A
Sat 10:00 a.m. – 10:30 a.m.
640120-7B
July 10 – August 21
Sun 9:30 a.m. – 10:00 a.m.
640122-7A

June 27 – July 7
(No Class: July 4)
Mon – Thu 9:00 a.m. – 9:30 a.m.
640116-7A

8, 30-minute sessions • Free (R)/$97 (NR)
July 25 – August 17
Mon, Wed 4:30 p.m. – 5:00 p.m.
640113-7C
Mon, Wed 6:30 p.m. – 7:00 p.m.
640113-7D

July 11 – July 21
Mon – Thu 9:00 a.m. – 9:30 a.m.
640116-7B
Mon – Thu 10:00 a.m. – 10:30 a.m.
640116-7C

July 25 – August 4
Mon – Thu 9:00 a.m. – 9:30 a.m.
640116-7D

August 8 – August 18
Mon – Thu 9:00 a.m. – 9:30 a.m.
640116-7E

June 28 – July 21
Tue, Thu 11:00 a.m. – 11:30 a.m.
640114-7A
Tue, Thu 5:00 p.m. – 5:30 p.m.
640114-7B
Tue, Thu 6:30 p.m. – 7:00 p.m.
640114-7C

July 26 – August 18
Tue, Thu 11:00 a.m. – 11:30 a.m.
640114-7D
Tue, Thu 6:00 p.m. – 6:30 p.m.
640114-7E

6, 30-minute sessions • $60 (R)/$90 (NR)
June 27 – July 20
(No Class: July 4)
Mon, Wed 6:00 p.m. – 6:30 p.m.
640123-7A

8, 30-minute sessions • $65 (R)/$97 (NR)
July 25 – August 17
Mon, Wed 6:00 p.m. – 6:30 p.m.
640123-7B

July 11 – July 21
Mon – Thu 10:30 a.m. – 11:00 a.m.
640126-7A

July 26 – August 18
Tue, Thu 5:00 p.m. – 5:30 p.m.
640124-7A
**Youth Level 4**

(6 – 12 years old)

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

7, 30-minute sessions • $75 (R)/$150 (NR)

July 9 – August 20

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>9:00 a.m. – 9:30 a.m.</td>
<td>640130-7A</td>
</tr>
<tr>
<td>Sat</td>
<td>11:00 a.m. – 11:30 a.m.</td>
<td>640130-7B</td>
</tr>
<tr>
<td>July 10 – August 21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>10:30 a.m. – 11:00 a.m.</td>
<td>640132-7A</td>
</tr>
</tbody>
</table>

**Youth Level 5**

(7 – 12 years old)

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

7, 45-minute sessions • $85 (R)/$170 (NR)

July 9 – August 20

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>9:30 a.m. – 10:15 a.m.</td>
<td>640140-7A</td>
</tr>
<tr>
<td>Sat</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>640140-7B</td>
</tr>
<tr>
<td>July 10 – August 21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>10:15 a.m. – 11:00 a.m.</td>
<td>640142-7A</td>
</tr>
</tbody>
</table>

**Youth Level 6**

(7 – 12 years old)

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

7, 45-minute sessions • $85 (R)/$170 (NR)

July 9 – August 20

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>9:30 a.m. – 10:15 a.m.</td>
<td>640140-7A</td>
</tr>
<tr>
<td>Sat</td>
<td>11:00 a.m. – 11:45 a.m.</td>
<td>640140-7B</td>
</tr>
</tbody>
</table>

**Family Splash**

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

7:00 p.m. – 9:00 p.m.

Friday, June 24
Friday, July 29
Friday, August 19

**Weekday Swim Classes**

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

**Adult Aquatics**

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

7, 45-minute sessions • $85 (R)/$170 (NR)
**July 9 – August 20**
Sat 9:00 a.m. – 9:45 a.m.
641210-7A
Sat 10:30 a.m. – 11:15 a.m.
641210-7B

**July 10 – August 21**
Sun 9:00 a.m. – 9:45 a.m.
641212-7A
Sun 11:15 a.m. – 12:00 p.m.
641212-7B

8, 45-minute sessions • $70 (R)/$105 (NR)
**June 28 – July 21**
Tue, Thu 6:30 p.m. – 7:15 p.m.
641214-7A

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

7, 45-minute sessions • $85 (R)/$170 (NR)
**July 9 – August 20**
Sat 9:45 a.m. – 10:30 a.m.
641220-7A

**July 10 – August 21**
Sun 9:45 a.m. – 10:30 a.m.
641222-7A

8, 45-minute sessions • $70 (R)/$105 (NR)
**June 28 – July 21**
Tue, Thu 7:00 p.m. – 7:45 p.m.
641224-7A

**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 Aquatic Program Manager at 703-390-6150. Mainstreaming of swimmers is available upon request and consultation. Volunteers are needed. See page 24 for more information.

$75 (R)/$150 (NR)
**July 9 – August 20**
Sat 11:00 a.m. – 11:30 a.m.
620190-7A
Sat 11:30 a.m. – 12:00 p.m.
620190-7B

703-390-6150

Volunteers wanted for Adapted Aquatics!
See page 24 for more information.
**Registered Aerobics**

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

- **7, 50-minute sessions • $63 (R)/$126 (NR)**  
  **June 27 – July 20**  
  (No Class: July 4)  
  Mon, Wed  6:30 p.m. – 7:20 p.m.  
  641250-7A

- **10, 50-minute sessions • $87 (R)/$175 (NR)**  
  **July 25 – August 24**  
  Mon, Wed  6:30 p.m. – 7:20 p.m.  
  641250-7B

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

- **7, 50-minute sessions • $63 (R)/$126 (NR)**  
  **June 27 – July 20**  
  (No Class: July 4)  
  Mon, Wed  7:30 p.m. – 8:20 p.m.  
  641251-7A

- **10, 50-minute sessions • $87 (R)/$175 (NR)**  
  **July 25 – August 24**  
  Mon, Wed  7:30 p.m. – 8:20 p.m.  
  641251-7B

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

- **8, 50-minute sessions • $70 (R)/$140 (NR)**  
  **June 28 – July 21**  
  Tue, Thu  10:00 a.m. – 10:50 a.m.  
  641276-7A

- **10, 50-minute sessions • $87 (R)/$175 (NR)**  
  **July 26 – August 25**  
  Tue, Thu  10:00 a.m. – 10:50 a.m.  
  641276-7B

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

- **8, 50-minute sessions • $80 (R)/$120 (NR)**  
  **July 1 – August 19**  
  Fri  6:30 p.m. – 7:20 p.m.  
  641269-7A
Aquatics
13 Years and Older

Drop-in Aerobics

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

50-minute sessions • $5.25 (R)/$10.50 (NR) (Per class)
June 27 – August 24
(No Class: July 4)
Mon, Wed, Fri 8:00 a.m. – 8:50 a.m.
Mon, Wed, Fri 9:00 a.m. – 9:50 a.m.

Fit after Fifty Five
(55 years and older)
This is an adult program for the serious exerciser who wants a high-level aerobic workout. Set to a faster tempo than the senior exercise class, this program is not for the beginning exerciser. Participants should consult with a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class.

50-minute sessions • $3.25 (R)/$6.50 (NR) (Per class)
June 27 – August 24
(No Class: July 4)
Mon, Wed, Fri 10:00 a.m. – 10:50 a.m.

Senior Water Exercise
(55 years and older)
This class is suitable for non-swimmers and swimmers alike. This exercise program is designed to promote a feeling of fitness and well-being. Water exercise provides gentle resistance, support for greater movement, and stimulation of circulation. The class also provides an opportunity for a social swim in a quiet pool. Participants should consult a physician before starting this program. This is a drop-in program and requires payment of the Water Aerobics daily drop-in fee for each class attended, or use of the Water Aerobics 20-Visit Pass. Limited to 25 participants per class. Patrons 55 and older, senior discount applies.

50-minute sessions • $5.25 (R)/$10.50 (NR) (Per class)
June 27 – August 24
(No Class: July 4)
Mon, Wed, Fri 11:00 a.m. – 11:50 a.m.

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

50-minute sessions • $5.25 (R)/$10.50 (NR) (Per class)
June 28 – August 25
Tue, Thu 8:00 a.m. – 8:50 a.m.
Tue, Thu 9:00 a.m. – 9:50 a.m.

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

50-minute sessions • $5.25 (R)/$10.50 (NR) (Per class)
June 28 – August 25
Tue, Thu 8:00 a.m. – 8:50 a.m.
Tue, Thu 9:00 a.m. – 9:50 a.m.

Drop-in Fees:

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www.restoncommunitycenter.com
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<td>eLearning</td>
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Android 101: Tips & Tricks
(13 years and older)
Get the most and best uses from your Android OS tablet or smartphone. Learn to customize system settings, accounts, storage and power management. This class covers versions 2 - 5. Students are encouraged to bring their own devices.

1, 2.5-hour session at RCC Hunters Woods
S30 (R)/S45 (NR) • Robichaud
August 2
Tue 7:00 p.m. – 9:30 p.m.
868686-7A

Intro to HTML
(13 years and older)
Ever wondered what goes on behind the scene of your web browser? Come learn the basics of Hyper Text Markup Language (HTML) to design and edit personal web pages. Students will be introduced to WordPress and other CMS systems, and practice hands-on editing using HTML tags and style sheets.

1, 2.5-hour session at RCC Hunters Woods
S30 (R)/S60 (NR) • Robichaud
July 26
Tue 7:00 p.m. – 9:30 p.m.
803378-7A

MS Excel I
(13 years and older)
Learn how to create, edit, format and print spreadsheets. Learn basic use of templates, formulas, functions and charts to capture, calculate and display data.

2, 2.5-hour sessions at RCC Hunters Woods
S55 (R)/S83 (NR) • Robichaud
July 27 – July 28
Wed, Thu 7:00 p.m. – 9:30 p.m.
803224-7A

MS Excel II
(13 years and older)
Learn advanced spreadsheet formatting, data validation and security, advanced formulas, printing tricks, and more with hands-on exercises and tutorials. Students encouraged to take Excel prior to Excel II

2, 2.5-hour sessions at RCC Hunters Woods
S55 (R)/S83 (NR) • Robichaud
August 3 – August 4
Wed, Thu 7:00 p.m. – 9:30 p.m.
803226-7A

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

2, 2.5-hour sessions at RCC Hunters Woods
S55 (R)/S83 (NR) • Robichaud
July 19 – July 20
Tue, Wed 7:00 p.m. – 9:30 p.m.
803224-7A

Pricing
RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC’s commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.
Bento Box To-Go
(16 years and older)
A bento is a popular and aesthetically pleasing home-packed boxed meal common in Japanese cuisine. The class will use meat, seasonal vegetables and fruits to produce well-balanced and nutritious lunch boxes. Participants will learn how to select and cut vegetables, fruits, or a boiled egg into different shapes to pack them with rice beautifully into a lunch box. Allergy warning: eggs and sausages will be used in the class.

1, 2-hour session at RCC Hunters Woods
$50 (R)/$75 (NR) • Nelson
June 18
Sat 1:00 p.m. – 3:00 p.m.
874687-6A

Indian Cuisine
(15 years and older)
Experience some of the most flavorful traditional Indian fare during this fun and informative hands-on cooking workshop. Students will prepare a three-course meal to include vegetable samosas, chicken biryani, mixed green salad and rich rice pudding.

1, 3-hour session at RCC Hunters Woods
$70 (R)/$105 (NR) • Jessimy
August 13
Sat 10:00 a.m. – 1:00 p.m.
881121-7A

Mediterranean Dinner
(15 years and older)
The flavors of the Mediterranean are brought to life with this healthy yet flavorful dinner designed to please you and your guests. This hands-on workshop will teach you how to prepare a delicious three-course savory meal featuring Moroccan pumpkin soup, lemon salmon with lima beans, quinoa, and coconut halva (coconut cake soaked in syrup).

1, 3-hour session at RCC Hunters Woods
$70 (R)/$105 (NR) • Jessimy
August 6
Sat 10:00 a.m. – 1:00 p.m.
881122-7A
Create a personalized mug to celebrate Dad for Father’s Day. Mugs will be decorated and painted during class, and will be available for pick up at RCC shortly thereafter. This pottery is safe for hot and cold drinks, but use in the microwave or dishwasher is not recommended. Participants may come to work on their pottery any time between 9:30 a.m. and 11:00 a.m. 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.

**Thursday, June 2**

9:30 a.m.– 11:00 a.m.
RCC Hunters Woods
2 – 5 years old
$20 Reston • $40 Non-Reston

Registration Required • #901164-6A
**Babysitting 101**  
(11 – 16 years old)  
Hoping to earn some money babysitting this summer? Or are you going to be helping watch your younger family members? If so, this class is extremely important. Students will learn the current practices for safety and injury prevention while babysitting. The BLAST Program (Babysitting Lessons and Safety Training) is endorsed by the American Academy of Pediatrics and offers exciting and interactive instruction and extensive training in pediatric first aid and CPR. Students will also learn the Heimlich maneuver, information on household safety, and the fundamentals of childcare. Students must attend the entire training workshop to obtain certificates. Please bring a doll and a bag lunch.

1, 5-hour session at RCC Hunters Woods  
$70 (R)/$105(NR) • Lowry  
June 18  
Sat 9:30 a.m. – 2:30 p.m.  
801112-6A

**Backyard Astronomy**  
(6 years and older)  
Learn about the different equipment available for backyard viewing, including various telescope designs and accessories, and the local astronomy resources. The course includes a sky tour of the visible constellations and major objects highlighting the solar system. Students will be given hands-on experience with wide-field binoculars and a Meade ETX90 telescope. A free software CD titled *Sky Chart III* is included. Cabots Point Park is located near the intersection of South Lakes Drive and Cabots Point Lane. All participants must register and those under the age of 13 must be accompanied by an adult guardian.

8, 2-hour sessions at RCC Hunters Woods  
$65 (R)/$98 (NR) • Golias  
July 9 – August 27  
Sat 10:00 a.m. – 12:00 p.m.  
102337-7A

**Bridge I**  
(18 years and older)  
This course is perfect for those who are new to the game, as well as players seeking to brush up on bridge fundamentals. The course will include a lecture and demonstration, with at least one hour of play per class with pre dealt hands oriented to the specific lesson. Bidding is Standard American. Please refrain from wearing heavy perfumes as the instructor is allergic.

