



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.

Drop In Sites: Herndon Middle School & Forest Edge Elementary

Drop In Hours: 6 p.m. to 10 p.m.

Fridays and Saturdays

Drop ins: Forest Edge Elementary

Herndon Middle School

Address: 12196 Sunset Hills
Road Reston, Virginia 20190

Phone: 703-326-7040, TTY 711

**Closings & Reminders: Center will open at 10 a.m. on March 3,
2020 due to no school.**

MARCH 2020

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Cooking Club	Mondays	3:45 p.m. to 4:45 p.m.	Create and eat dishes that you can easily make in your home.
MUSIC	Mondays	4:45 p.m. to 5:30 p.m.	Come learn the basics of music (Drums & Piano)
Volleyball	Mondays & Fridays	4:30 p.m. to 5:30 p.m.	Learn the basics of Volleyball and apply them in an exhibition game at the Teen Center.
Compass Crew	Tuesdays	4 p.m. to 6 p.m.	This program will provide opportunities for teens with disabilities to develop the skills that enable them to potentially participate in the recreation and leisure programs of their choice.

Tutor/HW Help	Tuesdays & Thursdays	4 p.m. to 6 p.m.	Teens will get to enter a quiet space and work on homework or get tutored on any subject for school.
Arts & Crafts	Tuesdays	3:30 p.m. to 4:30 p.m.	Teens will get an hour to come relax and express themselves while working on various art projects. (Photography, Drawing, Painting, and More!)
KEEP MOVING FORWARD PODCASTING	Thursdays	5 p.m. to 6 p.m.	Come unwind and spend an hour talking about certain topics that will be chosen by Mr. Jerald. <ul style="list-style-type: none"> Participants will learn how to use technology equipment and learn the basics of editing videos The Reston Teen Center will host quarterly open mic nights! Dates TBD
Weight Training @ the YMCA	Wednesdays	4 p.m. to 5 p.m.	Every Thursday teens will go over to the YMCA with a RTC staff member and learn a variety of workouts (Must have YMCA Waiver filled out in order to participate)
Unwind & Relax	Thursdays	4:45 p.m. to 5:45 p.m.	Teens will get to come work on stress busters (Teen Zone Open Circles, Fun & Relaxation Coloring Pages, & More)
Game Show Network	Fridays	4 p.m. to 5 p.m.	Play your favorite Game Show game at the Teen Center.
DANCE	Fridays	5 p.m. to 6 p.m.	Come out and learn choreography to different music genres. Quarterly Showcases will be held at the Reston Teen Center to perform dances that participants have learned throughout the program
<u>Special Events / Trips</u>			
		Time	Description
Young Adult Program	Mondays	7 p.m. to 9 p.m.	Every Monday the Reston Teen Center will be open to Young Adults between the ages of 18-21 to play basketball or participate in a variety of activities centered towards their specific age group. Activities will be subjected to change from month to month to focus on youth development.
Teen Yoga Classes @ the Homegrown Power Yoga Studio	Mondays	4 p.m. to 5:15 p.m.	Every Monday Teens will get to participate in a FREE yoga class at the Homegrown Power Yoga Studio. Teens will get to improve fitness and physical health.
NCS INTRAMURAL SOCCER LEAGUE	TBD	12 p.m. to 5 p.m.	NCS intramural leagues will have games every Saturday against other community/teen centers. Locations TBD

<p>The KICKBACK</p>	<p>Every other Friday</p>	<p>4 p.m. to 5:45 p.m.</p>	<p>Southgate is teaming up with the Reston Teen Center in an exciting incentive program. 6th graders who attend Southgate's after school program can earn bimonthly fieldtrips to the Reston Teen Center. Twice a month Southgate staff will reward a group of 6th grade youth that have demonstrated the center's expectations: Be Safe, Be Ready, Be Responsible and Be Respectful. Fun Snacks and Food will be provided for participants.</p>
<p>STAFF APPRECIATION WEEK</p>	<p>March 16th- March 20th</p>	<p>Afterschool Programming Hours</p>	<p>Employee Appreciation month Merit staff and participants will bring in goodies/make cards, posters, and banners to appreciate all the hard work that their staff do day to day.</p>