

Cooking



Kids in the Kitchen (3-6 years old)

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

6, 90-minute sessions at RCC Hunters Woods • \$45 (R)/\$65 (NR)

March 1-April 5

901076-0A Mon 3:00 p.m.- 4:30 p.m. Nyman

Crafts

Make Your Own Cocoa Mug (2-4 years old)

Create your own, personal cocoa mug for enjoying warm drinks during the winter months! Participants will paint mugs during class, and they will be available for pick up at RCC shortly thereafter. This pottery is safe for drinks; however, using mugs in the microwave or dishwasher is not recommended. Parent/caregiver must fully participate in the activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at RCC Hunters Woods • \$7 (R)/\$10 (NR)

January 5

901079-0A Tue 9:30 a.m.-10:30 a.m. Haneline

Enrichment

Creative Zone (3-4 years old)

This creative and stimulating program will provide hands-on activities with a specific theme each week for participants. Planned activities may include: sing-a-long stories; snack preparation; photography; bubble activities; science; sports; and the concept of numbering. 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.

6, 90-minute sessions at RCC Hunters Woods * \$42 (R)/\$57 (NR)

January 8-February 19 (No Class: January 29)

901013-0B Fri 10:00 a.m.-11:30 a.m. Gollop-Pagani

March 12-April 23 (No Class: March 26)

901013-0C Fri 10:00 a.m.-11:30 a.m. Gollop-Pagani

Explore More at GRACE (2-4 years old)

Join us for a visit to GRACE Arts Studio, located at 12001 Market Street, Suite 103 in Reston. Participants will learn about "Emerging Visions: Combining Nature's Art & Science Projects," an exhibit of artwork created by students from South Lakes, Herndon and Pimmit High Schools. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 45-minute session at GRACE • \$4 (R)/\$6 (NR)

March 16

901048-0A Tue 11:00 a.m.-11:45 a.m. Haneline



Little Signers I (Infant-2 years old)

Sign and Sing at RCC! Parents/caregivers and their little ones are invited to play and sing while sharing in the joys of learning Sign Language. Signing with children enhances their learning and communication abilities. When children learn a second language early in life, it makes learning additional languages easier. Signing has been proven to enhance fine motor coordination, reading, and writing skills. It also enables infants to communicate their pre-verbal wants and needs. It's a fun-filled activity that brings children and parents/caregivers closer together. Topics include: "survival signs," foods, animals, family, senses, emotions, manners, and more. A learning guide and weekly handouts are included in the class fee. Little Signers I is designed for newborns and non-walkers. Parent/caregiver must fully participate in the activities. This program is not appropriate for children older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Lake Anne • \$55 (R)/\$85 (NR)

February 8-March 22 (No Class: February 15)

902347-0B Mon 10:00 a.m.-10:45 a.m. Doran-Robinson

April 12-May 24 (No Class: May 10)

902347-0C Mon 10:00 a.m.-10:45 a.m. Doran-Robinson

Little Signers II (1-3 years old)

Sign and Sing at RCC! Parents/caregivers and their little ones are invited to play and sing while sharing in the joys of learning Sign Language. Signing with children enhances their learning and communication abilities. When children learn a second language early in life, it makes learning additional languages easier. Signing has been proven to enhance fine motor coordination, reading and writing skills. It also enables infants to communicate their pre-verbal wants and needs. It's a fun-filled activity that brings children and parents/caregivers closer together. Topics include: "survival signs," foods, animals, family, senses, emotions, manners, and more. A learning guide and weekly handouts are included in the class fee. Little Signers II is designed for children who are walking. 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.

6, 45-minute sessions at RCC Lake Anne • \$55 (R)/\$85 (NR)

February 8-March 22 (No Class: February 15)

902351-0C Mon 11:00 a.m.-11:45 a.m. Doran-Robinson

April 12-May 24 (No Class: May 10)

902351-0D Mon 11:00 a.m.-11:45 a.m. Doran-Robinson

Fitness & Exercise



Fitness and Tumbling for Kids (3-5 years old)

Fitness and Tumbling for Kids is not the physical education class parents remember from elementary school! This program is designed to work on motor skills, flexibility, strength, and good hand-eye coordination by participating in relays, balance games, tumbling, jumping, and obstacle courses. Music and creative movement added to exercise make it playful and fun. Parent/caregiver must remain in the classroom. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

6, 45-minute sessions at RCC Hunters Woods • \$42 (R)/\$65 (NR)