8, 2-hour sessions at RCC Hunters Woods  
$65 (R)/$98 (NR) • Golias  
July 9 – August 27  
Sat 10:00 a.m. – 12:00 p.m.  
102337-7A

**Bridge II**  
(18 years and older)  
Players will improve intermediate bridge skills under the supervision of RCC’s bridge instructor. Each table will play the same hand. After play is over, participants will discuss the bidding and the play of hands. Please note this program is for intermediate and advanced level players. Please refrain from wearing heavy perfumes as the instructor is allergic.

8, 2-hour sessions at RCC Hunters Woods  
$65 (R)/$98 (NR) • Golias  
July 9 – August 27  
Sat 12:30 p.m. – 2:30 p.m.  
102409-7A

**Financial Management: 6 Steps to Financial Success**  
(18 years and older)  
Discuss the steps and strategies that help lead to financial success. Topics discussed will include: protecting assets and investments, investing wisely, managing taxes, saving for retirement, and leaving a legacy. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods  
Free, Registration Req. • Seo  
August 9  
Tue 6:00 p.m. – 8:00 p.m.  
105601-7A

**Did You Know?**  
55+ patrons receive a 20 percent discount on Adult Classes.
**Heart Start CPR – AED**
*(16 years and older)*
Participants will learn how to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, and basic first aid. Successful participants will receive a two-year adult CPR with AED certification and a two-year first aid certification through the American Heart Association.

1, 4-hour session at RCC Hunters Woods
$60 (R)/$90 (NR) • Heart Start
July 23
Sat 10:00 a.m. – 2:00 p.m.
302313-6D

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**Japanese Flower Arrangement**
*(18 years and older)*
This class is about the traditional form of Japanese flower arranging, Ikenobo. This class will feature a special guest from Japan who is currently a certified Ikenobo instructor. Students will be taught a fusion of classic style with a modern interpretation with hands-on instruction, teaching the most up to date Japanese flower arranging knowledge. All materials and supplies will be provided.

1, 2-hour session at RCC Hunters Woods
$45 (R)/$68 (NR) • Shintani
June 11
Sat 1:00 p.m. – 3:00 p.m.
105146-6B

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**Japanese Shuji**
*(18 years and older)*
The literal translation of Shuji is “lettering practice”, teaching the basics of wielding the brush and composing characters, together with learning the characters themselves. This class will feature a short Shuji performance by a professional Japanese calligrapher from Japan. Students will learn the basic knowledge needed to perform Shuji. All materials and supplies will be provided.

1, 2-hour session at RCC Hunters Woods
$35 (R)/$55 (NR) • Shintani
July 31
Sun 1:00 p.m. – 3:00 p.m.
149563-7A

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**Learn About Foster Parenting**
*(21 years and older)*
Every child deserves a safe place to call home, wouldn’t you agree? Unfortunately, this is far from the case because every night children in Virginia go to sleep hungry, abused, and neglected. When children are removed from these desperate circumstances they are placed in a foster home. For most children this home is the first time they will ever experience stability, trust, and love. Families who display these qualities are always in high demand. Please join us to learn more about foster care in this information session. Attendees are not obligated to become foster parents; this is a workshop to provide more tools and knowledge of the process, requirements, and responsibilities. Coordinators from the ncgCARE Treatment Foster Care Program located in Northern Virginia will lead this session.

1, 60-min. session at RCC Hunters Woods
Free, Registration Req. • Rusden & Aponte
June 7
Tue 6:30 p.m. – 7:30 p.m.
155555-6A

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**Mental Health First Aid**
Did you know that the Fairfax County/Falls Church Community Services Board offers training to people interested in being able to respond appropriately to mental health related emergencies? “Mental Health First Aid” is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Whether you are a first responder, teacher, student, faith community leader, human resources professional, parent, employer, coworker, or caring community member, this certification course has information everyone can use. The course is offered in English, Spanish and Youth versions. Courses are open to the public and cost $25; the fee is waived for County employees. Register online: www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm or find out more by calling Lori Naveda: 703-538-3215 (TTY 711) or via email to Lori.Naveda@fairfaxcounty.gov.
Retirement Income & Investment Strategies  
(18 years and older)  
If you are in need of help charting a course to help your money last through retirement, this workshop is recommended for you. Most have the goal of accumulating enough wealth to ensure that retirement is financially comfortable. This class involves a thorough review of the retirement planning process and the obstacles that can keep one from reaching their goals. Additional topics include: accumulating assets for retirement while still employed; assessing personal investment portfolio; measuring risk in a portfolio; developing asset allocation strategies; taking advantage of dollar cost averaging; and how to create an action plan for success. This program is for informational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods  
Free, Registration Req. • Seo  
June 14  
Tue 6:00 p.m. – 8:00 p.m.  
103338-6B

Retirement Planning for Small Business Owners  
(18 years and older)  
In this highly informative workshop, attendees will learn retirement strategies they can start using today to take control of their retirement future. Topics discussed will include: three keys to funding a comfortable retirement and types of retirement plans for small business owners. All attendees will receive the workbook Taking Control - Financial Strategies for Women. This workshop is presented by Kim Seo, CFP, MBA, a financial advisor dedicated to community education. This program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Hunters Woods  
Free, Registration Req. • Seo  
July 12  
Tue 6:00 p.m. – 8:00 p.m.  
157062-7A

Country Western Dance  
Ages 18 & Older • RCC Hunters Woods  
Line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC’s DJ. Dances are held monthly in the Community Room, which offers a spacious wooden dance floor and a smoke free environment. Refreshments will be provided. No square or contra dancing, please. Ticket admission purchased at the door.

Drop-in • Sundays • 6:30 p.m. – 9:30 p.m.  
$5 Reston/$10 Non-Reston  
June 5  
July 3  
August 7

For more information, please contact the Adult & Fitness Program Director at 703-390-6159.
**Basic Bicycle Maintenance**
(18 years and older)
This hands-on, one-day workshop will teach students how to prepare their bicycles for riding. Topics include basic preventative maintenance, cleaning and lubing gears, changing bicycle tires, and discerning when you may need a mechanic for more advanced repairs. Students should bring their own bicycle. Fee covers cleaner/lube and lifters (each student will take home a set of lifters).

1, 90-min. session at RCC Lake Anne
$10 (R)/$15 (NR) • Westenhoff
July 17
Sun 1:00 p.m. – 2:30 p.m.
321852-7A

**Body Sculpting**
(16 years and older)
Accomplish a full body workout with traditional and nontraditional sculpting methods, using free weights, resistance bands, and body bars. This class is designed to take participants to their own limit. Good for all levels of fitness. Participants should be able to transfer to the floor to use an exercise mat during class.

8, 60-min. sessions at RCC Lake Anne
$40 (R)/$60 (NR) • Botts
June 4 – July 30
(No Class: July 2)
Sat 10:45 a.m. – 11:45 a.m.
302315-6J

June 6 – August 1
(No Class: July 4)
Mon 6:30 p.m. – 7:30 p.m.
302315-6K

**Evening Hatha Yoga I**
(18 years and older)
This beginning Hatha yoga class will teach breathing exercises, stretching movements, and relaxation. Learn to use Hatha yoga movements to work through stiff joints and muscles while developing strength and flexibility.

8, 60-min. sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Hill
June 27 – August 22
(No Class: July 4)
Mon 5:00 p.m. – 6:00 p.m.
302485-6F

**FunFit**
(1 – 2 years old)
This fun filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child’s self-confidence, motor skills, coordination and reinforces cognitive learning. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne
$65 (R)/$130 (NR) • FunFit Staff
June 21 – August 9
Tue 10:30 a.m. – 11:15 a.m.
306040-6D

**FunFit**
(2 – 4 years old)
This fun filled, full of energy, active class led by FunFit staff, emphasizes songs, creative movement, parachute, ball, games and more. This class develops a child’s self-confidence, motor skills, coordination and reinforces cognitive learning. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

8, 45-min. sessions at RCC Lake Anne
$65 (R)/$130 (NR) • FunFit Staff
June 21 – August 9
Tue 11:15 a.m. – 12:00 p.m.
306041-6B

**Demo Class**
Interested in a class but not ready to commit? Contact RCC’s Fitness & Adult Director at 703-390-6159 to schedule a one-time demo.
Gentle Yoga – Stretch, Strengthen and Relax
(15 years and older)
Gently build strength and alleviate chronic joint and muscle tension while reducing mental and physical stress. Floor poses will be used to warm-up and stretch tension prone areas. Strength building poses are practiced both on the floor and standing. Adaptations will be offered throughout each class, making this class suitable for all ages and body types. The class will end with yin yoga poses to relax stuck connective tissue in the joints.

8, 90-min. sessions at RCC Lake Anne
June 4 – July 30
Sat 9:00 a.m. – 10:00 a.m.
305051-6F

Hatha Yoga Flow
(16 years and older)
Hatha Yoga Flow combines traditional yoga postures into a sequence of movements that flow with the breath. Students will improve strength, balance, flexibility and sense of well-being through mindful movements and poses. Classes will include sun salutations, standing and balancing postures, forward and back bends, abdominal work, inversions, breathing exercises and relaxation techniques. Prior yoga experience is helpful but not required. Modifications will be taught to accommodate all levels.

6, 60-min. sessions at RCC Lake Anne
July 5 – August 9
Tue 7:30 p.m. – 8:30 p.m.
306992-7A

Hatha Yoga I
(18 years and older)
Participate in this refreshing and relaxing beginning yoga class that will coax the stiffness out of the body’s joints.

8, 60-min. sessions at RCC Lake Anne
June 26 – August 21
(No Class: July 3)
Sun 9:00 a.m. – 10:00 a.m.
305051-6F

Kundalini Yoga and Meditation
(18 years and older)
Kundalini yoga uses asanas (postures), movement, breath, and meditation to relax and heal your mind and body, giving you a greater awareness of mind, body, and spirit. By stimulating the nervous and immune systems, this type of yoga improves strength and flexibility and may provide relief from problems such as back pain, stress and insomnia. Kundalini yoga brings a greater feeling of well-being and happiness and is a great way to recharge and heal the body quickly. Please bring a light blanket for cover during deep relaxation.

8, 90-min. sessions at RCC Lake Anne
June 27 – August 22
(No Class: July 4)
Mon 12:15 p.m. – 1:45 p.m.
302101-6E

Meditation for Relaxation
(18 years and older)
Enjoy the relaxation and fulfillment of meditation. Learn how to release tension in the body and in the mind. Students will explore several practices including breathing techniques, use of mantra (vibrational sound current) silently and out loud, and the effects of mudras (positions of the hands) all of which help reduce and manage stress. Learn what meditation is and the physiological reasons for how it works.

8, 75-min. sessions at RCC Lake Anne
June 28 – August 16
Tue 5:30 p.m. – 6:45 p.m.
302115-6E

Meditative Yoga
(18 years and older)
Students will practice Kundalini Yoga, which will soften the stresses of life and bring the body and mind into a more meditative state. The meditations students learn will help to decrease worries and anxieties, increase optimism, and help foster a deep sense of peace.

8, 90-min. sessions at RCC Lake Anne
June 28 – August 16
Tue 7:00 p.m. – 8:30 p.m.
302215-6E

Attention Fitness Students
To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.
Fitness & Wellness

Nia
(16 years and older)
Nia is an exhilarating movement and lifestyle practice that tones the body and engages the mind through movements that include dance, martial arts and healing arts. Nia consists of non-impact movements which are practiced barefoot and adaptable to individual needs and abilities. Classes are taught by a licensed Nia teacher.

6, 60-min. sessions at RCC Lake Anne
S48 (R)/S72 (NR) • Shiotsuki
July 10 – August 14
Sun 9:30 a.m. – 10:30 a.m.
306002-7A

Outdoor/Indoor Fitness
(16 years and older)
Go on an exciting and heart-pumping journey around Lake Anne building muscular strength while increasing cardiovascular health and stamina. This class offers a great opportunity for participants to work together towards improved health and well-being in a small class setting with lots of individualized attention. Class will be held indoors in the event of inclement weather.

8, 60-min. sessions at RCC Lake Anne
S55 (R)/S83 (NR) • Botts
June 6 – August 1
(No Class: July 4)
Mon 7:45 p.m. – 8:45 p.m.
306017-6E

Pilates Mat
(15 years and older)
Pilates is a system of exercises designed to develop the body’s core, mobilize and stabilize the spine, and build flexibility and strength. It focuses on the deep muscles of the abdomen, back and hips using control, concentration and flow to improve posture and back health. Most exercises will be performed on the mat and may include stability balls, magic circles, and light hand weights. Students should bring a tightly woven blanket to each class.

6, 60-min. sessions at RCC Lake Anne
S42 (R)/S63 (NR) • Dertke
June 16 – July 21
Thu 1:30 p.m. – 2:30 p.m.
306030-6F

6, 60-min. sessions at RCC Lake Anne
S42 (R)/S63 (NR) • Mannes
July 14 – August 18
Thu 6:15 p.m. – 7:15 p.m.
306030-7A

Prenatal Yoga
(18 years and older)
This class will provide safe and effective exercises to help prepare for labor and delivery. Come share with other expectant mothers a program to strengthen the body, relax the mind, and hone power and strength. All expectant mothers at any stage in their pregnancy are welcome, but it is recommended that participants consult a physician, midwife, or health practitioner prior to starting any physical exercise regimen. Please bring a light blanket for cover during deep relaxation.

6, 60-min. sessions at RCC Lake Anne
S42 (R)/S63 (NR) • Staff
July 7 – August 11
Thu 7:30 p.m. – 8:30 p.m.
302100-7A

Self Defense for Women
(18 years and older)
This one-day workshop for women teaches physical defense techniques and awareness skills. Students will learn practical, everyday habits to help minimize threats and maximize safety. Everyone has the right to safety and security and this class offers essential knowledge of crime recognition, avoidance, and preparedness. People living with disabilities and those who require assistive devices or use wheelchairs are welcome. Each student is encouraged to interact to their level of comfort and may elect to participate slowly and carefully in small groups of three, or to observe at their own pace and discretion. Bruce Jones is a master teacher and veteran of more than 30 years of police work.

