

Enrichment



Bob Brown Winter Puppet Show! (1 year and older)

Bob Brown, master puppeteer, will perform "The Reluctant Dragon," where we will meet young Robert, who discovers a dragon living in a cave, right in his own neighborhood, and begs his mother to allow him to take one little peek. Meanwhile, back at the cave, Marmaduke, the Dragon, is lonely and wishing for a friend. Before we know it, Robert and Marmaduke are face

to face while Sir George, the Dragon Slayer, arrives. What will happen next? All participants must purchase a ticket. Tickets will be available beginning on January 11 at the Customer Service Desks at RCC Hunters Woods and RCC Lake Anne. No refunds will be provided.

1, 45-minute session at RCC Hunters Woods • \$5 (R)/\$5 (NR)

February 13

Ticket	Sat	3:00 p.m.- 3:45 p.m.	Bob Brown's Puppets
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AARP Tax-Aide (18 years and older)

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

February 2-April 15

Drop-in	Tue	9:00 a.m.-2:00 p.m.
Drop-in	Thu	4:30 p.m. - 8:30 p.m.
Drop-in	Sat	9:00 a.m. - 3:00 p.m.

Drop-in Chess Club (5 years and older)

Do you love to play chess and want new partners to challenge your skills? Come join our chess club! This club meets every Thursday night. We welcome participants of any age and any skill level. Players may drop in anytime during our weekly meetings held at RCC Hunters Woods. Children under the age of 8 must be supervised by an adult (age 18 or older). There is no fee, but you are required to sign in at the start of each meeting.

21, 3-hour sessions at RCC Hunters Woods • Free

January 7-May 27

Drop-In	Thu	6:30 p.m.- 9:30 p.m.	staff
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Fitness & Exercise

Fencing (9 years and older)

Learn the fundamentals of this Olympic sport including footwork, handwork, and strategy formulation, using safety-tipped swords, protective jackets and masks. No previous training is required. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$65 (NR)

January 7-February 11

102389-0B	Thu	7:00 p.m.- 8:00 p.m.	VAF
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April 15-May 20

102389-0C	Thu	7:00 p.m.- 8:00 p.m.	VAF
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Historical European Swordsmanship (9 years and older)

Historical European Swordsmanship is a popular new martial arts discipline, one that brings a historical perspective to physical training and self defense. VAF will be offering six weekly classes that teach the history of swordsmanship and teach the basics of footwork and body mechanics using safe sword simulators (bamboo shinai). Students are introduced to the basic guards and strikes of fencing with the two-handed swords. Using rapier simulators, students are introduced to the basic stances, guards and techniques of Italian rapier combat. Students should wear loose comfortable clothing, no shorts, jeans, or pants with protruding pockets. A \$30 equipment fee is payable to the instructor at the beginning of the first class.

6, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$65 (NR)

January 7-February 11

102421-0B	Thu	8:00 p.m.- 9:00 p.m.	VAF
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April 15-May 20

102421-0C	Thu	8:00 p.m.- 9:00 p.m.	VAF
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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)/\$52 (NR)

January 9-March 13

102348-0B Sat 10:00 a.m.-11:00 a.m. Wyatt

8, 60-minute sessions at RCC Hunters Woods • \$32 (R)/\$44 (NR)

March 27-May 22 (No Class: May 1)

102348-0C Sat 10:00 a.m.-11:00 a.m. Wyatt

Advanced Tae Kwon Do (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)/\$52 (NR)

January 9-March 13

103000-0B Sat 11:00 a.m.-12:00 p.m. Wyatt

8, 60-minute sessions at RCC Hunters Woods • \$32 (R)/\$44 (NR)

March 27- May 22 (No Class: May 1)

103000-0C Sat 11:00 a.m.-12:00 p.m. Wyatt

Cycling Skills 101 (14 years and older)

Learn new skills and get the confidence you need to ride safely and legally in traffic or on the trail. This course covers bicycle safety checks, fixing a flat, on-bike skills, and crash avoidance techniques. A student manual is included in the cost. The course is comprised of five hours of classroom lecture and testing as well as four hours of parking lot drills and on-road riding on local, residential streets. The instructor, Bruce Wright, is an avid bicyclist and is certified by the League of American Bicyclists. Attending this course is perfect preparation for RCC's springtime family and senior adult cycling trips. Please note: participants must bring a bicycle and helmet to each class.