January 4-March 1 (No Class: January 18, 25, February 15)

901061-0B Mon 1:00 p.m.- 1:45 p.m. Nyman

April 5-May 10

901061-0C Mon 1:00 p.m.- 1:45 p.m. Nyman

Yoga for Children (3-5 years old)

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)/\$65 (NR)

February 4-March 11

901400-0E Thu 3:15 p.m.- 4:00 p.m. staff

April 8-May 13

901400-0G Thu 3:15 p.m.- 4:00 p.m. staff

Yoga for Children (6-11 years old)

6, 45-minute sessions at RCC Lake Anne • \$47 (R)/\$65 (NR)

February 4-March 11

901400-0F Thu 4:15 p.m.- 5:00 p.m. staff

April 8-May 13

901400-0H Thu 4:15 p.m.- 5:00 p.m. staff

Remember to check out our
All Ages section for more
Infant/Preschool Programs,
pages 40-42.

Music

Music Friends (Infant-2 years old)

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

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

8, 45-minute sessions at RCC Lake Anne • \$38 (R)/\$57 (NR)

January 7-February 25

404220-0E	Thu	9:45 a.m.-10:30 a.m.	Bass
404220-0F	Thu	10:45 a.m.-11:30 a.m.	Bass

January 8-February 26

404220-0G	Fri	9:45 a.m.-10:30 a.m.	Bass
404220-0H	Fri	10:45 a.m.-11:30 a.m.	Bass

March 18-May 13 (No Class: April 1)

404220-0I	Thu	9:45 a.m.-10:30 a.m.	Bass
404220-0J	Thu	10:45 a.m.-11:30 a.m.	Bass

March 19-May 14 (No Class: April 2)

404220-0K	Fri	9:45 a.m.-10:30 a.m.	Bass
404220-0L	Fri	10:45 a.m.-11:30 a.m.	Bass

Performing Arts

Dance Class Introduction

Please Note: Proof of age may be requested. Participants must meet minimum age requirements by the first day of class. RCC dance classes are open to all persons with disabilities.

Dress Requirements: Loose comfortable clothing and soft flexible shoes. Ideally, participants should wear a leotard and tights with jazz or ballet shoes.

Class Observation Policy: Parents/guardians of students enrolled in RCC dance classes are welcome to attend the first class session to observe teaching methods and the instructional environment. After the first class, we ask that the students be dropped off and picked up at the entrance to the dance studio. The instructor will schedule a final class demonstration that parents/guardians will be invited to attend.

Pre-Ballet (3-4 years old)

Students will learn to take direction, identify rhythms, and perform first and second positions and demi-pliés. Students must be the minimum age required by the first day of class. Proof of age may be requested.

8, 45-minute sessions at RCC Hunters Woods • \$38 (R)/\$57 (NR)

January 5-February 23

402400-0D	Tue	4:00 p.m.- 4:45 p.m.	Schonberger
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January 9-February 27

402400-0E	Sat	9:00 a.m.- 9:45 a.m.	Ririe
402400-0F	Sat	10:15 a.m.-11:00 a.m.	Ririe

March 16-May 11 (No Class: March 30)

402400-0G	Tue	4:00 p.m.- 4:45 p.m.	Schonberger
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March 20-May 15 (No Class: April 3)

402400-0H	Sat	9:00 a.m.- 9:45 a.m.	Ririe
402400-0I	Sat	10:15 a.m.-11:00 a.m.	Ririe

Story Book Ballet (3-4 years old)

Students will read a ballet story and then express themselves using basic ballet skills and creative dance movements.

8, 45-minute sessions at RCC Hunters Woods • \$38 (R)/\$57 (NR)

January 6-February 24

402413-0B	Wed	3:30 p.m.- 4:15 p.m.	Schonberger
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March 17-May 12 (No Class: April 31)

402413-0C	Wed	3:30 p.m.- 4:15 p.m.	Schonberger
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Ballet Basics (4 years old)

Beginners will learn basic positions, terminology, and barre technique.

8, 45-minute sessions at RCC Hunters Woods • \$38 (R)/\$57 (NR)

January 5-February 23

402402-0A	Tue	4:45 p.m.- 5:30 p.m.	Schonberger
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March 16-May 11 (No Class: March 30)

402402-0B	Tue	4:45 p.m.- 5:30 p.m.	Schonberger
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Ballet Combo (4-6 years old)

Students who have taken Pre-Ballet (or Ballet Basics) and want to learn more challenging ballet techniques as well as explore creative movement styles will love this class!