1, 4-hour session at RCC Lake Anne
S5 (R)/S10 (NR) • Jones
July 23
Sat 1:00 p.m. – 5:00 p.m.
301963-7A

Tae Kwon Do I
(6 years and older)
Tae Kwon Do is a traditional Korean system of unarmed combat and self-defense, emphasizing the use of the feet and hands as weapons. More than just a sport and fighting skill, it instills a positive life philosophy through strict physical and mental discipline. Commitment to this regimented conditioning program brings about greater strength, speed, balance, flexibility, and stamina. Participation from all ages and skill levels is encouraged. Class will meet at RCC Lake Anne on June 11 and June 18.

10, 60-min. sessions at RCC Hunters Woods
S54 (R)/S82 (NR) • Butts
June 11 – August 20
(No Class: July 2)
Sat 9:00 a.m. – 10:00 a.m.
302348-6D

Did You Know?
55+ patrons receive a 20 percent discount on Adult Classes.
Tae Kwon Do II
(6 years and older)
Expanding on the techniques and skills of Tae Kwon Do I, this intermediate class is for students with prior experience. The instructor reserves the option to move students between sections based on skill level. Students focus on traditional forms (Hyungs), sparring, breaking, and preparing themselves for tournament competitions. Participation from all ages and skill levels is encouraged. **Class will meet at RCC Lake Anne on June 11 and June 18.**

10, 60-min. sessions at RCC Hunters Woods $54 (R)/$82 (NR) • Butts
June 11 – August 20
(No Class: July 2)
Sat 10:00 a.m. – 11:00 a.m.
303000-6D

Total Ball Conditioning
(16 years and older)
Combine the fun filled nature of cardiovascular movements and the balance and power challenges of strength conditioning, into one total body workout all while using a stability ball. This class takes a unique and fun approach to fitness.

6, 60-min. sessions at RCC Lake Anne $50 (R)/$75 (NR) • Howell
July 7 – August 11
Thu 10:30 a.m. – 11:30 a.m.
306107-7A

Zumba Family
(3 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)/$30 (NR) • Avilov
July 6 – August 10
Wed 5:00 p.m. – 5:45 p.m.
306108-7A

Zumba Kids
(7 – 11 years old)
Zumba Kids is designed for slightly older children, ages 7 to 11. The classes are rockin’, high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia, and more. Parents will love this program because of the effect it has on kids – increased focus and self-confidence, improved metabolism and enhanced coordination.

6, 45-min. sessions at RCC Lake Anne $30 (R)/$45 (NR) • Avilov
July 6 – August 10
Wed 4:00 p.m. – 4:45 p.m.
306008-7A

Zumba Fitness
(16 years and older)
Zumba combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do in order for participants to achieve long term health benefits. Enjoy this fusion of Latin and international music and dance that creates a dynamic and effective fitness regimen.

8, 60-min. sessions at RCC Lake Anne $56 (R)/$84 (NR) • Ledesma
June 13 – August 8
(No Class: July 4)
Mon 7:00 p.m. – 8:00 p.m.
302327-6J

8, 60-min. sessions at RCC Lake Anne $56 (R)/$84 (NR) • Avilov
June 16 – August 4
Thu 6:30 p.m. – 7:30 p.m.
302327-6K

Zumba Toning
(16 years and older)
Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves. Students will use lightweight, maraca-like toning sticks or light weight dumbbells, to enhance rhythm and tone target areas that include arms, abs and thighs.

8, 60-min. sessions at RCC Lake Anne $56 (R)/$84 (NR) • Botts
June 4 – July 30
(No Class: July 2)
Sat 9:30 a.m. – 10:30 a.m.
302227-6G

8, 60-min. sessions at RCC Lake Anne $56 (R)/$84 (NR) • Ledesma
June 13 – August 8
(No Class: July 4)
Mon 6:00 p.m. – 7:00 p.m.
302227-6H

Demo Class
Interested in a class but not ready to commit? Contact RCC’s Fitness & Adult Director at 703-390-6159 to schedule a one-time demo.
Camping: The Ultimate Family Experience
(7 years and older)
Prepare for a positive family camping trip. Learn about different camping styles (tent, hammock and bivy), how to set up and break down your campsite, and build “Leave No Trace” habits to last a lifetime. Essential packing lists and local family camping destinations will be provided. This program is jointly produced by RCC and RA. Registration is required by June 22 and a $5/$7 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center Campfire Ring located on Soapstone Drive between Glade Drive and Lawyers Road. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21.

Lake Anne by Canoe/Kayak
(10 years and older)
Explore Lake Anne from a different perspective with a Walker Nature Center naturalist. Paddling is a leisurely and enjoyable way of getting up close to waterfowl, fish and turtles that seem far away from shore. Learn about lake ecology and what you can do to help the lake and its aquatic wildlife. Dress comfortably and bring your binoculars or camera. All other equipment provided. This program is jointly produced by RCC and RA. Registration is required by May 31 and a $7/$9 (RA Member/Non-Member) fee is payable upon arrival. Please meet at the boat dock in Lake Anne Plaza.

Solar Oven Workshop
(10 years and older)
Solar ovens use sunlight to slow cook or warm foods without electricity or other fuel sources. Join us for a solar oven cooking demonstration and build a simple solar oven to take home for your yard or next camping trip. All supplies and recipes provided. This program is jointly produced by RCC and RA. Registration is required and a $7/$9 (RA Member/Non-Member) fee is payable upon entry to the Walker Nature Center, located at 11450 Glade Drive, Reston, VA.

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

Did You Know?
55+ patrons receive a 20 percent discount on Adult Classes.
Conversational French  
(18 years and older)  
Sharpen your conversational French skills and meet new friends who share your deep appreciation for the language. New participants are always welcome and encouraged to attend. All participants are asked to have a conversational knowledge of the French language. All attendees are required to sign in at each meeting.

13, 3-hour sessions at RCC Hunters Woods  
Free, Drop-In • Staff  
June 1 – August 24  
Wed 6:00 p.m. – 9:00 p.m.

French for Beginners I  
(18 years and older)  
This class is for anyone who has ever had an interest in learning the beautiful French language but may have felt intimidated or just didn’t have the time to commit. In this class, students will learn basic communication skills they can use when traveling in Paris, Montreal, the lovely island of Martinique, or anywhere that French is the dominant language. Students will learn useful vocabulary and expressions for greeting someone in French, for making a purchase, and eating out at a restaurant. No prior knowledge or experience in French is necessary.

8, 90-min. sessions at RCC Hunters Woods  
$55 (R)/$83 (NR) • Elder  
July 9 – August 27  
Sat 5:30 p.m. – 7:00 p.m.  
105138-7A

Japanese Conversation and Culture Club  
(18 years and older)  
This club allows participants to brush up on their Japanese conversation skills and to socialize in Japanese. The club will make traditional Japanese crafts and foods. Participants are required to sign in at each meeting. This group will meet on the third Saturday of the month. This is not a course for Japanese language instruction.

1, 2-hour session at RCC Hunters Woods  
Free, Drop-In • Gallas  
June 18, July 16, August 20  
Sat 1:00 p.m. – 3:00 p.m.

Spanish for Beginners I  
(18 years and older)  
This class is designed for the novice speaker with no previous classroom or workplace learning or experience speaking Spanish. Participants will be introduced to the language and culture through the use of fun, authentic materials and will learn basic communication skills.

8, 2-hour sessions at RCC Hunters Woods  
$70 (R)/$105 (NR) • Lenigan  
July 5 – August 23  
Tue 7:00 p.m. – 9:00 p.m.  
102357-7A

Did You Know?  
55+ patrons receive a 20 percent discount on Adult Classes.
Social Programs

Tot Time
(Infant – 4 years old)
Kids love this drop-in play group and parents enjoy socializing with one another. Toys, games, books, and music are provided. Parent/guardian must fully participate in the activities. This program is not appropriate for children older than the advertised age range.

8, 90-min. sessions at RCC Hunters Woods
Free, Drop-In • Ali
June 7 – June 30
Tue, Thu 9:30 a.m. – 11:00 a.m.

12, 90-min. sessions at RCC Lake Anne
July 13 – August 19
Wed, Fri 9:30 a.m. – 11:00 a.m.

Drop-in Chess Club
(5 years and older)
Join RCC’s chess club to meet new partners and build skills. Participants of any age and skill level are welcomed. Players may drop in anytime during our weekly meetings. Children under the age of eight must be supervised by an adult (age 18 or older). There is no fee, but sign-in is required at the start of each meeting.

21, 3-hour sessions at RCC Hunters Woods
Free, Drop-in • Staff
June 2 – August 25
Thu 6:30 p.m. – 9:30 p.m.

Finish Strong
(12 – 14 years old)

Join Reston Community Center and Langston Hughes Middle School for a fun-filled night of games, activities and music. Refreshments will be provided. This year’s event will be held at Langston Hughes Middle School located at 11401 Ridge Heights Rd, Reston, VA. Langston Hughes Middle School students only.

DATE/TIME: Thursday, May 5 • 6:00 p.m. – 9:00 p.m.
LOCATION: Langston Hughes Middle School
COST: FREE • Drop-In

For more information please contact RCC Teen & Family Director, at 703-390-6158.
Looking for fun team-building activities to improve communication and strengthen relationships between colleagues? Let RCC plan and customize the perfect event. Find new and better ways to connect with your staff team and coworkers while building a stronger work culture through interactive challenges, community service, fitness and wellness programs, excursions, and creative leisure opportunities.

Take the stress out of planning your next teambuilding event by contacting RCC to create a personalized half-day, full-day, or multi-day program. After the initial consultation, a price quote and event proposal will be provided.

CHOOSE YOUR QUEST:

- Aqua Games & Fitness (classes, competitions, triathlon training)
- Computer & Technology classes
- Culinary Classes
- DIY Woodworking Projects
- Excursions (day trips, overnights)
- First Aid/CPR/AED workshops
- Fitness & Wellness Workshops or Retreats (Strength Training, Yoga, Meditation, Mindfulness, Martial Arts)
- Geocaching Adventures
- Language Learning
- Public Speaking
- Self-Defense
- Visual Arts (Painting, Pottery, Fused glass)

To get started, please contact Eileen Boone, RCC Leisure & Learning Director, at Eileen.Boone@fairfaxcounty.gov or 703-390-6162.
Hike the White Oak Canyon
(9 years and older)
Grab your family and friends and experience one of the best waterfall hikes in the Shenandoah National Park. White Oak Canyon is a 5-mile loop and can be steep in certain areas, but is appropriate for younger children. The well-maintained trails, picturesque waterfalls, and serene scenery allow for beautiful sightseeing. Make sure to bring the camera, a bathing suit under your clothes, and a lunch. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register. Trip fee includes transportation and hike leader/trip coordinator.
8:00 a.m. Depart RCC Hunters Woods
4:30 p.m. Estimated Return to Reston

1. 8.5-hour trip
$30 (R)/$45 (NR) • Staff
May 28
Sat
876458-6A

Virginia Renaissance Faire
(6 years and older)
Experience what life was like during the Renaissance period and enjoy lively entertainment, indulge in delicious food, and explore the market place featuring hundreds of artisans with beautiful handcrafted wares. The whole village is abuzz with preparations: merchants have arrived to set up their goods, the kitchens are busy preparing turkey legs and other savory fare, and traveling players have arrived, ready to amuse Her Majesty, Queen of Staffordshire (and you). The trip is appropriate for families of all ages. Participants under the age of 18 must be accompanied by a parent/guardian over the age of 21. All participants must register. Trip fee includes transportation, admission, and trip coordinator. Meals are not included.
9:00 a.m. Depart RCC Hunters Woods
6:00 p.m. Estimated return to Reston

1. 9-hour trip
$35 (R)/$53 (NR) • Staff
May 7
Sat
9:00 a.m. – 6:00 p.m.
864256-6A
COASTER CLUB

Teens • 13 – 18 Years Old

The Coaster Club is for those without FEAR! Buckle up for the best thrill seeking adventure to Six Flags - New Jersey, and Kings Dominion – Doswell, VA. Parents, please be advised that although this trip is chaperoned by RCC staff, participants will be on their own at the parks but required to check in several times during the day. Trip fee includes transportation and trip coordinators. Participants must bring money for lunch and dinner. Middle and high school students only. An itinerary for each trip destination will be provided.

Six Flags, NJ
Saturday, August 13
$115 Reston/$230 Non-Reston
Reg. #801861-7A
5:00 a.m. Check in at RCC Hunters Woods
11:00 p.m. Estimated return to Reston

Kings Dominion, VA
Saturday, August 20
$100 Reston/$200 Non-Reston
Reg. #801861-7B
8:00 a.m. Check in at RCC Hunters Woods
11:00 p.m. Estimated return to Reston
Meetups

Meetups are fun, local excursions where pre-registration is required, but transportation is not provided.

Parent/caregiver must fully participate in these activities. These program are not appropriate for children younger or older than the advertised age range. Participating children must be registered.

Bird Beaks
(3 – 5 years old)
Did you ever wonder why there are so many different bird beaks? Birds have developed a wide variety of beak types, helping them to adapt to different types of food. Discover what type of beak works best for finding grubs in a tree, cracking open nuts, or eating fish. Participants as well as parents/guardians, will embark on a short hike and learn the function of a bird’s beak and how to identify birds by the shapes of their beaks. Afterwards, children will create a craft that will relate to this topic. Meet at Walker Nature Center, located at 11450 Glade Drive, Reston, VA. For directions, call 703-476-9689.

Visit to Colvin Run Mill
(3 – 4 years old)
Meet at Colvin Run Mill (10017 Colvin Run Road, Great Falls, VA), to enjoy a puppet show and a story that will compare the way things were and the way that they have changed over the course of the past century. For directions, please call 703-759-2111. Participants will enjoy a family-friendly performance with "Josh and the Jamtones," at 10:30. Please note that there is a ten-minute walk from the parking lot to the theatre venue, so it is advisable to arrive by 10:15 a.m. Participants will meet RCC staff at the bridge to pick up tickets. Parent/caregiver must fully participate in the program. This activity is not appropriate for children younger than the advertised age range. Participating children must register.

