



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Reston Teen Center

Hours: Monday – Thursday: 2 p.m. to 9 p.m.

Friday: 2 p.m. to 10 p.m.

Saturday: Noon to 10 p.m.

Address: 12196 Sunset Hills
Road
Reston, VA 20190

Drop in sites: Herndon Middle School and Langston Hughes Middle
School
6 p.m. to 10 p.m.

Phone: 703-326-7040, TTY 711

September - November 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Techno World	Monday and Friday	4 p.m. to 5 p.m. 5 p.m. to 6 p.m.	Join us in the Tech room for Homework Help, Technology activities, and Online Games. <i>*Bead fusion*Roblox *Woodworking*Legos*</i>
Our Minds Matter	Monday, September 16 th Other Monday dates TBD	4 p.m. to 5 p.m.	How we take care of our bodies and minds affects how we feel. OMM clubs will experiment with techniques to reduce stress and maintain a positive self-image. The goal is for students to be mindful of their current wellbeing, take time for self-care and to resort to healthy coping mechanisms when faced with challenges.

Reston2College	Monday, Wednesday, and Thursdays	4 p.m. to 5 p.m.	This program presents opportunities, speakers and information related to college preparation. The program also helps with homework and tracking student progress during the school year. The program runs from 5 to 6 p.m.
Running Club	Monday	3:30 p.m. – 4:30 p.m.	A running club is a great way to stay in shape and motivated. Join us on weekly jogs with the Reston Teen Center Rapid Runners and take control of your health.
Robotics	Tuesday	5 p.m. to 6 p.m.	Experience the world of robotics by assembling and building robots using different types of platforms like VEX.
Baking Club	Tuesday	5 p.m. to 6 p.m.	Teens will go to Cathy Hudgins with staff and bake simple easy recipes with participants.
Drone Program	Wednesdays	5 p.m. – 6 p.m.	Our RTC Tech Educator team and Omega Psi Phi Fraternity, Inc. will work together to teach participants how to use drones and get them ready for the drone competition.
Weightlifting @ the YMCA	TBD (Twice a week)	4 p.m. – 5 p.m.	Teens will work with a personal instructor at the YMCA on Tuesdays and Fridays. Teens will learn about personal fitness and learn how to use the machines.
Soccer	Tuesday	4:15 p.m. - 4:45 p.m.	Come learn skills and drills. Soccer games will be facilitated weekly. Gather your team together and come play 5V5 in the gym. Skills and drills will be taught and fun game tournaments.

<p>Cooking Club</p>	<p>Thursday</p>	<p>3:45 p.m. - 4:30 p.m.</p>	<p>Join us for cooking club every Thursday. Learn to cook delicious dishes you can cook for friends and family.</p>
<p>Yoga @BelovedYoga</p>	<p>Wednesday</p>	<p>4 p.m. to 5 p.m.</p>	<p>Teens will get the opportunity to visit the Beloved Yoga Studio in Reston twice a month. October 9th: Art and Tea October 23rd: Chill and Relax</p>
<p>Flag Football</p>	<p>Wednesday</p>	<p>4:30 p.m. – 5 p.m.</p>	<p>Teens will work on football skills and play games with friends. With the weather getting warmer outside, there will be select days where we go off-site to local fields. Ask a staff for a permission slip!</p>
<p>Arts & Crafts</p>	<p>Thursday</p>	<p>3:30 p.m. - 4:30 p.m.</p>	<p>Join us for fun arts and crafts <i>* Paracord Bracelets * Ceramic Clay *Tie Dye * Crayon Melty Art * Painting * Acrylic * Origami *</i></p>
<p>STEAM Thursday</p>	<p>Thursday</p>	<p>2:30 p.m. – 4 p.m.</p>	<p>This program is free and is offered at Langston Middle School with collaboration of Reston Teen Center FCPS and steam impressionist Inc. The program provides after-school activities related to science technology engineering, arts, and math discipline, from 2:30 to 4 p.m., to students from Langston Hughes Middle School and students from South lakes High School. Any students from any schools can join to this program which offers transportation from Langston Hughes Middle School to Reston Teen center, after the program is over.</p>

Formed Families Forward	Thursday Sept 12 th -Oct 24 th	4 p.m. to 5:30 p.m.	This inclusive class just for teens in grades 7 th -10 th explores positive peer relationships and builds new social skills.
Fun and Games	Friday	3:30 p.m. - 4:30 p.m.	Join RTC staff in fun throwback games such as Family Feud, Deal or No Deal, Monopoly, Trivia, and more!
Game World	Friday	5 p.m. to 6 p.m.	Teens have a chance to play different games online on teams for socialization.
<u>CLASSES</u>			
Title	When	Time	Description
CATCH My Breath + Take Charge	TBD	TBD	The Reston Teen Center will host the drug prevention unit, partnering with programs such as CATCH My Breath to make sure participants are leading healthy lifestyles and understand the dangers of drug use.
<u>Special Events / Trips</u>			
Title	When	Time	Description
Fairfax County Teen Advocates Program	Virtual and In Person meetings	TIMES TBD	A Fairfax County program where teens build leadership skills toward preventing dating violence in their communities. Applications for the 2024-2025 has begun and will be due Friday, September 29, 2024!
Reston Teen Center Showcase	October Date TBD	TBD	RTC will host a nice of sports and arts and showcase their talents. Special guests will come out as well.

Special Dates and Closures

Title	When	Time	Description
Reston Teen Center Closures	August 31- September 2 November 5 November 11 November 28 November 29	Closed	The Reston Teen Center will be closed in observance of Labor Day. Closed in observance of Election Day. Closed in observance of Veterans Day. Closed in observance of Thanksgiving Day. Closed in Observance of the day after Thanksgiving Day.
Langston Hughes Middle School Drop in Site Closures	September 6 September 7 September 27 November 1 November 16 November 22 November 23 November 29 November 30	Closed	The Langston Hughes Middle Drop in Site will be closed. Please visit the Reston Teen Center for programming.
Herndon Middle School Drop in Site Closures	September 6 September 7 November 1 November 16 November 22 November 23 November 29 November 30	Closed	The Herndon Middle School Drop in Site will be closed. Please visit the Reston Teen Center for programming.