

## Camps



### “Spring” into Road Rulz (11-18 years old)

When summer can't come soon enough, our Road Rulz Spring Break Adventure Series is what you need. This four-day adventure series will give you a taste of what is in store for Road Rulz Summer 2010. Travel with us to a different location as we engage in new and exciting activities each day. Join us for the ultimate spring break road trip! Health, liability, and waiver forms will be available online one month prior to the start of the program.

- 0A -- Monday -- Indoor Rock Climbing
- 0B -- Tuesday -- Paintball
- 0C -- Wednesday -- Day in D.C.
- 0D -- Thursday -- Horseback riding

**1, 8.5-hour session at RCC Hunters Woods • \$55 (R)/\$80 (NR)**

#### March 29

868985-0A Mon 8:30 a.m.- 5:00 p.m. staff

#### March 30

868985-0B Tue 8:30 a.m.- 5:00 p.m. staff

#### March 31

868985-0C Wed 8:30 a.m.- 5:00 p.m. staff

#### April 1

868985-0D Thu 8:30 a.m.- 5:00 p.m. staff

## Enrichment

### Youth Leadership Program (12-18 years old)

The Youth Leadership Program by Toastmasters International helps young people develop their communication and leadership skills so they may become tomorrow's leaders in business, industry, and the community. Students will learn to apply the principles of listening, thinking, and speaking.

**6, 60-minute sessions at RCC Lake Anne • \$12 (R)/\$24 (NR)**

#### January 5-February 9

808048-0A Tue 6:00 p.m.- 7:00 p.m. Brooks

### SAT Workshop (14-18 years old)

Learn Princeton Review's score-raising SAT strategies in a dynamic, interactive setting. Princeton Review teachers run energetic classes that will get you motivated. They will also give you the personal attention and extra help you need to maximize your score. Each student's ability to benefit from these sessions depends on all students being attentive.

The instructor has the authority to dismiss participants who interfere with the learning process. No refunds will be given to students who are dismissed from the workshops. A specific class schedule and agenda will be provided before the first class. Please note that Saturday and Sunday sessions are testing days only.

**12, 7-hour sessions at RCC Hunters Woods • \$200 (R)/\$500 (NR)**

#### January 31-March 9

802860-0B Sun 1:00 p.m.- 5:00 p.m. Princeton Review  
Tue 6:30 p.m.- 9:30 p.m.

#### April 10-May 26

802860-0C Sat 9:00 a.m. - 1:00 p.m. Princeton Review  
Wed 6:30 p.m.- 9:30 p.m.

## Fitness & Exercise

### Intro to Hooping (11-18 years old)

Hooping is more fun than “hula hooping” because the bigger and heavier the hoop, the more you have to work to rotate it around your body. This one-day workshop will introduce participants to the art of “hooping” that more closely resembles a dance form. The hoop is used in many different ways for yoga, exercise, fun, as performance art, and the list goes on. “Hoop” to see you there! Please note: a customized weighted hula hoop is included in the registration fee.

**1, 2.5-hour session at RCC Hunters Woods • \$25 (R)/\$50 (NR)**

#### January 10

852693-0A Sun 12:00 p.m.- 2:30 p.m. staff

### Basic Body Sculpting (11-18 years old)

Accomplish your cardio and strength training goals in one power-packed session. This full body workout combines low-impact aerobics and exercises using dumbbells to challenge all major muscle groups. The instructor's motivational coaching and upbeat music will inspire you to work hard and achieve results. Each class ends with a focus on core training to improve functional strength in your abs and back.

**8, 60-minute sessions at RCC Hunters Woods • \$32 (R)/\$64 (NR)**

#### March 3-April 21

807471-0B Wed 7:00 p.m.- 8:00 p.m. Robinson

**Remember to check out our All Ages section, pages 40-42.**

Interested in finding out about other activities for tweens and teens in the Reston area?

Check out [www.foryouthinformation.org](http://www.foryouthinformation.org) to search nearly a dozen different providers of after school and summertime programs.

### Health & Wellness



#### Yoga (12-18 years old)

Yoga is an ancient practice of health and well being that balances the body, mind, and spirit. Teens will benefit from learning the classic yoga postures that strengthen the body, increase overall flexibility, and improve balance and agility. Weekly classes will incorporate stretches, poses, abdominal work, breathing exercises, and relaxation techniques. Yoga is non-competitive and can help teens better cope with the stress of daily life and peer pressure.

**8, 60-minute sessions at RCC Lake Anne • \$32 (R)/\$64 (NR)**

**January 11-March 15 (No Class: January 18, February 15)**

803112-0B Mon 5:45 p.m.- 6:45 p.m. Soares

### Outdoor

#### Wilderness Skills (12-18 years old)

What if you were lost in the woods or if you just wanted to safely explore the woods? Would you have what it takes to "rough it"? Learn the basic skills necessary to survive and to have fun outdoors in this fundamental wilderness skills course. We will hike into the woods of Catoctin Mountain Park, MD for this two-day, overnight adventure. You will learn how to properly outfit your backpack, build a fire, construct a shelter, use a map and compass, and find water. Then, you will have the opportunity to put your new skills to the test with a survival scenario. A specific itinerary and list of required camping items will be mailed in advance. Please meet in the RCC Hunters Woods lobby at 9:30 a.m. on Saturday, April 10. The estimated return time is 4:00 p.m. on Sunday, April 11.