Wolf Trap Theatre in the Woods
(3 – 9 years old)
This trip is designed for children ages three through nine. Nestled in a beautiful setting, Wolf Trap offers families the opportunity to see live performances in the outdoor theatre, many of which may include music, dance, puppetry, and storytelling. Wolf Trap is located at 1551 Trap Road, Vienna, VA. For directions, please call 703-255-1900. Participants will enjoy a family-friendly performance with "Josh and the Jamtones," at 10:30. Please note that there is a ten-minute walk from the parking lot to the theatre venue, so it is advisable to arrive by 10:15 a.m. Participants will meet RCC staff at the bridge to pick up tickets. Parent/caregiver must fully participate in the program. This activity is not appropriate for children younger than the advertised age range. Participating children must register and pay.

1, 60-min. session at Walker Nature Center
$7 (R)/$11 (NR) • Staff
June 16
Thu 10:00 a.m. – 11:00 a.m.
901302-6A

1, 2-hour session at Wolf Trap
$6 (R)/$9 (NR) • Haneline
July 25
Mon 10:00 a.m. – 12:00 p.m.
902221-7A
Nova Scotia and Canadian Maritimes
(18 years and older)
This 9-day guided tour takes travelers by plane, motor coach, and ferry to Nova Scotia and Canada’s Islands. Highlights of this trip include a visit to the Alexander Graham Bell National Historic Site, Cape Breton Highlands National Park, and a ferry ride to Prince Edward Island with a visit to the Anne of Green Gables home. We will also travel the nine-mile-long Confederation Bridge across the Northumberland Strait, see the breathtaking Hopewell Rocks along the Bay of Fundy, and visit Peggy’s Cove, one of the most photographed fishing villages in the world.
9-day excursion
$2,848 – Price listed is per person, based on double occupancy
Reserve spot by Friday, May 13, 2016.

Christmas in Branson
(18 years and older)
November 9 – 13, 2016
Take a trip to the Ozark Mountains in Branson, Missouri for what is known as a great family destination with much to offer. During November and December, Branson, MI transforms into a magical winter wonderland with light displays, special events blanketed in holiday decorations and shows celebrating the holiday season. This visit will also celebrate Veteran’s Day in the Branson tradition. Patrons will travel by plane and motor coach.
5-day excursion
$1,495 – Price listed is per person, based on double occupancy
Reserve spot by Friday, August 5, 2016.

Shades of Ireland
(18 years and older)
April 1 – 10, 2017
This 10-day guided tour takes travelers via plane, motor coach, and boat to Dublin, Waterford, and Limerick where you will enjoy an overnight stay at the regal grounds of the Cabra Castle. Highlights for this trip include a visit to Waterford and the House of Waterford Crystal and a stop at the historic Blarney Castle for an opportunity to kiss the famous Blarney Stone. Travelers will also enjoy traveling along the Ring of Kerry and experience the daily life of a traditional Irish family at the Molanna Dairy Farm and so much more.
10-day excursion
$2,999 – Price listed is per person, based on double occupancy
Reserve spot by Monday, October 3, 2016.

Are you interested in exploring the United States, Canada, or overseas?
Travel Club excursions are multi-day continental and intercontinental tours designated and coordinated by Leisure Destinations on behalf of Reston Community Center through a competitive bid process. Visit our website for more information about the upcoming trips featured here including daily itineraries, insurance information, and specific costs and terms for each trip.

Visit the RCC Travel Club website for more detailed itineraries, travel information and requirements.
www.restoncommunitycenter.com/travel-club
Visual Arts

Drawing 101
(16 years and older)
This class is designed to improve observational drawing skills and is suitable for all levels of experience. Working with pencil and charcoal, students will learn to use line, value, gesture and perspective. A supply list will be provided prior to first class.

6, 2-hour sessions at RCC Lake Anne
$65 (R)/$130 (NR) • Zahid
June 15 – July 20
Wed 4:00 p.m. – 6:00 p.m.
402614-7A

Drawing with Pastels
(16 years and older)
Learn the fundamentals of creating with soft pastels. The class will be geared for beginners but all levels of experience are welcome. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
August 1 – August 10
Mon, Wed 7:00 p.m. – 10:00 p.m.
402460-7A

Fused Glass
(16 years and older)
This class will cover the basics of glass fusing. Full use of manual and machine glass cutting and shaping tools will be made available. Glass, adhesives and bails are included for several projects. Students who own their own molds may create slumped pieces. All work will be fired offsite after the last class and will be available to be picked up at a later date. All supplies included in class fee.

1, 3-hour session at RCC Hunters Woods
$80 (R)/$160 (NR) • Damron
June 22
Wed 6:30 p.m. – 9:30 p.m.
405163-7A
July 31
Sun 1:30 p.m. – 4:30 p.m.
405163-7B

GRACE Art Family Night
(All Ages)
Greater Reston Arts Center opens its doors and blocks off St. Francis Street for a free evening of family art making and exploration in the gallery. The gallery will feature the enchanting work of NYC artist Shih Chieh Huang. Using humble everyday materials, Mr. Huang creates magical, immersive environments, featuring sculptures that respond to the viewer’s presence with movement, sound, and illumination.

1, 3-hour session at GRACE
Free, Registration Required • GRACE
June 3
Fri 6:00 p.m. – 9:00 p.m.
402647-6A

Making Pottery Without the Wheel
(16 years and older)
Learn fundamental and advanced hand building techniques to make functional and decorative ceramics for the kitchen and garden. Learn how to create and manipulate textures, use underglazes and glazes to add depth, and develop a personal style. This class is for beginning to advanced students. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Alexander
June 15 – July 20
Wed 7:00 p.m. – 9:30 p.m.
402616-7A

www.restoncommunitycenter.com
Micromosaic Jewelry
(16 years and older)
Create a beautiful groutless mosaic jewelry piece using real millefiori and specialty glass from Italy. Previous mosaic experience recommended. All supplies are included in class fee.

1, 3-hour session at RCC Lake Anne
S70 (R)/$140 (NR) • Damron
July 16
Sat 10:00 a.m. – 1:00 p.m.
402623-7A
August 13
Sat 9:00 a.m. – 12:00 p.m.
402623-7B

Mosaic Art
(16 years and older)
Mosaics are one of the original art forms and pieces can be made to last for centuries. Choose between several exciting projects, levels from beginner through expert, or bring in your own unique project (with instructor approval). Tools, supplies and materials included in class fee to complete one beginner or intermediate level project.

4, 3-hour sessions at RCC Hunters Woods
$160 (R)/$320 (NR) • Damron
June 1 – June 22
Wed 10:00 a.m. – 1:00 p.m.
404040-7A
July 6 – July 27
Wed 6:30 p.m. – 9:30 p.m.
404040-7B

Oil Pastel Studio
(16 years and older)
Participants of all skill levels will enjoy this exploration of oil pastels in a studio workshop setting. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
June 14 – June 23
Tue, Thu 7:00 p.m. – 10:00 p.m.
402424-7A

Painting with Oil and Acrylic
(16 years and older)
Explore the creative potential of using oil or acrylic paint. This class is designed for all skill levels in a studio workshop setting. A supply list will be provided prior to the first class.

6, 3-hour sessions at RCC Lake Anne
$65 (R)/$130 (NR) • Coulter-Blehert
June 15 – July 20
Wed 7:00 p.m. – 10:00 p.m.
402483-7A

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

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
July 26 – August 4
Tue, Thu 7:00 p.m. – 10:00 p.m.
402411-7A

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

4-hour session at RCC Hunters Woods
$10 (R)/$20 (NR) • Damron
June 3 – August 21
Drop-in 1st & 3rd Sun 1:30 p.m. – 5:30 p.m.
Visual Arts

Remixed Media Project: Prayer Flag
(16 years and older)
In this modern spin on traditional Tibetan prayer flags, participants paint, stencil, and stamp over a series of pre-dyed drill cloth panels. After adding an intention to each flag with markers and paint, they will further personalize their designs with hand-sewn embellishments. The flags are then strung on hemp cord in a series. Although they are called “prayer flags,” they are nondenominational; participants may completely customize them however they wish. Prayer flags are made for a variety of reasons: to honor a loved one, to recognize a milestone, to include affirmations that could be displayed at home, or simply as a fun art meditation to channel creative energy. All supplies included in class fee.

3, 2-hour sessions at RCC Lake Anne
$80 (R)/$120 (NR) • Mullarkey
August 1 – August 15
Mon 4:00 p.m. – 6:00 p.m.
402622-7A

Remixed Media Project: Silk Scarves
(16 years and older)
Participants will create personalized pieces of original, wearable art by painting, stenciling, stamping, and doodling onto blank hobotai silk scarves. All supplies are included in the class fee.

3, 2-hour sessions at RCC Lake Anne
$100 (R)/$150 (NR) • Mullarkey
July 11 – July 25
Mon 4:00 p.m. – 6:00 p.m.
402620-7A

Sculpture I
(18 years and older)
Designed for beginner through advanced students interested in learning or honing skills in three dimensional expression. The techniques will be tailored to individual skill levels. Class fee includes 25 lbs. of clay, firing and glazes and three 1-hour visits to the open studio. Supplies will be discussed during the first class.

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Friere
June 13 – July 25
(No Class: July 4)
Mon 10:00 a.m. – 12:30 p.m.
402500-7A

June 14 – July 19
Tue 7:00 p.m. – 9:30 p.m.
402500-7B

Watercolor Studio
(16 years and older)
Whether you are a beginner or a more experienced painter, join instructor Arnold Lopes for this watercolor studio and explore your own creativity by working on individual projects and contributing to group discussions. A supply list will be provided prior to the first class.

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
July 5 – July 14
Tue, Thu 7:00 p.m. – 10:00 p.m.
402441-7A

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

Summer Sketch Book – Drawing Cats and Dogs
(16 years and older)
Introduction to the fundamentals of pencil drawing concentrating on cats and dogs. This class is geared toward beginners but all skill levels are welcome. A supply list will be provided prior to start of class.

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
July 11 – July 20
Mon, Wed 7:00 p.m. – 10:00 p.m.
402618-7A

Summer Sketch Book – Drawing Farm Animals
(16 years and older)
Introduction to the fundamentals of pencil drawing of your favorite farm animals both big and small. This class is geared toward beginners but all skill levels are welcome. A supply list will be provided prior to start of class.

4, 3-hour sessions at RCC Lake Anne
$50 (R)/$100 (NR) • Lopes
June 6 – June 27
Mon 7:00 p.m. – 10:00 p.m.
402652-7A

Did You Know?
55+ patrons receive a 20 percent discount on Adult Classes.
Wheel I
(16 years and older)
Learn how to work with clay and master wedging, centering, and throwing bowls “off the hump.” Simple glaze concepts and techniques will be introduced. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Joder
June 16 – July 21
Thu 10:00 a.m. – 12:30 p.m.
402462-7A

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Saltzman
June 16 – July 21
Thu 7:00 p.m. – 9:30 p.m.
402462-7B

Wheel II
(16 years and older)
Students will review and practice refinement of basic throwing skills to move from beginning to intermediate levels. Students must know how to center. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Alexander
June 13 – July 25
(No Class: July 4)
Mon 7:00 p.m. – 9:30 p.m.
404210-7A

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Anderson
June 17 – July 22
Fri 10:00 a.m. – 12:30 p.m.
404210-7B

Wheel III
(16 years and older)
Prerequisites include being able to wedge, center, and throw an eight-inch (approximately) bowl and cylinder. Class fee includes 25 lbs. of clay, firing and glazes, and three 1-hour open ceramic studio visits.

6, 2.5-hour sessions at RCC Lake Anne
$95 (R)/$143 (NR) • Cordyack
June 14 – July 19
Tue 10:00 a.m. – 12:30 p.m.
402463-7A

Open Ceramics Studio
(18 years and older)
The public is invited to use RCC’s Ceramics Studio. Reservations are not required. Ceramics Studio hours are Wednesday 10:00 a.m. – 2:00 p.m. and Saturday 1:00 p.m. – 5:00 p.m. The RCC Ceramics Studio will be closed on July 2, and August 24 – September 7. The studio will reopen on September 10. Please check the Ceramics Studio calendar for additional studio times or closures.

Drop-in • RCC Lake Anne • Staff
$15 (R)/$30 (NR) Drop-in
$36 (R)/$72 (NR) 12-Visit Pass
June 1 – August 24
(No Class: July 2, August 24 – September 7)
Wed 10:00 a.m. – 2:00 p.m.
Sat 1:00 p.m. – 5:00 p.m.

Each pass visit is one hour. The fee includes firing and glazes.

Clay cost is $15 – $20 for 25 pounds.
Woodworking

Level I Beginner:
Easy project with basic skill development.

Level II Intermediate:
More challenging project that develops advanced skills. Student should have completed at least two Beginner-level classes.

Level III Advanced:
Difficult project; will challenge the Level II Intermediate student.

Basic Machine Tools
(18 years and older)
Students learn to use shop tools by building a simple project. Through building a simple project in this introductory course, students learn the use of many of the more common power tools available in the RCC woodshop. Safety is a primary concern and is covered in detail for each tool. Students can then apply the skills learned in this course to build a project of their choosing during the RCC Open Woodshop hours. All supplies and materials are included in the class fee. Students must provide their own safety equipment (eye, ear and dust protection) for the course.

Level I Beginner: Easy project with basic skill development.

Build a Three-Legged Stool
(18 years and older)
Through building a three-legged stool in this introductory course, students will have a project they can be proud of. You will learn the safe and proper use of hand and machine tools. Safety is a primary concern and is covered in detail for each tool. Students can apply the skills learned in this course to build additional stools for friends and/or family members. All supplies and materials are included in the class fee. Students must provide their own safety equipment, which includes eye, noise and dust protection for the course. Level I Beginner: Easy project with basic skill development.

Open Woodshop
(16 years and older)
Members of the public are invited to use RCC’s Woodshop during weekly open shop hours. The shop includes a variety of table saws, sanding machines, drill presses, routers, a jointer, a planer, and ample workspace. A woodshop supervisor will be onsite for consultation during these open hours. Reservations are not required; however, the drop-in fee must be paid at the RCC Customer Service Desk. Please note, there is no Friday Open Woodshop during the summer season.