2, 5-hour sessions at RCC Hunters Woods • \$10 (R)/\$15 (NR)

April 3-April 10

807657-0A Sat

1:00 p.m.- 6:00 p.m.

Wright

Performing Arts



United States Air Force Band Chamber Players Series in the CenterStage (5 years and older)

Join us at the

CenterStage for these wonderful free chamber music concerts performed by the outstanding musicians of the United States Air Force Band. Please call 703-476-4500 approximately one week before the scheduled concert for more detailed information about the programs.

3, 60-minute session at RCC Hunters Woods • Free

March 3, April 21, May 12

Drop-in

Wed

2:00 p.m.- 3:00 p.m.

staff

Outdoor

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 • \$6 (R)/\$12 (NR)

March 27

102248-0E Sat

7:00 p.m.- 9:00 p.m.

Robichaud

May 1

102248-0F Sat

7:00 p.m.- 9:00 p.m.

Robichaud

Family Outdoor Series



Monuments Bike Tour (8 years and older)

Ideal for Families! During this cycling tour you will see many of the monuments and memorials located on the National Mall and Potomac Tidal Basin. See the Washington Monument, Vietnam Memorial, World War II Memorial, Lincoln Memorial, Jefferson Memorial, and more. This tour also gives you the chance to get off your bike and walk around to explore the memorials in depth. There is a lot to see, but we'll get you there during this leisurely yet efficient tour. Fee includes round-trip transportation and bike/helmet rental. Please dress appropriately and bring a water bottle and bagged lunch. Youth under the age of 18 must be accompanied by an adult guardian.

9:45 a.m. – Board bus at RCC Hunters Woods

3:00 p.m. – Estimated return to Reston

**1, 1-day trip departing from RCC Hunters Woods
\$25 (R)/\$40 (NR)**

May 1

815698-0A Sat 9:45 a.m.- 3:00 p.m. staff

Family Hike on the C&O Towpath (8 years and older)

Explore the glorious Chesapeake & Ohio Canal, one of the most intact and impressive American-built canals. This hike will consist of 7 miles on essentially flat terrain. The trail is considered “easy,” yet the level of physical exertion is “moderate” as it will take approximately four hours to complete. On this journey, you will be able to visit the Monacacy Aqueduct, the largest of the 11 aqueducts erected along the C&O Canal. It is often described by many historians as one of the finest canal features in the United States. During this hike, you will ride on White’s Ferry to traverse the Potomac River between Maryland and Virginia. Please bring \$1.00 per person for the ferry fee, dress comfortably with appropriate footwear, and bring bottled water and a packed lunch for a mid-day picnic. Youth under the age of 18 must be accompanied by an adult guardian. Fee includes round-trip transportation and hike leaders.

8:45 a.m. - Board bus at RCC Hunters Woods

4:00 p.m. - Estimated return to Reston

**1, 1-day trip departing from at RCC Hunters Woods
\$15 (R)/\$25 (NR)**

May 8

807549-0A Sat 8:45 a.m.- 4:00 p.m. Durkin

Whitewater Rafting in West Virginia (6 years and older)

Raft with us on the Shenandoah and Potomac Rivers near Harper’s Ferry, experiencing Class I-III rapids which includes slow water solitude and whitewater action. In the slow water, watch for ospreys, blue herons, and bald eagles! This trip will be great for the whole family; due to safety reasons a minimum weight requirement is 50 pounds for children. Youth under the age of 18 must be accompanied by an adult guardian. Fee includes transportation, rafting, and lunch.

8:30 a.m. Board Bus at RCC Hunters Woods

5:00 p.m. Estimated return to Reston

**1, 1-day trip departing from RCC Hunters Woods
\$25 (R)/\$50 (NR)**

May 22

501112-0A Sat 8:30 a.m.- 5:00 p.m. staff