8, 60-minute sessions at RCC Hunters Woods • \$50 (R)/\$75 (NR)

January 6-February 24

402414-0C	Wed	4:15 p.m.- 5:15 p.m.	Schonberger
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January 9-February 27

402414-0D	Sat	11:00 a.m.-12:00 p.m.	Ririe
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March 17-May 12 (No Class: March 31)

402414-0E	Wed	4:15 p.m.- 5:15 p.m.	Schonberger
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March 20-May 15 (No Class: April 3)

402414-0F	Sat	11:00 a.m.-12:00 p.m.	Ririe
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Creative Dance (3-4 years old)

Students will learn listening and cooperation skills while exploring creative movement to upbeat music.

8, 30-minute sessions at RCC Hunters Woods • \$25 (R)/\$38 (NR)

January 5-February 23

402404-0C	Tue	3:30 p.m.- 4:00 p.m.	Schonberger
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January 9-February 27

402404-0D	Sat	9:45 a.m.-10:15 a.m.	Ririe
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March 16-May 11 (No Class: March 30)

402404-0E	Tue	3:30 p.m.- 4:00 p.m.	Schonberger
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March 20-May 15 (No Class: April 3)

402404-0F	Sat	9:45 a.m.-10:15 a.m.	Ririe
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Social Programs

Teddy Bear Tea (1-4 years old)

Let's celebrate Valentine's Day with a Teddy Bear Tea! Bring your favorite bear and a plastic tea set, if you have one. Participants will listen to stories, enjoy lovely Valentine's Day treats, and make a memorable craft. Grandparents are invited, too! In the event of inclement weather, the Teddy Bear Tea will be rescheduled to Thursday, February 11, at the same time and location. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at RCC Hunters Woods • Free, Reg. Req.

February 9

902198-0A Tue 10:00 a.m.-11:00 a.m. Haneline



Happy Times (1-3 years old)

Parents can drop off their children and enjoy some free time on their own. Meanwhile, little ones will have structured activities in music, dance, and reading, as well as unstructured play, videos, and toys. This program is best suited for those who are new to a play group. Our experienced instructors provide encouragement, patience, and play in a small group setting. Please pack a change of clothes, snack, and drink for your child. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered prior to the day of the event.

1, 90-minute session at RCC Lake Anne • \$12 (R)/\$15 (NR)

January 15

902295-0G Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

February 5

902295-0H Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

March 5

902295-0I Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

April 2

902295-0J Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

April 30

902295-0K Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

May 14

902295-0L Fri 9:30 a.m.-11:00 a.m. Doran-Robinson

Kids' Night Out I (3-5 years old)

Parents can treat themselves to an evening of fun or relaxation while their children participate in supervised activities, such as arts and crafts, movies, games, dancing, and sports. In addition, RCC will be serving cheese pizza for dinner, as well as snacks and drinks to enjoy afterwards. Children are encouraged to dress for play. Registration deadline is one week prior to the event.

1, 3.5-hour session at RCC Hunters Woods • \$15 (R)/\$20 (NR)

January 8

902930-0E Fri 6:30 p.m.-10:00 p.m. Ali

February 12

902930-0F Fri 6:30 p.m.-10:00 p.m. Ali

March 12

902930-0G Fri 6:30 p.m.-10:00 p.m. Ali

May 7

902930-0H Fri 6:30 p.m.-10:00 p.m. Ali

Little Bits (2 years old)

Enjoy precious moments in this class for two-year-olds, accompanied by a parent. This program encourages bonding through enriching activities. Activities include development of motor skills (marching, dancing, parachute games), arts and crafts, and music with parent and child interaction. 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.

6, 60-minute sessions at RCC Hunters Woods • \$35 (R)/\$55 (NR)

January 12-February 16

902349-0C Tue 10:30 a.m.-11:30 a.m. Gollop-Pagani

January 13-February 17

902349-0D Wed 10:30 a.m.-11:30 a.m. Gollop-Pagani

March 9-April 20 (No Class: March 30)

902349-0E Tue 10:30 a.m. – 11:30 a.m. Gollop-Pagani

March 10-April 21 (No Class: March 31)

902349-0F Wed 10:30 a.m. – 11:30 a.m. Gollop-Pagani

Tot Time (Infant-3 years old)



Tot Time is designed as an unstructured, drop-in play group that encourages meeting new people. Toys, games, books, and music are provided. Parents will be able to socialize with one another while their children become acquainted.