Drop-in • RCC Hunters Woods • Staff S8 (R)/S16 (NR) Tue S13 (R)/S26 (NR) Sat
June 4 – August 30
Tue 6:00 p.m. – 10:00 p.m.
Sat 9:00 a.m. – 5:00 p.m.

4, 3-hour sessions at RCC Hunters Woods
$140 (R)/$195 (NR) • Harrington
July 7 – July 28
Thu 6:30 p.m. – 9:30 p.m.
105561-7A
Woodworking with Sketch-Up
(18 years and older)
Trimble Sketch-Up is fast becoming a favorite tool among woodworkers for visualizing and designing their projects. This class will begin with the installation, setup and overview of basic Sketch-Up concepts and techniques. From there, we will take Sketch-Up to the woodshop to show how to apply these skills to our woodworking projects. Students must have basic computer skills, a laptop computer (PC or Mac) and a 3-button mouse.

5, 3-hour sessions at RCC Hunters Woods
$70 (R)/$105 (NR) • Harrington
June 2 – June 30
Thu 6:30 p.m. – 9:30 p.m.
104130-6B

Introduction to Bandsaw Box Making
(18 years and older)
Learn the skills necessary to make unique bandsaw boxes especially suitable for gifts and provide an excellent use for small, attractive chunks of wood. Most wooden boxes are basically square or turned. With a bandsaw, a box can become any shape your imagination desires. Knob handles, and drawer flocking can add to a high quality box for jewelry or knick-knacks. They’re pretty easy to make, provided you do the work in the right sequence. We lay out the whole process, step by step. The course will cover the elements of box design, selection of woods, stock preparation, layout and sawing. In the process of making your wooden boxes, you will develop basic woodworking skills and appropriate tool use to make precise cuts and assemble your box while developing a strict sense of safety in the woodshop. These projects will develop a foundation that will allow you to continue to increase your woodworking skills and complete more complex wooden boxes in the future. All supplies and materials are included in the class fee. Students must provide their own safety equipment which include eye, noise and dust protection for the course. Level I Beginner: Easy project with basic skill development.

4, 3-hour sessions at RCC Hunters Woods
$95 (R)/$143 (NR) • Ingram
July 22 – August 12
Fri 6:30 p.m. – 9:30 p.m.
105963-7A

Did You Know?
55+ patrons receive a 20 percent discount on Adult Classes.
Certificate Programs in:
Business
Business Communication
Human Resources
Leadership
Management
New Media Marketing
Social Media for Business
Training and Education

Individual Courses in:
Business
Business Communication
Career Skills
Parenting
Health
Human Resources
Leadership
LEED Green Workplace
Management
New Media Marketing
Professional Development
Social Media for Business
Training and Education
For more than 35 years, Reston Community Center has specialized in providing classroom-based lifelong learning and leisure education programs. In 2016, we are launching a new venture – eLEARNING. In conjunction with our educational partner, Learning Resources Network (LERN), we are offering a wide array of online noncredit programs. Participate any time on any computer to learn from expert instructors! Boost your productivity and your organization’s bottom line with these easy and fun online courses from Learning Resources Network’s UGotClass program.

Individual courses start at $195; certificate programs begin at $295. (Because courses in this program are self-supporting, no fee waivers are allowed.)

Short on time? Expand your field and professional expertise without the time commitment necessary of a bachelor’s or master’s degree.

Hectic and unpredictable schedule? Our programs are designed to fit into the schedules of busy adults.

A certificate program offers in-depth knowledge and unique insights in specific fields of study.

Achieve specific career goals and acquaint yourself with the latest skills, knowledge and trends.

Professional (noncredit) certificate students earn a certificate of completion and continuing education unit.

For more than 35 years, Reston Community Center has specialized in providing classroom-based lifelong learning and leisure education programs. In 2016, we are launching a new venture – eLEARNING. In conjunction with our educational partner, Learning Resources Network (LERN), we are offering a wide array of online noncredit programs. Participate any time on any computer to learn from expert instructors! Boost your productivity and your organization’s bottom line with these easy and fun online courses from Learning Resources Network’s UGotClass program.

Individual courses start at $195; certificate programs begin at $295. (Because courses in this program are self-supporting, no fee waivers are allowed.)

A CERTIFICATE PROGRAM MAY BE AN EFFICIENT WAY TO ADVANCE YOUR CAREER.

Check out our website for:
COURSE LISTINGS, REGISTRATION INFORMATION, CONTACT INFORMATION
www.restoncommunitycenter.com/eLEARNING
## 55+ Programs

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**Buying a Tablet Computer**  
(55 years and older)  
Discover the capabilities and limits of tablet technology. This class will discuss how tablets and iPads are different from a personal computer, the components of pricing and overview of the marketplace, and what the most common uses for older adults are. Students will leave with a checklist to help with tablet purchasing decisions.

1, 2.5-hour session at RCC Hunters Woods  
$15 (R)/$23 (NR) • O’Connell  
June 2  
Thu 1:30 p.m. – 4:00 p.m.  
500213-6D

**Computer Maintenance and Housekeeping**  
(55 years and older)  
Learn how to keep computers running smoothly by using system tools, utility programs, firewalls, and virus protection. Participants will also learn how to handle a computer crash, decipher error messages, archive and delete files, and keep computers updated automatically. Prerequisite: Basic Computer Skills

2, 2.5-hour sessions at RCC Hunters Woods  
$35 (R)/$53 (NR) • Livingston  
June 1 – June 8  
Wed 10:00 a.m. – 12:30 p.m.  
505001-6C

**iPhone Camera**  
(55 years and older)  
Participants will have hands-on lessons learning to use the iPhone camera. This will include: accessing the camera, using the grid, focus and exposure features, HDR, saving, emailing, optional lenses, and tripods. Please bring your iPhone and charging cord to connect to the computer.

2, 2.5-hour sessions at RCC Hunters Woods  
$30 (R)/$45 (NR) • Leir  
June 9 – June 16  
Thu 10:00 a.m. – 12:30 p.m.  
500395-6A

**iPad Photography**  
(55 years and older)  
The iPad with iOS 8 is loaded with camera features for the casual photographer. This session covers the basics of shooting pictures and videos, enhancing and cropping photos, organizing and sharing your photo and video library, and copying photos to your computer. Participants should bring their iPad fully charged and updated to at least iOS 8.1.

1, 2.5-hour session at RCC Hunters Woods  
$15 (R)/$23 (NR) • O’Connell  
June 7  
Tue 1:30 p.m. – 4:00 p.m.  
500416-6B
Older adults in Reston have many options for their enrichment and support. The organizations listed provide services to area seniors. Please refer to this for your one-stop information needs.

**Reston Community Center (RCC)**
RCC Hunters Woods, 2310 Colts Neck Road, Reston, VA  
RCC Lake Anne, 1609-A Washington Plaza, Reston, VA  
703-476-4500 • RCCContact@fairfaxcounty.gov  
www.restoncommunitycenter.com
The creator of the *Peanuts* comic strip once said, “Life is like a ten-speed bike. Most of us have gears we never use.” At RCC, you can get all your gears moving and exercise your full potential by participating in an exciting array of activities to enrich your leisure lifestyle: develop and refine a skill, explore your creative side, and discover new places. The variety is amazing and there is something for everyone here.

**Reston Association (RA)**
12001 Sunrise Valley Drive, Reston, VA  
703-435-6530 • www.reston.org
Discover exciting trips, tours and events for senior adults with the Reston Association. The 55+ Advisory Committee meets the second Tuesday of the month and advises the RA Board on how to enhance the general welfare and well-being of RA’s 55+ community through the promotion and support of Association programs and leisure services.

**Cornerstones, Inc.**
11150 Sunset Hills Road, Suite 210, Reston, VA  
571-323-9555 • www.cornerstonesva.org
Cornerstones is a nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.

**Dulles Chapter of the AARP**
Meets at Herndon Senior Center  
www.aarpdulles.org
The chapter operates as a civic club serving the Northern Virginia community through education and volunteerism.

**Fairfax County Services for Older Adults**
703-324-7948, TTY 711  
www.fairfaxcounty.gov/dfs/olderadultservices/
This County agency coordinates a variety of programs and services including Seniors on the Go, Fairfax Area Commission on Aging and Fastran. Call the Aging, Disability and Caregiver Resources Line above Monday through Friday, 8:00 a.m. – 4:30 p.m.

**Herndon-Reston FISH, Inc.**
703-391-0105 • FISH@HerndonRestonFISH.org  
www.herndonrestonfish.org
FISH, Inc. (Friendly, Instant, Sympathetic Help) is a volunteer, non-sectarian, nonprofit organization dedicated to helping people with rent, furniture, utilities, medical items (including prescriptions) and other short-term emergency needs. Call the Assistance Line above Monday through Friday, 10:00 a.m. – 4:00 p.m.

**Herndon Senior Center**
873 Grace Street, Herndon, VA  
703-464-6200 • www.herndonsofficercenter.org
This community-based senior center provides the 55+ community with a continuum of services in a supportive environment. Services are designed to be prevention- and intervention-oriented to meet the social, physical, emotional, and intellectual needs of the older adult.

**Osher Lifelong Learning Institute (OLLI)**
703-503-3384 • olli@gmu.edu • www.olli.gmu.edu
OLLI at George Mason University offers intellectual and cultural experiences in a welcoming atmosphere to Northern Virginia residents in their retirement years. Enjoy access to unlimited courses with no homework, no exams, no required college degree and no age threshold.

**Reston for a Lifetime**
703-672-1116 • aginginreston@gmail.com  
www.restonforalifetime.com
Reston for a Lifetime partners with local organizations to implement creative ideas to make our community an even better place to live, work and play.

**Reston Useful Services Exchange (USE)**
703-873-7578 • RestonUSETimeBank@gmail.com  
www.restonuse.org
Reston USE is a neighbor-to-neighbor intergenerational time bank “exchange” system with membership open to people who live or work in Reston or Herndon. USE connects people with various needs and others who can meet those needs on a volunteer basis.

**Shepherd’s Center of Oakton-Vienna**
541 Marshall Road, SW, Vienna, VA  
703-281-0538 • office@scov.org • www.scov.org
The Shepherd’s Center is a volunteer-based organization dedicated to promoting and supporting purposeful, independent living for mature adults.
**NEED A RIDE?**

RCC Rides is a FREE door-to-door transportation to adults ages 55 years and older who are no longer comfortable driving.

1. Complete and submit the Rider Application and the Demographic Survey before requesting a ride.
2. Request a ride at least one week in advance by calling 703-390-6198.

RCC Rides provides rides for activities held at Reston Community Center and for essential needs such as medical or dental appointments, shopping, personal care and banking. Rides are not available for non-essential needs such as getting to and from the airport.

**Download Rider Applications:**
[www.restoncommunitycenter.com/RCCRides](http://www.restoncommunitycenter.com/RCCRides)

If you need forms mailed to you or would like additional information about the program, please contact Ali Clements, RCC Rides Coordinator, at 703-390-6198 or Ali.Clements@fairfaxcounty.gov.

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**55+ Crafts**

**Knitting Circle**
(55 years and older)

Come join this RCC instructor-led knitting circle. Share ideas and expertise while chatting with new and old friends, and bring a new or existing project. Beginners, as well as advanced knitters, are encouraged to attend.

6, 90-min. sessions at RCC Hunters Woods
$18 (R)/$27 (NR) • Everett
June 6 – June 22
Mon, Wed 10:00 a.m. – 11:30 a.m.
500204-6E

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**Pricing**

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

Bookends
(55 years and older)
Bookends will meet on the fourth Thursday to engage in a lively discussion of a variety of books selected by Bookends participants - fiction, non-fiction, memoirs, history, and both classic and current titles. Bring a bag lunch; hot tea, coffee, and cookies are provided. Books are on reserve at the Reston Regional Library; please ask for the Bookends selection at the Checkout Desk. Please note: the summer sessions will be held at the Jo Ann Rose Gallery at RCC Lake Anne.
June 23: Dead Wake by Erik Larson
July 28: Invention of Wings by Sue Monk Kidd
August 25: Calligrapher’s Daughter by Eugenia Kim

3, 90-min. sessions at RCC Lake Anne
Free, Drop-in • Staff
June 23 – August 25
Thu 12:30 p.m. – 2:00 p.m.

Current Issues Discussion Group
(55 years and older)
Interested in politics, how government works, world affairs or local events? Join this lively gathering and be prepared to debate and solve world and local problems. Newcomers are welcomed and encouraged to attend. Please note: beginning June 23, the sessions will be held at the Jo Ann Rose Gallery at RCC Lake Anne.

3, 2-hour sessions at RCC Hunters Woods
June 2 – June 16
Free, Drop-in • Staff
June 23 – August 25
Thu 10:00 a.m. – 12:00 p.m.

Creative Aging FAIR
(55 Years and older)

Wednesday, May 11
2:00 p.m.– 5:00 p.m. • RCC Hunters Woods
Free • Registration Required • 500450-6A

What does creative aging mean to you? Is it exploring arts and crafts, finding a new and different purpose in life, creating a legacy, or discovering new make-up techniques or fashion tips to feel your confident best? Join us for this exciting Older Americans Month event, and discover what Reston has available to help you age creatively and gracefully.

There will also be an opportunity to meet widely-acclaimed author and illustrator Roz Chast and to purchase her book, Can’t We Talk About Something More Pleasant?, a memoir showcasing her signature wit in addressing the topic of her aging parents (copies available for $20 at the event, list price $33). Ms. Chast will be available from 3:30 p.m.– 5:00 p.m. for book signing before her evening performance at RCC’s CenterStage. (See page 16).

Co-sponsored by Reston Community Center, Reston Association, Tall Oaks Assisted Living, and Reston Hospital Center.

www.restoncommunitycenter.com
Age in Place – Renovation Considerations  
(55 years and older)  
Topics to be discussed will include design tips with specific construction considerations for the kitchen, bath, and ramps that may be required to safely age in place. This program is for education purposes only; there will be no solicitation or obligations of attendees.

