

Enrichment

Backyard Astronomy (10 years and older)

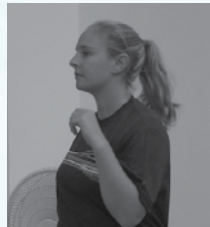
Learn the basics of how our universe is organized and discover the wonder and fun of amateur astronomy. We'll discuss the equipment available for backyard viewing, including various telescope designs and accessories, and the local astronomy resources. A sky tour of the visible constellations and major objects will be given, highlighting our own solar system. Students will be given hands-on experience with wide field binoculars and a MeadeETX90 telescope. A free CD of "Sky Chart III" software is included.

**1, 2-hour session at Cabots Point Park
(Cabots Point Lane, Reston) • \$6 (R)/\$12 (NR)**

June 12				
102248-0G	Sat	8:00 p.m.-10:00 p.m.	Robichaud	
July 10				
102248-1A	Sat	8:00 p.m.-10:00 p.m.	Robichaud	
August 21				
102248-1B	Sat	8:00 p.m.-10:00 p.m.	Robichaud	

Women's Self Defense – Stun and Run (14 years and older)

Shotokan Karate Master Sensei Steven Majors teaches women how to make a safe escape from various dangerous situations. Students will learn: basic defense and escape, how to use everyday items for defense, types of weapons that may be used, situations to avoid, parts of their body they can use as weapons, and areas to strike on an attacker for best effect.



4, 2-hour sessions at RCC Lake Anne • \$15 (R)/\$30 (NR)

July 11- August 1				
102326-1A	Sun	2:00 p.m.- 4:00 p.m.	Majors	

Ballroom Dance (16 years and older)

Shine on the dance floor while discovering the fun of ballroom dancing. This course will focus on each of the following classic ballroom dance forms: rumba, fox trot, cha-cha, and waltz. You will learn the basic steps to each dance and a twirl or two. You may register with a partner or as an individual and find a partner in class.

**8, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$100 (NR)
June 10-August 5 (No Class: June 17)**

102329-0D	Thu	6:30 p.m.- 7:30 p.m.	Dance Bethesda	
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Swing Dance (18 years and older)

Learn to swing/jitterbug dance for your next social outing. Have fun learning the basic East Coast triple-time step while blending in some simple six- and eight-count moves, turns and spins. Sixty percent of all music is swing danceable.

**8, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$100 (NR)
June 10-August 5 (No Class: June 17)**

102330-0C	Thu	7:30 p.m.- 8:30 p.m.	Dance Bethesda	
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Salsa Dancing I (18 years and older)

Join us for a wonderful excursion into the realm of Latin dancing. You will learn the basics of salsa dance (New York Mambo, also known as "On2") including timing, footwork, basic styles, the rhythm and music, and an introduction to partnering.

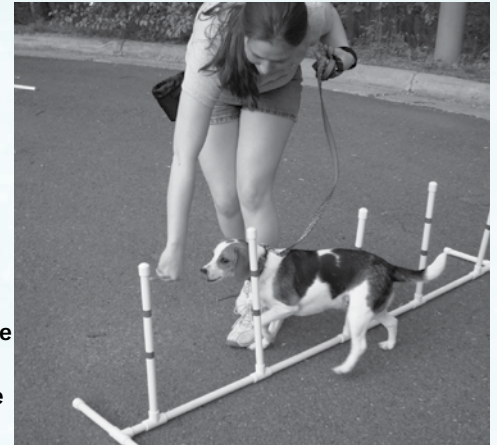
8, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$100 (NR)

June 15-August 3

105044-0E	Tue	6:00 p.m.-7:00 p.m.	Meza	
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Dog Obedience I (18 years and older)

Learn how to teach your puppy or dog manners using "positive motivational" training techniques. These scientific methods are kind and gentle. This class is appropriate for dogs over three months old who have had very little obedience training. This seven-week course will cover the basic commands of "sit,"



"down," "stay," "come," and how to walk nicely on a leash.

You will also learn about mouthing, jumping, crate and potty training, and generally controlling poor behavior. Vaccination records will be checked at the first meeting. Classes are held in the parking lot behind the community center on Colts Neck Road. **Park in the shopping area and walk around to the rear of the building.** Please bring your dog to the first class with a variety of tiny treats and a mat or towel for the dog to use. We DO NOT use chain or prong collars or Flexi leads so you will need a regular collar and a 6-foot leash. Gentle leaders and body harnesses are fine.

7, 60-minute sessions at RCC Hunters Woods • \$75 (R)/\$150 (NR)

June 2-July 14

105090-0C	Wed	6:00 p.m.- 7:00 p.m.	Rudy's Friends Dog Training	
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Dog Obedience II (18 years and older)

This "positive motivational" class is for owners seeking more advanced training for their dogs. It adds the challenges of distance and distraction to the basic commands as well as introducing additional training skills. We will also work with some basic agility equipment which helps to build self-confidence in the dog. Vaccination records will be checked at the first meeting. Class is held in the parking lot behind the community center on Colts Neck Road. **Park in the shopping area and walk around to the rear of the building.** Please bring your dog to the first class along with a variety of tiny treats and a mat or towel for the dog to use. We DO NOT use chain or prong collars or Flexi leads, so you will need a regular collar and a 6-foot leash. Gentle leaders and body harnesses are fine.