34, 90-minute sessions at RCC Hunters Woods • Free, Drop-in

January 12-March 25

Drop-in Tue, Thu 9:30 a.m.-11:00 a.m. Greissing

April 13-May 27 (No Class: May 18, May 20)

Drop-in Tue, Thu 9:30 a.m.-11:00 a.m. Greissing

Trips & Tours

I- C- E Snow Everywhere (2-4 years old)

Back by popular demand! We will meet at Skate Quest to participate in "Snow and Story Hour" on the ice. Children can explore a winter wonderland, including a mountain of real snow to play in – and no need for ice skates! We will slip and slide on the ice, make snowballs, finger-paint on the ice, build towers, and glide our way through tunnels. Afterwards, we'll warm up with hot cocoa and a cookie and then get ready for story time! Skate Quest is located at 1800 Michael Faraday Court, Reston. For directions, call 703-709-1010. Please wear a bicycle helmet and dress warmly (coats and mittens). Parents/caregivers must accompany their registered children on the ice and fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Skate Quest • \$5 (R)/\$8 (NR)

January 26

902081-0A Tue 10:00 a.m.-11:00 a.m. Haneline

February 2

902081-0B Tue 10:00 a.m.-11:00 a.m. Haneline

Let's Bowl! (2-4 years old)

Let's expend some energy during the "winter doldrums" and go bowling! We will meet at Bowl America, 46940 Woodson Drive in Sterling, for a fun-filled morning! Gutter guards and ramps will be available for smaller bowlers. For directions, please call 703-430-1350. Parent/caregiver must supervise child during this activity. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Bowl America • \$6 (R)/\$8 (NR)

March 9

901024-0A Tue 10:00 a.m.-11:00 a.m. Haneline

Firehouse Visit (2-4 years old)

Fire Prevention is important. Join us for a tour and activities at Firehouse Station 25, located at 1820 Wiehle Avenue in Reston. Children will learn firsthand about fire prevention, what to do in the event of a fire, and will be amazed with the fire trucks and their functions. Upon arrival, please go to the back of the Firehouse to sign-in and enter as a group. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Fire Station 25 • Free, Registration Req.

April 20

902074-0B Tue 10:00 a.m.-11:00 a.m. Haneline

April 29

902074-0C Thu 10:00 a.m.-11:00 a.m. Haneline



Bugs, Butterflies and Birds (2-4 years old)

The staff at Meadowlark Gardens will lend participants 12 themed backpacks (four backpacks for each of the following themes: bugs, butterflies, and birds). Participants are encouraged to "trade" backpacks with one another over the course of the program in order to fully appreciate all of the wonders of these fascinating creatures. Meadowlark Gardens is located at 9750 Meadowlark Gardens Court (on Beulah Road, between Route 7 and Route 123 in Vienna). For directions, please call 703-255-3631. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.



1, 90-minute session at Meadowlark Gardens • Free, Reg. Req.

May 4

901077-0A Tue 10:00 a.m.-11:30 a.m. Haneline

May 6

901077-0B Thu 10:00 a.m.-11:30 a.m. Haneline

Baa Baa Baby Animals (2-4 years old)

This activity is a literacy-based program for parents and preschoolers. Children will learn about baby animals on the farm through a story, get the wiggles out during guided play, and enjoy a fun-filled hands-on craft project. This program will take place at Heritage Farm Museum, 21668 Heritage Farm Lane in Sterling. For directions, please call 571-258-3800. Parent/caregiver must fully participate in the activities. This program is not appropriate for children younger or older than the advertised age range. Participating children must be registered.

1, 60-minute session at Loudoun Heritage Farm • \$7 (R)/\$9 (NR)

May 11

901078-0A Tue 9:30 a.m.-10:30 a.m. Haneline

Visual Arts

art.smart.kids Art Explorers (3-5 year olds)

Developed for preschool and kindergarten children, this process-oriented art class includes a brief history of an artist, movement or artistic medium that is explored through story time, creative play or other visual aids. Each week Art Explorers create their own masterpieces, inspired by the artists they learn about. Key art elements and principles such as texture, color, balance, pattern and movement are explored through a variety of media.

8, 60-minute sessions at RCC Lake Anne • \$60 (R)/\$90 (NR)

January 6-February 24

402540-0A Wed 10:00 a.m.-11:00 a.m. art.smart.kids

March 17-May 12 (No Class: March 31)

402540-0B Wed 10:00 a.m.-11:00 a.m. art.smart.kids