1, 90-min. session at RCC Hunters Woods  
$5 (R)/$10 (NR) • Albritton  
June 6  
Mon  2:00 p.m. – 3:30 p.m.  
500396-6A

Identity Theft Protection  
(55 years and older)  
Each year the number of seniors who are subject to identity theft increases. From Social Security numbers, credit cards, mail and phone fraud to online accounts and ATM skimming, thieves are after information. Learn to safeguard your identity from paper records to electronic accounts. Participants will receive a checklist to use to review protection of critical information.

1, 2.5-hour session at RCC Hunters Woods  
$15 (R)/$23 (NR) • O’Connell  
June 2  
Thu  10:00 a.m. – 12:30 p.m.  
500366-6C

Decrease Telecom Costs  
(55 years and older)  
Want to explore ways to decrease landline, wireless and cable bills? Discover new technologies like Roku, Aereo and Hulu. Learn how to get free HDTV, go wireless to help save money, and communicate via FaceTime and Google Voice in order to replace a landline phone.

1, 2.5-hour session at RCC Hunters Woods  
$15 (R)/$23 (NR) • Livingston  
June 6  
Mon  10:00 a.m. – 12:30 p.m.  
500315-6C

Navigate the Local Transit System  
(55 years and older)  
Join us for an innovative transportation experience to become familiar with the regional transit systems. The bus, called MATT (Mobile Accessible Travel Training), is used to educate older adults. Through a hands-on learning experience, participants will be taught “travel training” tips, such as reading the bus schedules and route maps, paying fares, loading SmarTrip cards, and signaling the driver to stop. The bus will stop at the Wiehle-Reston East Metro to allow passengers to experience these points.

1, 3-hour session at RCC Hunters Woods  
Free, Registration Req. • Staff  
July 12  
Tue  1:30 p.m. – 4:30 p.m.  
500400-7A

Medicare 101  
(55 years and older)  
Medicare 101 training is for individuals who will soon be eligible for Medicare and who want to learn about their options. The session will provide an overview of the many components of Medicare: Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital/doctors/labs/radiology), Part C (Medicare Advantage Plans), and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Bill Vaughn of the Virginia Insurance Counseling and Assistance Program will guide participants through the complex system of filing for Medicare.

1, 2-hour session at RCC Hunters Woods  
Free, Registration Req. • Vaughn  
June 15  
Wed  2:00 p.m. – 4:00 p.m.  
500402-6C

Avoid Waitlists and Cancellations

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

(18 years and older)

Reston Presents is a bi-monthly lecture and presentation series that highlights the multifaceted talents of Reston residents. Topics include anything from cooking demonstrations to stories from war veterans and book signings with local authors. Reston Presents is sponsored by Reston Association and Reston Community Center. All presentations are free. For more information, to learn about future programs, or to volunteer to be a presenter, please contact the RCC 55+ Program Director at 703-390-6157 or the Reston Association Specials Events Director at 703-435-6577.

Reston Presents – Raised by a Village

Monday, June 13

7:00 p.m. – 9:00 p.m.

Join Reston resident and author John Sullivan to discuss his latest book, Raised by a Village; Growing Up in Greenport. Raised by a Village is a tribute to the people of Greenport, Long Island, New York and a walk down “memory lane” for those who have had the small town experience. It’s also a reminder to those who haven’t had that experience that there was a time when life was kinder and gentler. Other books by Mr. Sullivan include: Of Spies and Lies; A CIA Lie Detector Remembers Vietnam; and Gatekeeper: Memoirs of a CIA Polygraph Examiner. There will be a book signing after the presentation, and registration is required. The program is for educational purposes only; there will be no solicitation or obligations of attendees.

1, 2-hour session at RCC Lake Anne
Free, Registration Req.
500471-6A
Drop-in Classes

Hi/Lo & Strength
(55 years and older)
This comprehensive class includes a warm up and stretching session with 30 minutes of aerobics and 30 minutes of weight and resistance training. Bands and weights will be provided when necessary. Please purchase a 20-visit renewable pass for $48 (R)/$96 (NR) and swipe it at the Customer Service Desk before class.

60-min. sessions at RCC Lake Anne
Pass • Dantonio
June 6 – August 24
(No Class: July 4)
Mon, Wed 10:00 a.m. – 11:00 a.m.

60-min. sessions at RCC Lake Anne
Pass • Rook
June 10 – August 26
(No Class: June 17)
Fri 10:45 a.m. – 11:45 a.m.

Strength Training for Seniors
(55 years and older)
This class is designed to improve muscular strength, balance and flexibility. Participants will work all the upper and lower muscle groups including the abdominal. Students will use tubes, weights and the stability ball, the last 10 to 15 minutes is spent stretching all the muscles worked during class. Most of the exercises will be done on the floor with mats. Please purchase a 20-visit renewable pass for $48 (R)/$96 (NR) and swipe it at the Customer Service desk before each class.

60-min. sessions at RCC Lake Anne
Pass • Dantonio
June 7 – August 25
Tue, Thu 9:00 a.m. – 10:00 a.m.

Zumba Gold
(55 years and older)
This course is specially designed for the active older adult by modifying the Zumba format, moves, and pacing to better suit the needs of the participant. Zumba is known for: the zesty Latin music such as salsa, merengue, cumbia and reggaeton; the exhilarating easy to follow movements; and the invigorating, party-like atmosphere. Please purchase a 20-visit renewable pass for $48 (R)/$96 (NR) and swipe it at the Customer Service desk before class.

45-min. sessions at RCC Lake Anne
Pass • Avilov
June 8 – August 24
Wed 9:00 a.m. – 9:45 a.m.

60-min. sessions at RCC Lake Anne
Pass • Avilov
June 10 – August 26
Fri 9:30 a.m. – 10:30 a.m.

Attention 55+
Drop-in patrons:
Hi/Lo & Strength, Strength Training for Seniors, and Zumba Gold are offered as part of the Drop-in Seniorcize pass series. Participants must purchase a 20-visit renewable pass for $48 (R)/$96 (NR), bring the pass to every class, and swipe it at the Customer Service Desk prior to the start of each class. All Seniorcize land aerobics passes expire two years from the date of purchase. To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC Fitness Classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.
Registered Classes

Fitness Fusion
(55 years and older)
Tone and firm the entire body while improving cardiovascular, strength and flexibility. Participants will utilize a mixture of equipment to keep the body guessing what comes next. This class will excite participants and keep them out of a fitness rut. Wear fitness shoes and clothing and bring water. Participants must be able to use a mat on the floor.

8, 60-min. sessions at RCC Lake Anne
$65 (R)/$98 (NR) • Beville
June 14 – July 7
Tue, Thu 11:00 a.m. – 12:00 p.m.
300014-6F

July 19 – August 11
Tue, Thu 11:00 a.m. – 12:00 p.m.
300014-7A

Gentle Movement
(55 years and older)
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Class can be performed standing or seated in a chair while focusing on gentle movements increasing flexibility, balance and coordination. Please bring water to class and wear supportive footwear.

8, 60-min. sessions at RCC Lake Anne
$40 (R)/$60 (NR) • Beville
June 17 – August 5
Fri 10:30 a.m. – 11:30 a.m.
306106-6A

Gentle Yoga
(55 years and older)
This traditional yoga class, designed for senior adults, incorporates both stretching and strength postures while focusing on balance. Participants will enjoy increased strength, flexibility, balance, coordination, and energy in a gently challenging way. This class incorporates standing poses as well as poses on the floor. Participants should be comfortable getting up and down from the floor. Please bring a blanket, pillow, or beach towel to class.

8, 60-min. sessions at RCC Lake Anne
$40 (R)/$60 (NR) • Green
June 7 – June 30
Tue, Thu 11:00 a.m. – 12:00 p.m.
304995-6L

16, 60-min. sessions at RCC Lake Anne
$80 (R)/$120 (NR) • Hill
June 27 – August 22
(No Class: July 4)
Mon, Wed 9:45 a.m. – 10:45 a.m.
304995-6M

Attention
55+ Fitness Students
To ensure your safety, you must be present at the beginning of class. Anyone arriving more than a few minutes after class has started may not be admitted. RCC fitness classes begin with appropriate warm-up and stretching exercises; not doing these can result in serious injury.

55+ Patrons
Register for any Fitness class on pages 48-51 and receive a 20 percent discount.
Gentle Yoga II
(55 years and older)
This class is a continuation of Gentle Yoga, designed for senior adults. Participants will be introduced to new poses and poses will be held longer to facilitate increased strength, flexibility or balance. Participants must have completed at least one session of Gentle Yoga or have instructor’s permission to register. Please bring a blanket or large towel to class.

8, 75-min. sessions at RCC Lake Anne
$45 (R)/$68 (NR) • Green
June 7 – June 30
Tue, Thu 9:30 a.m. – 10:45 a.m.
398523-6L

Joint-Friendly Fitness
(55 years and older)
This fitness class uses gentle activities to help increase joint flexibility and range of motion while improving muscle strength. These joint-friendly exercises will promote balance, strength and stamina. The class may be taken either sitting or standing. Participants should bring water and wear supportive footwear.

8, 60-min. sessions at RCC Lake Anne
$44 (R)/$66 (NR) • Fletcher
June 13 – July 11
Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-6F
July 25 – August 17
Mon, Wed 12:00 p.m. – 1:00 p.m.
300129-7A

Outdoor Fitness with Jody
(55 years and older)
A fun and challenging outdoor class that will include walking around Lake Anne while incorporating cardio, stretching, strengthening, and toning movements. Led by instructor Jody Rook, this class is sure to get your heart pumping while you enjoy the great outdoors. Participants must be comfortable going up and down stairs and using a mat for floor exercises. Please wear appropriate athletic shoes and bring water.

8, 60-min. sessions at RCC Lake Anne
$48 (R)/$72 (NR) • Rook
June 7 – July 26
Tue 10:00 a.m. – 11:00 a.m.
305029-6C

Strength & Conditioning
(55 years and older)
The exercises performed in class will increase strength of the entire body improve posture and balance, by challenging the major muscle groups. Participants should be able to transfer to the floor to use an exercise mat during class.

8, 60-min. sessions at RCC Lake Anne
$40 (R)/$60 (NR) • Botts
June 8 – July 27
Wed 6:30 p.m. – 7:30 p.m.
300145-6F
Conversational English
(55 years and older)
This class is geared for students who are proficient in English but who would benefit from practicing conversational skills with other students in a friendly and supportive setting.

6, 60-min. sessions at Hunters Woods Fellowship House
Free, Registration Req. • Vogel
June 7 – August 2
(No Class: July 5)
Tue 11:00 a.m. – 12:00 p.m.
500399-6D

ESL I
(55 years and older)
This class will help non-English speaking students learn English in a friendly, supportive environment.

6, 60-min. sessions at Hunters Woods Fellowship House
Free, Registration Req. • Vogel
June 9 – August 4
(No Class: July 7)
Thu 10:00 a.m. – 11:00 a.m.
505534-6D

ESL II
(55 years and older)
This class is designed for students who have already participated in a beginning level ESL class or who have rudimentary English skills.

6, 60-min. sessions at Hunters Woods Fellowship House
Free, Registration Req. • Vogel
June 9 – August 4
(No Class: July 7)
Thu 11:00 a.m. – 12:00 p.m.
505565-6D

ESL III
(55 years and older)
This class is for senior students who are more fluent in English but who would benefit from advanced grammatical studies and more attention to advanced conversational skills.

6, 60-min. sessions at Hunters Woods Fellowship House
Free, Registration Req. • Vogel
June 9 – August 4
(No Class: July 7)
Thu 11:00 a.m. – 12:00 p.m.
505565-6D

Avoid Waitlists and Cancellations
We often encounter patrons who are frustrated when they have to be waitlisted for our “full” classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.
**American Mah Jongg**  
(55 years and older)  
American Mah Jongg is a fun, mentally stimulating game played with tiles rather than cards. This drop-in program is for experienced players. **Please note: beginning on June 21, summer sessions will be held at RCC Lake Anne.**

- **3, 2.5-hour sessions at RCC Hunters Woods**  
  Free • Staff  
  **June 2 – June 16**  
  Thu 9:30 a.m. – 12:00 p.m.  
  Drop-in  

- **10, 2.5-hour sessions at RCC Lake Anne**  
  Free • Staff  
  **June 23 – August 25**  
  Thu 9:30 a.m. – 12:00 p.m.  
  Drop-in

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**Bridge Mondays**  
(55 years and older)  
Intermediate and advanced level players are invited to join this enthusiastic group every Monday. Participants should bring lunch for a midday break.

- **12, 4-hour sessions at RCC Hunters Woods**  
  Free • Staff  
  **June 6 – August 22**  
  Mon 10:00 a.m. – 2:00 p.m.  
  Drop-in

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**Bridge Tuesdays**  
(55 years and older)  
Intermediate and advanced level players are invited to join this enthusiastic group every Tuesday. Bring a lunch for an enjoyable midday break.

- **12, 2-hour sessions at RCC Lake Anne**  
  Free • Staff  
  **June 7 – August 23**  
  Tue 10:00 a.m. – 12:00 p.m.  
  Drop-in

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**Bridge Tuesdays**  
(55 years and older)  
Intermediate and advanced level players are invited to join this enthusiastic group every Tuesday. Bring a lunch for an enjoyable midday break.

- **12, 2-hour sessions at RCC Lake Anne**  
  Free • Staff  
  **June 7 – August 23**  
  Tue 10:00 a.m. – 12:00 p.m.  
  Drop-in

**Classic Cinema**

18 years and older • 10:00 a.m. – 12:00 p.m. • Free • the CenterStage – RCC Hunters Woods

Be swept back through the years as you watch timeless films in the comfort of the CenterStage. Movies are shown from 10:00 a.m. to 12:00 p.m. and include a free continental breakfast beginning at 9:30 a.m.

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**Monday, May 2**

**My Big Fat Greek Wedding**  
Toula is 30. And unmarried. All of her cousins did the right thing and married Greek boys, so everyone worries about what will become of Toula. One day she sees the perfect guy and realizes that the only way to get noticed is to get away from her family, get a college degree, and get rid of her glasses. Nia Vardalos and John Corbett co-star; Joel Zwick directs. *(2002)*
Ice Cream Senior Social  
(55 years and older)  
Join us for an old-fashioned ice cream social and learn about upcoming 55+ adult trips, classes and events offered by Reston Community Center and Reston Association. Enjoy ice cream and a variety of toppings provided by Tall Oaks Assisted Living Center while catching up with friends. This summer’s social will be in the Jo Ann Rose Gallery at RCC Lake Anne. Door prizes will be awarded during the event.