7, 60-minute sessions at RCC Hunters Woods • \$75 (R)/\$150 (NR)

June 2- July 14

105190-0C	Wed	7:00 p.m.- 8:00 p.m.	Rudy's Friends Dog Training	
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Beginning Bridge Level I (18 years and older)

Players who are new to the game are encouraged to start in the level 1 course, and players seeking to brush up on bridge fundamentals are welcome. The course will include lecture and demonstration, with at least one hour of play per class with pre-dealt hands oriented to the specific lesson. Bidding is Standard American.

8, 2-hour sessions at RCC Hunters Woods • \$45 (R)/\$90 (NR)

June 24- August 12

102337-0C Thu 7:00 p.m.- 9:00 p.m. Golias

Bridge: Supervised Play (18 years and older)

Do you want to strengthen your bridge playing without taking a class? Well, this program is for you. You will get the practice you need to improve your bridge skills under the supervision of RCC's very own bridge instructor. Every table will play the same hand. After play is over, you will discuss the bidding and the play of hands. Please note the different sessions for your level and register accordingly.

Intermediate Player

8, 2-hour sessions at RCC Lake Anne • \$45 (R)/\$90 (NR)

June 21-August 16 (No Class: July 5)

102409-0C Mon 10:00 a.m.-12:00 p.m. Golias

Advanced Player

8, 2-hour sessions at RCC Lake Anne • \$45 (R)/\$90 (NR)

June 21- August 16 (No Class: July 5)

105082-0C Mon 12:30 p.m.- 2:30 p.m. Golias

Home Staging Workshop (21 years and older)

Are you planning on putting your home on the market or do you know someone who is? Come out and discover the things that can help you have a more successful sale. Attend this 90-minute session and learn how your rooms can be uncluttered, evaluate your paint color selection, and find and maximize the focal points of each room. Learn to emphasize your home's best features. We will discuss the reasons staging helps to enhance and sell real estate. Also, learn about curb appeal as this is what the buyer sees first when looking for a home. This is not an interior design workshop. This class is geared to real estate agents and individuals planning to put their homes on the market.

3, 90-minute sessions at RCC Hunters Woods • \$10 (R)/\$20 (NR)

June 9- 30 (No Class: June 16)

104500-0A Wed 7:00 p.m.- 8:30 p.m. Christie-Healy

August 4-18

104500-1A Wed 7:00 p.m.- 8:30 p.m. Christie-Healy

Fitness & Wellness

Youth



Yoga for Children (3-5 years & 6-11 years)

Children love yoga and are naturally limber. This class is designed to help children build strength and flexibility, concentration, focus, compassion, and self esteem through the playful practice of yoga postures. Once a child develops yoga skills, those skills will last a lifetime. Participants may wish to bring a beach towel or yoga mat with them. Parent/caregiver is not required to remain during class. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Lake Anne • \$47 (R)/\$94 (NR)

(3-5 years)

July 8- August 12

901400-1A Thu 3:15 p.m.- 4:00 p.m. Shamrell

6, 45-minute sessions at RCC Lake Anne • \$47 (R)/\$94 (NR)

(6-11 years)

July 8- August 12

901400-1B Thu 4:15 p.m.- 5:00 p.m. Shamrell

Tae Kwon Do (6 years and older)

RCC's Tae Kwon Do class, led by 8th degree Black Belt Master James Wyatt, is open to all levels. Tae Kwon Do is the Korean system of unarmed combat and self-defense utilizing both hand and foot techniques. Tae Kwon Do involves strict physical and mental discipline and life philosophy. Master James Wyatt is the founder of the Washington Tae Kwon Do Club and a coach for TEAM AMERICA International Martial Arts Team, which represented the U.S. in a world martial arts competition. Many RCC Tae Kwon Do participants have performed in demonstrations and major martial arts tournaments in the region. Participants may opt to purchase a uniform directly from the instructor.

10, 60-minute sessions at RCC Hunters Woods • \$40 (R)/\$80 (NR)

June 12- August 21 (No Class: July 3)

102348-0D Sat 11:00 a.m.-12:00 p.m. Wyatt

Tae Kwon Do – Advanced (6 years and older)

Expanding on the techniques and skills of Tae Kwon Do, this advanced class is for students with prior experience. Master Wyatt reserves the option to move students based on skill level. Participants may



opt to purchase a uniform directly from the instructor.

10, 60-minute sessions at RCC Hunters Woods • \$40 (R)/\$80 (NR)

June 12- August 21 (No Class: July 3)

103000-0D Sat 10:00 a.m.-11:00 a.m. Wyatt