



Fairfax County

Neighborhood & Community Services

www.fairfaxcounty.gov/neighborhood-community-services

Reston Teen Center

Address: 12196 Sunset Hills
Road
Reston, VA 20190

Hours: Monday – Thursday: 2 p.m. to 9 p.m.
Friday: 2 p.m. to 10 p.m.
Saturday: Noon to 10 p.m.

Phone: 703-326-7040, TTY 711

March, April, May 2024

PROGRAMS / ACTIVITIES

Title	When	Time	Description
Techno World	Every Day	4:30 p.m. - 5:30 p.m.	Join us in the Tech room for Homework Help, Technology activities, and Online Games. <i>*Bead fusion*Roblox *Woodworking*Legos*</i>
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.
Drone Program	Monday & Friday	4 p.m. – 4 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	Tuesday & Friday	4 p.m. – 6 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	3:30 p.m. - 4:30 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.
Weightlifting	Tuesday & Friday	4 p.m. – 6 p.m.	Teens will work with a personal instructor at the YMCA on Tuesdays and Friday. Teens will learn about personal fitness and learn how to use the machines.
Cooking Club	Tuesday	3:30 p.m. - 4:30 p.m.	Join us for cooking club every Wednesday. Learn to cook delicious dishes you can cook for friends and family.
Intramural Basketball Practice	Tuesday & Thursday	5 p.m. – 6:30 p.m.	Basketball conditioning, skill sharpening, and preparation for the weekly games and the NCS Intramural Basketball Tournament. <i>*Gym closed - team members only*</i>
Flag Football	Wednesday	3:30 p.m. - 4:30 p.m.	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!

Pokémon Club	Wednesday	3:30 p.m. - 4:30 p.m.	Teens will learn the basics of competitive Pokémon, trade, compete, and explore every Wednesday. *Providing personal devices recommended*
Philosophy and Technology	Wednesday	DATES TBD	Participants at Reston Teen Center share their views about life and technology. Podcast program!
Challenge Day	Thursday	4:30 p.m. - 5:15 p.m.	Come participate in various challenges and earn prizes!
Reston2College	Thursday	5 p.m. - 6 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.
Arts & Crafts	Thursday	3:30 p.m. - 4:30 p.m.	Join us for fun arts and crafts * Paracord Bracelets * Ceramic Clay *Tie Dye * Crayon Melty Art * Painting * Acrylic * Origami *

STEAM Thursday	Thursday	2:30 p.m. – 4 p.m.	<p>This program is free and is offered at Langston Middle School with collaboration of Reston Teen Center FCPS and steam impressionist Inc.</p> <p>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.</p> <p>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>
Volleyball	Thursday	3:30 p.m. - 4 p.m.	Learn the basics of Volleyball and apply them in an exhibition game at the Teen Center
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!
Super Smash Bro's Tourney	Friday	4 p.m. – 5 p.m.	Fight to the top against other participants in video games like Super Smash Bros to win large prizes.
<u>CLASSES</u>			
Title	When	Time	Description
CATCH My Breath + Take Charge	March 1 March 6 March 13 March 20 March 22	4 p.m.	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.

Formed Families Forward	March 7 March 14 March 21	4: 00 p.m. – 5:30 p.m.	Formed Families Forward will come out every Thursday. The program will explore positive relationships and builds new social skills.
<u>Special Events / Trips</u>			
Title	When	Time	Description
Teens in Action Spring Camp	March 25 – March 29	8:30 a.m. – 6 p.m.	Our specialty programs are designed with teens in mind. The Teens in Action program provides exciting opportunities for self-discovery and skill building, with an emphasis on team building and leadership. The program offers personal attention and plenty of hands-on experience in a safe and fun environment! Please call the Reston Teen Center for more details.
Compass Crew Program in Collaboration with Therapeutic Recreation Services	March 12 March 19	4 p.m. –6 p.m.	Compass Crew 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.
Our Minds Matter	Wednesdays	4 p.m. – 6 p.m.	Engage in critical conversations with licensed professionals regarding life, emotions, stress, and mindfulness through fun games, activities, and discussion. This program is held every other Wednesday.
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 2023-2024 has begun and will be due Friday, September 29 th , 2023!

Cedar Ridge Community Day 2024	May 4	11AM-3PM	Come and enjoy food, activities, games, prizes, and music, while learning more about community resources.
<u>Special Dates and Closures</u>			
Title	When	Time	Description
Memorial Day	May 27, 2024	Closed	Closed in observance of Memorial Day.
Langston Hughes Middle School Drop in Site	March 1 March 2 March 8 March 9 March 15 March 29 March 30 April 27 May 25	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	March 1 March 2 March 8 March 9 March 15 March 16 March 29 March 30 May 25	Closed	The Herndon Middle School Drop in Site will be closed. Please visit the Reston Teen Center for programming.