1, 90-min. session at RCC Lake Anne  
Free, Registration Req. • Staff  
June 8  
Wed 1:30 p.m. – 3:00 p.m.  
500404-6A

Open Pinochle  
(55 years and older)  
Participate in an open pinochle game. This is a great time to socialize with new friends and to learn how to play the game. Beginners are welcome. Beginning June 22, summer sessions will be held in the RCC Lake Anne conference room.

3, 2.5-hour sessions at RCC Hunters Woods  
Free • Staff  
June 1 – June 15  
Wed 10:30 a.m. – 1:00 p.m.  
Drop-in

10, 2.5-hour sessions at RCC Lake Anne  
Free • Staff  
June 22 – August 24  
Wed 10:30 a.m. – 1:00 p.m.  
Drop-in

Sunday Afternoon Dances  
(18 years and older)

June 12, July 10, August 14  
2:30 p.m. – 4:30 p.m.

Dancers of all skill levels are welcome to foxtrot, swing, cha-cha, and waltz during these fun afternoon dances. Music selection ranges from golden oldies to today’s more modern dance selections. Three mini-lessons, door prizes and light refreshments add to the fun; partners are not required. Cost is per session and payable at the door.

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

3, 2-hour sessions at RCC Hunters Woods  
$5 (R)/$10 (NR) • Staff
Trip Information:

Wreath Making at Lavender Fields Farm
(55 years and older)

Make a fresh herbal wreath while visiting the beautiful and fragrant Lavender Fields Herb Farm in Glen Allen, VA. This organic farm features more than 200 varieties of herbs, flowers and vegetables. The day begins with lunch served under an outdoor tent which overlooks the gardens. Dessert will be homemade ice cream. After lunch participants will be instructed on how to make a wreath from greens and flowers grown on the farm. There will be time to take a delightful walk along the Chickahominy River or to explore the gift shop to purchase potted or dried herbs, container plants, and unique handmade gifts. Trip fee includes transportation, lunch, and wreath making instruction.

8:30 a.m. Depart RCC Lake Anne
9:00 a.m. Depart RCC Hunters Woods
6:30 p.m. Estimated return to Reston

1, 10-hour trip
$60 (R) / $90 (NR) • Staff

June 1
Wed
8:30 a.m. – 6:30 p.m.
500331-6A

General Information:

- Unless otherwise stated, charter buses will depart from RCC Lake Anne and RCC Hunters Woods and participants should arrive 30 minutes prior to the stated bus departure time.
- Cancellations: Please see our cancellation/refund policy on page 90.
- Emergency Forms: Prior to the trip, participants will receive an itinerary and an emergency form. Please complete the form and bring it on the day of the trip. Please bring photo identification the day of the trip.
- ADA Accommodations: Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires a modification of policies or procedures to participate in a Reston Community Center program, service, or activity should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.
NSO Pops – Forever Gershwin
(55 years and older)
Celebrate the timeless music of George Gershwin in the Kennedy Center Concert Hall. Included will be selections from the opera Porgy and Bess, with Norm Lewis, Alicia Hall Moran, Jason Moran, Steven Reineke, and Heritage Signature Chorale. You will have time to dine on your own prior to the show. Trip fee includes transportation and show tickets.
4:30 p.m. Depart RCC Lake Anne
5:00 p.m. Depart RCC Hunters Woods
11:30 p.m. Estimated return to Reston

1, 7-hour trip
$50 (R)/$75 (NR) • Staff
June 17
Fri 4:30 p.m. – 11:30 p.m.
500470-6A

Tangier Island Cruise
(55 years and older)
Located on the Chesapeake Bay, Tangier Island was first sighted by John Smith in 1608 during his exploration for fresh waters. Today, visiting the island is a step back into history. The culture of Tangier Island is truly special; the Elizabethan accent is commonly heard from residents and many make their lives as watermen. Patrons will board the Chesapeake Breeze which has a top deck, restrooms, and a snack bar. The boat will travel from the Buzzard’s Point Marina to Tangier Island. Once on the island, the group will dine at the famous Hilda Crockett’s Chesapeake House. Trip fee includes transportation, cruise, and lunch.
6:00 a.m. Depart Lake Anne
6:30 a.m. Depart Hunters Woods
7:30 p.m. Estimated return to Reston

1, 13.5-hour trip
$70 (R)/$105 (NR) • Staff
June 21
Tue 6:00 a.m. – 7:30 p.m.
500057-6B

Frederick Keys – Surf & Turf Friday
(55 years and older)
Watch the Frederick Keys play the Winston-Salem Dash and have a front row seat to the evening’s firework show in the comfort of the Mattress Warehouse club room. Dine on an all-you-can-eat Surf and Turf buffet featuring New York Strip carved to order, Baked Salmon, Roasted Vegetables, Maryland Crab Soup, California Crab Salad, and an assortment of desserts. Trip fee includes transportation, buffet dinner, firework show, and tickets to the game.
4:30 p.m. Depart RCC Hunters Woods
11:30 p.m. Estimated return to Reston

1, 7-hour trip
$50 (R)/$75 (NR) • Staff
July 8
Fri 4:30 p.m. – 11:30 p.m.
500469-7A
**Pirates of Penzance**  
(55 years and older)  
Shenandoah University’s Ohrstrom Bryan Theatre in Winchester, VA presents Gilbert and Sullivan’s critically hailed musical farce of sentimental pirates, bumbling policemen, dim-witted young lovers and an eccentric Major General. Trip fee includes transportation, lunch, and theatre ticket.  
10:00 a.m. Depart RCC Lake Anne  
10:30 a.m. Depart RCC Hunters Woods  
6:00 p.m. Estimated return to Reston  

1, 8-hour trip  
$60 (R)/$90 (NR) • Staff  

**Virginia Governor’s Mansion & VMFA**  
(55 years and older)  
Virginia’s Executive Mansion, home to Virginia’s governors since 1813, in Richmond, is the oldest governor’s residence in the country, and is still used for its original purpose. Terence R. McAuliffe, Virginia’s 72nd governor, is the 55th governor to reside in the mansion. The mansion is located within the gates of Capitol Square, a park-like area that includes the State Capitol building designed by Thomas Jefferson. After the 30-minute tour inside the Mansion, we’ll board the bus for the Virginia Museum of Fine Arts for lunch on your own and a tour of the museum.  
8:00 a.m. Depart RCC Lake Anne  
8:30 a.m. Depart RCC Hunters Woods  
7:00 p.m. Estimated return to Reston  

1, 11-hour trip  
$45 (R)/$68 (NR) • Staff  

**Rehoboth Beach**  
(55 years and older)  
Travel with RCC to Rehoboth Beach, DE. Spend the afternoon in this scenic area by enjoying the surf and sand, having lunch at one of the many quaint cafes, discovering the various shops in Rehoboth, or taking a trip on the local trolley to see more of the Rehoboth area and outlets. This is a self-guided excursion with no meals or admissions provided. Trip fee includes transportation only.  
7:30 a.m. Depart Lake Anne  
8:00 a.m. Depart Hunters Woods  
8:30 p.m. Estimated Return to Reston  

1, 13-hour trip  
$35 (R)/$53 (NR) • Staff  

**Avoid Waitlists and Cancellations**  
We often encounter patrons who are frustrated when they have to be waitlisted for our “full” classes and on certain occasions when we have to cancel a class due to under enrollment. Register quickly via online, mail-in, fax, or in-person during the priority registration periods.
A Day in Staunton, VA
(55 years and older)
Our first stop in Staunton will be Woodrow Wilson’s Presidential Library and Museum for a guided tour of Wilson’s birthplace. Lunch will be at the Depot Grille; after lunch we will enjoy an afternoon tour of the American Shakespeare Center’s Blackfriars Playhouse, the world’s only re-creation of Shakespeare’s indoor theatre. There will be time for shopping in the quaint historic district. Trip fee includes transportation, admissions and lunch.

7:00 a.m. Depart RCC Lake Anne
7:30 a.m. Depart RCC Hunters Woods
7:00 p.m. Estimated return to Reston

1, 12-hour trip
$58 (R)/$87 (NR) • Staff
August 11
Thu 7:00 a.m. – 7:00 p.m.
500472-7A

Phantom of the Opera, Kennedy Center
(55 years and older)
This spectacular new production of Andrew Lloyd Webber’s The Phantom of the Opera has critics raving that this production is “bigger and better than ever before” with its brilliant new scenic design, winning costumes, new choreography and staging. This Phantom is one of the largest productions on tour with a cast and orchestra of 52. Trip fee includes transportation and theatre ticket. There will be time to enjoy lunch on your own prior to the performance.

10:30 a.m. Depart RCC Lake Anne
11:00 a.m. Depart RCC Hunters Woods
5:30 p.m. Estimated return to Reston

1, 7-hour trip
$70 (R)/$105 (NR) • Staff
August 17
Wed 10:30 a.m. – 5:30 p.m.
500451-7A

Pricing
RCC reviews its pricing for programs and services annually. Increases in pricing reflect either increased costs or RCC’s commitment to price within a range that acknowledges the special tax paid by Reston for RCC as well as the competitive context of other public agencies with similar offerings. If you have any questions or concerns about particular fees, please let us know via RCCContact@fairfaxcounty.gov.
55+ Ceramics
(55 years and older)
Participants will explore hand-building techniques to create an array of clay projects. Class fee includes 25 lbs. of clay, glazes, firing and three 1-hour visits to the Open Ceramics Studio. A supply list will be provided prior to the first class.

6, 2.5-hour sessions at RCC Lake Anne
May 14 – June 18
Wed 6:00 p.m. – 8:30 p.m.
452484-7A

Intermediate Watercolor Painting
(55 years and older)
This class is for artists who have previous watercolor experience. Learn techniques to achieve a variety of textures and atmospheric effects, construct a strong painting composition using simple tools, simplify a complex scene into basic shapes and choose the best colors for your subject. A supply list will be provided prior to first class.

6, 2-hour sessions at RCC Lake Anne
May 18 – June 22
Thu 6:00 p.m. – 8:00 p.m.
452509-7A

Acrylic Painting for Beginners
(55 years and older)
Have fun and learn the basics of acrylic painting in this studio workshop setting. A supply list will be provided prior to the first class.

6, 3-hour sessions at RCC Lake Anne
May 21 – June 21
Fri 10:00 a.m. – 1:00 p.m.
455011-7A

Watercolor for Beginners
(55 years and older)
Begin your adventure with watercolor painting in six fun classes. A supply list will be provided prior to the first class.

6, 2-hour sessions at RCC Lake Anne
June 14 – July 19
Tue 4:00 p.m. – 6:00 p.m.
455526-7A

Woodworking
Good Neighbors Woodworking Group
(55 years and older)
The Good Neighbors Woodworking Group meets in the RCC Woodshop to design, construct, and decorate wooden toys. The toys are then donated to non-profit organizations in the Reston area. Experience in woodworking and painting techniques is a plus. However, training will be provided for beginners. Participants must be registered RCC volunteers and will be provided with the appropriate volunteer form to complete during the first session attended.

5-hour sessions at RCC Hunters Woods
June 7 & June 14
Drop-in
Mon 9:00 a.m. – 2:00 p.m.

55+ Woodworking Patrons:
Don’t miss out on the many wonderful woodcraft classes and open lab sessions that RCC offers, listed in the Woodworking section on pages 63-64.

Registration Begins: May 1 Reston • May 8 Non-Reston
RCC Staff

Administration
Leila Gordon
   Executive Director
Thomas Ward
   Deputy Director
Renata Wojcicki
   Finance Director
BeBe Nguyen
   Director of Communications
Harunor Rashid
   Network Administrator
Pam Leary
   Customer Service Manager
Mia Arquinzoni
   Personnel Specialist
Cristin Bratt
   Customer Service
Vincent Brown
   Public Information Officer
Teresa DeCarmen
   Web/Graphic Artist
Sumi Gallas
   Asst. Customer Service Manager
Linda Greco
   Customer Service
Samantha Korkowski
   Web/Graphic Artist
Greg Minassian
   Customer Service
Grazyna Siebor
   Customer Service
Barbara Wilmer
   Customer Service
Ling Zhao

Leisure & Learning
Eileen Boone
   Leisure & Learning Director
Joe Brown
   Teen and Family Program Assistant
Karen Brutsché
   55+ Program Director
Ali Clements
   Adult Program Assistant/RCC Rides Coordinator
Teresa Fletcher
   Fitness Program Assistant
Kim Gollop-Pagli
   Youth Program Assistant
Debbie Heron
   Youth Program Director
Jonathan Navarro
   Adult and Fitness Program Director
Susan Zaboji

Facility Rentals & Operations
Brian Gannon
   Facility Booking Manager
Mohammed Alhadi
   Facility Team
Santos Campos
   Facility Team
Patricia Farrell
   Facility Supervisor
Gilberto Guardado
   Facility Team
Adam Newlan
   Facility Rentals Assistant
Trung Nguyen
   Facility Team - Lake Anne
Fred Russo
   Building Engineer
William Sanchez
   Facility Team
John Scurto
   Facility Team - Hunters Woods
Edgar Siles
   Facility Team
Ken Wade

Aquatics
Joe Leary
   Aquatics Director
Ivan Cole
   Aquatics Operations Manager
Melissa Murray
   Customer Service
Scott Sorenson
   Customer Service

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

Thank You
We extend our heartfelt thanks to the hundreds of talented, hardworking individuals who also support RCC in part-time, administrative, instructional, lab supervising, lifeguarding, theatre technical assistance, and many other roles. These outstanding individuals are too numerous to list here. We can’t do what we do without their key contributions.

RCC also extends its profound gratitude to our wonderful volunteers who give everything they do the shining touch of their generous community spirits. Volunteers are the heart and soul of the RCC experience.