**1, overnight trip to Catoctin Mountain Park • \$95 (R)/\$125 (NR)**

**April 10-April 11**

808698-0A Sat, Sun 10:00 a.m.- 4:00 p.m. Go Adventure Sports

### Photography

#### Teen B&W Photography (11-18 years old)

Ever wanted to create your own black and white masterpiece? Participants will learn the basics of cameras, types of film, and how to develop film, print, and improve the quality of photos. Please bring a working 35 mm point-and-shoot camera (no digital) and a hand towel to class. Film will be provided.

**6, 2-hour sessions at RCC Hunters Woods • \$40 (R)/\$60 (NR)**

**February 14-March 21**

897521-0A Sun 5:00 p.m.- 7:00 p.m. Delzell

### Social Programs

#### Game Day (11-18 years old)

Whatever your choice, we have something for everyone! Come join us as we play board games and video games on the Nintendo Wii and Xbox 360 systems. Refreshments provided.

**1, 3-hour session at RCC Hunters Woods • Free, Drop-in**

**January 24, February 28, March 28, April 25, May 23**

Drop-in Sun 1:00 p.m.- 4:00 p.m. staff



#### Paintball (11-18 years old)

Grab your friends as we head to Pev's @ AG Paintball field for a full day of fun and action. Fee includes rentals (paintball gun and goggles/mask) and paint pellets. Participants must bring a packed lunch. Check in at 10:30 a.m. in the RCC Hunters Woods lobby.

**1, 6.5-hour session at RCC Hunters Woods • \$25 (R)/\$50 (NR)**

**February 15**

833115-0C Mon 10:30 a.m.- 5:00 p.m. staff



## Diva Central (14-18 years old)

Diva Central is the Reston Community Center's annual prom

dress give-a-way. This incredible weekend event is open to any current high school student who is in need of a prom dress, shoes, jewelry and other accessories. Everything is absolutely FREE! Gorgeous dresses, shoes, jewelry and other accessories will be available on Saturday, April 24 and Sunday, April 25 at the Reston Community Center Lake Anne facility. Limit one dress per person. Please note, due to an amazing outpouring of support and generosity in 2009, we will not actively seek additional donations this year.



**2, 6-hour sessions at RCC Lake Anne • Free, Drop-In**

**April 24-April 25**

Drop-In Sat, Sun 12:00 p.m.-  
6:00 p.m. staff

## Trips & Tours

### Ski Club (12-18 years old)

Ideal for ski and snowboard enthusiasts! By registering for this 3-session program, you will have the opportunity to travel to three different ski resorts for a day on the slopes. Destinations include Snowshoe Ski Resort, Seven Springs Ski Resort,

and Whitetail Ski Resort for one-day ski adventures. Fee includes transportation, lift tickets, ski/snowboard rental, and one ski/snowboard lesson at each resort. Meals for daytrips are not included, so participants must bring money or packed meals for lunch and dinner. Register



early in order to meet trip deadlines and minimum participant enrollment.

Ski dates: Saturday, January 16, Saturday, January 23, and Saturday, February 6

5:30 a.m. -- Check in at RCC Hunters Woods

11:00 p.m. -- Estimated return to Reston

**3, 1-day trips • \$240 (R)/\$370 (NR)**

**January 16, January 23, February 6 (No trip: January 30)**

808023-0A Sat 5:30 a.m.-11:00 p.m. staff

**REMINDER: Visit our website  
[www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) to download  
and complete all required forms  
prior to trip dates.**

### H.B.C.U. Tour (14-18 years old)

Learn the history of some of the first Historically Black Colleges and Universities ("HBCU"). Join us as we visit Virginia Union University, Virginia State University, and Norfolk State University. You will receive a campus tour and all the information needed to help you make your decision on where to attend college. The tour fee includes charter bus transportation, hotel accommodations (4 people per room with 2 beds), continental breakfast and one dinner. All other meals must be purchased by each teen. The trip is chaperoned by RCC Teen Department staff. This trip will leave at 7:00 a.m. on Friday, January 29 and return by 8:00 p.m. on Saturday, January 30.

**1 overnight trip • \$85 (R)/\$110 (NR)**

**January 29-January 30**

803120-0A Fri, Sat 7:00 a.m.- 8:00 p.m. staff

### New York City Trip (12-18 years old)

We are packing our overnight bags and heading to the Big Apple! Come with us for an unforgettable two-day, one-night trip to the city that never sleeps. Enjoy a tour of the Statue of Liberty, Empire State Building, a Broadway show (Spiderman), and lots of sightseeing and shopping. The group will meet in the RCC lobby at 5:00 a.m.



on Saturday, March 20 and return at 10:00 p.m. on Sunday, March 21. Hotel accommodations will be quad occupancy (4 people per room with 2 queen-size beds). Teens will not be permitted to leave their room after the established curfew time. This trip will be chaperoned by RCC staff.

**1 overnight trip • \$185 (R)/\$340 (NR)**

**March 20-March 21**

801012-0A Sat, Sun 5:00 a.m.-10:00 p.m. staff

## Visual Arts

### Teen Night: Closing Party for *Emerging Visions* (12-18 years old)

Come in and spend a few hours amidst an "elemental garden" at Reston's premier art party for teens. Hang out with friends, listen to acoustic music, create art, and grab a last look at *Emerging Visions*, the foremost exhibition of student work in the area. It's a night of people watching and art-talk with a slice of pizza and drinks on the side. GRACE Arts Studio is located at 12001 Market Street, Suite 103 in Reston.

**1, 3-hour session at GRACE • Free, Registration Required**

**April 15**

402520-0A Thu 6:00 p.m.- 9:00 p.m. Greater Reston Arts Ctr