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

Al Fatih Academy
Arts Council of Fairfax County
Christ the Servant Lutheran Church
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
Friends of Reston Community Center
Greater Reston Arts Center
Greater Reston Chamber of Commerce
Initiative for Public Art – Reston
Jewish Community Center of Northern Virginia

Lake Anne Plaza
League of Reston Artists
NV Rides and Program Partners
Office of Hunter Mill District Supervisor Catherine M. Hudgins
Osher Lifelong Learning Institute at George Mason University
Reston Association
Reston Citizens Association/Reston Accessibility Committee
Reston for a Lifetime
Reston Historic Trust
Reston Hospital Center
Reston Town Center Association
Specially Adapted Resource Clubs
Tall Oaks Assisted Living
US Citizenship and Immigration Services
Virginia Cooperative Extension
Washington West Film Festival
Washington Woodworkers Guild
YMCA Fairfax County Reston

RCC SEEKS AND WELCOMES COMMUNITY INPUT:
Send Your Comments to RCCContact@fairfaxcounty.gov.
Information

How To Register

Online Registration
www.restoncommunitycenter.com

Online registration opens at 9:00 a.m. on May 1.
• You must establish an account to log in and register.
• To register online, patrons will need a household username and password.
• New users will need to complete the online household profile to receive a household username and initial password. User information will be emailed within 48 hours.
• Any questions about online registration may be directed to RCCContact@fairfaxcounty.gov or to a customer service representative at 703-476-4500, Mon-Sat, 9:00 a.m. – 9:00 p.m. or Sundays, 9:00 a.m. – 8:00 p.m.

In-Person/Mail/Fax Registration
• All forms are available online at www.restoncommunitycenter.com.
• Register in person at RCC Hunters Woods or RCC Lake Anne.
• Register by mail by sending completed registration forms to Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191.
• Fax completed registration forms to 703-476-2488 (classes, trips, camps) and to 703-476-0563 (aquatics classes and activities).
• For non-aquatics classes, trips, camps and events, family members living in the same household may complete a single registration form. Aquatics patrons must complete one Aquatics registration form for each student or participant in a class. Patrons residing in separate households who wish to enroll in the same class must complete separate registration forms and staple them together.

Registration Policies

Small District 5
Reston residents and employees in Small District 5 (Reston) are eligible for priority registration and reduced program rates. Regular class fees are listed as Reston/Non-Reston; aquatics daily visits and pass fees are listed as Reston, Fairfax County resident and non-Fairfax County resident.

Reston status is determined by whether the patron resides or works within the boundaries of Small District 5 (Reston) using Fairfax County’s Tax Administration site. A map of Small District 5 is on the RCC website.

Priority Reston Registration
Priority registration for Small District 5 (Reston) residents and/or employees takes place the first week of each scheduled registration period. RCC will not process payment until enrollment has been confirmed.

Non-Reston Registration
Non-Reston registration begins at the end of the one-week priority Reston registration period.

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

Confirmation
Registration confirmations will be emailed; if we do not have an email address on record, the confirmation will be sent via regular mail. Please note that the confirmation will indicate if you are enrolled or waitlisted or other information about the class (such as supply lists or other requirements).

Liability Waiver on RCC Registration Forms
The Liability Waiver is on all RCC registration forms and Drop-In sign-in sheets. Patrons who register for programming online have implicitly agreed to the Liability Waiver as all other registrants and drop-in users are required to do prior to participating in RCC programming.

Please note that no matter when you drop off your registration, it will not be processed until May 1. Faxed or mailed forms will be included in the batches of forms received prior to 9:00 a.m. on May 1 if they are received by April 30.

Our Customer Service team will be inputting registrations in the RecTrac/WebTrac system simultaneously with online registration by our patrons. The forms we receive in advance will be processed in groups by more than one Customer Service representative.
Information

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 at www.restoncommunitycenter.com.

Fees

• Patrons 55 years and older may receive a discount on class fees, except in cases where the class fee is payable to someone other than RCC. The discount does not apply to 55+ programs or trips, adult and family trips, or drop-in activities.
• Patrons under age 55 can register for 55+ programs or trips if space is available after priority Reston registration – program fees will be doubled.
• Fees will expire two years from date of purchase, with the exception of 12-month pool passes.
• Daily visit swim passes may be issued for any facility closure or interruption.

Fee Waiver Program

RCC established a Fee Waiver Program to permit access to all Reston-qualified individuals to programs and services offered by RCC and administered with equitable standards of qualification based on Federal poverty guidelines. The program shall be offered with allocations on a household basis for household individuals and dependents of a prescribed and published fee waiver amount to permit broad choice on the part of qualified participants and full access, in particular, to summer youth program opportunities. Allocations to the individuals in a qualified household may not be combined. Sample fee waiver forms and guidelines can be found in the Policy and User Manual Appendix. All forms are available online at www.restoncommunitycenter.com.

Class Cancellation

• If the minimum enrollment has not been met seven days before the class starts, RCC reserves the right to cancel the class.
• A full refund will be issued if the class is canceled by RCC.
• RCC reserves the right to substitute instructors without notice.
• Refunds will not be issued in the event of closures due to acts of nature (lightning, storms, floods, etc.).
Information

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 start 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 begins will not be honored.
• All passes expire two years from date of purchase, with the exception of 12-month pool passes.

Patron Health and Safety

• Patrons showing signs of a communicable disease or illness – including vomiting, diarrhea, or a temperature of over 100 degrees – should remain at home.
• Any patron experiencing diarrhea within 48 hours is not permitted in the pool or spa.
• Any patron suffering from discolored nasal discharge, open wounds, chicken pox, ringworm, etc. are not permitted in the pool or spa.
• Children under the age of 3 and any patrons diagnosed with incontinence are required to wear plastic pants underneath swim apparel.

Funding

RCC is a Fairfax County agency funded by the tax revenues of Small District 5. The current tax rate is $0.047 per $100 of assessed property value of all residential and commercial property in the district. These tax revenues fund the operation of Reston Community Center for district residents and employees at greatly subsidized rates.

Board of Governors

RCC is governed by a nine-member Board that is appointed by the Fairfax County Board of Supervisors after the residents and businesses of Small District 5 express their preferences in an annual poll. The Board of Governors is responsible for establishing agency policy, representing the Community Center before the public, soliciting input concerning program balance, conducting public hearings, and providing fiscal oversight of RCC and its programs.

ADA Accommodations

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.
RESTON COMMUNITY CENTER
Class/Trip/Camp/Volunteer/Pass Registration Form

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

<table>
<thead>
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<th>Participant’s First Name</th>
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TOTAL FEES: $  

CREDIT CARD INFORMATION

CARD HOLDER’S NAME #:  

CHARGE: ☐ MASTERCARD ☐ VISA ☐ DISCOVER EXP. DATE:  

ACCOUNT #:  

SIGNATURE:  
Registration/Pass Refunds: Written request required. If received 14 days or more in advance: 20% processing fee for classes, workshops; 50% for trips. Less than 14 days requires replacement registration to be approved (less applicable processing fee). Pass refunds pro-rated minus 20% processing fee. No refunds for fees under $10. More info on reverse.

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

SIGNATURE:  

DATE:  

FORM OF PAYMENT

☐ CASH   ☐ MONEY ORDER
☐ CHECK   ☐ CREDIT CARD (VISA/MC/DISCO VER)
☐ OTHER

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SIGNATURE:  

DATE:  

DATE STAMP

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

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

703-476-4500, TTY 711 • 703-476-2488 (FAX)

Revised February 2015
RESTON COMMUNITY CENTER
Class/Trip/Camp/Volunteer/Pass Registration Information

SMALL DISTRICT 5
- Reston residents and employees in Small District 5 are eligible for priority registration and reduced program rates.
- Residency status is determined by whether the patron resides or works within the boundaries of Small District 5 using Fairfax County’s Tax Administration site. A map of small district 5 is located on our website.

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

NON-RESTON REGISTRATION
- Non-Reston registration follows the end of priority Reston registration.

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

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

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

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

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

CLASS CANCELLATION
- If the minimum enrollment has not been met 7 days before the class starts, RCC reserves the right to cancel the class.
- A full refund will be issued if the class is canceled by RCC.
- RCC reserves the right to substitute instructors without notice.

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

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

PATRON HEALTH AND SAFETY
Patrons showing signs of a communicable disease or illness including vomiting, diarrhea, or a temperature of over 100 degrees should remain at home.

ADA ACCOMMODATIONS
Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500 or TTY 711.

PATRON SATISFACTION
Our goal is to make your experience at a RCC a positive one. Please let us know if you have any concerns or issues.
**Reston Community Center Aquatics Registration Form**

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

<table>
<thead>
<tr>
<th>Adult Name</th>
<th>First</th>
<th>Last</th>
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<table>
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**Emergency**

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<tr>
<th>New Address?</th>
<th>Yes</th>
<th>No</th>
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</thead>
</table>

*If yes, provide business address*

<table>
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<tr>
<th>E-Mail Address</th>
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</table>

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**SIGNATURE:**

**DATE:**

**RCC USE ONLY**

| DATE STAMP |

---

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

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

703-476-4500, TTY 711 • 703-476-0563 (FAX)

Revised February 2016
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PRIORITY RESTON REGISTRATION
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• RCC will not process your payment until your enrollment has been confirmed.

NON-RESTON REGISTRATION
• Non-Reston registration follows the end of priority Reston registration.

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

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

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

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

CLASS CANCELLATION
• If the minimum enrollment has not been met 7 days before the class starts, RCC reserves the right to cancel the class.
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• Written refund requests received 14 days or more prior to the start of a class or camp will receive a full refund less a 20% processing fee (50% for trips).
• Refund requests received less than 14 days before the start of a class or camp will be granted (less a 20% processing fee) only if another registration is received in its place (less a 50% processing fee for trips).
• No refunds are given for any class with a fee of $10 or less.
• Refunds will be issued to the original credit card or by check from Fairfax County if the original payment was cash or check.

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

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

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

ADA ACCOMMODATIONS
Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a Reston Community Center program, service, or activity, should contact the ADA representative, Pam Leary, as soon as possible but no later than 48 hours before the scheduled event. Please note that accommodations that require staffing and/or transportation alterations may require up to 10 days advance notice. To request a reasonable accommodation, please call 703-476-4500, TTY 711.

4 EASY WAYS TO REGISTER:
By Fax: 703-476-0563 • Online: www.restoncommunitycenter.com • In Person
By Mail: Reston Community Center, 2310 Colts Neck Rd, Reston, VA 20191
### ALL AGES

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<tr>
<td>Back 2 School Bash</td>
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<tr>
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<td>Family Fun Entertainment Series</td>
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<tr>
<td>Family Splash</td>
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<tr>
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<td>Pool Parties with Reston Association</td>
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<td>RCC Community Coffee</td>
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<td>Reston Multicultural Festival</td>
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### YOUTH

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<td>Aqua Tots</td>
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<td>Bird Beaks</td>
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<tr>
<td>Deep Water Mania</td>
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<td>Drop-in Chess Club</td>
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<td>Father’s Day Pottery</td>
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<td>Hike the White Oak Canyon</td>
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<td>Lake Anne by Canoe/Kayak</td>
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<tr>
<td>Marlin</td>
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<td>Pool Pals &amp; Water Friends</td>
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<td>Rookie I</td>
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<td>Rookie II</td>
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<td>Solar Oven Workshop</td>
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<td>Tae Kwon Do I</td>
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<td>Tae Kwon Do II</td>
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<td>Tot Time</td>
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### TEEN

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<tr>
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<td>Water Wonder</td>
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<td>Wolf Trap Theatre in the Woods</td>
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<td>Youth Level I-2</td>
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### Adults

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<td>Aqua Mixer</td>
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<td>Arthritis, Fibromyalgia, and Multiple Sclerosis</td>
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<td>Bento Box To-Go</td>
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<tr>
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<tr>
<td>Community Service Club</td>
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<tr>
<td>Deep Water Mania</td>
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<tr>
<td>Drawing 101</td>
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<td>Drawing with Pastels</td>
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<td>Drop-in Chess Club</td>
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<tr>
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<td>49</td>
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<tr>
<td>Glass Lab</td>
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<tr>
<td>Hatha Yoga Flow</td>
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<tr>
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</tr>
<tr>
<td>Hike the White Oak Canyon</td>
<td>56</td>
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**Summer Registration Notes:**

Jot down the registration information you need to register online; save time and boost your chances of successful enrollment by using WebTrac!
Open Stained Glass
(18 years and older)
Stained glass and stained glass mosaic enthusiasts are encouraged to participate in RCC’s monthly Open Stained Glass Lab.
For summer dates turn to page 60.

Drop-in • RCC Hunters Woods • Damron
$10 (R)/$20 (NR)
1st & 3rd Sun 1:30 p.m. – 5:30 p.m.

Open Woodshop
(16 years and older)
Members of the public are invited to use RCC’s Woodshop during weekly open shop hours.
For summer dates turn to page 63.

Drop-in • RCC Hunters Woods • Staff
$8 (R)/$16 (NR) Tue
$13 (R)/$26 (NR) Sat

Tue 6:00 p.m. – 10:00 p.m.
Sat 9:00 a.m. – 5:00 p.m.

Open Ceramics Studio
(16 years and older)
The public is invited to use RCC’s Ceramic Studio. Please check the Ceramics Studio calendar for additional studio times or closures. Each pass visit is one hour.
Clay cost is $15 – $20 for 25 pounds.
For summer dates turn to page 62.

Drop-in • RCC Lake Anne • Staff
$15 (R)/$30 (NR) Drop-in
$36 (R)/$72 (NR) 12-Visit Pass

Wed 10:00 a.m. – 2:00 p.m.
Sat 1:00 p.m. – 5:00 p.m.
RCC Heats up this Summer with 2 NEW Concert Series!

THURSDAYS
Take a Break Concerts
June 16 – September 1 • 7:00 p.m. – 9:00 p.m. • Lake Anne Plaza

NEW! FRIDAYS
The Summer Stage
July 1 – July 29 • 6:30 p.m. – 8:30 p.m. • Reston Station

SATURDAYS
Family Fun Entertainment Series
June 18 – August 6 • 10:00 a.m. – 10:45 a.m. • Reston Town Square Park

NEW! SUNDAYS
Sundays in the Park
July 3 – July 31 • 6:30 p.m. – 7:30 p.m. • Reston Town Square Park

For complete schedule of RCC’s FREE summer concerts, please visit www.restoncommunitycenter.com.